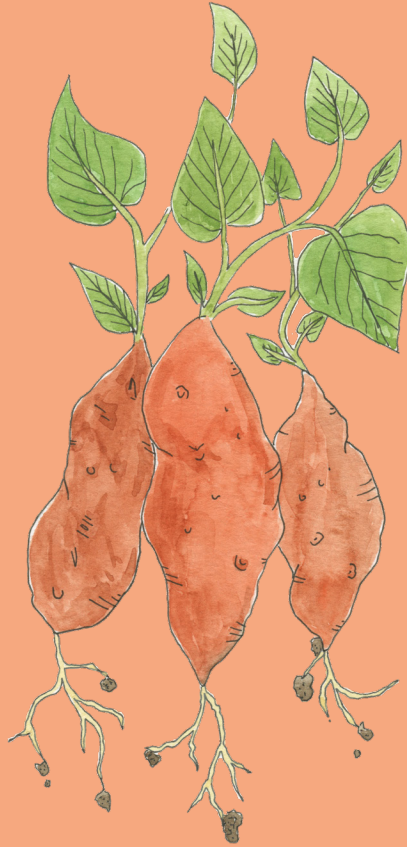
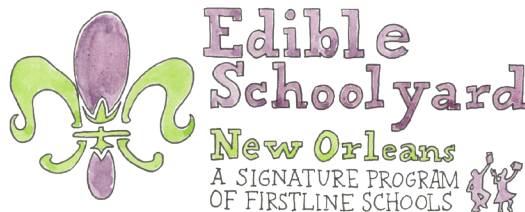


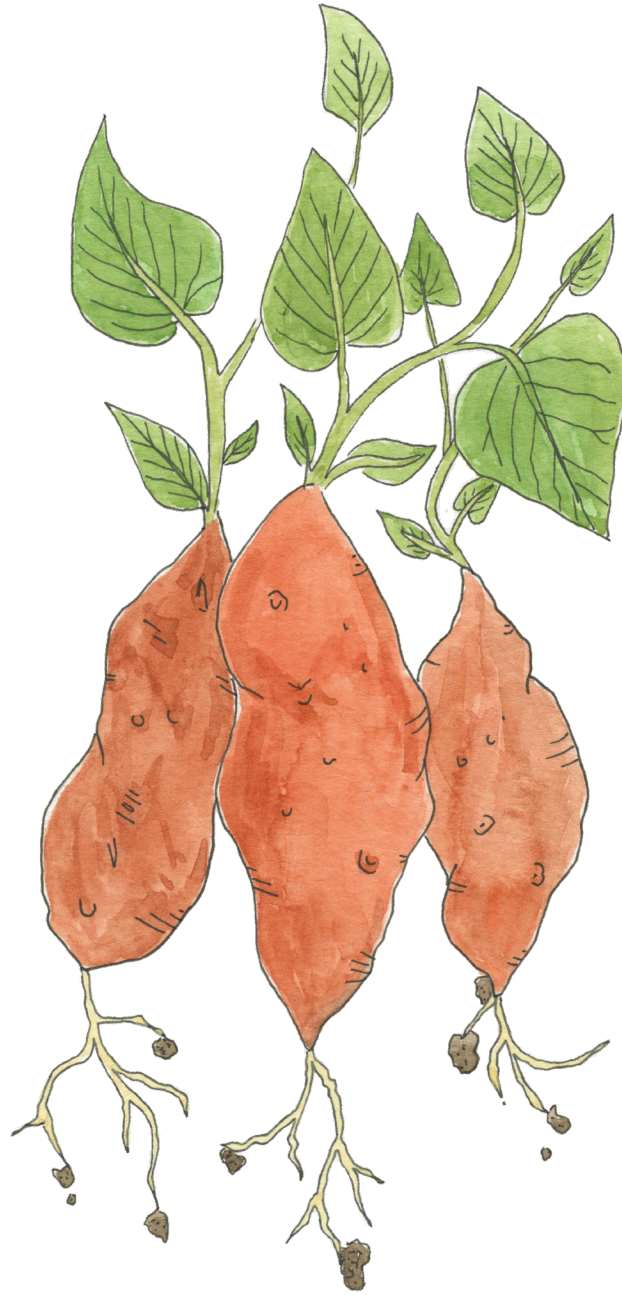
# Louisiana Fall



A COLLECTION OF RECIPES TO  
**cook with your kids at home!**

*Recipes adapted by*  
**Chef & Garden Educators**  
at





**Edible Schoolyard New Orleans** is a garden and culinary education program that aims to teach children to make healthy connections through food and the natural world. Founded in 2006 as the first replication of chef activist Alice Waters' Edible Schoolyard in Berkeley, CA, ESYNOLA is a signature program of FirstLine Schools, a nonprofit organization that operates five open admissions public charter schools in New Orleans.

**Culinary education:** We offer experiential, standards-based kitchen classes that encourage children to try new foods, prepare and enjoy fresh produce grown in our gardens, and understand how food affects the human body, communities, and the environment. What follows are recipes from ESYNOLA teaching kitchens, selected and adapted by chef and garden educators for cooking at home with your children. Enjoy!

# Louisiana Fall

## About this Collection

Pumpkins everywhere, leaves changing colors, sweaters and scarves... those may be the first things you think of when you think of fall, but we experience something quite different in New Orleans.

Fall in New Orleans is trying multiple cups of gumbo at the annual Gumbo Fest. It's weekends filled with shrimp boils and neighborhood music festivals. It is hot summer days that last well into October. It's digging your jeans from a dresser drawer at the first break from humidity for a long bike ride under live oak trees. It's Thanksgiving without a jacket, or maybe even in shorts (and a fancy hat). It's taking time to notice the subtle changes in the plants, trees, and fauna that surround us. Fall is lazing in the sunshine while listening to a horn play. And finally, fall is walking through our school gardens, taking time to plant greens and root crops, and to harvest tomatoes, peppers, and pumpkins that were planted long before summer's end.

The recipes in this book were chosen to bring you the best of Louisiana fall. For the holidays we give you a cranberry sauce to celebrate Thanksgiving, and Mexican Pan De Muertos to celebrate the Day of the Dead. We add recipes that use sweet potatoes and squash, mainstays of fall recipes everywhere, including in our classes. Finally, we suggest you make some recipes using mirlitons and red beans to round out your fall season with true New Orleans flavors and flair.

Happy cooking!  
Chef Jay & Chef Alana

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Illustrations by Nicole Gelb Dugat  
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# Jamaican Sorrel Drink (Hibiscus Beverage)

8 Servings, Serving Size 1 1/2 cup

## Ingredients

- 2 cups Thai hibiscus sepals (Flowers)
- 2 tablespoons ginger, sliced
- 3 whole cloves
- 1 cup brown sugar
- 1-2 lemons, juiced and zested
- 4 cups water

## Instructions

1. In a large pot, bring water to a boil. Add hibiscus, ginger, and cloves to the pot once it comes to a boil.
2. Boil for 2 minutes, then turn off the heat.
3. Cover and allow to steep for 12-24 hours.
4. Strain and sweeten to taste.
5. Serve over ice, and enjoy!

## Make it with your kids!

This is a recipe for all ages, but has lots of cooking jobs for smaller children.

### Pre-K - 3rd grade:

- Students can squeeze lemons into cups or containers while adults and/or older students prepare the rest of the recipe.

### 5th - 8th grade:

- If you have a microplane, students can use this to grate ginger and zest the lemons.



## COOL NUTRITION TIP

Hibiscus supports heart health and helps to decrease blood pressure.

## IN THE GARDEN

Thai hibiscus is grown in most of the ESYNOLA gardens. Hibiscus leaves are edible and very sour; the kids call them sour leaves!

# Butternut Squash Mac & Cheese

6-8 Servings, 1 cup Serving Size

## Ingredients

4 cups butternut squash, peeled and diced  
1 1/4 cup chicken broth  
1 1/4 cup milk  
2 teaspoons garlic, minced  
1 lb whole wheat pasta, uncooked  
1 cup kale, roughly chopped  
1/4 cup plain Greek yogurt  
1 teaspoon salt  
1/2 teaspoon pepper  
1 1/2 cups white cheddar cheese, shredded  
1/3 cup whole wheat breadcrumbs  
2 Tablespoons fresh parsley, chopped (for garnish)

## Instructions

1. Combine the butternut squash, chicken broth, milk, and garlic in a saucepan over medium heat. Bring to a boil, then reduce heat. Simmer for 20 minutes or until the squash is very tender. Let cool for 10 minutes.
2. Preheat oven to 375°F.
3. Bring a pot of salted water to a boil. Cook pasta al dente according to directions. 2 minutes before pasta is done, add kale. Drain pasta and kale. Set aside.
4. Pour cooled butternut squash mixture into a blender. Add yogurt, salt, and pepper. Blend until smooth.
5. Combine pureed butternut squash mixture and cheese in a large bowl. Mix thoroughly. Season sauce with additional salt and pepper if desired.
6. Add the pasta and kale to the bowl and stir to mix completely. Pour mixture into a 9x13 inch baking pan. Top with breadcrumbs and additional cheese if desired.

## Make it with your kids!

This recipe is great for all ages! However, adult supervision is highly encouraged when using a blender.

### Pre-K - 2nd grade:

- Consider adding each ingredient individually to a pot away from the stove and then put the pot on the stove to heat. This allows time for students to look, touch, and smell ingredients.
- Students can rip and tear kale or parsley with their hands, or snip with scissors.
- If you have a garlic press students can squeeze the handles and mince the garlic. Make sure to remove paper first.
- Students this age should only be allowed to press the buttons on a closed blender, with adult supervision.

### 3rd - 4th grade:

- Students this age can use a cheese grater, carefully, to grate cheese.

### 5th - 8th grade:

- If you feel comfortable, older students could use knives to prep ingredients before putting in the food processor.
- Middle schoolers LOVE to mince. They can mince garlic that has been popped and peeled. They can also mince parsley leaves that have been removed from the stem.
- Middle schoolers can cut kale using a chef's knife into strips or a rough chop.

## IT'S THE GROWING SEASON

Butternut Squash grows during the warmest months, so why is it called a “winter squash?”

It's called winter squash because unlike its summer cousins (yellow squash and zucchini), winter squash has a thick rind that allows it to keep for long periods of time. Winter squash harvested in late summer and early fall can last through winter. Indigenous and early farmers used to plant tons of winter squash and pumpkins that they could store during the winter. It was advantageous to do so, especially without refrigeration.

# Sweet Potato Biscuits

8-10 Servings, 1 biscuit Serving Size

## Ingredients

3/4 cup cooked sweet potato, mashed (about 1 1/2 medium sweet potato)  
1/4 to 1/3 cup whole milk  
1 3/4 cups all-purpose flour, plus more for dusting  
2 Tablespoons brown sugar  
1 Tablespoon baking powder  
1 teaspoon salt  
6 Tablespoons cold unsalted butter, cut into small bits

## Instructions

1. Place a rack in the center of the oven and preheat to 425°F. Line a baking sheet with parchment paper.

2. In a small bowl, mash together the sweet potato and 1/4 cup milk. Mixture should be smooth and sticky. Add additional milk if necessary. Set aside.

3. In a large bowl, whisk together the flour, sugar, baking powder, and salt. Cut in the butter with your hands until the mixture resembles coarse meal.

4. Add the sweet potato mixture and fold gently to combine. The mixture should form a ball that is doughy but not sticky. If still too dry, add additional milk a little at a time until all the flour is moistened. If still too wet, add more flour a little bit at a time until the dough loses its stickiness. The amount of milk or flour you will need will depend on the moisture of the sweet potato.

5. Sprinkle a small handful of flour on a work surface. Turn the dough out onto the surface and knead lightly 2 to 3 times with the palm of your hand until the mixture comes together. Do not over knead! Gently roll dough with a rolling pin or pat the dough out into a 1/2-inch-thick round.

6. Using a 2 1/2-inch-round biscuit cutter, cut the dough into biscuits. Gently reroll the scraps and cut out more biscuits. Place the biscuits on the prepared baking sheet and bake until light golden brown and firm to the touch, 12 to 14 minutes. Serve warm or at room temperature.

## Make it with your kids!

This is a great recipe for younger children to help out with.

### For the Sweet Potatoes:

- Have students squeeze sweet potatoes out of the peel and mash with the milk. They can taste the potato skin after they get the potato into the bowl.

### For the Biscuits:

- With assistance, younger students can practice using measuring tools appropriately, and then take turns stirring and mixing.
- Practice counting to different numbers, or singing encouraging songs!
- Kids can squeeze the butter into the flour mixture with their hands until the mixture looks crumbly and the butter is fully incorporated.

## HOT COOKING TIPS

If you don't have a biscuit cutter, look for other round objects you could find in your kitchen. We usually use the lids from spice jars in class to make mini biscuits, which yields a larger batch of biscuits, just smaller.

If you have access to fresh herbs, try adding rosemary or sage. Have younger children pick the herbs into small pieces, then have an adult or older student mince the herbs. Add the chopped herbs to the bowl of dry ingredients, before combining with sweet potatoes and milk.



# Cinnamon Sweet Potato Muffins

24 Servings, 1 muffin Serving Size

## Ingredients

### For muffins:

- 2 cups flour
- 1 Tablespoon baking powder
- 1 teaspoon salt
- 2 cups sugar
- 2 teaspoons cinnamon
- 1 egg, lightly beaten
- 2 cups sweet potatoes (about 1 large or 2 medium sweet potatoes), peeled, boiled, and mashed
- 1 cup canola oil

### For glaze (optional):

- 1 cup confectioners' sugar
- 2 Tablespoons + 1 1/2 teaspoons milk
- 1 1/2 teaspoons butter, melted
- 1 teaspoon vanilla extract
- 1/2 teaspoon cinnamon

## Instructions

1. Preheat oven to 375°F. Line a muffin tin with paper liners or
2. In a small bowl, combine flour, baking powder, salt, sugar, and cinnamon. In a separate bowl, combine egg, sweet potatoes, and oil.
3. Add wet ingredients to dry ingredients and mix until just combined.
4. Fill muffin cups 2/3 full and bake for 15-18 minutes or until a toothpick inserted comes out clean. Let cool for 5 minutes before removing from the muffin tin.
5. In a small bowl, mix all ingredients for glaze together. Drizzle over warm muffins.

*Note: Adding the glaze to the top of the muffins makes for a delicious sweet treat, but the glaze is not necessary. At our annual Sweet Potato Fest, these muffins are served without glaze and are always a big hit!*

## Make it with your kids!

### Pre-K - 1st grade:

- If you have a masher you can add a fun activity to the recipe by having your students mash the potatoes and oil in a large bowl before adding the egg and mixing.

### 2nd - 4th grade:

- We teach 2nd graders and above how to use peelers, so if you feel comfortable, they could use peelers to peel potatoes before boiling them. Peelers are still quite sharp so supervision is necessary.

### 5th - 8th grade:

- Students can monitor water on a stove to boil and carefully add potatoes with a slotted spoon.

### All ages:

- Practice recipe reading and using measuring tools to correctly measure ingredients. Students can put muffin batter into a pastry bag and squeeze into muffin tins. If you do not have a pastry bag you can use a zip-lock bag by cutting a hole at one of the bottom corners. Start with a small hole and make larger if needed.

## EDIBLE EXPERIENCE

Sweet Potato Fest is an annual celebration at Arthur Ashe Charter School! We harvest pounds upon pounds of sweet potatoes, parade around the neighborhood, and of course, eat lots of delectable sweet potato treats!

## DID YOU KNOW?

Yams and sweet potatoes are NOT the same thing! Sweet potatoes are sweeter and can be orange, purple or white; yams are starchy, more potato-like, and can be white, yellow, purple or pink.

# Sweet Potato Breakfast Hash

Servings 4, Serving Size 1 cup

## Ingredients

- 1 yellow onion, diced
- 1 green bell pepper, small diced
- 1-2 medium sweet potatoes, peeled and small diced
- 2-3 cloves garlic, minced (optional)
- 4 slices of cooked bacon, cut into 1/2 inch thick pieces (optional)
- 1 bunch of greens, chiffonaded (collard, kale, spinach) (optional)
- 4 eggs
- Salt and pepper to taste

## Instructions

1. In a large pan, heat oil over medium heat. Add the onions and peppers and sauté until soft, about five minutes. Add garlic and continue to stir.

*If using bacon: In a large pan, cook the bacon. Remove bacon from the pan and let it cool a bit before chopping into smaller pieces. Sauté the onions and the peppers in the bacon fat until soft, then proceed to next step.*

2. Add sweet potatoes and season with more salt and pepper. Cook for 8-10 minutes until soft, stirring occasionally. After ten minutes, cover the pan with a lid if sweet potatoes need more time.

3. When potatoes are soft, add greens and cook until wilted.

4. Using a wooden spoon, make four holes in your pan. Crack eggs one at a time into the holes, and let sit in the pan until the eggs are cooked to your liking.

5. Remove from heat and add more salt and pepper as needed.

6. Use a spatula to scoop hash from the pan, enjoy!

## Make it with your kids!

This is a great recipe for middle school students who want to practice their knife skills.

### Pre-K - 1st grades:

- Students can tear collards, kale, spinach, or other greens into smaller pieces.

### 2nd - 4th grades:

- Students can dice onions, peppers, and sweet potatoes that have been sliced into planks.

### 5th - 8th grades:

- Middle schoolers can prepare this entire recipe on their own! Practice slicing and dicing veggies, chiffonading greens, and recipe reading.



## DID YOU KNOW

Hash is a dish of cooked meat cut into small pieces and cooked again, usually with potatoes.

## HOT COOKING TIP

Do you know how to chiffonade your greens? Stack 3-4 leaves in a pile (remove thick stems first), roll them up like a burrito, and then thinly slice across the roll. You should end up with a pile of green ribbons!



# Kabocha Squash & Chicken Red Curry

4-6 Servings, 1 cup Serving Size

## Ingredients

- |   |  |
|---|--|
| 1 large kabocha squash                    | 1 (15-oz) can coconut milk                             |
| 1 pound boneless, skinless chicken thighs | 1/4 cup water  |
| 1 large handful green beans, cut in half  | 1 tbsp fish sauce                                      |
| 1 red bell pepper, diced                  | 2 tsp brown sugar                                      |
| 2 kaffir lime leaves, torn                | 2 red Thai chilies, pierced several times with a knife |
| 6 Thai basil leaves, chopped              | Cooked rice for serving                                |
| 1 tbsp vegetable or olive oil             |  |
| 3 tbsp red Thai curry paste               |  |

## Instructions

1. Preheat the oven to 400°F. Drizzle olive oil on a foil- or parchment-lined sheet tray. Slice kabocha squash, remove seeds, and place cut-side down on the sheet tray. Roast squash halves for about 30 minutes until tender. Remove and let cool completely.
2. At the same time squash is roasting, bake the chicken thighs: Spread thighs on a sheet tray and sprinkle liberally with salt and pepper. Bake in the oven for about 20 minutes, or until the juices are running clear.
3. In a large pot or deep pan, heat the oil over medium high heat. Add the curry paste and mash into hot oil so all the paste gets incorporated. Then, slowly drizzle in the coconut milk, whisking continuously until all milk has been added and no clumps remain.
4. Add water, torn kaffir lime leaves, Thai basil, fish sauce, brown sugar and Thai red chilies and bring to a simmer.
5. Add red bell peppers and green bean halves and continue simmering sauce for about 15 minutes until vegetables are just cooked but not mushy.
6. Peel or slice kabocha squash away from peel. Chop into large chunks and add to the curry sauce. Chop chicken into bite sized pieces, and add as well. Remove hot chilis from the curry.
7. Serve curry over rice.

## Make it with your kids!

This recipe involves a lot of stove, oven, and knife use, so it's best to have older students work on this recipe.

### 3rd - 4th grades:

- If you are comfortable with students using the oven at home, they can prepare the squash and chicken thighs and keep an eye on them in the oven.
- Students can use butter knives to chop green beans and peppers that have been cut down into planks for them ahead of time.

### 5th - 8th grades:

- Students can use chef's knives to slice squash and other vegetables, as well as follow all steps that involve the stove use. However, winter squash can be tough to cut and unwieldy, so an adult should be close by to supervise.



## INGREDIENT SWAPS

Kabocha squash can be eaten with the peel on. Try it! If you can't find kabocha squash, you can also try butternut squash or acorn squash.

Chicken is optional. It can be omitted or tofu can be substituted.

# Pan de Muertos

14-16 Servings, 1 slice Serving Size

## Ingredients

1/4 cup butter	1/2 cup + 2 Tablespoons sugar, divided
1/4 cup milk	2 eggs, beaten
1/4 cup warm water	1 Tablespoon + 2 teaspoons orange zest, divided
3 cups flour	1/4 cup orange juice
1 1/4 teaspoons active dry yeast	
1/2 teaspoon salt	
2 teaspoons anise seed	

## Instructions

1. Over medium heat, warm the milk and butter together in a medium saucepan until butter melts. Remove from heat and add warm water.

2. In a large bowl, combine 1 cup flour, yeast, salt, anise seed, and 1/4 cup sugar. Add the warm milk mixture, eggs, and 2 teaspoons orange zest. Mix until completely combined. Add additional flour, 1/2 cup at a time, until the dough is soft. Knead the dough on a lightly floured surface until smooth and elastic. Place in a lightly greased bowl, cover with plastic, and place in a warm area until it doubles in size, usually in 1-2 hours.

2. Punch dough down and shape into a large round loaf. Place on a baking sheet and loosely cover with plastic wrap. Place in a warm place again and let rise for 1 hour or it has doubled in size again.

3. While the dough is rising, make a glaze. In a small saucepan, combine 1/4 cup sugar, 1 tablespoon orange zest, and orange juice. Bring to a boil over medium heat. Let boil for 2 minutes before removing from heat.

4. When bread has doubled in size, preheat oven to 350°F. Once the oven is hot, bake for 35-45 minutes. Remove, and let cool for 3 minutes. Brush with glaze and sprinkle with remaining 2 tablespoons sugar.

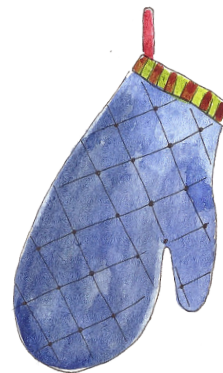
## Make it with your kids!

### Pre-K - 2nd:

- Your student can begin learning how to measure with cups and spoons. Make sure to tell your student to measure ingredients before dumping them in, and that measuring spoons and cups should be filled to the top and then leveled.
- Young students love to mix. If you have more than one child helping, you can teach your children to count and take turns while they mix. Once they have counted to 8 or 10 it's time to pass, pass, pass.
- Kneading and shaping bread is super fun for young students. Make sure to have a properly floured surface. It's best if an adult or older child controls the extra flour to avoid having flour all over clothes and the floor.

### 3rd grade & older:

- Students 3rd grade and older can do all activities listed above. They can also stir mixtures at the stove with your supervision.



## CUISINE INTERNATIONALE

Pan de Muertos is traditionally made in Mexico for Día de los Muertos, a two-day holiday in which people create altars to friends and family members who have passed, so that their souls may return, reunite with their loved ones, and enjoy their favorite treats from the living world.

Día de los Muertos means “Day of the Dead.” What do you think Pan de Muertos means??

# Lemon Cranberry Sauce

8-10 Servings, 1/4 cup Serving Size

## Ingredients

- 1 package, 12 oz, fresh cranberries, or frozen cranberries, thawed
- 3 tablespoons lemon juice
- 1/4 cup orange juice
- 1 cup sugar
- 1 cup water
- 1 1/2 teaspoons grated lemon zest

## Instructions

1. In a large saucepan, combine the cranberries, sugar, water, orange juice, and lemon juice. Cook over medium heat until berries pop, about 12-15 minutes.
2. Remove from heat and allow 5 - 7 minutes to cool down to a temperature that won't burn skin. Mash all ingredients with a potato masher.
3. Mix in lemon zest.
4. Chill before serving.

## Make it with your kids!

### Pre-K - 4th grade:

- Quarter lemons and have your students squeeze the juice out. Do this in a separate container before adding juice to the food processor bowl to remove any seeds.
- If you have a masher you can add a fun activity to the recipe by having your students mash the cranberry mixture after it has been heated on the stove. You can pull the berries from the stove either just before or just after they pop. Makes sure to allow the cranberry mixture to cool down to a temperature that won't burn the skin just in case a drop or two jumps out.

### 5th - 8th grade:

- Middle schoolers can monitor and stir the cranberry mixture on the stove with adult supervision.
- Middle schoolers can cut the lemons before juicing them.
- Middle schoolers can grate the lemon peel to make a lemon zest. This can be done using a micro-plane, if you have one, or by carefully running the lemon peel over a cheese grater before cutting the lemon.

### All ages:

- Practice recipe reading and using measuring tools to correctly measure ingredients. Your student can measure and add ingredients to the saucepan before putting on the stove.
- This recipe can be changed and adapted depending on what your family likes. You may want to add spices like nutmeg or cinnamon. Make sure to smell spices before you add them!

## IN COOKING CLASS

Cranberries, lemons, and oranges all provide a SOUR taste. We talk about the five tastes in kitchen classes. The other four are: sweet, salty, bitter, and umami.

## DID YOU KNOW

Cranberries grow in bogs, which are beds layered with sand, peat, and gravel. To harvest cranberries, farmers flood the bogs with water; then the cranberries rise to the surface.

# Red Bean Hummus

10-12 Servings, 1/4 cup Serving Size

## Ingredients

1/4 cup lemon juice  
1/4 cup tahini  
3 cloves garlic  
2 Tablespoons olive oil  
1 teaspoon kosher salt  
1 teaspoon pepper  
1 1/2 cups (or 1 15 oz. can) red beans, drained and rinsed  
2 teaspoons creole seasoning (even mixture of garlic powder, onion powder, smoked paprika, cayenne pepper, and thyme)  
3 Tablespoons water

## Instructions

1. In the bowl of a food processor, combine tahini and lemon juice. Process for 1 minute. Scrape sides and bottom of bowl, then turn on and process for another 30 seconds. This helps whip the tahini to make it extra smooth and creamy.

2. Add the garlic, olive oil, salt, and pepper to the bowl of the food processor. Process for another 30 seconds. Scrape the sides and bottom and process for another 30 seconds.

3. Add the red beans and process for 1 minute. Scrape the sides and bottom, season with creole seasoning, and process for another 1-2 minutes, until thick and creamy. To make hummus thinner, add water while the food processor is still running to achieve desired consistency.

## Make it with your kids!

### Pre-K - 4th grade:

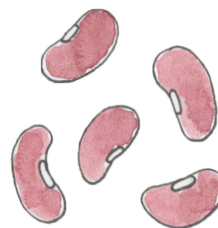
- Quarter lemons and have your students squeeze the juice out. Do this in a separate container before adding juice to the food processor bowl to remove any seeds. You can have them suck on the peels afterwards!
- If you have a masher you can add a fun activity to the recipe by having your students mash the beans and oil in a large bowl before adding them to the food processor.
- Students this age should only be allowed to press the buttons on a closed food processor, with adult supervision.

### 5th - 8th grade:

- Middle schoolers LOVE to mince. They can mince garlic that has been popped and peeled.
- Middle schoolers can cut the lemons before juicing them.

### All ages:

- Practice recipe reading and using measuring tools to correctly measure ingredients.



## HOT GARDENING TIP

1. Take red beans from the store (like Camellia) and place them between a folded damp paper towel overnight. The seed coat will soften and the seed will germinate or sprout. The seeds should take 5-7 days to germinate.

2. In a prepared pot with soil, plant the bean seed 1-2 inches deep and cover with soil. If you have a larger pot and would like to plant more, make sure that there are at least 6 inches between the seeds. Water them a bit each day. The top of the soil should not be dry when you touch it.

# Stuffed Mirliton

10-12 Servings, 1/2 mirliton Serving Size

## Ingredients

5-6 mirlitons, halved and steamed  
1/2 lb andouille, diced  
1 Tablespoon olive oil  
1/2 medium onion, diced  
2 cloves garlic, minced  
1 stalk celery, diced  
1/2 medium bell pepper, diced  
1 tomato, diced  
1/2 loaf whole wheat bread, cubed  
2-3 cups chicken stock  
1 teaspoon thyme  
2 teaspoon creole seasoning (even mixture of garlic powder; onion powder; smoked paprika, cayenne pepper, and thyme)  
Salt and pepper to taste

## Instructions

1. Scoop out mirliton meat being careful to keep the skins intact.
2. In a medium skillet, brown the andouille. Set aside. In the same pan, heat olive oil over medium heat. Saute onions and garlic until translucent, 4-5 minutes. Add celery and bell peppers. Continue to cook until bell peppers soften, 4-5 minutes. Add tomatoes, meat from mirlitons, browned andouille, and bread cubes. Add enough broth to make mixture wet but not soupy. Season with thyme, creole seasoning, and salt and pepper to taste.
3. Scoop stuffing into hollowed out mirliton shells and serve immediately.

## Make it with your kids!

### Pre-K & Kindergarten:

- Students can help mix the ingredients for the creole seasoning.
- If you have a garlic press students can squeeze the handles and mince the garlic. Make sure to remove paper first.
- Students can tear bread into small pieces, rather than dicing bread with a knife.

### 1st - 4th grade:

- Students this age can make simple cuts with butter knives. Students can cut many of the ingredients in this recipe with a small amount of prep. Celery and bread can be cut as is. Tomatoes should be quartered before students make cuts. Onions and peppers should be cut into 1/2 inch strips that students can then cut into smaller pieces.

### 5th - 8th grade:

- Middle schoolers LOVE to mince. They can mince garlic that has been popped and peeled.
- Middle schoolers can cut the onions, tomatoes, peppers, bread, celery and halve the mirlitons.

## HOT GARDENING TIP

1. Grow your own mirlitons! In the spring, pick out a fresh mirliton (unblemished, and rounded) at the store.
2. Plant your mirliton in a pot with the broad end covered in soil, at a 60 degree angle, with the thinner end pointing up, poking out of the soil just slightly.
3. In a few weeks the mirliton will sprout roots below and a vining plant will emerge.
4. After the plant is a little bigger, transplant to a spot in the ground where it has something sturdy for the vine to grow on: a strong chain-link fence or large trellis. You'll have a big vine, and fresh mirlitons in the fall!

# **SAFETY RULES**

from the ESYNOLA Teaching Kitchen

## **STOVE RULES**

1. Only adults adjust the flame.
2. Keep arm lifted and stir slowly.
3. Sleeves up, hair pulled back.

## **KNIFE RULES**

1. Use bear claw and bridge.
2. Focus!
3. Knife on the cutting board, always.



# RECIPE ATTRIBUTIONS & REFERENCES

## **Butternut Squash Mac & Cheese**

Recipe adapted from [sallysbakingaddiction.com](http://sallysbakingaddiction.com)

## **Kabocha Squash & Chicken Curry**

Recipe adapted from *Eat Run Live* (blog)

## **Pan de Muertos**

Recipe adapted from [allrecipes.com](http://allrecipes.com)

## **Lemon Cranberry Sauce**

Recipe adapted from [tasteofhome.com](http://tasteofhome.com)

## **Red Bean Hummus**

Recipe adapted from [inspiredtaste.net](http://inspiredtaste.net)



*Bon Appétit!*

YOU  
MAY  
EAT.

**Edible Schoolyard New Orleans**

signature program of FirstLine Schools

[www.esynola.org](http://www.esynola.org)