

# PLANT-FORWARD

## Culinary Workshop



CENTER FOR  
ECOLITERACY

FRONTIER  
energy



# Presenters

**Crystal Whitelaw Hall**

Program Manager  
California Food for California Kids®  
Center for Ecoliteracy

**Karen Brown**

Creative Director  
Center for Ecoliteracy

**Liz Carlton**

Program Coordinator  
California Food for California Kids®  
Center for Ecoliteracy



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**Chef Mark Duesler**

Consulting Chef/Program Advisor  
Frontier Energy



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# CALIFORNIA FOOD FOR CALIFORNIA KIDS<sup>®</sup>

California Food for California Kids is an initiative of the Center for Ecoliteracy



# PLANT-FORWARD CULINARY TRAINING



**The Food Service  
Technology Center**



**CALIFORNIA  
ENERGY WISE**

[CAEnergyWise.com](http://CAEnergyWise.com)

September 28-30, 2021

# 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**

# PLANT-FORWARD

Cooking Students Love

Recipes and Techniques  
for School Meals



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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

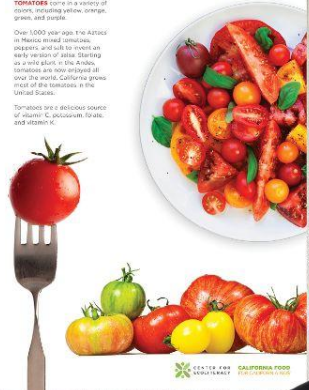
Most Important

## 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 created tomatoes, which were used to create an early version of salsa dating as early as 900 A.D. Another tomato variety was developed near the south. California grows most of the tomatoes in the United States.

Tomatoes are a delicious source of vitamin C, potassium, fiber, and lycopene.



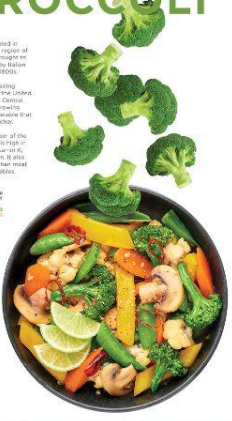
**CENTER FOR SUSTAINABLE CALIFORNIA FOOD**  
COMMUNITY

## PLANT-FORWARD FLAVORS BROCCOLI

**BROCCOLI** originated in the Mediterranean region of Europe and was brought to the United States by Italian immigrants in the 1800s.

California is the leading broccoli grower in the United States. California's Central Coast is an ideal growing region for the 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 antioxidants than most other green vegetables.



**TESTED FOR SUSTAINABILITY**  
CALIFORNIA FOOD COMMUNITY







# PLANT-FORWARD FLAVORS

# TOMATOES

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

Over 1,000 year 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.



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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.



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## PLANT-FORWARD FLAVORS

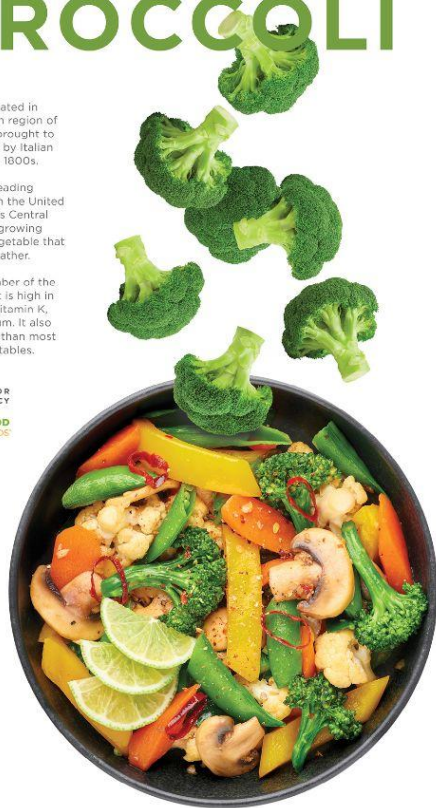
# BROCCOLI

**BROCCOLI** originated in the Mediterranean region of Europe and was brought to the United States by Italian immigrants in the 1800s.

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.

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## PLANT-FORWARD FLAVORS

# PEPPERS

**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.

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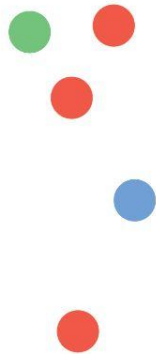
# Student Voice and Choice

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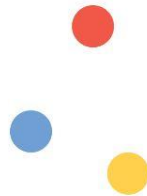


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**Loved  
it!**



**Liked  
it!**



**Tried  
it!**



# 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



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# 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)

Q + A