



## ***Whole Foods Market Culinary Produce Training***

This seasonal culinary produce training series—, summer, fall, and winter—is created to educate Whole Foods Market team members on the peak produce of each season. The goal is to provide a deeper understanding of where each item comes from, how to assess quality, handle, store, cut, and prepare it, and to share tips, tricks, and recipe ideas that spark inspiration. Each session focuses on hands-on learning with seasonal produce, allowing team members to cook, taste, and collaborate while absorbing valuable knowledge. This immersive experience empowers team members to confidently share their excitement and expertise with shoppers, helping transform produce departments into vibrant, informative, and deliciously seasonal spaces.

### ***Summer-2011***

\*We have designed this class to optimize the amount of items made so that the team leaders can come away with a plethora of ideas for the seasonal items chosen. Each of the team members will not get to make each of the 18 recipes, but they will be able to taste each recipe and make 6 recipes per each team. They will all be around each other and communicating and thus absorbing info and ideas from each other's teams. All will be given recipe packets for each thing made, whether it be from the pre-made list of other teams' recipes. We will have one instructor per group to work hand in hand with each group as well as Nissa instructing the entire class. We will eat and taste as we go, tasting size portions but PLENTY of food.

#### **Produce Items Covered**

##### **❖ Summer Stone Fruit**

- Peaches: White, Yellow, Doughnut (various varieties)
- Plums: Italian Prune, Catalina, Friar, Rosa, Black Splendor (red flesh, purple flesh and light flesh plums to be covered)
- Nectarines : Yellow & White
- Apricots (various varieties)
- Highbreds: Plumcot & Pluots

##### **❖ Green & Yellow Summer Squash**

- Zucchini: Golden & Green
- Patty Pan & Sunburst : White, Green, Speckled and Yellow
- Crookneck Squash
- Heirloom Summer Squash

##### **❖ Eggplants**

- Globe Eggplant : Black Beauty (Large Black Varieties)
- Ping Tung Long Eggplant : (Long Japanese Eggplant)
- Japanese White Egg Eggplant
- Chinese Mauve Eggplant
- Graffiti Eggplant
- Exotic & Heirloom Eggplants

### ❖ **Summer Melons**

- Crenshaw
- Golden Honey Dew
- Santa Clause
- Casaba
- Pepino
- Heirloom Melons

### → **Recipes**

**Drink Bar** Drink bar is set up in the back of the classroom, with pre made stone fruit purees and herbal syrups, basil lime syrup will also be made and then tonic water and herbed melon ice cubes provided, we will go over how to make these recipes at the beginning and then they will get to make their own sodas at the class progresses and mix and match flavors etc.

- ❖ Stone Fruit Herbal Soda Bar –Make Your Own, Mix & Match
- ❖ Basil Lime Sodas with Herbed Melon Ball Ice Cubes

**Recipes Pre-Made** these recipes require little or not work, most will be premade as to give the class an idea of tasting more and having more options with the produce, these will be available throughout the class to taste and we will talk about them at the beginning of the class.

- ❖ Crenshaw & Basil Frozen Ice
- ❖ Summer Melon & Herb, Stone Fruit & Herb Popsicles
- ❖ Fresh Heirloom Melons & Prosciutto Wraps with Lemon Thyme Drizzle
- ❖ Portabella Mushroom Quiche
- ❖ Summer Squash Soup with Mint Pesto

**In Class Recipes** the 26 people will be divided into 3 groups (2 groups of 10 and 1 group of 6) Each group will do 6 recipes each, all doing recipes that are similar at the same time, and tasting the dishes as we prepare them. The 6<sup>th</sup> group of recipes may or not happen due to time constraints, but we will have a lot of things prepped to make the flow move quicker, while still making sure it is VERY hands on.

- ❖ Grilled Chicken Pillards with Grilled Peach & Pepino Salsa (Group #1)
- ❖ Grilled Chicken Pillards with Cucumber Melon Herb Salsa (Group #2)
- ❖ Grilled Chicken Pillards with Nectarine Salsa & Peach BBQ Sauce (Group #3)

- ❖ Zucchini Cakes with Greek Yogurt Dip (Group #1)
- ❖ Grilled Stone Fruit with Honey Herbed Cream (Group #2)
- ❖ Grilled Zucchini, Portobello's & eggplant with Lemon Ricotta (Group #3)

- ❖ Grilled White Eggplant With Peanut Sauce and Cilantro Red Pepper Relish (Group #1)
- ❖ Grilled Eggplant Rolls with Tomatoes and Zucchini Mint Salsa (Group #2)
- ❖ Rosemary & Plum Grilled Pork (Group #3)

- ❖ Apricot Tarts: 3 ways : Puff Pastry, Phyllo & Tart Shell (All Groups #1-2-3)
- ❖ Apricot Plout Almond Tart (Group #1)
- ❖ Apricot Baklava (Group #2)
- ❖ Rustic Rye Apricot Cherry Gallette (Group # 2)

- ❖ Shaved Summer Squash Salad with Chili & Mint & Toasted Pine Nuts (Group #1)
- ❖ Summer Squash & Portobello Tacos (Group #2)
- ❖ Sautéed Baby & Thai Eggplants with Basil & Peppers (Group #3)

