



Please visit Bluewatermelonproject.org and “Resources” to find this kit’s video

Recipes provided by Chef Chris Lenza

Vietnamese Inspired Pea Shoot Pancakes

Recipe ingredients

- Rice flour, ½ cup
- Corn starch, 3 tablespoons
- Sugar, 1 teaspoon
- Salt, ½ teaspoon
- Turmeric, ½ teaspoon
- Coconut milk, 1/3 cup
- Water, 2/3 cup
- Canola oil, 2 teaspoons
- Pea shoots, 1 cup (roughly chopped)
- Soy sauce, low sodium, 4 teaspoons (for dipping)



Instructions:

1. In a large mixing bowl, combine- rice flour, cornstarch, sugar, salt, and turmeric. Mix with a whisk.
2. Add coconut milk and water. Continue whisking until the batter is free of lumps and thoroughly mixed.
3. Set pancake batter aside and let rest for 2 minutes while you heat a 9-inch nonstick skillet to medium heat.
4. Add canola oil to the skillet, and ladle ¼ of the pancake mixture (about ½ cup) into the pan until the batter covers the entire bottom. Cook for about 3 minutes or until the sides of the pancakes slightly release from the pan.
5. Spread ¼ of the pea shoots onto the pancake and cover with a tight-fitting lid for 2 – 3 minutes. This step will continue to cook the pancake and help the pancake to lift from the pan.
6. With a spatula, carefully fold the pancake in half and remove it from the pan. Cut your pancake into desired portions.
7. Enjoy by dipping the pancake into soy sauce.

Day of planting instructions for pea shoots:

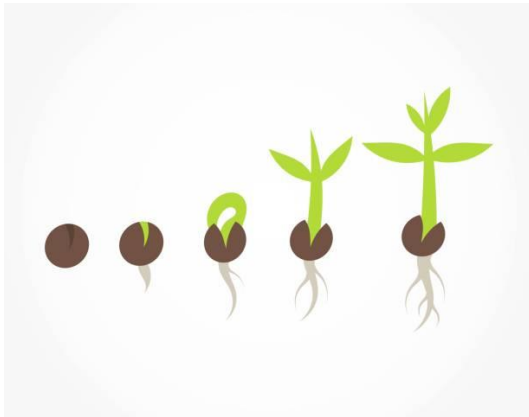
1. Drain the water and rinse the seeds in plain water.
2. Spread the soil from bag A in the planting tray.
3. Spray about one cup of water evenly on the soil.
4. Spread the pea shoot seeds evenly on top of the soil.
5. Spray about one more cup of water on top of the seeds.
6. Spread the soil from bag B on top of the seeds.
7. Do not spray any water on top of the soil covering the seeds. This soil should feel dry.
8. Place the planting tray on top of a cafeteria tray or another surface that can collect runoff water.
9. Place the tray near a window or light source if possible.

Share your experience on Facebook or Instagram and tag us @BlueWatermelonProject & #chefinthegardenaz
We love to hear from you!

Meet your Farmer: **arizona** **microgreens**

Arizona Microgreens was founded by two brothers, Joseph Martinez and David Redwood. They produce microgreens for restaurants, individuals, retail, and schools throughout Arizona. Arizona Microgreens are grown without herbicides or pesticides, using just natural light and organic soil in a food-safe certified greenhouse located in Phoenix.

Education: Seeds hold all of the knowledge and memory of how to grow in their environment, and they inherit this knowledge from their parent plant. The three important parts of a seed are the embryo, the food storage, and the seed coat. The embryo is the baby plant waiting to grow. The seed coat is a protective layer around the seed that helps to defend the seed from disease, insects, and water until it is the perfect time to grow. Seeds also have all of the food stored inside them that they need to help them germinate, and this food gives the seedling energy until it grows roots that can find more food in the soil. Seeds stay in a dormant state, almost like they are sleeping until the environmental conditions around them are just right. For most seeds, this means moisture and warmth. Not all plants can grow in the same conditions, as they are all adapted to specific environments. Germination is when the seed starts to “wake up” and grow into a plant. During germination, the seeds start by absorbing water, swelling, and softening. Then, the embryo uses the food stored inside to grow roots down into the soil. Finally, the seed has enough energy to raise above the soil as it becomes a seedling that can absorb sunlight.



Source- [Arizona Cooperative Extension](#)

Did you notice that these pancakes don't look like the ones we normally eat in the United States? Well, that is because these pancakes are Vietnamese-inspired crêpes! In Vietnamese, they are called *bánh xèo* (or sizzling cake). Vietnam is a long, narrow, “S” shaped country in Southeast Asia. Traditional Vietnamese cooking does not have a lot of dairy or oil, but instead focuses on fresh ingredients like herbs and vegetables. These types of pancakes always consist of rice flour, turmeric powder, and coconut milk. The turmeric is what gives the pancakes a yellow color. In Vietnam, each region has its own version of the pancake. You can also create different flavors by filling them with shrimp, pork, or beans, for added protein. The best part about these pancakes is that you get to eat them with your hands!

Source- [National Geographics Kids](#)



Culinary Skills: Mixing When you are cooking, you often have to combine different ingredients together. Sometimes we mix dry ingredients like flour and sugar first, and sometimes we mix wet ingredients like eggs and milk second, and other times we mix all our ingredients together at once! No matter what our recipe says, mixing can get a little messy if you are not careful and follow directions.

Here are some tips to help you learn how to mix:

1. Carefully pour all of your measured ingredients into a mixing bowl.
2. Hold on to the mixing instrument (whisk or spoon) with your writing hand while you tightly hold on to the mixing bowl with your other hand so that the bowl doesn't move or tip over.
3. Touch the end of the whisk to the ingredients in the bowl, and start moving your hand in circles like you are drawing a big circle on a piece of paper.
4. Keep mixing in circles until all of your ingredients have been combined, making sure to also scrape the bottom and sides of the bowl to get everything.

This kit was made possible due to generous support from:

