We love to prepare healthy snacks with freshly picked harvest in our gardens and classrooms but in the past we found it difficult to always have the necessary kitchen supplies and kid-friendly tools on hand. In conjunction with the creation of our cookbook Garden Gastronomy/ Gastronomía del Jardín, we have designed the City Blossoms Cooking Box that has everything you need to easily make a range of recipes with 15 to 25 kids in any classroom or garden and is designed primarily for raw and vegetarian food preparation.

Here is a comprehensive list of everything one would find in a City Blossoms Cooking Box. It’s broken into tools and pantry items and can be kept in a 66-quart latch box clear storage container. Hand tools, particularly knives, are kept in a separate container for safety and organizational ease. The cost of a box is $300-$400 depending on your location. Happy Eats!

**PANTRY ITEMS**

We keep a pantry container within the Cooking Box that is stocked with the following items, used often as a base for our recipes. These items keep for a long time without refrigeration.

- Apple cider vinegar
- Chile powder
- Crackers
- Cumin
- Honey
- Olive oil
- Paprika
- Pepper
- Red pepper flakes
- Red wine vinegar
- Rice
- Rice vinegar
- Sea or Kosher salt
- Sesame oil
- Sunflower seeds
- Soy sauce
- Sunflower seeds
- White sugar
TOOLS & SUPPLIES

- 2-3 Box graters - the microplane cube grater is great for limiting the number of sharp sides exposed during use
- Can opener
- Colander
- 10-15 Plastic cutting boards - these should be replaced when cleaning becomes difficult
- 3-5 Dish towels
- Garlic press
- Hand sanitizer
- 1-2 Juicers - for younger kids try one with storage under it to avoid spills
- 2-5 Kid friendly knives - lettuce knives with serrated edges made of food safe nylon or plastic
- 2-3 Mason jars - ranging in sizes from 16 to 64 ounce
- 2 sets of measuring cups
- 2 sets of measuring spoons
- Mixing bowls of various sizes - nesting bowls are best for storage
- 2-3 Mixing spoons
- 1-3 Mortar and pestles - the marble kind holds up well and is more difficult to spill
- Table cloth - oil cloth usually comes in festive colors and is easy to wipe down
- Paper towels
- Small Plates
- Plastic Bags - resealable quart and gallon sizes useful for storage and use in recipes
- Sharp cutting knives - knives with covers are useful for maintaining sharpness and safety
- Spiralizer - enclosed manual vegetable spiralizer with storage container attached
- Sponge and biodegradable dish soap
- Utensils
- 2 Vegetable peelers - swivel peeler with large grip
- Wax paper

OPTIONAL ITEMS IF YOU ARE COOKING OUTDOORS OR READY FOR MORE COMPLICATED RECIPES

- 2 Rubber tubs - Large food grade tubs for outdoor dishwashing
- Stove - hot plates for a classroom or two burner propane stove for outdoor use
- Matches
- Pot with lid + Sauté pan
- Salad spinner

These boxes are peanut free but it is best practice to always ask participants and educators about allergies and dietary restriction.