



KOPPERT CRESS
Architecture Aromatique

COURSE CONTENT
FOR KOPPERT CRESS
EDUCATIONAL PROGRAMME –
UNIT I



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Unit 1 – Introduction to Koppert Cress and tasting

Level	Level 3 above
Guided Learning Hours	3 hours classroom
Aim	To learn about Koppert Cress microgreens and specialties and how they are grown. To open up the learner's minds to new flavours and taste sensations, to understand the importance of these ingredients and their nutritional value in the modern day.
Learning outcome	<p>The learner will:</p> <ol style="list-style-type: none">1. Have an understanding of the seedlings provenance and the importance of the Koppert Cress living ingredients nutritional value.2. Understand the importance of trying new ingredients and being open to new flavours.3. Have learnt a new vocabulary to describe their findings and describe food in a professional way.
Assessment criteria	<p>The learner can:</p> <ol style="list-style-type: none">1. Describe food using professional terms and without becoming emotionally involved in it.2. Describe the taste of varying Koppert Cress living ingredients using the terms salty, sweet, spicy, sour and umami.



Course setup

In order to run Unit 1, please set up the following (on the assumption of 25 learners plus 1 lecturer per class, please adapt accordingly):

1. Visual aid with internet connection.
2. Computer linked to the visual aid.
3. Put the Koppert Cress marketing banners/poster on display.
4. Print out the 'Koppert Cress living ingredients tasting notes' times 26 on A4 in colour (**Reference Additional information**) and distribute.
5. Lay out 26 x Koppert Cress Educational Academy brochures (additional information from Paul Da-Costa-Greaves).
6. Make sure you have some of the 1.5 mg Camlab Conical microtubes from Koppert Cress alternatively these can be purchased from Amazon (<https://www.amazon.co.uk/>). Mix the following and distribute evenly between the microtubes, 30 g ground cinnamon to 100 g caster sugar fill and seal lid, setting aside until needed.



Picture: 1.5 mg Camlab Conical microtube.

7. Set out 26 drinking glasses/cups with still water for students to clean their pallets. Set out MEP the following Foodpairing recipe of 'Carpaccio of fresh strawberries with Parmesan' (**Reference Additional information**).



Picture: Carpaccio of fresh strawberries with Parmesan.

8. Display all the products (**Reference Additional information**) please click on the link for 'Koppert Cress shopping list', save the pdf-document and email Paul as stated in 'Additional information'. Display cresses, microgreens and specialties near the lecturer's desk.
9. Set out two tweezers to serve the Koppert Cress living ingredients.



Part I

1. Slide show – please click on the link to open up PowerPoint presentation (**Reference Additional information**) all the prompted notes that are relevant and are visible at the presenter view of the slide show, for the lecturer to read out. Please read out as the slides click through.
2. There are some embedded videos and these will play automatically no need to click through, however should this fail these are clickable via the special Koppert Cress EduCare webpage: <https://bit.ly/educare-downloads>:
 - Slide 2 – Mother Earth with Julia Roberts
 - Slide 28 – Cressperience Trip
 - Slide 29 – Gastronomixs
3. Follow the slide show all the way through, **Note: On slide 32 STOP** – Give the students the made small dish of 'Carpaccio of fresh strawberries with Parmesan' (**Reference Course setup**).
4. Follow the slide show all the way through again, **Note: On slide 34 STOP** – Place the small microtubes filled with cinnamon sugar and pass around to each learner, making sure they do not open. Then ask all the learners to stand up in one hand, place the microtube and with the other hand they are to pinch their nose. The learners will, at the count of three, flip the microtube open and pour into their mouths, whilst still pinching their noses, after a few moments release and discuss the experience of how 80% of taste comes from smell. More information reference the 'Course setup'.
5. Finish the slide show all the way through then stop for refreshments break.



Part 2

It is here we enter the next stage from the introduction, levelling the class, tolerance, respect and finally tasting:

- **Introduction** – watch the video on introduction
- **Levelling the class** – watch the video on levelling the class
- **Tolerance** – watch the video on tolerance
- **Respect** – watch the video on respect
- **Tasting** – watch the video on tasting

All videos are available via the special Koppert Cress EduCare webpage: <https://bit.ly/educare-downloads>

As mentioned you will need to encourage the student learners to taste the Koppert Cress living ingredients correctly. This is a vital stage in the student's education and taste development, and will set them up for the remainder of the course. If the learners haven't tasted the Koppert Cress living ingredients properly, they will be not be able to understand the rest of the presentation!

This is how we would suggest you talk them through the tasting:

1. First of all, gain their attention and explain that plants come in different sizes, styles and tastes. From bitter, sour, spicy, floral, umami, sweet, salty, and this may challenge them, putting the students chefs maybe outside of their taste zone. There will be flavours that are alien to the students, this is quite normal as the majority of Koppert Cress seeds are unique, but by tasting them will open up to the world of flavor possibilities. None of the seeds have been genetically modified, but the sourcing of the seeds makes multiple stories. The seeds we own through our sister company called Sango Seeds, and we have a global plantation in existence it may well have come from the other side of the world so really, we're going to take you on a global flavour journey.
2. For many people, these flavours are normal, but to us in the western world, some of them are quite alien. The learner's initial reaction may well be that they 'don't like it' but in fact, it's not the case, it's just that they've not had it before and it's an alien taste to them. Their taste buds are being rebooted and it's new information to them so they may well take a few tastes before actually liking them, or in fact, just tolerating. In our world, we try to ban the words 'I don't like it' – and just accept that some things aren't our favourites but that we can tolerate them.
3. Using the tweezers, hand out a minimum of three pieces of cress per person, placing them in the palm of their hand.
4. Smell the Koppert Cress living ingredients all together and discuss what it smells like.
5. Taste the Koppert Cress living ingredients one at a time – ask the learners to wait until everyone has been issued with the Koppert Cress microgreens and you are back at your desk before tasting. It's important that they all eat the microgreens at the same time, as one reacting in a bad way sets off everyone else and then they don't have a genuine reaction – acting like a bunch of babies!
6. Get everyone to look at you rather than their colleagues – taste is very much an individual thing, and if they all pull faces looking at each other, then this is not going to work!
7. It is very important that the Koppert Cress living microgreens are tasted in the correct order too – there will be salty ones, sweet ones, spicy ones and we have carefully chosen the order to make sure that their taste buds are not overpowered
8. Taste the ten Koppert Cress living ingredients in the following order using the provided tasting notes given, and the method just described to you.
 1. Basil Cress
 2. Shiso Green
 3. Atsina® Cress
 4. Borage Cress
 5. Tahoon® Cress
 6. Salty Fingers®
 7. Honny® Cress
 8. Shiso Purple
 9. Limon Cress
 10. Sechuan Buttons®

Note

When the students come to taste number ten, make sure you show them this whole, explaining this product is from a plant used for medicinal purposes in nature, commonly called the numbing plant, initially this is best to suck first allowing the saliva to moisten before biting into this flower. This is now your palate cleanser.



Additional information

All the following information is available as downloads when prompted if clarity is needed please e-mail educare@koppertcress.com for immediate assistance:

1. Tasting notes.
2. Foodpairing recipe of 'Carpaccio of fresh strawberries with Parmesan'.
3. PowerPoint presentation.
4. Posters and banners – will be delivered via your nominated fruit and vegetable supplier.
5. Video links to the teaching assistance below and prompted throughout the course:
 - Introduction guide
 - Levelling the class
 - Tolerance
 - Respect
 - Tasting

All support videos are available via the special Koppert Cress EduCare webpage: <https://bit.ly/educare-downloads>

Note

Students to retain their given Educational Academy brochures for use in Unit 4.

Ingredients for lecturer to order

Need a downloadable Koppert Cress shopping list <https://bit.ly/educare-downloads> in order to run Unit 1, please order the all ingredients from the 'Koppert Cress shopping list' (on the assumption of 25 learners plus 1 lecturer per class, please adapt accordingly).



Koppert Cress shopping list Unit 1

Please make sure your order is placed with educare@koppertcress.com.

- Stage 1: Open and save downloadable shopping list.
- Stage 2: E-mail this shopping list request to Koppert Cress, CC in your vegetable supplier notifying them of the samples request for educational training.
- Stage 3: Remembering sample requests take longer to prepare 2–3 days. Stating your preferred delivery day and date.

<input type="checkbox"/>	Sample Specialities Mix*	1 box
<input type="checkbox"/>	Dulce Mix	1 box
<input type="checkbox"/>	Shiso Mixed	1 box
<input type="checkbox"/>	Sakura Mix	1 box
<input type="checkbox"/>	WhatZnew Mix	1 box
<input type="checkbox"/>	Basil Cress	1 box
<input type="checkbox"/>	Aella Cress®	1 box
<input type="checkbox"/>	Salty Fingers®	2 trays
<input type="checkbox"/>	Szechuan Buttons®	2 cups
<input type="checkbox"/>	Zalloti Blossom	2 trays
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____
<input type="checkbox"/>	_____	_____

* Not for sale.