

Autumn 2018

TODAY

Hip4kids

The Magazine

THE RE-ISSUE

FEATURING CHRISTOPHER DALY &
YOTAM OTTOLENGHI

Hip4kids
ANNUALS FOR KIDS

hip4kids.org

Chef Christopher Daly

EDITORIAL

Given the opportunity of a little free time day to day, you must pick up a copy of Neil De Grasse Tyson's "Astrophysics for People in a Hurry". In it, he says, and I quote, "In the beginning , nearly fourteen billion years ago, all of the space and all of the matter and all the energy of the known universe was contained in a volume less than one trillionth the size of the period that ends this sentence." What an incredible journey it has been thus far!

De Grasse Tyson's book goes on to explain the physical and chemical expansion of the universe and attendant theories. Tyson's book is a great read; I quote him here, and rely on his wisdom and humor to support our findings. I make mention of this highly respected man's foray into explaining the origins and beginnings of our known universe and to draw comparison albeit on a smaller scale.

Our parallel at Hip4Kids began with a single burst of energy too. All involved in its formation and for reasons completely beneficial to all the children and parents that inhabit it and that come into contact with our "galaxy of star chefs and teachers." Almost twenty years ago we started our journey as a very small "period" too, and have continued to expand since with as much energy as the hundreds of volunteers, pro bono professionals, teachers and chefs could muster and expend to propel us and our mission forward.

As a professional chef, it has been an honor to have the many other chefs over the years involved in our journey to combat childhood obesity, Type II Diabetes and the cancers that are unfortunately coupled with the obesity. This stage of the journey finds us in the enviable position of welcoming the extraordinary Chef Yotam Ottolenghi to our cover and magazine.

We are privileged to be able to ask this wonderful chef a handful of questions and to showcase a few of his recipes that he has perfected on his journey and to make recommendations to buy his books, his newest is "Sweet" co - authored by Helen Goh and out now from Random House.

In this writer's opinion, Chef Ottolenghi is one of, if not the most incredible chef in the universe of Vegetable Cookery. In our newest issue of "Today" we are inclined to mention that our focus going forward is on plant based cooking and healthy lifestyles for parents and teachers, curriculum plans for every teacher in the country who would like to access it ,and a bit of travel and art mixed in. We have so much more to offer as our universe expands.

We are extremely grateful to Chef Ottolenghi, Helen Goh and Random House and welcome you going forward to join us in our expansion as our twentieth year of our journey approaches. So whether a silver streak jetting through a break in the clouds , prodding the waters of a "newly discovered" river or bouncing along in a sea of sand and sun we bid you safe travels on your journey , just don't forget to have something "sweet" in your life along the way.

*"The World has persisted many a long year, having once
been set going in the appropriate motions.From these everything else follows."*

Lecretius , C. 50 BC

Apple Whole Wheat Pancakes

By Chef Christopher Daly

What You'll Need:

- 1 Cup Whole Wheat Flour
- 2/3 Cup All Purpose Flour
- 1/3 Cup of Whole Oats
- 1 1/2 Teaspoons of Baking Powder
- 1/2 Teaspoon of Baking Soda
- 2 Tablespoons of Brown Sugar
- 1 Teaspoon of Sea Salt
- 5 Tablespoons of Canola Oil (sub for butter)
- 2 1/2 Cups of Milk
- 2 Eggs (Whipped to Froth)
- 3-4 Dried Apple Rings (or 3-4 Fresh Apple Rings, Core Removed, or 1/2 Cup of Grated Fresh Apples)

Instructions:

Just a few quick directions to a healthy delicious morning with the family. These steps are for making one pancake. Repeat until you have a beautiful stack to your liking!

- 1) In a large, clean bowl, sift together the dry ingredients to include; The Whole Wheat Flour, All Purpose Flour, baking powder, sea salt, baking soda, and brown sugar. Then, stir the oats into the dry mix & set aside.
- 2) In a separate bowl, whisk the eggs until "frothy."
- 3) Add the milk to the dry ingredients gradually and mix to incorporate all evenly. Then stir in the oil, take the frothy eggs, fold them into the mixture and let this stand for about 15 to 20 minutes to relax the batter. This will make your pancake will be much more tender!
- 4) Take a clean nonstick pan. Place on the burner at a low to medium heat and heat gently. Add a little canola oil or spray with a canola spray and then ladle about two ounces of the batter into the pan. Let the pancake set up and as it "dries" around the edges, add in either a few dry apple slices or some fresh grated apple of your favorite type.
- 5) As the pancake sets up, gently flip it with a spatula, preferably of the nonstick variety especially if using a non stick pan (you want to avoid scratching that nonstick pan). Continue to cook the pancake to a golden brown and then repeat until you have a delicious stack of Apple Pancakes

** For an added treat sprinkle your pancakes with confectioners' sugar or try a little Maple Syrup? It's up to you! You are the chef!*



Clean Food Made Simple

HIPSNACKS™

www.hipsnacks.com



What Makes HipSnacks So Healthy?

100g of Omega-3 Chia Contains:

- 20,000+ mg of Omega 3
- 6,000+ mg of Omega 6
- 1,000mg of Calcium
- 700mg of Magnesium
- 50% More Folate Than Asparagus oz. per oz.
- 30% More Anti-Oxidants Than Blueberries oz. per oz.
- 25% More Dietary Fiber Than Flax oz. per oz.

www.hipsnacks.com | info@hipsacks.com | 212.772.8268 to Order

The Cost Of Not Eating IN SEASON

By Chef Alain Braux

There are various costs associated with the foods we eat that we may not always consider. Chef Alain explains...

The Real Cost of Food

Being able to buy any food at any time of the year does not mean it does not cost us. For example, there is the cost of shipping that food to your grocery store. Do you really believe that all that supposedly cheap food is really cheap in the long run? Granted, labor and production costs might be lower in other countries, but what about the shipping cost and the added energy cost and the damage caused to our environment? Wouldn't you rather eat a fresh apple picked nearby than an apple picked in New Zealand weeks before it reached you?

Eat Local Food

Eating seasonally allows us to eat a wider variety of foods at their peak of freshness, flavor and goodness. Wherever we live, our bodies are adapted to the local living conditions. So is our food. Eating tropical food—created to keep you cool in hot temperatures—is not appropriate if we live in the Antarctic. On the other hand, the Inuit people, who lived mainly off local fish and seal blubber—foods considered to be fattening to us—used to lead a healthy life, well adapted to their environment, even though they do not eat vegetables or fruits. Wonderfully strange, isn't it? When the Western diet of canned and refined foods caught up with them, they started to experience the same illnesses we experience in Western societies. Dr. Weston A. Price proved that traditional local diets were perfectly adapted to their environment no matter what these different tribes or groups ate. It was only when refined food was introduced to their way of life that their overall health started to deteriorate. So, not only should your diet be adapted to the environment you live in, eating the foods that grow in your region, but you should also follow the seasons and be in harmony with your surrounding natural habitat.



Frankenfood, Anyone?

Another side effect of eating out of season is that the producers had to create hardy species that could withstand the abuse of early picking, packing, travelling and being dumped “pêle mèle” on that store display. What we are killing in this process is diversity and flavor. When we buy locally, we have access to heirloom fruits and vegetables specifically grown in our region and nowhere else. For example, in Texas we have a special type of strawberry grown in Poteet, and they're so happy about it that there is a Festival put together just for these special strawberries. I agree with the folks in Poteet—they certainly are worth celebrating! I'm sure the same is happening in your region. Go ahead and celebrate these traditional crops and gorge yourself on freshly picked peaches in Georgia or Fredericksburg, TX.

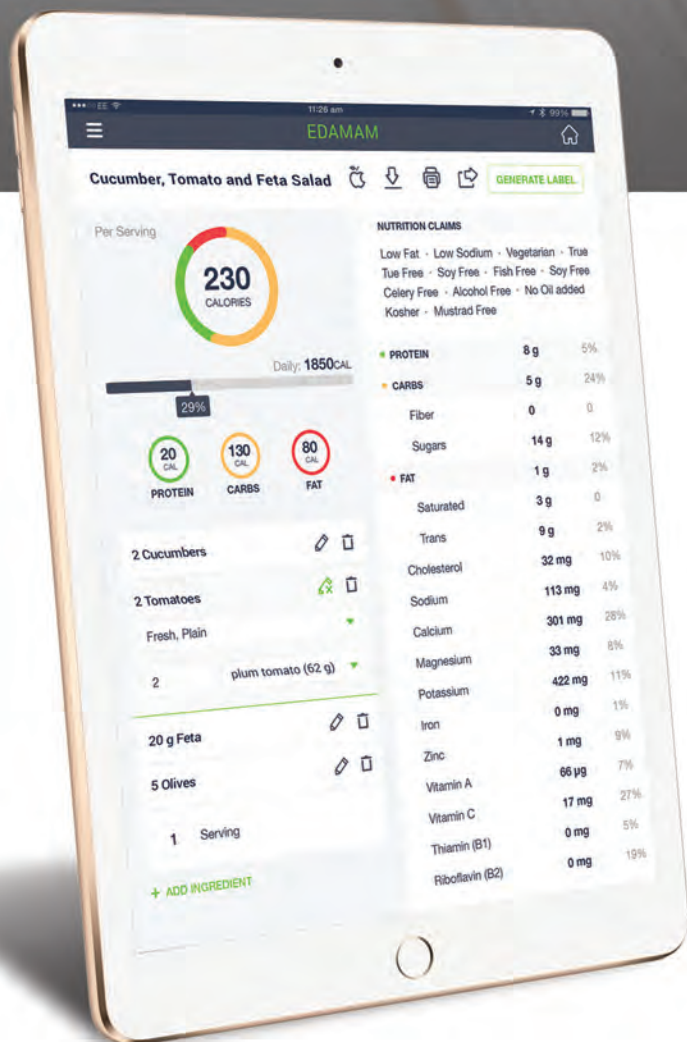


Lost Nutrition

Did you know that while fancy imported organic food is travelling from Chile, Brazil or Argentina, it loses up to eighty percent of its nutritional value? Well duh! It's kind of like you after a long trip to Australia or Singapore. You're not that fresh anymore, right? Why would you expect your food to be any fresher? They have been picked green, suffered days of travelling and arrive at our grocery store still unripe and tasteless. What's the point of buying them?

More next time!

INSTANT NUTRITIONAL ANALYSIS OF ANY RECIPE OR INGREDIENT LIST IS RIGHT AT YOUR FINGERTIPS!



Edamam is about offering restaurants a fast, cheap, and easy way to add accurate nutritional data and diet tags (e.g. gluten-free, high protein) to their menus.

Whether customers or legislation are demanding this information, Edamam provides you with the most cost-effective way to be up and running in no time.

To learn more, visit:
edamam.com/nutrition_wizard



Follow Us



Download Edamam App



All About NIGHTSHADES

By Danny Ensanian

Nightshades are a family of plant species that are commonly found in our everyday diets and cuisine. Many types of peppers and tomatoes are part of the nightshade family but not all nightshades are edible. In fact, most plants categorized as nightshades are poisonous to humans, while the list of safe plants is relatively small. Nightshades are also not a wise choice for people battling auto-immunity diseases, as the vitamins, chemicals, and capsaicin inside can affect your health if you're generally sensitive to foods.

The problematic chemicals can be avoided in nightshades by taking the following precautions:

- Peeling all potatoes (as the alkaloids are mostly found in the skin)
- Avoiding green tomatoes and green and/or sprouting potatoes (unripe night shades are higher in alkaloids)
- Cooking nightshade vegetables whenever you eat them (this reduces alkaloid content further).

NIGHTSHADES INCLUDE:

Potatoes
Eggplants
Pepino
Cayenne Pepper
Habanero

Tomatoes
Bell Peppers
Jalapenos
Paprika
Tamarillo

Source: <https://paleoleap.com/nightshades/>

Q&A with Chef

YOTAM OTTOLENGHI

In celebration of his new fall release entitled "SWEET," join Hip4Kids' very own Chef Christopher Daly in a Q&A session with world class Chef Yotam Ottolenghi. "SWEET" is entirely filled with delicious baked goods, desserts, and confections starring Ottolenghi's signature flavor profiles and ingredients including fig, rose petal, saffron, orange blossom, and star anise. Check this release out online at www.ottolenghi.co.uk

Image: Yotam with co-writer Helen Goh. Source: Randomhouse Publishing



1. CHEF CHRIS: You have a big US tour coming next month [SWEET is out October 3]. Talk about what you hope to share while you are here?

YOTAM OTTOLENGHI: I am coming to share mine and my co-author Helen Goh's love, almost obsession, with baking. Helen and I have been working together for 10 years coming up with new cakes, cookies and desserts all the time. We are so proud of our new book, which features some of our favorite ingredients and which has been aimed at bakers of different levels of experience. There's a chocolate brownie recipe in the book with tahini and halva that I seriously think every person should try before they die. It is my absolute favorite.

2. CHEF CHRIS: Where did you grow up and who or what was your inspiration to start a career in the food industry?

YOTAM OTTOLENGHI: I grew up in Jerusalem but I trained as a chef in London. At home we had the most incredible food but I also loved street food, which is predominantly Palestinian. I was exposed to both European and Middle Eastern traditions of cooking and those shaped the way I cook. When I arrived in London I worked with different chefs but I was mostly inspired by the people that worked closely with me in the company, Sami Tamimi, my co-author of Jerusalem, and Helen Goh,

3. CHEF CHRIS: What's your cooking style and philosophy? What's your read on the move towards plant based eating?

YOTAM OTTOLENGHI: Well, it has to feel generous and colorful and bold in flavor. I am all for putting the emphasis on vegetables. This has been my motto for a very long time: we'd do ourselves a massive service by eating less yet better meat and many more vegetables. I love using tons of herbs and spices. I like surprises in the food, a bit of drama in the mouth.

4. CHEF CHRIS: As a parent, what are your concerns with how children are eating and learning about food?

YOTAM OTTOLENGHI: My main concern is processed food. I truly believe that a home in which fresh food is prepared every day is the best place for children to evolve into 'good' eaters, by which I mean adventurous eaters, not too fussy, with a tendency to eat a balanced diet. We are surrounded by food that has very little real ingredients in it and lots of artificially produced flavors. I think kids that will be exposed to real ingredients will end up having a better relationship with food.

5. CHEF CHRIS: Talk about the impact that your stay in London has had on your career?

YOTAM OTTOLENGHI: London is a great city in the sense that it attracts talents from all over the world. I have been exposed to so many types of food and attitudes to cooking and these have made me who I am today. The Brits demand good food but they are also very open to outside influences which I have very much benefited from.

6. CHEF CHRIS: You've worked closely with an architect to build a "look" for your restaurants. How did they evolve?

YOTAM OTTOLENGHI: Our architect is also a close friend. Alex Meitlis has always offered a certain vision - a modern, minimal look - which is a great canvas against which food really shines. Alex works closely with us, listens to our needs and then offers an initial design. There's a lot of going back and forward with the design but, essentially, there is trust and there is also a design language which has evolved over time and which keeps on informing every new restaurant.



Belinda's Flourless Coconut & Chocolate Cake

Gluten-Free Recipe From Chef Yotam Ottolenghi's Book "SWEET"

What You'll Need:

$\frac{3}{4}$ cup plus 2 tbsp/200 g unsalted butter, at room temperature, plus extra for greasing
 1 $\frac{1}{4}$ cups/250 g granulated sugar
 $\frac{2}{3}$ cup/60 g finely shredded coconut
 Scraped seeds of 1 vanilla pod
 $\frac{1}{4}$ tsp salt
 4 large eggs
 1 $\frac{2}{3}$ cups/180 g almond meal

Water Ganache

2 oz/55 g dark chocolate (70% cocoa solids) roughly chopped into $\frac{1}{3}$ -inch/1-cm pieces
 2 tbsp granulated sugar
 1 tbsp light corn syrup
 3 tbsp water
 Scraped seeds of $\frac{1}{4}$ vanilla pod
 1 $\frac{1}{2}$ tbsp, unsalted butter, at room temperature, cut into $\frac{3}{4}$ -inch/2-cm cubes

Every month or so, we gather in the test kitchen with our pastry chefs. It's an open forum, with the chefs presenting their offerings, which we then taste and discuss. It's always exciting, as ideas are constantly being improved and implemented. This cake was a product of one of those meetings, brought to the table by Franceska Venzon, herself inspired by Belinda Jeffery's version of the cake. We've played around with the shape—baking it in a loaf pan—and added a chocolate ganache, but the base is all Belinda's.

There's something about a cake showcasing its flourlessness or gluten-free nature that can often make it sound a little bit lacking. Unfairly so, in a case like this, where the feeling of eating it is the very opposite of "free from"; it's utterly buttery and decadent.

Process Steps:

1. Preheat the oven to 350°F/180°C. Grease the base and sides of a standard 8 $\frac{1}{2}$ x 4 $\frac{1}{2}$ -inch/900-g loaf pan or a 9-inch/23-cm round springform pan and line with parchment paper, then set aside.
2. Place the butter, sugar, coconut, vanilla seeds and salt in an electric mixer with the paddle attachment in place. Beat on medium-high speed, until pale and fluffy, about 3 minutes. Add the eggs, one at a time, beating well after each addition. Turn the speed to low, add the almond meal and mix until just combined.
3. Scrape the mixture into the pan and bake for 40 minutes if using the loaf pan or 50 minutes if using the round pan, or until the cake is golden brown on top and a skewer inserted into the middle comes out clean. Remove the cake from the oven and set aside to cool in the pan before inverting onto a serving plate. Set aside until completely cool.

4. To make the water ganache: when you are ready to serve, place the chocolate in a medium bowl and set aside. Put the sugar and corn syrup in a small saucepan and place over medium-low heat. Stir to combine and, when the sugar has melted, increase the heat to medium and bring to a boil, stirring gently from time to time. Continue to boil for about 7 minutes, until the color is a pale amber. Remove from the heat and carefully pour in the water. Don't worry if the mix seizes; just return the pan to the heat, add the vanilla seeds and stir gently and continuously until it returns to a boil and the sugar has melted again. Remove from the heat and wait for a minute before pouring the water-caramel over the chocolate. Allow to stand for about 3 minutes, then whisk to combine. Add the butter, a couple of cubes at a time, whisking after each addition. Continue until all the butter has been added, whisking to combine until the consistency is that of thick syrup.

5. Spread the ganache over the top of the cake, letting it run down the sides a little, and serve.

Equipment:

This can be made in a standard 8 $\frac{1}{2}$ x 4 $\frac{1}{2}$ -inch/900-g loaf pan or in a 9-inch/23-cm round springform pan.

Storage:

This will keep well for up to 5 days in an airtight container. It can be eaten on the day of making, but we think it tastes even better served at room temperature the following day.

What You'll Need:

¾ cup plus 2 tsp/180 g unsalted butter, plus 1 tbsp/15 g melted, for brushing
 ½ cup/ 60 g all-purpose flour, plus extra for dusting
 1 ⅔ cups/200 g confectioners' sugar
 1 ¼ cups/120 g almond meal
 1 ½ tsp ground star anise (or 3 whole star anise, ground in a spice grinder and passed through a fine-mesh sieve)
 1/8 tsp salt
 5 ¼ oz/150 g egg whites (from 4 large eggs)
 Finely grated zest of 1 small orange (1 tsp)
 18 fresh blackberries, cut in half lengthwise

Icing (Optional)

2 oz/55 g fresh blackberries, plus 24 blackberries, to garnish
 ¾ tbsp water
 1 tsp lemon juice
 1 ⅓ cups/160 g confectioners' sugar

Blackberry & Star Anise Friands

Recipe From Chef Yotam Ottolenghi's Book "SWEET"

These friands, little French cakes whose elegance and svelteness somehow betray quite how much (burnt) butter is built into their being, look splendid when iced—destined for top ranking on any tiered cake stand—but also work with no icing, in the cookie jar, for grabbing on a whim. They'll lose their slightly chewy edge after the first day or so, but still taste great. Blueberries or raspberries can be used instead of the blackberries. Don't use strawberries, though; they are too watery.

Process Steps (Makes 12):

1. Preheat the oven to 425°F/220°C. Brush the 12 molds in a regular muffin pan with the melted butter and dust with flour. Tap the pan gently to ensure an even coating of the flour, then turn upside down to remove the excess. Place in the fridge to chill while you make the batter.
2. Place the butter in a small saucepan and cook over medium heat until melted. Continue to cook until the butter is foaming, gently swirling the pan from time to time, to allow the solids to brown more evenly. You will see dark brown sediments begin to form on the sides and bottom of the pan. Continue to allow the butter to bubble away until it turns a rich golden brown and smells of toasted nuts and caramel. Remove the pan from the heat and let it stand for 5 minutes, to allow the burnt solids to collect at the bottom of the pan. Strain through a fine-mesh (or muslin-lined) sieve, discarding the solids. Allow the browned butter to cool slightly before using. It should still be warm when folding into the mix later. If it is too hot, it will cook the egg whites; if it is too cool, it will be difficult to incorporate into the mix.
3. While the butter is cooling, sift the flour, confectioners' sugar, almond meal, star anise and salt into a bowl. Place the egg whites in a small bowl and use a whisk or fork to froth them up for a few seconds. You do not need to whisk them completely. Pour the egg whites into the sifted dry ingredients and stir until they are incorporated. Add the orange zest and browned butter and mix until the batter is smooth.

You do not need to whisk them completely. Pour the egg whites into the sifted dry ingredients and stir until they are incorporated. Add the orange zest and browned butter and mix until the batter is smooth.

4. Remove the muffin pan from the fridge and fill the molds just over two-thirds of the way up the sides. Place three halved blackberries on top, cut side down, and bake for 10 minutes. Lower the temperature to 400°F/200°C—starting with a high oven temperature and then bringing it down is the way to achieve the lovely brown crust you want—rotate the pan for even cooking and continue to bake for another 8 minutes, until the edges of the friands are golden brown and the centers have a slight peak and spring back when gently prodded. Set aside to cool before removing them from their molds; you might need to use a small knife to help you release the sides.

5. To make the icing, place the 2 oz/55 g blackberries in a small bowl with the water and lemon juice. Use a fork to mash them together, then pass the mixture through a fine-mesh sieve to extract as much fruit juice as possible. Sift the confectioners' sugar into a medium bowl, pour in the blackberry juice and combine to make a light purple, runny icing; it should just be thick enough to form a thin glaze on the tops of the cakes.

6. Spoon the icing over the cakes, spreading it to the edges so that it runs down the sides. Do this on a rack, if you can, as icing them on a plate or sheet of parchment paper means that the icing will pool at the bottom. Place a couple of fresh blackberries on each friand, set aside for 20–30 minutes to set, and then serve.

Equipment:

We use oval molds here, but all sorts of shapes work: jumbo muffin pans, mini-muffin pans, or a regular muffin pan.

Storage:

Without icing, these will keep for up to 4 days. If the weather is warm, store in the fridge and zap in the microwave for a few seconds (literally 3 seconds!) to restore their buttery moisture. They can also be frozen for up to 3 months, then thawed in the fridge and warmed in a 350°F/170°C oven for 5 minutes; this will restore their crisp edges, as well. Once iced, they're best eaten on the same day.

Chocolate, Banana & Pecan Cookies

Recipe From Chef Yotam Ottolenghi's Book "SWEET"

What You'll Need:

- 8 tbsp/110 g unsalted butter, at room temperature, cubed
- ½ cup plus 2 tsp/110 g granulated sugar
- 1 large egg, lightly beaten
- 1 cup/125 g all-purpose flour
- ½ tsp baking powder
- 3 ½ tbsp/20 g Dutch-processed cocoa powder
- ½ tsp ground cinnamon
- ¼ tsp salt
- ¾ cup/100 g dark chocolate chips (70% cocoa solids), or 3 ½ oz/100g dark chocolate, cut into ¼-inch/0.5-cm pieces
- 2 oz/55g mashed bananas (about ½ small banana)
- 1 ⅓ cups/165 g pecan halves, finely chopped
- ¾ cup plus 1 tbsp/100 g confectioners' sugar

These were introduced by Jim Webb, an original member of the Ottolenghi team along with Sami, Noam and Yotam. Jim mostly worked on pastry, bringing with him some brilliant ideas, along with a serious knowledge of bread and viennoiserie. It was Jim's suggestion to add banana to the dough here, both for the moisture and distinct flavor it brings. Pecans are classic, but walnuts can be used, if you prefer.

The secret here is to slightly underbake the cookies, which keeps them soft and fudgy. It's for this reason that they've never become a feature in the shops, particularly in the summer, when they'd bend and break after an hour or two piled up in a bowl. There are worse things to happen, though, than to be told you need to eat a whole batch of cookies within a day or so of them being baked.

Process Steps (Makes About 24):

1. Place the butter and granulated sugar in the bowl of an electric mixer with the paddle attachment in place. Beat on medium-high speed until light and fluffy, then gradually add the egg and continue to beat until incorporated. Sift the flour, baking powder, cocoa powder, cinnamon and salt into a bowl, then add to the butter and sugar. Mix on low speed for about 15 seconds, then add the chocolate chips and banana. Beat until combined, then transfer to the fridge for 2 hours to firm up.
2. When firm, use your hands to form the dough into 1-inch/3-cm round balls, about 2/3 oz/20 g each; you might need to wash your hands once or twice when making them, if they get too sticky. Place the pecans in a medium bowl and drop the balls into the nuts as you form them, rolling them around so that they are completely coated and pressing the nuts in so that they stick.
3. Line a baking sheet with parchment paper, place the cookies onto the sheet—there is no need to space them apart—and transfer to the fridge for an hour.

4. When ready to bake, preheat the oven to 375°F/190°C. Line two baking sheets with parchment paper.

5. Place the confectioners' sugar in a bowl and roll the cookies in the confectioners' sugar, pressing it in as you go so that it sticks well. Place on the lined baking sheets, spaced 1 inch/2.5 cm apart, and flatten the cookies to 1/3 inch/1 cm thick.

6. Bake for 10 minutes. They will be soft to the touch when they come out of the oven, so allow them to cool on the baking sheet for 10 minutes before gently transferring to a wire rack. These can be served warm, when they will be a little gooey in the center, or set aside until completely cool.

Make Ahead:

Once the unbaked dough has been rolled into balls, they can be kept in the fridge for up to 2 days, or frozen for up to 3 months. You can also bake them from frozen; you'll just need to add an extra minute of cooking time.

Storage:

These cookies are best eaten within a day of being baked.



Find Recipes like this & MORE Online!

Sweet is a collection of over 110 recipes for sweets, baked goods, and confections from superstar chef Yotam Ottolenghi.

ORDER TODAY ONLINE @ <https://www.ottolenghi.co.uk/books>



CRAIG SHELTON

A 2000 James Beard Award Winner
for "Best Chef" / rylandinnnj.com

Award winning chef and owner of the luxurious Ryland Inn in Whitehouse Station, NJ, Craig Shelton specializes in menu design, service excellence, and of course, cooking up some serious cuisine. Craig also provides educational courses that cover topics ranging from the bio-physics of cooking, to the ethics of eating and overall culture and history of food. Stay tuned with Hip4Kids as we will be covering some course material! Check out some of his other projects:

Craig's Agriculture Company:
www.aeonholisticagriculture.com

Craig's Coffee Company:
www.kingsrowcoffee.com

Princeton University Courses:
princetonstudiesfood.princeton.edu/about-ssd/



Gary Ibsen's TOMATO FEST

Also known as the "TomatoMan," Gary Ibsen currently grows over 650 varieties of certified organic heirloom tomato seeds and has spent many years mastering his craft. Gary guarantees his seeds to yeild the most flavorful tomatoes you've ever sank your teeth into from your standard grocery store favorites to some extremely rare varieties. Make sure to visit TOMATOFEST.com to learn more about Gary's passion and even start your own garden!



copyright © tomatofest.com



copyright © tomatofest.com



copyright © tomatofest.com

Above: Amish Gold Tomatoes

Top Right: The Amana Orange Tomato

Bottom Right: Hogs Heart Tomatoes

All photography taken by Gary Ibsen for tomatofest.com - Little River, CA

TOMATO ART

Provided by Gary Ibsen's Tomatofest.com

In 2005, The Carmel TomatoFest® invited 50 of California's most respect artists and photographers to donate a work of art inspired by the natural diversity of colors and shapes found in heirloom tomatoes. Their art was displayed at the Carmel TomatoFest®, and was auctioned off to raise funds for a number of youth charities. Here are a few samples from that show. All photos are copyright © tomatofest.com

For more, visit <https://www.tomatofest.com/heirloom-tomato-art.html>



Top Left:
Artist: Emy Ledbetter
Type: Acrylic
Title: Natures Essence

Top Center:
Artist: Gary Geiger
Type: Photograph
Title: Untitled

Top Right:
Artist: Lynn Lupetti
Type: Hand Painted Giclee
Title: Pomodoro Fantastico

Bottom Left:
Artist: Kip Stewart
Type: Photograph
Title: Heirloom With Dictionary

Bottom Center:
Artist: Kim Weston
Type: Photograph - Hand Painted
Title: BLT

Bottom Right:
Artist: Winston Boyer
Type: Photograph
Title: Tomato Mask

TODAY

Art is Hip 4 kids

PAUL DEO

pauldeo.com / facebook.com/pauldeo

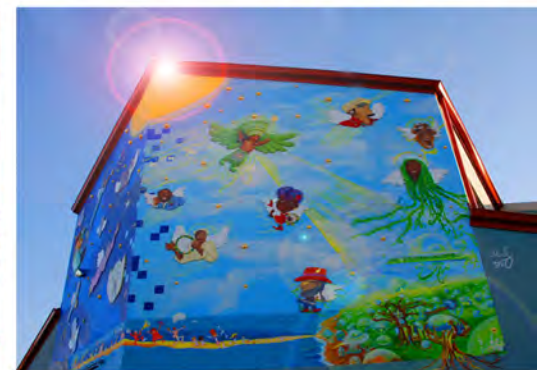
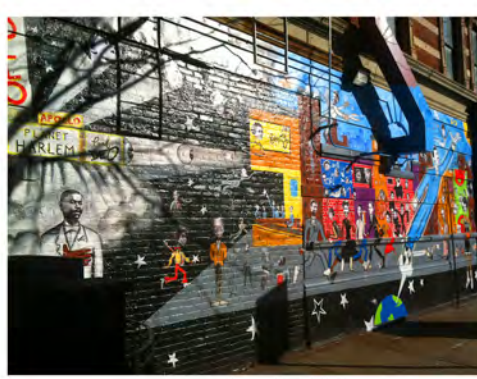


Paul DEO began painting at age 5, under the tutelage of his Aunt Auressa Moore. She shared her artistic techniques and spiritual world knowledge with the young Paul. Considered a Child Prodigy after winning a city-wide NYC Art competition at 6 years old.

Many challenges defined DEO's life as he grew up, moving between New York City and New Orleans: the City of Imagination. There, his first Sun was born, inspiring DEO to support his family by creating again and moving his family to NYC. After working and gaining skills on his first film, Spike Lee's "Malcolm X" He has won film and arts awards mixing live action and animation telling his cosmic visionary stories.

Paul's creations grew into graphic novels, mixed-media paintings, sculpture, Flash animation, and video. DEO moved his family back to New Orleans.

With a Joan Mitchell Foundation Grant in 2009 Paul DEO created the 75' x 60' fiberglass sculpture mural "House of the Rising Sun" based on his modern myth. This award winning piece generates spiritual high positive energy inspiring a devastated area of New Orleans. Evacuated from New Orleans after Hurricane Katrina with his 2 children, Paul DEO & his family are now residing in Harlem, NY.



betti mira photos

ACTIVITIES & WORKSHEETS

Curriculum Prepared by Denise Hidalgo

There is so much to know and teach our children regarding nutrition and the different types of vegetables that fuel us with the proper vitamins and fibers. Denise has prepared a small curriculum of activities and worksheets to use with your children or your entire classroom that outline the key vegetables we eat everyday as well as their classifications.



Activity #1: Where does our food come from?

Grade Level: 6-8

Activity Type: Science

Objective: Students will determine the types of plants from which particular fruits and vegetables grow.

Description:

This activity demonstrates the many kinds of plants which produce the fruits and vegetables we eat. This is especially interesting for students who live in urban locations or climates different from the ones where the food they eat actually grows. If students have not seen the plants that produce the fruits and vegetables they know, they may not be aware of whether they grow on trees, bushes, underground, etc.

Materials:

"What Kind of Plant?" worksheets

Introduction:

Begin a discussion by asking students about the different types of plants on which various fruits and vegetables grow. Ask them if they have ever eaten the root of a plant!

Students will have a chance to demonstrate what they already know about this topic by filling in their guesses on the "What Kind of Plant?" worksheet. This should be done before looking up the correct answers.

Group/Individual Activity:

After the students have guessed each plant type, they should match the fruits and vegetables on the "What Kind of Plant" worksheet to the correspondent plant.

******(Can add more information about where different types of plants grow, discuss climate, geography, regional differences, gardens, farms, greenhouses, local vs. imported fruits and vegetables, organic farming methods vs. use of pesticides/herbicides/fungicides, etc.)******

Related Activities:

Students may extend their search to include any and all fruits and vegetables on a related list or website.

Art Project: Have students make collages with pictures of various fruits and vegetables, and display these in the classroom, hallway, or local greenmarket.



ACTIVITIES & WORKSHEETS

Worksheet #1

What Kind of Plant?

Do the fruits and vegetables we eat grow on trees, bushes, vines, or do we find them underground?

Write down your guesses about the following: (Include pictures of the fruits and vegetables, individually or in a bin as at a greenmarket)

1. Apples _____
2. Cantaloupes _____
3. Carrots _____
4. Grapes _____
5. Kiwi _____
6. Lettuce _____
7. Pears _____
8. Potatoes _____
9. Radishes _____
10. Raspberries _____
11. Tangerines _____
12. Tomatoes _____

Can Add:

Artichokes, Asparagus, Avocados, Bananas, Beets, Broccoli, Cabbage, Cherries, Celery, Cucumber, Green Beans, Peas, Peppers, Pineapple, Spinach, Strawberries, Watermelon, Zucchini

Answer Key:

(Include pictures of the fruits and vegetables growing in nature, gardens, farms, etc.)

Apples/Trees;
 Cantaloupes/Vines;
 Carrots/Underground;
 Grapes/Vines;
 Kiwi/Vines;
 Lettuce/Plants;
 Pears/Trees;
 Potatoes/Underground;
 Radishes/Underground;
 Raspberries/Bushes;
 Tangerines/Trees;
 Tomatoes/Vines

Activity #2

What Kind of Plant Are We Eating Anyway?

Grade Level: 6-8

Activity Type: Science

Objective: Students will determine what part of a plant they are eating when they eat different fruits and vegetables (i.e., root, leaves, fruit, flower)

Introduction:

Begin a discussion by asking students about the part of the plant they eat when they eat a beet (root), bell pepper (fruit), broccoli (flower), lettuce (leaves), avocado (fruit).

Let students demonstrate what they already know about this topic by filling in their guesses on the "What Part of a Plant Do We Eat, Anyway?" worksheet. This should be done before looking up the correct answers from the Informational Sheet Handout: What Do We Eat?

******(Can add more grade-appropriate scientific information here about the different functions of seed, seed pod, leaves, flowers, fruit, and the differences between roots and tubers.)******

Optional Group/Individual Follow Up Activity:

Have students make collages of fruit and vegetable pictures that show flowers, fruits, leaves, roots, seeds, seed pods, stems, and tubers. (provide pictures from garden catalogs, magazines, etc.)



ACTIVITIES & WORKSHEETS

Worksheet #2

What Kind of Plant Are We Eating Anyway?

There are many plant parts that we can eat: flowers, fruits, leaves, roots, seeds, seed pods, stems and tubers. Write down your guesses about what part of the plant you are eating when you eat... (Include pictures of the fruits and vegetables, individually or in a bin as at a greenmarket)

1. Artichokes _____
2. Asparagus _____
3. Bananas _____
4. Beans _____
5. Broccoli _____
6. Carrots _____
7. Celery _____
8. Green Beans _____
9. Lettuce _____
10. Oranges _____
11. Peas _____
12. Potatoes _____
13. Radishes _____
14. Snow Peas _____
15. Sweet Potatoes _____
16. Tangerines _____
17. Tomatoes _____
18. Yams _____

Answer Key: (Include pictures of the fruits and vegetables growing in nature, gardens, farms, etc.)

Artichokes/Flowers, Asparagus/Stems, Bananas/Fruit, Beans/Seeds, Broccoli/Flowers, Carrots/Roots, Celery/Stems, Green Beans/Seed pods, Lettuce/Leaves, Oranges/Fruit, Peas/Seeds, Potatoes/Tubers, Radishes/Roots, Snow Peas/Seed pods, Sweet Potatoes/Roots, Tangerines/Fruit, Tomatoes/Fruit, Yams/Tubers

(Note that yams and sweet potatoes are not the same thing; they come from different plant families. Sweet potatoes are roots and are rich in vitamin A. Yams are tubers and contain no vitamin A)

ROOTS that we eat:

- Beets
- Carrots
- Garlic
- Ginger
- Parsnips
- Radishes
- Rutabagas
- Sweet potatoes
- Turnips

TUBERS that we eat:

- Potatoes (NOT sweet potatoes)
- Yams
- Yucca (Cassava/Manioc)

PODS that we eat:

- Chili peppers
- Green beans (snap beans)
- Okra
- Sugar snap peas
- Snow peas
- Wax beans

SEEDS that we eat:

- Beans
- Peas
- Pumpkin seed
- Sunflower seeds

FLOWERS that we eat:

- Artichokes
- Broccoli
- Cauliflower

"FRUITS" that we eat:

- Apples
- Apricots
- Avocados*
- Bananas
- Bell peppers*
- Blackberries
- Blueberries

- Cucumbers*
- Dates
- Eggplant*
- Figs
- Grapefruit
- Honeydew melon
- Kiwi
- Kumquats
- Lemons
- Limes
- Mangoes
- Oranges
- Papayas
- Peaches
- Pears
- Persimmons
- Pineapple
- Plus
- Pomegranates
- Pumpkin*
- Raspberries
- Strawberries
- Squash*
- Tangelos
- Tangerines
- Tomatoes*
- Watermelon

VEGETABLES that we eat:

- Basil
- Beet greens
- Bok choy
- Brussels sprouts
- Cabbages
- Chard
- Cilantro
- Collard greens
- Endive
- Kale
- Leeks
- Lettuce
- Mustard greens
- Onions
- Parsley
- Scallions
- Spinach
- Turnip greens
- Watercress

