

## TITLE | ESSENTIAL SCHOOL GARDEN COOKING SUPPLIES

CATEGORY | Program

SUB-CATEGORY | Cooking

OVERVIEW | This document outlines essential supplies for successful outdoor cooking lessons in the school garden.

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### What this resource is:

This is a list of tools and equipment that Education Outside found to be critical for successful outdoor cooking lessons. All of our garden educators received a plastic bin that contained the items listed. This list assumes that your school garden includes a central teaching table or has some type of surface to put materials on and allow students to participate in the cooking.

### Why this resource was created:

Cooking garden produce outside in the school garden requires educators to create a kitchen conducive to making salads, stir fry, smoothies, and many other easy dishes with 20-30 students. Education Outside found the following tools and equipment to be both economical and useful in this context.

### Equipment:

- **Salad Spinner:** These are super fun for students to use and they keep the bottom of your salad from being gross and wilted.
- **Paring Knives (3):** These are essential for preparing produce and fruit for eating. If you're working with older students, you might want more than three, but 3 is sufficient when working with elementary students.
- **Curious Chef or other Nylon Knives (3-9):** These are great for younger students still learning to use knives.
- **Wok and Wooden Spoons:** The wok is perfect for making fried rice or vegetable stir fry. These are easy dishes to make and they're school garden friendly; every student gets to taste the vegetables from the school garden, but the dish doesn't require too much produce to create.
- **Mortar and Pestle:** With a simple harvest of kale or basil and a bit of parmesan, olive oil, and nuts, you've got pesto! Generally the mortar and pestle is great for making sauce; sometimes Education Outside garden educators prepared pasta at home, made pesto in class, and mixed them together for a tasty treat.
- **Cooking Scissors (12):** Scissors are great for little ones with small hands. Have students cut up herbs and lettuce.

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- **Box Grater (2):** The box grater is very useful when working with root vegetables that are incorporated into a garden salad. Students should be extremely careful with their finger and knuckles. There are metal mesh gloves made to protect hands when using a grater or mandoline that might prove to be a well-spent additional purchase.
  - **Dishtub (3):** Having students wash their dishes in soapy water, rinse in clean water, and sanitize in a final very mild bleach tub can make your life a lot easier when class is done. (One capful of bleach in the sanitizing tub.)
  - **Heavy Cutting Board:** A large, heavy cutting board is useful for the garden educator to model next steps and proper technique for students before they engage in the activity themselves.
  - **Student Cutting Boards (3-10):** Thin plastic cutting boards are generally best due to ease of use and clean up. Use different colors to distinguish garlic and onion cutting boards from fruit cutting boards. You'll appreciate that effort when you try to make a fruit salad. Different colors are also useful for defining cooking stations.
  - **Medium-Large Bowls (2-4):** Great for putting various fruits and vegetables at stations around the garden or for harvesting/rinsing/serving.
  - **Small Bowls (1 per student, plus 5):** These are for serving food to students.
  - **Y Peelers (3):** Get quality peelers as they're easier to handle, and the Y design is great for peeling food while it's lying on a cutting board. Again, make sure students are careful using peelers.
  - **Tongs (2):** For cooking and serving.
  - **Colander:** For rinsing freshly harvested produce.
  - **Measuring Spoons and Cups (1 set):** Education Outside encouraged creating and using recipes in the garden. Students also stay busy with a job and practice reading and math skills when measuring oil and vinegar for salad dressing.
  - **18 Gallon Bin:** For keeping these items clean and storing them neatly in the garden shed.
  - **Butane Stove and Canisters:** For cooking hot food.