



MASSACHUSETTS
FARM TO SCHOOL

The Tasting History Project: A Classroom and Cafeteria Collaboration December 5, 2023

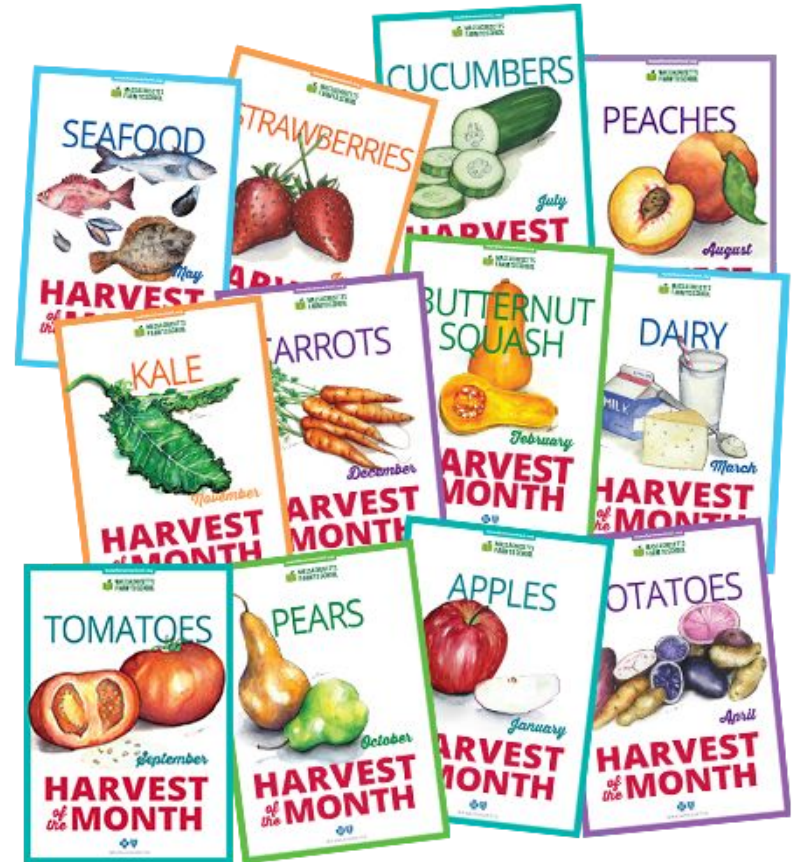


MASS. FARM TO SCHOOL OVERVIEW

Mass. Farm to School strengthens local farms and fisheries and promotes healthy communities by increasing local food purchasing and education at schools.

Get involved through our:

- Professional learning opportunities
- Networking
- Policy/Advocacy
- Communications



Presenters:



Jessica Lander

EL History and Civics Teacher at Lowell High School
2023 MA History Teacher of the year
Author of *Making Americans: Stories of Historic Struggles, New Ideas, and Inspiration in Immigrant Education* (Beacon Press, Oct 2022)



Alysia Spooner-Gomez

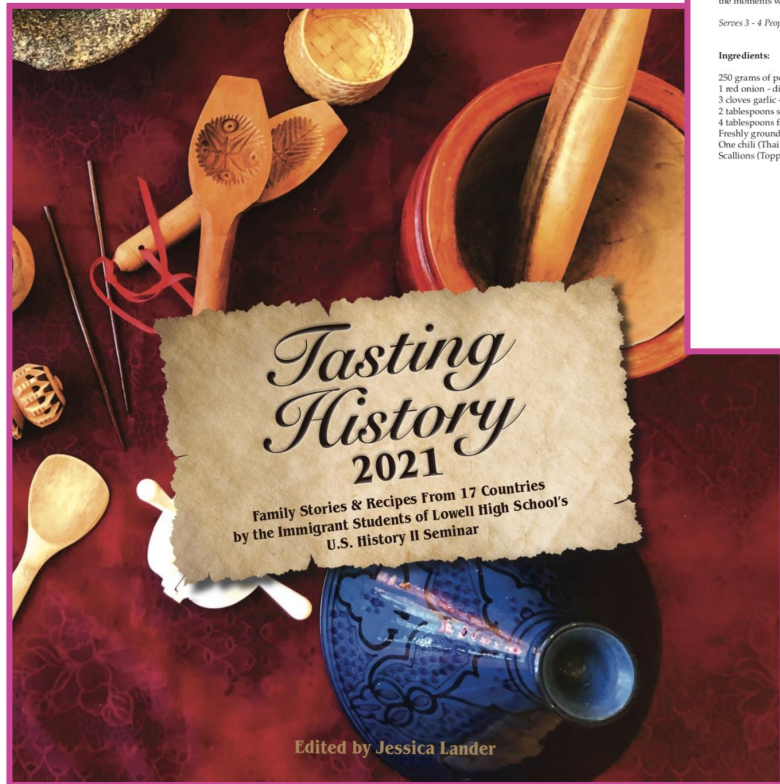
Registered Dietitian and
General Manager for Lowell
Public Schools with Aramark

Opening Question

Think back to your growing up

- 1) Did your school have a cafeteria and if so did you see food you ate at home served in your cafeteria?
- 2) If you brought food from home: what did you bring? Was this food similar or different to what you ate at home?

Tasting History



Thịt Kho Tieu

Huy Duong
Vietnam

I don't know how Thịt Kho Tieu is connected to my culture, but it's connected to me and my childhood. I remember as a kid, mom would cook this dish for us when there were cold days. I had trouble with eating as a kid, but I would eat this no matter what. If you ever watched Ratatouille, when Anton Ego tried the dish and flashed back to his childhood, that was me eating Thịt Kho Tieu.

When I was sick, my mom would cook this for me. It would make me feel like I was receiving a big hug. It's warm and savory. It's just a bowl of rice and soup, and I could eat it all day. Moreover, this dish has a strong connection with my family, so anyone will have their versions (this is mine).

When I came to this country, I was both happy and sad. There were days living in the U.S.A. when I missed my family a lot. Thịt Kho Tieu reminds me of my Vietnam. It reminds me of the time we have had and the moments we cherished. Thịt Kho Tieu is more than a dish; it's my origin.

Serves 3 - 4 People

Ingredients:

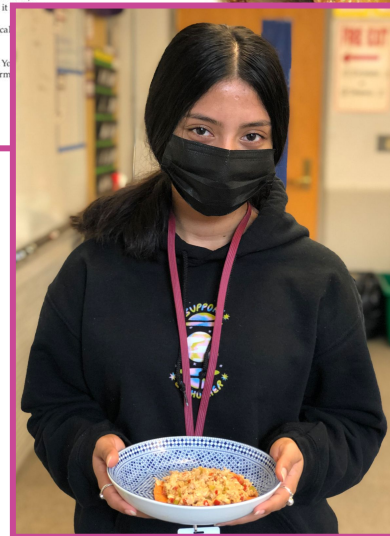
250 grams of pork belly
1 red onion - diced
3 cloves garlic - roughly chopped
2 tablespoons sugar
4 tablespoons fish sauce
Freshly ground black pepper
One chili (Thai Chilies preferred)
Scallops (Topping)

Instructions:

1. Cut pork belly into 0.5-inch pieces sideways.
2. Marinate the pork belly with garlic, onions, 2 tablespoons of fish sauce, and one tablespoon of sugar. Let it marinate for 30 minutes.
3. Put two tablespoons of oil into a pot with two tablespoons of sugar. We're looking for a brown caramel sauce. It should take about 1-2 minutes for the color to show. You should be prepared at this step.
4. Quickly add in the pork and mix continuously.
5. Add water, 4-5 tablespoons of fish sauce, and bring it down to a simmer. Simmer for around 15-20 minutes to reduce the moisture content (be generous with the fish sauce).
6. Add spices to adjust to your preference. Leave it to sit at low heat.
7. Add a generous amount of black pepper and scallop topping.

Note: The dish should have a salty and fatty taste. You are able to feel the balance between the spices and warm black pepper.

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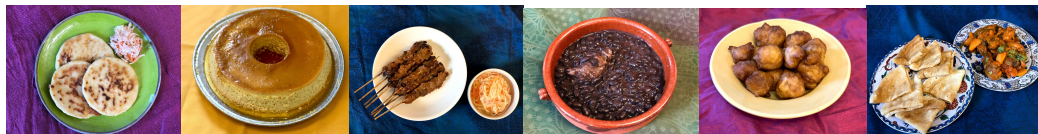


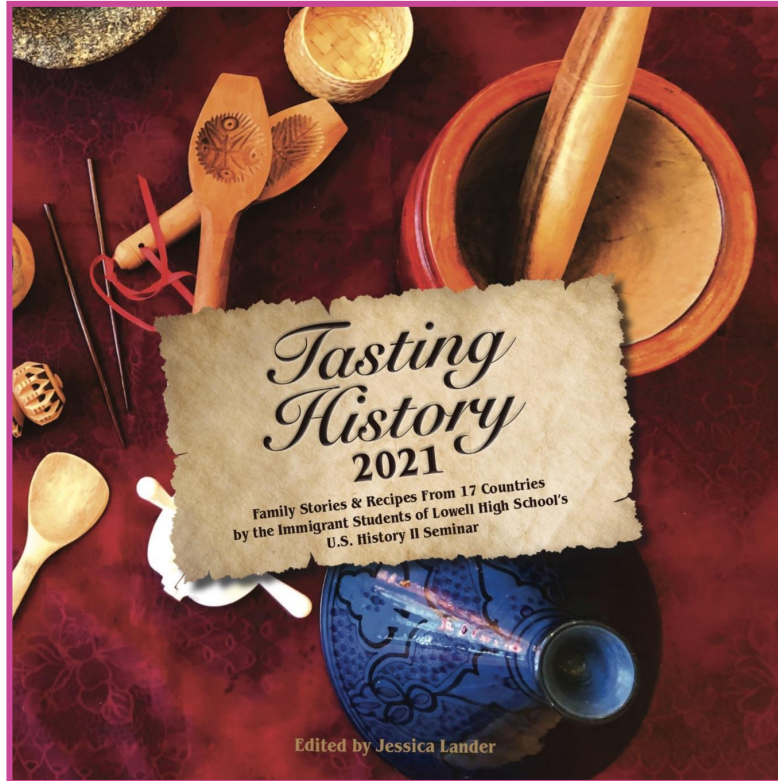
Tasting History Overview

- *The Tasting History Project* is embedded in our study of U.S. History. It is the final project at the end of our study of early 1900s immigration to the United States
- **Project Overview:** Students: explore, reflect and share food cultures; choose and write about a family recipe, practice clear descriptive writing; reflect on and write about migration stories; share food and history; become published authors

Strategies for centering student knowledge:

- Centering Student Voice
- Families as teachers
- Asset-based
- Community partnership
- Students as community teachers



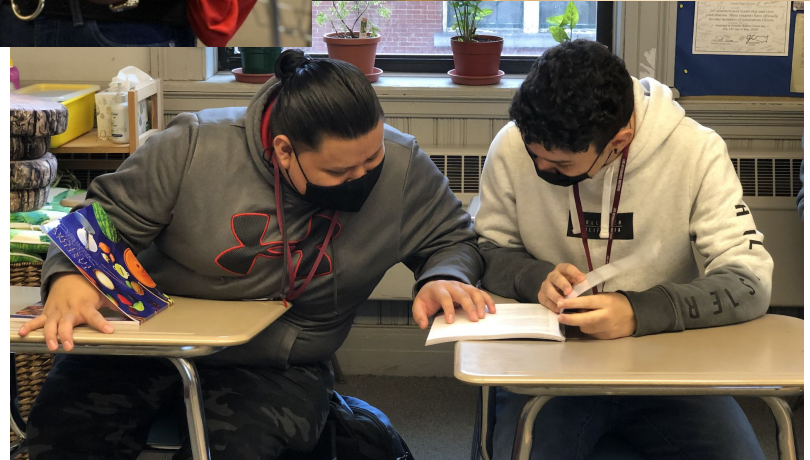
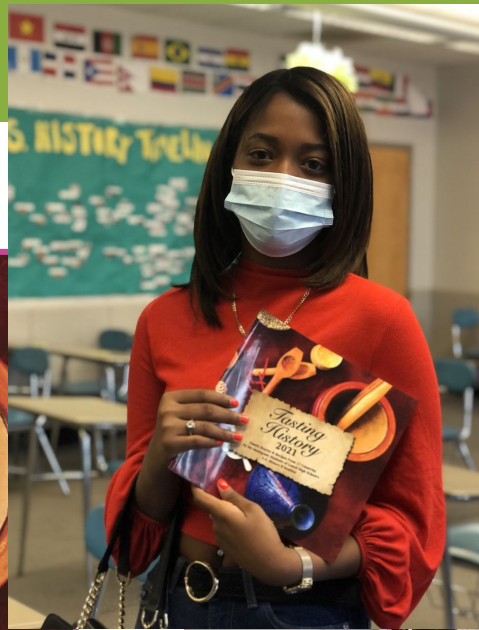
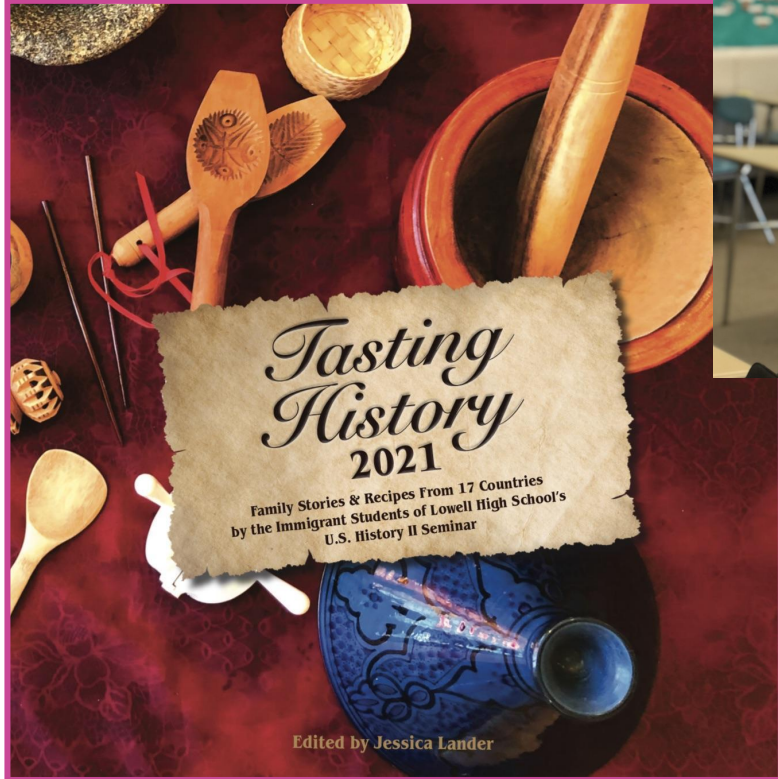


Components

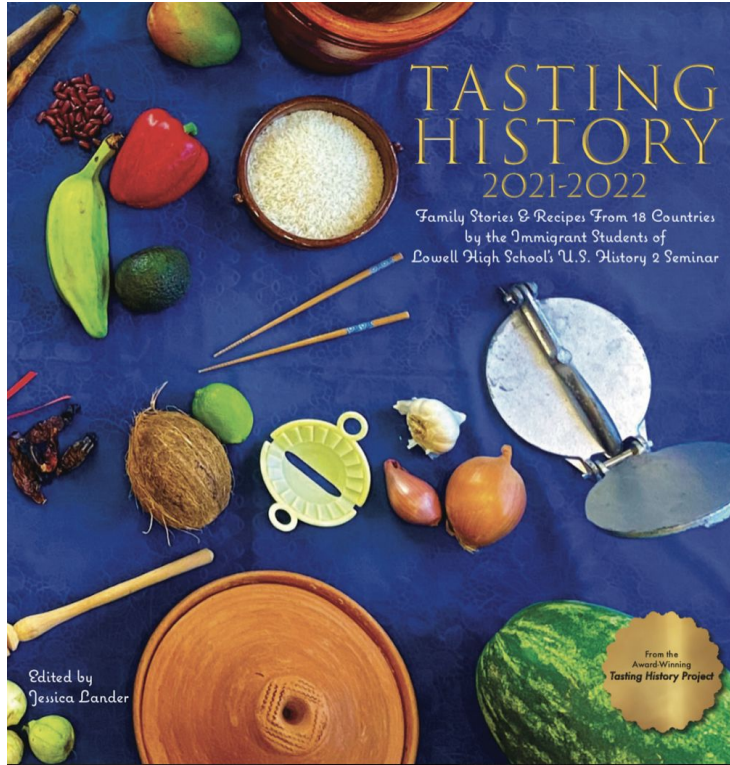
- Thinking about food and community
- Choosing favorite family recipes
- Learning recipes from home
- Translating recipes and practicing clear descriptive writing.
- Writing and editing migration stories
- Sharing food
- Publishing our cookbook!

Food as a connector to our families and each other

Tasting History Overview



Tasting History Overview



Tasting History Overview

- Collaboration with the district food services which works with our class and our students to highlight and serve one dish a month from our cookbook in the district to 14,000 students.
- Through this partnership, for the first time our school district cafeteria has served food from many countries, including: Afghanistan, Bangladesh, Brazil, Cambodia, Colombia, Guatemala, Somaliland
- The importance of students seeing their food is valued in our community

TASTING HISTORY WITH LPSFNS

EACH MONTH,
TASTE A PIECE OF
HISTORY ON THE
SCHOOL LUNCH
MENU!



GUATEMALAN JOCON
By
ASHLEY R. MARTINEZ

TRY
SOMETHING
NEW!



RECIPES ARE ADAPTED FROM THE
AWARD-WINNING COOKBOOK,
"TASTING HISTORY" WRITTEN BY
IMMIGRANT STUDENTS IN MS.
JESSICA LANDER'S U.S. HISTORY II
CLASS AT LOWELL HIGH SCHOOL!

EXPLORE DIFFERENT FLAVORS
SHARED BY LPS STUDENTS
FROM 18 COUNTRIES



**SOMALILAND
BIRIS IYO SUUGO**
By
UMALKHEEYR CABDI MAHAMED



CAMBODIAN LOK LAK
By
**SAMNANG PHORN &
NEMPISEY POUT**



Tasting History In Foodservice

How it started?

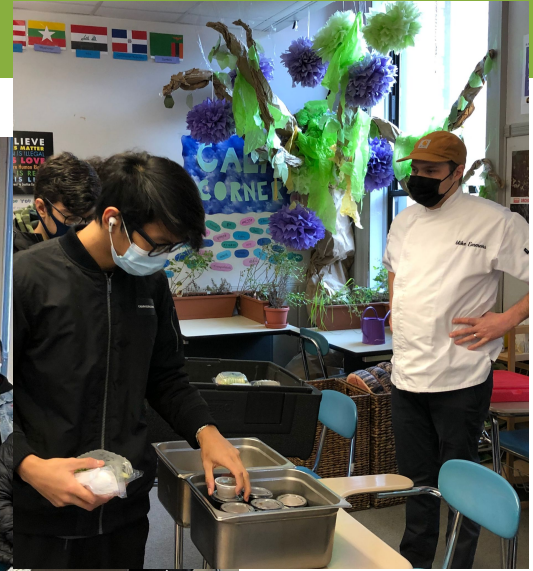
- Connected with Jessica Landers after seeing the Tasting History Cookbook article in newspaper.
- Great way to work with students and bring more diverse menu items to the cafeteria that have a personal touch.
- Students are able to share their family stories and connections to food with the community.

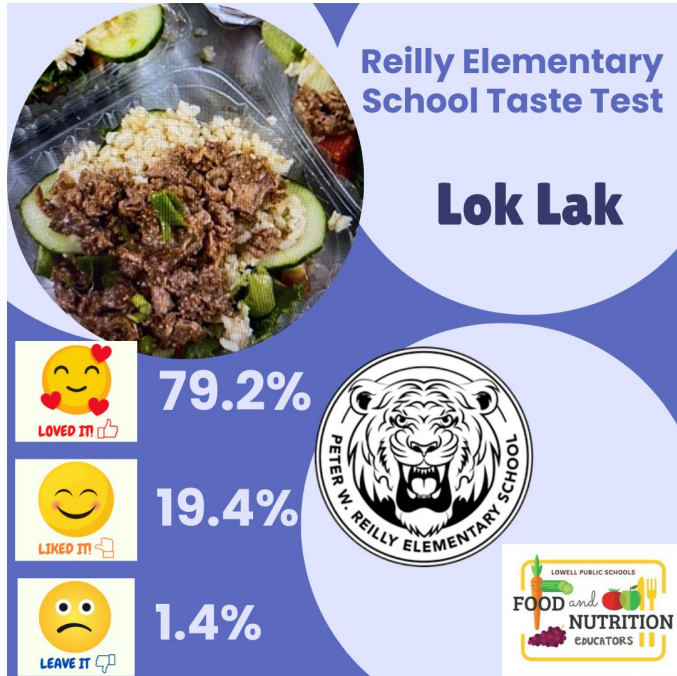
Tasting History In Foodservice

Process:

- Chef, Jessica and I meet to discuss recipes and chose based on regions.
- Chef R&D- Student recipe adapting it to meeting nutrition regulations and to be able to scale. Collaborates with RD on Team.
- Classroom Collaboration:
 - Seeking Student Advice: We bring samples to classroom to get feedback and make recipe changes before it goes on the menu.
 - Centering students as community teachers
- Served at Lowell High school first, then across district.

Tasting History Overview

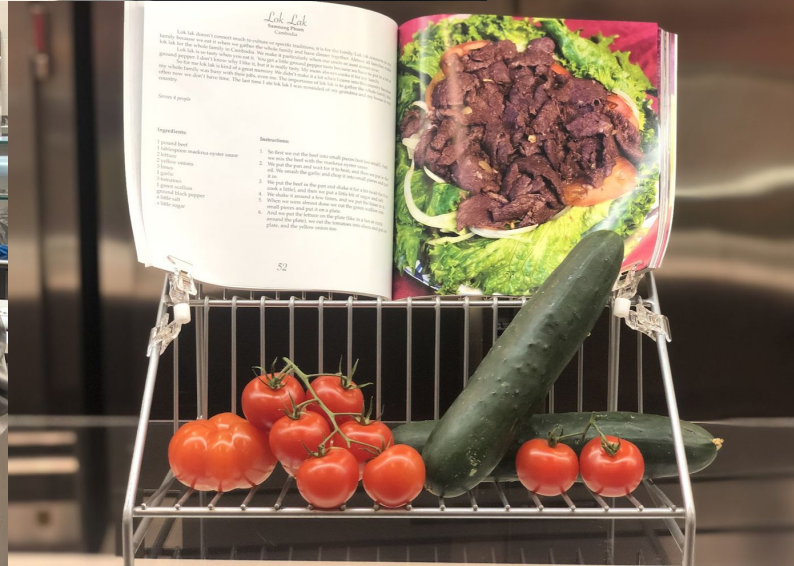
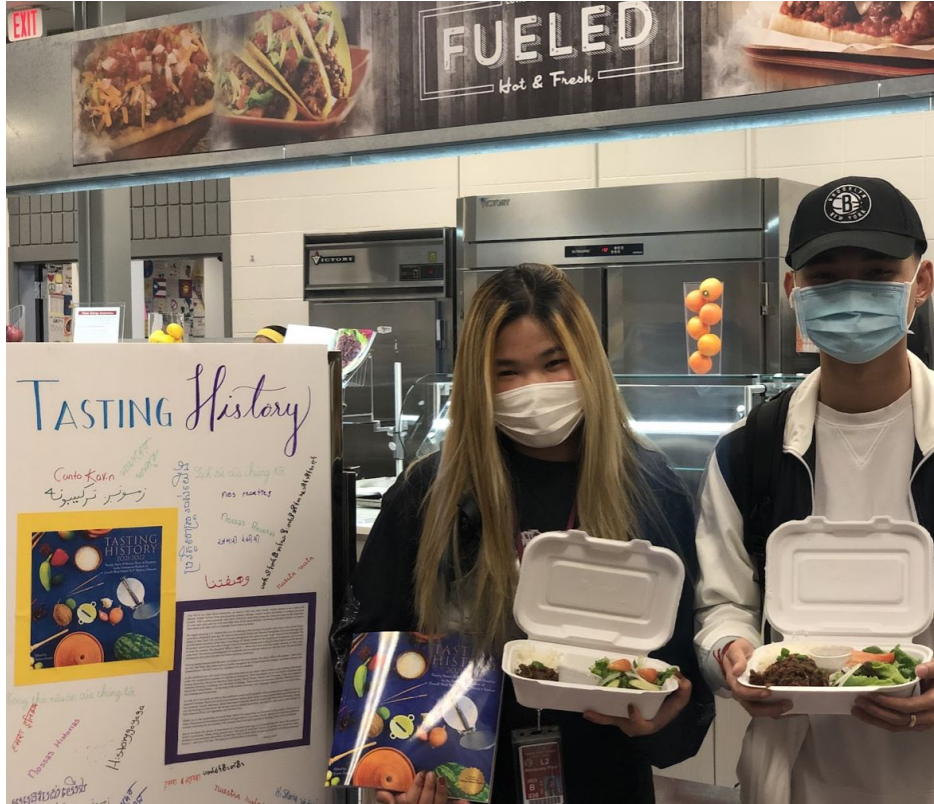


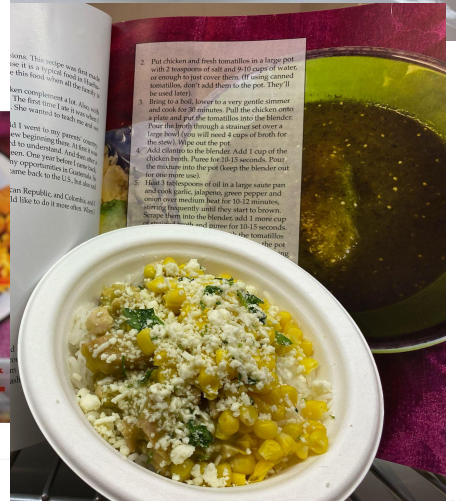
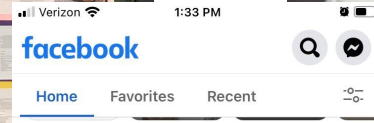


Student Engagement

- Taste tests in classroom: students understand nutrition regulations while maintaining authenticity of recipe.
- Try samples and provide feedback and advise to chef: Centering of student expertise and students as community teachers
- Samples offered in the cafeteria to promote recipe.

Tasting History Overview





Tasting History Overview

Tasting History with LPSFNS:

ARROZ CON POLLO

Arroz con pollo translates from Spanish to English "rice with chicken" and includes veggies and salami or "salsichón"

The Tasting History cookbook features recipes from immigrant students in Lowell High School's U.S. History II Seminar



ANDRES QUESADA GAMBÁ, A STUDENT FROM LOWELL HIGH SCHOOL, PROVIDED THIS FAMILY RECIPE FROM HIS HOME COUNTRY OF COLOMBIA

"Arroz con pollo connects with my culture because every time there is a birthday in my family, my father or my grandmother makes it."

- ANDRES QUESADA GAMBÁ



Tasting History with LPSFNS:

BIRIIS IYO SUUGO

Biris iyo suugo translates from Somali to English "rice with sauce" and includes carrots, potatoes, and chicken stewed together

The Tasting History cookbook features recipes from immigrant students in Lowell High School's U.S. History II Seminar



UMALKHEYR CARBI MAHAMED, A STUDENT FROM LOWELL HIGH SCHOOL, PROVIDED THIS FAMILY RECIPE FROM HER HOME COUNTRY OF SOMALILAND

"I see people eating and forget how hard it is to make the food. It also reminds me of my country."

- UMALKHEYR CARBI MAHAMED



Tasting History with LPSFNS:

FEIJOADA

Feijoada translates from Portuguese to English "black bean stew" and includes black beans and pork stewed together over rice

The Tasting History cookbook features recipes from immigrant students in Lowell High School's U.S. History II Seminar



LUCAS ALVES MORENO, A STUDENT FROM LOWELL HIGH SCHOOL, PROVIDED THIS FAMILY RECIPE FROM HIS HOME COUNTRY OF BRAZIL

"Feijoada is important to me because it reminds me of my country and the experience I had with my family and friends. Feijoada is one of the most common dishes in Brazil."

- LUCAS ALVES MORENO




Tasting History with LPSFNS:

JOCÓN

Jocón is a traditional Guatemalan chicken stew simmered in a chile verde sauce, topped with cilantro and cotija cheese


The Tasting History cookbook features recipes from immigrant students in Lowell High School's U.S. History II Seminar



ASHLEY MARTINEZ, A STUDENT FROM LOWELL HIGH SCHOOL, PROVIDED THIS FAMILY RECIPE FROM HER HOME COUNTRY OF GUATEMALA

"For my family it is a tradition to make this food when all the family is together. When I make Jocón it makes me think about Guatemala and my family."

- ASHLEY MARTINEZ



Tasting History with LPSFNS:

LOK LAK

Lok lak is a popular Cambodian dish featuring beef steaks in spices on top of lettuce, tomatoes, and onion with pepper lime sauce!

The Tasting History cookbook features recipes from immigrant students in Lowell High School's U.S. History II Seminar



NEMPHSET POUT & SAMNANG PHORN, STUDENTS FROM LOWELL HIGH SCHOOL, PROVIDED THEIR FAMILY RECIPE FROM THEIR HOME COUNTRY OF CAMBODIA

"The first time I ate lok lak, I kind of felt fantastic, it was scrumptious."

- NEMPHSET POUT

"Lok lak connects to my family because we eat it when we gather the whole family."

- SAMNANG PHORN




Food Service Staff Engagement

Training




- Recipe review at meetings
- Staff try Tasting History recipes and review marketing.
- Recipe Build Card
 - Simplify
 - Show with Pictures



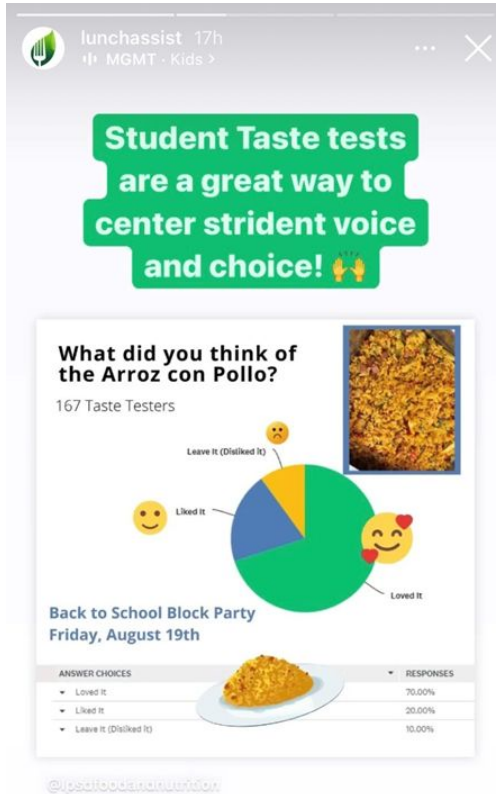
Creator:	Andres Quesada Gamba & Culinary Team		
School:	LPS		
Meal Period:	Lunch		
Total Yield:			
Serving Size:			
Portions:	50		
Cost Per Plate:			



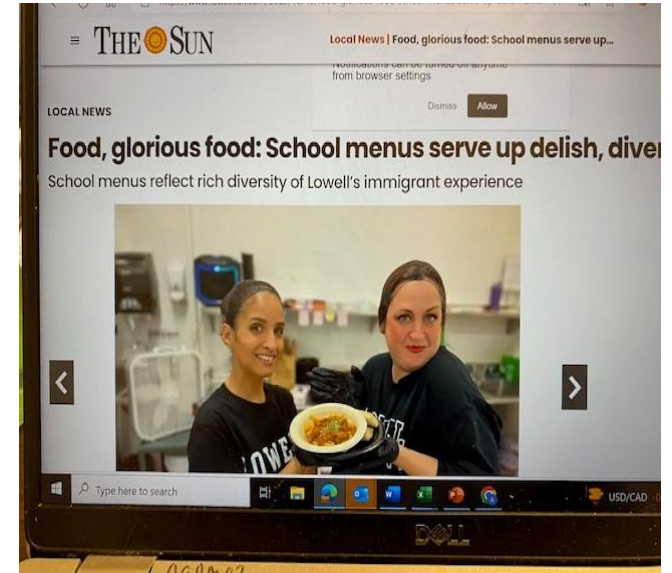
Ingredient	Prep Spec	Amount	Unit
Rice		4	qt
Water		4	qt
Taco Seasoning		6	Tablespoon
Fajita Vegetable	frozen	8	#
Salami	Diced	3.9	#
Diced Chicken	diced	8	#
Taco Seasoning		6	Tablespoon
Garnish			
Green Onion (SYSCO)	chopped	1	Tablespoon



Positive Vibes



- Diverse Menu for our students
- Morale booster for staff
- School Nutrition Association Mention
- Food Management Magazine Article



Social Media

LPSD - Food & Nutrition
Posted by Alysia SpoonerGomez
May 5 · 🌐

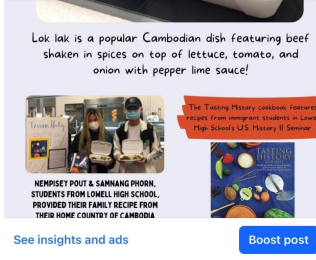
Today at LHS we served Qably Palow a LHS student Sahil's recipe from the Tasting History cookbook. This recipe is his family recipe from Afghan and fe... See more



Home Ads + Notifications Menu

LPSD - Food & Nutrition
Posted by Canva
Sep 28, 2022 · 🌐

Lok lak is a popular Cambodian dish featuring beef shaken in spices on top of lettuce, tomato, and onion with pepper lime sauce!




See insights and ads Boost post


Like Comment Share

👍❤️ 33

9 shares

All comments ▾

 Mill City Grows
LOVE THIS SO MUCH! So delicious and special! 💕
1y Like Reply Hide


 Mike Emmons
Lucky kiddos
1y Like Reply Hide

Comment as LPSD - Food... 📷 🗨️ 🗨️ 🗨️

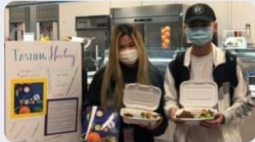
Back by popular demand! Lok Lak was offered around the district today.
Celebrating Tasting History

Tasting History Today at LPSD:

LOK LAK

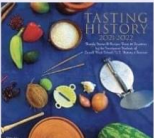


Lok lak is a popular Cambodian dish featuring beef shaken in spices on top of lettuce, tomato, and onion with pepper lime sauce!



The Tasting History cookbook features recipes from immigrant students at Lowell High School's U.S. History II Seminar

NEMPISEY POUT & SAMNANG PHORN, STUDENTS FROM LOWELL HIGH SCHOOL, PROVIDED THEIR FAMILY RECIPE FROM THEIR HOME COUNTRY OF CAMBODIA



Positive Vibes



Me [redacted]
My students loved it! One of them choice this meal for their positive moment for the day.

Like · Reply · 5h



Cambodia Town, California

1m · 🌐

Lowell Public Schools adds Cambodian Lok Lak to their cafeteria. Why? Because it's heathy and delicious!



Ca [redacted]
Love my high school and the celebrations of different cultures ❤️❤️🇸🇻🇲

Like Reply 3d



Ma [redacted]
Wished I was a student at LHS again, this food looks yummy!!

Love Reply 5d



K [redacted]
Dang wish we had that a decade ago haha



Ju [redacted]
4h · 🌐

This is special right here 🙏



Ke [redacted]
Can I go back to hs for this



R [redacted]
That looks great!!!! Nice job guys!!! Warms my heart to see this!!!

Love Reply 6h



Sre [redacted]
Wish I had it in high school, I wouldn't skip lunch period 🤔🤔🤔

Love Reply 4h



[redacted]
27m · 🌐

this is honestly so fucking cool. if I had my culture and cultural foods represented like this in school, maybe I wouldn't have felt so misplaced.

Learning from our young people

Mousse de Lemon

Jamilyl Rozendo Dos Santos

Brazil

Lemon mousse was my great-grandfather's favorite. He always asked to make it, and when he died it became a tradition for us to make it to eat when we got together.

I like this food because I remember when I was spending school holidays at my great-grandmother's house, my great-grandfather and I always asked her to make lemon mousse for dessert. We would go to get the lemons from the lemon tree that was nearby. We filled the bag and took it to my great-grandmother and while she made it my great-grandfather took me to get his horse in the pasture. My great-grandfather always gave strange names to the animals, his horse was called "portrait," the dog was called "gift." Every time I eat this mousse it's like he's close to me, like he's still playing with me, like he never died.

My family and I decided to come here because our situation was very difficult in Brazil, and my parents wanted a better life and better opportunities for me and my brother. When an opportunity arose, we didn't even think twice and came. When I arrived here it was very difficult and scary, being in another country where I couldn't understand what people were saying. I was far from my family and I didn't know how to deal with it. I was very attached to them. I didn't sleep at night. I just thought about going back to my country. I thought I would never adapt here. Now it has been one year and I am still not completely adapted, but it has gotten better. I miss the customs of my country, the food and especially my family. When I miss them so much I usually make the mousse of lemon to feel closer to them, remember the good times, and alleviate the homesickness.

Serves 10 people

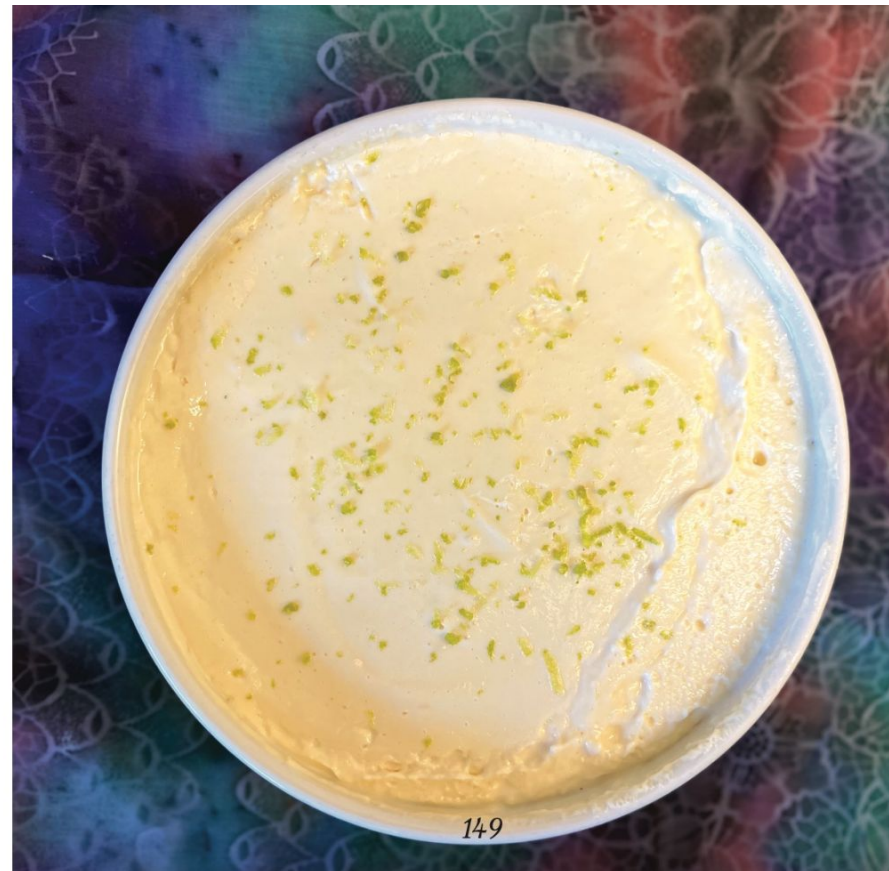
Ingredients:

1 can (395g) condensed milk
1 can (300g) creme de leite (you can use heavy cream if you can't find creme de leite)
½ cup lemon juice (only lemon fresh squeezed without water)

Instructions:

1. In the blender, beat the condensed milk and the creme de leite for 3 minutes.
2. Gradually add the lemon juice and continue beating until smooth.
3. Put in a bowl and refrigerate for 45 minutes.
4. Serve with lemon zest.

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Mousse de Lemon

Jamilly Rozendo Dos Santos

Brazil

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Learning from our young people

Biryani Haroon Akhlas Afghanistan

Originally, biryani is an Indian dish, but as Afghanistan is near India this dish became so common in Afghanistan too. We used to cook this dish when guests were in our house. We still cook it sometimes because it tastes delicious.

Biryani tastes spicy and delicious. That is why I like it. I don't remember when was the first time I had it. Once in Afghanistan, it was a rainy day and my cousin wanted to cook biryani for us. She gave me money and told me to go to the bazaar (the place where there are lots of shops) and bring items for the biryani. I went there and I brought the items. She cooked a delicious biryani. We ate that together. That was a good memory. Usually, my mom cooks this food in our house.

On August 15th, 2021, the Taliban took over Kabul and got control of all of Afghanistan. In that bad situation, US military forces transferred over 80 thousand people from Afghanistan to different countries including the UAE, Qatar, Oman, and Germany. One of the families they helped leave was me and my family. We were transferred by a military US Cargo plane to the UAE. I was excited to see Abu Dhabi. We stayed for two and a half months in the UAE. After two and half months we moved to Virginia, in the United States. We were sent to a Marines camp in Virginia and stayed for one and half months in that camp. After Virginia, I came to Lowell. I felt amazing and I was pretty excited. When I came to the USA everything was new to me, like the oceans, the railroads, and large buildings. I never saw those things in Afghanistan that I saw for the first time in the US. Here I don't cook biryani at home. My mom does that. Because of my heavy schedule of work and school, I don't have time for cooking. When I eat biryani it reminds me of my home in Afghanistan.

Serves 8 people

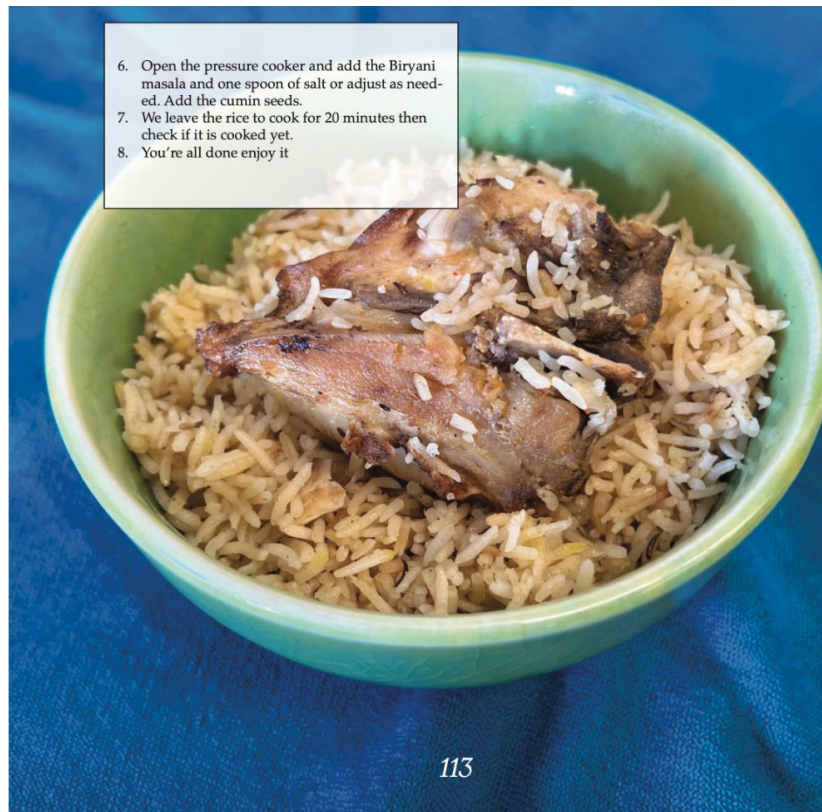
Ingredients:

4 glasses white rice
7 glasses water
1 whole chicken
1 yellow onion
2 tomatoes
1 glass vegetable oil
½ big spoons Biryani Masala (I use
Bombay Biryani from Shan)
1 small spoon cumin seed
1 small spoon black pepper
1 small spoon salt

Instructions:

1. First we add oil in a pressure cooker until it becomes hot.
2. Cut the onions and tomatoes into small pieces and add them to the pressure cooker and cook them until the onions are golden.
3. Cut the chicken into eight or nine pieces.
4. Add the chicken and 1 small spoon of black pepper to the pressure cooker and leave it for 15 minutes.
5. When the chicken is cooked we add rice with seven glasses of water and cook it for 15 minutes.

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6. Open the pressure cooker and add the Biryani masala and one spoon of salt or adjust as needed. Add the cumin seeds.
7. We leave the rice to cook for 20 minutes then check if it is cooked yet.
8. You're all done enjoy it

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Learning from our young people

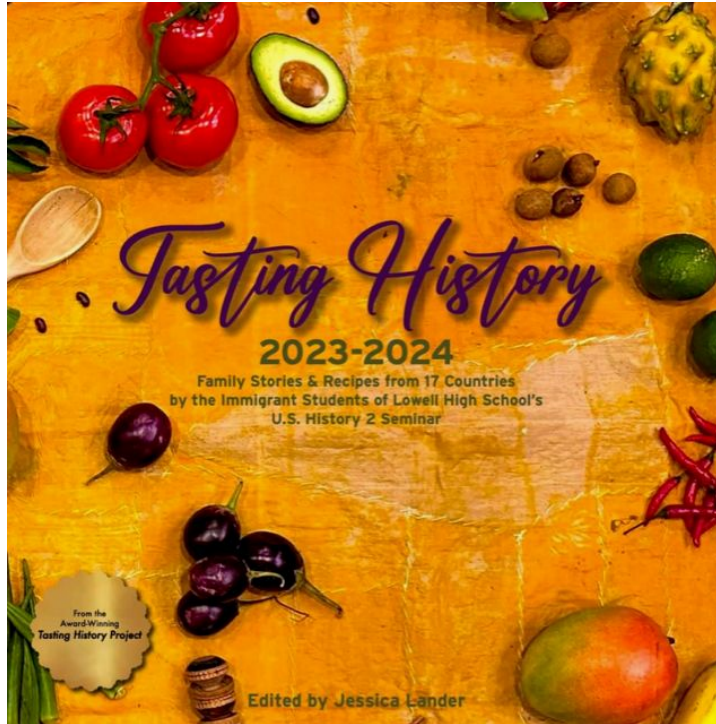
Questions:

1. What student **strengths** are woven into these stories.
2. What **connections** do students draw with food in these stories?
3. What **connections** do you see between stories? Between stories and you / your work?
4. How do these stories **extend your thinking / make you think differently / give you new ideas?**
5. What **questions** do you have after learning from these immigrant-origin young people?

Questions - Call For Action

- What ideas are sticking with you from listening to these stories?
- What questions do you have?
- How can you apply this to your school?
- Any other similar ideas in other districts?

Hot off the Press! Tasting History 2023-2024



99 Recipes from
17 Countries!

STAY IN TOUCH!



Visit us online:

www.massfarmtoschool.org

Email any questions to:

dinah@massfarmtoschool.org