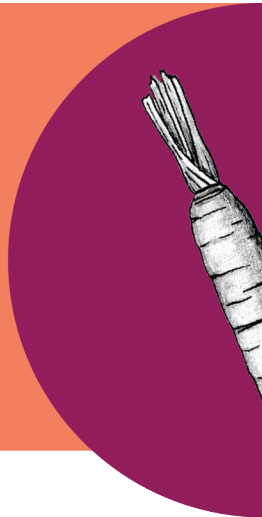


THE **EDIBLE**
SCHOOLYARD
PROJECT



CREATE YOUR OWN: ANY ORGANIC GREENS PESTO

Summary: Have you eaten pesto before? Traditionally, pesto recipes are made with basil. In this recipe, we encourage you to experiment with different kinds of greens and herbs! In this lesson, you will practice the cooking skill of emulsifying by making a pesto.

Time: 60 minutes

Before you get started:

- Collect all materials.
- Check-in with an adult at home before using a knife (if that isn't something you do normally without supervision).

Materials: See the [Create Your Own: Any Organic Greens Pesto](#) visual to determine what materials you will use.

Vocabulary:

- **Allium:** the plant family that includes onions, garlic, leeks, and chives
- **Emulsify:** to combine two liquid ingredients that don't typically stay mixed together in a way so that they don't separate
- **Enzymes:** natural chemicals that speed up chemical reactions, including decomposition
- **Blanching:** to briefly cook in boiling water



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READ: This recipe utilizes different cooking techniques, like emulsifying and blanching. Take time to read about these techniques before you start making your pesto.

If you haven't already completed the [How To: Whisk and Emulsify](#) lesson, take a few minutes to review it now to learn about emulsions.

Blanching refers to the process of placing vegetables in boiling water for a short time. There are certain enzymes in vegetables that cause those vegetables to lose color, texture, and flavor over time. Blanching makes those enzymes inactive, preserving the color, texture, and flavor of the vegetable. Blanching also converts starches to natural sugars, making vegetables taste sweeter.

DO: Complete the [Create Your Own: Any Organic Greens Pesto recipe](#) (attached below) by following each step and making your own choices. Please note, the recipe requires some special equipment, such as a blender, food processor, or a mortar and pestle. If you do not have that equipment see the student notes for directions.

RECORD: Write down your recipe by circling or coloring in each item you are adding.

CLEAN: Now that you are done in the kitchen, it's time to clean up! Go to the lesson, [A Clean Kitchen](#) to download your [Cleaning Checklist](#).

WRITE: Reflect on how it felt for you to create your own recipe. Spin your reflection wheel and answer the questions for the section you landed on. If you haven't completed a reflection wheel, see the [Kitchen Reflection Wheel](#) lesson or skip this reflection.

ENJOY: Eat your pesto over pasta or with eggs. Try your pesto with soft cheese and bread.

SHARE: Show your classmates or family members what you made! Your teacher may provide instructions for how to share your work with you classmates.



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Student Notes

If you don't have the equipment listed in the recipe, you can make pesto using a cutting board and knife by following these steps:

1. On a cutting board using a knife, start mincing the allium (garlic, onions, etc) and nuts. After you finish mincing them, use the flat side of the knife to mash them ingredients into a paste.
2. Separately mince the greens. Then work minced greens into the allium/nut mixture by mincing and mashing them together. Add the greens in batches working each to a fine textured, even mixture before adding more. Once they are all mixed in, transfer the mixture to a jar or bowl.
3. Add the salt and pepper, cheese, vinegar, and oil to the jar or bowl and stir vigorously, smashing the mixture against the sides with the back of a spoon until a thick, green pesto is formed.

You can extend this lesson and learn more with the following activities:

- Check out our [How to Read a Recipe](#) lesson if you want to learn more about reading recipes.
- The basic method of making pesto is similar to making different green sauces from around the world.
 - Are there any green sauce recipes that are important to your family's cuisine?
 - Want to learn about green sauces from different locations around the world? Look at these [green sauce recipes](#) as a starting point.
 - Try making one of the many different green sauces.
 - Consider researching the origins of a particular recipe and discussing what you learn with your teacher, a friend, or a family member.
 - Want to learn how to [blanch food](#) or learn more about the [process of blanching](#)? Review these links and share what you learned with a family member or friend.

Did you know that pesto freezes well? You can make a large batch of pesto and freeze some for later use. Follow these steps:

1. Spoon the pesto into ice cube trays
2. Place ice cube trays in the freezer for 3-4 hours or until completely frozen.
3. Remove the frozen pesto cubes from the trays and place in a freezer container.
4. The pesto will keep for up to 3 months.
5. Wash the ice cube trays well before filling with water and returning to the freezer!

Teacher Notes:

- If students are completing this lesson as part of the kitchen curriculum, [Cooking with Curiosity: Challenging Perfection with Reflection](#) this lesson is 3.4, the fourth lesson of unit 3.
- For sections that instruct students to READ, you can record yourself reading aloud and send it to students. Direct them to read along with the recording. This is a helpful strategy for differentiating learning that supports all students, especially English Language Learners.
- See [Sharing Toolkit for Teachers](#) to help determine if you want students to share with their class and which platform they will use. Also see our [Sharing What You Made](#) resource for students on how to create voice memos, photo diaries, etc.

References:

Food Skills. Blanching (n.d). *Heart Foundation New Zealand*. Retrieved from <https://www.heartfoundation.org.nz/documents/teacher-tools/skill-cards/blanching-skill-card.pdf?1596758215>

Blanching (n.d). National Center for Home Food Preservation Retrieved from <https://nchfp.uga.edu/how/freeze/blanching.html>

The Science of Freezing Foods (2018) *University of Minnesota Extensions*. Retrieved from <https://extension.umn.edu/preserving-and-preparing/science-freezing-foods>.

Stockwell, A (2017, September 29th). The 10 Green Sauces That Will Make You a Better Cook. *Epicurious*. Retrieved from <https://www.epicurious.com/recipes-menus/best-green-sauces-from-around-the-world-pesto-salsa-verde-chimichurri-article>

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ANY ORGANIC GREENS PESTO

[RECIPE VISUAL]

Create your own ANY ORGANIC GREENS PESTO



STEP ONE

CHOOSE YOUR EQUIPMENT



A BLENDER



A FOOD PROCESSOR

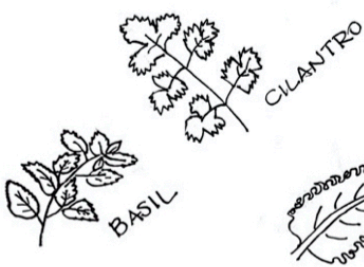


A MORTAR & PESTLE

STEP TWO

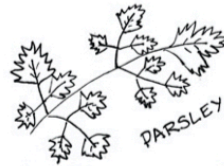
MEASURE AND PREP ALL INGREDIENTS

- CHOOSE ORGANIC GREENS AND HERBS: 1 1/2 CUPS PACKED INTO A MEASURING CUP



BASIL

CILANTRO



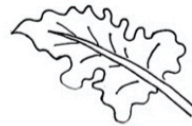
PARSLEY



ARUGULA



KALE



MUSTARD GREENS

DIRECTIONS: WASH, TRIM, RINSE AND CHOP

TRY A MIXTURE OF DIFFERENT TYPES! A NICE COMBINATION IS CILANTRO, PARSLEY, ARUGULA AND BASIL.

IF YOU ARE USING KALE OR MUSTARD GREENS, REMOVE STEMS FIRST. YOU CAN EITHER BLANCH THEM* OR LEAVE THEM RAW.

- CHOOSE NUTS OR SEEDS: 1/4 CUP OF:



SUNFLOWER SEEDS



ALMONDS



WALNUTS



PINE NUTS



PISTACHIOS

• MEASURE OLIVE OIL



• MEASURE GARLIC:



• MEASURE CHEESE: 1/2 CUP



→ IF YOU WANT YOUR PESTO VEGAN,
REPLACE CHEESE WITH 3-4
TBSP NUTRITIONAL YEAST

• CHOOSE ACID: 1 TABLESPOON



• MEASURE SEASONINGS: SALT TO TASTE (START WITH 1 1/2 TEASPOON AND TASTE)

• OPTIONAL SPICES:



ADD ALL
OR JUST
ONE OR TWO!

STEP THREE

MAKE PESTO

READ THE FOLLOWING STEPS FOR THE EQUIPMENT YOU CHOSE:

BLENDER: ADD ALL INGREDIENTS AND BLEND UNTIL SMOOTH.

FOOD PROCESSOR: ADD ALL INGREDIENTS EXCEPT YOUR OLIVE OIL. BLEND UNTIL CHUNKY, THEN SLOWLY ADD OLIVE OIL WHILE THE MOTOR IS RUNNING.

MORTAR AND PESTLE: MIX ALL INGREDIENTS EXCEPT OLIVE OIL AND ACID. POUND INTO A PASTE. THEN ADD ACID. ONCE INCORPORATED, SLOWLY ADD OLIVE OIL.

* THIS RECIPE IS A GREAT WAY TO USE UP YOUR GREENS THAT ARE WILTING, IN EXCESS OR PAST THEIR PRIME.

* TO BLANCH: PLACE THEM IN BOILING WATER FOR 2-3 MINUTES, REMOVE AND PLUNGE INTO ICED WATER OR PLACE UNDER COLD RUNNING WATER (SHOCKING OR REFRESHING) TO STOP THE COOKING PROCESS.