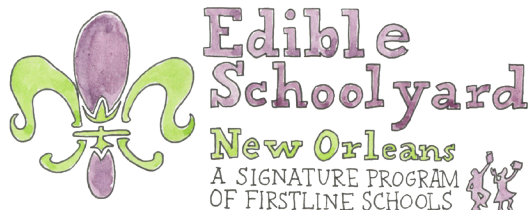


# Louisiana Winter



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 Winter

## About this Collection

While we are used to the hot, seemingly endless summers here in New Orleans, we receive a break from the intense heat during the winter months. December, January, and February in Louisiana are often more appropriately referred to as the “cool months”. Winter brings about certain connotations of snow, bare trees and dead plants, freezing temperatures, and a lack of fresh, harvested produce. This is the experience for many northern states, while winter in Louisiana paints a different picture. During these months, the landscape is still lush with greenery, flowers are still in bloom, and the garden is still bountiful with a variety of produce. While the produce you may find in the garden during the cooler months may be different from that of the other seasons, this continuous growing season throughout the year allows us to prepare dishes year round that include produce fresh from the garden.

The recipes featured in the winter collection star winter produce such as collard greens, kale, broccoli, spinach, carrots, beets, citrus fruits, and herbs like rosemary, dill, parsley, and cilantro. Much of this produce can be found growing in the school gardens of Edible Schoolyard New Orleans. Students themselves put a hand into planting and caring for these crops, and maintaining the garden so the produce in it can thrive. The harvested produce can then be transformed into recipes such as Winter Harvest Chili, Caribbean Collard Greens, and Collard Greens Dip that all utilize the abundant amount of greens produced in the winter. Garden herbs that grow in the winter are used in recipes such as Garden Ranch Dressing, Herbed Shortbread Cookies, and Herbed Breadsticks. Winter citrus fruits are found in Winter Citrus Salad and Zesty Rainbow Broccoli Salad, which also features winter produce such as broccoli and carrots. There are endless ways to create delicious food with the produce that grows during the winter season. These recipes are here to help you along during the winter months, and inspire you to create your own winter dishes.

Happy cooking!  
Chef Leah

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These recipes were chosen and annotated by  
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Illustrations by Nicole Gelb Dugat  
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# Zesty Rainbow Broccoli Salad

8 Servings, 1/2 cup Serving Size

## Ingredients

### Broccoli Salad:

- 4 medium carrots, peeled and sliced (or grated)
- 2 red bell peppers, seeded and chopped
- 2 cups red cabbage, shredded
- 2 cups broccoli florets, chopped into bite-size pieces
- 1/2 cup cilantro, chopped

### Sesame Citrus Dressing:

- 1 orange, juiced
- 1/4 cup olive oil
- 1-2 Tablespoons sesame oil
- 2 cloves garlic, minced
- 1 Tablespoon ginger, grated
- 1 teaspoon brown sugar
- Salt to taste

## Instructions

1. Combine all the vegetables in a medium bowl.
2. Mix salad dressing ingredients by hand or shaken in a jar; then add to vegetables. Toss to combine, then enjoy!

## Make it with your kids!

### Pre-K & Kindergarten:

- Students can work on tearing greens into bite sized pieces.

### 1st & 2nd grade:

- In kitchen class, 1st graders practice cutting with a plastic knife and 2nd graders can use a butter knife. Students can practice their cuts on the broccoli, red cabbage, and red bell peppers. For these vegetables, an adult should help break them down so they are easier for the student to cut. The red bell pepper can be cut into fourths, the broccoli into small florets, and the cabbage into small slices. Students should be practicing their bear claw while making cuts.

### 3rd & 4th grade:

- 3rd and 4th graders should also use a butter knife when prepping ingredients. The same guidelines stated above should be followed. Students can also use a peeler to cut the carrot into ribbons.

### 5th - 8th grade:

- Middle school students can work on their cuts using a chef's knife.

### All ages:

- Students love to mix ingredients together; allow students to stir the salad dressing together; or shake in a jar. If you have a garlic press, students can squeeze the handles of the garlic press, just make sure the skin of the garlic is removed first. Practice recipe reading and using measuring tools to correctly measure ingredients. All ages can help pluck the cilantro leaves off the stem, discarding the stems.

## IT'S THE GROWING SEASON

After planting broccoli, it takes anywhere from 70 to 140 days to be ready to harvest.

## COOL NUTRITION TIP

One serving of broccoli actually contains more Vitamin C than an orange. In this recipe, using both broccoli and oranges, it's a powerful Vitamin C boost. One of the benefits of Vitamin C is that it helps improve your immunity which helps prevent you from getting sick.

# Winter Harvest Chili

6 - 8 Servings, 1 cup Serving Size

## Ingredients

### For chili:

- 2 Tablespoons olive oil
- 1 large onion, small dice
- 3 cloves garlic, minced
- 1 green bell pepper, small dice
- 1 red bell pepper, small dice
- 4 carrots, small dice
- 2 teaspoons cumin
- 1/4 teaspoon cayenne pepper
- 2 bay leaves
- 3 cans beans (kidney, black, navy- all the same or I prefer a variety)
- 1 large can diced tomatoes
- 4 - 6 cups vegetable stock
- 2 cups chopped assorted greens (like kale or collards)

### Toppings:

- 1 cup cheese, shredded (monterey jack, cheddar, or pepper jack work great)
- Diced tomatoes
- Plain Greek yogurt
- Fresh Herbs from the garden, green onions, cilantro

## Instructions

1. Heat olive oil in a large pot over medium heat. Sauté onion, garlic, peppers, carrots, cumin, cayenne pepper, and bay leaves in the pot until soft, about 5 min.
2. Add beans, diced tomatoes, and stock to pot, and bring to a low boil. Let simmer for at least 30 min or up to 2 hours.
3. Five minutes before finishing, add greens and cook until tender.
4. Ladle soup into bowls and garnish with cheese, diced tomatoes, plain yogurt, and fresh herbs.

## Make it with your kids!

### Pre-K & Kindergarten:

- Students can work on tearing greens and any herbs you may be using. Have them tear the greens into bite sized pieces, and discard the stems if using kale or collards. Students can also focus on smelling any spices that you use.

### 1st & 2nd grade:

- In kitchen class, 1st graders practice cutting with a plastic knife and 2nd graders can use a butter knife. Cut the peppers and tomatoes into strips for the students and then they can work on making dices with these vegetables while using their bear claw. Students can also work on cutting the greens.

### 3rd & 4th grade:

- With butter knives, students can cut the peppers, tomatoes, and onions into strips, and then they can work on making dices from the strips while using their bear claw. Students can also work on cutting the greens. In kitchen class, 3rd grade and up is allowed to work on the stove. Students can work on sautéing the vegetables and stirring the pot while practicing stove safety skills.

### 5th - 8th grade:

- Middle school students can make this whole recipe! They can practice their slice, mince and chiffonade to prep the ingredients.

### All ages:

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

## COOL NUTRITION TIP

One of the most delicious and satisfying ways to eat vegetables is in a soup or stew. It can be made in large quantities and frozen for future use. Homemade stews are much more nutritious than canned or instant soups, and do not contain harmful additives.

# Winter Greens & Artichoke Dip

10 Servings, 1/2 cup Serving Size

## Ingredients

- 4 Tablespoons butter
- 6 cloves garlic, minced
- 2 15-oz cans artichoke hearts, quartered
- 2 cups kale and/or collard greens
- 1 6 oz cream cheese, cut into thick slices
- 3 1/2 oz finely grated Parmesan cheese
- 1 1/2 teaspoons salt
- 1/2 teaspoons pepper

## Instructions

1. Melt butter in large saucepan over medium heat. Add garlic and cook, stirring often, until fragrant but not browned, about 1 minute.
2. Add the artichokes to the pan, and toss until well coated with butter, and cook for another minute.
3. Add the kale and collard greens to the pan, stirring often and cook until the greens are tender and the water has cooked off, about 7-8 minutes.
4. Add the cream cheese and cook, stirring constantly, until the cheese has melted. Once the cream cheese has melted you can add the Parmesan cheese, as well as the salt and pepper. Stir until melted and creamy.

## Make it with your kids!

### Pre-K & Kindergarten:

- Students can work on tearing the kale and collard greens into bite sized pieces. Make sure to remove and discard the stems.

### 1st & 2nd grade:

- In kitchen class, 1st graders practice cutting with a plastic knife and 2nd graders can use a butter knife. Students can practice their cuts on the collard greens and kale. A good technique is to roll up the leaf and, while using bear claw, cut strips off the leaf tube. If the artichokes are not already quartered, students can assist with cutting the artichokes.

### 3rd & 4th grade:

- 3rd and 4th graders should also use a butter knife when prepping ingredients.

### 5th - 8th grade:

- Middle school students can prepare the whole recipe and work on their cuts using a chef's knife.



## IT'S THE GROWING SEASON

Flowers are edible too! An artichoke is actually a flower bud that has not yet bloomed. Artichokes are in the same family as sunflowers, so sunflowers and artichokes are like cousins. If you see an unbloomed sunflower, it looks similar to an artichoke.



# Herbed Breadsticks

16 servings, 1 breadstick serving size

## Ingredients

### For the Dough:

- 1 package active dry yeast
- 4 1/4 cups all-purpose flour, plus more for dusting
- 2 Tablespoons unsalted butter, softened
- 2 Tablespoons sugar
- 1 Tablespoon fine salt
- Handful of any garden herbs (rosemary, oregano, dill)

### For the Topping:

- 3 Tablespoons unsalted butter, melted
- 1/2 teaspoon kosher salt
- 1/8 to 1/4 teaspoon garlic powder
- Pinch of dried oregano

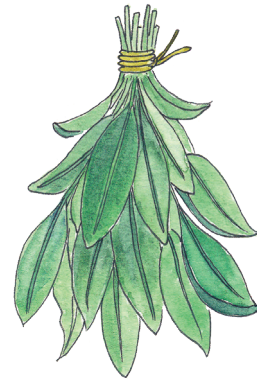
## Instructions

1. Make the dough: Place 1/4 cup warm water in a large bowl. Sprinkle in the yeast and set aside until foamy, about 5 minutes. Add the flour, butter, sugar, fine salt, herbs, and 1 1/4 cups plus 2 tablespoons warm water; mix with a spatula until a slightly sticky dough forms, 5 minutes.
2. Knead the dough by hand on a floured surface until very smooth and soft, 3 minutes.
3. Roll dough into a 2-foot-long log; cut into 16 pieces. Knead each piece slightly and shape into a 7-inch-long breadstick; arrange 2 inches apart on a parchment-lined baking sheet. Cover with a cloth; let rise in a warm spot until almost doubled, about 45 minutes.
4. Preheat the oven to 400°F.
5. Make the topping: Combine salt with the garlic powder and oregano.
6. Brush the breadsticks with 1 1/2 tablespoons of the butter, and sprinkle with the topping.
7. Bake in the oven for about 15 minutes, or until golden brown.

## Make it with your kids!

This recipe is great for all ages! Here are some things you can focus on while cooking:

- Students can smell the different herbs you choose to add and tear them up into little pieces.
- Students can sprinkle the yeast packet into the warm water.
- Older students can practice measuring using the correct tool (cups vs. spoons), and discuss fractions while doing so.
- They can add the dough ingredients into a bowl.
- Let students mix the dough with a spatula or spoon.
- Students can use their hands to knead the dough and shape the breadsticks, and they can mix the topping and add it on top of the breadsticks.



## STUDENTS SAY IT BEST

Get excited about home-made bread, like this Pre-K student at Green; "Making bread made my hands dirty. You can get it in the store, but it's better to make it yourself."

## CUISINE INTERNATIONALE

Breadsticks, unique from other breads due to their long, pencil thin shape, originated in Italy where they are called grissini. They are often served with pasta, pizza, or salad.

# Root Vegetable Medley

5-6 Servings, 1/2 cup Serving

## Ingredients

- 2-3 potatoes
- 2 large beets, carrots, parsnips, turnips, or any other root vegetable
- 2-3 tablespoons canola (or vegetable) oil
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1 teaspoon Cajun seasoning
- 1 teaspoon black pepper

## Instructions

1. Preheat oven to 350°F.
2. Chop root vegetables in 1/2 inch shapes (any cut of your choice, but too small will burn).
3. Put cut vegetables into a bowl and toss with oil.
4. Shake spices onto coated vegetables, mix with rubber spatula or spoon.
5. Spread vegetable mixture onto a cooking sheet and place in the oven.
6. Cook for 25-45 minutes.

## Make it with your kids!

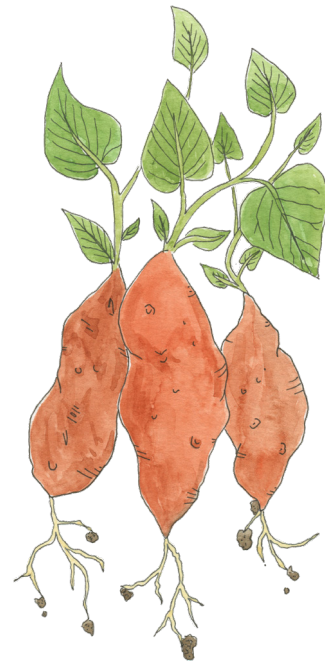
This recipe is great for middle schoolers who want to practice their knife skills

### Pre-K - 4th grade:

- These students can smell the different spices being used. They can also add the oil and spices onto the vegetables, and stir it all together.

### 5th - 8th grade:

- Since root vegetables are hard to cut into, they would be best cut with a chef's knife, which only middle schoolers use in kitchen class.



## IT'S THE GROWING SEASON

Did you know?! The common beet root evolved from leafy Swiss chard, and beet greens are similar in flavor, appearance, and nutritional value to chard. These greens are high in vitamins E, A, and C, as well as minerals such as iron and calcium.

## STUDENTS SAY IT BEST

"It's important to try things before you say you don't like it" - 2nd grader from Langston Hughes Academy



# Winter Citrus Salad

5-6 Servings, 1/2 cup Serving

## Ingredients

- 1 head romaine
- 1 bag of spinach (or any other mixed greens of your choice)
- 1/2 cup feta cheese, crumbled
- 1/2 cup sunflower seeds
- 2 satsumas, peeled and sectioned
- 1 grapefruit, peeled and sectioned

### For the Dressing:

- 1/4 cup olive oil
- 3 tablespoons vinegar
- 1 tablespoon honey
- salt and pepper
- 1 clove garlic, minced
- 2 tablespoons mustard

## Instructions

1. In a saucepan, toss sunflower seeds at medium to low heat, stirring frequently until seeds turn light brown
2. Add toasted sunflower seeds and all salad ingredients to a large bowl.
3. Place all dressing ingredients in a jar and shake to mix, or stir in a bowl. Add desired amount of dressing to salad. Enjoy!

## Make it with your kids!

### Pre-K & Kindergarten:

- Students can work on tearing greens into bite sized pieces. They can also crumble the feta using their hands or utensils.

### 1st & 2nd grade:

- Students can practice their cuts on the salad greens. Students should also peel the citrus fruit being used, and can work on cutting these down into smaller pieces if desired. Students should be practicing their bear claw while making cuts.

### 3rd & 4th grade:

- 3rd and 4th graders should also use a butter knife when prepping ingredients.
- Students can toast the sunflower seeds while practicing their stove safety skills.

### 5th - 8th grade:

- Middle school students can work on their cuts using a chef's knife.

### All ages:

- Students love to mix ingredients together; allow students to stir the salad dressing together, or shake in a jar. If you have a garlic press, students can squeeze the handles of the garlic press, just make sure the skin of the garlic is removed first. Students can also practice recipe reading and using measuring tools to correctly measure ingredients.

## HOT COOKING TIP

Basic dressing contains only mustard, vinegar and olive oil. Get creative by adding other ingredients like egg yolks, cream, blue cheese, garlic, and herbs. Making your own salad dressing using fresh ingredients can be an important first step in changing your diet for the better, as well as becoming a good cook.

# Caribbean Collard Greens

6-8 Servings, 1/4 cup Serving Size

## Ingredients

1 Tablespoon olive oil  
1 onion, diced  
3 cloves garlic, minced  
1/2 scotch bonnet pepper, minced  
2 lbs collard greens, roughly chopped  
salt and pepper to taste  
3/4 cup coconut milk  
1 medium tomato, diced  
1/2 lemon, cut into wedges

## Instructions

1. Heat oil in a skillet over medium heat. Sauté onions and garlic until soft, 4-5 minutes.
2. Add scotch bonnet pepper and collard greens. Continue to cook until collard greens start to wilt. Season with salt and pepper.
3. Add coconut milk and tomatoes. Cover and bring to a boil. Then, reduce to a simmer and cook for 40 minutes or until desired tenderness is achieved. Squeeze lemon juice on top and serve.

## Make it with your kids!

### Pre-K & Kindergarten:

- Students can work on tearing greens into bite sized pieces. Make sure to remove and discard the stems. If you cut the lemon into wedges, students can use their pincer fingers to squeeze the lemon.

### 1st & 2nd grade:

- In kitchen class, 1st graders practice cutting with a plastic knife and 2nd graders can use a butter knife. Students can practice their cuts on collards. A good technique is to roll up the leaf and, while using bear claw, cut strips off the leaf tube. If you cut down the tomato into sticks, students can practice making dices.

### 3rd & 4th grade:

- 3rd and 4th graders should also use a butter knife when prepping ingredients. If they feel comfortable, the student can cut the scotch bonnet peppers (just remember to wear gloves and don't touch your eyes!) as well as the onion.

### 5th - 8th grade:

- Middle school students can prepare the whole recipe and work on their cuts using a chef's knife.



## IT'S THE GROWING SEASON

Collard greens play a central role in the culinary traditions of the South where they are widely grown for most of the year, but their taste is greatly improved in Winter by a hard frost.

## COOL NUTRITION TIP

More nutritious than heading cabbage, collards are an excellent source of vitamin A, C, and K, as well as calcium and iron!

# Herbed Shortbread Cookies

Servings 24, 1 cookie Serving Size

## Ingredients

2 cups all purpose flour  
2 sticks of butter, softened to room temperature  
1/2 cup granulated sugar  
1/4 cup herbs from the garden, chopped (tarragon, sage, mint, basil, rosemary, etc.)  
pinch of salt  
splash of vanilla

## Instructions

1. Beat together butter and sugar until VERY fluffy (an electric mixer or egg beater works well for this).
2. Add the splash of vanilla to the butter/sugar mixture.
3. Combine salt, herbs, and flour.
4. Add flour mixture to butter/sugar mixture and beat until combined into a rough dough.
5. Let dough chill in the refrigerator for at least an hour.
6. Preheat oven to 350°F.
7. Roll chilled dough out flat and cut with a cookie cutter.
8. Bake until edges are golden brown, about 10-15 minutes.

## Make it with your kids!

This recipe is great for all ages! Here are some things you can focus on while cooking:

- Students can smell the herbs that are being used. You can customize this to your liking.
- Older students can practice measuring and work on their fractions while doing so.
- All students can help adding ingredients into the bowl.
- Students can mix the dough together using their hands (beware this gets a little messy!).
- Students can help cutting out the cookies.



## HOT GARDENING TIP

On drying your own herbs: Wash then tie herbs in loose bunches, and allow them to drip dry. Place bundles upside down in a brown paper lunch bag. Close the mouth of the bag around the stems with some twine and let the herbs hang freely inside the bag. Choose a space to hang with good air circulation.

# **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 bridg.
2. Focus!
3. Knife on the cutting board, always.

# RECIPE ATTRIBUTIONS & REFERENCES

## Zesty Rainbow Broccoli Salad

Recipe adapted from the *Kitchen MagPie* (blog)

## Winter Harvest Chili

Additional information from *Healthy4Life*  
by Weston A. Price

## Winter Greens & Artichoke Dip

Recipe adapted from *Bon Appétit* Magazine

## Herbed Breadsticks

Recipe adapted from The Food Network

## Root Vegetable Medley

Additional information from *From Asparagus to Zucchini: A  
Guide to Farm Fresh Seasonal Produce*  
by FairShare CSA Coalition

## Winter Citrus Salad

Additional information from *Healthy4Life*  
by Weston A. Price

## Caribbean Collard Greens

Recipe adapted from CaribbeanPot.com  
Additional information from *Carrots Love Tomatoes* by  
Louise Riotte, and from foodandnutrition.org

## Herbed Shortbread Cookies

Additional information from *Carrots Love Tomatoes*  
by Louise Riotte





*Bon Appétit!*

YOU  
MAY  
EAT.

**Edible Schoolyard New Orleans**

signature program of FirstLine Schools

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