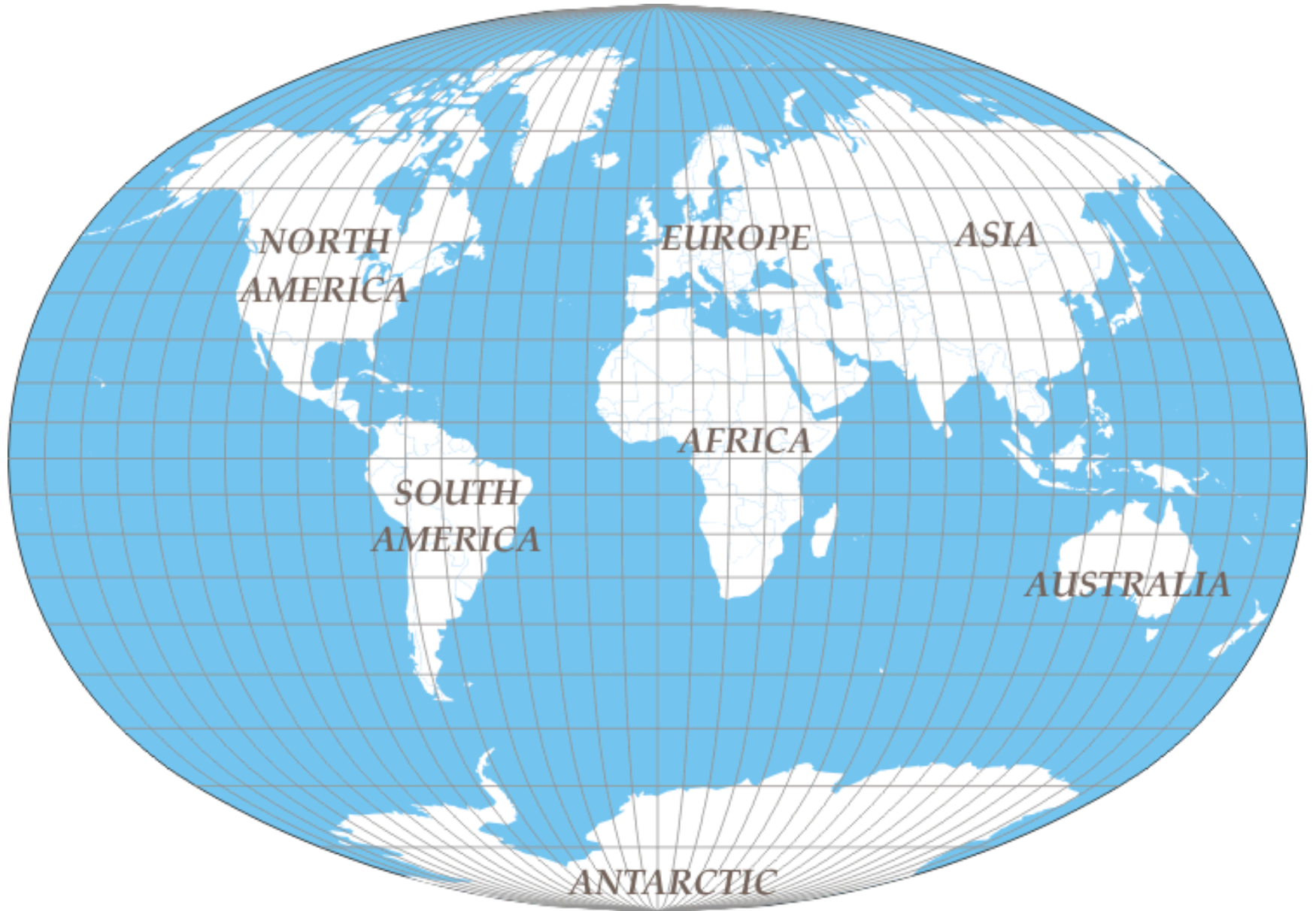


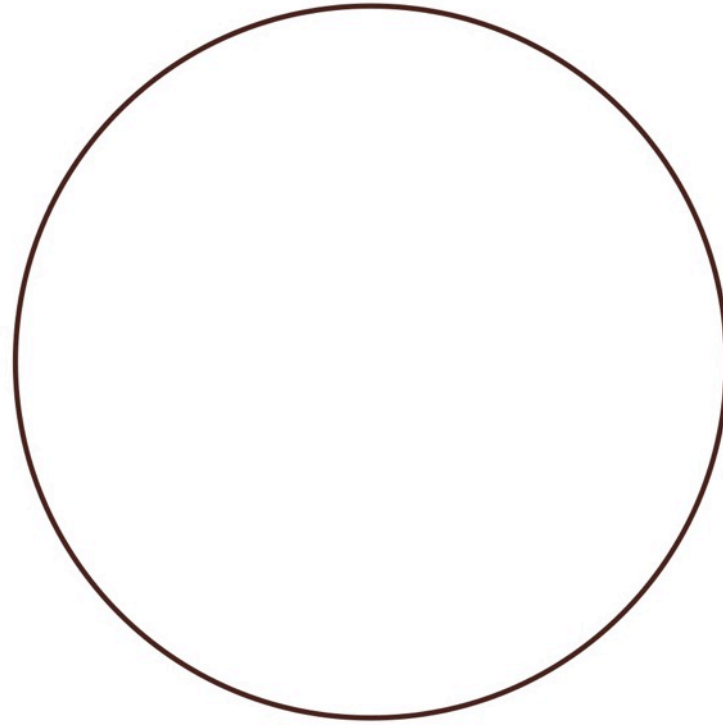
MY FOOD JOURNAL

This amazing work created by:



OUR WORLD





Edible Schoolyard



My Food Journal: Intro Lesson

The Three Sisters are:

_____ ,
_____ and
_____ .

Today's Map Skills

Continent: North America

Country: United States of
America

Draw a picture of The Three Sisters growing together:

Three Sisters Soup - Food History

Recipe Card

Serves 8-10

35 minutes

Three Sisters Soup

Tools Needed:

- 8 quart Stock pot
- Can opener
- Stirring spoon
- Soup ladle
- 2 Cutting boards
- 2 Knives
- 2 Graters
- Food Chopper
- 4 Bowls
- Liquid measuring cup
- Measuring cups
- Measuring spoons

Ingredients:

- 2 Tbs. olive oil
- 2 c. water
- 2 c. vegetable broth
- 2 c. corn (sweet corn or hominy)
- 2 c. beans (any type), bite-sized
- 2 c. winter squash, cubed
- 1-2 c. potato, grated
- 1 onion (optional)
- 3 cloves garlic (optional)
- 1 t. dried sage
- ¼ c. fresh parsley, chopped
- 1 t. chipotle powder
- salt to taste

Notes: Taste test as you cook!
Soups are flexible recipes that can be changed and adapted easily based on what you have available and the flavors you enjoy.

Directions:

1. Heat olive oil in stockpot, sauté onion until translucent.
2. Add water, broth and squash – cook 10 min or until squash begins to feel tender.
3. Add corn, beans, potato, garlic, herbs and spices – cook 5-10 minutes or until potato and squash are cooked to desired consistency.
4. Ladle into bowls and enjoy!

Three Sisters Soup Recipe

Draw a picture of the Three Sisters Soup we cooked today:

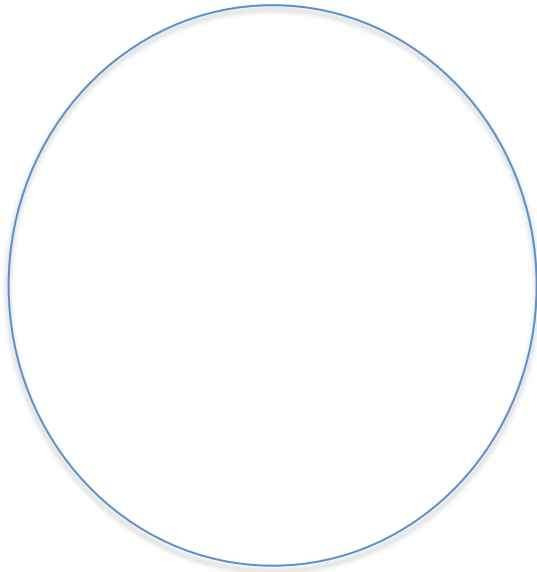
Three Sisters Soup – Cooking and Community

Today's Map Skills

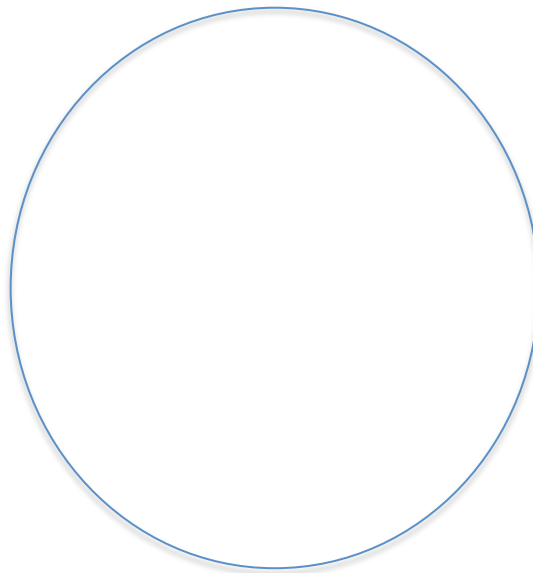
Continent: Africa

Country: Mali

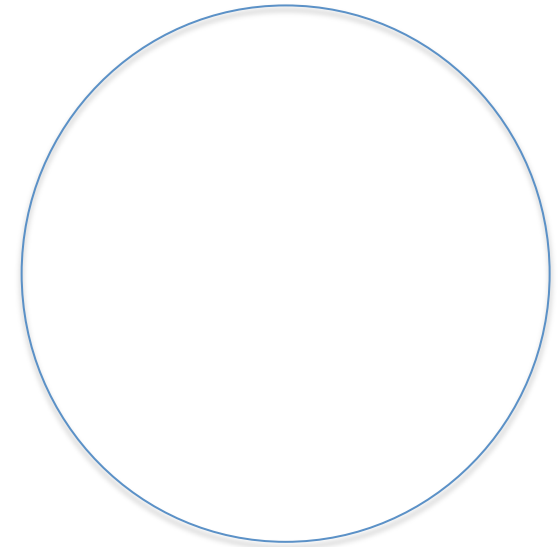
Draw a picture of how to process a nut “butter”:



Step 1: Seeds



Step 2: Grind Seeds



Step 3: Butter

Groundnut Stew: Food History

Recipe Card

EDIBLE SCHOOLYARD PITTSBURGH

Serves 8
30 minutes

Groundnut Stew

Tools Needed:

- 8 qt. Stockpot
- 1 Sharp knife
- Cutting board
- Can opener

Ingredients:

- 2 tablespoons olive oil
- 1 large onion
- 1 inch ginger, diced finely
- 3 large garlic cloves, pressed or minced
- 2 15oz. cans diced tomatoes
- 1 green chili, diced finely (optional, seeds are HOT)
- 1.5 cups water
- 1 bunch collards, chopped
- salt to taste
- 2 tablespoons peanut butter (or Sunbutter)

Notes: This recipe can be easily adapted for those allergic to peanuts using sunflower seed butter (often sold as Sunbutter).

Directions:

5. Sauté onion in oil until translucent. Add ginger, chili and garlic, cook another 2 minutes.
6. Add tomatoes and water, bring to a boil. Lower heat, simmer 10 minutes.
7. Salt to taste. Add collards and cook another five minutes. Stir in peanut butter until well dissolved and simmer another 10 minutes.

Groundnut Stew Recipe

Draw a picture of you eating groundnut stew
with family or friends:

Groundnut Stew: Cooking and Community

“ I eat wheat when I eat

”

_____.

Today's Map Skills

Continent: Asia

Country: Syria

Draw a picture of a food made out of wheat:

Recipe Card

Serves 8

30 minutes

Tabbouleh Salad

Tools Needed:

- 2 Large bowl
- 4 Small bowl
- Colander
- 2-4 Curious Chef Knives
- 1 Adult Knife
- 5 Cutting boards
- Worksheet
-

Ingredients:

- 1 cup uncooked bulgur
- 1 large bunch parsley
- ½-1 bunch fresh mint leaves
- 4 green onions
- 3 medium tomatoes
- 3 lemons, juiced
- 2 tablespoons olive oil
- Salt and pepper to taste

Notes:

Try making Tabbouleh with quinoa instead of bulgur wheat to make it gluten free.

Method:

1. Prepare bulgur
Soak: Cover 1 cup uncooked bulgur with 2 cups boiling water and soak for 7 minutes. Drain and rinse.
Cook: Put 3 cups water in a pot, bring to a boil. Add bulgur and cook for 3 minutes, stirring occasionally. Remove from heat, cover, let stand for 4 minutes. Drain excess water.
2. Seed and roughly chop tomatoes.
3. Chop parsley, mint, and green onions
4. In a large bowl, combine bulgur, parsley, mint, tomatoes, and onion.
5. In a small bowl whisk lemon juice and olive oil together.
6. Add salt and pepper to taste.
7. Gradually add the dressing to the bulgur mixture. Enjoy!

Tabbouleh Recipe

Draw a picture of you making Tabbouleh with friends:

Many Japanese people eat a very healthy diet including rice, noodles, vegetables and fish.

Today's Map Skills

Continent: Asia

Country: Japan

Draw a picture of these foods below:

Recipe Card

Serves 4-5
30 minutes

Rice Noodle Salad

Tools Needed:

- 1 8 qt Stock Pot
- Colander
- 1 Large Bowl
- 2 Small Bowls
- 1 Whisk
- 1 Sharp Knife
- Stirring/Serving Spoon

Ingredients:

- 1 package rice noodles
- 1/8 cup olive oil
- 6-8 cloves garlic - peeled and minced
- 4 carrots - grated
- 3-4 radishes – grated, greens removed and chopped or sliced thinly
- 1 cup sugar snap peas - de-stringed and broken in half
- 1 small head lettuce - washed and chopped
- 2 tablespoons fresh ginger - minced
- 1 cup cilantro - washed and leaves picked from stem

Dressing:

- 1/4 cup soy sauce
- 1/8 cup sesame oil
- 2 tablespoons rice vinegar
- 1 tablespoon sugar

Notes: Top with peanuts if desired!

Method:

8. Cook noodles for 2-3 minutes in a large pot of boiling water. Drain, rinse with cool water, drain again, and put to the side in a mixing bowl.
9. Heat oil in a frying pan, sauté ginger and garlic until golden brown.
10. Add carrots, radish, peas, lettuce, cilantro (prepared as described above) and garlic/ginger to noodles in mixing bowl.
11. Mix up dressing in small bowl; add to noodles in mixing bowl. Stir well and enjoy!

Rice Noodle Salad Recipe

EDIBLE SCHOOLYARD PITTSBURGH

Draw a picture of the rice noodle salad we cooked today:

Draw a picture of your favorite cooking moment this winter:

My favorite moment was when we _____

My Food Journal: Recap Activity