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Mixed-Up Meal

Explore the Korean Harvest Moon Festival through a traditional rice dish.

EDUCATION + ACTIVITIES

Social Studies & History: The Harvest Moon Festival, or *Ch'usok*, is one of the most important holidays in Korea. Families indulge in traditional foods that feature harvested ingredients, including vegetables, fish and grains. During the celebration, they exchange gifts, play games and dance to folk music.

Math: Like most of the world, Korea uses the Gregorian calendar, but the Harvest Moon Festival is based on the original lunar calendar, which means the date of the celebration changes annually. This year, the festival takes place on September 14th. Can your child think of any other holidays that are based on a lunar calendar?

Food: Rice is a staple food in Korea and the most widely grown crop. One popular dish is called *bibimbap* (also spelled *bibimbop*)—a rich bowl with veggies, eggs and beef. Generally, Korean meals are served with small dishes of *kimchee* (spicy pickled cabbage) and other vegetables. Koreans use chopsticks to eat. Have your child try using chopsticks at dinner.

Language Arts: In Korean, which is the spoken language in North and South Korea, *bap* means “cooked rice” and *bee-bim* means “mixed up.” Elementary-aged kids can learn more about this traditional meal from Linda Sue Park’s book *Bee-bim Bop!*.



Cricket Azima is a chef and children's cooking expert. She is the founder of The Creative Kitchen, based in New York City, and author of the children's cookbook *Everybody Eats Lunch*.

BIBIMBAP

Bibimbap is traditionally made in a hot stone bowl called a *dolsot*, but in this adapted recipe, the dish is cooked in a wok or frying pan. To achieve authentic Korean flavor, marinate the meat in soy sauce, sesame oil, rice wine vinegar, garlic, ginger, sesame seeds, pepper and a pinch of sugar before grilling.

3 cups	steamed white rice, kept warm (although it's untraditional, try using brown rice)	1 cup	shitake mushrooms
		1	small zucchini
		2 cups	bean sprouts
1 lb.	rib-eye steak, thinly sliced, grilled or fried and kept warm	2 cups	baby spinach leaves
		1 tbsp.	sesame oil
		1 tbsp.	sesame seeds
4	eggs fried sunny-side up, kept warm		Soy sauce, to taste
			Asian red chili paste, to taste
1 tbsp.	vegetable oil		
2	carrots, peeled	2	scallions

PARENT: Separately cook rice, steak and eggs as directed above. Set aside.

PARENT & CHILD: After parent cuts vegetables into manageable pieces, child can use plastic knife to help cut carrots, mushrooms and zucchini into a julienne (short, thin slices) and set them aside.

Slice scallions into small pieces and set aside separately to use at end of recipe.

CHILD: Wash bean sprouts and baby spinach leaves. Place with vegetables.

PARENT: In a large frying pan, heat oil and stir-fry vegetables (carrots, mushrooms, zucchini, bean sprouts and spinach) until barely tender.

PARENT & CHILD: Arrange bibimbap by dividing rice into 4 bowls. Divide meat and vegetables and arrange on top of rice in a circle around outside of bowl. Place egg in center of vegetables, on top of rice.

Top each bowl, to taste, with sesame oil, sesame seeds, soy sauce, red chili paste and scallions. Stir bowl of ingredients together very well just before eating.

SERVES 4 Per serving: calories 628, fat 25g, protein 45g, carbohydrates 55g, dietary fiber 3g

