

KIDS IN THE KITCHEN

PS 84 1-5TH GRADE NUTRITION CLASS NEWSLETTER

Issue 5
FALL 2019



Dear PS 84 Families:

Winds are blowing, we're pulling out our coziest sweaters and snuggling at home with our loved ones. Pumpkin spice everything is upon us and so is the season for comfort food. Welcome back, **Autumn!**

In our classes this season we learned about the patterns and interactions between plants, enriched soil, **beneficial** and pest insects, the weather, and how farmers use all this information to grow healthy food. For as we know, healthy soil = healthy food, and therefore healthy people! We talked about how the **Native American** people who once lived in this area connected to nature through their plant crops, **Pow Wow** social gatherings, and craft-making. Much of what we know about caring for our built and natural environments comes from ideas that were in practice a long time ago.

Our rooftop garden and Mother Nature worked together to produce a bounty of colorful, fresh fruits and vegetables for us this year. We harvested tons of fragrant basil leaves to **dehydrate** and **preserve** for later use. We harvested eggplant, green onions, peppers, tomatoes, and herbs like garlic, rosemary, and fennel. Sounds like the perfect ingredients for a **Ratatouille!**

This traditional dish **originates** from the South of **France**, where farmers and home cooks would use up their **excess** vegetables after harvest. 'Touiller' in French means 'to toss' or 'stir it up' hence the name. The big flavors of aromatic herbs & beautiful fresh vegetables are combined into a pot and cooked down to create a beautiful stew.

No two ratatouilles are exactly the same, so make this your own! It can be enjoyed hot or cold, on its own, or with eggs, over toast, tossed with pasta, rice, quinoa or couscous. It can also be served as a side and keeps really well in the fridge for three to four days where the flavors just keep getting better. A perfect, quick & easy week-night dinner!

Bon Appetite!

Ms. B



Garden Recipe Word Search

F R U S N M S O U T H A M E R I C A E M
S I M J R I V J Q P Y T E I R A V S T E
T C U R A O A O K Y Z Y G N O P S J T X
H I I E T X B P W E T A R D Y H E D E I
O L L M A I P U S R L W W U U A L D G N
R R L Z T R E P E L L E N T W N A O R I
N A A A O J S Q U A S H N A R I I P U H
S G D C U P I Q H M S K M X F H R E O C
P S T I I S V F R A N C E O H C E P C C
P E B R L N A C I R E M A E V I T A N U
R T E E L S O U T H A F R I C A C L M Z
E A N M E Z H A B N W B R I N J A L R Y
S N I A V M E O K V A B W U I I B Z D U
E I G H W O W W O P Z L P X C N I L Z X
R G R T K D E D I B L E P I P D T Y J Z
V I E R E V I S E H D A F G K I N Y L B
E R B O O Y J J S Y O E F M G A A B I W
K O U N B P G H F Z N R L G B E Y Y G K
M R A R U P M E T E A I S A H T U O S E
V N M U T U A I B H E X C E S S D X T R

ADHESIVE	DEHYDRATE	NORTH AMERICA	SOUTH ASIA
ALLIUM	EDIBLE	ORIGINATES	SPAIN
ANTIBACTERIAL	EGGPLANT	PEPO	SPONGY
AUBERGINE	EXCESS	POW WOW	SQUASH
AUTUMN	FRANCE	PRESERVE	TEMPURA
BENEFICIAL	GARLIC	RATATOUILLE	THORNS
BRINJAL	INDIA	REPELLENT	VARIETY
CHINA	IRAN	SOUTH AFRICA	ZUCCHINI
COURGETTE	NATIVE AMERICAN	SOUTH AMERICA	



Recipe of the Season

Autumn Harvest Ratatouille

Prep Time: 10 minutes
Cook Time: 25 minutes
Total time: 30 minutes

TOOLS

NOTES

YEILD

- Cutting board
- Knife
- Measuring cups/spoons
- Mixing spoons
- Sauté pan
- Small bowls

To sweat your eggplant, a matter of preference to remove the bitterness; cut it into rounds, place in a colander and sprinkle liberally with salt. Let sit for at least a 1/2 hour in a bowl. After, blot each piece of aubergine with paper towel to continue recipe.

Serves: 6





1 Serving: Calories: 122kcal

Carbohydrates: 22g \ Protein: 5g Fat: 3g

Sodium: 414mg \ Fiber: 8g Sugar: 13g

\Iron: 1.4mg \ Vitamin A: 2750IU

Vitamin C: 131.2mg \ Calcium: 60mg




UNIT AMOUNT	INGREDIENTS	STEPS
1 tablespoon	Olive oil	*Prior to starting, make sure all the ingredients are cut and ready to go.
1 large	Onion 	Chopped
In a large pan, sauté the onions in olive oil over medium heat until they are translucent. Alternatively, use a few tablespoons of water to sauté if you want to keep the dish oil-free.		
3 cloves	Garlic	Chopped finely. Add the garlic and continue to cook until it starts to brown
1 large	Eggplant/Aubergine	Chopped into chunks
2 large	Zucchini	Chopped into chunks
2 large	Bell peppers, any color 	Chopped into chunks
4.5 cups	fresh Tomato 	Chopped, (you can substitute chopped canned tomatoes, but the finished flavor won't be quite as good)
1 teaspoon	fennel seeds	 Add all the other ingredients and simmer uncovered for 10 minutes.
1 teaspoon	dried or fresh rosemary	
1 teaspoon	ground black pepper	
2 teaspoons	salt	
1 large	bay leaf	*Add 1/2 cup shredded fresh basil leaves, optional
<ul style="list-style-type: none">• Give it a good soft stir (you don't want to break the veggies to break up much).• Cook for 10-15 minutes or until the vegetables are soft and the tomatoes break down.• Serve & Enjoy!		

WHAT'S IN SEASON?

CELEBRITY PLANT CORNER

EGGPLANT, ZUCCHINI, GARLIC, PEPPERS, TOMATOES

Did You Know?

-  **Zucchini**, also called **courgette**, is a variety of summer **squash**. All squash originated in Central & **South America**. However, the varieties of squash called "zucchini" were developed in northern **Italy** in the second half of the 19th century. **Spain** is the largest producer of zucchini in the world.
- The term squash comes from the Native American Indian skutasquash meaning "green thing eaten green." The word "zucchini" comes from the Italian zucchini, meaning small squash.
- Unlike cucumber, zucchini is usually served cooked and prepared in a variety of cooking techniques, steamed, boiled, grilled, stuffed and baked, barbecued, fried, or incorporated in other recipes such as **soufflés**. The flowers are an **edible** delicacy when deep fried, as **tempura**.
- Zucchini is technically a fruit, although it is treated and widely referred to as a vegetable. The fruit is a type of berry known as a **pepo** and can reach nearly 1 meter (3.3 feet) in length but is usually harvested when still immature at about 15 to 25 cm (6 to 10 in). The longest zucchini courgette measures 2.52 m (8ft 3.3 in)!
- The health benefits of zucchini include improved digestion, slows down aging, lowers blood sugar levels, supports healthy circulation and a healthy heart, improves eye health, boosts energy, benefits for weight loss, improves thyroid and adrenal functions, protects against oxidation and inflammation.
-  **Eggplant**, the common name in **North America**, Australia and New Zealand or **aubergine** in British English, or **brinjal** in **South Asia** and **South Africa**, is a species of nightshade, grown for its edible fruit. The star shaped, white or purple flowers and leaves of an eggplant can be poisonous if eaten in large quantities. So we don't use this part of this plant for eating.
- As a member of the genus Solanum, the eggplant is related to the tomato and the potato. The most popular types of eggplant are oval shaped and covered with smooth, glossy, purple colored skin. The inside flesh is whitish or creamy colored and has a **spongy** texture. Some **varieties** of eggplant produce white, lavender, green or red-striped fruit that can be elongated, rounded or pea-shaped. In fact, the name "eggplant" originates from the 18th century when varieties with small, white fruit, shaped like a hen's egg were popular.
- It only takes 60 days from planting to harvest, despite the eggplant's potentially large size. To buy, look for healthy green stems and shiny skin, and never wrap your eggplant in plastic wrap, they need room to breathe. Be careful, though: the top of the stem on some varieties of eggplant has tiny **thorns**.
- Despite its strong association with Italian and Mediterranean cuisines, the eggplant originated in Asia, with wild varieties still found from **India** to southern **China**. Thomas Jefferson is credited with bringing the first eggplant cultivar to the United States in the eighteenth century.
-  **Garlic** is a species in the onion genus, **Allium**, related to onion, shallot, leek, chive, and Scallions (Chinese onion). Garlic is native to Central Asia and northeastern **Iran** and has a history of several thousand years of human consumption and use. China grows around 46 billion pounds per year.
- Garlic contains tons of vitamins, minerals, and antioxidants that are good for you, too. It's good at combating heart disease, health benefits are myriad, including an ability to reduce cholesterol.
- It's believed that **Egyptian** pharaohs gave their pyramid-builders garlic for strength, and an ancient Egyptian medical document—the Ebers Papyrus—counts a stunning 22 different medicinal uses for the plant.
- Garlic can clear up skin troubles. You can battle both acne and cold sores with garlic, simply by slicing cloves in half and applying them directly to the skin. Hold for a bit—as long as you can stand! —and while the smell might not be the best, the **antibacterial** properties of the miracle plant will speed along the healing process.
- Vampires and garlic have been tied together in stories since Bram Stoker, the author of Dracula, got the idea from garlic's many medicinal purposes, particularly as a mosquito **repellent** (think of the blood-sucking).
- The sticky juice that's in garlic cloves is often used as an **adhesive**, especially for delicate projects that involve fragile items like glass. Crush the cloves to get to the sticky stuff which, despite its smell, works surprisingly well as a bonding agent for smaller jobs.