

Mona's KITCHEN



Chef Mona

Hi everyone! I'm Chef Mona.

When you sit down to eat a delicious meal, do you ever think about all the people that helped to make it? I sure do.

The food served from my kitchen makes an incredible journey from the farm to your fork, and it involves many important people along the way.

- 1** Most of the food we eat starts on a farm where farmers grow fruits and vegetables and raise livestock.
- 2** After a harvest, food is cleaned, prepared and packaged by people in a processing plant. Sometimes, you can buy farm-fresh food at a farmers' market in your neighborhood, but usually it's shipped to a grocery store or restaurants by train, truck, boat or plane.
- 3** At the grocery store, workers stock shelves with food for sale and a cashier will put the foods you purchase in a bag. When you eat at a local restaurant, your server will bring you a delicious meal made by a chef, like me!

I love how food connects all of the people in my neighborhood and community. When I cook with my friends and family, we share recipes and learn how to make new meals together. When we sit down to eat, we get to talk and laugh and have fun, too.

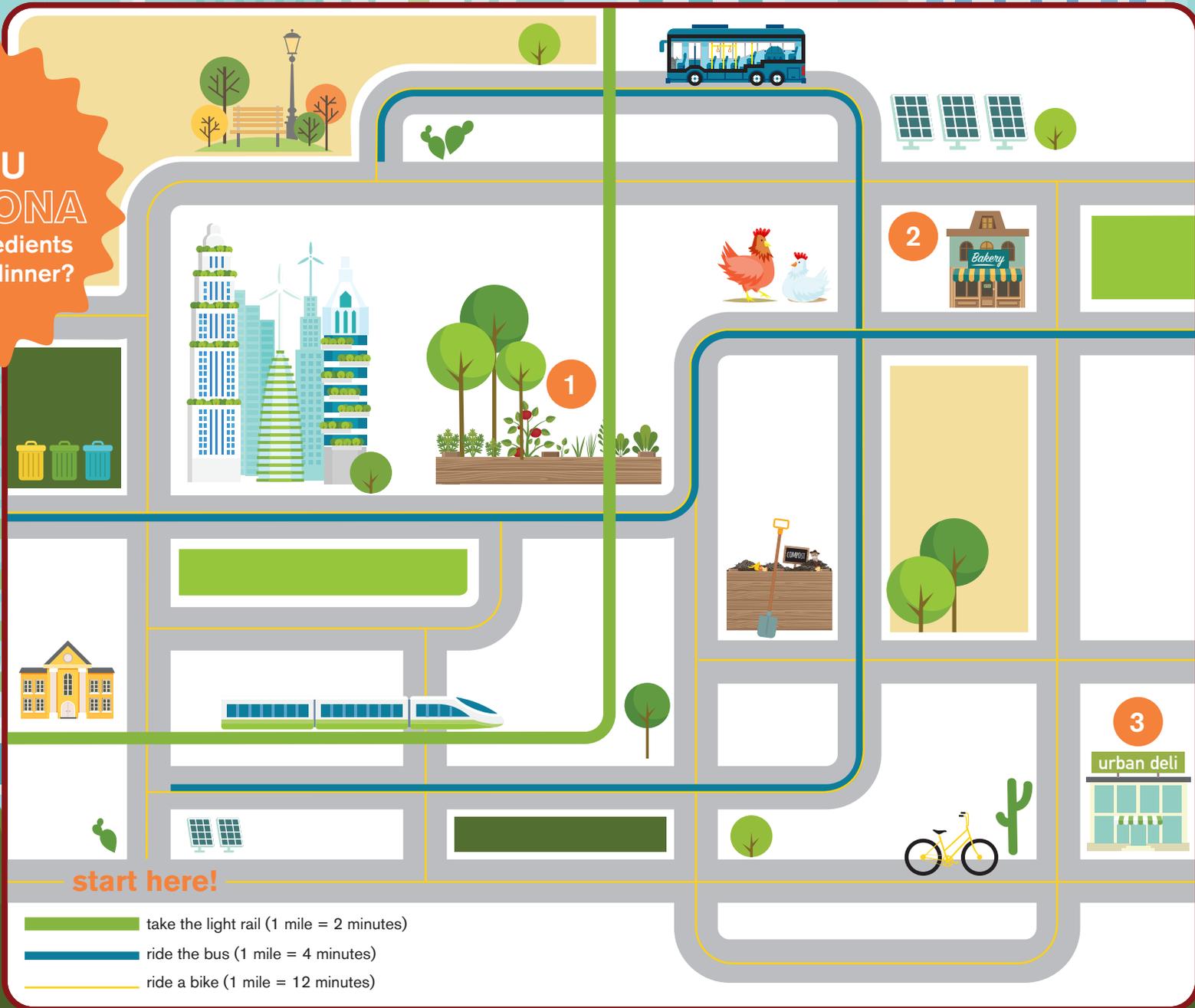
Speaking of fun, today I'm getting ready for a festival in my neighborhood. I'm going to cook a special dish called **Three Sisters Soup**, my specialty that uses lots of local ingredients.

This means I'm going to have a busy day traveling through the city to get everything I need for my soup. Come along with me as we visit a community garden, a farmers' market and my restaurant, Mona's Kitchen. We'll learn how good food connects us to each other, to our community and even our entire planet!





CAN YOU HELP MONA
get all the ingredients she needs for dinner?



One of the best things about living in the city is that I can use public transportation to get anywhere I need to go. Bikes, buses and the light rail are just three options where I live.

Help me get to the farmers' market, the bakery and the deli to get everything I need for dinner tonight. First, plan the route I should take. Second, decide whether I should use a bike, take a bus or ride the light rail or some combination of those three. Third, use the ruler to measure my path. How far will I need to go?

For an extra challenge, can you calculate how much time my trip will take?



use me to help measure the path!





Welcome to the community garden, my favorite place to get fresh food.

My friends and neighbors have worked hard to transform an empty lot into this beautiful space we all share to grow healthy and delicious foods and beautiful flowers and plants. Look around. You'll find many innovative ways that people have discovered to grow vegetables and other plants in the middle of the city. Is there a community garden near you?

My community garden is full of innovative strategies to grow good food in a small space. Maybe you can add one of these innovations to your garden to help it flourish!

Can you find all the helpful garden innovations from the next page in my community garden?
Circle them!



BEE HOUSE: Bees have a very important job in any garden. As they search for nectar for food, they spread pollen from plant to plant. This helps plants like tomatoes, squash and orange trees to grow delicious fruit. Without bees and other pollinators we would not have many of the foods you like to eat every day. A bee house in your garden can attract these helpful creatures.



COMPOST BIN: What do you do with your leftover food or parts of the plants you don't use? If you have a compost bin in your garden, you can turn that leftover food into important nutrients for your soil. In a compost bin, food gets eaten by worms, insects, fungi and other organisms to create a rich, fertile soil that plants love.



OLLA: All plants need a good source of water. People around the world use ollas to keep their crops well-watered. An olla is a clay pot that is buried in the soil near the roots of a plant. It can be filled with water on a regular basis. Ollas slowly release water into the soil, where the roots of plants absorb it. Learn how to make your own olla in the back of this book!



THE THREE SISTERS: When I have a tough job to do, I can always count on my friends to help me get it done. That's the idea behind planting the "three sisters" – corn, beans and squash – together. The corn is tall and sturdy, helping to protect the beans as they grow. The squash keeps weeds away. And the beans keep the soil healthy. Native American farmers have grown the Three Sisters for hundreds of years, and together or separately they make delicious ingredients for meals.



UPCYCLED GARDEN POTS: You can use almost anything to grow plants! You can use tea cups, old shoes, broken dresser drawers, even an old bathtub to plant things. It can add a lot of character to your garden and give you extra space to grow some of your favorite things. It's also a great way to reuse something you're not quite ready to let go.

Did you know the food you eat was originally from somewhere else?

If great tasting, fresh food is what you want, then a farmers' market is the place for you! Each week, you'll find an amazing variety of foods that have been grown by people right in your community. Although these delicious treats might come from a garden or home just around the corner or a farm a few miles outside of town, each has its own history from around the world.

Explore the market and you'll learn where many familiar foods were grown by farmers for the first time.

- » Dark, leafy greens such as kale, cabbage and collards originated in southern Europe along the Mediterranean Sea.
- » In North America, strawberries, blueberries and raspberries grew in the wild before people learned to farm them.
- » The first wild apples grew in Central Asia.
- » People in southern Mexico began to cultivate corn 10,000 years ago.
- » Figs, dates and melons were grown by farmers throughout Africa for thousands of years.
- » Citrus such as oranges, lemons and grapefruit got its start in East Asia.
- » Potatoes were first grown in South America.



Now that you've looked around, it's time to shop! I have a budget of \$7.00 and I need to get the ingredients below for the festival. Find all of the ingredients I need and see if I have enough money to get them all. If I have a little left over, we can treat ourselves to some churros!

Mona's Shopping List 	
4 ears of corn	\$
1 red onion	\$
1 bunch cilantro	\$
2 avocados	\$
TOTAL	\$

 \$1.50 lb
ORANGES

 4 for \$3
AVOCADO

FRESH EGGS
 \$4 dozen

 \$1 each
LETTUCE

ONION
 \$0.75 each

 2 for \$1
CORN

 \$1.50 bunch
CILANTRO

Farmer's Market

FARM PRODUCT

2 for \$1.25
CHURROS

COFFEE





Welcome to my restaurant, Mona's Kitchen!

A restaurant is a busy place with lots of busy people. Like the ingredients in a delicious meal, all of the people in the restaurant work together to create an amazing, cohesive experience. In the “front of the house,” the host greets our guests and helps them find a table, the bussers clear away dirty dishes and keeps the restaurant clean and tidy, and the servers treat every customer like a special friend. Behind the scenes, our “back of the house” crew prepares ingredients, washes dishes and cooks every meal to perfection! As a result, our customers always know they can count on us for good food and friendly service.

The key to running a restaurant is teamwork and communication! While I stop by the kitchen to cook food for the festival, take a look at all the people in the restaurant, who do you see?

X M H K V Z W X B M H P N J P J P L
T T C S O F O J V P X O L U L H H R
R E F R I G E R A T O R M E A L J P
S I A A J R J B Q P M O O U M B R F
P T E M W J Z O J R X I A J P X T H
O Y U C W A X W M F M V F C H E F I
O J R R E O G L B A C E X C O B M D
N P F E S M R V C P K F X Q V Y K S
C O O W U I S K D H E R B S E K V S
I F U T L R N Y D O E A R H N D D F
K I T C H E N K D L E T P Y Q U T S
O Z F L P H P X R S K F O E K R V N

Can you find these 12 words in the word search?

BOWL

CHEF

CREW

HERBS

KITCHEN

MEAL

OVEN

POT

REFRIGERATOR

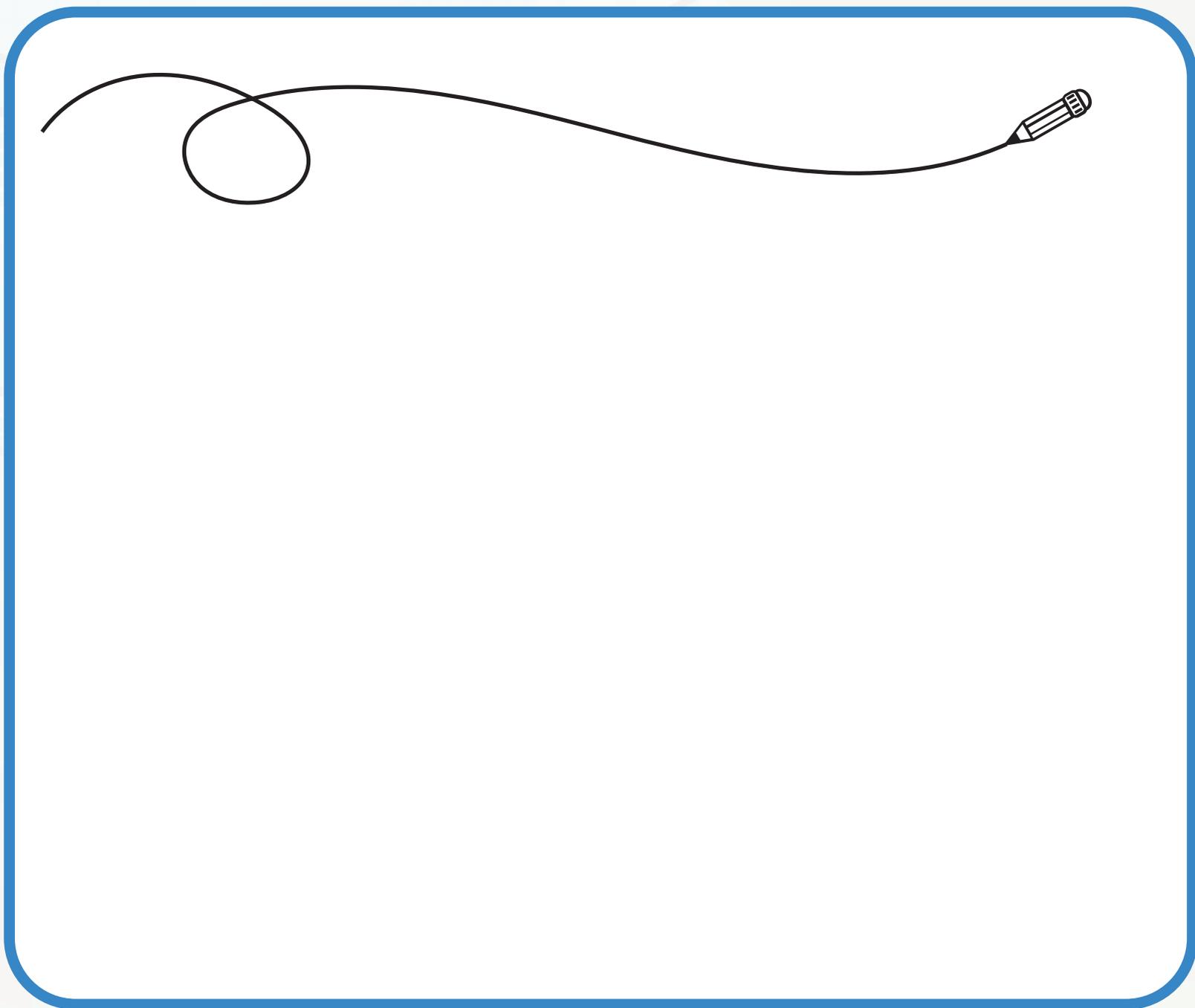
SINK

SPOON

TEAMWORK

As you can see, your community is made of many things that were planted, built or created at different times. The roads, sidewalks, parks, buildings, houses, trees, statues, murals, power lines – everything – play a role in our community and how we feel about where we live.

In the space below, draw a picture of your neighborhood how it looks now. Then, think about what you would like to add or remove to make it better and more sustainable. How could different choices be good for people, the planet and the economy? Does it make us happier? Healthier? More fun? Safer? Add these ideas to your picture to show the innovative solutions to today's challenges that will make tomorrow's world a better place!



Whew, it's been a busy day! Everything is finally ready for our festival. Events like this bring the entire community together to share food and have fun. I love to meet up with old friends and make new ones too!

Maybe you could organize a festival in your neighborhood!



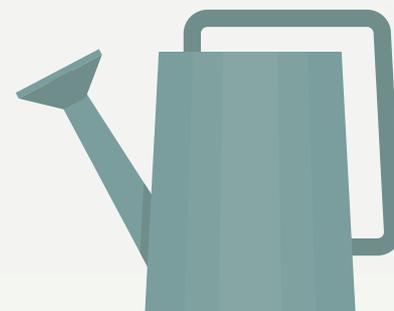
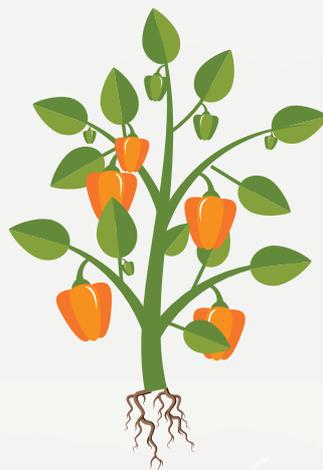
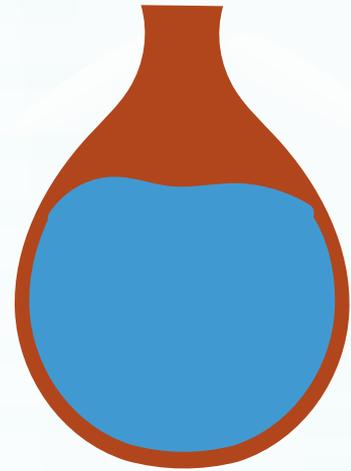
Make an olla at home

From a local hardware store, you will need:

- » A small terra cotta flowerpot (be sure it has a small hole in the bottom)
- » A terra cotta saucer that will securely fit the top of the pot
- » Silicon caulk

Instructions:

- 1** Apply a thick bead of silicon caulk to the lip of the flowerpot.
- 2** Place the saucer over the top of the flowerpot. Use additional caulk to create a good seal between the saucer and the flowerpot so that water will not leak out.
- 3** Allow the silicon to dry (as directed by the instructions on the caulk container).
- 4** Once the silicon has dried, turn the olla so that the hole in the bottom of the flowerpot faces up. Fill with water and test for leaks. Be prepared to apply more caulk, if needed. Once the olla holds water and the silicon has dried completely, your olla is ready to use.
- 5** In your garden bed, bury the olla in a central spot leaving the top side with the hole above the soil.
- 6** Fill with water regularly so the plants in your garden will have plenty of water to grow.



Are you ready to start your own garden at home?

It can be easy to start a garden at home or even your school if you know what foods to plant when. Follow this plant calendar and you'll have a luscious garden in no time. Make sure to check out your local nursery for seeds!

AUGUST

Plant these seeds:

green bean
sunflower
60 day corn

Plant these plants:

pepper
tomato
cucumber

SEPTEMBER

Plant these seeds:

green onion
lettuce
garlic

Plant these plants:

collards
basil

OCTOBER

Plant these seeds:

radish
carrot
kale

Plant these plants:

collards
basil

NOVEMBER

Plant these seeds:

white wheat
peas
lentils
spinach
potato

WINTER BREAK (plant tomato and pepper seeds indoors)

JANUARY

Plant these seeds:

beat
carrot
onion
radish
kale

FEBRUARY

Plant these seeds:

swiss chard
radish
carrot
green onion

MARCH

Plant these seeds:

onion
summer squash
eggplant
tomato
cucumber

APRIL

Plant these seeds:

radish

Plant these plants:

mint
rosemary
basil
onion

SUMMER BREAK (make sure to bring heat sensitive plants indoors)



adapted from Manzo Elementary School

Make a recycled seed cup from this page

Now that you know when to plant your garden, you need a cup to help your seeds get started. I'll show you how to use this newspaper to make a seed cup of your own.

- 1** Tear or cut the next page (compost bugs) from the book.
- 2** Fold in half so it forms a triangle. It doesn't have to be perfect!
- 3** With the base of the triangle towards you, you should see Wendell peeking out at you! Fold the right corner to the middle of the opposite side of the triangle.
- 4** Repeat with the left side.
- 5** Fold top pieces of the triangle down on either side.
- 6** Stick your hand in the cup to open it up. Do you see the worm? Try making the bottom of the cup flatter using your fist.
- 7** On the bottom, pinch the corners so they are flat and turn them outward like little feet. Use your fist to help make the bottom flatter. Don't worry! It will stand up better when you add soil.
- 8** Fill with soil and plant a seed! When it starts to grow, you can transfer it from the seed cup into the garden.

Follow the dotted lines on the back for help folding!

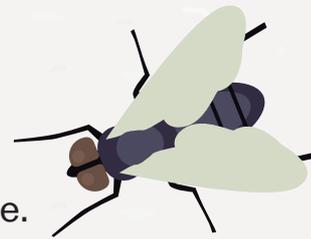




A couple of years ago, my friend Wendell the Worm introduced you to the world of composting and the very important role it plays in reducing food waste. Did you know that bugs are superheroes in the wonderful world of composting? They may seem like creepy crawlers, but they do amazing things to break down food we throw away, turning it into rich soil we can use to plant more fruits and vegetables. Let me introduce you to some of these Wonders of the Compost Bin!

BLACK SOLDIER FLY

- » Female black soldier flies lay over 600 eggs at a time.
- » The larvae are edible and considered a source of sustainable protein. Would you eat one?
- » Adult flies live for less than 8 days.



EARTHWORM

- » Most earthworms are 7-8 inches long. There is one species from Australia that can grow up to 9 feet long though!
- » They create tunnels underground that allow air and water to be absorbed by the soil.
- » Their poop is called castings and is a rich fertilizer.



COCKROACH

- » In the compost bin they eat any kind of food waste!
- » Their poop can also be a good fertilizer.



