The image is a vertical collage. The top half features a close-up of fresh basil leaves, showing their characteristic serrated edges and vibrant green color with some purple-tinged veins. The bottom half shows a close-up of a pasta dish, likely fettuccine or a similar wide ribbon pasta, coated in a thick, bright green herb sauce. The sauce is speckled with dark green herbs, possibly basil, and the pasta has a slightly glossy texture. In the center, a blue square with a white border contains the text.

Beautiful
AND
Yummy

Beautiful AND *Yummy*



Delectable and delicious
recipes from the
First and Second Grade
at The College School

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*We dedicate this book to all the
families at The College School
and to all who enjoy gardening
and cooking.*

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Acrostic Poems



By the First Grade
Inspired by the book, *Silver Seeds*

Beautiful and yummy,
All is silent while we're growing.
Swiftly blowing like stars in the sky.
I see the leaves flowing in the wind,
Little delicate leaves ready to be harvested.

Beautiful soft leaves gently sway in the wind.
All warm and cozy in the garden.
Smells good.
I like it.

Little leaves sit on the plant, ready to be picked.

Basil leaves sprouting in the garden.
All the tiny leaves sparkle.
Silky and soft.

It looks pretty when the sun shines on it.
Little bits of leaves falling like stars.

Beautiful little leaves falling from the plant like fall.
All watered and ready to sprout.
Swishes like swimming in a pool.
Itsy bitsy leaves ready to be eaten.
Little flowers floating in the sky.

Introduction to the Pesto Project



by Molly and Olivia

Dear Readers,

Hi. Our names are Olivia and Molly. We are in second grade and we are good friends. Here at The College School, we and our teachers, Colleen and Cristina, and the first graders and their teachers, Melissa and Kathy, made pesto and pasta. Pesto is made from basil, garlic, oil, cheese and nuts. To make pasta from scratch you use eggs, flour and water to make dough. You also need a pasta maker and you can get one at a kitchen supply store.

To make the pesto we picked lots of basil from our garden at The College School. Some of the first and second graders harvested the basil after it grew for three months. Tim, our horticultural coordinator, planted the basil from seed in his garden at home and then transplanted it in the school garden. Our school greenhouse and gardens are new. The construction workers started last spring and it took them five or six months to finish. The gardens were ready during the first weeks of school.

We had a warm fall so the basil and other vegetables had plenty of time to grow. In winter, it is too cold for the basil to grow. The puddles freeze and so do the garden beds.

When we were cooking the pesto in first grade, it was fun because we smashed the basil and turned it into little pieces. It needed to be in little pieces to put it in the grinder to really smash it.

It was also fun to shred the cheese for the pesto. After we looked at how much we got, it was a whole bowl. We had little samples of cheese to check to make sure it was good and okay. The cheese was so good. Be aware that you might keep eating samples if you are like us, and then you won't have enough.

What is special about making your own pesto and pasta? It is not processed. It is not wrapped in a bag. Machines did not make it. Plus, it is not sitting in a grocery store for awhile. It just tastes better when you grow it yourself. It is fresh!

The eggs came from Bonne Terre, Missouri. The nuts came from Stockton, Missouri, and the garlic was grown in a St. Louis garden. We like that we used local ingredients. If ingredients come from far away, the boxes might be thrown around. And you don't know how or where the food was really grown, how it was processed or handled. It might have traveled in a truck that got

hot in the sun or wet if it rained. If you were ordering nuts, your order might get canceled.

It is just better to get ingredients from closer by. If you live in California, you should get nuts and eggs from California. If you live in Missouri, you should get nuts and eggs from Missouri.

To make pesto, we recommend that you use fresh ingredients. Then, your pesto will taste really good. We don't want people to feel that they have to grow basil or garlic. If you want fresher pesto, you might be able to get basil and garlic and some of the other ingredients from your neighbor's yard or a farmers' market.

We like doing things like cooking in a little group. It feels more unique. We felt lucky that we were a part of this project.

If you read this little book, we think you will want to try making pesto and pasta too.

Sincerely,

Molly and Olivia

Representatives from the Second Grade

Ingredients to Make Pesto

Basil

Basil is an herb. It is shaped like a simple, oval leaf that you would draw. It is very tasty. It is a deep bright green. It tastes kind of minty. People put it in food and it makes the taste pop. We like basil in our salads.

- Olivia and Molly



Cheese

A lot of cheese comes from Wisconsin where there are green fields and cows.

Cows do half the job making cheese. Cheese is a dairy product and it is healthy for you. It is made from milk. It is used for sauces and toppings.

- Zack and Olivia

Garlic

Garlic is smelly. Ben's dad is a chef and he uses it a lot. A garlic has layers of skin like an onion. We can tell that these are real garlic because we can see the roots that grew into the ground. Go Garlic!

- Ben and Zack



Walnuts

Walnuts are good and they are good for you. They are round and have lines on them. And they are famous for Christmas, like in *The Nutcracker*. You don't have to add nuts in pesto if you like it without. - Olivia and Molly



Olive Oil

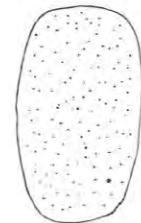
It is made from olives that grow on trees. It is golden and a little bit green. Our moms sometimes use it when they cook. We used it to make pesto. - Truman, Sarah, Jessica

Ingredients to Make Pasta

Flour

Flour not flower. Flour comes from wheat. There is white flour and dark flour. It says on the package.

- Grace M. and Kevan



Eggs

Eggs are roundish unique shapes. They come from chickens and other birds. There can be speckled eggs and white eggs and other color eggs. Sometimes you find feathers on fresh eggs. - Bella and Ben

Connections Between Home and School

When we were doing this cooking project, we each took a bag of basil home. We wanted to use it to cook with at home, too, with our families. We also took suggestions for how to use herbs. Zack, from second grade, made a soup with his mom and he brought it into school to share. Cristina and Colleen loved it and asked for the recipe. We thought you would like it, too. It is pretty good! You will find the recipe with the others at the end of the book.



Nov. 7 2007

Dear Tcs families,
Today each of the 1st and
2nd grade students will bring
home some basil grown in
our garden. it is for you to
use at home. Here are some
ideas from a famous cook,
Alice Waters.

Happy cooking! written by
Molly Allen for the 1st + 2nd
grade!

TCS Pesto

This recipe makes enough pesto for 1 pound of pasta:
What we needed to make pesto

- 2 cups loosely packed fresh basil leaves
- 1/3 cup black walnuts
- 2 medium cloves garlic peeled
- 1/2 cup grated parmesan cheese
- 1/2 cup extra-virgin olive oil
- salt and pepper to taste

How we made the pesto:

1. chop up the Basil in kind of small pieces
2. Get the walnuts out of the shell and chop them up too
3. chop up the garlic into pieces, about the size of the walnut pieces
4. put the basil walnuts garlic shredded cheese into the food processor
5. pour the olive oil in and mix everything

TCS Pasta

This recipe makes about $1\frac{3}{4}$ pounds of pasta:

$3\frac{1}{2}$ cups unbleached all-purpose flour

5 large eggs

1 teaspoon salt

1 teaspoon or more of water

A pasta machine

How we made the pasta:

1. We put the flour in a bowl and made a hole in the middle so it looked like a volcano.

2. We added the eggs and water and mixed it all up.

3. After we mashed everything, we divided it into balls about as big as a baseball.

4. We flattened the balls and put them in the pasta machine to flatten them even more.

5. We changed the setting on the pasta machine and cranked out the noodles.

6. We hung the noodles on a long stick to dry.

(If you don't have a pasta machine, roll the dough out to a thin consistency and cut the noodles out with a knife.)

An Original Fall Soup

by Zachary

Heat 4 cups of water.

Add the following ingredients and let simmer for about 1 hour.

1/2 Tsp: Rosemary

Chives

Paprika

Saffron

1/2 Tsp: Seasoned Salt

Onion Salt

1 Tbsp. Basil

Note: Adjust seasonings

to taste 1/4 Head

Cabbage 1/4 cup milk

Chopped fine (very, very small)

2 Carrots, 10-12 Green

Beans, 2 Spears Broccoli

1-2 cloves Garlic

A Teacher's Reflection



by Colleen M. Corbett

An unknown "volunteer" plant pokes its head out of the soil in a bed of tomatoes. Will the gardener pluck it out and stick with the tried and true crop? Or will she cultivate this random growth, staying open to the possibilities of the unknown? We teachers at The College School face similar decisions when children's passions emerge that stray from a planned curriculum.

This fall, the first and second grade teaching teams decided to "stay open to the possibilities," when our students became interested in a crop of basil that flourished in the new school garden. Because our school is committed to education for sustainability, the children soon learned that combining other locally grown ingredients with the basil yielded a delicious result: pesto.

After observing, drawing and harvesting the plants, and grinding, measuring and mixing the pesto ingredients, the students and teachers initiated even more activities. They decided to make pasta from scratch. More creative writing and math concepts were practiced. Collaboration with peers increased. Seeds for understanding the benefits of buying local were sown.

As the first and second graders enjoyed bowls of fresh pasta and pesto on a sunny, autumn afternoon, we teachers basked in a “garden” of integrated, meaningful learning.

This story, however, does not end on that golden afternoon. A month later, second graders carefully printed and illustrated the recipes for the pesto and pasta. They sold them throughout the school community to raise money for the annual *St. Louis Post-Dispatch* newspaper’s “100 Neediest Cases.” This *Beautiful and Yummy* publication became a reality when four student editors (two first graders and two second graders, who showed particular interest) worked with a teacher and graphic designer. The student team chose the title, selected the photographs and edited the text.

As we teachers at The College School have consistently experienced, tending to the garden of a student’s passions yields a bumper crop of experiential learning.

What are the Children Learning?

Education for Sustainability

Health and Wellness

Mathematics and Science

Literacy



Education for Sustainability

- Students share **leadership** in growing, harvesting, and cooking with local ingredients. They feel a sense of **teamwork, confidence, and self-esteem**. The children say, *"After you have done all these things, you feel really proud of yourself and you are glad you did them."*
- Students develop understanding and respect for the **place** where they live. Their direct experience and involvement in the school garden increases their knowledge about growing and eating healthy food grown locally.
- Students contribute toward a hopeful, healthy, **sustainable future** through a meaningful project in the real world.

Health and Wellness

- Students develop **food literacy**; they are open to trying new foods and become familiar with ingredients and cooking processes.
- Students learn to **cook simply, cook together, eat together, and appreciate** delicious, fresh food.
- Students experience a sense of **aesthetics** and use their senses to appreciate food and cooking; their knowledge of color, form, taste, texture, and fragrance grows.
- Students develop a sense of **community** around the quality of food, the time spent together and sharing recipes through generations and families.
- Students experience cooking as an expression of **friendship**. They experience the joy of anticipation and surprise, exchange, and gratitude.

Math and Science

- Students use **math and science skills** to:
 - identify plant species
 - observe and draw plants
 - witness the chemistry in cooking through the transformation of ingredients
 - count leaves and other ingredients
 - measure amounts of oil, cheese, walnuts, flour
 - follow steps in the sequence of a recipe
 - time cooking processes

Literacy

- Students use **literacy skills** to:
 - describe the garden, the ingredients, and processes of food preparation
 - read and research recipes and ingredients
 - write recipes, poetry, and reflections on the journey of the project
- Students learn to **communicate and teach** others about their experience through co-editing a book.

Informed by resources from:

The Cloud Institute for Sustainability Education

Salad People and More Real Recipes by Mollie Katzen

The Art of Simple Food by Alice Waters

In Dialogue with the Reggio Emilia: Listening, Researching and Learning by Carlina Rinaldi

Remember,

Buy or grow local fresh food.

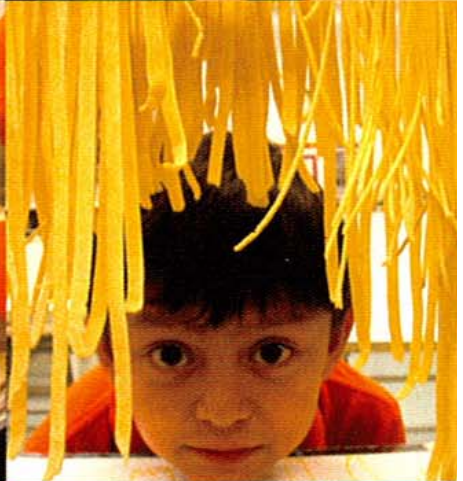
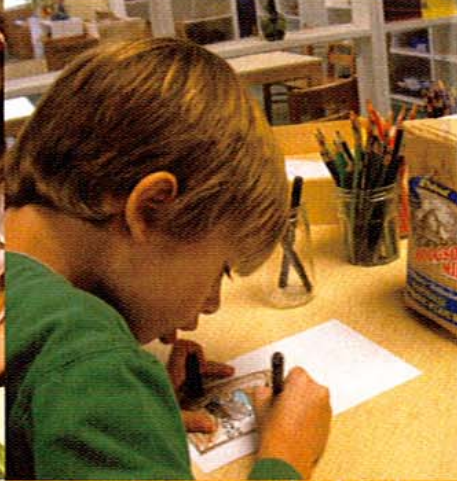
Cook with your family.

Have fun cooking.

We have tried it, and it is fun!

Good Luck!





FIRST GRADE



SECOND GRADE

the college school
www.thecollegeschool.org