



Cooking from the Garden

You'll need ingredients and cooking supplies from the Funky Pasta and/or Fridge Pickles recipes attached. (Cook pasta in advance if making pasta.)

Materials: Bowls, cutting boards, liquid measuring cups and spoons, mixing spoons, tongs, disposable table cloth, paper towels, kitchen shears or clean scissors, a knife, plates and forks if making pasta. Bring colander and electric kettle to reheat cooked pasta.

Introduction:

Explain that today we are going to read books about cooking and gardening and then we are going to cook.

Read *Up, Down, and Around* by Ayers

Walk kids through the garden and talk about the veggies growing. Pick a few if they are ripe.

Read various books with kids including:

Strega Nona by dePaola

I Will Never Not Ever Eat a Tomato by Child

Growing Vegetable Soup by Ehler

Tops and Bottoms by Stevens

Warthogs in the Kitchen by Edwards

Cloudy with a Chance of Meatballs or *Pickles to Pittsburgh* by Barrett

The Vegetables We Eat by Gibbons

In the Garden: Who's Been Here by George

Feast for Ten by Falwell

Carrot Soup by Segal

Honest Pretzels by Katzen

Break kids into two groups: one will make the pasta dish while the other makes the pickles. ONLY ADULTS HANDLE KNIVES, PLEASE. Kids can eat the pasta at the Read-Aloud and take the pickles home.

Be sure to **read the recipes** with the kids.

Fridge Pickles

<http://www.instructables.com/id/Refrigerator-Pickles---Quick-n--Easy/?ALLSTEPS>

Ingredients

Cucumber spears, I use either 1 English cucumber or about 6 pickling cucumbers
2 cups cold water
1/3 cup vinegar – use white or apple cider vinegar. Don't use balsamic vinegar.
1 tablespoon salt
2 teaspoons sugar
5 whole peppercorns – fresh
fresh ground pepper (from a grinder is best)
optional flavor additions: fresh dill, jalapeno pepper, onion, basil
ziplock freezer bags

Other materials: knife, cutting board, bowl, spoon, measuring cups and spoons and a marker

Instructions

- Label a Ziploc bag for each kid with a marker.
- Wash and slice the cucumbers into spears that will fit in the Ziploc bags.
- In a bowl, put the water, salt, vinegar, ground pepper (I use about 10 grinds of the grinder) and the whole peppercorns. The water is cold, but you want to try to dissolve as much of the salt and sugar as you can.
- Put the cucumbers in the bag (one bag for each kid) and dump the liquid in. Add optional flavorings.
- Tell the kids to leave the bags in the fridge for two days. Encourage them to flip the bags over once or twice during that time. After two days, and even after overnight, they will have pickles.

Funky Pasta from Waterpenny Farm

Ingredients

Basil
Cherry tomatoes
Scallions
Zucchini or summer squash
Parmesan cheese
Olive oil
Cooked Pasta
(Optional: squares of fresh mozzarella cheese)

Have kids tear basil, squish the cherry tomatoes, cut the scallions with kitchen shears and grate the squash into one big bowl. Put the drained hot pasta on top of the vegetables in a big bowl. Stir and add a few glugs of olive oil, along with the cheese. Serve warm.