PLANT-FORWARD
Culinary Workshop
Presenters

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Center for Ecoliteracy

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CALIFORNIA FOOD FOR CALIFORNIA KIDS®

California Food for California Kids is an initiative of the Center for Ecoliteracy
PLANT-FORWARD CULINARY TRAINING

CALIFORNIA ENERGY WISE

CAEnergyWise.com
Goals and Key Objectives

- **Gain Knowledge and Awareness.** Gain knowledge and awareness on the benefits of consuming and preparing plant-forward meals.

- **Utilize Techniques and Tools.** Utilize culinary techniques and tools to prepare plant-forward recipes.

- **Apply Resources.** Apply student engagement resources to promote plant-forward menu items.
Center for Ecoliteracy Resources

- **Chef’s Guide:** *Plant-Forward Cooking Students Love*

- **Student Engagement Guide:** *Success with Plant-Forward Meals: Ideas and Resources for Engaging Students*

- **Resource Kit**
Why plant-forward?
Benefits for People and Our Planet

According to the Harvard T.H. Chan School of Public Health, “Human diets inextricably link health and environmental sustainability, and have the potential to nurture both.”
Common Meat Alternatives

- Beans
- Lentils
- Tofu
- Tempeh
- Falafel
Tips for Menu Preparation

- **Consider Your Set Up.** Consider your equipment and station set up, to the best of your ability.

- **Reinvent Popular Items.** Reinvent menu items without stretching your budget by using new sauces, different flavor profiles, or side dishes.

- **Blended Sourcing.** Balance using fresh, minimally processed and USDA commodity items.
ROASTED VEGETABLE WRAP

with
White Bean Spread
PASTA ONOFRIO

with Peppers and Broccoli
SPINACH SALAD

with
Penne and Vegetables
Student Engagement
Success with Plant-Forward Meals:

Ideas and Resources for Engaging Students
What does it provide?

- Ideas and best practices for engaging students in plant-forward meals
- Access to materials and tools that help you succeed
Most Important
PLANT-FORWARD FLAVORS
TOMATOES

TOMATOES come in a variety of colors, including yellow, orange, green, and purple.

Over 1,000 years ago, the Aztecs in Mexico mixed tomatoes, peppers, and salt to invent an early version of salsa. Starting as a wild plant in the Andes, tomatoes are now enjoyed all over the world. California grows most of the tomatoes in the United States.

Tomatoes are a delicious source of vitamin C, potassium, folate, and vitamin K.
**PLANT-FORWARD FLAVORS**

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**PLANT-FORWARD FLAVORS**

**BEANS**

Beans were a staple crop of indigenous peoples in California. Rich in protein and fiber, beans can provide the foundation for healthy diets.

California grows almost the entire Lima bean crop for the United States and about a third of the black-eyed pea crop.

Beans, lentils, and peas are good for our personal health and they make a valuable contribution to the soil. In fact, many farmers plant beans first so that they can enrich the soil for more things to grow.

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**PLANT-FORWARD FLAVORS**

**CARROTS**

Carrots are a root vegetable that comes in many colors, including yellow, white, orange, red, and purple.

Wild carrots are native to Europe and Southeast Asia. The first known cultivated carrots were grown in Persia. California grows more than 80% of the carrots grown in the United States.

Carrots are a good source of fiber, vitamin K1, potassium, and antioxidants. Orange carrots get their bright color from beta carotene, an antioxidant that your body converts into vitamin A.
**BROCCOLI** originated in the Mediterranean region of Europe and was brought to the United States by Italian immigrants in the 1880s. California is the leading broccoli grower in the United States. California’s Central Coast is an ideal growing region for this vegetable that prefers cooler weather.

Broccoli is a member of the cabbage family; it is high in fiber, vitamin C, vitamin K, iron, and potassium. It also has more protein than most other green vegetables.

**PEPPERS** originated in Mexico, Central, and South America where it is believed they have been cultivated for thousands of years.

Bell peppers come in many colors, including red, orange, yellow, and green. Red bell peppers usually have the sweetest flavor.

They are rich in vitamin C and antioxidants.

Peppers thrive in California’s warm weather. California grows about 40 percent of the peppers grown in the United States.
Student Voice and Choice
PLANT-FORWARD FLAVORS

Recipe name: _____________________________

☐ Loved it!    ☐ Liked it!    ☐ Tried it!

Tell us how you feel about this recipe:
Culinary Lab
Survey
Special Thanks

Mt. Diablo USD
Oakland USD
San Diego USD
San Luis Coastal USD
USA Pulses
Center for Ecoliteracy Resources

- **Chef’s Guide:** *Plant-Forward Cooking Students Love*

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- Resource Kit
Resources

- **USA Pulses:**
  - Recipes for Schools

- **Eat REAL:**
  - Plant-Based Meals Guide
  - Eat REAL Certification

- **Friends of the Earth:**
  - 1:1 Support for Plant-Based Menus
Plant-Forward Culinary Workshop: 1 CEU

- Key Area 1: Nutrition (1100)
- Key Area 2: Operations (2100)