

### FUDGY PUMPKIN BROWNIES

Serving Size: 12 servings, 1 muffin tin per student

#### Ingredients:

- ½ cup canned pumpkin puree
- ½ cup sun butter
- ½ tsp pure vanilla extract
- ¼ cup oat flour (make by blending ½ cup oats)
- ¼ cup mini chocolate chips (NUT FREE)
- ⅓ cup sugar
- ¼ cup cocoa powder (NUT FREE)
- ½ tsp. baking soda
- 1 cup marshmallows

#### PREP BEFORE CLASS:

Preheat oven to 375 degrees F. Melt the sun butter on top of the convection oven or in a microwave.

#### Directions:

1. Measure and whisk together pumpkin, vanilla extract, and sun butter.
2. In a separate bowl, measure and stir together all remaining ingredients, except marshmallows!
3. Pour dry ingredients into wet (not the other way around!) and stir until well combined.
4. Evenly distribute mixture between in the muffin liners
5. Bake for 11-13 minutes. Keep an eye on the oven as time may vary. It will look a little underdone, but it firms up as it cools.
6. Take out and top with marshmallows. Put back in the oven for 1-2 minutes so they melt.
7. Take out and let it cool down. Enjoy!



### BRUSSELS SPROUTS SALAD

Makes 12 servings, 1/3 cup per student

#### Ingredients:

For the Dressing:

- ¼ cup olive oil
- ¼ cup apple cider vinegar
- 1 cloves garlic
- 1 Tbsp. honey
- ½ tsp. salt

For the Salad:

- 1 small bunch of kale
- 10 Brussels sprouts
- ¼ cup dried cranberries
- ⅓ cup shredded Parmesan cheese

#### DID YOU KNOW?

Brussels Sprouts are related to broccoli and cauliflower!

#### PREP BEFORE CLASS:

Wash Kale and Brussels sprouts.

#### Directions:

1. Pull the leaves from the stem of the kale.
2. Throw away the stem and thinly slice kale leaves
3. Carefully slice Brussels sprouts.
4. Combine the kale and sprouts in a bowl and add dried cranberries.

For the dressing:

1. Peel and mince the garlic
2. Add the garlic and all other ingredients into a small bowl. Whisk until well combined.
3. Pour the dressing over the salad and top with Parmesan cheese. Toss to combine.
4. Divide into 12 servings and enjoy!

# LESSON 4:

## SEASONAL EATING

### OBJECTIVES

- ☒ Name at least three reasons why eating seasonally is better for you & the world
- ☒ Name three veggies in season in the fall
- ☒ Name two vitamins Brussels sprouts are rich in

### WHY SEASONAL EATING IS BETTER?

- Tastes better: fruits and vegetables that naturally ripen on the vine or the tree and are harvested at the right time will have much more flavor.
- Cheaper: When the produce is locally sourced because it's in season in your area, travelling expenses and storage are not required.
- Fresher and higher in nutritional value: Fruits and vegetables that are stored for long periods of time due to transportation lose their nutritional benefits.
- More Environmentally-Friendly: When produce is transported from California to Illinois, it requires much more labor and resources, which leads to more pollution and non-recyclable packaging.
- Avoids Overseas contaminants: When fruits and vegetables are sourced overseas you can't be sure what their regulations for pesticides, herbicides and fungicides are.

### INTRODUCTION

⌚ 3-5 min

- Ask the students to identify the ingredients from both recipes. Have them guess what we might be making today. Have they previously had all of these ingredients, or is there a new item?
- Discuss that one of the recipes uses Brussels Sprouts as main ingredient, which is in season this fall. Discuss seasonal eating. Key questions to ask:
  - What do you think eating seasonally means? It means only eating things that are growing in that season, close to where you live
  - Do you think all fruits and vegetables grow year-round? No; most fruits and vegetables naturally grow, ripen, and are harvested during certain seasons each year. For example, when do you eat pumpkin? In fall. Do you eat it in summer? No, because it isn't in season.
  - Where do you think the fruits and vegetables in your local grocery store are from? Right now, you can still get oranges, bananas, lettuce, and tomatoes in grocery stores. This is because a lot of produce is shipped from places far away, like California or Mexico, where it is still much warmer.

### DEVELOPMENT

⌚ 5-7 min

- Start with the recipe, requiring baking, Fudge Pumpkin Brownies and continue the discussion on seasonal eating. See sidebar.
  - Do you think there are any vegetables that can grow in your area now that it is cold? There are certain crops that can withstand some cold. They are those that grow deep in the ground, so that the soil protects them. These are called root vegetables. Many also have sturdy, stronger outsides that help protect them too.
  - What vegetables can you think of that fit this description? Carrots, potatoes, rutabaga, celery, ginger, pumpkin, spaghetti squash, acorn squash and Brussels sprouts
- Play a game with kids: see table on the next page with fruits and veggies and seasons they grow in. Name fruit or veggie and have kids guess the season.

# LESSON 4:

## SEASONAL EATING

### STAR INGREDIENT: BRUSSELS SPROUTS

- Did you know these fun facts about Brussels sprouts?
  - The veggie was originally cultivated in Ancient Rome.
  - Brussels sprouts are named after Brussels, the capital of Belgium.
- Brussels sprouts are especially rich in vitamin K, which is necessary for blood clotting and bone health. They're also high in vitamin C, an antioxidant that helps promote iron absorption and is involved in tissue repair and immune function

#### SPRING

- Asparagus
- Avocados
- Bananas
- Celery
- Carrots
- Collar Greens
- Kale
- Lettuce
- Swiss Chard

#### SUMMER

- Apricots
- Broccoli
- Corn
- Limes
- Mango
- Eggplant
- Blueberries
- Cucumber
- Melon, grapes, tomatoes, spinach etc

#### FALL

- Apples
- Beets
- Cranberries
- Pear
- Pumpkin
- Squash
- Sweet potato
- Broccoli
- Brussels Sprouts

#### WINTER

- Carrots
- Potatoes
- Rutabaga celery
- Brussel sprouts
- Grapefruit
- Kiwi
- Plus root vegetables do best in colder weather

#### 5 SENSES

- Sight
- Smell
- Touch
- Taste
- Hearing

#### 5 TASTES

- Salt
- Sweet
- Bitter
- Sour
- Umami

### TASTE TEST

🕒 2-3 min

- As you are ready to taste food – complete The 30 Second Silent Taste Test: Students will engage in mindful eating by silently tasting the first recipe for 30 seconds.
- Remind the class while they are tasting to focus on their 5 senses (see sidebar for details)
- How would you describe the dish? Use 5 tastes to describe it and or adjectives (see Words to Describe Food Taste, Smell, or Texture page at the beginning of the instructor guide)
- Repeat this for the second recipe.

### THUMBS UP TEST 🕒 2 min

- Carry out the Thumb Test: Thumbs up/thumbs to the side/thumbs down.
- If time permits students can share comments.
- Key Qs: How might you change the recipes, why do/don't you like it, were there any strong flavors or textures?

### CLEAN UP & DIMISSAL

🕒 5 min

- Clean up the classroom. Allocate roles such as putting scraps and left overs in the trash, creating a pile of all chopping boards and aprons, wiping down surfaces and checking the floor.
- Make sure you leave the classroom the same way you found it.
- Dismiss in an orderly line and collect signatures from parents.