

## CHALLENGE #1

### GREEN CUISINE: FALL SEASON DELIGHTS

For Individuals or Groups (Max. 4 People per Group); max. three entries per school; 200 points per entry)

**YOUR CHALLENGE:** Using locally-grown produce/protein is one way of supporting a sustainable food system and reducing one's carbon footprint by eliminating transportation of food across sometimes long distances. But what's available in the Fall in central Ohio? Create a flavorful, nutritionally-rich dish that uses local, in-season ingredients. The cooking demonstrations occur within a 30-minute prep/cooking time frame in a professional kitchen at Franklin Park Conservatory and Botanical Gardens.

**ENTRY (RECIPE) SUBMISSION:** Wednesday, October 10, 2018

Submit all materials to Franklin Park Conservatory:

- (a) Maximum three entries per school
- (b) Drop off, mail or email recipes and narratives
- (c) Challenge #1 entry form

**CONSERVATORY COOK-OFF:** Wednesday, October 17, 2018, 5:30-7pm

#### **ENTRY REQUIREMENTS:**

- Recipe and local sourcing narrative; include a cost estimate for 1 serving/dish
- Recipe must include a list of ingredients and their quantities (in commonly-used measurements), tools needed and specific actions needed to make the dish. Include nutritional information per serving (similar to what one would see on a food label)
- Document sourcing of ingredients (where did you find them?)
- Narrative (150 word minimum; 350 words maximum) must have school and student name(s)
- Minimum cook-off serving size: 8 Servings for tasting
- On-time entry submission

#### **ADDITIONAL INFORMATION:**

- Students are encouraged to communicate why certain ingredients were chosen.

**EVALUATION CRITERIA:** For a detailed list of evaluation criteria and points awarded for this challenge, please review the sample evaluation sheets in this packet.

**STATE STANDARDS:** Ohio Common Core Strands and Topics that can be addressed while participating in the *Green Cuisine: Fall Season Delights Challenge*:

**Language Arts:** *Reading, Writing Standards, Speaking and Listening, Language Standards, Literacy in Science and Technical Subjects*

**Social Studies:** *Economics & Financial Literacy, Contemporary World Issues*

**Science:** *Physical Science, Biology, Chemistry*

**Mathematics:** *Number & Quantity, Functions, Modeling*

#### **RESOURCES:**

- Franklin Park Conservatory – <http://www.fpconservatory.org>
- Franklin County Local Food Council - <http://www.fclocalfoodcouncil.org/>
- Local Matters – <http://www.localmatters.org>
- Food Network - <http://www.foodnetwork.com/recipes.html>
- Ohio Farm Bureau - <https://ofbf.org/whats-in-season/>