



Week 7

Potatoes & Brassicas

Lesson Objectives:

- Learn about different types of brassicas
- What are potatoes?
- Learn to wash your vegetables!
- Make your own veggie shaped potatoes with chipotle mayo (optional)

Key Words:

- **Tuber:** a much thickened underground part of a stem or rhizome, e.g. in the potato, serving as a food reserve and bearing buds from which new plants arise
- **Genus:** taxonomic group containing one or more species
- **Biennial:** A biennial plant is a flowering plant that takes two years to complete its biological life cycle. In the first year, the plant undergoes primary growth, in which its leaves, stems, and roots develop. Usually, the stem of the plant remains short and the leaves are low to the ground.

Lesson Activity #1: Make Your Own Vegetable Wash

Activity Materials:

- Spray Bottle
- Funnel
- 1-2 Cups Water
- ½ Cup Vinegar
- 1 tsp sea salt

Activity Steps:

1. Add Ingredients to spray bottle using funnel
2. Place lid on bottle
3. Shake the bottle to mix up contents
4. Spray on your veggies before eating, soak in a bowl with warm water for 15-30 mins before cooking or eating veggies.

Lesson Activity #2: Make Your Own Veggie- Cut Potatoes and Chipotle Mayo

Ingredients

- 2-3 golden or russet potatoes, rinsed well
- Baking sheet
- Olive oil
- 1 tsp of garlic powder
- 1 tsp of smoked paprika
- A pinch of salt
- Veggie shaped cookie cutters or 1 small paring knife

Chipotle Mayo (Optional)

- 1 cup of mayo
- 2 tsp of chipotle pepper powder
- 2 tbsp of sugar
- 1 tbsp of lemon juice
- 1 tsp of garlic powder
- 1 tsp of smoked paprika
- Salt to taste

Instructions for Potatoes

1. Make sure to have an adult present to help with cooking!
2. Preheat oven to 400 degrees
3. Use some oil to coat your baking sheet
4. Ask an adult to help you cut your potatoes into slices ½ inch in thickness..
5. Use your veggie cookie cutters or a small paring knife to cut shapes like carrots,tomatoes, leafy greens, etc.
6. Lay out veggies onto a pan, make sure to cook the scraps too!
7. Sprinkle seasons and coat well with olive oil
8. Cook for 15 minutes, then flip sides and cook for another 10 minutes.
9. Let potatoes cool, then enjoy with chipotle mayo or ketchup!

Instructions for Chipotle Mayo

1. Add mayo into bowl
2. Mix in ingredients with the mayo
3. Whisk well, taste test to see if anything else needs to be added.
4. Enjoy with potatoes!