



Activity: How to Write an ECO-Cycle Aquaponics Kit Recipe

This activity demonstrates how to write a recipe using the greens grown in your ECO-Cycle. Connect aquaponics, healthy eating, and writing in this fun activity!

Engaging senses such as smell and taste sparks interest in growing food. In this recipe, we are using mint to add an aromatic element to our festive cookies. Mint has many healing and soothing properties and is high in vitamin A! Apart from its health benefits, mint also tastes and smells great, especially in the company of chocolate.

MATERIALS

All you need for this activity is a pen, paper, and culinary creativity!

ACTIVITY

Today, we are going to use mint chocolate chip cookies as our example. Who doesn't love a good chocolate chip cookie, especially using fresh, homegrown mint from your own aquaponics kit?

Step 1: The best way to write a recipe is to think ahead and organize everything you need. Start by listing the materials and ingredients:

- Example:
 - *One cookie sheet*
 - *1 Mixing bowl*
 - *Mixing Spoon*
 - *Measuring cups*
 - *½ cup unsalted butter, softened*
 - *¼ cup white sugar*
 - *¼ cup brown sugar*
 - *1 large egg*
 - *½ teaspoon baking soda*
 - *1 teaspoon vanilla extract*
 - *½ teaspoon salt*
 - *1 ½ cup all-purpose flour*
 - *1 ½ cup semi-sweet chocolate chips*
 - *Mint harvested from our aquaponics kits!*

Step 2: Clearly list the instructions **step by step** so your audience can follow by providing specific **measurements, temperature, and time**. Test it out! If you were making this recipe, could you follow it without asking “how much, for how long, how big or in what order?”

- Example:

1. *Preheat oven to 350 degrees F. In a small mixing bowl, mix ½ a cup of unsalted melted butter and ½ cup of sugar until it reaches a wet sand texture using an electric mixer or by hand.*
2. *Slowly add 1 teaspoon of vanilla extract, 1 large egg and mix.*
3. *Add 1 ½ cups of all-purpose flour, ½ teaspoon of salt and ½ teaspoon of baking soda until batter is smooth.*
4. *Lastly, mince the mint you grew in your aquaponics kit, then add to the bowl and mix thoroughly with 1 ½ cup chocolate chips for an additional minute.*
5. *Scoop balls of dough (~2 tablespoons) about 2 inches apart on your baking sheet and bake for 10-15 minutes until the edges appear golden brown and cookies have reached your desired crunch!*

Step 3: Finish with an illustration or take a picture of your finished product to encourage them! Garnish with your harvested mint to make cookies even **more** appealing.



CONCLUSION

This experiment is a great way to encourage your students to find uses for the greens and veggies grown in their kits. We would love to see what your students came up with. Share your recipes with us on any of our social media platforms!