

A stylized illustration of an open cardboard box on a yellow background. The box is composed of several geometric shapes: a brown top flap, a red interior, and teal-colored side flaps. In the bottom right corner, there is a red apple with a single leaf. The text is overlaid on the left side of the box.

THE
ECOLOGY
CENTER

FIELD

KIT

SUMMER

2020

Greetings from The Ecology Center!

It is summer here and we are amazed by the abundance of fresh fruits and vegetables that are growing and ready to harvest at our farm. There are tomatoes, lettuce, cucumbers, herbs, and much more! Sometimes we like to try a little taste right in the field.

There is nothing quite as wonderful as biting into freshly picked food. We love to share with our friends and neighbors, and we want to share this harvest with you! Start your journey on the next page with fun activities, and recipes to try with your family. Feel free to make this book your own by adding color to the pages.

We hope you enjoy your Field Kit!

THE
ECOLOGY
CENTER

Visit our Farm Share Field Kit
webpage for videos and more.

www.theecologycenter.org/field-kit/



CORN
MASA
MAIZE
POLENITA
MASA HARINA

Corn has a rich history. Especially in the Americas.

Corn has been an essential grain in people's diets for centuries.

What's your favorite way to eat corn? Tortillas, popcorn, on the cob, or some special way for your family?

Did you know that the corn kernels are seeds, to grow next season's corn? "Seeds are love letters from our ancestors."

HISTORY AND HERITAGE ACTIVITY

Interview an Elder:

We can learn so much from our elders. They have lived longer, had more experiences and done a lot of their own learning! They also would love to hear from you! Do you have a grandparent you can call on the phone? Or an elderly neighbor?

What is their phone number? _____

Here are some thoughtful questions you could ask your elder friend for a nice conversation about gardening and healthy food:

Hello! This is
How are you? May I ask you a few questions about food?

Have you ever had a garden? If so, what were your favorite things to grow in it?

Have you ever spent time on a farm? What was that like? What was growing there?

What is your favorite meal to make with fresh produce fresh from the farm?

Would you like to share a meal sometime with me?
I'll bring the

Thank you! It is so nice to talk with you. I hope to see you soon!

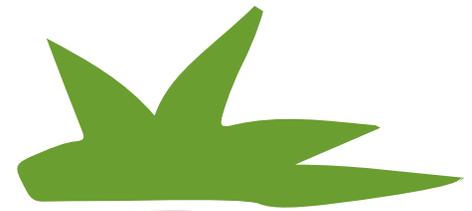


After your conversation, you could decorate this page with a drawing that celebrates your heritage. What did you learn from your conversation? Snap a photo of it and send it to the elder as a thank you. You could also email the photo to us at The Ecology Center. We'll collect all the photos we receive and display them on our website so that you can enjoy photos from other children in our community.

Send your photos to farmraised@theecologycenter.org or #InterviewAnElder on Instagram



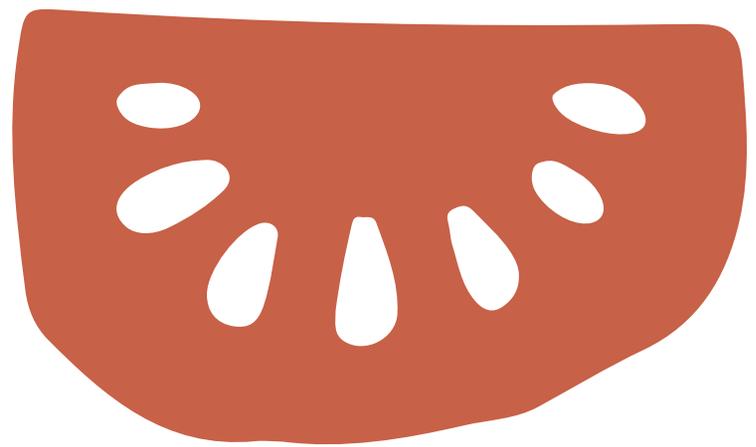
1. Cut ripe tomato.
2. Remove seeds and pulp from fruit. Place in jar.
3. Leave seeds and pulp in jar for a week to ferment.
4. Strain liquid. Seeds remain.
5. Dry and store seeds.
6. Plant.



Saving Seeds

You can save the seeds from the tomatoes in this box and plant your own tomato plants!

What other seeds could you save?
Have you ever eaten any seeds?
Why do you think seeds are important?



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SEED SCAVENGER HUNT!

Seeds come in so many forms, shapes and sizes! They are not too hard to find. Go to your favorite sit spot, garden, or park and see how many things you can discover below:



A seed that is protected by fruit

A seed that came from a flower

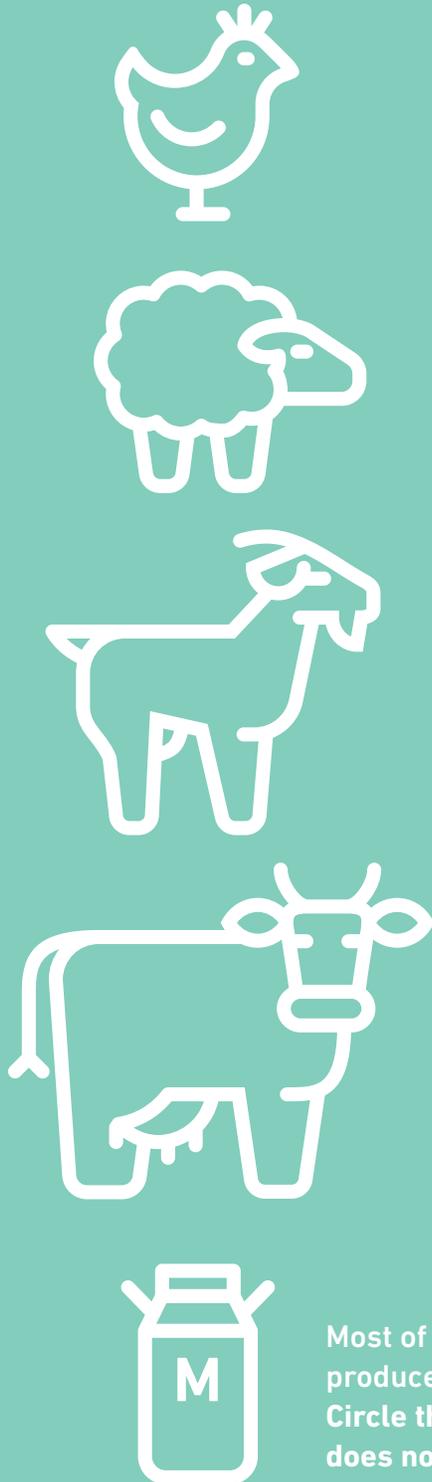
A seed that came from a tree

A seed with a very hard shell

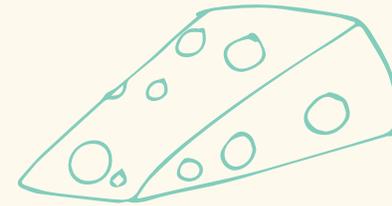
A tiny little seed

5 different types of flowers - can you imagine the seeds that might come from them?





Most of these fellas
produce milk.
Circle the animal that
does not produce milk.



CHEESE

Meet our Dairy Farmers

Where does our cheese come from?
In your field kit there is delicious
Rumiano Jack Cheese.

Why does it matter how our cheese,
milk, and butter are made?

RUMIANO
CHEESE

1919-2019 HONORING THE PAST,
LOOKING TO THE FUTURE.



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Time to celebrate!
Make some delicious
food to share with
your family.

Here are the steps for creating your summer meal:

- Soak your black beans the night before you make your meal.
- Cook black beans (SEE RECIPE PAGE 12) and keep warm.
- Make salsa (SEE RECIPE PAGE 13).
- Heat tortillas and sprinkle with jack cheese (optional) to melt.
- Toss salad greens with scallions, juice of one lime, a pinch of salt, and 1 TBSP olive oil or vegetable oil.
- Place a scoop of warm beans and a slice of avocado on each tortilla.
- Top with a spoon of salsa and a scoop of lettuces.

YOU MADE THE PERFECT SUMMER SALAD TACO!



ENJOY!

1.



2.



3.



BLACK BEANS RECIPE

First up, black beans!

These take some preparation so plan your cooking day ahead of time.

-
- ½ lb dry black beans
 - 2 cloves garlic, peeled
 - 1 sprig epazote
 - ½ yellow onion, peeled and cut in half
 - 1 bay leaf
 - 2 tsp Kosher salt
-

1. Rinse beans well in cold water, removing any stones and debris. Place in a pot or bowl and cover with cold water by at least 4 inches. Place in the refrigerator overnight to soak.
2. Drain and cover with fresh water by about an inch. Add garlic, onion, epazote, and bay leaf. Bring to a boil and cook gently until beans are tender, adding water as necessary to keep them just submerged. Cooking will take 1-2 hours depending on the beans.
3. Once beans are cooked and tender, add the 2 tsp salt and let sit for an hour. If you like firmer beans, drain off most of the water, heat beans, and serve as is. If you like softer, more unctuous beans, leave most of the water and cook a half hour longer until the starch in the beans begins to thicken. Add a tablespoon of butter if you wish.

FAMILY SALAD

4 large ripe tomatoes

½ medium onion, peeled and
diced fine

½ bunch fresh cilantro, washed
and dried, and chopped coarsely
juice of 1 ripe lime

1 tbs kosher salt, or to taste

1 small jalapeno, seeds removed
and chopped fine. If you like spicy,
leave some of the seeds!

Wash tomatoes and remove the cores. With a sharp knife, slice the tomatoes into thick slices and then into strips. Cut the strips into small squares and place into a medium bowl, being sure to include all the juices.

Combine the onion with the lime juice and salt and let sit for 10 minutes.

Add the onion, cilantro, and jalapeno to the tomatoes and mix well. Taste for salt and adjust as needed.





Thank you from all of us at The Ecology Center!

We are so glad you are a part of our village.
We'd love to see how you enjoyed the Field Kit.

If you'd like, you can send us a photo of you and
your field kit, or a photo of the meal you made.

Send your photos to
farmraised@theecologycenter.org
or [#FarmShareFieldKit](https://www.instagram.com/FarmShareFieldKit) on Instagram

PEACE



Here are some suggestions for continuing the good work that you started with this Field Kit:

- Grow your own garden. You can grow a lot of food even in a small space. You can start with your new tomato plants!
- Visit and support your local farmers at farm stands, farmers markets, or maybe even a local farm.
- Learn more about our work at The Ecology Center here: www.theecologycenter.org/
- Visit your local library to learn more about regenerative farming, gardening, ecology, and conservation.
- Look for ways to share what you have with others. Can you share or make something to share with your neighbors, extended family, or even people you don't know yet?

**THE
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CENTER**

**Visit our Farm
and Farm Stand at
32701 Alipaz St.
San Juan Capistrano
(949) 443 4223**