

Week Four

Resource Sheet



Key Resources

✓ WVU Extension – Food Preparation & Cooking Resources

Provides guidance on safe food handling, basic cooking skills, and preparing fresh fruits and vegetables. Includes tips for maximizing flavor and nutrition.

Links —→ extension.wvu.edu/food-health

✓ USDA MyPlate Kitchen – Recipes & Cooking Tips

Offers a wide variety of simple, budget-friendly recipes featuring fruits, vegetables, and herbs, along with cooking tips for healthy meal preparation.

Link —→ myplate.gov/myplate-kitchen

✓ Culinary Institute of America – Basic Cooking Techniques

Introduces essential cooking methods such as roasting, sautéing, steaming, and knife skills to build confidence in the kitchen.

Link —→ ciachef.edu

✓ Oldways – Healthy & Cultural Recipes

Provides recipes and resources that emphasize whole foods and traditional cooking methods, supporting healthy eating patterns.

Link —→ oldwayspt.org/

✓ Seasonal Food Guide – West Virginia

Helps participants identify which specialty crops are in season, making it easier to plan fresh, flavorful meals.

Link —→ seasonalfoodguide.org/

This week's resources focus on building participants' confidence in cooking with West Virginia specialty crops by introducing basic culinary skills, simple recipes, and flavor pairing techniques. Materials from WVU Extension, USDA MyPlate, and culinary organizations provide guidance on safe food preparation, cooking methods, and using fresh, seasonal ingredients.

These resources support the Cooking Class activity by helping participants apply hands-on skills, explore new recipes, and learn how to incorporate specialty crops into everyday meals. Together, they encourage creativity in the kitchen while reinforcing the value of cooking with locally grown foods