

BIG GREEN

TASTING

ACTIVITIES



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CREATE YOUR KITCHEN KIT

Tasting



PREPARE AND EAT FOOD WITH YOUR STUDENTS

Tasting and eating produce from your Learning Garden with your students is a simple and fun way to enjoy the fruit of your labors! If you are new to food preparation or are trying a new recipe for the first time, remember to follow basic food safety rules, take note of student allergies, and carefully handle kitchen equipment with and around students. Tasting events are a wonderful opportunity to invite parents and guardians into the classroom to assist and bring their own expertise to the table.

Consult your local Garden Educator for information and recommendations around local food safety regulations and our favorite tasting recipes and advice.



FOR EATING & SHARING: ONE OF EACH PER STUDENT

- Forks or Spoons (reusable or compostable)
- Small Plates, Bowls, or dixie cups (reusable or compostable)
- Napkins

TOOLS FOR PREPARING FOOD

Tasting activities and recipes will require basic kitchen equipment. Below is an overview of tools we recommend you include in your Tasting Kit so you will always be prepared for a tasting activity!

1. Mixing Bowl
2. Mixing Spoon
3. Serving Tongs
4. Glass Jar with Lid (For Mixing Dressing)
5. Cutting Board
6. Knives with sheaths
7. Grater
8. Measuring Cups and Spoons
9. Rubber or other food safe gloves
10. Ice Cream Scoop
11. Pitcher
12. Electric Tea Kettle



GROCERY STAPLES

- Non-perishable ingredients (salt, pepper, olive oil, and your favorite vinegar)
- Go-to fresh ingredients (lemon, garlic)

BIG GREEN
TASTING
ACTIVITIES:
SALADS & SLAWS



TASTING ACTIVITIES | *For Your Learning Garden*

BUILD-A-SALAD

This is a quick tasting activity that works with many different vegetables from your Learning Garden. Try this activity with any type of salad greens, collards, kale, chard, kohlrabi, or cabbage.

Bolded ingredients can be grown and harvested in your Learning Garden.

Ingredients: *(recipe makes approximately 15 tasting portions)*

- **Base ingredient(s)**, 5 cups
- **Add-on ingredient(s)**, optional
- **Fresh herbs**, 4-5 tablespoons
- 1 lemon, to taste
- Salt, to taste
- Pepper, to taste
- Extra virgin olive oil, to taste



Equipment:



FOOD SAFETY FIRST!



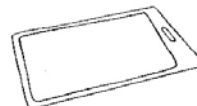
MIXING
BOWL



KNIFE



SERVING
TONGS



CUTTING
BOARD



MEASURING CUPS
& SPOONS

Directions:

- Harvest and wash selected ingredients from your Learning Garden.
 - **Base ingredients:** spinach, lettuce, swiss chard, kale, arugula, greens, peas shoots, etc.
 - **Add-on ingredients:** beets, radishes, carrots, peas, cucumber, tomato etc.
 - **Fresh herbs:** oregano, cilantro, thyme, sage, chives, basil, etc.
- Chop or tear the ingredients of your choosing and combine in a medium bowl.
- Squeeze lemon, drizzle olive oil, and sprinkle salt & pepper and toss with serving tongs.
- Serve on a napkin, in a cup, or on a reusable plate and enjoy!

Student Reflection:

- Describe the qualities that make fresh fruits and vegetables taste “fresh”.
- Describe the flavors of the salad, examples: bitter, sweet, sour, acidic, spicy, herbal, & earthy.

Student Notes:



This Tasting Activity was developed in partnership with Common Threads, pair with Garden Bites.



TASTING ACTIVITIES | *For Your Learning Garden*

CABBAGE SALAD WITH CREAMY CUMIN-LIME DRESSING

The term, “cole slaw”, arose in the 18th century as a partial translation from the Dutch term “koolsla”, a shortening of “koolsalade”, which means “cabbage salad”. It was commonly called cold slaw in England until the 1860s when “cole” (meaning cabbage) was revived. **Bolded ingredients can be grown and harvested in your Learning Garden.**

Ingredients: (recipe makes approximately 15 tasting portions)

For the slaw:

- **Cabbage, 1 small head**
- **Onion, 1 small**
- **Cilantro, ½ cup**

For the dressing:

- Plain yogurt, ⅔ cup
- 1 lime
- Cumin, 2 teaspoons
- 1 garlic clove, minced
- Salt, to taste



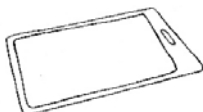
Equipment:



FOOD SAFETY FIRST!



KNIFE



CUTTING
BOARD



SERVING
TONGS



MIXING
BOWL



MASON JAR
WITH LID



MEASURING CUPS
& SPOONS

Directions:

- Chop onion, cabbage, and cilantro and combine into a mixing bowl.
- Combine ingredients for the dressing in a mason jar and shake until fully combined.
- Taste dressing and adjust flavor as needed.
- Drizzle dressing over the salad, tossing until evenly coated.
- Serve in a reusable cup or plate, or on a napkin.

Student Reflection:

- Describe the flavors and textures of the slaw. This may include creamy, rich, crunchy, sweet, etc.

Student Notes:



TASTING ACTIVITIES | *For Your Learning Garden*

CHICKPEA KALE SALAD

Chickpeas, also known as garbanzo beans, are a legume high in fiber and protein that become a complete protein when combined with rice. **Bolded ingredients can be grown and harvested in your Learning Garden.**

Ingredients: *(recipe makes approximately 15 tasting portions)*

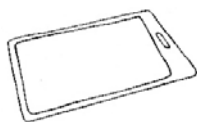
- **Kale, 8-10 leaves**
- **Parsley, 4 tablespoons**
- Garlic, 1 clove
- Chickpeas, 2 cans
- Parmesan cheese, ¼ cup
- 1 lemon, to taste
- Extra virgin olive oil, to taste
- Salt, to taste



Equipment:



KNIFE



CUTTING
BOARD



MIXING
SPOON



MIXING
BOWL



CHEESE
GRATER



MEASURING CUPS
& SPOONS

Directions:

- Harvest and wash parsley and kale from your Learning Garden.
- Chop parsley, kale and garlic and place in a medium bowl.
- Drain and rinse chickpeas and combine with other ingredients.
- Using the coarsest side of a cheese grater, grate the parmesan and combine.
- Squeeze lemon, drizzle olive oil, and sprinkle salt and toss with mixing spoon.
- Serve on a napkin, in a cup, or on a reusable plate.

Student Reflection:

- Describe the kale. This may include the kale's color, size, texture, or taste.
- Describe the flavors of the salad, examples: bitter, sweet, sour, acidic, spicy, herbal, & earthy.

Student Notes:



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TASTING ACTIVITIES | *For Your Learning Garden*

RADISH SLAW

Radishes are a great accompaniment to salsa and condiment spreads at the best taquerias, but did you know they can also give you a fresh take on a classic slaw? In this recipe radishes are the star of a tasty slaw that you can enjoy on top of tacos or by itself. **Bolded ingredients can be grown and harvested in your Learning Garden.**

Ingredients: *(recipe makes approximately 15 tasting portions)*

- **15 radishes**
- **2 green onions**
- **cilantro**, ½ bunch
- 1 lime, to taste
- Salt, to taste
- Extra virgin olive oil, to taste



Equipment:



FOOD SAFETY FIRST!



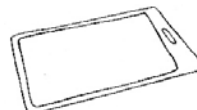
MIXING
BOWL



KNIFE



SERVING
TONGS



CUTTING
BOARD



CHEESE
GRATER

Directions:

- Harvest and wash radishes, green onions, and cilantro from your Learning Garden.
- Remove the radish greens and discard.
- Slice and chop the radishes and put into a medium-sized bowl.
- Chop the green onions and cilantro and combine with radishes.
- Squeeze lime, drizzle olive oil, and sprinkle salt and toss with serving tongs.
- Serve on a napkin, in a cup, or on a reusable plate.

Student Reflection:

- Describe the radishes. This may include the radishes' color, size, texture, or taste.
- Describe the flavors of the salad, examples: bitter, sweet, sour, acidic, spicy, herbal, & earthy.

Student Notes:



TASTING ACTIVITIES | *For Your Learning Garden*

RAW BEET SALAD

Did you know that you can eat beets raw? Beets are versatile because you can eat the root and the greens! Introduce your students to beets in your Learning Garden with this tasting activity. You can try this salad with turnips or carrots, too! *Note: red beets will stain fingers, clothing, and anything they come into contact with!* **Bolded ingredients can be grown and harvested in your Learning Garden.**

Ingredients: (recipe makes approximately 15 tasting portions)

- **4-5 beets, any variety**
- **Fresh herbs, 3 tablespoons**
- 1 lemon, to taste
- Salt, to taste
- Extra virgin olive oil, to taste



Equipment:



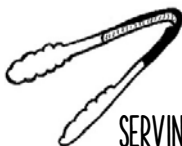
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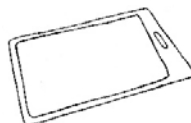
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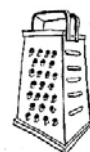
KNIFE



SERVING
TONGS



CUTTING
BOARD



CHEESE
GRATER



MEASURING CUPS
& SPOONS

Directions:

- Harvest and wash beets and fresh herbs from your Learning Garden.
- Remove the beet greens, reserving several of the smallest leaves for the salad.
- Using the coarsest side of a cheese grater, grate the beets into the mixing bowl.
- Mince fresh herbs and set aside.
- Add the small beet greens to the mixing bowl. Tear or chop into smaller pieces if needed.
- Squeeze lemon, drizzle olive oil, and sprinkle salt and toss with your fingers.
- Garnish with fresh herbs.
- Serve on a napkin, in a cup, or on a reusable plate.

Student Reflection:

- Describe the beets. This may include the beets color, size, texture, or taste.
- Describe the flavors of the salad, examples: bitter, sweet, sour, acidic, spicy, herbal, & earthy.

Student Notes:



TASTING ACTIVITIES | *For Your Learning Garden*

SPINACH SALAD WITH RED-WINE VINAIGRETTE

This is a quick tasting activity that works with spinach from your Learning Garden but don't hesitate to try it with other greens as well! For extra flavor and nutrients add in dried fruit or nuts to this healthy and tasty salad. **Bolded ingredients can be grown and harvested in your Learning Garden.**

Ingredients: *(recipe makes approximately 15 tasting portions)*

For the salad:

- **Spinach, 5 cups**
- Dried fruit or nuts, optional

For the vinaigrette:

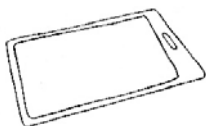
- **Fresh herbs, 4-5 tablespoons**
- Extra virgin olive, $\frac{1}{2}$ cup
- Red wine vinegar, $\frac{1}{4}$ cup
- Honey, to taste
- Salt and pepper, to taste



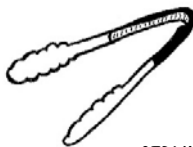
Equipment:



KNIFE



CUTTING
BOARD



SERVING
TONGS



MIXING
BOWL



MASON JAR
WITH LID



MEASURING CUPS
& SPOONS

Directions:

- Gently tear spinach into $\frac{1}{4}$ inch pieces, place into mixing bowl.
- Combine ingredients for vinaigrette in a mason jar with a lid and shake until fully combined.
- Taste dressing and adjust flavor as needed.
- Drizzle vinaigrette over the spinach and toss with tongs until evenly coated.
- Serve in a reusable cup or plate, or on a napkin.

Student Reflection:

- Describe the spinach. This may include color, size, texture, or taste.
- Describe the flavors of the salad, examples: bitter, sweet, sour, acidic, spicy, herbal, & earthy.

Student Notes:



TASTING ACTIVITIES | *For Your Learning Garden*

WATERMELON FETA SALAD

Sweet and salty can be the perfect combination. Try this tasty and unique dish with your students to experience the sweet flavor from the watermelon and the saltiness of the feta, which combine to make a refreshing salad. **Bolded ingredients can be grown and harvested in your Learning Garden.**

Ingredients:

(recipe makes approximately 15 tasting portions)

- **Watermelon, 3 pound**
- **3 mint sprigs**
- Feta cheese, 3 ounces

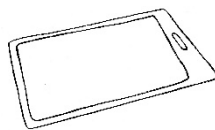
Equipment:



FOOD SAFETY FIRST!



KNIFE



CUTTING BOARD



MIXING SPOON



MIXING BOWL



Directions:

- Harvest and wash watermelon and mint from your Learning Garden.
- Chop your watermelon.
- Mince mint and mix with crumbled feta and watermelon in a mixing bowl.
- Serve in a cup or on a reusable plate.

Student Reflection:

- Describe how the watermelon and feta taste delicious together.
- Describe the flavors of the salad, examples: bitter, sweet, sour, acidic, spicy, herbal, & earthy.

Student Notes:



This Tasting Activity was developed in partnership with Common Threads, pair with Garden Bites.

***BIG GREEN
TASTING
ACTIVITIES:
DRESSINGS &
VINAIGRETTES***



TASTING ACTIVITIES | *For Your Learning Garden*

CREATE-A-SALAD DRESSING

Depending on the flavors you select, you can make a salad dressing to complement almost any cuisine and a great way to customize your veggies! Keep in mind that fat + acid + salty + sweet = salad dressing!

Bolded ingredients can be grown and harvested in your Learning Garden.

Ingredients: *(recipe makes approximately 15 tasting portions)*

- **Fresh herbs**
- Fat: extra virgin olive oil or other light oil, yogurt
- Acid: Ingredient: vinegar of any kind, lemon, or lime
- Salty Ingredient: salt, soy sauce, nutritional yeast
- Sweet Ingredient: sugar, honey, maple syrup



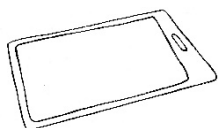
Equipment:



FOOD SAFETY FIRST!



KNIFE



CUTTING BOARD



MASON JAR
WITH LID



MEASURING
CUPS & SPOONS

Directions:

- Harvest and wash assorted fresh herbs from your Learning Garden.
- Start with two parts fat ingredient with one part acidic ingredient in a large mason jar with a lid.
- Add in salty ingredient (1/4 teaspoon at a time) to taste.
- Add in sweet ingredient (1/4 teaspoon at a time) until the flavor is less intense.
- Garnish your dressing with fresh herbs and shake until fully combined.
- Serve with a Learning Garden fresh salad on a plate or in a reusable cup.

Student Reflection:

- List other dressing ideas, how creative can you get?
- Describe the dressing flavors. Examples: bitter, sweet, sour, acidic, spicy, herbal, & earthy etc.

Student Notes:



This Tasting Activity was developed in partnership with Common Threads, pair with Garden Bites.



TASTING ACTIVITIES | *For Your Learning Garden*

MASON JAR VINAIGRETTE DRESSING

A well-balanced salad dressing contains ingredients that are sweet, salty, and sour. These ingredients pair best with salad greens because they are bitter. Encourage students to create their own salad dressing, tasting it and adjusting it as they go – like a real chef! **Bolded ingredients can be grown and harvested in your Learning Garden.**

Ingredients: *(recipe makes approximately 15 tasting portions)*

- **Fresh herbs, 3 tablespoons**
- Extra virgin olive oil, 1 cup
- Balsamic vinegar, 1/3 cup
- Honey, agave, and / or brown sugar
- 1 lemon, to taste
- Pepper, to taste
- Salt, to taste



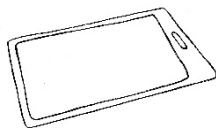
Equipment:



FOOD SAFETY FIRST!



KNIFE



CUTTING BOARD



MASON JAR
WITH LID



MEASURING
CUPS & SPOONS

Directions:

- Harvest fresh herbs from your Learning Garden.
- Mince the fresh herbs.
- Mix ingredients into a large jar, secure lid, and shake ingredients together.
- Taste dressing and adjust flavor as needed.
- Serve with a freshly harvested salad (see Build-a-Salad) in a cup, or on a reusable plate.

Student Reflection:

- Compare the ingredients of the homemade vinaigrette and a bottle of store bought vinaigrette.
- Describe the vinaigrette dressing flavors and create a list of your favorite salad ingredients.

Student Notes:



TASTING ACTIVITIES | *For Your Learning Garden*

RANCH DRESSING

A homemade ranch recipe is a healthy alternative to store bought ranch and is perfect for serving with vegetable and salads. Yogurt offers a high amount of protein for just a few calories. Nonfat yogurt also serves as a good source of calcium. **Bolded ingredients can be grown and harvested in your Learning Garden.**

Ingredients: *(recipe makes approximately 15 tasting portions)*

- **Parsley, 3 tablespoons**
- **Dill, 3 tablespoons**
- **2 green onions**
- Salt, ½ tablespoon
- Pepper, ½ tablespoon
- Garlic powder, 1 tablespoon
- Nonfat plain yogurt, 2 ½ cups



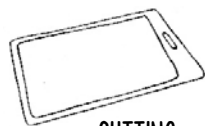
Equipment:



FOOD SAFETY FIRST!



KNIFE



CUTTING
BOARD



MIXING SPOON



MIXING
BOWL



MEASURING CUPS
& SPOONS

Directions:

- Harvest and wash parsley, dill, and green onions from your Learning Garden.
- Measure the yogurt into a small bowl for mixing.
- Chop parsley, green onions, and dill. Add to yogurt.
- Add salt, pepper, onion powder, and garlic powder and mix.
- Serve in a cup with a dip-able fresh vegetable from your Learning Garden.

Student Reflection:

- Compare the ingredients of the homemade ranch dressing to a bottle of store bought ranch.
- Describe the ranch dressing mix flavors and list your favorite ranch dipping foods.

Student Notes:



This Tasting Activity was developed in partnership with Common Threads, pair with Garden Bites.

***BIG GREEN
TASTING
ACTIVITIES:
SNACKS***



TASTING ACTIVITIES | *For Your Learning Garden*

PLANT PARTS SANDWICH

Snow peas are a unique legume, their edible pods being quite popular in stir fry recipes. This sandwich is packed with vegetable protein from the avocado and snow peas, and animal protein from the cheese.

*Note: get creative and swap out ingredients for other items growing in your Learning Garden! **Bolded ingredients can be grown and harvested in your Learning Garden.***

Ingredients: *(recipe makes approximately 15 tasting portions)*

- **32 snow peas**
- **8 radishes**
- **1/2 red onion**
- 8 slices whole-wheat bread
- 1 ripe avocado
- Goat cheese or cream cheese, 4 ounces



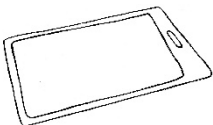
Equipment:



FOOD SAFETY FIRST!



KNIFE



CUTTING BOARD



MIXING SPOON



MIXING BOWL

Directions:

- Harvest and wash snow peas, radishes, and onions from your Learning Garden.
- Spread goat or cream cheese evenly on the whole-wheat bread slices.
- Mash avocado and spread on 4 slices of whole wheat bread.
- Slice snow peas, radishes, and onions thinly and layer on top of the avocado.
- Assemble each sandwich and cut into four even pieces.
- Serve on a napkin or on a reusable plate.

Student Reflection:

- Develop your own plant parts sandwich using other vegetables that you love.
- Describe the sandwich flavors, examples: bitter, sweet, sour, acidic, spicy, herbal, & earthy etc.

Student Notes:



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TASTING ACTIVITIES | *For Your Learning Garden*

BEET RAVIOLI

Ravioli is a traditional Italian pasta dish, but this recipe replaces the ravioli noodle with beets. Don't forget the greens—you can eat the beet itself as well as the delicious and nutritious leaves! *Note: red beets will stain fingers, clothing, and anything they come into contact with!* **Bolded ingredients can be grown and harvested in your Learning Garden.**

Ingredients: (*recipe makes approximately 15 tasting portions*)

- **2 -4 beets, any variety**
- **Parsley, 2 tablespoons**
- **Thyme, 1 tablespoon**
- Goat cheese or cream cheese, 2 ounces
- 1 lemon, to taste



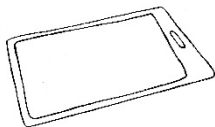
Equipment:



FOOD SAFETY FIRST!



KNIFE



CUTTING BOARD



MEASURING
CUPS & SPOONS



MIXING SPOON



MIXING BOWL

Directions:

- Harvest and wash beets, parsley, and thyme from your Learning Garden.
- Mince parsley and combine with thyme and cheese in a mixing bowl.
- Transfer the herb-cheese mixture into a sandwich bag and cut off the corner for easy piping.
- Peel beets and slice thinly.
- If time allows, salt beets and leave in fridge overnight to give them a more noodle-like texture.
- Arrange ½ of the beet slices on a clean cutting board and pipe filling onto the center
- Place the remaining beet slices on top and gently press down on the edges
- Garnish with thinly sliced beet greens tossed with fresh lemon juice.
- Serve on a napkin or on a reusable plate.

Student Reflection:

- Describe the beets. This may include the beet's color, size, texture, or taste.
- Describe the difference between the beet ravioli and what the traditional pasta ravioli might taste like.

Student Notes:





TASTING ACTIVITIES | *For Your Learning Garden*

CRACKER SNACKS

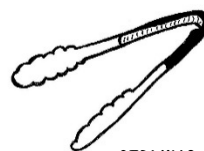
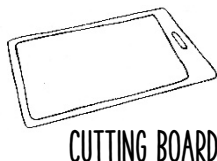
The tiny holes sometimes seen in crackers are called "docking" holes and help create a flat cracker because they prevent large air pockets from forming during baking. Don't forget to double check the list of ingredients to make sure the crackers you are using are whole grain. You should see "whole wheat flour" or "whole grain flour" as the first thing on the list of ingredients. **Bolded ingredients can be grown and harvested in your Learning Garden.**

Ingredients: *(recipe makes approximately 15 tasting portions)*

- **Garden toppings, 2 cups**
- **Fresh herbs, 2-3 tablespoons**
- Whole wheat crackers, 15
- Hummus or cream cheese, 4 ounces



Equipment:



Directions:

- Harvest and wash selected ingredients from your Learning Garden.
 - **Garden toppings:** pea shoots, micro or baby greens, sliced beets, carrots, radishes, cucumbers or tomatoes
 - **Fresh herbs:** mint, oregano, cilantro, thyme, sage, chives, basil, etc.
- Lay the crackers on a clean cutting board and spread cream cheese or hummus on each cracker.
- Top each cracker with assorted garden toppings and fresh herbs.
- Serve on a plate or napkin.

Student Reflection:

- Come up with your own crack snack recipe ideas, can you think of a sweet treat?
- Describe the combined flavor of the garden toppings and fresh herbs.

Student Notes:





TASTING ACTIVITIES | *For Your Learning Garden*

LEMON PARMESAN POPCORN

Evidence of popcorn can be traced all the way back to 3600 B.C., making it one of the oldest forms of corn. Popcorn is considered a whole grain, but remember to select plain air-popped popcorn that doesn't contain added sugars and fats. **Bolded ingredients can be grown and harvested in your Learning Garden.**

Ingredients: *(recipe makes approximately 15 tasting portions)*

- **Plain popcorn, 15 cups**
- **Fresh herbs, 2-3 tablespoons**
- 2 lemons, juiced
- Extra virgin olive oil, 4 tablespoons
- Parmesan cheese, 5 tablespoons
- Salt and pepper, to taste



Equipment:



FOOD SAFETY FIRST!



KNIFE



MEASURING
CUPS & SPOONS



MIXING BOWL



MASON JAR
WITH LID



MIXING SPOON



CHEESE GRATER

Directions:

- Harvest fresh herbs and popcorn from your Learning Garden.
- Pop popcorn and chop fresh herbs.
- Combine lemon juice, olive oil, salt and pepper in a mason jar and shake until fully combined.
- Drizzle over popcorn and toss to coat.
- Garnish each serving with parmesan and fresh herbs
- Serve in a reusable cup, or on a plate, or on a napkin.

Student Reflection:

- List other ways to dress-up popcorn!
- Describe the popcorn flavors. Examples: bitter, sweet, sour, acidic, spicy, herbal, & earthy etc.

Student Notes:





TASTING ACTIVITIES | *For Your Learning Garden*

PICO DE GALLO

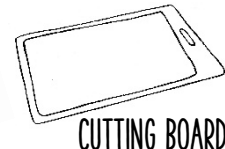
There are a few dishes that epitomize summer like pico de gallo. Pico de gallo, also called salsa fresca, features chopped veggies that can be harvested directly from your salsa garden. Don't be afraid to adjust the seasonings to make it spicy or tangier! **Bolded ingredients** can be grown and harvested in your Learning Garden.

Ingredients: (*recipe makes approximately 15 tasting portions*)

- **Tomato**, 3 cups
- 1-2 **Jalapeno Pepper(s)**
- **Onion**, $\frac{3}{4}$ cup
- **Cilantro**, $\frac{1}{2}$ cup
- 1 Lime, to taste
- Salt, to taste



Equipment:



Directions:

- Harvest and wash tomatoes, peppers, onions, and fresh cilantro from your Learning Garden.
- Chop tomatoes, onions, peppers, and cilantro, combine and toss with mixing spoon.
- Add lime juice and salt to taste and garnish with cilantro.
- Serve with corn chips in a small reusable bowl.

Student Reflection:

- Describe the qualities that make the salsa taste “fresh”.
- Describe the flavors of the salsa, examples: bitter, sweet, sour, acidic, spicy, herbal, & earthy.

Student Notes:



TASTING ACTIVITIES | *For Your Learning Garden*

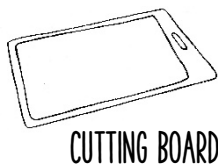
SLICED TOMATOES

Have you ever compared a homegrown tomato to a store-bought tomato? Chances are, if you have, you know how delicious a tomato is when picked ripe off the vine! This simple recipe is a great way to showcase tasty tomatoes and fresh basil. **Bolded ingredients can be grown and harvested in your Learning Garden.**

Ingredients: *(recipe makes approximately 15 tasting portions)*

- **Tomatoes, 5 medium**
- **Basil, 1 handful**
- Salt, to taste
- Extra virgin olive oil, to taste

Equipment:



Directions:

- Harvest and wash tomatoes and basil from your Learning Garden.
- Remove the basil stems and discard.
- Slice tomatoes crosswise and arrange on a serving tray or platter.
- Chop the basil and sprinkle over tomatoes.
- Drizzle olive oil over tomatoes, and sprinkle with salt.
- Serve on a napkin or reusable plate.

Student Reflection:

- Describe the tomatoes. This may include the tomatoes' color, size, texture, or taste.
- Describe the flavors of the tomatoes & basil, examples: sweet, acidic, spicy, herbal, & earthy.

Student Notes:



TASTING ACTIVITIES | *For Your Learning Garden*

SNAP PEA, HERB, AND CHEESE BAGUETTE

Showcase the best flavors and colors of spring with a tasty and healthy treat! Peas and mint are a great flavor combination with the peas adding some good vegetable protein and fiber. **Bolded ingredients can be grown and harvested in your Learning Garden.**

Ingredients: *(recipe makes approximately 15 tasting portions)*

- **Snap peas, appx. 20**
- **8 mint leaves**
- **8 basil leaves (optional)**
- 1 whole wheat baguette
- Olive oil, 1 tablespoon
- Goat or cream cheese, 8 oz.
- Salt and pepper, to taste



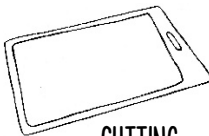
Equipment:



FOOD SAFETY FIRST!



KNIFE



CUTTING
BOARD



MIXING SPOON



MIXING BOWL



MEASURING
CUPS & SPOONS

Directions:

- Harvest and wash snap peas and herbs from your Learning Garden.
- Mince snap peas and herbs and place in a medium bowl.
- Drizzle olive oil and sprinkle salt and toss with mixing spoon.
- Cut the whole-wheat baguette into 15 slices and arrange on a clean cutting board.
- Spread a thin layer of softened cheese on each baguette slice
- Assemble each piece of baguette with a spoon full of snap pea mixture.
- Serve on a napkin or on a reusable plate.

Student Reflection

- Describe the flavor combination of peas and mint together.
- Develop other baguette snack combinations using crops from the Learning Garden.

Student Notes:



TASTING ACTIVITIES | *For Your Learning Garden*

ZESTY RADISH DIP

Radishes have a bold and spicy flavor, they will add zest to any veggie dip! This dish combines a few of our favorite Learning Garden ingredients, radishes, green onions, and parsley, into a tasty dip that students and teachers will love. **Bolded ingredients can be grown and harvested in your Learning Garden.**

Ingredients: *(recipe makes approximately 15 tasting portions)*

- **10-15 radishes**
- **5 green onions**
- **10-15 sprigs of parsley**
- **Dippable veggies (optional): carrots, celery, cucumbers**
- 1 whole wheat baguette, sliced
- 8 oz. cream cheese
- 1 lemon, to taste
- Salt and pepper, to taste



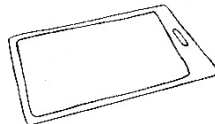
Equipment:



FOOD SAFETY FIRST!



KNIFE



CUTTING BOARD



MIXING SPOON



MIXING BOWL

Directions:

- Harvest and wash radish, parsley, and green onion from your Learning Garden
- Put cream cheese in mixing bowl to soften.
- Dice radish, slice green onion into small rounds, and finely chop parsley.
- In a large bowl combine radish, parsley, salt, pepper, and lemon juice to the cream cheese.
- Stir to combine.
- Serve on slices of baguette or use dipping veggies like carrots, celery, or cucumber.
- Serve in a reusable cup or plate, or on a napkin.

Student Reflection:

- Describe the flavors of the radish dip. This may include salt, sweet, bitter, sour, etc.
- What are some other things we could use for dipping? This could include other vegetables, bread, pita chips, etc.

Student Notes:

***BIG GREEN
TASTING
ACTIVITIES:
BEVERAGES***



TASTING ACTIVITIES | *For Your Learning Garden*

HERB-INFUSED TEA WITH CUCUMBER

A refreshing and fun way to enjoy fresh herbs and cucumber. This recipe is easy to make and can be made as a big batch for many students to try. Make sure to leave some time for the tea to cool before serving! **Bolded ingredients can be grown and harvested in your Learning Garden.**

Ingredients: *(recipe makes approximately 15 tasting portions)*

- **12 mint sprigs**
- **Lavender blossoms, 3 flower heads**
(leaves can be substituted)
- **1 cucumber**
- 5 decaffeinated green tea bags
- Boiling water, 5 - 7 cups
- 1 lemon
- Honey, optional
- Ice cubes, for serving



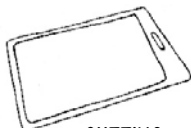
Equipment:



FOOD SAFETY FIRST!



KNIFE



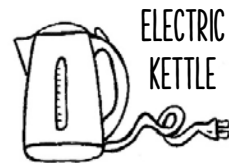
CUTTING
BOARD



MIXING
SPOON



PITCHER



ELECTRIC
KETTLE

Directions:

- Harvest lavender blossoms and mint from your Learning Garden.
- In a large pitcher, combine the tea bags, mint, and lavender.
- Pour boiling water into pitcher and steep for 5 minutes.
- Remove the tea bags and cool to room temperature.
- Slice cucumber and lemon and add to pitcher. Cover and refrigerate until chilled.
- Taste and sweeten with honey and serve over ice in a cup.

Student Reflection:

- Define the word refreshing and describe other things you eat that are refreshing.
- Think of other herbs in your Learning Garden that could create a tasty herb-infused tea.

Student Notes:



TASTING ACTIVITIES | *For Your Learning Garden*

INFUSED WATER

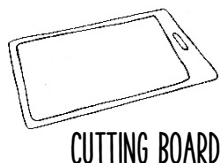
Water is essential for hydration, so why not spice it up with a fresh and tasty infused creation? Your students will love sipping this and you will love how easy it is to prepare. **Bolded ingredients can be grown and harvested in your Learning Garden.**

Ingredients: *(recipe makes approximately 15 tasting portions)*

- **Seasonal produce, 1/2 cup**
- **Seasonal herbs, 5 sprigs**
- 1/2 citrus: lemon, lime, or orange
- Anything else you might want to infuse!



Equipment:



Directions:

- Harvest and wash seasonal produce and herbs from your Learning Garden.
 - **Seasonal produce:** cucumbers, strawberries, etc.
 - **Seasonal herbs:** mint, lavender, basil, rosemary, etc.
- Cut up seasonal produce as needed and place into a large pitcher with water.
- Add seasonal herbs to the water and mix gently with a mixing spoon.
- Infuse water for at least one hour in the refrigerator and serve in a cup.

Student Reflection:

- Define the word refreshing and describe other things you eat or drink that are refreshing.
- Think of other herbs in your Learning Garden that could create a tasty infused water.

Student Notes:



***BIG GREEN
TASTING
ACTIVITIES:
SWEET TREATS***



TASTING ACTIVITIES | *For Your Learning Garden*

STRAWBERRIES WITH HONEY & LAVENDER

A fresh strawberry plucked off the vine hardly needs embellishment, but strawberries enhance the flavor of the honey and lavender. This recipe is a fun way to taste lavender from your Learning Garden.

Bolded ingredients can be grown and harvested in your Learning Garden.

Ingredients: *(recipe makes approximately 15 tasting portions)*

- **Lavender blossoms, 4-5 flower heads**
(leaves can be substituted)
- **Strawberries, 1 pound**
- Sugar, 1/2 tablespoon
- Honey, 1 tablespoon



Equipment:



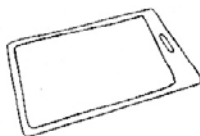
FOOD SAFETY FIRST!



MIXING
BOWL



KNIFE



CUTTING
BOARD



MIXING SPOON



MEASURING CUPS
& SPOONS

Directions:

- Harvest lavender blossoms and strawberries from your Learning Garden.
- Chop strawberries into a medium bowl.
- Finely chop lavender blossoms and mix with sugar.
- Sprinkle the lavender sugar over the strawberries and drizzle honey on top.
- Stir with a mixing spoon to coat the berries evenly.
- Serve on a napkin, in a cup, or on a reusable plate.

Student Reflection:

- Describe the lavender, before and after tasting it. This may include: how it looks, smells, or feels.
- Think of other fruits or dishes that would be enhanced by the unique flavor of lavender.

Student Notes



TASTING ACTIVITIES | *For Your Learning Garden*

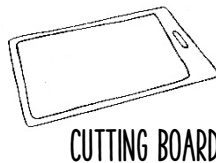
WATERMELON SUNDAE

The traditional ice cream sundae originated in the United States, but at least eight U.S. cities boast that they are the original home of the first sundae. Fruits like watermelon are naturally sweet and can make great desserts for less calories and with the added benefit of vitamin A and vitamin C. **Bolded ingredients can be grown and harvested in your Learning Garden.**

Ingredients: *(recipe makes approximately 15 tasting portions)*

- **Watermelon, 6 pounds**
- Honey, 6 tablespoons
- Granola, $\frac{3}{4}$ cup
- Shredded coconut, $\frac{3}{4}$ cup
- 3 limes, to taste

Equipment:



Directions:

- Harvest and wash watermelon from your Learning Garden.
- Scoop the watermelon into cups or bowls using an ice cream scoop or a strong spoon.
- Garnish with honey, granola, shredded coconut, and lime.
- Serve in a cup or bowl.

Student Reflection:

- List your favorite sundae toppings.
- Describe the sundae flavors. Examples: bitter, sweet, sour, acidic, spicy, herbal, & earthy etc.

Student Notes:



This Tasting Activity was developed in partnership with Common Threads, pair with Garden Bites.