

The Bronx Salad

Toolkit for Schools



*Original Recipe Developed
by Bronx Health REACH*

*Toolkit Adapted for NYC School Gardeners
by Grow to Learn*



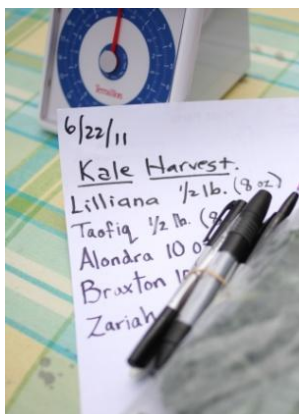
Introduction

The Bronx Salad Toolkit is a resource to encourage school cafeterias and other institutional settings to serve more healthy food options throughout the Bronx. The original recipe (included on the final page of this toolkit) is a delicious mixture of flavors representing the culinary diversity of the Bronx and is currently being offered at a number of Bronx restaurants. This toolkit includes an adapted recipe and planting guide for schools that would like to grow a version of The Bronx Salad in their own school gardens. Each ingredient in The Bronx Salad Toolkit can be grown in a shortened 'school garden' season for a late May or early June spring harvest. Ingredients can also be grown starting in the fall for a late October or early November fall harvest. These crops are low maintenance and quick to germinate, making them easy for beginner level gardeners. Schools are encouraged to include additional ingredients that represent their unique school community.

Any public or charter school in New York City is eligible to participate with Grow to Learn, the citywide school gardens network. Register your school at www.growtolearn.org to receive garden technical assistance, apply for mini-grant funding for your space, pick-up seasonal give-away items like seeds or seedlings, and attend weekly professional development sessions with our staff. For registered school gardens, all seeds and seedlings required for this salad can be picked up for free in the spring! Seed give-aways are in February each year, followed by seedling give-aways in April.

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The Bronx Salad Recipe- NYC School Garden Adaptation

Salad ingredients*:

- ☐ Mixed baby greens (hardy greens like kale, collards, swiss chard, mizuno are recommended)
- ☐ Radish-thinly sliced in rounds
- ☐ Chives-thinly sliced
- ☐ Mexican sour gherkins- whole or sliced
- ☐ Sungold cherry tomatoes
- ☐ Sunflower sprouts
- ☐ Popcorn sprouts



**If your school has a garden that is regularly maintained over the summer, additional ingredients like sun-loving bell peppers, red tomatoes, and red onions can also be added.*

Salad dressing ingredients:

- ☐ Cilantro
- ☐ Olive oil
- ☐ Lime juice or Apple Cider Vinegar
- ☐ Honey
- ☐ Salt & Pepper



Preparing The Bronx Salad with Students

Materials:

- ☐ Knives and cutting boards (butter knives or serrated plastic knives will work for younger children)
- ☐ Safety scissors
- ☐ Whisk
- ☐ 2-3 large bowls: 1-2 for washing, 1 for the finished salad
- ☐ Dressing bowl or large wet measuring cup
- ☐ Zester or grater
- ☐ Tasting cups, forks, serving spoons

Process:

Divide the classroom into four groups: (1.) Washing station: all veggies, (2.) Scissor chopping: herbs, chives, greens, (3.) Chopping station: gherkins, tomatoes, radishes, (4.) Dressing station

Washing Station: Fill a large bowl with water. Take the harvested vegetables (harvesting into a large colander works well!) and have students rinse each type of vegetable carefully in cold water. As they finish washing, they can bring the washed produce to the prep stations. Special attention should be paid to sprouts and baby greens.

Scissor Station: Using safety scissors or garden scissors, students can snip cilantro (or other herbs) and chives into small pieces. Set aside in a bowl. If greens are harvested at a larger size than baby greens, they can be cut into smaller bite-size pieces with scissors.

Chopping Station: Cut each gherkin and cherry tomato in half or quarters. Radishes can be sliced or quartered.

Dressing Station: Zest and juice the lime into a bowl or large measuring cup. Add olive oil, salt, pepper, and honey. A good rule of thumb is to build a dressing with a 2:1 oil to acid ratio. Whisk the dressing together with the snipped/scissored herbs and chives.




Once the class has completed all the station tasks, mix the greens, sprouts, and chopped vegetables in a large bowl with the dressing. If you are harvesting larger greens, students can first 'massage' the dressing into the greens to soften the larger leaves. If they are baby greens this is not a necessary step. Mix the salad and serve in small tasting cups. Have a few students bring salad tasters in to the main office, neighboring classrooms, the school wellness room, etc. to draw attention to your project and share the goodness of your garden!




Classroom Tasting Tips:


- Serve all the students together and ask everyone to wait to take a bite until everyone is served. Use this opportunity to remind them that many of the ingredients in The Bronx Salad they grew with their own hands.
- Make sure you have set guidelines before any student takes a bite. A key rule for tasting are that no one should be allowed to say that something tastes simply 'bad' or 'good'. Instead, ask students to describe what they are tasting using descriptive words- wet/dry, cold/hot, smooth/bumpy, sweet/sour.
- All students should have the opportunity to try something, but it should be voluntary- forcing children to eat something they don't want can give them a negative feeling towards that food.



The Bronx Salad: School Garden Planting and Harvest Instructions

Crop Name	Crop Picture	Days to harvest	Spring Planting Date	Fall Planting Date	Planting Notes	Where to source	Harvest Notes
Baby greens: Kale, Collard Greens, Mizuno Lettuce		21-30 days	Early May	Mid September	Direct seed outside or in window trays. 'Scatter sow'-sprinkle seeds directly on the surface of the soil.	Grow to Learn Seed Giveaways (February/ March), Johnny's Seed Catalog, Urban Garden Center (116 th Street NY, NY)	Harvest by pinching outer leaves or 'mowing' the greens with a pair of scissors. Greens can be harvested as 'micro' greens after only 10 days, baby greens after 21-30 days, and larger heads of greens after longer periods.
Radish		21-30 days	Early May	Mid September	Direct seed outside or in window trays. 'Scatter sow'-sprinkle seeds directly on the surface of the soil.	Grow to Learn Seed Giveaways (February/ March), Johnny's Seed Catalog, Urban Garden Center (116 th Street NY, NY)	You can see how big the radish is by brushing aside the top layer of soil to see the top of the root (the radish). Thin seedlings if they are growing too close. You can eat the greens as well!
Chives		60 days	Mid April direct sow outside, or transplant in late April from seedlings	Early September direct sow	Direct seed outside or in window trays. These can also be planted as transplants in late April/early May.	Grow to Learn Seed Giveaways (February/ March), Johnny's Seed Catalog, Urban Garden Center (116 th Street NY, NY)	Cut chives with scissors- students can 'chop' chives into smaller pieces with safety scissors when prepping the salad.

Mexican Sour Gherkins		50-70 days	Seed indoors in mid to late March, transplant outside in late April/Early May	This crop is not recommended for fall planting	Seed indoors, transplant outside. Don't transplant until it is consistently over 50 degrees at night in the spring.	Grow to Learn Seed Giveaways (February/ March), Johnny's Seed Catalog, Urban Garden Center (116 th Street NY, NY)	Sour gherkins look like baby watermelons, but taste like lemony cucumbers! These vining plants are fun and pretty, and will fruit all spring and summer long and into later fall.
Sungold Cherry Tomatoes		50-70 days	Seed indoors in mid to late March, transplant outside in late April/Early May	This crop is not recommended for fall planting	Seed indoors, transplant outside. OR- purchase or pick up seedlings. Don't transplant until it is consistently over 50 degrees at night in the spring.	Grow to Learn Seed Giveaways (February/ March) or Seedling Giveaways (April), Johnny's Seed Catalog, Urban Garden Center (116 th Street NY, NY)	Tomatoes can be harvested when they change color from green to yellow (or red if you're growing a red cherry!) Growing cherry tomatoes gives you more fruits throughout the summer, which is a good idea when working with students.
Shoots- Popcorn, Sunflower		10-14 days	Late May or early June	Early to Mid October	Direct seed- plant at a depth of 2x the length of the seed. Plant in trays, containers, window boxes directly in the classroom. Sprouts do not need much light to thrive.	Grow to Learn Seed Giveaways (February/ March), Johnny's Seed Catalog, Urban Garden Center (116 th Street NY, NY)	Sprouts can be cut with scissors or pinched off with your fingers. For winter projects, keep multiple trays of sprouts going in your classroom year round for weekly harvests!

Cilantro, other herbs		21-30 days	Late April	Early September	Direct sow outside- bury cilantro under a light covering of soil to protect the seeds from birds or squirrels	Grow to Learn Seed Giveaways (February/ March), Johnny's Seed Catalog, Urban Garden Center (116 th Street NY, NY)	Snip with scissors- cilantro can be continuously harvested throughout the season. If it goes to seed, harvest the seeds and dry them- that's coriander!
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The Bronx Salad Original Recipe

Bronx Health REACH: Making Health Equality a Reality

Salad Ingredients:

- ☐ Red leaf or green leaf lettuce (or kale if preferred)
- ☐ Red peppers
- ☐ Red onions
- ☐ Black beans (low-sodium)
- ☐ Corn
- ☐ Tomatoes
- ☐ Mango
- ☐ Cilantro
- ☐ Avocado
- ☐ Plantain chips

Salad dressing ingredients:

- ☐ Apple cider vinegar – 1 teaspoon
- ☐ Lime juice - 1 teaspoon
- ☐ Orange juice – ¼ teaspoon
- ☐ Olive oil – 1 teaspoon
- ☐ Dijon mustard – 1 teaspoon
- ☐ Salt & Pepper - ¼ teaspoon of each
- ☐ Honey - 1 teaspoon
- ☐ Hot sauce - 1 teaspoon