

SEASONAL COOKING DEMO: AUTUMN

[Link to watch the video](#)

In the *Seasonal Cooking Demo: Autumn* workshop we began by sharing thoughts about seasons using a digital tool called Menimeter. We then watch a clip from a documentary about Edna Lewis's influential perspective on eating fresh and seasonal food. Next, we visited a farmstand to see what is available in Autumn and again used Mentimeter to share recipes for cooking the produce we find. In the culinary activity, we walked through an apple tasting lesson that introduces students to apple varieties, drawing their attention to and developing their vocabulary about the many characteristics of apples. Finally, we made and tasted applesauce.

Teaching Tools Mentioned in the Video

Mentimeter is an interactive presentation tool that makes it possible for teachers to display ideas as students generate them. [Mentimeter](#)

This Apple Tasting Activity Worksheet can be used to facilitate an apple tasting or adjusted to be used with another fruit or vegetable.. It can be copied and edited for the needs of a particular classroom. [Apple Tasting Activity Worksheet](#)

Lesson connections and ideas

The Apple Tasting activity walks teachers through the set up and process of organizing an apple tasting activity. We discussed the potential of using seed catalogs to mine for descriptive vocabulary that students can use during tastings. We also discussed incorporating a tasting of a seasonal fruit or vegetable as part of a knife skills class. Here are some catalogs that we love using: [Johnny's Seed Company](#), [Hudson Valley Seed Co](#), [Territorial Seed Company](#), [Gurney's Seed & Nursery Co](#).

Informational Sources

[In Season: The Edna Lewis Story](#). Edna Lewis (April 13, 1916 – February 13, 2006) has inspired generations of chefs as the seminal African-American influence on authentic Southern cookery. In the late '40s, female chefs were few and far between and black female chefs were a rarity, yet Edna Lewis became well known and beloved for her simple, but delicious Southern cooking. Edna Lewis cookbooks include *The Edna Lewis Cookbook* (1972), *The Taste of Country Cooking* (1976) and *In Pursuit of Flavor* (1988). (bio pulled from [The Edna Lewis Foundation](#)). The clip we share in the video shares Edna Lewis' utilization of fresh, seasonal, local ingredients.

These children's books, suggested for all ages, describe the way the characters respond to seasons and how understanding seasonal change helps us to connect more directly with nature. [Strega Nona's Harvest](#), [When the Shadbush Blooms](#)