





LESSON 4:

BROWNIES AND BRUSSELS SPROUT SALAD

FUDGY PUMPKIN BROWNIES

Ingredient	Students Per Class		
	10	15	20
Pumpkin Puree, canned 	3/4 cup	1 cup	1 1/2 cup
Vanilla extract	3/4 tsp	1 tsp	1 1/2 tsp
Oats 	1/4 cup	1/4 cup + 1 tbsp	1/2 cup
Mini chocolate chips	1/4 cup	1/4 cup	1/2 cup
Sugar	1/4 cup	1/3 cup	1/2 cup
Cocoa Powder 	1/4 cup	1/4 cup	1/2 cup
Baking Soda	1/3 tsp	1/2 tsp	2/3 tsp
Other: Foil muffin tins per students.  : Make sure it is PEANUT, NUT, and SESAME FREE			

PREP BEFORE CLASS:

Open canned pumpkin puree. Preheat oven to 375°F. Line muffin tin with foil baking cups.

Directions:

1. Have students measure and whisk together pumpkin and vanilla extract.
2. In a separate bowl, measure and stir together all remaining ingredients.
3. Pour dry ingredients into wet (not the other way around!) and stir until well combined, allow students to get a turn to mix.
4. Evenly distribute mixture between the foil baking cups.
5. Bake for 11-13 minutes. Keep an eye on the oven as time may vary. They will look underdone, but brownies will firm up as they cool.
6. Remove from oven and allow to cool.

DID YOU KNOW?


Brownies were thought to have been a baking error when a chef forgot to add baking powder to cake batter.



DID YOU KNOW?

Brussels Sprouts are related to broccoli and cauliflower!

BRUSSELS SPROUTS SALAD

Ingredient	Students Per Class		
	10	15	20
Kale	2 cups	3 cups	4 cups
Brussel sprouts	10	15	20
Dried cranberries	1/4 cup	1/3 cup	1/2 cup
Shredded parmesan	1/3 cup	1/2 cup	1 cup
Dressing			
Olive oil	1/4 cup	1/3 cup	1/2 cup
Vinegar	1/4 cup	1/3 cup	1/2 cup
Honey	1 tbsp	1 1/2 tbsp	2 tbsp
salt			
 : Make sure it is PEANUT, NUT, and SESAME FREE			

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



LESSON 4:

SAVOR THE SEASONS

SHOPPING LIST

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

Ingredients to buy:

Produce

- Kale
- Brussels sprouts
- Garlic

Dairy

- Shredded Parmesan cheese

Pantry Staples

- Canned pumpkin puree
- Dried cranberries
- Oat flour (NUT & SESAME FREE)
- Mini chocolate chips (NUT & SESAME FREE)
- Cocoa powder (NUT & SESAME FREE)
- Baking soda
- Apple cider vinegar

Ingredients in the bin:

- Olive oil
- Honey
- Salt
- Sugar
- Vanilla extract

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



INTRODUCTION

⌚ 3-5 min

- Complete Start of Class Checklist (see beginning of the curriculum): arrive early, set up for the class, take attendance, review allergies.
- 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 the 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?
 - Did you know? Some fruits, like bananas, are in season all year round!
- 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.

WHY IS SEASONAL EATING BETTER?

- **Seasonal food 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, traveling expenses and storage are not required.
- **Fresher and higher in nutritional value:** Fruits and vegetables that are stored for long periods 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 contaminants:** When fruits and vegetables are sourced overseas, you can't be sure what their regulations for pesticides, herbicides and fungicides are.

LESSON 4:

SAVOR THE SEASONS

DEVELOPMENT

⌚ 5-7 min

- Start with the recipe, requiring baking, Fudgy Pumpkin Brownies, and continue the discussion on seasonal eating. See sidebar.
 - Do you think any vegetables can grow in your area now that it is cold? Certain crops can withstand some cold. They are those that grow deep in the ground so that the soil protects them. These are called root vegetables.
 - 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 students: See the table on the next page with fruits and veggies and the seasons they grow in. Name a fruit or veggie and have students guess the season.



Ask students “why are we mixing wet and dry ingredients in separate bowls before combining” to give students the opportunity to demonstrate their knowledge of cooking and baking.

ENGAGEMENT TIPS



Ask students to note how they smell the vanilla and pumpkin extract mixing. What else makes food appealing besides the smell?



Always introduce (or reintroduce!) the bear claw technique and monitor students as they mince the garlic.

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

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
- Root vegetables (grow best in colder weather)

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