

KIDS CLUB

NEWSLETTER



Welcome to the latest issue of our ChopChop Kids Club newsletter! (If you missed the last one, it's [here](#).) This week we're celebrating the Fourth of July by making a Zesty Potato Salad. We think it's the perfect dish for this holiday, and we've also linked to some other festive dishes you and your family can make together. Independence Day is a great time to practice your cooking skills, which help make *you* independent! Wherever and however you celebrate, we hope you are able to share a great meal with the people you love.



Zesty Potato Salad

What makes this potato salad so zesty? The secret is our vinaigrette (a fancy way to say oil-and-vinegar dressing), which makes it tangy and delicious. Serve the salad alongside the rest of your holiday picnic or BBQ dishes.

■ HANDS-ON TIME: 45 MINUTES ■ TOTAL TIME: 1 HOUR 10 MINUTES ■ MAKES: 6-8 SERVINGS

KITCHEN GEAR

Cutting board
Sharp knife (adult needed)
Measuring spoons
Medium-sized pot
Colander or strainer
Medium-sized bowl
Fork or whisk
Silicone spatula

INGREDIENTS

- 2 pounds potatoes (any kind you like), scrubbed and cut into ½-inch chunks
- 2 tablespoons vinegar (any kind you like), divided
- 2 tablespoons olive oil
- 1 teaspoon mustard (any kind you like)
- ½ teaspoon salt
- 2 celery stalks, thinly sliced
- 2 scallions, roots trimmed off, greens and whites chopped
- ¼ cup fresh parsley leaves, finely chopped

INSTRUCTIONS

Wash your hands with soap and water, then gather all your equipment and ingredients and put them on the counter.

1. Put the potatoes and 1 tablespoon of the vinegar in the pot. Fill the pot with enough cold water to cover the potatoes, then put the pot on the stove. Turn the heat to high and bring to a boil. Cook until the potatoes are tender, 10 to 15 minutes.
2. While the potatoes are cooking, put the remaining 1 tablespoon vinegar, the oil, mustard, and salt in the bowl and use the fork or whisk to mix until combined.
3. Drain the potatoes in the colander or strainer, then transfer them to the bowl.
4. Stir gently with the spatula, then set aside to cool to room temperature, about 10 minutes.
5. Add the celery, scallions, and parsley and mix gently.
6. Serve right away, or cover and refrigerate up to 2 days.



KITCHEN SCIENCE: WHY DO HOT POTATOES ABSORB MORE DRESSING THAN COLD POTATOES?

The potato is one of our most loved vegetables. And while there are many ways to prepare it, potato salad perhaps best represents just how versatile potatoes are. Mix potatoes with dressing and other ingredients and you get yummy, soft deliciousness.

Potato salad may seem straightforward, but our recipe has some surprises. Although the potato salad can be served at room temperature or cold, you add the dressing when the potatoes are hot. This is because potatoes absorb more dressing when they are steamy. Why is that?

Potatoes undergo a remarkable transformation when cooked, changing from hard to soft. When heated, the substance of the potato expands, creating microscopic holes. Dressing that is added to hot potatoes enters the holes and spreads throughout the potato. As the potato cools, these holes tighten, sealing in the delicious vinaigrette (or, if you haven't dressed them yet, sealing it out).

Try adding dressing to hot and cold cooked potatoes and see for yourself. Maybe you will discover that some simple potato science can help you maximize flavor in the kitchen!



DID YOU KNOW?

- Potatoes are the world's fourth-largest food crop, after rice, wheat, and corn.
- Idaho potatoes, also called russet potatoes or baking potatoes, are large potatoes with a rough, brown skin. They're good for baking—and perfect for our Zesty Potato Salad.
- The world-record holding heaviest-ever potato was grown in England in 2011, and weighed in at a massive 11 pounds.



KITCHEN SKILL

How to chop fresh herbs

We use lots of fresh herbs in the summer, including chopped parsley in our Zesty Potato Salad. They're fun and easy to prepare. Here's how:

- Make sure your herbs are clean and dry (a salad spinner is a good tool for this, or you can rinse them under cool running water, then pat them dry with a clean dish towel or paper towel).
- The easiest way to chop soft herbs, such as basil, dill, cilantro, mint, or parsley, is to pull the leaves from the stems (you can leave cilantro and parsley leaves on their stems), bunch them in one hand, and, with the other hand, use a clean pair of scissors to snip the leaves into small pieces.
- Another method is to bunch the leaves on a cutting board with one hand and, with the other hand, use a sharp knife to carefully slice them into thin pieces. Pay attention to where the knife blade is: As it moves forward, your herb-holding fingers should move backward. The distance between the blade and your other hand should always stay the same.



▲ Fourth of July Parfait

WANT MORE IDEAS FOR YOUR FOURTH OF JULY CELEBRATION?

Try some of these recipes.

- **Fourth of July Parfait:** www.chopchopfamily.org/recipe/fourth-of-july-parfait
- **Classic Burgers:** www.chopchopfamily.org/recipe/classic-burgers
- **Watermelon and Feta Salad:** www.chopchopfamily.org/recipe/watermelon-and-feta-salad
- **Greek Salad Kabobs:** www.chopchopfamily.org/recipe/greek-salad-kabobs/
- **Frozen Fruit-Salad Pops:** www.chopchopfamily.org/recipe/frozen-fruit-salad-pops
- **Raspberry Lemonade:** www.chopchopfamily.org/recipe/raspberry-lemonade

CITIZENSHIP: WRITE A LETTER TO YOUR ELECTED OFFICIALS

July 4, also called Independence Day, celebrates our independence in the United States. You can't vote yet, but you can still make your voice heard. Look up your elected officials [on this website](#) and write them a letter. Maybe you will want to write to your city's mayor, or the senators from your state who work in Washington, DC. You can thank them for something they did or tell them about an issue you care about, which you hope they will do something about. Maybe you want them to make sure the air in your city is clean or that the people have enough to eat. Whatever you care about, let them know!

TRY THIS NOW: MAKE YOUR OWN BILL OF RIGHTS

The first 10 Amendments to the United States Constitution are known as the Bill of Rights. These Amendments spell out Americans' rights in relation to the government. Look at the Bill of Rights online [here](#), then, with your family, make your own Bill of Rights, listing the freedoms you honor in your own home.

Here are two ideas to get you started:

- The right to make mistakes.
- The right to be listened to.

Want to make your Bill of Rights look really official? First, write it all out on a sheet of paper (or print it from a computer). Then, with the help of an adult, [follow these instructions](#) for how to use tea to give your document an antique look.



Activity: Have a Parade

Your town's Fourth of July parade might be canceled this year. If it is, you can throw your own parade at home with your family! Your parade can look however you want it to. What makes you feel proud to live in the United States? Define patriotism however you like, and then you can march down your street, bike around the neighborhood, or just celebrate in your front yard. Here are some ideas for parade preparations:

- Make a soundtrack of music, either patriotic or just plain fun, and play it from a smartphone or portable speaker while you march.
- If you don't have a flag to lead the parade, make your own out of construction paper.

- Dress up in red, white, and blue like a flag, or in a costume like a historical American figure. The more creative, the better!
- Decorate your scooters or bikes, if you're using them.
- If anyone in your family plays musical instruments, have them play a song during the parade like a mini marching band.
- Decorate your pets in red, white, and blue outfits, if they're willing to keep them on, or just put ribbons around their leash.
- Invite your neighbors to participate at a safe distance as onlookers or to be in the parade.

WHERE IN THE UNITED STATES?

Can you meet these challenges without a map? Use one if you need it!

- Name all 50 states.
- Name the capital of every state.
- Name all the states that border the state that you live in.
- Name the 13 original colonies.
- Name the current capital of the United States.
- Name the capital of the United States at the time of the signing of the Declaration of Independence.



THE UNITED STATES OF MATH

The United States of America was founded in 1776. How many years old is the country this year?

Ohio's SNAP-Ed and EFNEP Programs

SNAP-Ed

Ohio's Supplemental Nutrition Assistance Program - Education is a nutrition education program serving low-income adults and youth throughout Ohio. It is a partnership between the Ohio Department of Job and Family Services and Ohio State University Extension. Its goal is to improve the likelihood that families and individuals who receive food assistance benefits (SNAP benefits) make healthy food choices and choose active lifestyles consistent with the current Dietary Guidelines for Americans and MyPlate.

SNAP-Ed programming focuses on Diet Quality including promotion of Physical Activity, Food Safety, and Food Resource Management. The dissemination of nutrition education is mainly achieved by classes which are scheduled throughout Ohio and in 88 counties.

Participants learn to select fruits and vegetables, whole grain, and low-fat dairy products for a healthy diet; to use limited resources to plan, purchase and prepare food for the family; to be physically active every day; and to store and handle food so it is safe to eat. In FY18, SNAP-Ed reached 436,272 adult and youth participants.

EFNEP

The Ohio Expanded Food and Nutrition Education Program serves limited resource adults who care for children in their homes as well as limited-income youth. The program utilizes interactive discussions and activities to guide participants through a series of community based workshops aimed at improving diet quality, food safety and physical activity. Adult participants also gain skills in food preparation and managing their food budgets. Youth programming is conducted in classrooms, after school programs or camps, and summer food feeding sites. During FY18, Ohio EFNEP reached 2,840 adult and 7,228 youth participants, with a total reach of 10,128 family members. The program is free and offered in 18 Ohio counties.



United States
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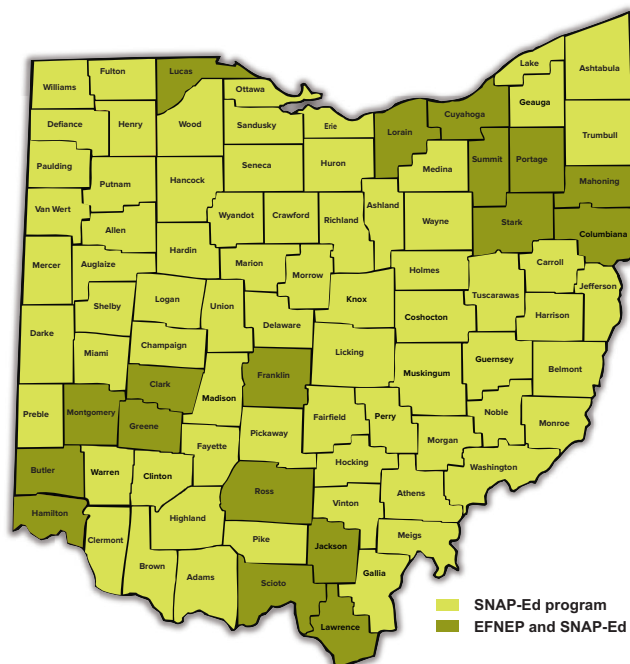
USDA Nondiscrimination Statement

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THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES



Celebrate Your Plate

The **Celebrate Your Plate** site helps you budget for, plan, and create healthy, tasty meals. You'll find recipes, shopping tips, cooking tips, and even tips on growing your own food. Plus, you can comment on recipes and read comments from others. Celebrate Your Plate is out and about in communities around Ohio – just look for the Celebrate Your Plate logo!



Family and Consumer Sciences

Ohio State University Extension Family and Consumer Sciences is an outreach arm of The Ohio State University. It is designed to translate research into education for Ohioans to help improve the quality of their lives and the environment in which they live. OSU Extension is jointly funded by federal, state, and county governments and private grants. Programs emphasize "empowerment through education."

About

SNAP-Ed and EFNEP are equal opportunity programs. For more information about Ohio SNAP-Ed, explore go.osu.edu/snap-ed For details regarding Ohio EFNEP in your area, visit efnep.osu.edu Discover tips, wholesome recipes and more at CelebrateYourPlate.org

Ever Seen a Meatball "Veg Out"?

Zucchini Meatballs



Zucchini
is packed with
B vitamins.



Visit CelebrateYourPlate.org for tasty,
healthy recipes your whole family will love.

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