

# Rosa Parks Garden and Cooking Program

## Recipe for Health!

Mix one part nutrition with one part physical education, stir in tons of enthusiasm, and add a dash of core curriculum. It's a winning recipe for the most discerning palates of the next generation of culinary health enthusiasts, the students of Rosa Parks. When the cooking cart rolls into their classroom, there is wave of enthusiasm that spreads among students while the room is magically transformed into a cooking kitchen lab. In cooking classes, we make healthy recipes, taste fruits and vegetables focusing on the featured harvest of the month, and have thoughtful discussions on healthy lifestyles and its connection to our well-being. Everyone cares about healthy food, and the importance of cooking class goes beyond the physical nourishment.

To celebrate greens month, students explored a variety of greens by using their senses and engaging in fun hands-on science and math activities linking nutrition to a healthy recipe made in class. Students were eager to record their cooking classroom observations on a notepad; one 3<sup>rd</sup> grader wrote, "[Collards] are green and smooth and have lines that look like a tree with branches." Another student wrote, "Dinosaur kale is like a dinosaur tail." While watching a classroom cooking demonstration of sauteed greens, another student observed that the "spinach is a big mound that shrinks a lot!"

*Carrie Fehr, Cooking Instructor*



*Holly Shaffer, Cooking Assistant, distributes blood orange tastings at the spring farmers' market event.*

## Pasta with Greens, Garlic and Pine Nuts

Try this quick and delicious pasta recipe with a variety of greens.

Makes 8 servings.

### Ingredients

- 1 bunch of greens, stems removed, leaves sliced into 1 inch pieces
- 1 pound pasta, cooked and drained
- 2 tablespoons toasted pine nuts
- 2 tablespoons raisins, plumped in hot water for 10 minutes, drained
- 1 clove garlic, minced
- 1 tablespoons olive oil
- Salt and Parmesan to taste

### Preparation

1. Heat oil in a large sauté pan. Add the greens and garlic. Sauté over medium heat for 5 minutes. Add a pinch of salt.
2. Add pasta to the greens and combine the raisins and pine nuts. Toss together. Season with salt and Parmesan to taste.

Nutrition Information per Serving:  
Calories: 141, Carbohydrate: 24g, Protein: 5g,  
Total Fat: 4g, Saturated Fat: 0g, Cholesterol: 19mg,  
Sodium: 197mg, Dietary Fiber: 1g

## Into the Garden

Early this year, Rosa Parks expanded their garden into the main campus with the help of UC Berkeley student volunteers. Student, parents, and volunteers planted, weeded and successfully built two planting tables for student use. They also built two fences to protect a raspberry patch and perennial fruit and vegetable garden. Tanya Stiller, Rosa Parks' Garden Instructor, integrated garden-based nutrition education with standards-based science curricula, teaching students about the parts of edible plants, life cycles of plants and ladybugs, and the importance of soils and compost. She also taught lessons on sugars and carbohydrates, grains, and the differences between whole foods and processed foods. Throughout the year, students learned about important historical figures in agriculture, such as Cesar Chavez and George Washington Carver.

The garden received a Berkeley Public Education Foundation grant and Teacher Action Grant, which were used to fund garden materials ranging from a compost thermometer and seeds, to a garden arbor gate and compost signs. Thanks to East Bay Municipal Utility District (EBMUD) and Stopwaste.org for their generous contributions. All the accomplishments and successes of the garden couldn't have been completed if it wasn't for the volunteers from the Green Schoolyard Committee and other volunteers like Nicole and Sarah for their many hours of work in the garden!



*Students turn in the fava bean cover crops in the garden.*

*Farmer Tanya Stiller, Garden Instructor*