

Lil' Sprouts Newsletter

Week 1

Did you know that there are all different kinds of kitchen knives, and that they each have a special job? Let's learn about some of the most common ones!

Chef's knife: your all-purpose slicing and dicing knife! The tip of the knife curves up which helps it rock back and forth to cut things up really really small.



Paring knife: much smaller, so it's easier to do delicate jobs and work with small ingredients.



Bread knife: the serrated blade, meaning it has lots of little curves like a saw, cuts through soft bread by making little tears so that it doesn't get squished by just pushing down with the knife.



Steak knife: can also have a serrated blade like a bread knife for cutting through tough pieces of meat, but much smaller for using while eating



Butter knife: a much less sharp, much smaller knife used for spreading soft things like butter and jelly. Also good for cutting soft things when you're just starting out using and learning about knives.



Mezzaluna/Ulu knife: a cool, special knife with one or two curved blades and either one handle on top or two handles, one on each side. Used for finely cutting up meat or herbs, its rocked back and forth across the ingredient. A mezzaluna is a larger, two-handed Italian version, while ulus are smaller, have one handle, are more all-purpose, and traditional to the Inuit and other Indigenous peoples of the far north.



Cook Me!

Potato and Onion Soup

2 Tbsp butter or olive oil

1 large Veggie Box onion, thinly sliced

2 cloves Veggie Box garlic, minced

1.5 lbs (all from this week)

Veggie Box potatoes,

cubed; optional: mix and match potatoes (cubed),

Veggie Box carrots (sliced), and Veggie Box turnips (diced/cubed) for the 1.5lbs of root vegetables!

4-5 cups broth or stock

1 tsp each salt and black pepper

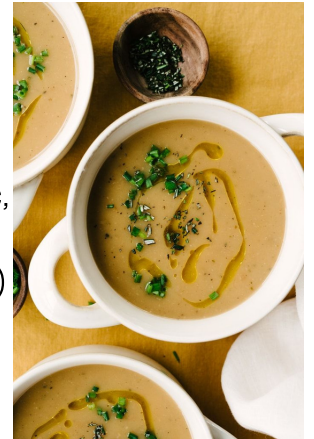
1 sprig (1 Tbsp) fresh rosemary, minced or 1 tsp dried rosemary

1 bay leaf

1 Tbsp lemon juice (1/2 a lemon)

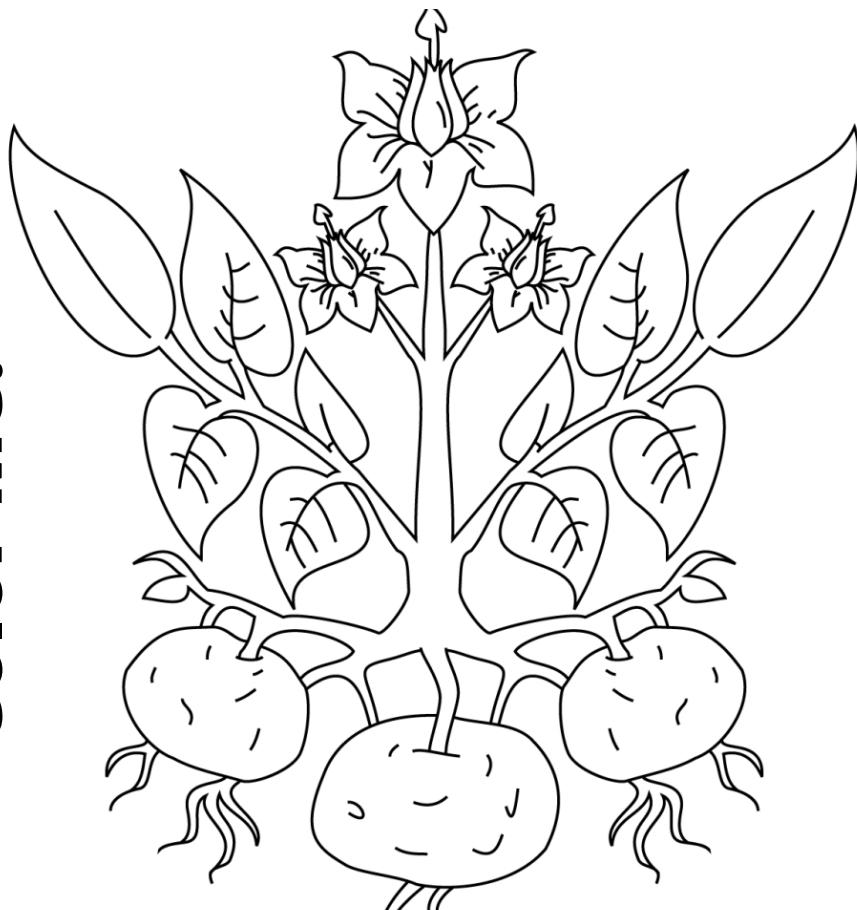
4 Tbsp minced chives

Olive oil and balsamic vinegar (for garnish)



Heat butter or oil a dutch oven or large pot over medium heat, add onions plus pinch of salt, stir. Cook onions over medium heating, stirring every 5 min, until they are soft, brown, and caramelized. This might take up to 30 minutes. If the pot gets too dry and onions are burning and sticking, add a splash of broth. Add garlic and cook 30 seconds, add potatoes (or other veg), broth, salt, and pepper and stir. Add rosemary and bay leaf. Increase heat to high to bring to a boil, then reduce to simmer 20 min. Pull out bay leaf, then add lemon juice. Transfer to a blender in batches, or use an immersion blender to blend soup to desired smoothness. Add more seasoning to taste. Top bowls of soup with olive oil, balsamic, chives, more freshly minced herbs, grated cheese, or other toppings!

Color Me!



Unscramble Me!

Can you unscramble these potato-themed words?

otoatp _____

hahsw nrbo _____

ehn ffrryc _____

tleka _____

samothd teaop _____

uspd _____

Cube

Dice

Batonnet

Julienne

Slice

Mince

Brunoise

Activity Time!



Grab a grownup and a potato or carrot and practice your knife skills! Can you make all of the shapes shown above? Place each cut of veggie in the correct box