

FUDGY PUMPKIN BROWNIES

Serving Size: 12 servings, 1 muffin tin per student

Ingredients:

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

PREP BEFORE CLASS:

Preheat oven to 375°F.

Directions:

1. 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.
4. Evenly distribute mixture between the muffin liners.
5. Bake for 12–15 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 let it cool down. Enjoy!

DID YOU KNOW?

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



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 clove 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!

SHOPPING LIST

Ingredients to buy:

- 1 small bunch of kale
- 10 brussels sprouts
- 1 clove garlic
- ½ cup shredded Parmesan cheese
- 1 cup canned pumpkin puree
- ¼ cup dried cranberries
- ½ cup oat flour (NUT & SESAME FREE)

- ¼ cup mini chocolate chips (NUT & SESAME FREE)
- ¼ cup cocoa powder (NUT & SESAME FREE)
- ½ tsp. baking soda
- ¼ cup 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!




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.

INTRODUCTION CONT.

- 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, Fudgy 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 students: See table on the next page with fruits and veggies and seasons they grow in. Name a fruit or veggie and have students guess the season.

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



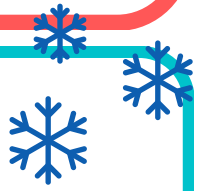
- Apricots
- Broccoli
- Corn
- Limes
- Mango
- Eggplant
- Blueberries
- Cucumber
- Melon, grapes, tomatoes, spinach etc

FALL



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

WINTER



- Carrots
- Potatoes
- Rutabaga celery
- Brussel sprouts
- Grapefruit
- Kiwi
- 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