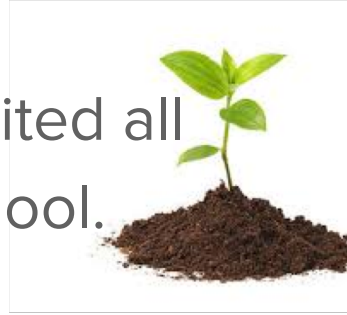
A Day at the Farmers Market
Made Possible by BUY FRESH/BUY LOCAL
NEBRASKA
BUY FRESH BUY LOCAL
WWW.BUYLOCALNEBRASKA.ORG
May 5, 2019

Made possible through a SARE Youth Education Grant

It began with a visit from Sky Falter



Representing BUY FRESH/BUY LOCAL, Sky Falter visited all three of my classes at Lincoln SOUTHWEST High School.

Two culinary classes and a foods & nutrition class. She talked about the effect of buying local on the economy. We learned that by only buying $10 local per week, we vote to keep a big portion of our food money in our local economy. Sky challenged us to think about where our food comes from. Do we know our local food providers? Do we know a farmer?

The problem or challenge:

Is our food grown healthy? Is it fresh? Are we investing in our local economy? Are we supporting our neighbors who grow our food? Do we know who they are?

Sky invited us to the market

(and provided money to spend---lots of it)

We brought back a haul

Look what I got for us!

Shiitake Mushroom
Phoenix Oyster Mushroom
common good farm.
ORGANIC EGGS
CHICKEN
CHICKEN

May 5, 2019

What we (our grant) purchased:

2 dozen eggs/Common Good Farm

2 large whole chickens/ Olive Creek

A large smoked ham/ Prairie Pride Acres

A pound of bacon/ Prairie Pride Acres

4 bunches white salad turnips/ Robinette

A container of spring pea shoots/ Edible Source

TJADEN
RANCH
INDIVIDUAL CUTS

and . . .

2 quart containers of Mushrooms

2 bunches of scallions (green onions)

2 pounds of fresh asparagus

2 bunches of rainbow swiss chard

Kwark & Gouda cheeses from Dutch Girl Creamery, Denton

2 baguettes and a Rustic Country Loaves of bread from Le Quartier Bakery on 70th and O Streets

LE QUARTIER
BAKERY & CAFE
leqbakery.com
6900 "O" St., Ste. 132
Lincoln, NE 68510
(402) 464-0345
BAGUETTE
INGREDIENTS
White enriched unbleached bread flour, water, sea salt, yeast
10 oz (270g)
Freeze or use within 3 days.
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RUSTIC COUNTRY BREAD
INGREDIENTS
White enriched unbleached bread flour, medium rye flour, water, sea salt, yeast, starter
28 oz (800g)
Freeze or use within 3 days.

Look who showed up.

Josh showed up and picked out some spinach, jam and a croissant.
Lanyon also showed up but I wasn’t where I was supposed to be and we didn't see each other. So sorry.

Sky gave Josh some tokens to spend. Josh bought spinach that he made into a fresh smoothie, and jam and a croissant that he toasted and jammed up.

What we will do this week

We will attempt to use all of this food this week dividing it up into the 3 classes, with a total of 16 lab groups.

What was the result of our plan?

- What did we create?
- How were the ingredients used?
- Did we use new foods that we otherwise would not have used?
- What was the quality of the foods compared to other purchased from big stores?

Pictures

We will record everything we made with pictures.

Can we include pictures of you?

Aha!

Our discoveries

What did you learn after cooking?

1. We will include student statements on discoveries.
2. Pictures documenting our week
3. We will take a picture of any food we have left and decide how to use it next week.

This is the most important takeaway that everyone has to remember.

Buying local is fresher, more nutritious and uses our dollars to provide a living to people who live close to us.

CLASS DISCUSSION: In what ways is it better than buying from big box stores?

Conclusion

There are lots of opportunities to buy our groceries fresh and local. When we do this we vote with our dollars to invest in our community farmers and in higher nutritional food for our bodies. We vote to invest less into countries abroad and keep our money here in our town.

What will I do next?

What will you do with your new understanding of how buying fresh and buying local affects you nutritionally and economically by keeping jobs and resources in our own community? How will you use your voting power each time you eat?

Thank you for your participation in the use of this grant by your interest and investigation in trying these new foods this week.

Farro & White Turnip Salad

Active Time 45 MIN Total Time 1 HR 30 MIN
Yield Serves : 5

INGREDIENTS:

1/2 pounds farro (1 cup)
1 bay leaves
Salt
1 pounds turnips, peeled and cut into 1/2-inch dice
1 pound turnip greens, mustard greens or Swiss chard, stems discarded and leaves chopped
1/4 cup extra-virgin olive oil
1 tablespoons chopped thyme
Freshly ground pepper
2 tablespoons red wine vinegar
1/4 cup chopped flat-leaf parsley

BASICS WITH BABISH used with this video:

https://www.youtube.com/watch?v=hR6agVkRRUo&t=1s

Chicken Breasts

Chicken breasts: one of the most perplexing pieces of poultry for a new chef in the kitchen. Here's the Basics on how to make juicy, tender, flavorful, and crispy chicken breasts with a rich, lemony pan sauce.

Grocery List:

-One whole chicken breast
-Salt
-Pepper
-Oil
-Shallot, one half small, or a quarter of a large
-White wine vinegar, 1 tablespoon
-Chicken stock, half cup of your reserved chicken stock from Stock Lab
-Freshly chopped thyme, finely
-Freshly chopped sage, finely
-Butter, 1- 2 tablespoons
-Lemon juice, 1 teaspoon (¼ lemon)

Fried Rice

+ Ingredients & Shopping List:

2 cups cooked and chilled white rice
Salt
Vegetable oil
1 egg, beaten
Shrimp (or protein of your choice)
1/4 cup shiitake mushrooms, chopped
1/4 cup frozen peas
1/2 cup chopped ham or 1/2 cup cooked carrots.
1 cloves garlic, crushed
1 Tbsp oyster sauce
2 Tbsp soy sauce
1 Scallion, thinly sliced
Sesame seeds
Drizzle of Sesame oil

+ Special Equipment: Wide nonstick pan

Omelete & Toast

+ Ingredients
Eggs from Common Good
Green Onions from Shadowbrook Farm
Swiss Chard from Shadowbrook
Turnip greens
Cheese from Dutch Girl Creamery
Toast from Le Quartier Bakery

Rainbow Swiss Chard, garlic & Mushrooms + Ingredients

Swiss Chard from Shadowbrook
Mushrooms from Grand Island
Garlic Olive oil Crushed Chili pepper Salt & Pepper

Baguette Toast with Kwark & jam

+ Ingredients

Cheese from Dutch Girl Creamery

Toast from Le Quartier Bakery

Jam

Potato Latkes with Kwark & green onion made with farm fresh eggs

+ potatoes, and Ingredients found in freezer.

Ramen UP-Do

Starting with ramen noodles, we used home-made chicken stock made with the carcass of the chickens and some of the vegetables we were given from the market. Eggs were poached, ham and bacon were added, the green onions and turnips were added. The students loved this lab. You can see the bottom of a turnip was even used as a garnish.

More Ramen

+ Market Ingredients Turnips, chicken, broth, green onions, bacon, poached eggs, pea shoots

Pizza Lab

+ Ingredients

Cheese from Dutch Girl Creamery

Bacon, Ham, mushrooms from Grand Island. Green onions

Vegetable Hash & Scrambles

+ Ingredients

Turnips, Le Quartier Bread, Cheese from Dutch Girl Creamery. Bacon, Ham, Mushrooms from Grand Island. Swiss Chard leaves, Turnip leaves, eggs, cheese

Student Quote:

“This is the best chicken I have ever had in my life.”

Student Quote:

“I didn’t think I would like turnips.”

Thank You, Buy Fresh, Buy Local!