

# CAS Learning Garden Tasting/Allergy Approval

We hope to offer students tastes from the CAS Learning Garden harvest. Below is an exhaustive list of *possible* foods for tastings. Not everything will be offered to every student. Please indicate if your child is allergic to any of the foods below.

	Allergy (x)		Allergy (x)
<b><u>Vegetables/Fruits:</u></b>		<b><u>Herbs:</u></b>	
arugula	_____	basil	_____
asparagus	_____	cilantro	_____
beets	_____	dill	_____
broccoli	_____	mint	_____
Brussels sprouts	_____	parsley	_____
cabbage	_____	rosemary	_____
carrots	_____	sage	_____
cauliflower	_____	thyme	_____
celery	_____		
cherries	_____	<b><u>Dressing/Dip:</u></b>	
corn	_____	balsamic vinegar	_____
cucumber	_____	butter	_____
eggplant	_____	cinnamon	_____
eggs	_____	Dijon mustard	_____
garlic	_____	ginger	_____
green or yellow	_____	honey	_____
beans	_____	hummus - plain	_____
kale	_____	lemon	_____
lettuce	_____	lime	_____
onions	_____	olive oil	_____
peppers	_____	pepper	_____
potatoes	_____	plain yogurt	_____
pumpkin	_____	red wine vinegar	_____
radish	_____	salt	_____
shallots	_____	sesame seeds	_____
spinach	_____	soy sauce	_____
squash/zucchini	_____	sunflower seeds	_____
strawberries	_____		
sugar snap peas	_____	<b><u>Breads:</u></b>	
Swiss chard	_____	baguette	_____
tomatoes	_____	pita bread	_____
		rice crackers (gluten-free)	_____
		white bread	_____
		whole wheat bread	_____

Student Name: \_\_\_\_\_

Student Grade/Class: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_