

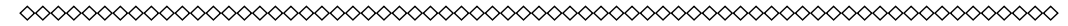
**LITTLE
COOK,
READ
THIS
BOOK**

A COOKBOOK FOR KIDS BY NOURISH



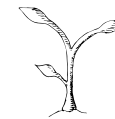
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A NOTE FROM NOURISH

Nourish is a good-food focused organization that wants to educate kids, like you, about:



How to grow food

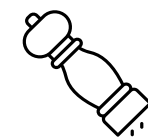


How to cook food

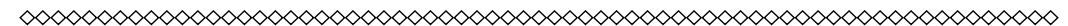


Why we should eat healthy foods

We created this cookbook to share some fun recipes you can make at home! It may inspire your next masterpiece or help take your culinary creativity and healthy cooking to new heights.



So, read along, and let's get crackin' in the kitchen!



WWW.NOURISHFARMS.ORG

WRITTEN IN PARTNERSHIP WITH SHEBOYGAN AREA SCHOOL DISTRICT



DRINKABLE DREAMSICLE

INGREDIENTS 2-3 ORANGES
 1/2 CUP PLAIN YOGURT
 1 TABLESPOON HONEY
 1/2 TEASPOON VANILLA EXTRACT
 CINNAMON

STEPS

- 1 SQUEEZE ORANGES OR USE ABOUT 1/2 CUP OF ORANGE JUICE
- 2 STIR IN PLAIN UNSWEETENED YOGURT, HONEY, AND VANILLA EXTRACT
- 3 POUR OVER ICE AND SPRINKLE WITH CINNAMON OR CARDAMOM
- 4 FUN VARIATION: TRY USING MAPLE SYRUP INSTEAD OF HONEY, TRY SQUEEZING OTHER CITRUS FRUITS INTO THE ORANGE JUICE LIKE PINK GRAPEFRUIT OR TANGERINE, TRY ADDING SLIVERED ALMONDS ON TOP. IF YOUR YOGURT IS THICK, ADD A BIT OF MILK OR EXTRA ORANGE JUICE TO MAKE MORE DRINKABLE. ALSO TASTES GREAT FROZEN INTO YOGURT POPS.

EASY PEASY LEMON SQUEEZY

INGREDIENTS

1 LEMON
2 TEASPOONS HONEY (TART) OR 1.5 TABLESPOONS
HONEY (SWEET)
3/4 CUP SELTZER OR SPARKLING WATER
MINT

STEPS

- 1 SQUEEZE A WHOLE LEMON, ABOUT 3 TABLESPOONS, INTO A LARGE GLASS
- 2 ADD 2 TEASPOONS OF HONEY TO MAKE IT ON THE TART SIDE OR 1.5 TABLESPOONS TO MAKE IT ON THE SWEET SIDE. STIR UNTIL HONEY DISSOLVES
- 3 POUR IN COLD SELTZER OR SPARKLING WATER TO FILL THE GLASS, ABOUT 3/4 CUP, ADD A SPRIG OF MINT IF DESIRED
- 4 FUN VARIATION: TRY CRUSHING A STRAWBERRY INTO THE LEMON JUICE, TRY MAPLE SYRUP INSTEAD OF HONEY, TRY IT WITH AND WITHOUT ICE, TRY IT WITH LIME INSTEAD OF LEMON





BUGS ON A BRANCH

INGREDIENTS

- CELERY
- CREAM CHEESE
- BLUEBERRIES

STEPS

- 1 HAVE AN ADULT HELP YOU CUT CELERY INTO STICKS
- 2 SPREAD CREAM CHEESE IN A LINE ON THE CELERY STICK
- 3 ADD 3 OR 4 BLUEBERRIES TO THE CREAM CHEESE
- 4 FUN VARIATION: TRY HUMMUS INSTEAD OF CREAM CHEESE, TRY GREEN PEAS INSTEAD OF BLUEBERRIES, TRY WITH NUT BUTTERS



MUNCH MIX

INGREDIENTS

GRANOLA
 PRETZEL STICKS
 DRIED CHERRIES
 DARK CHOCOLATE CHIPS
 PEPITAS

STEPS

- 1 FIND A LARGE BOWL FOR MIXING
- 2 POUR INTO THE BOWL: GRANOLA, PRETZEL STICKS, DRIED CHERRIES, DARK CHOCOLATE CHIPS, AND PEPITAS
- 3 GENTLY MIX TOGETHER WITH A WOODEN SPOON
- 4 FUN VARIATION: ADD SLIVERED ALMONDS OR WALNUTS, ADD RAISINS OR DRIED BLUEBERRIES





HUMMUS PINWHEELS

INGREDIENTS

WHOLE WHEAT TORTILLA
SHREDDED CHEESE
LETTUCE
HUMMUS

STEPS

- 1 LAY OUT ONE WHOLE WHEAT TORTILLA AND SPREAD IT WITH HUMMUS
- 2 SPRINKLE SHREDDED CHEESE AND LETTUCE OVER THE HUMMUS
- 3 ROLL UP AND HAVE AN ADULT HELP YOU SLICE INTO PIECES
- 4 FUN VARIATION: TRY HERB OR SUN DRIED TOMATO TORTILLA, TRY ADDING SPINACH OR SHREDDED CARROTS, TRY WITH GUACAMOLE INSTEAD OF HUMMUS

RAINBOW SKEWERS

INGREDIENTS

GRAPES
BLUEBERRIES
KIWI
PINEAPPLE
ORANGE
STRAWBERRIES

STEPS

- 1 CHOOSE A FRUIT FOR EACH COLOR OF THE RAINBOW
- 2 WASH YOUR FRUIT AND HAVE AN ADULT HELP CUT INTO CHUNKS IF NECESSARY
- 3 SPEAR EACH PIECE ONTO A WOODEN SKEWER IN RAINBOW ORDER (RED, ORANGE, YELLOW, GREEN, BLUE, PURPLE)
- 4 FUN VARIATION: TRY DIPPING YOUR SKEWER IN VANILLA YOGURT OR A MIX OF CREAM CHEESE, MAPLE SYRUP, VANILLA EXTRACT, AND CINNAMON. TRY COMING UP WITH DIFFERENT COMBINATIONS, HOW MANY FRUITS CAN YOU TRY FOR EACH COLOR?





WATERMELON SALAD

INGREDIENTS

- WATERMELON
- FRESH MOZZARELLA BALLS
- BASIL

STEPS

- 1 ASK AN ADULT TO HELP YOU CUT WATERMELON INTO BITE SIZED CHUNKS
- 2 COMBINE THE CHUNKS IN A BOWL WITH LITTLE MOZZARELLA BALLS OR SMALL CUBES OF MOZZARELLA
- 3 TEAR A BASIL LEAF INTO TINY PIECES AND MIX WITH THE FRUIT AND CHEESE
- 4 FUN VARIATION: ADD STRAWBERRIES, ADD GRAPES, ADD A DRIZZLE OF BALSAMIC VINEGAR OR A PINCH OF SALT

APRICOT BULLSEYE

INGREDIENTS

APRICOTS

CHEVRE OR CREAM CHEESE

DRIED CRANBERRIES

THYME

STEPS

- 1 ARRANGE DRIED APRICOTS ON A SERVING PLATE
- 2 ADD A SMALL SMEAR OF CHEVRE OR CREAM CHEESE TO EACH APRICOT
- 3 TOP THE CHEESE WITH ONE DRIED CRANBERRY AND A LEAF OR TWO OF THYME
- 4 FUN VARIATION: TRY WITH DRIED PLUMS INSTEAD OF APRICOTS, TRY TOPPING WITH A PISTACHIO INSTEAD OF DRIED CRANBERRIES, TRY DIFFERENT VARIETIES OF SPREADABLE CHEESE

Adapted from *Apricot Bites* by Erin Gleeson at www.theforestfeast.com





SNAPS AND RANCH

INGREDIENTS

SNAP PEAS
1 CUP PLAIN GREEK YOGURT
1 TABLESPOON MILK
1 TABLESPOON WORCESTERSHIRE SAUCE
1/2 TEASPOON SALT + 1/2 TEASPOON PEPPER

1/4 TEASPOON DILL
1 TEASPOON GARLIC POWDER
1 TEASPOON ONION POWDER
1 TEASPOON DRIED PARSLEY
1 TEASPOON LEMON JUICE

STEPS

- 1 IN A BOWL, MIX TOGETHER: PLAIN GREEK YOGURT, MILK, WORCESTERSHIRE SAUCE, GARLIC POWDER, ONION POWDER, DRIED PARSLEY, LEMON JUICE
- 2 SPRINKLE WITH SALT, PEPPER, AND DILL
- 3 ARRANGE THE SNAP PEAS (WHOLE PODS) AROUND THE RANCH DIP FOR DUNKING
- 4 FUN VARIATION: TRY WITH CARROT STICKS, CELERY STICKS, RADISHES, JICAMA OR KOHLRABI

COCOA BEANIES

MAKES ONE DOZEN MUFFINS

INGREDIENTS

- 1 1/4 CUPS UNSEASONED CANNED BLACK BEANS
- 6 EGGS
- 1 TABLESPOON VANILLA EXTRACT
- 1/2 TEASPOON SEA SALT
- 5 TABLESPOONS BUTTER, MELTED
- 5 TABLESPOONS UNSWEETENED COCOA POWDER
- 3/4 CUP SUGAR
- 2 TEASPOONS BAKING POWDER

STEPS

- 1 RINSE AND DRAIN BEANS. AS THE BEANS ARE DRAINING, CRACK EGGS INTO MIXING BOWL.
- 2 IN THE SAME MIXING BOWL, ADD DRAINED BEANS, VANILLA EXTRACT, SALT, COCOA POWDER, SUGAR, AND BAKING POWDER AND MIX TOGETHER, MASHING BEANS WHILE YOU MIX WITH A PASTRY BLENDER OR POTATO MASHER. ADD MELTED BUTTER AND MIX AGAIN.
- 3 PREHEAT OVEN TO 350 DEGREES AND PLACE CUPCAKE LINERS IN MUFFIN TIN. FILL EACH MUFFIN CUP 3/4 OF THE WAY FULL AND BAKE 10-15 MINUTES. CHILL ONE HOUR BEFORE SERVING.



HUNGER RESCUE BALLS

MAKES ABOUT FORTY 1.5 INCH DIAMETER BALLS

INGREDIENTS

1 HEAPING CUP PACKED DATES
1/4 CUP CREAMY SALTED NATURAL PEANUT BUTTER SUBSTITUTE ORGANIC SUNBUTTER
1 CUP ROASTED UNSALTED ALMONDS LOOSELY CHOPPED
1/2 CUP ROASTED SUNFLOWER SEEDS
1 CUP COCONUT
1/2 CUP ROASTED PEPITAS
1/2 CUP FLAXSEED
1 CUP CHOCOLATE CHIPS, OPTIONAL
1 TABLESPOON CINNAMON

STEPS

- 1 PLACE DATES IN A FOOD PROCESSOR AND BLEND UNTIL THE DATES FORM INTO A PASTY BALL
- 2 IN A LARGE MIXING BOWL, COMBINE ALL INGREDIENTS AND MIX WITH YOUR HANDS
- 3 MOLD THE MIXTURE INTO COMPACT BALLS WITH YOUR HANDS. TRANSFER TO A LINED COOKIE SHEET TO BE FROZEN AND BAGGED FOR FUTURE CONSUMPTION OR STORE IN THE REFRIGERATOR IF YOU ARE PLANNING TO CONSUME WITHIN A WEEK.

PIZZA BUGS

INGREDIENTS

GRAPE TOMATOES
BLACK OLIVES
FRESH MOZZARELLA CHEESE
BASIL

STEPS

- 1 WITH AN ADULT'S HELP, CUT A GRAPE TOMATO IN HALF AND CUT OFF A FOURTH OF A BLACK OLIVE
- 2 PLACE A PIECE OF MOZZARELLA CHEESE ON A PLATE AND A BASIL LEAF ON TOP OF THE CHEESE
- 3 PLACE THE TOMATO ON THE LEAF AND PUSH THE OLIVE PIECE ONTO THE END OF THE TOMATO TO MAKE THE BUG'S "HEAD"
- 4 FUN VARIATION: USE BALSAMIC VINEGAR REDUCTION TO MAKE BLACK DOTS ON YOUR LADY BUG. THIS CAN BE DONE USING A TOOTHPICK.



FOLLOWING THE SILK ROAD

Herbs and spices are used to flavor our food. They both come from plants. Herbs are usually green and are from the leaf of the plant. They can be eaten fresh or dried. Spices are usually dried and come from seeds, flowers, roots, bark, and stems of plants. Spices can be many colors including red, yellow, and brown.

Herbs and spices have powerful flavors and scents that can be difficult to enjoy if eaten straight. Carry out your own spice drawer taste test by mixing herbs and spices with a food that has little flavor on its own. Put a small amount of cream cheese in 4 different cups. Pick 4 herbs or spices that you would like to taste. Keep them separate and mix each into one of the cups. It may help to drink some milk or sparkling water in between trying each spice so that the flavors don't blend together. Keep a journal of your tasting experience, make sure to note which you like best, and try 4 more herbs or spices on another day!

When you start to learn what herbs and spices you enjoy, make a tasty snack by combining your favorites with buttered popcorn, add some to scrambled eggs, or sprinkle some on top of your potatoes.

SOME HERBS AND SPICES YOU MIGHT HAVE IN YOUR HOUSE ARE:



CINNAMON

a brown spice made from the bark of the tree, used in the form of powder or sticks. Cinnamon is a common ingredient in french toast, muffins, and cookies.



CUMIN

a yellowish-brown spice from the seeds of a plant, usually used ground, a main ingredient in curry and taco seasoning



BASIL

a culinary herb known for its soft green leaves and sweet scent used fresh or dried in many dishes including pesto and caprese salad



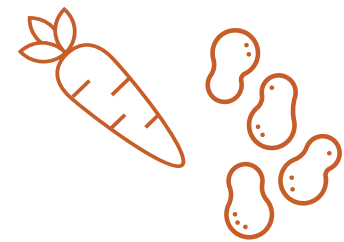
MINT

an easy to grow herb with a familiar taste used frequently in candy, chewing gum, beverages, and toothpaste

FOOD TEXTURES

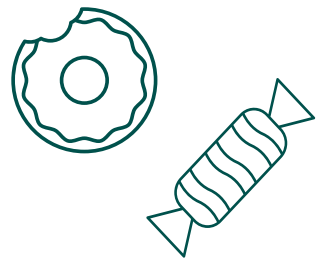
FOOD TASTES

Texture is another word for how food feels in your mouth. Think about the difference between a spoonful of yogurt in your mouth and a spoonful of granola. The yogurt feels smooth and soft and the granola feels rough and you need to chew it more before swallowing. These are different textures! Here are some other texture words:



CRUNCHY

examples of crunchy foods include hard, high-density items such as raw carrots, apples, nuts, and jicama



CHEWY

examples of chewy foods include items that require more chewing before being swallowed such as a bagel or some caramel



CREAMY

examples of creamy foods include items that have a smooth, rich, or buttery taste such as cream soups, mashed potatoes, or ice cream

Taste combined with smell, temperature, and texture make up the flavor of a food. Think about the difference between biting a peach and biting a piece of pizza. The peach immediately tastes sweet. The pizza, however, gives you a salty and savory (umami) taste.

There are 5 basic tastes:



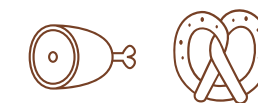
SOUR/TART

examples of sour or tart things include lemons, limes, pickles, and sauerkraut



SWEET

examples of sweet things include honey, maple syrup, strawberries, and bananas



SALTY

examples of salty things include parmesan cheese, ham, salted pretzels, and potato chips



BITTER

examples of bitter things include arugula, kale, coffee, and dark chocolate



UMAMI (SAVORY)

Examples of savory foods include meats, seafood, cheeses, and mushrooms

FOOD TASTES

What about when foods taste spicy? That's technically not a taste. Certain foods, like hot peppers, trick your body into thinking the temperature of the food is hot even if it isn't.

Did you know that there are foods that have the opposite effect too? In a similar way, mint tricks your mouth into feeling cool when you eat it.



HOT/SPICY

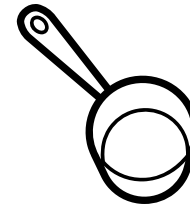
examples of hot or spicy things include jalapeños, chilis, fresh black pepper, and horseradish.



COOL

an example of a cooling food is mint.

CONVERSIONS FOR MEASURING



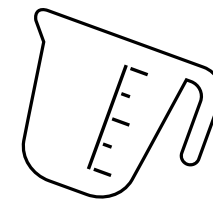
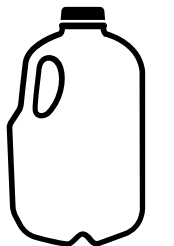
3 TEASPOONS = 1 TABLESPOON



16 TABLESPOONS = 1 CUP = 8 FLUID OUNCES

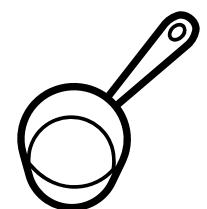
2 TABLESPOONS = 1/8 CUP = 1 FLUID OUNCE

4 QUARTS = 1 GALLON

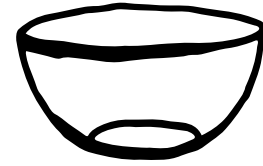


2 PINTS = 1 QUART = 4 CUPS

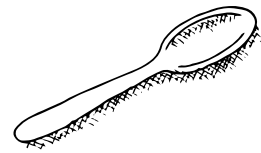
2 CUPS = 1 PINT



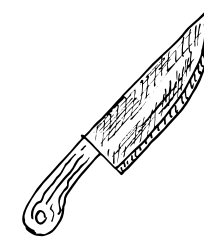
LEARNING YOUR WAY THROUGH THE KITCHEN



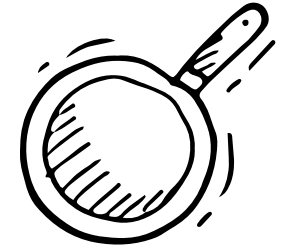
MIXING BOWL



MIXING SPOON



KNIFE



FRYING PAN



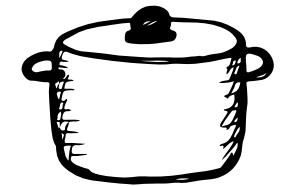
MIXER



BLENDER



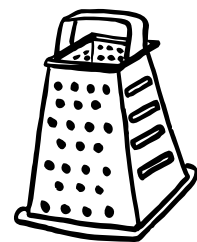
KETTLE



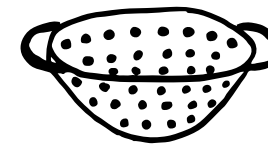
SAUCE PAN



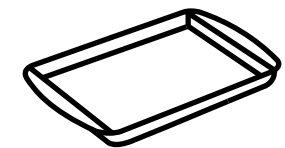
CUTTING BOARD



SHREDDER



COLANDER



BAKING SHEET

CUTTING TECHNIQUES



PEEL

Scraping the exterior layer off of food.
Commonly used for potatoes, carrots, and kohlrabi.



CHOP

Cutting food into small, irregular pieces.
Commonly used for onions, carrots, and celery.



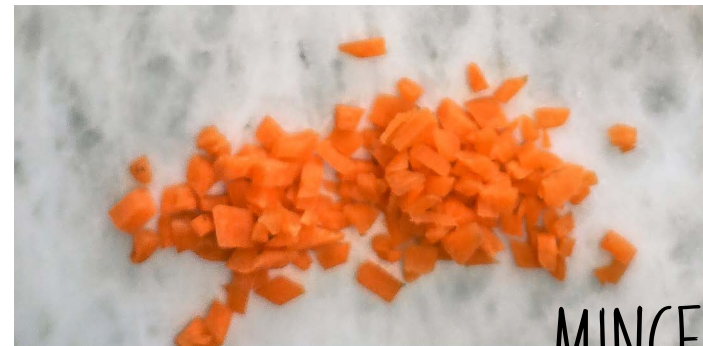
SLICE

Cutting food with long sweeping motion, usually to create disc shapes. Commonly used for tomatoes, eggplant, cucumbers, and cheeses.



JULIENNE

Cutting food into matchstick shapes. These are long and skinny pieces. Commonly used for long vegetables such as zucchini, parsnips, some types of radish, and carrots.



MINCE

Cutting food into such small pieces that it begins to have a paste-like texture. Commonly used for ginger, garlic, shallots, and herbs.



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www.NourishFarms.org