

# WCCUSD & CONSCIOUS KITCHEN 2021/22 SCHOOL YEAR

Certified organic for the students of WCCUSD

## WEEK 6: SEPTEMBER 20-24

MONDAY, 9/20

Lunch: Pasta Marinara  
Supper: Bagel

THURSDAY, 9/23

Lunch: Chicken Teriyaki

**SNACKS:** Organic Valley, string cheese,  
Edison Grainery sunflower  
seeds, RW Garcia BBQ corn  
chips, Stonyfield yogurt



WITH SUPPORT FROM OUR TEAM OF ORGANIC  
FARMERS AND SUPPLIERS:

Pasta ... Sfoglini  
Tomato sauce ... DiNapoli  
Chicken ... Mary's Chicken  
Bagel ... Alvarado Street Bakery  
Cheese ... Marin Cheese  
Rice ... Lundberg Family Farms  
Yogurt ... Stonyfield  
Apples... Nana Mae

## THIS WEEK'S RECIPE: PASTA WITH MARINARA & ROASTED VEGETABLES



### Ingredients

3 cups of your favorite vegetables  
8 oz of your favorite pasta shape  
2 cups marinara sauce  
1/4 cup fresh basil, chopped  
Salt and pepper  
Olive oil

### WHAT'S IN SEASON NOW?

~ Squash (yellow, scallop)  
~ Zucchini  
~ Eggplant  
~ Bell Pepper

### Procedure

1. Preheat oven to 400 F. Prepare vegetables with olive oil, salt & pepper, and arrange them on a baking sheet.
2. Place in oven & roast for ~30 minutes, until golden brown and tender. When done, remove from oven & set aside.
3. Boil water, season water generously with salt (so it tastes like the ocean!). Add pasta & cook to al dente (read pasta directions). Place in colander and drain.
4. Add marinara sauce to pot & heat until bubbling. Remove from heat & add cooked pasta, stirring to distribute ingredients.
5. Divide pasta with marinara sauce among 4 pasta bowls or plates. Top with roasted vegetables and fresh basil. Serve immediately.



# THE STORY OF PASTA



← **CASCATELLI**  
Means "waterfall" in Italian

**SFOGLINI**

**MACARONI**

→ Refers to various durum wheat, tube-shaped pasta



**FUSILLI**

→ Means "spindle" in Italian



← **SPAGHETTI**

Means "little strings" in Italian



← **ORECCHIETTE**  
Means "little ears" in Italian

**GEMELLI**

→ Means "twins" in Italian



## SUPPLIER SPOTLIGHT: JEFFREY BARNES OWNER, EDISON GRAINERY



Jeffrey started Edison Grainery 20 years ago to work directly with organic farmers to package and distribute healthy pantry products like quinoa, chia seeds, lentils, and more. Shortly after starting the business, Jeffrey's wife got sick, and that's when they decided to dedicate the business to cancer prevention and providing safe, allergen-free items.

*"If we're going to do this, let's do all the things that we would want to see."*

Working with WCCUSD has been a unique opportunity for Edison Grainery that started back in Nov 2020 for the weekly Food Boxes for students and families. Jeffrey has loved being part of the journey from conventional to organic meals with the district. In fact, it's been such a great experience that he is rolling up his sleeves, creating new products (organic cereal on the horizon), and is eager to tap into other schools with the same values.

*"I wish other schools would be interested in this. We want people to know we exist!"*

## PASTA FUN FACTS

- ✿ The word pasta means "paste" in Italian, which is a reference to the dough commonly made of flour, water, and eggs.
- ✿ Traditional pasta dough is made with semolina flour, or flour made from hearty durum wheat.
- ✿ In 15th century Italy, dried pasta was kneaded by foot and smoothed by a large screw press.
- ✿ While pasta is associated with Italian culture, the first pasta was likely made in ancient central Asia.

## WHAT'S IN A PASTA SAUCE?

- Marinara** : Chunky tomato
- Bolognese** : Ground beef and tomato
- Alfredo** : Rich cream and cheese
- Primavera** : Seasonal vegetables
- Pesto** : Basil or other herb, garlic, cheese, and olive oil