

# 5B RESILIENCE GARDENS SEASONAL FAMILY COOKING KIT

# Fall Activity Sheet

1

## Black Bean Salsa Recipe

This autumn recipe can be used to make a fresh, hearty, **healthy** appetizer for your family and friends or use the salsa to top off your favorite dish such as tacos, enchiladas, or Spanish rice.

### Ingredients

- 1-2 cups black beans
- 2 cups sweet corn
- 1 tomato (chopped)
- 1 onion (chopped)
- ¼ cup chopped cilantro
- ¼ cup lime juice
- 2 tablespoons olive oil
- ½ teaspoon cumin
- ½ teaspoon salt
- ½ teaspoon pepper

### Cooking dry beans is easy!

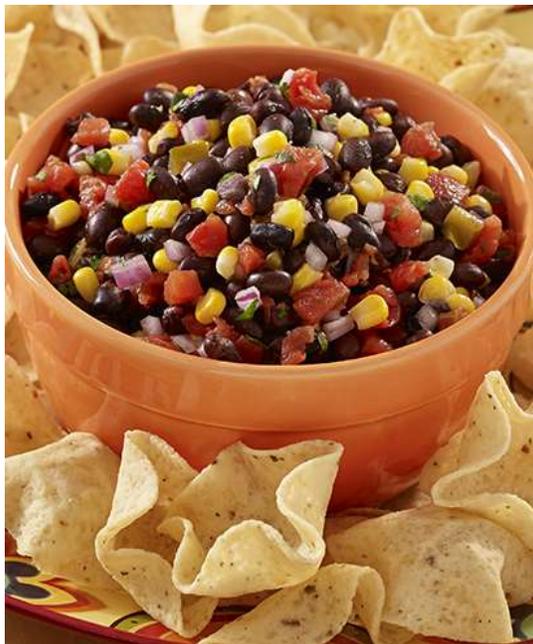
- a) Soak the beans overnight in water
- b) Drain the beans and cover with 4" of clean water
- c) Cook beans until boiling then reduce heat
- d) Simmer for about an hour or until tender

### Directions

1. Prepare 1 cup of dried beans, or 2 cups canned beans
2. Prepare the fresh corn
3. Cut lime in half and squeeze out juice into bowl.
4. Chop onion, tomatoes, and cilantro
5. Place all ingredients in a large bowl
6. Stir to combine

**Optional:** For an extra spice add 1 seeded and chopped **jalapeño!**

As you read through this activity guide, compare the **green** highlighted English and Spanish words on both sides. What do you notice?



2

## Tomato Seed Saving



### Instructions

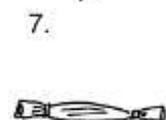
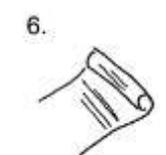
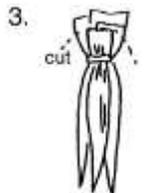
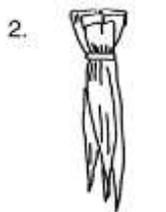
1. Cut the **tomato** into halves at the equator (in-between the top and bottom of the tomato).
2. Squeeze the juicy seeds into a glass. Add a tablespoon of water.
3. Use the flesh of the tomato for the salsa recipe.
4. Leave the seeds in the glass ferment at room temperature for 4 days.
5. Then fill the glass with fresh water and pour off the murky water at the top. The mature tomato seeds naturally sink to the bottom of the glass.
6. Repeat the rinsing process until the water is clear. Drain off all excess water and pour the wet seeds onto a plate.
7. Let the seeds dry off at least one week.
8. Save the seeds in the seed envelope that contained the cilantro seeds.
9. Either plant the seeds indoor in starter pots in April or give them to the Wood River Seed Library!

# 5B RESILIENCE GARDENS SEASONAL FAMILY COOKING KIT

# Fall Activity Sheet

3

## Corn Husk Doll



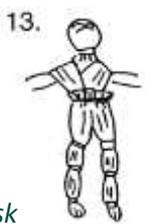
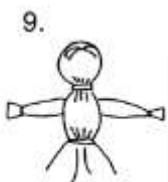
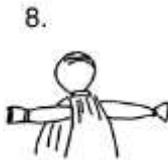
### Materials

- String
- Scissors
- Corn husks from the black bean salsa recipe

### Instructions

Soak corn husks in water until soft and pliable.

1. Take four corn husks and arrange them as shown.
2. Using a small piece of string, tie the straight ends together.
3. Trim and round the edges with scissors
4. Turn upside down and pull long edges of husks down over the trimmed edges.
5. Tie with string to form the "head."
6. Take another husk, flatten it, and roll it into a tight cylinder.
7. Tie each end with string. This forms the dolls arms.
8. Fit the arms inside of the long husks, just below the "neck."
9. Tie with string, as shown, to form a "waist."
10. Drape a husk around the arms and upper body in a crisscross pattern to form "shoulders."
11. Take four or five husks, straight edges together, and arrange around waist. These form a "skirt" for the doll.
12. Tie with string.
13. If desired, follow the diagram to form legs for the doll. Tie legs with small strips of husks as indicated. Finish off the doll by tying small strips of husk around the neck and waist to hide the string. Small scraps of cloth may be used to dress the doll.



Source: How to Make Corn Husk Dolls, TeachersFirst.com.

4

## Sprouting Beans

### Materials

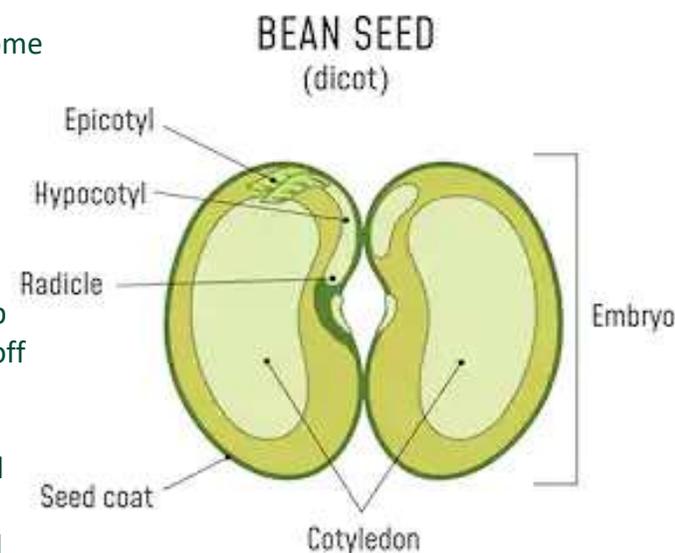
- Dried black beans
- 2 squares of paper towel
- 1 zip-up sandwich bag

1. "Jump start" the sprouting process by soaking dried beans overnight and rinsing.
2. Soak a paper towel in water (they should be moist, not dripping) and line the bottom of a baggie with the towel.
3. Place a few beans in each baggie, making sure that they can touch the moist towel.
4. Place baggies near a window, or tape to the glass. If paper towels seem dry after a day or two, re-moisten with a spray bottle, or take paper towels out and resoak.
5. Beans should begin sprouting in a day or two – see how long sprouts get! You can measure sprouts every day, and record how much they grow.

5

## Bean Exploration

1. On the day before starting the experiment, soak dried beans in water. They will absorb some of the water and get a soft outside covering (seed coat).
2. Get a bean from your kit and place it on a paper plate. Identify the seed coat.
3. Carefully rub the seed between your thumb and fingers. The seed coat will crack and slip off the seed easily.
4. Identify the cotyledon. This is the large oval part of the seed containing the food the seed needs before it can get nutrients from the soil and water.
5. The bean seed has a slit going down the middle of the seed. Split it open into 2 halves. Inside is a tiny plant called an embryo. A bean seed has two parts. Therefore, it is a dicotyledon, or dicot for short.



# 5B RESILIENCE GARDENS SEASONAL FAMILY COOKING KIT

# Fall Activity Sheet

6

## Color The Fall Harvest

Color the fall harvest. Which foods are you most excited to eat this fall?



Source: ColoringPages101.com

7

## Breathing Exercise

Think about what makes you feel calm and relaxed (for example: listening to music, reading a book, or lying down). Here's a breathing technique you can try when you want to feel calm:

### Flower Breathing:

Breathe in through your nose, imagining the fragrance of a sweet-smelling flower. Breathe out with an "ahhh" sound. Practice a few times.



8

## Growing Cilantro

Have an adult help you plant and grow cilantro at home!

### What is Cilantro?

Cilantro is a cool season herb, meaning it prefers air temperatures between 50-68°F and soil temperatures below 75°F. This makes it a perfect plant for growing indoors, even in the fall and winter!

### How to Plant Cilantro

Cilantro seeds, also known as coriander, are relatively easy to sprout/germinate, but may take up to two weeks before the plant pops through the soil. We suggest soaking the seeds in water for 24-48 hours to speed up this germination period. Put the seeds in the soil and then cover them with about a 1/4 inch layer of soil. Once the cilantro has sprouted, place your pot in a sunny window to promote growth.

**Germination temperature:** 55 to 68°F

**Planting Depth:** 1/4 inch

**Germination time:** 7 to 15 days

**Growing time to reach maturity:** 30 to 65 days

### How to Harvest Cilantro

You can harvest a few leaves of cilantro as it grows, or let it grow tall and harvest it all at one time. Cilantro will flower and make seeds after a few months of growing, but the whole plant is edible throughout its lifecycle - leaves, flowers, seeds and all! Experiment to discover when it tastes best to you.



Cilantro seeds or coriander



Cilantro leaves and stems