



Pizza: From Farm to You

(Forget the box!)

Materials

- *Pizza at Sally's* by Monica Wellington
- ingredients and equipment to make pizza (see recipe cards on facing page)
- pizza toppings, if desired

WHAT'S THE Big Idea?

Interdependence

Enduring Understandings

- All living things are connected.
- Food comes from nature: from plants and animals.
- Humans cultivate plants to provide us with food.
- Humans raise animals to provide us with food.

Objectives

- Children demonstrate an understanding that a pizza comes from a farm, not a box.
- Children discover how to make a pizza and all of its corresponding parts from scratch.

Directions

At Shelburne Farms we have a fall field trip called *Farm to You*, where students from kindergarten to fifth grade make pizzas from scratch! In four hours, four groups make different parts of the pizza: dough for

crust, tomato sauce, cheese, and toppings. You may want to spread the process out over several days so everyone can have a role in making each part of the pizza, or you can round up lots of parent volunteers and make the pizzas in one day and celebrate with a pizza party.

1. Discuss pizza! Ask, "Who likes it?" "What toppings do you prefer?" "Who wants to make one?"
2. Ask children to name the parts of a pizza: crust, sauce, cheese, and toppings. Ask, "Where do these parts originate?"
3. Read *Pizza at Sally's* by Monica Wellington to discover what process they followed.
4. Talk about what it would take if the class made its own cheese or ground its own flour. Once you have decided if you will make the pizza in a day, or over several days, you'll know how to divide up the workload. Prepare each pizza part, as described below.
5. **Dough:** Grind wheat berries into flour using a wheat mill or purchase flour from the store. Follow the recipe provided to make pizza dough. You can pre-cook the dough and then freeze it for later use, or make it as the last step before putting the pizza parts together.





Pizza Dough

Recipe makes two dinner-plate-sized pizza crusts.

INGREDIENTS

5–6 c. flour
2 tbsp. sugar
2 tsp. salt
1 ½ tbsp. yeast
¼ c. oil
2 c. warm water

INSTRUCTIONS

1. Mix yeast, warm water, and sugar in a bowl. Let sit for about five minutes to allow yeast to activate.
2. Add one cup of flour to the yeast water and mix. Stir in salt and olive oil. Mix in remaining flour until dough is consistent.
3. Knead dough on floured surface for about ten minutes. Form dough into a ball, then place it in a lightly oiled bowl to rise.
4. Once the dough has doubled in size, knock it down by punching it with a fist.
5. Cover with either a wet cloth or plastic wrap until ready to roll out. (If using plastic wrap, be sure to oil the surface of the dough to prevent sticking).

Pizza Sauce

INGREDIENTS

20 tomatoes
2 tbsp. olive oil
1 large onion, chopped
3 cloves garlic, minced
fresh herbs (sage, basil, oregano, thyme), chopped
salt, pepper, and honey to taste

INSTRUCTIONS

1. Bring a pot of water to a boil. With a knife, make a small “x” on the bottom of each tomato. Place tomatoes in boiling water for a few seconds, until you see that the skin is starting to come loose. Remove from water. When cool enough to handle, rub off skins and compost.
2. Core peeled tomatoes. Squish the flesh so that there aren’t too many large pieces in your sauce. (“hands optional” for the squishing part).
3. Heat olive oil in a large saucepan over medium heat. Add onions, garlic, and a dash of salt. Sauté five minutes, or until onions turn translucent.
4. Add tomatoes to the onions and garlic. Bring to a boil.
5. Add herbs, salt, pepper, and honey. Reduce heat to a rolling simmer (about medium-high heat).
6. Stir occasionally and cook until sauce is thick (no water sitting on top of tomato solids). It’s ready to put on your pizza!!

Queso Blanco Cheese

Spanish for “White Cheese”

INGREDIENTS

1 gal. whole milk
¼ c. white vinegar*
1 teaspoon salt

**Substitute the juice of 3–5 lemons for the vinegar, or add in addition to. The cheese will have more tang!*

INSTRUCTIONS

1. Heat milk to 185°F, stirring constantly. (Be careful not to burn it!)
2. Add white vinegar in 3 equal additions, and continue to stir. While stirring, watch for white curds and light green whey to form.
3. Let rest for 5 minutes.
4. Line a colander with cheesecloth, and while stirring slowly, pour the milky mixture into the cheesecloth.
5. Add salt and stir gently to mix.
6. Tie the corners of the cheesecloth together and hang it to drain (5–7 hours is ideal, but 10–30 minutes is sufficient).
7. Solidified cheese can be broken and salted or kept unsalted. (You can also add herbs for flavor!)



Extensions

- **Let's Make a Pizza**
(Welcome Books: *In the Kitchen*) by Mary Hill
- **The Little Red Hen (Makes a Pizza)** by Philemon Sturges
- **Pizza Counting** by Christina Dobson
- Try different sauces and toppings and make pizza throughout the year.
- Challenge another class to a pizza bake off.
- Plant a Pizza Garden (see "Digging In," p.204)

6. **Sauce:** There are several options. You can visit a farm to harvest tomatoes, pick them from your school garden, go to a farmers' market to buy directly from the farmer, or purchase the tomatoes at a local grocery store. If you do this activity in the summer, many families who have gardens may have an excess of ripe tomatoes and would welcome the chance to donate them for a delicious sauce. Follow the recipe provided.
7. **Cheese:** Most likely, you'll be hard pressed to find a cow to milk, so head to the grocery store for milk and other ingredients for the cheese. Follow the recipe provided.
8. **Toppings:** After much deliberation, decide on toppings for the pizza and discuss where to find these toppings. Gather, wash and chop the toppings.
9. Once all the parts are made, you're ready for the **final pizza assembly:**
 - a. Preheat your oven to 425°F.
 - b. Divide the dough into two balls and roll them out. Try your hand at twirling the dough into a air to make a round shape. You can also roll into a rectangular shape to fit onto a cookie sheet if you do not have round pizza pans. Keep the crust thick enough to avoid holes, but not so thick that it won't bake all the way through.
 - c. Place a layer of cornmeal on the pans to prevent sticking. Lay the dough on the pans. Add sauce, cheese, and toppings.
 - d. Bake your crust for about ten minutes. Time will vary depending on the thickness of your crust. While your pizza is cooking, process and reflect on the experience with the children by engaging in a conversation guided by the discussion questions.
 - e. Let the pizza cool, then cut into slices let the pizza party begin!

Discussion Questions

- Where does cheese come from?
- What other food comes from cows?
- Where does pizza dough come from?
- What other foods come from wheat?
- Where does pizza sauce come from?
- What else comes from tomatoes?