

# Share in the Chat

- What influences your food choices?



# Kids in The Garden:

## Cooking with Kids



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A glass jar filled with white cream sits on a dark wooden surface. Several cinnamon sticks are scattered around the jar, some in the foreground and some in the background, creating a warm, rustic atmosphere. The lighting is soft and natural, highlighting the texture of the wood and the smooth surface of the cream.

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## Take your cream out of the fridge

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- Have your glass jar ready.
- We'll use these later!

**What?  
Description:  
What did we do?**

**So What?  
Interpretation:  
What was  
significant to you  
and why?**

**Now What?  
Application:  
How might I use  
this in my work?  
What would I do  
differently?**

# Introducing children to fresh foods

- Many children may not have seen raw fruits or veggies.
- Start with the basics. Where does our food come from?
- Practice I notice, I wonder
- Provide many repeated opportunities to try new foods.
- Present varied options, some familiar, some new



# Safety

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- What tools do we use? Teach children how to use them!
- Allergy safety? Know the children's health needs ahead of time and be ready to adapt a recipe.
- Pick recipes that minimize use of stoves/ovens.
- Think outside the box. Consider using an electric cook top instead of stove, a crockpot or a solar oven!



# Tools of the trade

- Egg beaters, potato mashers, peelers, kid-safe knives and slicers.
- Dicing/chopping tools, cutting boards, spatulas
- Solar ovens, electric cooktops, crockpots and other ways of cooking.



# Breakout Session

In groups, you'll get a kid-friendly recipe. In your groups discuss the following questions:

- What safety considerations are there?
- What tools and supplies will you need? Where will the produce come from?
- What size group(s) would work well for this activity?
- What tasks can the children do? What will adults need to help with?
- How would you structure the activity, including introducing before and reflecting after!
- What do you think will be the biggest challenge and how would you face it?
- How might this be connected, or adapted to better connect, with children's cultural backgrounds?

# Kid friendly recipes

## Group A

- Pea Shoot Pesto
- 4 cups fresh pea shoots
- 1 clove garlic
- Juice of 1 lemon
- ½ cup grated parmesan cheese
- ½ tsp salt
- ¼ cup olive oil
- Combine all ingredients in a food processor until pesto reaches desired consistency.

*Note:* replace pea shoots with other greens like kale, arugula, or basil for a tasty variation

## Group B

- Sweet Potato Chocolate Spread
- 1 large sweet potato, peeled and roughly chopped
- 2-3 tablespoons unsweetened cocoa
- 2-3 tablespoons cup maple syrup
- 1 teaspoon vanilla
- Add sweet potatoes to a large pot of water and bring to a boil. Simmer until sweet potatoes are soft, about 10-12 minute. Drain and mash.
- Blend all ingredients in a bowl or food processor until smooth
- Transfer to a large bowl and let cool to room temperature. Refrigerate and use within 1 week. Great as a spread on toast, cookies, or cake.



# Cooking debrief

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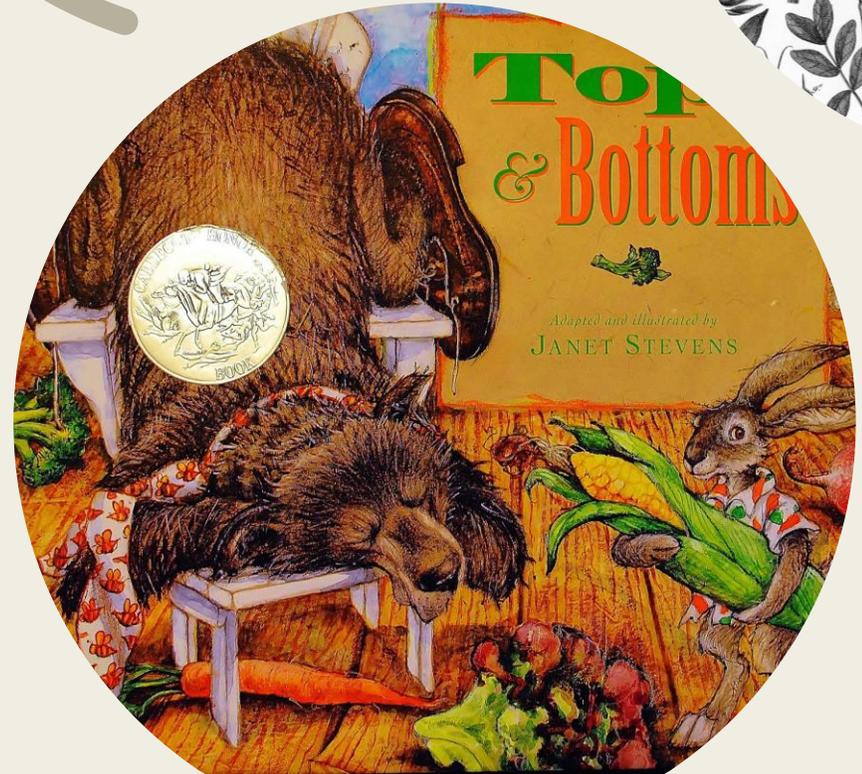
# Making Dip with kids



# What are we eating?

Talk to children about what parts of a plant we are eating.

- Leaves- herbs, lettuce, kale, chard.
- Seeds- corn, peas, beans, sunflower
- Tubers-potatoes
- Flowers-broccoli, cauliflower
- Bulbs-onion, garlic
- Stems-celery, rhubarb
- Roots- carrots, radish, beets.
- Fruit- tomatoes, cucumbers, zucchini, apples, berries, peppers and more!



# Raid your pantries

- You have 60 seconds to look around for any kind of plant-based food. Feel free to get creative!
- Grab a few different types if you can.
- In break out rooms, share what you have, then try to identify what part of the plant it your food is.
- How many different plant parts did your group manage to collect?



# Debrief

- What plant parts did we find? Were there any we couldn't find?
- Do any of our selections collect other farm grown/raise products!
- What else do we have in our collections!

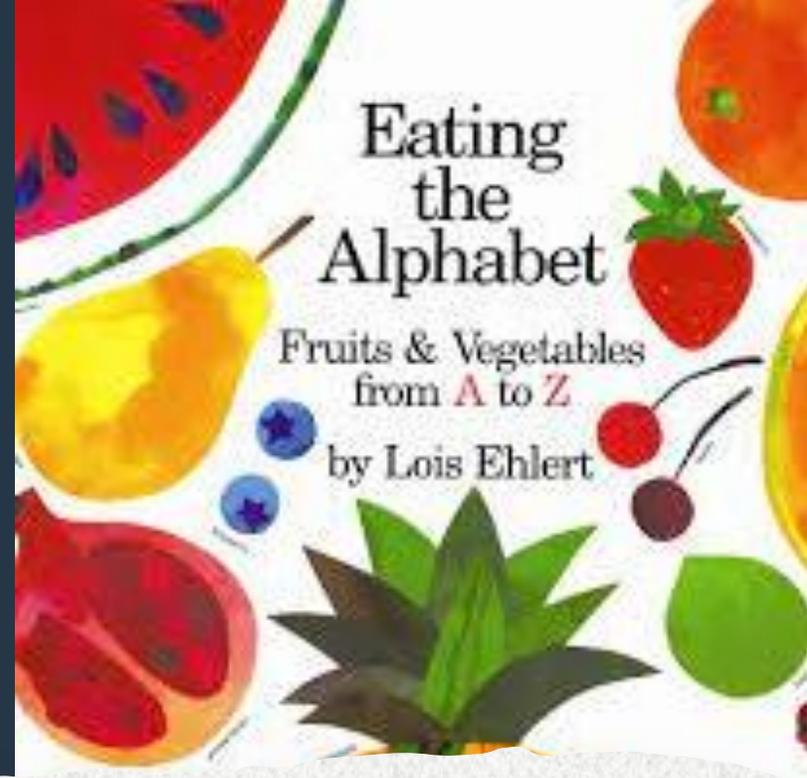


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## It's ok to play with your food!

- Eating the rainbow/alphabet
- Making edible art
- Dough sculpting
- Woodchuck salad
- Make your own dressing
- Taste tests
- Making butter, ice cream and more!

Red	Heart	Memory
Orange	Heart	Eyes
Yellow	Skin	Immunity
Green	Bones	Teeth
Blue	Mineral Absorption	Brain Function



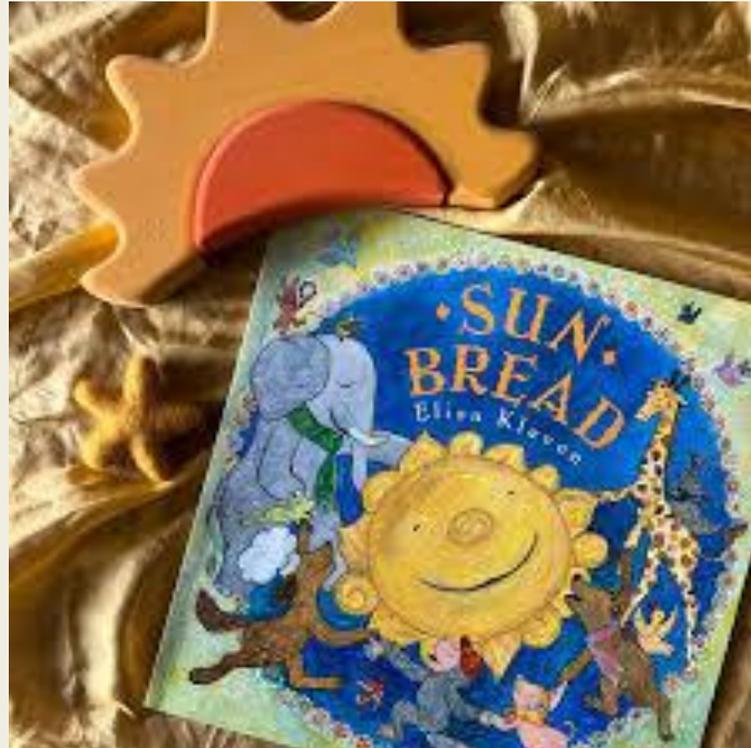
Eating the rainbow/alphabet

Teaches colors, shapes, letters and healthy eating!



# Dough sculpting

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# Garden treats



## Woodchuck salad

- 5 Carrots
- 4 Peapods
- 3 peppers
- 2 cucumbers
- 1 squirt of dressing
- Stir 6 times!

## Make your own dressing

- balsamic vinegar, Olive oil, honey or maple syrup, even mustard.
- salt, pepper, chopped basil, onion flakes, any other seasonings or herbs.
- Children can take two teaspoons of any ingredients they want to put into their bowl.

Garden taste



			
Eve			
Felix		•	
Charlotte		•	
Aarthof			•
Semion	•	•	•
Judah	•		
Cassie			
Luke	•		
Ruby			
Nia			•
Julian		•	
Henry	•	•	•
Willow	•		•
Stella	•		•

# Taste tests

- A great way to get the families involved
- Make items to taste with the kids and families at pick up time.
- Everyone either marks on the chart, or can vote for their favorite.
- Could be a monthly or weekly treat.
- Provide a suggestion box where parents can share their child's favorite recipes.

# Making butter

- Ready to try making a yummy treat?
- Pour some cream (room temp) into your jar. Don't fill it more than halfway!
- Tightly shut the lid then start shaking. In class we sing a song and take turns.
- When it gets thick and creamy, you have whipped cream. Keep going!
- When it separates into a yellow lump in a thin liquid, you have butter!

# I can't believe it's butter!

- The liquid is buttermilk. Save it use for making pancakes or biscuits.
- To keep your butter, rinse it with cold water (removes the excess buttermilk, which spoils more quickly)
- You can add herbs, salt, or spices to make it more fun.
- Have even more fun by making fresh bread (or earlobe dough) to go with it.
- Don't forget to thank cows for providing you with the cream!





Making butter with Kids Video



## Beyond the Garden-more farm topics

- Maple sugaring
- Honey and bee keeping
- Wool craft and felting
- Other Fiber arts  
(angora, Cashmere, alpaca,  
hemp and more)
- Grains and baking
- Meat, dairy and eggs

# More Resources for Farm to ECE

- Free download of Cultivating Joy and Wonder:
- [Cultivating Joy and Wonder: Educating for Sustainability in Early Childhood Through Nature, Food, and Community | Shelburne Farms](#)
- Mass Harvest of the Month
- [Massachusetts Farm to Schools - getting more local produce in cafeterias \(massfarmtoschool.org\)](http://massfarmtoschool.org)
- Reach out to local farms, ag schools/tech schools, farmer's markets and grocery stores. They may be able to provide discounted foods!



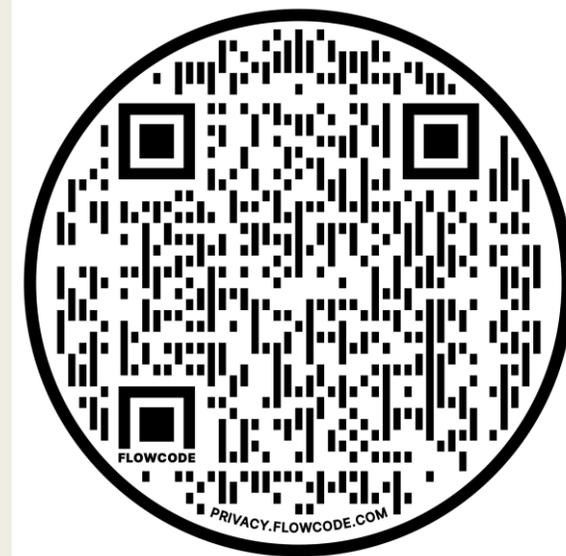
# Mass Audubon resources for early educators

- Early Education PD series
- SEEDS Yearlong partnership program
- Customized professional trainings
- Nature Smarts books (Storey Publishing)
- Site-visits (can be virtual)
- Curriculum consulting/coaching
- Quarterly early ed newsletter
- Free online resources on our website
  - 4 Nature-based STEM units-Available in English and Spanish.
  - Young Explorers
  - Nature Bingo
  - Nature Play Videos



# Thoughts, Questions, Comments

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Thank you!