



THE EDIBLE SCHOOLYARD

A program of the Chez Panisse Foundation

Neolithic Fruit Salad

INGREDIENTS

3 apples	Seeds from 1 pomegranate
1 pear	½ cup dried cranberries
2 persimmons	½ cup raisins
1 pound grapes	2 tablespoons flax seeds
2 kiwi	¼ cup sunflower seeds
3 Clementine's (or mandarins or oranges)	4 dates, pitted and chopped

METHOD

Wash all fresh fruits in cold water. Core the apples and pear before slicing. Cut fruits in a variety of shapes to showcase their beauty; place in a large bowl. Add pomegranate seeds, dried cranberries, raisins, flax seeds, sunflower seeds, and dates; mix to combine. Add the sauce and toss gently.

Sauce

1 cup fresh cranberries
Juice of one orange

Using the mortar and pestle, crush the cranberries a few at a time to break the skins. Place the cranberries in a medium sized bowl and add the orange juice, stir just to blend.

NOTES

Neolithic Fruit Salad, named for its use of Stone Age tools, incorporates fresh and dried fruits, seeds, and nuts, and is typically the first hands-on cooking lesson for sixth grade students. It is perfect for orienting them to the kitchen and aligns with their classroom studies of early humans. Students can apply their knowledge of kitchen organization and use basic tools such as knives and cutting boards. This is also a wonderful introduction to the kitchen because students don't need to use the stove and work together at their tables for the entire class.

This is a simple recipe; what makes it special is the presentation. When introducing the ingredients, take time to admire their characteristics and beauty. Show how the pomegranates look like rubies, how the fuzzy kiwis reveal a starburst seed pattern when sliced, and how persimmons also contain a secret star when sliced through the equator. Take the opportunity to talk about how cranberries are grown and harvested, and point out the role that the little air pockets play when fields are flooded to gather the cranberries. Show how to peel clementines and oranges and how the fruit glistens when peeled with a knife. Encourage students to use creative shapes, cut with intention, and engage their senses to make a beautiful presentation. Use bowls and serving platters that will also enhance the beauty of the salad.

This lesson links well to academic course study: at this point, sixth grade students are studying early humans. To illustrate how nomadic groups began to settle, have a student carry a mortar and pestle. This demonstrates the significance of carry-





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ing heavy stone tools. Also discuss how early humans foraged for food and used nuts and seeds as protein sources.

This recipe can also link to concepts of food preservation. To compare fresh versus preserved foods, point out to students the difference between grapes and raisins, or fresh and dried cranberries. Talk about different methods of preserving food, including drying. Ask students why foods are preserved.

SEASONAL ADDITIONS

The Neolithic Fruit Salad lesson is generally taught in late fall or early winter, after students have spent some time in the garden, but many seasonal variations are possible.

Summer: With the abundance of summer fruit, enjoy various combinations of strawberries, blueberries, raspberries, cherries (leave the stems on for fun), plums, peaches, nectarines, apricots, watermelon, cantaloupe, honeydew melon, and figs.

Fall: As fall approaches look for apples, pomegranates, persimmons, grapes, pears, cranberries, and kiwis.

Winter: Winter brings citrus such as kumquats, pomelos, oranges, grapefruit, and tangerines.

Spring: Spring is all about cherries, strawberries, and apricots.

