

One Bite Lessons



These recipes don't require a kitchen or excessive preparation. They are fun & creative ways to sample veggies right from the garden. Harvesting food straight from the garden is a powerful act. Students who harvest straight from the garden are often more adventurous and try food they might not sample otherwise. Begin this activity by letting students explore in the garden and then take time to show students what is good to harvest. Remember to follow safe hand and produce washing practices.

Recipe for: RAD RABBIT WRAPS

Serves 10-20 students a sample size portion

INGREDIENTS

- 12 pack of tortillas, cut in half
- 8 oz of favorite hummus
- 1-2 cups of each veggie grown in your SYG (spinach, kale, carrots, beets, radish, turnips, cilantro, basil, arugula, etc.)

DIRECTIONS

1. Walk through the garden with students, discuss which vegetables rabbits might like eating. Show students how to harvest various veggies and then let them pick their own.
2. Set up a station for students to pick up 1/2 of a tortilla, spread with hummus.
3. Encourage students to layer their wraps with fresh veggies.
4. Once assembled, roll tortillas up and have students crunch on their wraps like hungry rabbits!

Recipe for: SALSA ON A STICK

Serves 20 students a sample size portion

INGREDIENTS

- 20 skewers or toothpicks
- cherry tomatoes
- cilantro
- green onion
- jalapeno or sweet pepper

DIRECTIONS

1. Pass out skewers or toothpicks to students.
2. Invite students to walk through the garden, identifying vegetables that are in salsa !
3. Let students harvest their own salsa ingredients and layer them onto their skewers for a simple garden snack of salsa on a stick!

* Consider passing out corn tortilla chips along with the skewers

Recipe for: PIZZA ON A STICK

Serves 20 students a sample size portion

INGREDIENTS

Pizza Skewers

- 20 skewers or toothpicks
- mozzarella block or balls, enough for 20 small portions
- Loaf of bread, cut into 1 inch cubes
- cherry tomatoes
- basil
- optional: oregano, zucchini, peppers, etc.

Creamy Italian Dressing (optional)

- 1 spoonful full fat plain yogurt
- 1 spoonful olive oil
- 1 spoonful balsamic vinegar
- pinch of Italian seasoning
- salt and pepper to taste

DIRECTIONS

1. Set up a station for students to grab a skewer, cube of bread, and mozzarella slice.
2. Invite students to walk through the garden, identifying vegetables that are ready to harvest, that make great pizza toppings!
3. Let students layer these ingredients onto their skewers for a simple garden snack of pizza on a stick!
4. Line all ingredients for the creamy Italian dressing up on a table.
5. Give each student a spoon and a bowl
6. Instruct them to go through the line and using their own spoon for measuring, add each ingredient to their bowl.
7. Stir and enjoy!

Recipe for: CREAM CHEESE RADISH ROUNDS

Serves 10-20 students a sample size portion

INGREDIENTS

- 4-5 radishes, sliced into rounds
- 4 oz soft cream cheese
- 1 box crackers of choice
- 1 bunch green onions, chopped
- 1 bunch carrot tops, cilantro, or other leafy green, finely chopped

DIRECTIONS

1. In a medium bowl mix green onions and herbs into 4 oz of softened cream cheese.
2. Mix until smooth and creamy.
3. Place crackers on a tray and dollop 1 teaspoon of cream cheese mixture on top of each cracker.
4. Arrange a piece of sliced radish on top and Ta-Da!
5. Serve and enjoy.

* Feel free to substitute the cracker for a leaf of lettuce, making a quick garden wrap