

Einkaufszettel 1 / Shopping List 1

- 1 Bund glatte Petersilie / **1 bunch of flat-leaf parsley**
- 1 Rotkohl / **1 red cabbage**
- 3 Äpfel / **3 apples**
- 2 Möhren / **2 carrots**
- 1 Zwiebel / **1 onion**
- 1,5 kg Kartoffeln / **1.5 kg potatoes**



Task 1: Seasonal & Regional Detectives

Find out which of the ingredients on your shopping list are currently in season in this region.

(Ask a vendor or look for signs that indicate regional products. Take a photo or write down the information you find.)



Task 3: Price vs. Sustainability

Compare the price of a regional & seasonal product with one that has been imported.

(Discuss in your group: Why do you think there is a difference? What impact does this have on sustainability?)

Einkaufszettel 2 / Shopping List 2

- 2 Äpfel / **2 apples**
- 1 Salatgurke / **1 cucumber**
- 3 Möhren / **3 carrots**
- 1 Zwiebel / **1 onion**
- 1,5 kg Kartoffeln / **1.5 kg potatoes**

Task 2: The Food's Journey

Try to find the most locally grown option for each ingredient.

(Choose three items from your shopping list and ask the vendor where they come from. How far have they traveled?)

Task 4: The Best Pick

Find the freshest-looking vegetables and fruits from your shopping list.

(What signs do you look for? Share your best picks with the group and explain your choice.)

Einkaufszettel 3 / Shopping List 3

- 1 Bund glatte Petersilie / **1 bunch of flat-leaf parsley**

- 2 Zitronen (unbehandelt) / **2 untreated lemons**
- 2 Äpfel / **2 apples**
- 3 Möhren / **3 carrots**
- 2 Zwiebeln / **2 onions**
- 1,5 kg Kartoffeln / **1.5 kg potatoes**

Task 5: Vendor Interview

Ask a vendor:

- How do they choose the products they sell?
- Do they prefer local farmers?
- What is their favorite seasonal product right now?

(Take notes or make a short video if possible!)

Task 6: Colorful Food Art

Arrange your purchased items in the most colorful and aesthetic way possible.

(Take a creative photo that represents “seasonal & regional food.”)

Einkaufszettel 4 / Shopping List 4

- 1 Zitrone (unbehandelt) / **1 untreated lemon**
- 1 Knolle Knoblauch / **1 bulb of garlic**
- 3 Äpfel / **3 apples**

- 2 Möhren / **2 carrots**
- 1 Zwiebel / **1 onion**
- 1,5 kg Kartoffeln / **1.5 kg potatoes**

Task 7: Sustainable Swap

Find one alternative product that could replace an imported ingredient to make your shopping list even more sustainable.

(Share your suggestion with the group!)

Task 8: Mystery Ingredient

Find a regional or seasonal ingredient that is not on your list but looks interesting.

(Ask a vendor how it can be used in cooking. Bonus: Take a photo!)

So bekommt jede Gruppe eine abwechslungsreiche Kombination aus Einkaufs- und Erkundungsaufgaben. Falls du noch Änderungen brauchst, sag Bescheid!



Tzatziki Freestyle

Ingredients:

100g low-fat quark

200g natural yoghurt

1/2 tsp salt

1 tbsp olive oil

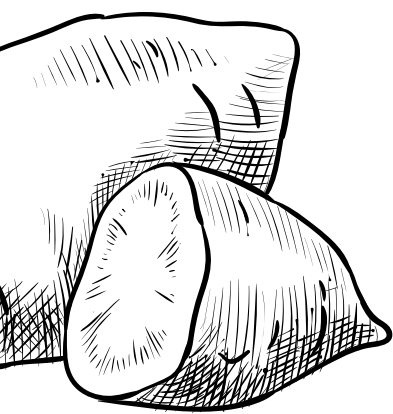
1/2 -1 cucumber

1/2 lemon, juice

1-2 garlic cloves

Preparation:

Mix the quark and yoghurt. Add the oil, lemon juice and a little lemon zest. Wash the cucumber and grate into the yoghurt quark. If desired, peel, chop or crush a clove of garlic and stir in. Flavour with salt and pepper.





Apple-Crumble vegan

Ingredients:

4 small apples

2 tbsp margarine

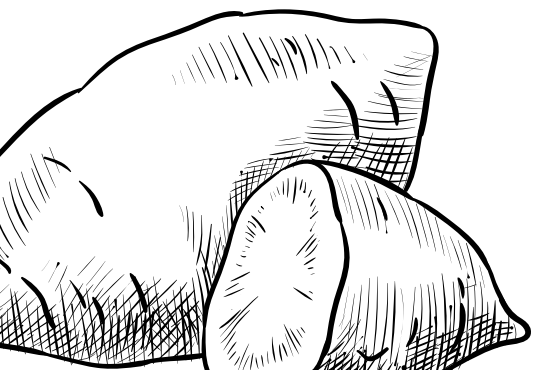
2 tbsp walnuts

4 tbsp instant oat flakes or fine flakes

2 tsp sugar

Preparation:

Wash the apples, pat dry, chop into small cubes and place in an ovenproof bowl. Crush the walnuts in a food processor. Mix the walnuts, rolled oats, margarine and sugar with your hands and pour the crumble mixture over the apple pieces. Bake at approx. 180 degrees for 10-15 minutes.





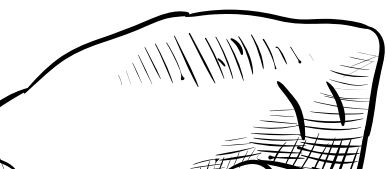
Vegan Banana Bread

Ingredients:

2-3 ripe bananas/ 120 g sugar/ 4 tbsp vegan butter/ 4-5 tbsp plant-based milk/
1 tbsp vinegar/ 80 g soft rolled oats/
180g flour / 4 tbsp walnuts/ 2 tsp baking powder/ 0.5 tsp cinnamon/
1 pinch of salt/ optional 25 g chocolate drops

Preparation:

Preheat the oven to 180 °C top/bottom heat. Brush a 20 cm loaf tin with a some oil and set aside. Mash the bananas in a large bowl and mix with all the other wet ingredients (milk, melted fat, sugar, vinegar). Then crush the walnuts and stir into the wet mixture with the other dry ingredients (rolled oats, wholemeal flour, baking powder, cinnamon, salt). Finally, stir in the chocolate drops. Pour the batter into the loaf tin and smooth out. Baking time approx. 40 minutes.





White Bean Salad

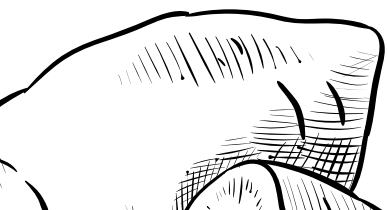
Ingredients:

- 1 gr. or 2 small tins or jars of white beans
- 1 onion
- 1 bunch of parsley, chopped
- 1 lemon, juice
- 4 tbsp brandy vinegar
- 6 tbsp olive oil
- 1 tbsp tahini
- 1/2 tsp salt
- 1/4 tsp paprika powder, sweet



Preparation:

Wash and drain the beans. Peel and finely chop the onion. Mix the lemon juice with the tahini, vinegar, olive oil, salt and paprika powder to make a dressing. Then mix with the other ingredients and leave the salad to stand for at least 15 minutes before serving.





Wild Garlic Pesto

Ingredients:

200g sunflower seeds or cashew nuts

1 bunch of wild garlic

150ml olive oil

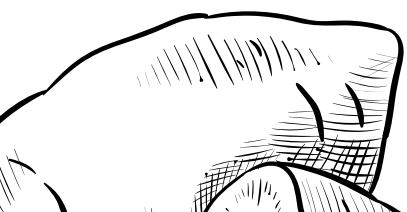
1/2 tsp salt

some lemon zest

1 tsp lemon juice

Preparation:

Roast the seeds or nuts in a pan without fat. Wash the herbs and pat them dry. Puree all the ingredients with a hand blender in a tall container or in a food processor. Goes well with pasta, as a salad dressing base or as a topping for baked vegetables or creamy soups.





Apple and Carrot Salad

Ingredients:

2 apples

4 carrots

1 onion

2 tbsp olive oil

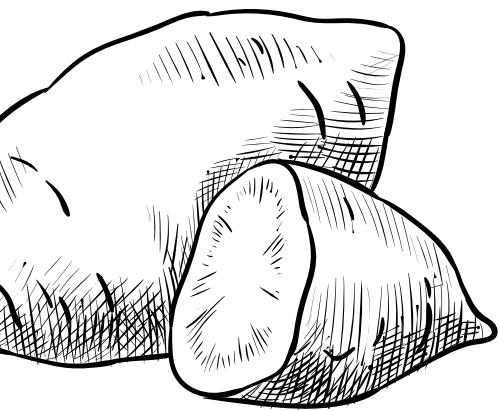
salt, pepper

a little lemon juice or vinegar

Preparation:

Wash the apples. Wash the carrots if necessary or peel them with a peeler. Finely grate both with a grater. Peel and finely grate the onion.

For the marinade, pour the oil and lemon juice or vinegar into a bowl, season with salt and pepper and mix well. Add the shredded vegetables and fruit and mix everything together.





Baked Potatoes

Ingredients:

8-10 potatoes

4 tbsp olive oil

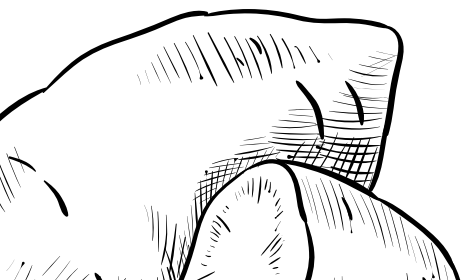
$\frac{1}{2}$ tsp salt

some pepper, sweet paprika powder, dried herbs

Preparation:

Preheat the oven to 200° C grill function/hot air. Wash the potatoes well. After washing, cut each into at least 4 wedges.

For the marinade, shake the oil and spices well in a screw-top jar and mix the potatoes with the marinade in a bowl. Place on an oven tray lined with baking paper. Bake for approx. 20 minutes on the middle shelf. Goes well with herb quark or Tzatziki.





Butter & Herbal Butter

Ingredients:

2 cups of fresh unwhipped cream

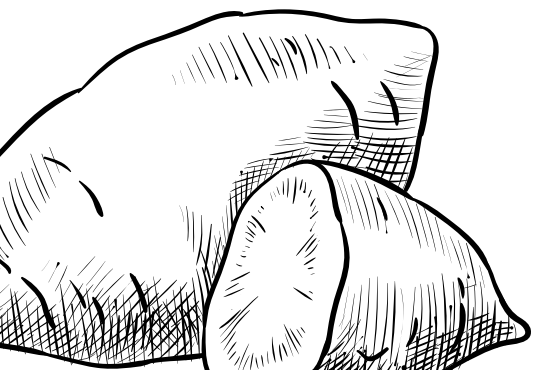
a little salt

1 tsp fresh or dried herbs

material: 4 screw-top jars, tea towels

Preparation:

Divide the whipped cream between several screw-top jars and close well. Shake for approx. 10 minutes until the butter has separated from the buttermilk. 'Wring out' the butter with a cloth. Mix with salt and herbs. Tastes delicious on fresh bread rolls. The buttermilk can be mixed into smoothies or used for baking.





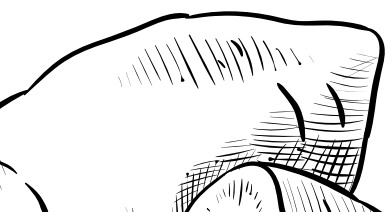
Carrot spread

Ingredients:

- 1 onion
- 1 garlic clove
- 3 carrots
- 200g tomato paste
- 100g margarine
- 1 tsp salt
- 1 tsp dried or fresh herbs

Preparation:

Peel the onion, garlic and carrots and roughly chop everything. Then puree these three ingredients. Melt the butter in a pan, add the mash and fry it gently. Finally, add the tomato paste, salt and herbs and mix everything well. Remove from the heat and pour into hot washed glass jars. Serve as a spread or with pasta.





Crunchy-Muesli

Ingredients:

250g oats

2 tbsp each nuts, almonds, seeds

2 tbsp sunflower seeds

2 tbsp grated coconut

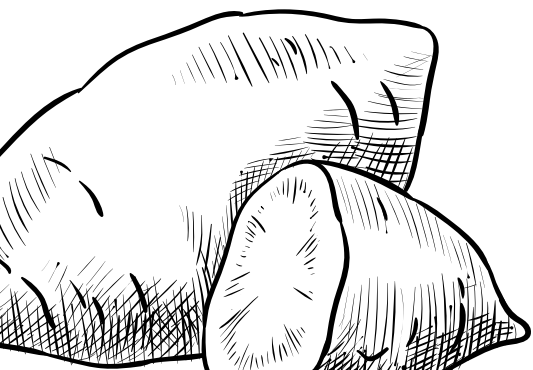
some honey

Prepare in the oven:

Chop the nuts in a food processor.

Mix everything together and place on a baking tray lined with baking paper. Bake at 175 degrees for approx. 15-20 minutes.

Tip: Serve with fresh fruit and yoghurt.





Granola salty-spicy

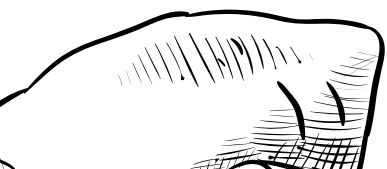
Ingredients:

- 1 small cup of crushed walnuts
- 1 small cup of crushed cashews
- 1 small cup of rolled oats
- 1 small cup of linseed
- 1 small cup sesame seeds
- 1 tsp salt
- 1/2 tsp chilli flakes
- some pepper

Preparation:

Preheat the oven to 180 degrees top/bottom heat. Mix all the ingredients in a bowl and then place on a baking tray lined with baking paper. Place in the oven and after 8 minutes, turn the granola mixture for even roasting.

After a further 5 minutes, the granola is ready. Leave to cool and use as a topping for salads or soups. The granola topping will keep for a couple of weeks in a jar.





Herb Hummus

Ingredients:

approx. 400g cooked chickpeas

1 clove of garlic

2 tbsp tahini

2 tbsp olive oil

salt

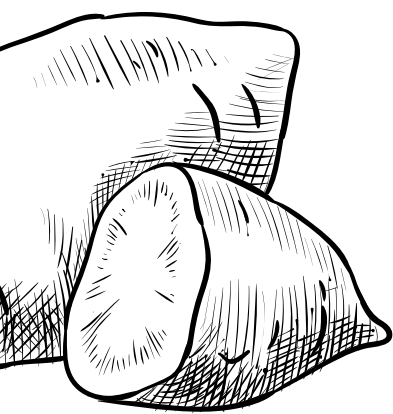
1/2 bunch of herbs (e.g. parsley)

a little water if necessary

Preparation:

Wash the herbs and pat dry. Rinse the chickpeas in a strainer and drain. Peel the garlic clove. Blend everything with a hand blender in a tall container to a homogeneous sauce.

Goes well as a spread or side dish.





Red Cabbage Salad

Ingredients:

1/2 head of red cabbage

juice of half a lemon

1 tsp cumin seeds

some chilli flakes

some olive oil

salt

Preparation:

Roughly grate the red cabbage or chop in a food processor. Mix with lemon juice, cumin, chilli flakes, olive oil and salt. Leave to rest briefly.

Tip: Rub off the lemon zest before squeezing and mix with salt in a small screw-top jar. After a few days, you will have a deliciously flavoured lemon salt!





Review of the cooking course: sustainable nutrition

- Cooking sustainably means taking good planning into account when cooking. Which foods do I need to use? Can I swap foods in a recipe to make a dish more climate-friendly?
- Every time you avoid meat, your dish is many times more environmentally friendly.
- Sustainable also means using leftovers and not throwing them away, e.g. pasta can be turned into pasta salad, leftover jacket potatoes into roast potatoes, etc.
- A few regularly made basics will make your daily cooking easier, e.g. pesto, vegetable seasoning, hummus, bread dough, vinaigrette, etc.
- Use leftover peelings from carrots, potatoes, etc. to make vegetable stock or crisps. (Zero Waste)
- If you churn butter from cream, buttermilk is a by-product. You can mix it with juices or use it for baking.
- If you make your own butter, it produces significantly less CO² equivalents than bought butter. See www.umweltbundesamt.de
- Keep your shopping climate-friendly and plan your meals: buy in bulk once a week/ buy unpackaged fruit and vegetables.



Rolls

Ingredients:

500g flour

1 cup warm water

1 tsp salt

1 tsp dry yeast

1/2 tsp sugar

Preparation:

Mix the dry yeast with water and sugar, leave to rest briefly. Then make a dough of flour, salt and yeast mixture, knead well. Shape into small, round blanks and place on a baking tray lined with baking paper. Preheat the oven to 200 degrees. Leave the blanks to rest briefly, brush with water and then bake for 15 minutes.

