

# Florida Agriculture in the Classroom's

SCHOOL

GARDEN

RECIPES

2019



Florida Agriculture in the Classroom, Inc. is a Gainesville based non-profit organization whose mission is to increase agriculture literacy through PreK-12 education. FAITC offers free agriculture themed curricula, educational workshops, agriculture literacy day program and grant funding.

Florida Agriculture in the Classroom is funded by sales of the agriculture specialty license plate known as the Ag Tag.

For more information please visit [AgTag.org](http://AgTag.org).



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The Florida Department of Agriculture and Consumer Services' Division of Food, Nutrition and Wellness supervises and administers child nutrition programs such as the National School Lunch Program, School Breakfast Program and Summer Food Service Program, as well as commodity food distribution programs. Through the Farm to School initiative, the Division enhances the connection that communities have with local growers to increase Florida products served in schools to support their mission to ensure that every child in Florida has access to a healthy, nutritious meal each day. To learn more, please visit [FreshFromFlorida.com](http://FreshFromFlorida.com).

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\*Denotes winning recipes

# Basil Pesto “Besto” Crostini



**Number of Servings:** 12-15

**Time:** 15 minutes, total time

**Equipment Needed:** blender, serving bowls, knives, spatula

## Ingredients:

- 2 cups loosely packed basil
- 2 cups loosely packed Italian parsley
- 1/4 cup almonds
- 3 garlic cloves
- 1 Tablespoon grated lemon peel
- 1/4 cup fresh lemon juice
- 2 Tablespoons honey
- 1/2 teaspoon salt
- 1/2 cup olive oil
- 1/2 cup grated parmesan cheese
- 2 medium tomatoes, diced
- 1 crusty baguette

## Directions:

1. Combine basil, parsley, almonds and garlic in a blender. Pulse until chopped. Add lemon peel, lemon juice, honey and salt, blend together. Continue processing while streaming in olive oil. Add parmesan cheese and pulse until combined.
2. Cut crostini into 1/4 - 1/2 inch slices. Top each slice with 1 table-spoon pesto and garnish with diced tomatoes.



Christa McAuliffe Middle School  
Environmental Club (7<sup>th</sup> & 8<sup>th</sup> Grade)  
Boynton Beach, Palm Beach County  
Heather Whitfield



# Fruit Salad w/ Blueberry Dressing



**Number of Servings:** 2

**Time:** 10-20 minutes, total time

**Equipment Needed:** cutting board, knife, blender

## Ingredients:

1 cup blueberries  
2 Tablespoons white wine vinegar  
1 Tablespoon orange juice  
1 1/2 teaspoons lemon juice  
1 Tablespoon honey  
1/4 cup light olive oil  
1 cup green lettuce  
1 cup red lettuce  
2 gala apples  
2 bananas  
crumbled goat cheese

## Directions:

1. Place blueberries, white wine vinegar, orange juice, lemon juice, honey and light olive oil into blender. Blend until well mixed, set dressing aside.
2. Tear lettuce into bite size pieces.
3. Cut apples into 1/2 inch cubes.
4. Peel the bananas and cut into 1/2 inch thick slices.
5. Cut banana slices into fourths.
6. In a bowl, toss lettuce, apples and bananas.
7. Sprinkle blueberry dressing to taste.
8. Sprinkle crumbled goat cheese to taste.



Dr. N.H. Jones Elementary  
Panther Produce Garden Club: Olivia Gibbs (3<sup>rd</sup> Grade)  
Ocala, Marion County  
Brad Menadier





# Vegetable Lasagna



**Number of Servings:** 24

**Time:** 1 hour preparation, 45 minutes cooking

**Equipment Needed:** Cutting board, knife, chopper or grater, electric frying pan, 12x16 lasagna pan, oven

## Ingredients:

1 eggplant	32 ounces marinara sauce
1 large Vidalia onion	2 boxes of oven ready lasagna noodles
6 garlic cloves	32 ounces of whole milk ricotta cheese
1 bell pepper	24 ounces of shredded mozzarella cheese
1/4 cup olive oil for sautéing	6 ounces of shredded parmesan cheese
1 small zucchini	1 cup shredded carrots
1 pound white mushrooms	1 cup grape tomatoes
1 stick of butter	salt & pepper to taste
1 cup fresh basil leaves	
1/2 cup katuk leaves	
1/2 cup longevity spinach	

## Directions:

1. Peel the eggplant and slice very thin. Lay the eggplant out on a tray and sprinkle with a little salt and let sit for 30 minutes.
2. Chop the onion, garlic and bell pepper fine. Sauté in olive oil.
3. Grate the zucchini and set aside.
4. Slice the mushrooms and sauté in 1 stick of butter until cooked.
5. Chop the basil, longevity spinach and katuk into small slices.
6. Spray your lasagna pan with cooking spray.
7. Spread some of the marinara sauce on the bottom of the lasagna pan.
8. Lay the lasagna noodles over the sauce in a single layer.
9. Spread half of the ricotta cheese over the noodles.
10. Spread 8 ounces of the mozzarella cheese over the ricotta cheese.
11. Sprinkle half of the parmesan cheese over the mozzarella cheese.
12. Lay the eggplant over the cheeses.
13. Spread the onion, garlic and bell pepper over the eggplant.
14. Lay the mushrooms over the onion, garlic and bell pepper.
15. Sprinkle the zucchini and carrots over the mushrooms.
16. Spread the basil, longevity spinach and katuk next and top with the grape tomatoes that have been cut in half.
17. Repeat this process for another layer.
18. Top the last layer with mozzarella cheese.
19. Bake at 350 degrees for 45 minutes.  
(Add salt and pepper to taste to each layer.)





Joella C. Good Elementary School  
 1<sup>st</sup> Grade ESE  
 Miami, Miami-Dade County  
 Debra Reese



# Gator Peppers

**Number of Servings:** 12

**Time:** 1 hour preparation, one week marinate

**Equipment Needed:** 3 mason jars with lids, measuring cup and spoon, cutting board and knife, 2 pots (1 for jars, 1 for mixture), tongs (for removing jars from pot)

## Ingredients:

2 cups white vinegar

2 cups of apple cider vinegar

1 cup of sugar

1 pound of banana peppers, seeded and sliced into rings

1 teaspoon celery seed

1 teaspoon ground mustard

## Directions:

1. Bring the vinegar, sugar, ground mustard and celery seed to a rolling boil. (Adults must handle boiling liquid.)
2. Boil water in a pot, place jars, lids and rings into pot and boil for 10 minutes, remove jars onto counter. (Adults must do this step.)
3. Put seeded and slice pepper rings into heated jars.
4. Pour the boiling vinegar mixture over peppers to within 1/2" of top.
5. Put lid and ring on the jar.
6. When jar is cooled, put into the refrigerator and allow peppers to marinate for 1 week.

Everglades Elementary School  
Ag Science Class  
Okeechobee, Okeechobee County  
Christal Lewis



# Kid Approved Clean Green Smoothie

**Number of Servings:** 4 large or 18 small samples

**Time:** 10 minutes, total time

**Equipment Needed:** blender, measuring cup

## Ingredients:

2 cups almond milk (coconut, soy or cow's milk also works)

2 large bananas, sliced and frozen

2 cups baby spinach, washed, drained and patted dry

2 teaspoons pure maple syrup

springs of spearmint or peppermint for garnish

## Directions:

1. Pour 2 cups of milk into the blender.
2. Add the baby spinach, blend until smooth.
3. Add the frozen banana slices and maple syrup, blend until smooth and creamy.
4. Pour into serving glasses and garnish with a sprig of mint.

Note: Once kids are used to the smoothie you can increase the amount of spinach to 2 1/2 cups or substitute kale, chard or other greens for the spinach.

Thunderbolt Elementary  
2<sup>nd</sup> Grade  
Middleburg, Clay County  
Tracy Johnston



# Apple Salsa

**Number of Servings:** 4

**Time:** 20 minutes, total time

**Equipment Needed:** cutting board, knife, bowl, mixing spoon, lime juicer

## Ingredients:

2 Granny Smith apples, peeled, cored and finely diced

1 jalapeno pepper, seeded and finely diced

1 clove garlic, minced

1/4 cup lime juice (fresh squeezed preferred)

3 Tablespoons fresh cilantro, finely chopped

1 Tablespoon green onion/scallion, finely diced

1 teaspoon salt (sea or kosher preferred)

1 teaspoon dried oregano

pepper to taste

## Directions:

1. Place lime juice in the mixing bowl.
2. Add the diced apples to the lime juice. (Work quickly to minimize oxidation.)
3. Add the remaining ingredients and mix well.
4. Store in the refrigerator until used.
5. Serve at room temperature.

Veterans Elementary School  
Isabel Witt (5<sup>th</sup> Grade)  
Wesley Chapel, Hillsborough County  
Jacqueline Roger



# The Kohlrabi Salsa

**Number of Servings:** 6

**Time:** 20 minutes, total time

**Equipment Needed:** measuring cups, cutting board, knife, mixing bowls, mixing spoons

## Ingredients:

1 cup small diced yellow pear tomato

1 cup small diced kohlrabi

1 cup small diced green onion

1 Tablespoon chopped cilantro

1/4 teaspoon salt

## Directions:

1. Clean vegetables/herbs thoroughly with water and pat dry.
2. Chop tomato, kohlrabi, onion, cilantro and put into mixing bowl.
3. Add salt.
4. Mix all ingredients together and stir/mash.
5. Serve with chips.

Manatee Academy K-8

7<sup>th</sup> Grade

Port St. Lucie, St. Lucie County

Mario Nunez



# Divine Salsa and Sopes

**Number of Servings:** 12

**Time:** 50 minutes, total time

**Equipment Needed:** mixing bowls, measuring cups and spoons, spoons, cutting board, knife, electric griddle

## **Salsa Ingredients:**

3 cups chopped tomato  
1 cup chopped bell pepper  
1/2 cup frozen sweet corn  
1/2 cup small diced onion  
1/4 cup small diced radish  
1 Tablespoon chopped jalapeno  
2 cloves garlic, minced  
1 Tablespoon chopped cilantro  
1 Tablespoon fresh lime juice  
2 teaspoons cumin  
1 teaspoon salt

## **Sopes Ingredients:**

3 cups masa harina  
1 teaspoon salt  
2 cups warm water  
can of spray oil



## **Salsa Directions:**

1. Wash and prepare all ingredients.
2. Stir all salsa ingredients together in a bowl.
3. Allow mixture to marinate for 30 minutes while making the sopes.

## **Sopes Directions:**

1. Whisk masa harina and salt together, then stir enough water into mixture until dough is smooth and holds together.
2. Form dough into 2-inch balls. Flatten each ball to a 1/2 inch thick circle.
3. Set aside on a floured plate or cutting board and cover with wax paper or damp cloth.
4. Heat griddle to 400° F. Coat each side of the dough with spray oil and place on griddle. Cook for 2-3 minutes on one side. Flip and cook for another 2-3 minutes, or until both sides are golden and crisp.
5. Serve warm with a spoonful of salsa.

Divine Mercy Catholic Academy  
7<sup>th</sup> Grade Life Science  
Merritt Island, Brevard County  
Elizabeth Moore



# Apple-Walnut Rainbow Swiss Chard Salad

**Number of Servings:** 6 side salad size or 3 main course size

**Time:** 25 minutes, total time

**Equipment Needed:** whisk, large bowl, serving bowl, tongs, apple corer, paring knife

## **Dressing Ingredients:**

1/2 Tablespoon honey

2 Tablespoons apple cider vinegar

3 Tablespoons olive oil

1/4 teaspoon salt

1/8 teaspoon black pepper

## **Salad Ingredients:**

4 cups Swiss chard

2 medium apples

1 large stalk celery

1/2 small onion

1/2 cup toasted walnuts



## **Directions:**

1. Wash and dry Swiss chard, then tear into bite-size pieces.
2. Wash and core apples, slice thin.
3. Wash and dry celery, slice thin.
4. Peel onion, slice thin.
5. Chop toasted walnuts.
6. Whisk together all dressing ingredients in a large bowl.
7. Toss in all salad ingredients except the walnuts.
8. Transfer the salad to a serving bowl, sprinkle the walnuts on top and serve.

Dr. N.H. Jones Elementary

3<sup>rd</sup> Grade

Ocala, Marion County

Estella Jo Fugate and Zane Waldren



# Carrot Salad w/ Mint, Honey & Lemon

**Number of Servings:** 4

**Time:** 10 minutes preparation, 30 minutes inactive preparation

**Equipment Needed:** grater, blender, bowl, measuring spoons and cups

## Ingredients:

- 1 1/3 pounds carrots, peeled and grated
- 1/4 cup chopped fresh mint
- 3 Tablespoons chopped fresh cilantro
- 2 teaspoons honey
- 1 Tablespoon freshly squeezed lemon juice
- 2 Tablespoons extra virgin olive oil
- 1 1/2 Tablespoons warm water
- freshly ground black pepper, to taste
- 2 Tablespoons raisins (optional)
- 1 cup diced pineapple (optional)
- 1 teaspoon lemon zest



## Directions:

1. Wash and grate the carrots and set in a large bowl.
2. Tear herbs (mint/cilantro) into small pieces.
3. Place the honey, lemon juice, olive oil, water, cilantro and mint into a blender to make the dressing. Puree until smooth, about 30-60 seconds. Season with salt and pepper to taste.
4. Add the raisins, pineapple, lemon zest and dressing to the carrots. Taste and add additional salt and pepper if desired. Cover and refrigerate for at least 30 minutes, preferably for a few hours so the flavors have a chance to mingle.
5. Before serving, you can garnish with a small sprinkle of fresh mint.

North Andrews Gardens Elementary  
3<sup>rd</sup> Grade  
Fort Lauderdale, Broward County  
Tara Dukanauskas

# Warm Your Bones Soup

**Number of Servings:** 13 children or 3 adults

**Time:** 10 minutes preparation, 1 hour cooking

**Equipment Needed:** knife, cutting board, measuring spoons and cups, garlic press, 8-10-quart stockpot, clock, long handled spoon, hot plate, colander, potholders

## Ingredients:

2 Tablespoons olive oil  
1 sweet onion, peeled and chopped  
1 leek, cleaned and sliced  
10 large spring onions, sliced (separate greens and whites)  
2 cloves garlic, peeled and minced  
4-6 cups chopped potatoes (1/4 inch cubes)  
15-20 kale and collard leaves, stemmed and chopped (about 6 cups)  
12 cups vegetable stock  
1 Tablespoon Balsamic vinegar  
2 teaspoons Kosher salt  
fresh pepper to top  
1/4 cup chopped parsley  
8 leaves oregano, chopped  
10 leaves rosemary, chopped  
3 sprigs thyme  
red pepper flakes to taste  
2 cans white beans or cannoli beans



## Directions:

1. Wash and dry produce.
2. Place pot on burner and turn to medium heat.
3. Add olive oil and warm. Add sweet onions, leek and spring onion whites, stir and cook for about 2 minutes.
4. Add minced garlic and potatoes, cook for 2 more minutes.
5. Add greens and toss with other ingredients in the pot, cook for 2 more minutes.
6. Add stock along with vinegar, salt, pepper and herbs, cook for 20 minutes or until potatoes are done.
7. Add beans and cook until heated thoroughly.
8. Garnish with green portion of the spring onions.

Pine Grove Elementary  
4th and 5th Grade  
Brooksville, Hernando County  
Ms. Haenel, Mr. Poteet

\*If you like a thicker soup mash some of the potatoes.

# Papaya Lasagna

**Number of Servings:** 12

**Time:** 45 minutes to 1 hour, total time

**Equipment Needed:** peeler, knife, cutting board, 9x13 baking pan, spatula, saucepan, spoon, oven

## Ingredients:

2 medium green papaya, peeled, seeded, slice into 1/4 inch slices

1-2 Tablespoons oil

1/4 cup butter

1 small onion, finely chopped

3 Tablespoons flour

2 cups milk

2 Tablespoons finely sliced basil + more for topping

1/8 teaspoon freshly grated nutmeg

8 ounces grated mozzarella cheese

8 ounces grated asiago cheese

salt and pepper



## Directions:

1. Heat oil in fry pan, or coat papaya slices with oil if grilling.
2. Working in batches, sauté or grill slices of papaya until browned, about 6-8 minutes. Set aside.
3. Preheat oven to 375° F. Butter a 9x13 inch baking dish.
4. To make white sauce; melt butter in a medium saucepan and add onions and cook until softened.
5. Add flour, cook 3 minutes until golden brown, stirring constantly.
6. Add milk, whisking to combine well and bring to a boil. Lower heat and simmer a couple minutes.
7. Stir in basil, nutmeg, 1/2 teaspoon salt and pepper to taste. Remove from heat.
8. Layer 1/3 sauce, 1/3 papaya slices and 1/3 each of mozzarella and asiago, repeat layers.
9. Bake uncovered for 40-50 minutes until bubbly and brown.
10. Top with basil and serve.

VIP Academy High School

Ag Students

Sarasota, Sarasota County

Camille Van Sant, Farm Manager

# HUB Garden Vegetable Pasta

**Number of Servings:** 8

**Time:** 30 minutes, total time

**Equipment Needed:** pot, colander, 12-14-inch skillet or sauté pan, wooden spoon, knife, cutting board, large bowl, stove or portable burner

## Ingredients:

- 1 16-ounce box of pasta
- 3 Tablespoons olive oil
- 1/2 cup chopped green onions
- 2 zucchini, 1/2 inch cubes
- 1 bell pepper, julienned
- 1 jalapeno pepper, seeded & chopped
- 4 cloves garlic, minced
- 6 cups chopped kale
- 2 cups cherry tomatoes
- 2 teaspoon chopped fresh rosemary
- 8 ounces cream cheese
- 1 cup parmesan cheese



## Directions:

1. Cook pasta according to the package.
2. While pasta is cooking, prepare the vegetables.
3. Heat olive oil in pan, add green onion, zucchini, bell pepper, jalapeno and garlic, stir for 1 minute.
4. Add kale and cook until it is soft, but still bright green and textured. (about 4 minutes)
5. Remove vegetables from heat.
6. Drain pasta with colander, do not rinse. Put pasta into large bowl.
7. Add cream cheese and rosemary to pasta, stir well.
8. Stir in vegetable mixture and tomatoes.
9. Top with parmesan cheese.

The Healthy Utilization of Brains  
Margate, Broward County  
2018-2019 Homeschool Junior Chef Class  
Lora Schott, Jr. Chef Teacher



[AgTag.org](http://AgTag.org)

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