

Storybook Cafe

A NEW JERSEY FARM TO SCHOOL RESOURCE
Celebrating Women's History

GRAPE & APPLE SNACK CUPS

INGREDIENTS

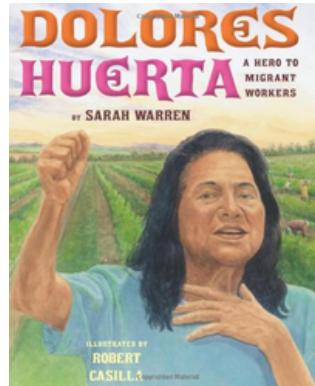
CLASSROOM TASTING:

- 2 cups of seedless grapes, halved
- 2 large apples, diced
- 2 cups of granola or crushed graham crackers
- 2 cups of low fat vanilla yogurt
- Optional: a drizzle of local honey

DIRECTIONS

1. Place a tablespoon of yogurt in the bottom of each small cup or bowl.
2. Add a layer of grapes and apples.
3. Sprinkle a tablespoon of granola or crushed graham crackers on top.
4. Repeat the layers if the cups are large enough and you desire more layers.
5. Optional, drizzle a little honey on top for extra flavor.
6. Serve immediately or refrigerate until ready to enjoy

TEACHER RESOURCES



Read Along

Lesson Plan:
Dolores Huerta and
the Delano Grape
Strike

Lesson Ideas

Dolores Huerta is a famous leader who worked to help farm workers get better pay and working conditions. With her friend Cesar Chavez, she started a group called the United Farm Workers (UFW) to fight for fair treatment. One of the most important things Dolores did was help organize the Delano grape strike in 1965. During this time, grape workers stopped picking grapes to get better pay and working conditions.

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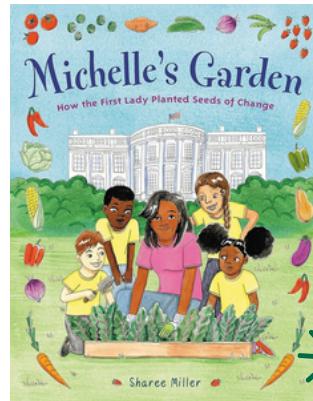
KALE CHIPS



INGREDIENTS

CLASSROOM TASTING:

- 1 bag of washed kale, destemmed
- 2 tsp. lemon juice
- 1 Tbsp. nutritional yeast
- 1 Tbsp. tahini
- 1 tsp garlic powder
- pinch of salt



Read Along

TEACHER RESOURCES

Lesson Plan:
School Gardens
Across America

Lesson Ideas

DIRECTIONS

1. Preheat oven to 250 degrees and line two baking sheets with parchment paper.
2. In a large bowl, combine the tahini, lemon juice, nutritional yeast, and garlic powder. Mix well.
3. Add the kale and lightly massage the kale into the seasoning blend using gloves. Massage leaves until well coated.
4. Place kale on prepared baking sheets in a single layer. Bake for 20-25 minutes until kale is dry and crispy.

Michelle Obama started a special garden at the White House as part of her "Let's Move!" program. The goal was to help kids and families be healthier and more active. Kids from all over the country helped plant and pick vegetables from the garden. Michelle Obama says, "You know, instead of potato chips, a healthy choice is kale chips!"

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WONTON PIZZA

INGREDIENTS

CLASSROOM TASTING:

- 24 square wonton wrappers
- 1 cup Jersey Fresh pizza sauce
- 1 cup shredded mozzarella cheese
- Garden grown basil leaves, chopped (about 1/4 cup)
- Olive oil or cooking spray



DIRECTIONS

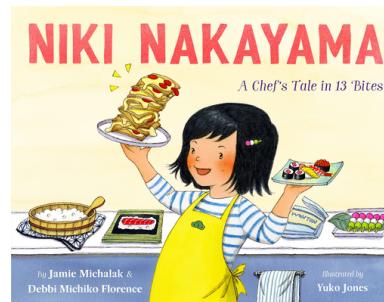
1. Preheat your oven to 375 degrees.
2. Lightly spray a mini muffin tin with cooking spray or brush with olive oil. Press a wonton wrapper into each cup of the muffin tin to form small cups.
3. Spoon about 1 teaspoon of pizza sauce into each wonton cup. Add a sprinkle of mozzarella cheese and a few pieces of chopped basil.
4. Place the muffin tin in the preheated oven and bake for 8-10 minutes, or until the wonton edges are golden brown and the cheese is bubbly.
5. Remove from the oven and let them cool slightly. Garnish with a sprinkle of Italian seasoning or oregano and a few fresh basil leaves. Serve warm as a delicious appetizer or snack



DIG DEEPER

[Alice Waters & the Edible Schoolyard](#)
[Julia Child facts for kids](#)

TEACHER RESOURCES



Read Along



Lesson Ideas

Celebrating Women Chefs
Alice Waters, Julia Child, and Niki Nakayama are chefs who have changed the way we think about cooking. Julia Child, made French cooking fun and easy for everyone to try at home, showing people that cooking can be a joy. Alice Waters loves using fresh ingredients from nearby farms, like basil, to make her dishes extra tasty and healthy. Niki Nakayama is a creative chef who tells stories through her Japanese dishes. These chefs teach us that cooking is not just about making food but also about exploring new tastes and ideas. They inspire people everywhere to enjoy cooking and try new things in the kitchen!

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