



LITTLE ORANGE CAKES

Ingredient	Students Per Class		
	10	15	20
All-purpose flour 	3/4 cup	1 cup	1 1/2 cup
Baking powder	1 tsp	1 1/2 tsp	2 tsp
Salt	1/8 tsp	1/8 tsp	1/4 tsp
Applesauce	1/4 cup	1/3 cup	1/2 cup
Sugar	1/2 cup	3/4 cup	1 cup
Zest from orange	2	3	4
Butter	4 tbsp	6 tbsp	8 tbsp
Vanilla extract	1/2 tsp	3/4 tsp	1 tsp
Other: Foil muffin tins per student.  : Make sure it is PEANUT, NUT, and SESAME FREE			

PREP BEFORE CLASS:

Preheat oven to 350°F. Wash orange. Melt butter on top (plastic bowls) or inside (metal bowls) the oven.

Directions:

1. Have students measure the flour, baking powder, and salt in one bowl.
2. Have a student zest the orange and add to the dry ingredients.
3. Add applesauce and sugar into a separate bowl, then whisk the mixture until well combined.
4. Have a student measure and add vanilla and butter to the applesauce and sugar mixture.
5. Combine dry ingredients with wet ingredients, 1/3 at a time, stirring until just combined.
6. Equally divide batter between muffin tins.
7. Place in the oven and cook for about 15 minutes. Keep an eye on the oven as cooking time may vary. Allow to cool for 2-3 minutes.

DID YOU KNOW?

An orange tree can grow as tall as 30 feet and live for 100 years!



DID YOU KNOW?

Oranges were first cultivated in Southeast Asia over 4,000 years ago!

ORANGE GLAZE

Ingredient	Students Per Class		
	10	15	20
Butter, melted	2 tbsp	3 tbsp	4 tbsp
Powdered sugar	1 cup	2 cups	3 cups
Orange juice	2 tbsp	3tbsp	4tbsp
Orange zest	1 tsp	2 tsp	3 tsp
Other: Spoons for serving.			

PREP BEFORE CLASS:

Blend sugar in a food processor to make powdered sugar. Melt butter on top (plastic bowls) or inside (metal bowls) the oven.

Directions:

1. Have student volunteers take turns measuring all ingredients and add them to a bowl.
2. Mix until well combined
3. Place a spoonful of glaze on each muffin and have students spread the glaze evenly. Enjoy!



LESSON 20:

SEASONAL COOKING AND INGREDIENT AVAILABILITY

SHOPPING LIST

Ingredient amounts will differ by class size; see individual recipes for exact quantities.

Ingredients to buy:

Produce

- Oranges

Dairy

- Butter

Pantry Staples

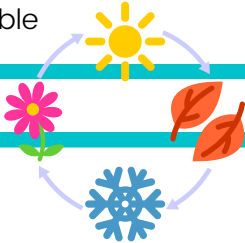
- All purpose flour (NUT FREE)
- Baking Powder
- Powdered Sugar
- Apple Sauce

Ingredients in the bin:


- salt
- vanilla extract
- sugar

OBJECTIVES

- Define seasonal eating and explain the benefits of eating seasonally
- Identify seasonal ingredients and explain why they are more flavorful, nutritious and affordable



INTRODUCTION

 2-3 min

- Complete Start of Class Checklist (see beginning of the curriculum): arrive early, set up for the class, take attendance, review allergies.
- Begin by asking students if they have ever thought about where the food they eat comes from or whether it is in season. Explain that seasonal eating involves consuming foods that are in season and readily available during a particular time of year. It means choosing foods that are grown locally, harvested at their peak, and consumed at the right time. Discuss the benefits of eating seasonally, such as better flavor, more nutrients, and affordability.

BENEFITS TO EATING SEASONALLY:

- Fresher produce: Seasonal produce is typically harvested at the peak of its ripeness, meaning it is fresher and more flavorful than produce that is grown out of season and has to be transported long distances.
- Nutrient-dense: Fresh produce contains more nutrients, vitamins, and minerals than produce that has been stored for long periods of time or transported long distances.
- Supports local agriculture: When you eat seasonally, you are supporting local farmers and their communities. This can help to strengthen local economies and reduce carbon emissions from long-distance transportation.
- Cost-effective: When produce is in season, it is typically more abundant and therefore less expensive than out-of-season produce that has to be imported from other regions.
- Variety in diet: Eating seasonally can encourage a more diverse and varied diet, as you are more likely to try new fruits and vegetables that are in season.


LESSON 20:

SEASONAL COOKING AND INGREDIENT AVAILABILITY

STAR INGREDIENT: ORANGE


- Oranges are believed to have been cultivated for over 4,000 years, making them one of the oldest fruits known to humans.
- Oranges are the most commonly grown fruit tree in the world.
- Oranges are an excellent source of vitamin C, which helps boost the immune system and protects against common illnesses like colds and flu.
- Oranges are rich in dietary fiber, which aids digestion and helps maintain a healthy digestive system.
- Rich in vitamin C: Oranges are known for their high vitamin C content, which is essential for a healthy immune system, collagen production, and protecting cells from damage.
- Fiber content: Oranges are a good source of dietary fiber, which aids digestion, helps maintain healthy blood sugar levels, and promotes feelings of fullness.
- Antioxidant properties: Oranges contain various antioxidants such as flavonoids, which help protect against oxidative stress and reduce the risk of chronic diseases.

DEVELOPMENT

 5-7 min

- Using the seasonal produce chart on the next page, see if students can guess: Which produce grows during each season, and then reverse, and then name a fruit or vegetable and have students guess which season it grows during.
- Some questions to ask:
 - During which season can you find fresh blueberries?
 - Which season is known for its abundance of fresh tomatoes?
 - When is the best time to enjoy juicy peaches?
 - During which season can you find plenty of fresh corn on the cob?
 - Which season is known for its variety of squash, including pumpkin and butternut squash?
- How are we able to consume some foods when they are not in season? By preserving them. Here are some ways foods are preserved:
 - Canning: Canning is a method of preserving foods in glass jars or cans.
 - Freezing: Freezing is a popular method to preserve foods while maintaining their taste and texture.
 - Drying: Drying or dehydration is an ancient method of preserving foods. It involves removing moisture from the food, which inhibits the growth of microorganisms.
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 - Pickling: Pickling is a method of preserving foods in a solution containing vinegar, salt, and sometimes sugar and spices. The acidity of the pickling solution helps create an environment where bacteria cannot thrive.
 - Fermentation: Fermentation is a natural process that converts sugars in food into alcohol or acids using microorganisms like bacteria or yeast.

END OF CLASS CHECKLIST

 10 min

- Follow End of Class Checklist (see beginning of the curriculum) and complete Taste Test, Thumbs Up Test, Clean Up & Dismissal

LESSON 20: SEASONAL COOKING AND INGREDIENT AVAILABILITY

WINTER				SPRING			
potato	beet	broccoli	collard greens	fava beans	rhubarb	carrot	green onion
Brussels sprouts	celery	orange	leeks	artichoke	garlic	peas	fennel
cabbage	sweet potato	turnip	apple	radish	spinach	asparagus	broccoli
kale	cauliflower	carrot		strawberry	swiss chard		
FALL				SUMMER			
pumpkin	beet	carrot		cherry	grape		
broccoli	Brussels sprouts	celery	cabbage	green beans	cucumber	eggplant	bell pepper
cranberry	potato	leeks	kale	zucchini	tomato	melon	apricot
winter squash	pear	cauliflower	sweet potato	corn	okra	blueberry	peach