



Farm to Preschool

Lesson: Cucumber Stacks

Suggested Months for Activity: August-September

Goal:

Children will engage in a dynamic, positive experience focused on cooking with cucumbers.

Objectives:

Children learn how to make their own snack and through a hands on cooking experience gain motivation to try a new vegetable. Children learn about kitchen utensils and how to use them to make a specific recipe.

Children will respect and care for the classroom environment and materials.

Children will understand and follow oral instructions.



Materials:

Supplies

- Paper plates, plastic plates, or cutting boards (one per child)
- Small Paper bowls or cups (one per child)
- Plastic knives (one per child)
- Simple shaped cookie cutter (five or six for a class of 20)
- Slices of Bread (one per child)
- local cucumbers (one chunk per child)
- Cream cheese or humus

Activities

Begin by showing and naming the ingredients and tools students will use in the recipe. Demonstrate the students how to assemble their cucumber sandwich.

Make the Stacks:

Set up: place a thick paper plate or cutting board, a bowl with humus and/or soft cream cheese, a plastic knife, a cookie cutter, a small chunk of cucumber, a slice of bread, and a at each child's place at a table. We suggest doing this set up ahead of time. Ask students to wash their hands.

Prompt the students to begin with step one: Press the cookie cutter into the bread to make a shape. Older students can then use their plastic knives to cut their cucumber chunks into small pieces. Younger students will need assistance with this step. Next, students can use their plastic knives to spread hummus or cream cheese on their bread. Finally, students will arrange their cucumber chunks on the bread. Enjoy! When the students have finished their snack, prompt them to help clean up by putting their paper products in the trash and/or wipe the table.

Class Follow Up: Send home a recipe for cucumber sandwiches with each child.



Cucumber Short Stacks

Ingredients:

- 1-2 Local Cucumbers
- 1 Local Pepper (Optional)
- 1 Local Carrot (Optional)
- 4-5 Slices of Bread
- 2 oz. Spreadable Cream Cheese or Hummus

Tools: Cutting Boards, Sheet Trays, Cookie Cutters, Plastic Knives, Plates and Napkins, Choppers

Steps: Chop or cut the peppers, cucumber, and carrot into small pieces and set aside. Lay the bread slices onto sheet trays. Choose a cookie cutter and make a fun shape out of bread.

Spread about a tablespoon of cream cheese on top of the slice of bread. Put pieces of cucumber, pepper, or carrot on top. Enjoy!



Where to Find Local Products:

During many months of the year, Jackson County Ingles Supermarkets source local cucumbers from Henderson's Best produce. The Sylva Farmer's market also features many local vegetables and products.