

## **Two Men and a Stove June 2009: Kids in the Garden; Kids in the Kitchen**

Guest Kids: Liam Horn and India Horn

### **Garden shot of kids watering and checking for produce**

The Community Gardening concept and reality

Home gardens as a means of engaging the entire family

Cost-savings from growing your own produce

Freshness and knowledge of where it comes from and who has handled it

### **Comment about gardening as a means of engaging kids in the food production process**

From seed to plant; from plant to harvest; from harvest to the table

If they grow it, they will try it.

If they try it; they will learn to eat it.

### **Fun things to engage kids in food prep and meal development**

1. Drying herbs (Demo with Liam and India)
2. Herb vinegar as gifts to family and friends (Demo with Liam and India)
3. Discussion about things they like to eat
4. Selection of items to combine into a family meal
5. Preparing the food and plating a meal
6. Serving the meal to family and friends
  - Pride in production
  - Fun with table decorations
  - Costumes for the wait staff (attic trip)

### **The Plan:**

#### **Drying herbs: Oregano, Thyme, Rosemary**

4-6 branches of each tied; paper bag with holes + marking

Hang in a warm airy place; check after 2 weeks and thereafter until fully dry

Store dry herbs in airtight zip bag or jar

#### **Herb Vinegar:**

Garlic, Basil Vinegar: one head garlic; 2 cups fresh basil leaves, red wine vinegar

Lemon Thyme Vinegar: 1 lemon spiral peeled; 6 sprigs of thyme, white wine vinegar

1 week to set; use within 4 months

**Warm Pasta Primavera with Grilled Asparagus:** Penne pasta; grape tomatoes sliced, olives sliced, crushed garlic, diced red, yellow and green peppers, salt/pepper to taste, top with Grilled Asparagus and Parmesan or Feta to taste, drizzle with olive oil.

### **Spicy Herb Grilled Pork Chops:**

4 to 6 pork chops  
2 sprigs rosemary  
2 sprigs thyme  
½ cup chopped cilantro  
2 green chili peppers  
1 tsp cayenne pepper powder  
1 tbsp brown sugar  
½ cup extra virgin olive oil  
2 tbsp worcestershire sauce  
1 lemon juiced  
½ tsp black pepper  
½ tsp salt

In small bowl mix olive oil, worcestershire sauce, lemon juice, cayenne pepper powder, brown sugar, chopped cilantro and chopped chili peppers to make marinade. Salt and pepper pork chops and brush with marinade. Add thyme and rosemary while grilling chops continuing to brush on marinade as needed.

Garnish with rosemary sprigs and lemon slices. Serves 4 to 6.

### **Zesty Citrus Herb Grilled Chicken:**

6 to 8 Boneless chicken breasts  
1 cup orange juice  
½ cup extra virgin olive oil  
½ cup lemon juice  
¼ cup lime juice  
1 tsp lemon zest  
1 tsp sea salt  
½ tsp kosher salt  
½ tsp black pepper  
1 handful sweet basil, sage, cilantro

In small bowl combine orange juice, lemon juice and lime juice. On platter pat dry chicken breasts and sprinkle kosher salt and pepper. Roughly chop basil, sage, and cilantro set aside ½ cup and add rest to juice mixture and combine. Add 1 tsp sea salt to mixture and combine. Slowly drizzle in olive oil to juice/herb mixture and mix until vinaigrette is formed (mixture will become a marinade, this can also be done in a small food processor or a container with a lid that can be shaken). Pour marinade over chicken covering all portions and set aside for 1 to 4 hours in fridge. (This step can be omitted and the chicken can be grilled immediately).

Grill chicken 3 to 5 minutes per side or until done. Let rest, and garnish with lemon zest and chopped herbs.