



Classroom Recipe Book



**Florida Department of
Agriculture and Consumer Services**

Dear Teacher,

We are pleased to offer you this collection of classroom-friendly recipes from the Florida Department of Agriculture and Consumer Services' Harvest of the Month Program. Each recipe features seasonal Florida-grown products and is designed to be appropriate for a classroom setting. We hope you enjoy sampling these fresh fruit and vegetable recipes with your students and encourage them to be good tasters!

Remember to follow proper food safety practices when harvesting, preparing and storing fresh foods.

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Blender Garden Salsa

Yield: 24, 1oz samples

INGREDIENTS

- 2 medium Florida tomatoes
- ½ Florida green pepper
- ½ Florida red pepper
- 1 jalapeño, seeded and chopped
- 1 lime, room temperature, juiced
- ½ teaspoon cumin
- ½ cup fresh cilantro
- ¼ teaspoon salt

PREPARATION:

1. Wash all produce, chop into large chunks and place in blender.
2. Harvest fresh cilantro from your school garden. Wash to remove any dirt or debris and put the whole stem with the leaves in the blender.
3. Blend all the ingredients on a low setting until combined.
4. Serve with whole grain tortilla chips and enjoy!



Strawberry Pops

Yield: 12 samples

INGREDIENTS:

- 12 Florida strawberries
- 1 cup low-fat vanilla yogurt
- 1 cup lightly crushed whole-grain cereal
- 12 (4-inch) lollipop sticks

PREPARATION:

1. Rinse strawberries and remove the leaves.
2. Dip the berries in yogurt, then in the cereal.
3. Insert sticks into the narrow end of the strawberry.
4. Serve immediately.



Homemade Pickles

Yield: Approximately 30 slices

INGREDIENTS:

- 2 large Florida cucumbers
- ½ cup vinegar
- ¼ cup white granulated sugar
- 1 ½ teaspoons Mrs. Dash salt-free seasoning
- ¾ teaspoon salt
- 1 tablespoon olive oil

PREPARATION:

1. Wash and slice cucumbers into ¼ or ½ inch rounds; set aside.
2. Combine the vinegar, sugar, Mrs. Dash seasoning, salt and olive oil together in a large container, stirring to combine until sugar is mostly dissolved.
3. Place cucumbers in the vinegar solution; stir to coat.
4. Cover the container and refrigerate overnight, stirring occasionally.
5. Dish a few cucumber slices into sample cups and serve.



Florida Food Art Octopus

Yield: 1 Florida pepper octopus per 5 students

INGREDIENTS:

- 1 Florida bell pepper
- 1 cup pre-made hummus
- 2 sliced black olives
- Assorted sliced vegetables

PREPARATION:

1. Slice off the top of the green pepper. Remove the seeds and trim out the white membrane.
2. Cut the top into strips or “tentacles” for dipping.
3. Spread the hummus on a plate and put the whole pepper upside down on the hummus bed. Attach black olive slices to the pepper body with extra hummus to make the “eyes.”
4. Place the strips of pepper around the octopus sticking up like tentacles. Decorate with assorted sliced vegetables.
5. Allow students to sample their creation.

Source: superhealthykids.com



Florida Corn, Tomato & Avocado Salsa

Yield: 32, 2 oz samples

INGREDIENTS:

- 4 ears of Florida sweet corn
- 2 large Florida tomatoes, diced
- 1 large Florida avocado, peeled, seeded and diced
- ½ cup red onion, finely chopped
- ½ cup Florida bell pepper, finely chopped
- ¼ cup fresh cilantro, torn or chopped
- 1 lime, juiced
- 1 teaspoon powdered cumin
- Hot sauce to taste
- Sea salt and fresh ground pepper to taste

PREPARATION:

1. Roast or boil the sweet corn. Chill and remove the kernels from the cob with a knife. Corn can be preparation ahead of time.
2. Combine all ingredients in a medium-sized mixing bowl and stir.
3. Taste and adjust seasoning with salt and pepper as desired. Add a few drops of your favorite hot sauce to add some extra kick.
4. Serve with whole grain or corn tortilla chips.



Florida Water

Yield: 16, 2 oz samples

INGREDIENTS:

- 1 Florida orange, cut into ¼ inch slices
- 1 Florida cucumber, cut into ¼ inch slices
- 2 lemons, cut into ¼ inch slices
- Fresh mint leaves
- 1 gallon water

PREPARATION:

1. Mix all ingredients.
2. Serve with ice, if desired.
3. Can be refrigerated overnight.



Marinated Mushrooms

Yield: 40-50 samples

INGREDIENTS:

- 16 oz. button mushrooms, cleaned and stems trimmed
- 2 teaspoons fennel seeds
- $\frac{3}{8}$ cup white wine vinegar
- $\frac{5}{8}$ cup extra virgin olive oil
- 1 teaspoon fine sea salt or kosher salt
- $\frac{1}{2}$ teaspoon freshly ground black pepper
- 2 cloves minced garlic (optional)
- $\frac{1}{2}$ cup chopped fresh herbs (parsley, green onion or chives)
- 1 gallon sealable plastic bag

PREPARATION:

1. Cut larger mushrooms into halves or quarters to make bite-sized pieces and place into a large one gallon sealable plastic bag.
2. Crush fennel seeds on a cutting board with a knife, a mortar and pestle, or by placing them in a small sealable plastic bag and crushing them with a jar or rolling pin.
3. Place the fennel seeds, white wine vinegar, olive oil, salt, pepper, garlic and herbs in a mason jar. Screw on the lid and shake it vigorously.
4. Pour marinade into sealable plastic bag with the mushrooms and shake to coat. Let the bag sit for at least 30 minutes, shaking every 10 minutes (even better overnight).
5. Portion out one mushroom in a small serving cup and let your eager students have a taste!



Garden Salad Lettuce Wraps

Yield: 1 sample per student

INGREDIENTS:

SALAD:

- Assorted garden veggies (Ex. broccoli, carrots, cherry tomatoes, radishes, cucumbers, celery, cabbage, spinach, bell peppers, herbs) washed and shredded or finely chopped
- 1 lettuce leaf per student (Ex. romaine, leaf lettuce or iceberg)

DRESSING:

- 1 cup plain yogurt (Greek-style preferred)
- 3 tablespoons finely chopped flat-leaf parsley
- 1 tablespoon chopped fresh dill
- 1 tablespoon chopped fresh chives
- 1 tablespoon thinly-sliced fresh basil
- 1 teaspoon sherry vinegar
- 1 teaspoon fresh lemon juice
- Salt and pepper to taste

PREPARATION:

1. To make the dressing, combine all ingredients and set aside.
2. Set out preparation garden produce in a serving line.
3. Provide each student with a bowl. Allow them to choose at least four to five toppings for their wrap. Add a teaspoon of dressing to each bowl and mix.
4. Place the contents in the middle of their lettuce leaf, roll up like a wrap and enjoy!



Kale Salad with Citrus Dressing

Yield: 20-24 Samples

INGREDIENTS:

- 1 bunch curly kale, washed and dried
- ½ cup Florida citrus juice
- 3 tablespoons extra virgin olive oil
- 1 clove minced garlic
- 1 tablespoon fresh squeezed Florida lemon juice
- 1 tablespoon apple cider vinegar
- 1 tablespoon Florida honey
- Salt and pepper to taste
- 1 cup Florida citrus segments
- 1 cup sliced Florida strawberries
- ½ cup sunflower seeds (optional)
- 1 gallon sealable plastic bag
- Mason jar

PREPARATION:

1. Strip kale leaves from the stem and tear into bite-size pieces. Place pieces in gallon sealable plastic bag.
2. Put citrus juice, extra virgin olive oil, garlic, lemon juice, vinegar, honey, salt and pepper in a glass jar with a tight fitting lid. Shake vigorously until mixed.
3. Pour dressing into bag with kale and massage until evenly distributed.
4. Place kale in bowl and top with Florida citrus segments, sliced strawberries and sunflower seeds.





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