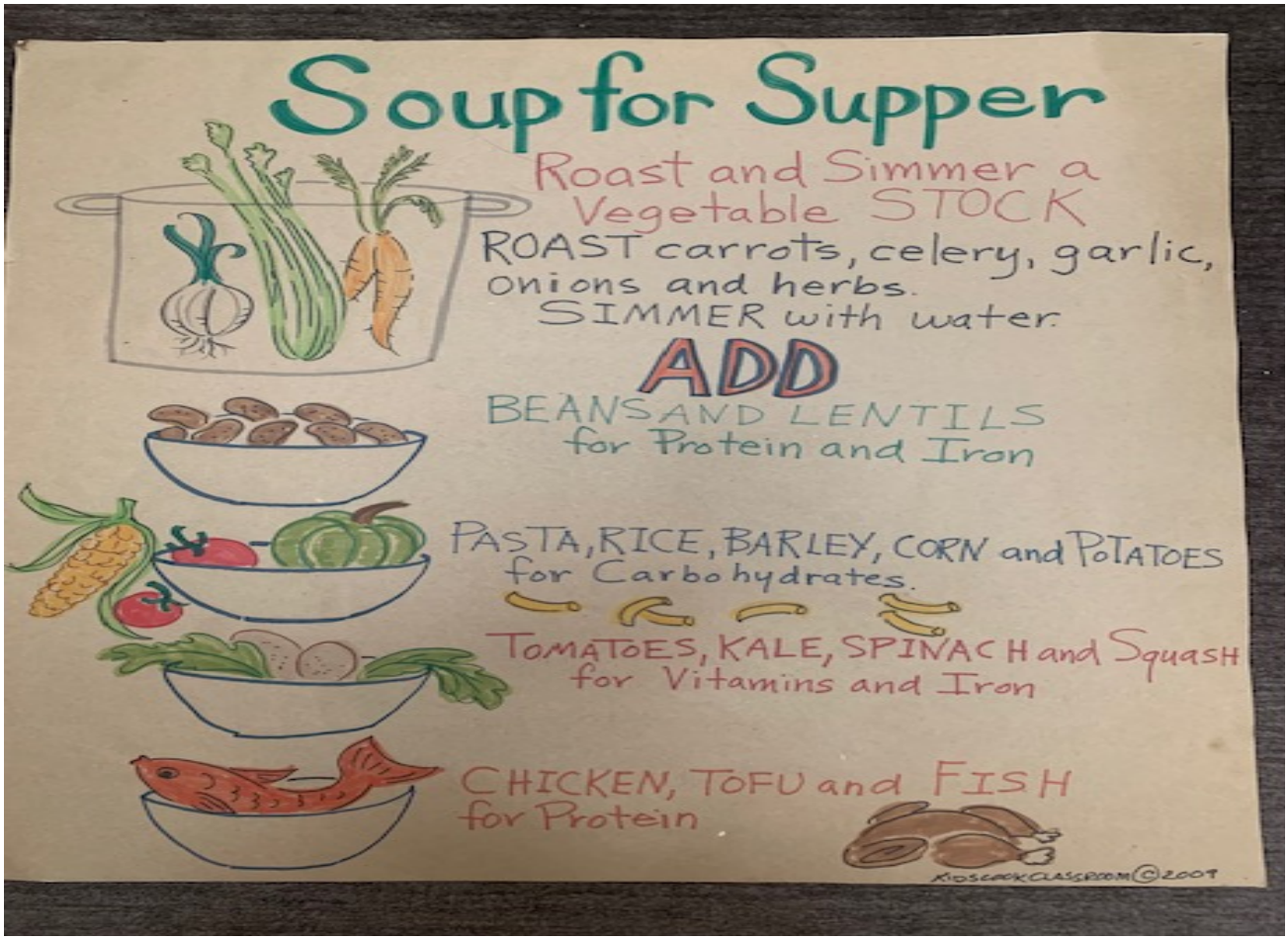
Kids Cook Classroom. Taking Root

Instruction Sheet
Gardening and Cooking How-to Projects

Gardening in the Classroom or at your Home. Explore outdoors in Nature.

Loring Schoolyard Garden Harvest .
.What will you add to your Soup? Roots, Stems, Leaves, Flowers, Fruits and Seeds



Gather Parsley, thyme, and sage from Loring Schoolyard Garden to season your stock.

These herbs add flavor and aroma to soup.

Try adding Lemongrass to your stock….The stem is juicy and flavorful, the leaves add flavor too.

There's still lots of Kale, Swiss Chard and Greens to pick…

Delicious and Nutritious leaves to add to soup just before serving.

These greens are loaded with vitamins, minerals and antioxidants.

Cook Beans, Rice, Lentils and Grains with Leaves and Stems of Celery.

Adds flavor to each pot.

Tell us what you harvested from Loring Schoolyard Garden…..
What did you make?
What Part of the Plant Did You Eat?

Tomatoes….. "I ate a Fruit"
Celery…. "A Stem"
Corn….."Kernels are Seeds We Eat!"
Carrots… "Roots were in my bowl of Soup"
Leaves….. " Kale, Spinach, Lettuce are all Leaves we eat"
Flowers…. "Cabbage, Cauliflower, Brussels sprouts are all flowers we eat!"

Kids Cook Classroom Vegetable Stock
SLICE a mixture of 2 cups carrots and celery.
CHOP 1 onion and 4 cloves of garlic.

In large pot SAUTÉ vegetables in 2 Tablespoons olive oil until browned.
SEASON with 1 teaspoon coarse salt, 1/2 teaspoon pepper, 2 bay leaves, thyme and parsley sprigs. Add 6 cups of water, cook over medium heat for at least 1 hour.
Stock can be simmered for 2 to 3 hours and will become richer in flavor. Add water if needed.
To make a Compost Stock, add carrot peels, celery leaves, stems of herbs and tops of onions to boiling water. Strain after 1 hour. Season with salt and pepper.
To make a Chicken Stock, add a carcass of roasted chicken.
Thicken the Broth with Roasted Squash, the squash adds vitamins and minerals.
Add the Powerhouse Vegetable, Kale. In the vegetable world greens are king so add Kale, Swiss Chard or Spinach, they all add calcium, iron and Vitamin E.
Spice the Broth with onions, garlic and chili peppers, they boost your immune system.
Add potatoes with their skin for carbohydrates, fiber, and Vitamin B.
Stir in your favorite cooked beans or grains for added protein and carbohydrates.
Add pasta or noodles for fun shapes and carbohydrates.
Tomatoes, Corn, Sweet Potatoes provide a serving of fruits and vegetables.

