

# Willard Garden and Cooking Program

## *A Passion for Pizza*

“If it’s something fun, I’ll do it,” says 6th grader Steven, effortlessly capturing the essence of the middle school mentality. Which is why Willard Middle School students sprint to the garden and beg to help every time the smell of burning wood announces that it’s pizza time.

Making pizza is an activity worth getting excited about. Here at Willard, the fervor began last year, when students built a cob pizza oven during their garden classes. This year, the students’ passion for school-made pizzas continues to grow as we learn to make the most excellent of pies.

A couple of times each month, we excitedly go through the pizza making process again. Every 6th grader, as well as the 90 7th and 8th graders enrolled in the Nutrition Elective Class, are given the opportunity to mix, knead, and stretch the dough, add their own toppings, slide the pizza into the oven, and eat whatever delicacy emerges in return.

We welcome you to come share in what is becoming a delicious Willard tradition as well as a fun, interactive way to encourage healthy eating choices. Or, simply try the recipe below on your own.

*Matt Tsang, Garden Instructor  
Sarah Purdy, 2007-08 Americorp  
Sonya Kharas, 2007-08 Americorp*

*Susanne Jensen, Cooking Instructor  
Tanya Henderson, Cooking Assistant*



Students do physical activity to earn health bucks at a lunchtime event. Health bucks are traded in for healthy fruit and vegetable tastings at the Health Buck store.



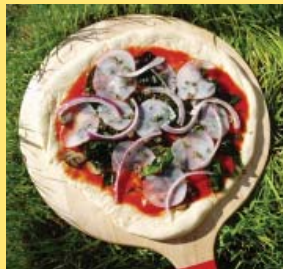
A group presents their final dishes during a special Iron Chef competition. Students were challenged with creating healthy dishes using the “secret” ingredient, butternut squash.

## The Willard Pizza

Makes four 12 inch pizzas.

### For the Dough:

- 5 cups unbleached high-gluten flour
- 1 tbsp sugar
- 2 tsp table salt
- 1 tsp instant yeast
- 2 tbsp olive oil
- 1 ¾ cups water



### Preparation

1. Stir together all the ingredients in a large bowl, working together vigorously into a coarse ball.
2. Let the dough rest for 5 minutes.
3. Begin to knead the dough until it is slightly sticky, soft, and supple.
4. Immediately divide the dough into four equal pieces. Round each piece into a ball and brush with olive oil. Chill overnight.
5. The next day, let the dough relax for two hours and then stretch each ball into a 12” inch pie.

### Assemble the Pizza:

When making pizza at Willard, everything in our 6,000 square foot garden becomes a potential topping. Some of our favorites

include tomatoes, zucchini, chard, and even an egg from one of our nine chickens! The key with our students is to always encourage experimentation and to be open to whatever shape, size, and color of pizza comes out.

### Finally:

Bake pizza in our oven for just 3 minutes, cut into slices, sit down at a table with friends and freshly cut flowers, and enjoy!

*Serves approximately 8 per pizza*

Nutrition Information per Serving for four 12” pizzas (dough only):

Calories: 80, Carbohydrate: 15g, Protein: 2g, Total Fat: 1g, Saturated Fat: 0g, Cholesterol: 0mg, Sodium: 219mg, Dietary Fiber: 1g

