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A Home Education Handbook

Nine Questions To Ask for Simple &
Balanced Home-Based Learning



CARRIE DE FRANCISCO

PDF BONUS PACK

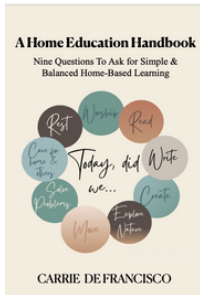


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3 Question METHOD



Read any passage. Then answer the following 3 questions.

What was the passage
about?

Who

When

Where

Why

What

Summarize (or narrate) the passage.

How can I apply this passage
this week?

Be specific!

What can I learn from this
passage?

- Are there any commands?
- Are there any promises?
- Are there any warnings?
- Is there an example to follow (or not to follow)?
- What is the main truth or lesson?
- What attributes of God are seen?
- How does this passage point to Jesus?
- What challenges or surprises you?
- What questions do you have?
- What verse stands out?

Use these questions to guide your discussion.

Book Recommendations

Ancient History



Adam and His Kin by Ruth Beechick

Gilgamesh the King, The Revenge of Ishtar & The Last Quest of Gilgamesh retold by Lyudmila Zeman

Mythology: Timeless Tales of Gods and Heroes by Edith Hamilton

Tales of Ancient Egypt by Roger Lancelyn Green

Greek Myths for Young Children by Heather Amery

D'Aulaire's Book of Greek Myths by Ingri d'Aulaire

The Golden Goblet by Eloise McGraw

The Cat of Bubastes by G.A. Henty

God King: A Story in the Days of King Hezekiah by Joanne Williamson

Mara, Daughter of the Nile by Eloise Jarvis McGraw

Egyptian Treasures: Mummies and Myths by Jim Weiss

Archimedes and the Door to Science by Jeanne Bendick

Galen and the Gateway to Medicine by Jeanne Bendick

The Librarian Who Measured the Earth by Kathryn Lasky

The Children's Homer: The Adventures of Odysseus and the Tale of Troy by Padraic Colum

Alexander the Great by Jane Bingham

What's Your Angle, Pythagoras? by Julie Ellis

The Trojan Horse: How the Greeks Won the War by Emily Little

Tales for the Odyssey by Mary Pope Osborne

Heroes in Mythology: Theseus, Prometheus, and Odin by Jim Weiss

King Midas and the Golden Touch by Eric Metaxas

Aesop's Fables by Lisbeth Zwerger

The Bronze Bow by Elizabeth George Speare

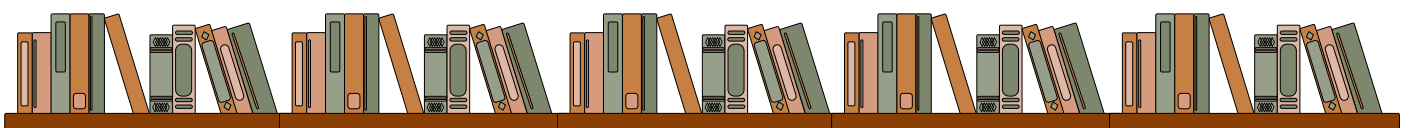
Twice Freed by Patricia St. John

Young Reader's Shakespeare: Julius Caesar by Adam McKeown

Augustus Caesar's World by Genevieve Foster

*****The Days of Elijah* by John Noble**

****Specifically for high school.**



Book Recommendations



Medieval & Renaissance Era

Door in the Wall by Marguerite de Angeli
Beowulf by Morpurgo
One Thousand and One Arabian Nights by Geraldine McCaughrean
The Legend of King Arthur (any version)
Sir Gwain and the Green Knight by Morpurgo
Crispin: The Cross of Lead by Avi
The False Prince by Jennifer A. Nielsen
The Merry Adventures of Robin Hood by Howard Pyle
The Midwives' Apprentice by Cushman
A Proud Taste for Scarlet and Minerva by Konigsburg
Matilda Bone by Cushman
Catherine Called Birdy by Cushman
Marco Polo by Demi
The Kite Rider by Geraldine McCaughrean
Legend of Mulan (any NON- Disney version)
Joan of Arc by Diane Stanley
Genghis Khan by Demi
A Single Shard by Linda Sue Park
Ink on His Fingers by Louise
Gutenberg's Apprentice by Christie
Who in the World was the Secretive Printer by Beckham
The Bard of Avon: The Story of William Shakespeare by Diane Stanley
Shakespeare's Stories Retold by Samantha Newman
Sebastian Bach, The Boy from Thuringia by Opal Wheeler
Frederic Chopin, Son of Poland, Early Years by Opal Wheeler
Handel at the Court of Kings by Opal Wheeler
Ludwig Beethoven and the Chiming Tower Bells by Opal Wheeler

*****Beowulf: A New Verse Translation* by Seamus Heaney**

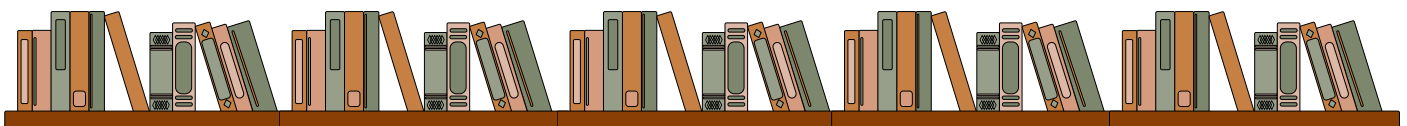
*****Canterbury Tales* by Chaucer**

*****The Trumpeter of Krakow* by Eric P. Kelly**

*****Ivanhoe* by Sir Walter Scott**

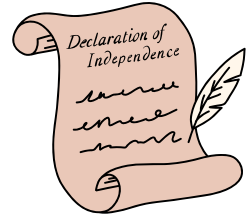
****Shakespeare's *Romeo & Juliet*, *Hamlet*, *Macbeth*, *Taming of the Shrew*, *Henry V*, and *King Lear***

****Specifically for high school.**



Book Recommendations

American & Modern World History: Exploration and Colonization



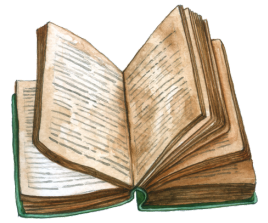
Columbus by Ingri d'Aulaire
The Columbus Story by Alice Dalgliesh
Pedro's Journal by Pam Conrad
The Thanksgiving Story by Alice Dalgliesh
Squanto's Journey by Joseph Bruchac
If You Sailed on the Mayflower in 1620 by Ann McGovern
The Story of the Pilgrims by Katharine Ross
The Pilgrims' First Thanksgiving by Ann McGovern
The Very First Thanksgiving Day by Rhonda Gowler Greene
The First Thanksgiving by Jean Craighead George
Squanto's Journey: The Story of the First Thanksgiving by Joseph Bruchac
My First Thanksgiving by Tomie dePaola
Squanto and the Miracle of Thanksgiving: A Harvest Story from Colonial America of How One Native American's Friendship Saved the Pilgrims by Eric Metaxas
Pocahontas and the Strangers by Clyde Robert Bulla
Pocahontas by Ingri d'Aulaire
The Landing of the Pilgrims by James Daugherty
The Courage of Sarah Noble by Alice Dalgliesh
If You Lived in Colonial Times by Ann McGovern
Ox-Cart Man by Donald Hall
Elin's Amerika by Marguerite de Angeli
Thee, Hannah! By Marguerite de Angeli
Witch of Blackbird Pond by Elizabeth George Speare
Why Not, Lafayette? By Jean Fritz
***The Scarlet Letter* by Nathaniel Hawthorne
***The Crucible* by Arthur Miller

American & Modern World History: American Revolution

If You Were to Grow Up With George Washington by Ruth Belov Gross
George Washington by Ingri d'Aulaire
Benjamin Franklin by Ingri d'Aulaire
The Fourth of July Story by Alice Dalgliesh
Shhh! We Are Writing the Constitution by Jean Fritz
Johnny Tremain by Esther Forbes
What are You Figuring Now?: A Story about Benjamin Banneker by Jeri Ferris
Phoebe the Spy by Judith Griffin
Ben and Me by Robert Lawson
Mr. Revere and I by Robert Lawson
A Voice of Her Own: The Story of Phillis Wheatley by Kathryn Lasky
Remember the Ladies: A Story about Abigail Adams by Jeri Chase Ferris



Book Recommendations



AMERICAN & MODERN WORLD HISTORY: CIVIL WAR & SLAVERY

Clara Barton: Founder of the American Red Cross by Childhood of Famous Americans Series
Abe Lincoln: Log Cabin to White House by Sterling North
Abraham Lincoln's World by Genevieve Foster
Abraham Lincoln by Ingri d'Aulaire
Across Five Aprils by Irene Hunt
Abe Lincoln Grows Up by Carl Sandburg
The Perilous Road by William O Steele
Thank You, Sarah: The Woman Who Saved Thanksgiving by Laurie Halse Anderson
Rifles for Watie by Harold Keith
The Adventures of Huckleberry Finn by Mark Twain (Abridged Version)
Ain't I a Woman? By Sojourner Truth
The Story of Harriet Tubman: Conductor of the Underground Railroad by Kate McMullen
Amos Fortune: Free Man by Elizabeth Yates
***Little Women* by Alcott
***To Be a Slave* by Julius Lester
***Up From Slavery* by Booker T. Washington
***Uncle Tom's Cabin* by Harriet Beecher Stowe
***Red Badge of Courage* by Stephen Crane

AMERICAN & MODERN WORLD HISTORY: WESTERN MOVEMENT

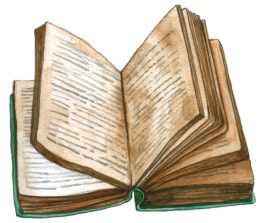
Little House in The Big Woods Series by Laura Ingalls Wilder
Farmer Boy by Laura Ingalls Wilder
Island of Blue Dolphins by Scott O'Dell
Sign of the Beaver by Elizabeth George Speare
Caddie Woodlawn by Carol Brink
The Yearling by Marjorie Kinnan Rawlings
Sarah Plain and Tall by Patricia MacLauchlan
American Tall Tales by Adrien Stoutenburg
Heart of a Samurai by Margi Preus
By the Great Hornspoon! by Sid Fleischman
The Ballad of Lucy Whipple by Karen Cushman
The Journal of Wong Ming-Chung: A Chinese Miner, California, 1852 by Laurence Yep
The Iron Dragon Never Sleeps by Stephen Krensky

**My Antonia* by Wilma Cather

**Specifically for high school.



Book Recommendations



1800's, Industrial Age, Progressive Era & Great Depression

A Christmas Carol by Charles Dickens
The Story of Peter Tchaikovsky by Opal Wheeler
If You Lived a Hundred Years Ago by Ann McGovern
Cheaper by the Dozen by Frank B. Carey & Ernestine Gilbreth
Strawberry Girl by Lois Lenski
The Lion in the Box by Marguerite de Angeli
No Promises in the Wind by Irene Hunt
Theodore Roosevelt by Genevieve Foster
The Wright Brothers: Pioneers of American Aviation by Quentin Reynolds
Out of the Dust by Karen Hesse
Esperanza Rising by Pam Muñoz Ryan

*****Tale of Two Cities* by Charles Dickens**
*****Oliver Twist* by Charles Dickens**
*****The Jungle* by Upton Sinclair**
*****To Kill a Mocking Bird* by Harper Lee**
*****The Great Gatsby* by F. S. Fitzgerald**
*****The Grapes of Wrath* by John Steinbeck**

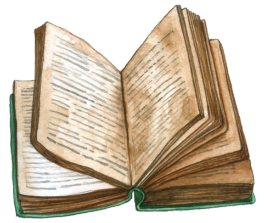
American & Modern World History: World Wars

Twenty and Ten by Bishop
Shooting at the Stars by John Hendrix
Number the Stars by Lois Lowry
Albert Einstein: Young Thinker by Childhood of Famous Americans series
Mercedes and the Chocolate Pilot by Margot Theis Raven
Diary of Anne Frank
The Hiding Place by Corrie Ten Boom
The Night Journey by Lasky
The Boy in Striped Pajamas by John Boyne
The Boys Who Challenged Hitler: Knud Pedersen and the Churchill Club by Hoose
Unbroken by Laura Hillenbrand (Young Readers Edition)
The Book Thief by Markus Zusak

*****God Smuggler* by Brother Andrew**
*****All Quiet on The Western Front* by Erich Remarque**
**** *A Separate Peace* by John Knowles**
*****Night* by Elie Wiesel**



Book Recommendations



American & World History: Civil Rights Movement

If You Lived During the time of Martin Luther King Jr by Ellen Levine

In the Year of Boar and Jackie Robinson by Bette Bao Lord

Roll of Thunder, Hear My Cry by Mildred D. Taylor

Stealing Home: The Story of Jackie Robinson by Denenburg

The Watsons Go to Birmingham by Curtis

Bud, Not Buddy by Curtis

Souder by Armstrong

The Hundred Penny Box by Mathis

The Autobiography of Martin Luther King Jr.

American & Modern World History: Modern Times

Keeping Score by Linda Sue Park

Wednesday Wars by Gary D. Schmidt

The Red Scarf Girl: A Memoir of a Cultural Revolution by Ji-li Jiang

Christian Heroes: Then & Now Series by Janet and Geoff Benge

No Greater Love by Mother Theresa

The Boy Who Harnessed the Wind, Young Reader's Edition by William Kamkwamba

Kisses from Katie: A Story of Relentless Love and Redemption by Katie Davis Majors

The Year of Impossible Good Byes by Sook Nyul Choi

Listen Slowly by Lai

Inside Out and Back Again by Lai

The Man with the Red Bag by Eve Bunting

American & Modern World History: Dystopian Novels for High Schoolers

*****Animal Farm* by George Orwell**

*****1984* by George Orwell**

*****Brave New World* by Aldous Huxley**

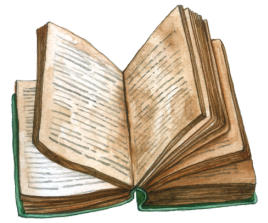
*****Fahrenheit 451* by Bradbury**

*****The Giver* by Lois Lowry**

****Specifically for high school.**



Book Recommendations



Series for a Variety of Time Periods

American Girl Series

Dear America Series

My Name is America Series

If You Lived Series

I Survived the... Series

Magic Tree House Series

Who Is... Series

Non Fiction & Primary Documents

Read biographies and autobiographies- picture books and novels

****Read primary documents, speeches, court cases, newspaper articles, etc.**

Magna Carter, Mayflower Compact, Christopher Columbus journal entries,
Declaration of Independence, Gettysburg Address, “I Have a Dream” speech,
Federalist Papers, “Give Me Liberty” speech, Brown Vs. Board of Education, etc.

****Specifically for high school.**



Read aloud a journal prompt. Set a timer. Free write (or brain dump) for 5 minutes. End with each person sharing what they wrote.

General Topics:

1. Make a list of what you did yesterday. Be as detailed as you can.
2. Write a letter to someone.
3. Tell about a dream you had this week.
4. Write about a time you were really angry. What caused your anger? What did you do?
5. "A silver drone hovered outside my window, its red eye scanning my room...."(finish the story)
6. Write a list of everything you can think of that rolls.
7. Write about a book you are reading.
8. Explain how to make your favorite sandwich. List the steps.
9. Describe your mom or dad. What things do you like to do with him or her?
10. What do you want to do or be when you grow up?
11. What is one thing you wished you had? Why?
12. List what you do in a typical school day. Tell what you like and don't like.
13. Write at least 20 uses of a plastic cup. Be creative too.
14. "CRUNCH! Then, I heard footsteps coming...". (Finish the story)
15. If you could travel anywhere, where would you go? Why?
16. Invent a new ice cream flavor. Describe it.

Animal- Themed Topics:

1. What is your favorite animal and why?
2. Write about a day it really rained cats and dogs.
3. List 15 things you know about birds.
4. If you could be any animal, what would you be? Why?
5. Write an origin tale about "How Zebras Got Their Stripes."
6. Write about your pet's day from his or her point of view.
7. Invent a new animal species. Describe it.
8. Write a conversation between you and your pet.
9. "The Night I Slept at the Zoo....." (finish the story)
10. Create an Acrostic Poem about your favorite animal.
11. Which is better: Dogs or Cats? Explain.
12. If you were king of the jungle, would laws or rules would you decree?
13. "One day, I was walking in the park and saw a snake slithering up to..... "(finish the story)
14. Make a sign to advertise a dog walking or pet sitting business.



Math Picture Books

This list will get you started! It is not a comprehensive list but a list of some of my favorite, go-to math picture books and authors.

MATH FUN & PROBLEM SOLVING BOOKS

Missing Math: A Number Mystery by Loreen Leedy

I'm Trying to Love Math by Bethany Barton

Math Curse by Jon Scieszka

Math-terpieces: The Art of Problem-Solving by Greg Tang

Math For All Seasons: Mind-Stretching Math Riddles by Greg Tang

Math Poetry by Betsy Franco

Mathmatickles by Betsy Franco

Marvelous Math: A Book of Poems by Lee Bennett Hopkins

COUNTING BOOKS

7 Ate 9 (by Tara Lazar

The Count Your Way Through... Series by Jim Haskins

Count Your Way through Mexico by Jim Haskins

What Comes in 2's, 3's & 4's? by Suzanne Aker

My Even Day (Arbordale Collection) by Doris Fisher *One Odd Day (Arbordale Collection)* by Doris Fisher

The Icky Bug Counting Book by Jerry Pallotta

Two Ways to Count to Ten: A Liberian Folktale by Ruby Dee

Eggs and Legs: Counting by Twos (Know Your Numbers) by Michael Dahl

The Button Box by Margarette S. Reid, Sarah Chamberlain

12 Ways to Get to 11 (Aladdin Picture Books) by Eve Merriam

Ten Black Dots by Donald Crews

Too Many Pumpkins by Linda White

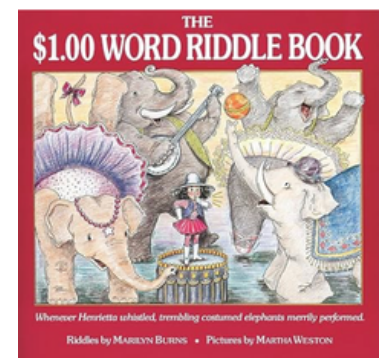
The Button Box by Marguerite Reid

Toasty Toes by Michael Dahl

Tally O'Mally (Math Start) by Stuart Murphy

One is a Snail, Ten is a Crab by April Sayre

Only One by Marc Harshen



ADDITION

If You Were a Plus Sign (Math Fun) by Trisha Speed Shaskan,

Mission: Addition by Loreen Leedy

SUBTRACTION

Elevator Magic, Level 2 (MathStart Subtracting) (MathStart 2) by Stuart J. Murphy, G

Subtraction Action by Loreen Leedy

PLACE VALUE AND LARGE NUMBERS

A Million Fish...More or Less by Patricia McKissack

Anno's Mysterious Multiplying Jar by Masaichiro Anno

The King's Chessboard (Picture Puffins) by David Birch

Anno's Magic Seeds (Picture Books) by Mitsumasa Anno

A Place for Zero by Angeline Sparagna LoPresti

How Much Is a Million? by David M Schwartz

One Hundred Hungry Ants by Elinor J Pinczes

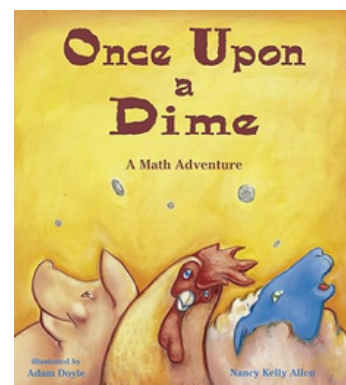
The Penguin Place Value: Math Adventures by Stone

365 Penguins by Jean-Luc Fromental

Feast for Ten by Cathryn Falwell

Ten Magic Butterflies by Danica McKellar

Zero in the Leaves on the The Tree by Betty Franco



MULTIPLICATION

Sea Squares by Joy Hulme

Amanda Bean's Amazing Dream: A Mathematical Story by Cindy Neuschwander

The Lion's Share by Matthew McElligott *Two of Everything* by Lily Toy Hong

DIVISION

The Great Divide: A Mathematical Marathon by Dayle Ann Dodds

A Remainder of One by Elinor J Pinczes

The Doorbell Rang by Pat Hutchins

MEASUREMENT

Pigs in the Pantry: Fun with Math and Cooking (Pigs Will Be Pigs) by Amy Axelrod

Jim and the Beanstalk by Raymond Briggs

How Big Is a Foot? by Rolf Myller

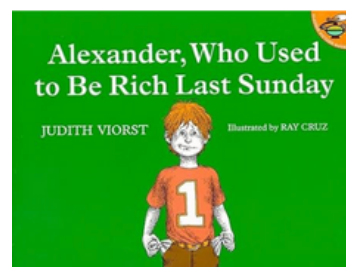
Twelve Snails to One Lizard: A Tale of Mischief and Measurement by Susan Hightower

Spaghetti And Meatballs For All by Marilyn Burns

TIME

Pigs on a Blanket (Pigs Will Be Pigs) by Amy Axelrod

The Grouchy Ladybug by Eric Carle



MONEY & DECIMALS

Alexander, Who Used to Be Rich Last Sunday by Judith Viorst

Dollar Word Riddle Book:-8 by Maryln burns

Pigs Will Be Pigs: Fun with Math and Money (Fun with Math & Money) by Amy Axelrod

FRACTION

Fraction Fun by David A. Adler

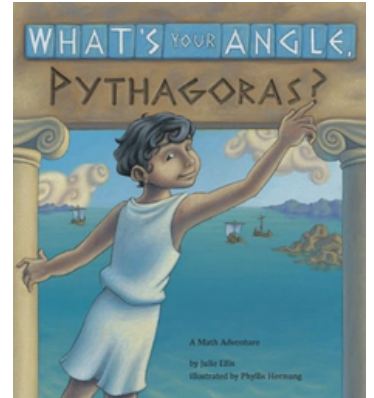
Inchworm and a Half by Elinor J Pinczes

The Wishing Club: A Story about Fractions by Donna Jo Napoli

The Hershey's Milk Chocolate Bar Fractions Book by Jerry Pallotta

GEOMETRY

If You Were a Quadrilateral (Math Fun) by Molly Blaisdell
The Greedy Triangle (Scholastic Bookshelf) by Marilyn Burns
Sir Cumference and the First Round Table by Cindy Neuschwander
It Looked Like Spilt Milk by Charles Shaw
Grandfather Tang's Story (Dragonfly Books) by Ann Tompert
Round Is a Tortilla: A Book of Shapes by Roseanne Thong
Sizing Up Winter by Flats



MIDDLE SCHOOL & HIGH SCHOOL CHAPTER BOOKS/PICTURE BOOKS

Blockhead: The Life of Fibonacci by Joseph D'Agnese
What's Your Angle, Pythagoras by Julie Ellis
Counting on Katherine: How Katherine Johnson Saved Apollo 13
The Boy Who Loved Math: The Improbable Life of Paul Erdos by Deborah Heligman
Nothing Stopped Sophie: The Story of Unshakeable Sophie Germain by Bardoe
Math Talk: Mathematical Ideas in Poetry by Thenos Pappas
Edgar Allan Poe's Pie: Math Puzzlers in Classic Poems by Patrick Lewis
Flatland: A Romance of Many Dimensions by Edwin Abbott
The Phantom Tollbooth by Norton Juster



For the Art Challenged & Nature Deficient Parent

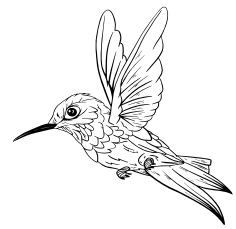
Simple Nature Journaling



Carrie De Francisco
WWW.COFFEEWITHCARRIE.ORG



Book Recommendations



The Laws Guide to Nature Drawing and Journaling by John Muir Laws

Wild and Free Nature: 25 Outdoor Adventures for Kids to Explore, Discover, and Awaken Their Curiosity by Ainsley Arment

Draw Write Now Boxed Set of 8 by Marie Hablitzel and Kim Stitzer

Nature Anatomy: The Curious Parts and Pieces of the Natural World by Julia Rothman

Wildlife Anatomy: The Curious Lives & Features of Wild Animals around the World by Julia Rothman

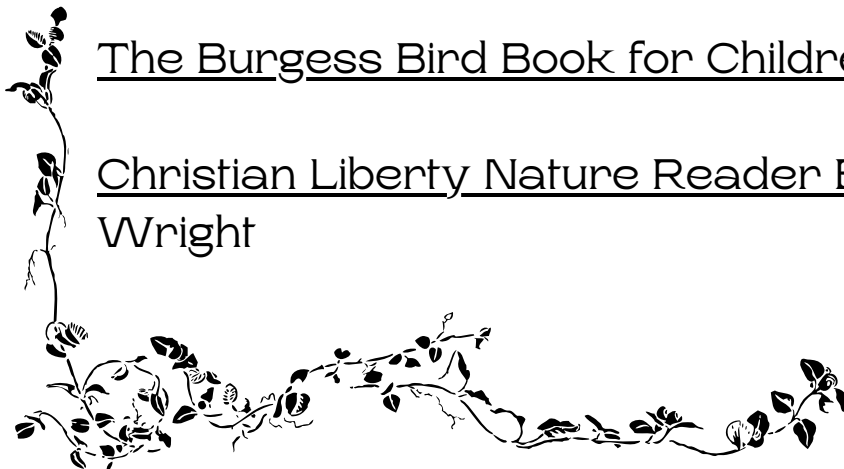
Ocean Anatomy: The Curious Parts & Pieces of the World under the Sea by Julia Rothman

One Small Square: Backyard by Donald M. Silver

Fandex Family Field Guides: Birds by Michael W. Robbins
(Included in the series: Trees, Wildflowers, & Butterflies)

The Burgess Bird Book for Children by Thornton W. Burgess

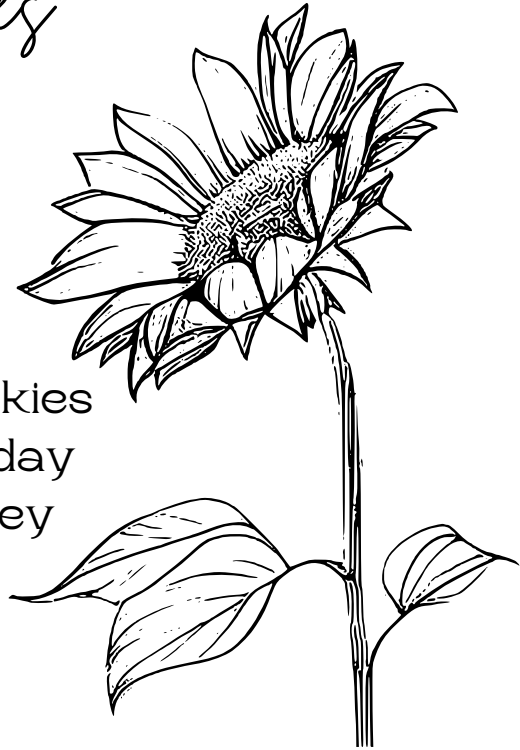
Christian Liberty Nature Reader Books 1- 6 by Julia McNair Wright



Favorite Bible Verses

He has made everything beautiful
in its time.

Ecclesiastes 3: 11



The heavens declare the glory of God; the skies
proclaim the work of his hands. Day after day
they pour forth speech; night after night they
display knowledge.

Psalms 19:1

You will go out in joy and be led forth in peace; the mountains and
hills will burst into song before you, and all the trees of the field
will clap their hands.

Isaiah 55:12

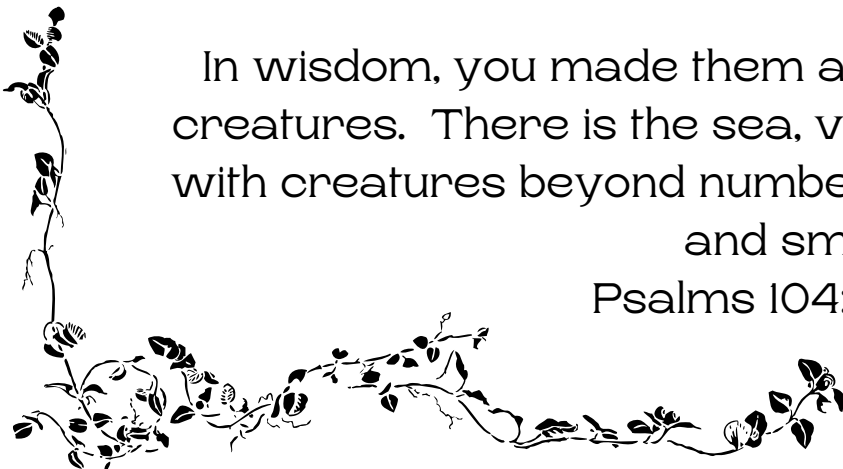


For since the creation of the world, His
invisible attributes, His eternal power, and
divine nature, have been clearly seen, being
understood through what has been made,
so that they are without excuse.

Romans 1:20

In wisdom, you made them all; the earth is full of your
creatures. There is the sea, vast and spacious, teeming
with creatures beyond number— living things both large
and small.

Psalms 104:24-25



Favorite Quotes

"Look deep into nature and then you will understand everything better."

~ Albert Einstein

"If you truly love nature, you will find beauty everywhere."

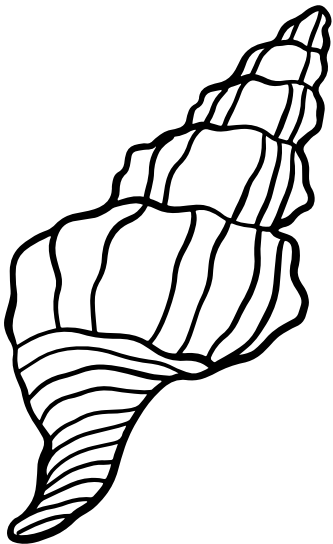
~Laura Ingalls Wilder

"All of the flowers of all of the tomorrows are in the seeds of today."

~Chinese Proverb

"Between every two pines is a doorway to a new world."

~John Muir



"In all things of nature there is something of the marvelous."

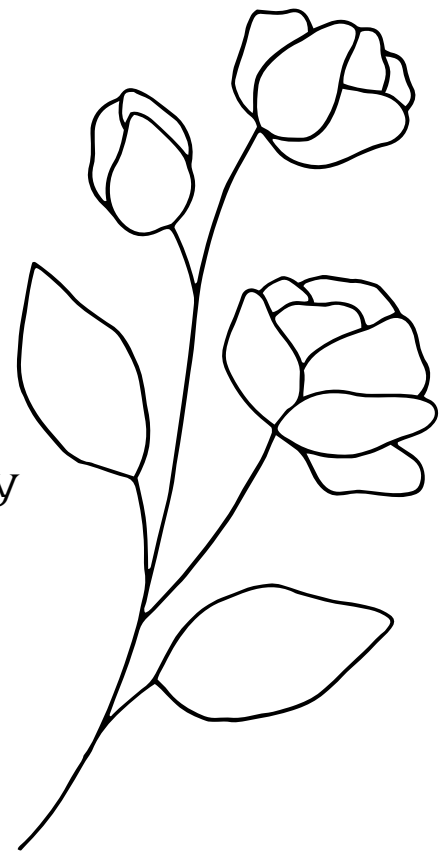
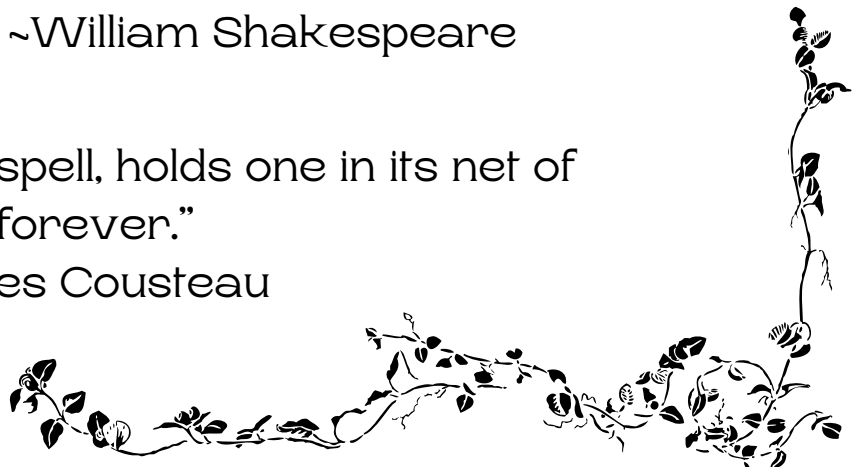
~Aristotle

"One touch of nature makes the whole world kin."

~William Shakespeare

"The sea, once it casts its spell, holds one in its net of wonder forever."

~Jacques Yves Cousteau

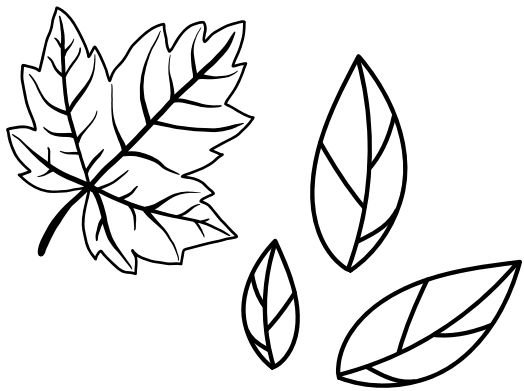




Poetry Suggestions

There is a pleasure in the pathless woods,
There is a rapture on the lonely shore,
There is society where none intrudes,
By the deep Sea, and music in its roar:
I love not Man the less, but Nature more,
From these our interviews, in which I steal
From all I may be, or have been before,
To mingle with the Universe, and feel
What I can ne'er express, yet cannot all
conceal.

~Lord Byron



His Bill an Auger is,
His Head, a Cap and Frill.
He laboreth at every Tree
A Worm, His utmost Goal.
~Emily Dickinson

Be like the bird, who
Halting in his flight
On limb too slight
Feels it give way beneath him,
Yet sings
Knowing he hath wings.
~ Victor Hugo



Autumn Fires

In the other gardens
And all up the vale,
From the autumn bonfires
See the smoke trail!

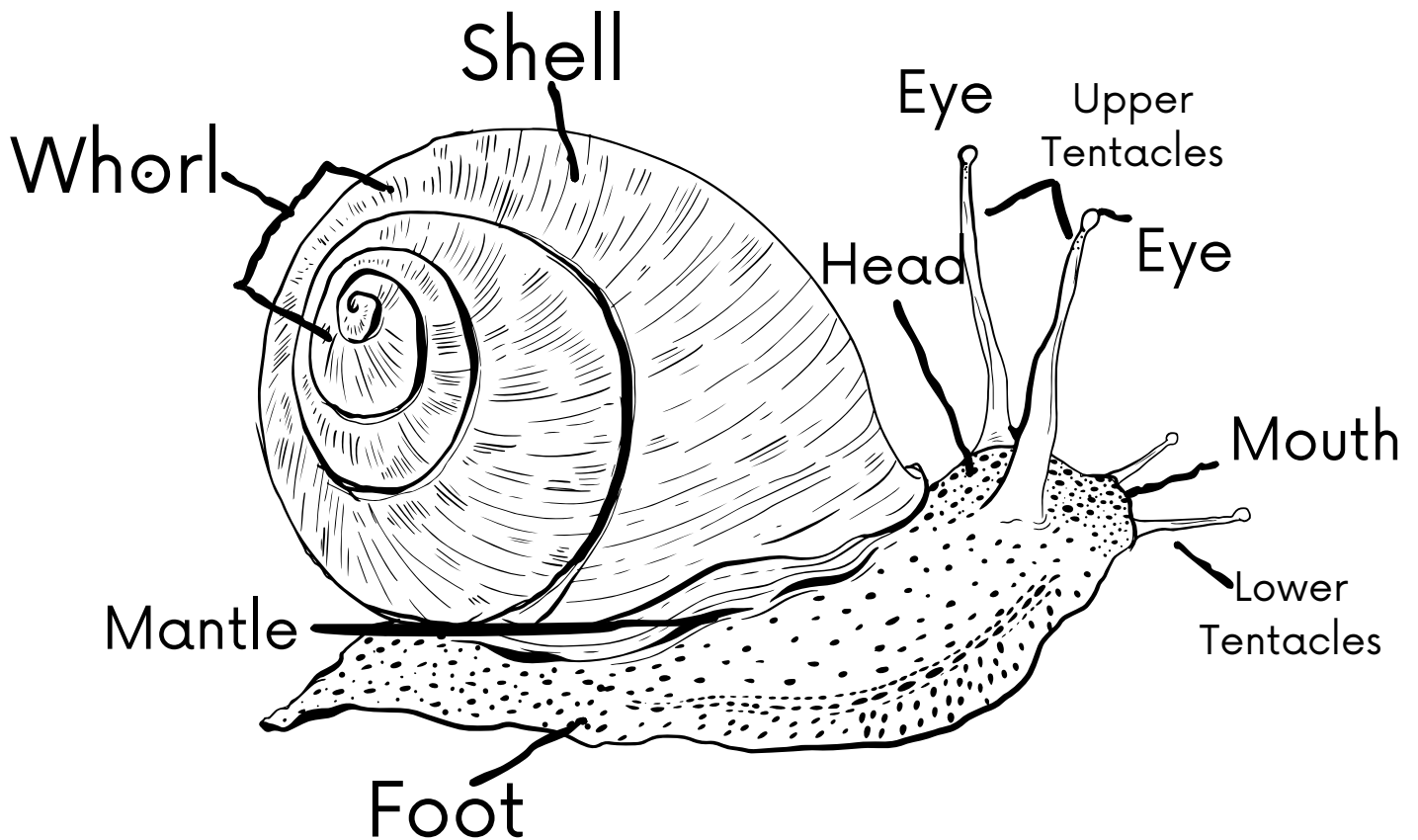
Pleasant summer over
And all the summer flowers
The red fire blazes,
The grey smoke towers.

Sing a song of seasons!
Something bright in all!
Flowers in the summer,
Fires in the fall!

~Robert Louis Stevenson



UNIVALVE (GASTROPOD): SNAIL



Shells

Exquisite treasures

Carved by waves from beyond

Captured by beach sand

Haiku ~ Unknown

Seashells

Drawn at the shore

Carried by endless rouge waves

Sparkling shells

Haiku ~ Unknown

I notice

I wonder....



It reminds me of....

30 DAY

Exercise & Habit Tracker

SUN	MON	TUE	WED	THU	FRI	SAT



WORKOUT



WALK IN NATURE



CARDIO EXERCISE

Each day, record the number of minutes and/or the type of movement you did.

Maple Roasted Sweet Potatoes

INGREDIENTS:

- 2 lbs sweet potatoes, cut into 1-inch cubes
- 2 tablespoons olive oil
- 1 teaspoon kosher salt
- 2 tablespoons pure maple syrup
- ½ teaspoon ground cinnamon



DIRECTIONS

1. Preheat oven to 425 degrees. Line a large baking sheet with parchment paper or foil. Grease with nonstick cooking spray.
2. Drizzle sweet potatoes with olive oil and toss until well coated. Make sure the sweet potatoes are in a single layer, not touching. Sprinkle with salt.
3. Place the pan in the oven and roast for 20 minutes.
4. Meanwhile, stir together the pure maple syrup and cinnamon in a small bowl.
5. Remove the pan from the oven and drizzle the maple cinnamon mixture over the sweet potatoes. Stir until sweet potatoes are well coated. Make sure the sweet potatoes are in an even layer on the pan.
6. Return to oven and bake for 10 to 20 minutes, depending on how crispy you like your sweet potatoes.
7. Remove the pan from the oven and place sweet potatoes in a serving bowl. Serve immediately.



Italian Sausage Kale Soup

INGREDIENTS:

- Italian Sausage
- 1 large onion
- fresh fennel (or fennel seeds)
- 2 large potatoes
- head of garlic
- fresh kale (to taste)
- 1 qt chicken broth
- 1 tsp black pepper
- 2 tsp salt
- 1 tsp garlic powder
- 2 cans of white beans (cannelloni beans)



DIRECTIONS

1. Remove the Italian sausage from its casing.
2. In a large stockpot, cook the sausage and one large chopped onion in a few tablespoons of olive oil.
3. Once the sausage is no longer pink and the onions are transparent, add several toes of garlic (or the whole head if you want), 3 tsp of fennel seeds, and salt and pepper to taste. Cook for a few minutes. Don't burn the garlic.
4. Peel 2 potatoes, chop them into cubes, and add to the pot.
5. Add a can of cannelloni beans (with its liquid) and 3 cups of stock.
6. Stir in some kale (It is up to you how much you want).
7. Bring to a boil. Reduce heat; simmer covered until the kale is tender (about 15-20 minutes).
8. Serve with garlic bread or toasted crostini.



Stuffed Peppers

INGREDIENTS:

- 3-6 red, yellow, orange, and/or green peppers (cut in half & seeded)
- medium onion, chopped
- 4-5 garlic toes (minced)
- bunch of green onions
- 2 lb. ground beef
- Italian bread crumbs
- grated parmesan cheese
- salt & pepper



DIRECTIONS

1. Cut 6 or so bell peppers in half. Remove the seeds.
2. Chopped 1 green pepper, 1 onion, and a few toes of garlic.
3. Brown a pound (or two) of ground beef.
4. Add chopped onion and pepper. Sauté until translucent.
5. Add chopped garlic and cook for a few minutes. Do not burn the garlic.
6. Remove from heat. Add a cup or so of Italian bread crumbs. You want it to have a stuffing consistency.
7. Stir in 1/2 cup of grated Parmesan cheese. If the stuffing is too dry, drizzle some olive oil to moisten it.
8. Spoon the meat stuffing into each bell pepper half. Fill completely. Sprinkle more parmesan cheese on top of each one.
9. Place them side by side in a large rectangular baking dish. Add a little water to the dish. Make sure the water doesn't get into the pepper and its stuffing.
10. Cover and bake at 350 for 30 minutes (or until the peppers are soft.)



Chilled Mason Jar Pasta Salad

INGREDIENTS:

- Cooked pasta (I use Tri-Color Rotini)
- Olive oil and balsamic vinegar
- Salt & pepper to taste
- Fresh basil, oregano, Italian parsley, and thyme (loosely chopped)
- 1 cup of chopped Bell peppers (mixture of green, red, and orange if possible)
- 1/2 cup of chopped Green onions or chives
- Several Cherry Tomatoes (cut in half)
- Chopped marinated artichoke hearts and sliced black olives
- Favorite cheese
- Mason jars with lids



DIRECTIONS

1. At the bottom of the mason jar, add olive oil, vinegar, fresh herbs, and seasoning.
2. Whisk together.
3. Add veggies, olives, and artichoke hearts.
4. Then pour in cooked pasta till the jar is full.
5. Add some cheese, cover, and refrigerate.
6. When a child needs a snack or you want a cool lunch for beach days, remove the jar, shake it, and dump it on a plate.



Hummus

INGREDIENTS:

- 1 (15-ounce) can chickpeas
- 1 large lemon
- 1/4 cup well-stirred tahini
- 1 small garlic clove, minced
- 2 tablespoons extra-virgin olive oil, plus more for serving
- 1/2 teaspoon ground cumin
- Salt to taste
- 2 to 3 tablespoons water or aquafaba (liquid from chickpea can)
- Dash ground paprika for serving

**DIRECTIONS:**

1. In the bowl of a food processor, combine the tahini and lemon juice and process for 1 minute. Whip or "cream" the tahini to make the hummus smooth and creamy.
2. Add the olive oil, minced garlic, cumin, and a 1/2 teaspoon of salt to the whipped tahini and lemon juice. Process for 1 minute.
3. Open, drain, and rinse the chickpeas. Add half of the chickpeas to the food processor and process for 1 minute. Scrape sides and bottom of the bowl, then add remaining chickpeas and process until thick and quite smooth; 1 to 2 minutes.
4. Taste for salt and adjust as needed. Serve hummus with a drizzle of olive oil and dash of paprika.



Golden Cinnamon Milk

INGREDIENTS: Golden Spice Mix

- 3 tablespoons ground turmeric
- 1 1/2 tablespoons ground ginger (2 Tbsp for spicier)
- 1 tablespoon ground cinnamon
- 1 1/2 teaspoons ground nutmeg
- 1/4 teaspoon ground cloves
- 1 to 1 1/2 teaspoons ground black pepper

INGREDIENTS: Golden Milk

- 2 cups of favorite plant-based milk
- 4 teaspoons maple syrup
- 1 tablespoon golden milk spice mix
- extra cinnamon to sprinkle on top.



DIRECTIONS

1. Add all of the spices to a jar and shake vigorously until well-mixed.
2. Add 1 tablespoon of the spice mix to a small pot, with 2 cups of milk and maple syrup. Whisk very well and turn the heat to medium-low.
3. Heat milk till it starts to form bubbles along the edges. Whisk continuously for 3-4 minutes until heated. Do not let it boil! The milk will look brown in the beginning but after it thoroughly heats through, all that turmeric will turn it a beautiful golden color.
4. Pour in mugs and serve immediately! Add sweetener if you want.





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