

Resources



Glossary

General

Agribusiness (see also CAFO, Factory farm):

A combination of the words “agriculture” and “business” to describe food production that’s treated like any other manufacturing business.

Antibiotic: A medication that kills or slows the growth of bacteria. See “CAFO”

Bisphenol A: A substance used in the making of plastics. Declared toxic by Canada in 2010. Banned for use in baby bottles in the U.S.

CAFO (Concentrated Animal Feeding Operation, Factory farm): A farm that operates as a factory. Animals are raised in confinement at high density.

Certified organic: A designation applied to food from a farm that has gone through a government-regulated organic certification process.

Diabetes: A disease in which a person has high blood sugar. Serious long-term complications include heart and circulatory disease, chronic kidney failure and damage to vision.

Factory Farm: See CAFO

Farmers’ markets: Individual vendors—mostly farmers—who set up booths, tables or stands, outdoors or indoors, to sell produce, meat products, fruits and sometimes prepared foods and beverages.

Fish farms: Where fish are commercially raised in enclosures, usually for human food.

Food bank: An organization that distributes food to those who have difficulty purchasing enough for their needs.

Gleaning: The act of collecting leftover crops from farmers’ fields after they have been commercially harvested.

Heart disease (cardiovascular disease): A class of diseases that involves the heart or blood vessels (arteries and veins).

High blood pressure: A condition requiring the heart to work harder than normal to circulate blood through the body.

High-fructose corn syrup (HFCS): Any of a group of corn syrups that have undergone processing to convert some of their glucose into fructose to produce a desired sweetness.

Hormones: Chemical messengers that transport signals from one cell to another. Used in industrial agriculture to stimulate growth in animals.

Industrial agriculture: Food production treated as an industry. Similar to factory farming.

Milling: The process of grinding a solid material, such as oat grains, into smaller pieces or powder, such as oatmeal or oat flour.

Natural flavoring: Flavoring occurring naturally rather than chemically constructed. Can be from unusual sources.

Obesity: A condition in which excess body fat has accumulated, potentially leading to increased health problems and reduced life expectancy.

Organic: Foods produced without the use of synthetic pesticides or chemical fertilizers.

Pasture-raised (grass-fed): Refers to animals raised for food that are allowed to graze naturally in fields.

PCBs (polychlorinated biphenyls): Persistent organic pollutants that cause cancer in laboratory animals. Evidence suggests they can also cause cancer in humans.

Pesticides: Chemicals for destroying plant, fungal or insect pests. Commonly used in industrial agriculture.

Processed food: Commercially prepared food products that require minimal preparation before eating.

Subsidized crops: Crops such as corn and soybeans that the government pays farmers to grow (and sometimes, to not grow).

Wild-caught: Fish caught in the wild rather than taken from a farmed source.

Cooking Terms

Al dente: Pasta or vegetables cooked until tender but still firm to the bite.

Bake: To cook using dry heat, usually in an oven. When applied to meats, poultry or vegetables, the process is called “roasting.”

Batter: An uncooked mixture of flour, liquid and other ingredients that is thin enough to be poured or spooned.

Glossary

- Beat:** To stir or mix ingredients in a continuous circular motion. See also “Blend,” “Mix” and “Stir.”
- Blanch:** To drop vegetables or fruit briefly into boiling water, and immediately into ice water.
- Blend:** To thoroughly combine two or more ingredients. See also “Beat,” “Mix” and “Stir.”
- Broil:** Cook by direct heat in an oven, broiler, or on a grill.
- Broth:** Made by cooking meat, fish, poultry or vegetables in water with seasonings and straining off the liquid for use in recipes.
- Brown:** To cook food briefly on the stovetop or in the oven until it’s brown on the outside.
- Brush:** To apply a coating with a small brush.
- Chevre [pronounced “SHEH-vruh”]:** Goat cheese.
- Chiffonade [pronounced “shiff-oh-NAHD”]:**
A French term referring to vegetables cut into thin strips.
- Cream:** To combine butter and sugar to a fluffy, creamy consistency, using a food processor, a fork or the back of a spoon.
- Crimp:** To seal two edges of pastry together to keep the filling from leaking out, as with empanadas.
- Custard:** A mixture of milk, eggs, and flavorings. Used to fill sweet or savory pies.
- Cut in:** To distribute cold, solid fat into dry ingredients.
- Dehydrate:** To preserve foods by drying them.
- Drizzle:** To pour a liquid in a fine stream over food.
- Fluff:** To separate grains of food such as rice, usually using a fork.
- Frittata [pronounced “free-TAH-tuh”]:** A thick omelette-like dish made up of combinations of vegetables, meat and cheese. Includes eggs and milk.
- Fry:** To cook in hot fat. Also called “sauté,” which uses less fat.
- Marinade:** A liquid mixture, usually with a vinegar or wine base, used to tenderize and to add flavor to food.
- Marinate:** To soak foods in marinade in a non-reactive container. Follow food safety procedures when marinating raw meats, poultry or seafood.
- Mix:** To combine two or more ingredients so they are evenly distributed. See also “Beat,” “Blend” and “Stir.”
- Non-reactive:** Cookware that does not make a nasty-tasting chemical reaction in the presence of acidic foods such as vinegar or wine. Glass, stainless steel and glazed ceramic or glazed ceramic cast-iron containers are non-reactive.
- Peel:** To remove the skin or rind from a vegetable or fruit with a peeler or paring knife.
- Pinch:** An amount that can be pinched between thumb and first finger, usually about 1/8 teaspoon.
- Potatoes (baking type):** Have a coarse skin and mealy texture but turn light and fluffy when cooked. Ideal for baking, mashing and French fries. Common varieties are Russet and Idaho.
- Potatoes (boiling type):** Have a thin, smooth skin. Ideal for soups, casseroles, potato salad, roasting and barbecuing because they hold their shape. Common names are White or Red potato.
- Preheat:** To bring an oven or broiler to the desired temperature before beginning to cook in it.
- Puree [pronounced “pure-AY”]:** To reduce an ingredient to a smooth, thick mixture, usually with a blender or food processor.
- Quiche [pronounced “keesh”]:** A savory pie usually made with eggs, milk, vegetables and meat. Has only a bottom crust.
- Roast:** When applied to meats or vegetables, to cook using dry heat, usually in an oven. See also “Bake.”
- Roux [pronounced “roo”]:** A flour and melted fat mixture used to thicken sauces, soups and gravy.
- Sauté [pronounced “saw-TAY”]:** To cook in hot fat. Sautéing uses less fat than frying. See also “Fry.”
- Savory:** The opposite of sweet; uses herbs, peppers, onions, etc. to create flavor.
- Shred:** To cut into thin pieces, using a grater or shredder.
- Stew:** To cook food slowly in a simmering liquid for a long time. Also refers to foods cooked in this manner.
- Stir:** To mix ingredients by means of a circular or figure eight movement. See also “Beat,” “Blend” and “Mix.”

Glossary

- Strain:** To separate liquids from solids by pouring food through a sieve or colander.
- Strata:** A layered baked casserole that includes bread, eggs and often cheese, as well as vegetables and meat.
- Toast:** To brown by direct heat in a toaster or hot oven.
- Toss:** To mix ingredients lightly with a lifting motion. Usually used with salad and pasta.
- Vinaigrette:** [pronounced “vin-ay-GRETT”]: A French term for oil-and-vinegar salad dressing.
- Wilt:** To cook leafy vegetables lightly so they become limp but retain their color.

Nutrition

- Calcium:** A mineral used by the body to build and strengthen bones and teeth.
- Calorie:** Nutritionally, a unit of measure used to express the energy-producing qualities of food.
- Carbohydrate:** Often means any food that is particularly rich in the complex carbohydrate starch (such as cereals, bread and pasta) or simple carbohydrates (such as sugar).
- Dietary fibers:** Provides dietary bulk in the large intestine. They absorb water as they move through the digestive system, making bowel movements possible.
- Fats:** Play a vital role in maintaining healthy skin and hair, insulating body organs against shock, maintaining body temperature and promoting healthy cell function. Fats also serve as energy stores for the body.
- Gluten:** A protein composite found in foods processed from wheat and related grain species, including barley and rye. Oats may contain gluten due to contamination in the field or during processing.
- Iron:** A mineral that helps red blood cells carry oxygen to all parts of the body.
- Magnesium:** A mineral that helps the body maintain a steady heartbeat and keeps the muscles and nerves working properly.
- Micronutrients:** Nutrients required by humans and other living things in small quantities to orchestrate a whole range of physiological functions, but which the organism itself cannot produce. Vitamins are an example.
- Minerals:** In the nutritional sense, micronutrients such as calcium and iron that help bodies stay healthy.
- Phytochemicals:** Naturally found in plants. May help prevent disease and promote good health. Different kinds of phytochemicals give fruits and vegetables their bright colors.
- Potassium:** A mineral that helps the body maintain a healthy blood pressure and keeps muscles and nerves working properly.
- Protein:** An essential building block for proper nutrition. One of the major nutrients that make cells, protect the body’s organs and help absorb certain vitamins. Muscles, organs and the immune system are made up mostly of protein.
- Refined grains:** Grains or seeds that have been processed so that the nutritious outer coating is lost.
- Starches:** The most common carbohydrate in the human diet. Contained in large amounts in foods such as potatoes, wheat, corn and rice.
- Sugar:** A plant-based sweetener usually derived from sugar cane, sugar beets, maple trees, palm trees and other sap-producing plants.
- Vitamins:** Micronutrients needed to help the human body grow, function and fix itself.
- Vitamin A:** Helps the body maintain healthy eyes and skin.
- B vitamins:** **Folate** helps lower a woman’s risk of having a child with certain birth defects. **Riboflavin** and **thiamin** help the body turn food into energy. Riboflavin also helps the body maintain healthy red blood cells. Thiamin helps maintain healthy heart, muscles and nerves.
- Vitamin C:** Helps the body heal cuts and wounds and maintain healthy gums.
- Vitamin E:** Helps maintain healthy cells throughout the body.
- Vitamin K:** Helps certain cells in the blood act like glue and stick together at the surface of a cut.
- Whole grains:** Seeds that retain their original state, including the nutritional outer coatings.
- Zinc:** A mineral needed for healthy growth and development. Also helps the body maintain a healthy immune system and helps the body heal from cuts and wounds.

Read More

Cookbooks

- Katzen, Mollie, *Pretend Soup and Other Real Recipes*. Random House, New York, 1994
- Lair, Cynthia, *Feeding the Whole Family: Recipes for Babies, Young Children, and Their Parents*. Sasquatch Books, Seattle, 2008
- Madison, Deborah, *Local Flavors*. Broadway Books, New York, 2002
- Rombauer, Irma S. and Rombauer-Becker, Marion, *Joy of Cooking*. Bobbs-Merrill, New York, 2006
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- University of Georgia Cooperative Extension and the United States Department of Agriculture, *Complete Guide to Home Canning; So Easy To Preserve, 5th Edition*. 2006

General Food Books

- Lappé, Frances Moore, *Diet for a Small Planet*. Ballantine Books, New York, 1991
- Pollan, Michael, *The Omnivore's Dilemma: A Natural History of Four Meals*. The Penguin Group, New York, 2006
- — *In Defense of Food: An Eater's Manifesto*. The Penguin Group, New York, 2008
- — *Food Rules, An Eater's Manual*. The Penguin Group, New York, 2009
- Roberts, Paul, *The End of Food*. Houghton Mifflin Harcourt, New York, 2008
- Schlosser, Eric and Wilson, Charles. *Chew On This: Everything You Don't Want to Know About Fast Food*. Houghton Mifflin, Boston, 2006 (Written for young teens.)

Online Sources

Buying Clubs and Co-op Groceries: www.coopdirectory.org

Canning and Food Preservation:

USDA, Canning and Preserving. http://nchfp.uga.edu/publications/publications_usda.html

Environmental Technologies:

Appropedia: www.appropedia.org

Food:

Environmental Working Group: www.ewg.org

The Dirty Dozen Non-organic Foods: www.organic.org/articles/showarticle/article-214

Sugar in Cereals: www.ewg.org/report/sugar_in_childrens_cereals

Mother Earth News: www.MotherEarthNews.com

Organic food: www.organicconsumers.org

Protecting organic food: www.cornucopia.org

Seafood Watch: www.seafoodwatch.org

Vegetarian food: www.vegetariantimes.com

Help in Food Deserts. See references on page 22

Gardens:

Community Gardens: <https://communitygarden.org>

Organic Gardening: www.organicgardening.com

The Edible Schoolyard Project: www.edibleschoolyard.org

Nutrition Information and Recipes:

Champions for Change, Network for a Healthy California: www.cachampionsforchange.cdph.ca.gov

My Plate: www.choosemyplate.gov

FDA Food Facts Label: www.fda.gov/Food/ResourcesForYou/Consumers/ucm079449.htm

USDA Food and Nutrition Information Center: <http://fnic.nal.usda.gov>

School Lunches:

Chef Ann Cooper–Lunch Lessons: Changing the Way We Feed Our Children: www.chefann.com

Food Labels

Food labels tell you what is in the package. There are three parts that are important: the Nutrition Facts label, the ingredient list and the product origin. Find more information online, see listings under Nutrition on page 189.

“Nutrition Facts” Label

Serving size shows how much is in a serving and is usually in common units such as cups, number of pieces, etc. There is no legal standard for serving size. Food manufacturers often choose the serving size that makes the amounts of the sugar, fat and salt fall into a range that looks good to the consumer. As an example, a package of cookies may indicate that a serving is **one** cookie so they don’t have to report trans fat. Trans fat is generally considered a harmful fat but does not need to be shown on the label if the serving contains less than 0.5 grams. A serving size of two cookies might contain enough trans fat that it would have to be listed. People might not buy that cookie if they knew that it contained trans fat.

Servings per Container shows how many servings are in the package. Some packages will look like one serving, but always check the label. The number of serving listed may be unrealistically high. This allows the food to appear to be lower in calories, sugar, fat and salt. So before you look at the other numbers, consider the serving size and number of servings and multiply the other numbers as appropriate.

Calories shows you how much energy is provided in **each serving**—not the whole package. The number of calories required for children varies from a little more than 1,000 calories a day to almost 3,000 depending the age, gender and activity level of the child. www.MyPlate.gov provides detailed information.

% Daily Values show percentages of daily requirements for fats, carbohydrates, fiber, protein, vitamins and minerals. Are based on

How many servings are you eating?

Nutrition Facts	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250 Calories from Fat 110	
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A 4%	• Vitamin C 2%
Calcium 20%	• Iron 4%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Get What You Need!

Get LESS
5% or less is low
20% or more is high

Get ENOUGH
5% or less is low
20% or more is high

what a healthy person needs each day. The percentages are based on a 2,000 calorie a day diet.

Total Fat shows total fat and types of fat. Trans fat, hydrogenated and partially hydrogenated fats should to be avoided or kept to a minimum. Cholesterol is another type of fat that may be of concern for people with heart disease.

Sodium shows the amount of sodium (salt). High levels can be a problem for people with high blood pressure.

Total Carbohydrates includes sugar, starch and fiber. High fiber has many benefits. High sugar can contribute to obesity.

Protein shows the amount and percentage of daily requirements for a healthy adult.

Vitamins and Minerals shows the percentage of each for a healthy person.

Food Labels

Ingredient list

The ingredient list shows ingredients in order of content by weight.

The information below was taken from three cereal containers and demonstrates what to look for on ingredient lists.

Cereal 1: INGREDIENTS: SUGAR, WHOLE GRAIN CORN FLOUR, WHEAT FLOUR, WHOLE GRAIN OAT FLOUR, OAT FIBER, SOLUBLE CORN FIBER, PARTIALLY HYDROGENATED VEGETABLE OIL, (ONE OR MORE OF: COCONUT, SOYBEAN, AND/OR COTTONSEED OILS), SALT, SODIUM ASCORBATE, AND ASCORBIC ACID (VITAMIN C), NIACINAMIDE, REDUCED IRON, NATURAL ORANGE, LEMON, CHERRY, RASPBERRY, BLUEBERRY, LIME, AND OTHER NATURAL FLAVORS, RED #40, BLUE #2, TURMERIC COLOR, YELLOW #6, ZINC OXIDE, ANNATTO COLOR, BLUE #1, PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), RIBOFLAVIN (VITAMIN B2), THIAMIN HYDROCHLORIDE (VITAMIN B1), VITAMIN A PALMITATE, BHT, [PRESERVATIVE], FOLIC ACID, VITAMIN D, VITAMIN B12

The first ingredient is sugar, meaning there is more sugar in the package than anything else. Next are four kinds of grains (two are whole grains), then hydrogenated fat (See “fat” on previous page.) This cereal also has many kinds of flavoring including “natural flavoring” (see page 36), and several kinds of food dyes and added vitamins. The Nutrition Facts label (not shown here) shows 14 grams of sugar for a 29 gram (1 cup) serving, **which means this cereal is 48% sugar.**

Cereal 2: INGREDIENTS: WHOLE WHEAT OATS, WHOLE WHEAT FLOUR, UNSULPHURED MOLASSES, BARLEY MALT EXTRACT, BAKING SODA, SALT, VITAMIN C (ASCORBIC ACID), NATURAL VITAMIN E (MIXED TOCOPHENOLS TO MAINTAIN FRESHNESS)

The first two ingredients, by weight, are whole grains, the third and fourth are sugars, followed by baking soda, salt, vitamins and a preservative. The Nutrition Facts label (not shown here) shows 12 grams of sugar in a 58 gram (1¼ cup) serving, **which means this cereal is 20.7% sugar.**

Cereal 3. INGREDIENTS: 100% WHOLE WHEAT

Contains only whole wheat. The Nutrition Facts label (not shown here) shows **0 grams sugar in a 40-gram serving or 0% sugar.** For some sweetness, add some cut up fruit or even a teaspoon of sugar. There are 4 grams of sugar in a teaspoon.

Product Origin

Where was the food grown or processed? This is probably different from the location of the distributor. Look for words like: “product of,” or “made in.” This is important if you want to support local agriculture, to buy in season or to buy food that is produced in the U.S. under regulation by the FDA or USDA.

Other Label Cautions

If the words “All Natural” are printed on a box of crackers, we are led to believe that the ingredients are all natural. The label might tell us that the crackers also contain high-fructose corn syrup, which is not a natural product. Immediately we see that it is not an “All Natural” product. Any ingredient that does not roll off of your tongue, like flour, or peas or honey, is probably not a natural ingredient. It is a chemical. The word “natural” has no legal meaning.

Look at the Nutrition Facts label to find the total amount of sugar. To find the percentage of sugar, look for grams of sugar and divide the number of grams of sugar by the total number of grams in a serving. For the label on page 190, that math is 5 grams sugar/228 grams per serving, or 2% sugar. Remember to look at all the names for sugar. See some names on page 33, and here are more: galactose, glucose solids, glycerine, maltose, mannitol, rapadura, sorbitol, turbinado, can-juice crystals, caramel, cane juice, dextran, diastatic malt, ethyl maltol, fruit juice concentrate.

Don’t assume the picture on the package is what is really in the package. We found a package of guacamole that contained hydrogenated soy beans and food coloring. There were NO avocados!






Be a smart consumer and read the labels.

Portions

How Much is Enough?

It's a tricky thing to decide how much is enough. Restaurant servings can have enough food in one portion to feed two or three people. The lasting impression is that that is what a serving size should be. There is no legal definition for "serving size." Below are some general guidelines for serving size and the number of servings appropriate for a school-age child.

A range of servings is given. Older children need more than younger children, boys need more than girls and very active children need more than less active. Use the table below as a starting point. More information can be found at www.MyPlate.gov. Search for portion sizes for each type of food.

Food Group		Number of Servings per Day	Serving Size
	Fruit	3-4	$\frac{3}{4}$ cup fruit juice, 1 medium size piece of fruit (apple, orange, pear, banana), $\frac{1}{2}$ cup chopped raw or canned fruit, $\frac{1}{4}$ cup dried fruit
	Grain	8-11	$\frac{1}{2}$ cup cooked grain, rice or pasta, $\frac{1}{2}$ cup cereal, 1 slice whole wheat bread
	Dairy or Calcium Source	3	1 cup milk, 1½ ounces cheese, $\frac{1}{2}$ cup tofu, $\frac{1}{2}$ cup cooked dark green vegetable
	Vegetable	4-5	$\frac{1}{2}$ cup raw or cooked vegetables, 1 cup leafy vegetables
	Protein	2-3	2-3 ounces of meat, poultry, fish or tofu $\frac{1}{2}$ cup cooked beans or peas, 1 egg, 2 tablespoons nut butter, $\frac{1}{3}$ cup nuts

You don't need to carry a measuring cup with you—just use your hands for easy estimates.

One handful is about $\frac{1}{2}$ cup. Two hands cupped together is about 1 cup. The size of your palm is about a serving of protein.



Herb and Spice Mixes

The herb and spice combinations below can add variety to your cooking. Pre-made mixes are handy, but spices bought in bulk are fresher. All spice mixes should be kept in a cool, dry place in a container with a tight-fitting lid. Ingredients can be ground in a coffee grinder, a spice grinder, or with a mortar and pestle. Cook whole seeds in a dry frying pan until they start to pop; remove, grind them to powder, then mix with the rest of the ingredients. Experiment with different flavors, but begin cautiously; it is easy to add more, but impossible to remove. The recipes below are suggestions. You may wish to start with just some of the spices on each list.

Mexican

Yield: ¼ cup

Use for tacos, burritos, empanada filling, chicken or bean dishes, seafood, ground meat

- 1 teaspoon salt
- 1 teaspoon cumin
- 1 teaspoon oregano
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 2 tablespoons chili powder
- ½ teaspoon pepper

Italian

Yield: less than ½ cup

Use for pasta dishes and rice dishes like risotto, roasted vegetables, meat and chicken

- 2 tablespoons oregano
- 2 tablespoons basil
- 1 tablespoon thyme
- 1 tablespoon rosemary
- ¼ teaspoon red pepper flakes (optional)

Cajun

Yield: ¼ cup

Use for beans, rice, fish stews or soups and casseroles

- 1 tablespoon paprika
- 2 teaspoons onion powder
- 2 teaspoons garlic powder
- 1½ teaspoons salt
- 1½ teaspoons dried basil
- 1 teaspoon thyme
- 1 teaspoon black pepper
- ¼ teaspoon cayenne

Chinese Five Spice

Yield: ¼ cup

Use as a rub or in a marinade for meat; add to stir-fry or roasted vegetables; try a pinch in fruit pies, cakes or cookies

- 2 tablespoons ground ginger
- 1 tablespoon ground cinnamon
- 1½ teaspoons ground allspice
- 1 teaspoon ground anise seed
- ¾ teaspoon cloves

Indian - Garam Masala

Yield: ¼ cup

Use for soup or stews, with roasted vegetables and meat

- 1½ tablespoons cumin
- 1½ tablespoons coriander
- 1 teaspoon cardamom
- 1 teaspoon cinnamon
- ½ teaspoon black pepper
- ½ teaspoon powdered cloves

Curry Powder

Yield: ¼ cup

Use for soup or stews, with roasted vegetables and meat.

Use recipe for Garam Masala and add 1 tablespoon tumeric.

Index

Ants On A Log 147

Apples

- Chicken & Fruit Salad 76
- Applesauce 136
- Dehydrating Fruit 137
- Fruit Leather 134
- Fruit Salad with Honey & Yogurt 132

Asian Noodles

- Asian Noodles Formula 92
- Sesame-Peanut Noodle Salad 94

Bacon

- Broccoli & Bacon Salad 129

Bananas

- Banana-Chocolate Muffins 154
- Fruit Smoothie 133
- Overripe Fruit 155
- PBJ Pinwheels 72

Basil

- Classic Italian Pesto 165

Beans

- Bean Cakes 74
- Beans and Rice 96
- Bean Soup 121
- Black or White Bean Dip 163
- Cooking dry beans 54
- Corn and Black Bean Salad 109
- Cost Comparison: Beans 75
- Hummus 167
- Ideas for beans 79
- Minestrone Soup 120
- Reducing Bean Farts 54

Beef

- Empanadas 86
- Meatloaf 73

Bell peppers. *See* Peppers

Berries

- Fruit Leather 134
- Fruit Salad with Honey & Yogurt 132
- Fruit Smoothie 133

Black-Eyed Peas 74

Bread

- No-Knead Bread 58
- Strata with Meat 104

Broccoli

- Broccoli & Bacon Salad 129

Broth

- Making broth 62

Bulgar

- Tabouli 113

Bulk buying 74

- Why Buy in Bulk? 16

Burritos 78

Buying Clubs 15

Cabbage

- Chicken or Tofu Cabbage Salad 110
- Japanese Griddle Cakes 105
- Three-Color Coleslaw 127

Calzones 84

Canning 136

Carrots

- Carrot and Raisin Salad 130
- Japanese Griddle Cakes 105
- Three-Color Coleslaw 127
- Zucchini or Carrot Muffins 153

Celery

- Ants On A Log 147

Chard

- Strata with Meat 104

Cheese. *See also* Cream cheese

- Corn and Pepper Quiche 103
- Mac & Cheese 90
- Mini Cheddar Fritattas 102
- Pea Pesto 166
- Simply Scrumptious Scones 150
- Strata with Meat 104

Chicken

- Chicken & Fruit Salad 76
- Chicken Noodle Soup 122
- Chicken or Tofu Cabbage Salad 110
- Empanadas 86
- Meatloaf 73
- Sesame-Peanut Noodle Salad 94

Chocolate

- Banana-Chocolate Muffins 154
- Chocolate Peanut Butter Spread 72

Collard greens

- Fake Grass Salad 128

Compost

- What the plants need 182
- Worm Bin Composter 170

Cookies

- Chewy Fruity Cookies 157
- Granola Bars 148

Cooking Techniques

- Roasting Meat 70
- Stove Top Cooking Techniques 46
- Techniques for Preparing the Ingredients 44

Co-op Grocery Store 15

Index

Corn

- Corn and Black Bean Salad 109
- Corn and Pepper Quiche 103
- Corn Muffins 152
- Popcorn 144

Cornmeal. *See* Polenta

Couscous with Peas 98

Cranberries

- Broccoli & Bacon Salad 129
- Chewy Fruity Cookies 157
- Fake Grass Salad 128

Cream cheese

- Ants On A Log 147
- Crunchy Creamy Wrap 77
- Fruit Spread 168
- Ginger and Preserves 168
- Pesto Spread 168
- Sun-dried Tomato Spread 168

CSA (Community Supported Agriculture) 20

Cucumbers

- Greek Tzatziki Sauce 164
- Indian Raita Sauce 164

Dairy Products 35

Dehydrating Fruit 137

- Solar Dehydrator 174
- Dehydrating Methods 135

Dips and Spreads 158–168

- Greek Tzatziki Sauce 164
- Indian Raita Sauce 164

Dried fruit

- Chewy Fruity Cookies 157
- Dehydrating Fruit 137
- Fruit Leather 134
- Granola Bars 148
- Granola Cereal 149

Drinks 140

- Delicious snack and drink options 32
- Flavored Water 140
- Fruit Smoothie 133

EBT (Electronic Benefits Transfer Card). *See* SNAP

Eggs 100–105

- Egg safety 55
- Hard-cooked Eggs 55
- Scrambled Eggs 55

Empanadas 86

Fairtrade 24

Farmers' Markets 19

Farm Stands 20

Fish 31

- Tuna and pasta salad 108

Food Carving

- Food Carving Fruits & Vegetables 138
- Quick Food Carving 125

Food Desert 22

Food Labels 190

Food Stamps. *See* SNAP

Formula Recipes

- Asian Noodles 92
- Italian Pasta 88
- Main Dish Salad 106
- Pizza 82
- Quiche/Frittata/Strata 100
- Sandwich and Wrap 68
- Soup 114

Fresh and In-Season Food 29

Frittata 102

Fruit 131–137

- Low- and No-prep fruits 131
- Overripe Fruit 155

Fruit Leather 134

Fruit Salad with Honey & Yogurt 132

Games and Activities

- Find the Hidden Sugar 33
- Food Carving Fruits & Vegetables 138
- Grocery Store Scavenger Hunt 17
- Kid Challenge 2
- Kitchen Test 33
- Rethink Your Drink 34

Garbanzo beans

- Couscous with Peas 98
- Hummus 167
- Tabouli 113

Gardening

- Growing Plants in Containers 183
- Grow Your Own Food 23, 182
- Making a “Yarden” 183
- What the plants need 182
- What to Plant in Containers 184

Genetically Modified (GM) Food 38

Gingerbread 156

Glossary 186

GMO. *See* Genetically Modified Food

Grains of the World 96

Granola

- Granola Bars 148
- Granola Cereal 149

Green beans

- Sesame Green Beans 126

Green peppers. *See* Peppers

Hummus 167

Hygiene, Kitchen. *See* Kitchen Hygiene

Index

Kale

- Fake Grass Salad 128
- Kale Chips 146
- Kale Crust 103
- Strata with Meat 104

Kitchen Hygiene 42

Kitchen Safety 43

Kitchen Tools. *See* Utensils

Kiwi

- Fruit Salad with Honey & Yogurt 132

Leeks

- Potato Leek Soup 123

Local Food 24

Low-prep Foods. *See* No- and Low-prep Foods

Lunchbox Ideas 11

Lunch Planning

- Weekly Lunch Plan 10

Mac & Cheese 90

Mandarin oranges

- Fake Grass Salad 128

Measurements 53

Meatloaf 73

Microwave Popcorn 144

Minestrone Soup 120

Muffins

- Banana-Chocolate Muffins 154
- Corn Muffins 152
- Zucchini or Carrot Muffins 153

MyPlate 4–5. *See also* Nutrition

- Check MyPlate 6
- Examples of MyPlate Foods 5
- What's on MyPlate? 4

Natural

- Weird Source of Natural Fruit Flavors 35
- What About Buying Products labeled “Natural”? 36

No- and Low-prep Foods

- Dips and Spreads 158
- Drinks 140
- Fruits 131
- The Main Dish 67
- Treats and Snacks 141
- Vegetables 125

Noodles. *See also* Pasta

- Asian Noodle Formula 92
- Chicken Noodle Soup 122
- Chicken or Tofu Cabbage Salad 110
- Cooking Noodles and Pasta 57
- Noodles of the World 57
- Sesame-Peanut Noodle Salad 94

Nori

- Nori Snacks 81
- Sushi 80

Nutrition. *See* MyPlate

- Food Labels 190
- Nutritional Glossary 188

Nuts

- BBQ Peanuts or Pecans 143
- Broccoli & Bacon Salad 129
- Classic Italian Pesto 165
- Crunchy Walnuts or Pecans 142
- Fast Roasted Nuts 142
- Go Nuts! 142
- Granola Bars 148
- Granola Cereal 149
- Sesame-Peanut Noodle Salad 94
- Tamari Almonds 143

Oats

- Granola Bars 148
- Granola Cereal 149

Online Recipes 67

Online Sources 189

Oranges

- Fruit Salad with Honey & Yogurt 132

Organic 36–37

- Ways to Reduce Pesticide Exposure 37
- Where to Put Your Money If You Can't Buy All Organic 37
- Why Buy Organic? 36

Pasta

- Cooking Noodle and Pasta 57
- Italian Pasta Formula 88
- Mac & Cheese 90
- Sugar Snap Peas & Grain Salad 99
- Tuna and Pasta Salad 108

Peaches

- Dehydrating Fruit 137
- Fruit Leather 134

Peanuts

- Go Nuts! 142
- Granola Bars 148
- Peanut Soup 124

Peanut butter

- Ants On A Log 147
- Peanut Soup 124
- PBJ Pinwheels 72

Pears

- Dehydrating Fruit 137

Index

Peas

- Couscous with Peas 98
- Pea Pesto 166

Peppers

- Bean Soup 123
- Corn and Black Bean Salad 109
- Corn and Pepper Quiche 103
- Stackable Sandwiches 70
- Three-Color Coleslaw 127

Pesticides

- Ways to Reduce Pesticide Exposure 37

Pesto

- Classic Italian Pesto 165
- Pea Pesto 166

Pie dough

- Empanadas 86
- Making Pie Dough 63

Pita bread

- Chicken & Fruit Salad 76
- Making Pita Bread 66

Pizza

- Making Pizza Dough 64
- Pita Bread from Pizza Dough 66
- Pizza Formula 82

Planning

- The Planning Process 3
- Weekly Lunch Plan Example 8-10
- What to Put into the Lunchbox 6

Plums

- Dehydrating Fruit 137

Polenta 60

- Quiche Crust 61

Popcorn 144

Pork

- Empanadas 86
- Meatloaf 73
- Strata with Meat 104

Portions 192

- How Much to Put into the Lunchbox 7

Potatoes

- Empanadas 86
- Potato Leek Soup 123
- Potato Salad 112

Processed Food 27–28

- What's bad about processed food? 27
- Extra Ingredients in Packaged Food 28

Protein 30

- Benefits of Pasture-raised Meat 30
- Problems with Factory-farmed Meats 30
- Protein from Meat and Poultry 30
- Protein from Plants, Eggs, Dairy and Fish 31

Pumpkin

- Sweet Squash Soup 116

Quiche

- Corn and Pepper Quiche 103
- Polenta Quiche Crust 61
- Quiche Formula 100

Quinoa

- Cooking Quinoa 56
- Sugar Snap Peas & Grain Salad 99
- Tabouli 113

Raisins

- Ants On A Log 147
- Carrot and Raisin Salad 130
- Empanadas 86

Ramen noodles

- Chicken or Tofu Cabbage Salad 110

Rice

- Beans and Rice 96
- Brown Rice 56
- Cooking Rice 56
- Fried Rice 95
- Mexican Rice 97
- Sugar Snap Peas & Grain Salad 99

Roasting Meat 70

Safety, Kitchen. *See* Kitchen Safety

Salads

- Salad Dressing
 - Ranch Dressing 162
 - Simple Vinaigrette 161
- Salad Formula 106
- Salad, Main Dish 106–113
- Salads, Fruit 132
- Salads, Grain 98–100
- Salads, Vegetable 127–130

Salsa

- Fresh Tomato Salsa 159
- Sassy Summer Watermelon Salsa 160

Salt 32–33

Sandwiches 68–76

Sauces

- Simple Tomato Sauce 65

Saving Money

- At a grocery store 15
- Bulk Snack Bins 141
- Buying at a Farmers' Market 19
- Cooking with Friends 18
- Cost Comparison: Beans 75
- Cost Comparison: Granola 16
- Cost Comparison: Plain Yogurt 133
- General Tips for Saving Money 14

Index

- How Can Whole, Unprocessed Food be Less Expensive? 27
- Pasture-Raised Meat Can Be Affordable 30
- Save Money on Bread 58
- Saving Money on Organic Food 36
- Tips for Shopping at Big-box Stores 18
- Where to Put Your Money If You Can't Buy All Organic 37
- Scones**
 - Simply Scrumptious Scones 150
- Seasonality 132**
 - Fresh and In-season Food 29
- Serving Sizes.** *See* **Portions**
- Shopping Tips.** *See* **Saving Money**
- Skill levels**
 - Cooking skill levels 53
- Smoothies 133**
- SNAP (Supplemental Nutrition Assistance Program) 21**
- Soup 114–124**
 - Keeping Soup Warm for School 117
 - Soup Formula 114
- Spice Mixes 193**
- Spinach**
 - Strata with Meat 104
- Squash.** *See* **Summer squash, Winter squash**
- Staples 47**
- Strata**
 - Strata Formula 100
 - Strata with Meat 104
- Strawberries.** *See* **Berries**
- Sugar 32–34**
- Sugar Snap Peas & Grain Salad 99**
- Summer squash**
 - Japanese Griddle Cakes 105
- Sushi 80**
- Sweet potatoes**
 - Japanese Griddle Cakes 105
- Tabouli 115**
- Tofu**
 - Chicken or Tofu Cabbage Salad 110
 - Ranch Dressing 162
 - Sesame-Peanut Noodle Salad 94
 - Tofu Sticks 145
- Tomatoes**
 - Fresh Tomato Salsa 159
 - Simple Tomato Sauce 65
 - Sun-dried Tomato Spread 168
 - Tomato Soup 118
- Tools.** *See* **Utensils**
- Tortillas**
 - Burritos 78
 - Crunchy Creamy Wrap 77
 - How to Make Flour Tortillas 59
- Treats and Snacks 141–157**
 - Bulk Snack Bins 141
 - Delicious snack and drink options 32
 - No- or Low-prep Snacks 141
 - Nori Snacks 81
- Tuna**
 - Tuna and Pasta Salad 108
 - Tuna Sandwich 71
- Turkey**
 - Empanadas 86
 - Meatloaf 73
- Turnips**
 - Japanese Griddle Cakes 105
- Unprocessed Food 27**
- Utensils**
 - Basic Cooking Tools 48
 - Blenders and Food Processors 158
 - Nice-to-Have Tools 50
- Vegetables 125–130**
 - Leafy greens 128
 - Minestrone Soup 120
 - No-prep Vegetables 125
- Vegetarian Diet 31**
- Waste 12**
- Watermelon**
 - Sassy Summer Watermelon Salsa 160
- Whole Grains 35**
- Whole, Unprocessed Food 27.** *See* **Unprocessed Food**
- WIC (Special Supplemental Nutrition Program for Women, Infants and Children) 21**
- Winter squash**
 - Japanese Griddle Cakes 105
 - Sweet Squash Soup 116
- Wraps 77–87**
- Yeast 66**
- Yogurt**
 - Fruit Salad with Honey & Yogurt 132
 - Fruit Smoothie 133
 - Yogurt Dip 164
 - Yogurt Recipes of the World 164
- Zucchini**
 - Japanese Griddle Cakes 105
 - Zucchini or Carrot Muffins 153

About the Artists

Arcata Arts Institute (AAI)

Arcata High School, Arcata, California

Directed by Anne Bown-Crawford, the Arcata Arts Institute offers a unique balance of tradition and innovation, liberal arts and visual arts, technology and touch, performing arts and design. The Institute community is committed to expanding boundaries and vision through rigorous study.

It provides an interdisciplinary, pre-professional arts program—visual, performing and theater arts—within an exemplary comprehensive public high school.

AAI gathers strength and nourishment through partnerships with the community such as the collaboration with Locally Delicious Inc. in the graphic design of *LunchBox Envoy*.

Illustration Team



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Portrait credits: Morgan and Mahayla by Morgan Tomfohr, Kelsey by Kelsey Tomfohr, John and Treyce by John Nordberg

About the Authors and Locally Delicious, Inc.

The main goal of Locally Delicious, Inc. is to educate children and adults about how to improve personal health, the health of the community and the Earth, through the food choices we make.

LunchBox Envy is our second book and all profits fund community food, farming and nutrition development projects throughout Northern California. We serve as networking agents for sustainable food system development efforts and are involved in policy-making councils and networks. We hope that *LunchBox Envy* will inspire people elsewhere to do the same within their own communities.

The authors are collectively known as the “Heirloom Tomatoes.” Pictured clockwise from left:

Carol Moné is a school teacher and is a long-term community activist and serious locavore.

Suzanne Simpson is an artist and a passionate gardener, cook and canner. She is part of the change in what our children eat.

Ann Anderson is a retired publisher of books and patterns on quilting. She spent most of her career in computer sales and marketing after earning a Master’s Degree in Cellular and Molecular Biology.

Pat Bitton is British by birth and has been living, growing food, and cooking on the North Coast since 2005. She is a freelance technical writer and also works part-time at Humboldt State University.

Ann King “Retired” from the publishing industry, she’s looking hungrily toward the leisure of actual retirement and the pursuit of art, which is her real love.

Kate Jamison-Alward has a B.A. in Cultural Anthropology, and a love for nature, family, community, hiking, cooking, playing music, and “social justice.”

Martha Haynes grew up in the Garden State and is a retired educator. Work on this book has made her a more discerning shopper as she has learned how to use labels to determine what goes in her shopping basket.

Lauren Cohn-Sarabia is a professional caterer in Humboldt County. She enjoys teaching cooking to children and adults, taking photographs and growing vegetables for her family in her home garden.

