

Tuesday, July 31st & Thursday, August 1st

LEADER GUIDE OUTDOOR ACTIVITIES

Overview

This week continues the four-part series entitled “Growing a Pizza” where kids will learn about growing ingredients for pizza crust (wheat), pizza sauce (tomatoes), cheese (dairy and cows), and seasoning (herbs and their uses both culinary and medicinal). The focus for this week is tomatoes.

Schedule

1. Opening: 10:15 – 10:30
2. Activity time (Inside and Outside groups): 10:30 – 11:15
3. Closing time: 11:15 – 11:30

Opening

As each inside/outside group arrives, distribute nametags and water bottles, and then discuss the overview information and remind kids of the theme for the next two weeks. Today the whole outside group will meet with Terra to hear a presentation about tomatoes. Once the presentation is finished, kids will divide into three smaller groups and work in the garden to weed, water, and harvest.

Activity Time

Outside group

Once the presentation is finished, kids will divide into three smaller groups and work in the garden to weed, water, and harvest.

Closing

Gather all kids outside. Have inside group explain the snack for the day and serve it to the outside group. Inside group may then be served. During snack time have kids share discoveries they made in the garden, or any things they have learned/experienced over the past year.

LEADER GUIDE INDOOR ACTIVITIES TUESDAY

Inside group

Note: Prior to activity set up the following at each station: 1 loaf French bread, 2 C. extra virgin olive oil, salt, pepper, 3# heirloom tomatoes, 1 small red onion, 1 cucumber, 1 C. fresh Basil, ¼ C. balsamic vinegar, one lg. and one sm. mixing bowl, fork or whisk, chopper/slicer, peeler, measuring cups, baking sheet lined with foil.

PREHEAT OVEN to 350 degrees

To begin: Tell kids that they are making a salad with tomatoes and bread. Tomatoes are the main ingredient in pizza sauce, but can also be used in many ways. Tomatoes have been grown for many, many years and some are related to those grown a long time ago. Explain that some of the tomatoes grown today are called “heirloom” and use the information below to generally explain the term.

What is an Heirloom Plant? While some people try to define “heirloom” by age, such as saying that any plant that originated before 1951 (after which hybridization became popular) is an heirloom, the most widely accepted definition of what constitutes an heirlooms is that it is open-pollinated and was grown in an earlier era. Some heirlooms are hundreds of years old, and others originated around the turn of the 20th century.

Have kids wash hands and divide into three groups. Each group will make on large salad.

First make the croutons:

Take 1 loaf French bread and tear into rustic bite sized chunks and place into large bowl
Add 1 c. Extra Virgin Olive Oil and salt to taste.

Toss together using hands. Spread evenly onto baking sheet and bake at 350 for 10 – 15 mins. or until toasted. Set aside to cool.

Next, make the salad:

Roughly chop 3 Pounds heirloom tomatoes.

Slice 1 small red onion, thinly using slicer

Peel and chop 1 cucumber, and remove seeds if possible

Tear 1 C. fresh Basil leaves into pieces

Add the above ingredients to the large bowl. It’s ok to reuse bowl from making croutons.

In small bowl mix together:

¼ C. good-quality balsamic vinegar

1 C. extra virgin olive oil

Pour over salad in large bowl and season with salt and freshly ground pepper to taste.

Add croutons and toss with hands.

LEADER GUIDE INDOOR ACTIVITIES THURSDAY

Note: Prior to activity, set up the following at each station:

6 T olive oil, 2 T Balsamic vinegar, ½ t salt, 3 pint of strawberries, ½ pint cherry tomatoes, ½ cup cilantro, pita chips, 1 large and 1 small mixing bowl, measuring spoons, 1-2 prs. Scissors, 12 small (3 – 5 oz) cups, mixing spoons, chopper, 1 serving tray.

To begin: Tell kids that they are making a salsa with tomatoes and strawberries. Tomatoes are the main ingredient in pizza sauce, but can also be used in many ways. Tomatoes have been grown for many, many years and some are related to those grown a long time ago. Explain that some of the tomatoes grown today are called “heirloom” and use the information below to generally explain the term.

What is an Heirloom Plant?

While some people try to define “heirloom” by age, such as saying that any plant that originated before 1951 (after which hybridization became popular) is an heirloom, the most widely accepted definition of what constitutes an heirlooms is that it is open-pollinated and was grown in an earlier era. Some heirlooms are hundreds of years old, and others originated around the turn of the 20th century.

Have kids wash hands and divide into three groups. Each station will make one recipe of salsa.

Have kids use chopper to chop strawberries and tomatoes. Use scissors to chop/slice cilantro. Add to large bowl. In small bowl combine olive oil, balsamic vinegar and salt. Add to large bowl and mix thoroughly.

Divide mixture, evenly, into 12 small cups and place on serving tray. Add chips to tray.