



## From the Edible Schoolyard Kitchen

At Martin Luther King Jr. Middle School in Berkeley, California, overlooking the campus, the San Francisco Bay, and the Golden Gate Bridge, there is something coming out of the ground right outside the classrooms. It began growing in 1995, when the school invited professional architects, chefs, gardeners, and teachers to share their visions for a garden of the future. Their ideas were turned into a plan, and construction on the Edible Schoolyard began later that year when students, teachers, and community members began removing asphalt and debris from a parking lot and planting the first cover crop.



*Alice Waters,  
Edible Schoolyard  
founder and president  
of its board of directors*

Today, an acre of beds is planted with seasonal produce, herbs, vines, berries, and flowers and surrounded by fruit trees. Pathways have been laid to wind through the beds, where students and adults work together to cultivate the gardens, from preparing the beds and sowing the seeds to composting, watering, and harvesting. But the school's plan wasn't solely to have a garden or even to teach students the basics

of gardening; rather, the goal was that an understanding of the food production cycle would expose children to ecology and nutrition, as well as foster an appreciation for meaningful work and for fresh and natural food.



### Red Bean Stew

Peel and chop garlic, onions, and carrots. Heat olive oil in a small stock pot and sauté garlic, onions, carrots, bay leaf, thyme, pepper flakes, coriander, and cumin seeds for 5 minutes. Add in the red beans and tomato sauce.

Wash and roughly chop greens. Add 10 cups of vegetable stock and chopped greens to the stock pot. Simmer 8-10 minutes. Add salt and pepper to taste and serve.

### Ingredients

- 2 cups cooked red beans
- 3 cloves garlic
- 5 carrots
- 2 bunches assorted greens
- 2 onions
- 2 cups tomato sauce
- 4 sprigs fresh thyme
- 10 cups vegetable stock
- 1/2 teaspoon pepper flakes
- 1/2 teaspoon coriander
- 1/2 teaspoon cumin seeds
- 1/4 cup olive oil
- 1 bay leaf

### Zucchini Fritters

Grate the zucchini. Sprinkle with 1 pinch of salt and let stand for 5 minutes. Squeeze the zucchini dry with your hands or ring it out in a towel. Peel and chop the garlic fine. Chop fine 1 tablespoon of chives and grate the zest from 1 lemon. In a bowl combine the zucchini with the garlic, chives, and lemon zest. Add the potato starch and 1 egg lightly beaten. This mixture is your zucchini batter.

Heat the olive oil in a nonstick pan over medium heat. For each fritter, pour one tablespoon of zucchini batter into the pan. They will look like little pancakes. Cook for about 3 minutes on each side, or until they are golden brown. Drain fritters on paper towels. This recipe serves 4.

### Ingredients

- 1 pound small green zucchini
- Salt and pepper
- 1 clove of garlic
- 1 small bunch chives
- Zest of lemon
- 1 tablespoon potato starch
- 1 egg
- 2 tablespoons of olive oil