



Library Commission Meeting 10.20.16

San Francisco Public Library



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BIBLIO BISTRO

FOOD EDUCATION AT THE LIBRARY



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S.F. library rolls out Biblio Bistro for lessons on cooking

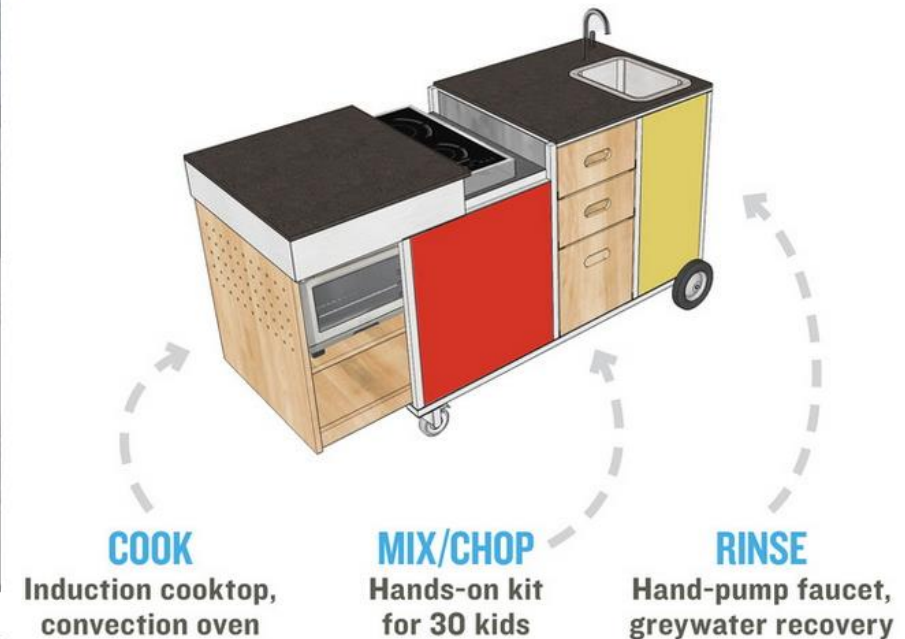
By Lizzie Johnson Published 3:48 pm, Friday, January 22, 2016



Photo: Liz Hafala, The Chronicle



IMAGE 1 OF 2



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“I love that the library is offering this program!”



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“Now I know how to cook it, we eat kale 3-4 times a wk!”



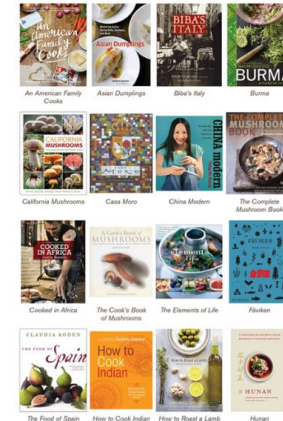
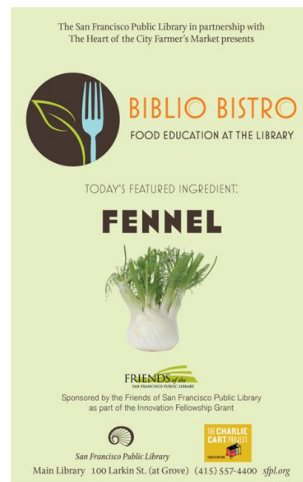
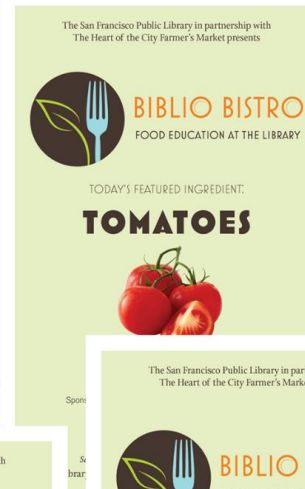
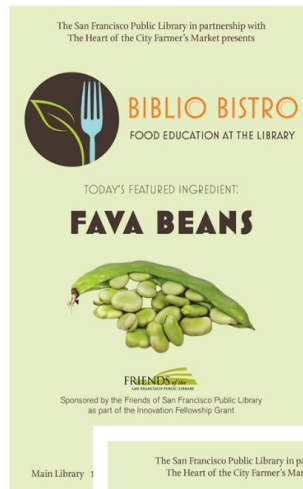
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Since January, 21 programs serving over **1,900** people!



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"My husband checks out every book on your booklists and cooks the recipe that you've suggested from each one."



All of the above titles have recipes, foraging information or health related benefits for Mushrooms.



SAUTÉED MUSHROOMS WITH HERBS

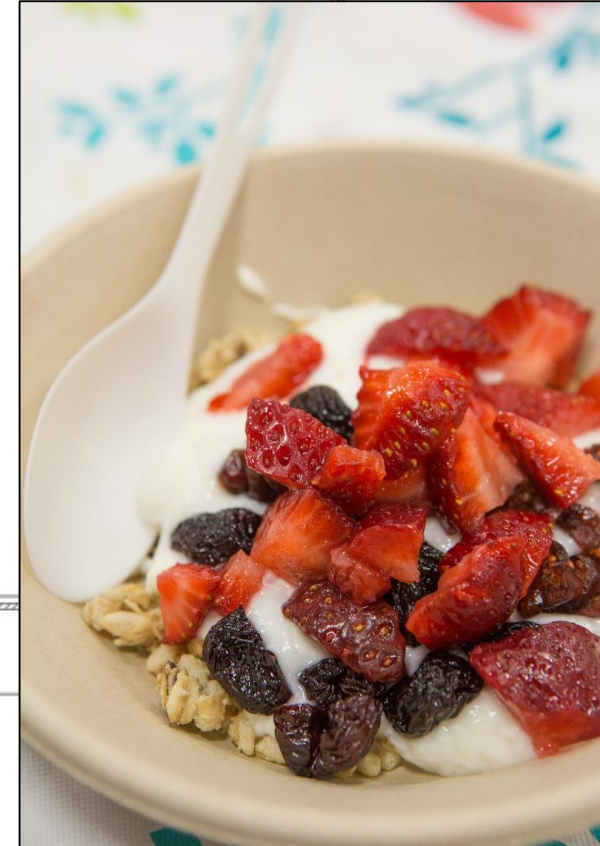
Ingredients:

- 3 Tablespoons olive oil
 - 12 ounces crimini mushrooms, cleaned and trimmed
 - Sea salt and black pepper to taste
 - Freshly chopped herbs. Use seasonal herbs and try different herbs for subtle changes to the taste.
- Possible herb combinations:
- 1 teaspoon each of parsley, tarragon, oregano, mint, thyme, garlic
 - OR
 - 1 teaspoon each of cilantro, culantro, parilla, thai basil, garlic
 - OR
 - 1 teaspoon each of Cilantro, oregano, cumin, garlic
 - OR
 - 1 teaspoon each Dill, mint, garlic, thyme

Heat the olive oil in a large skillet using medium-high heat until it is hot, but not smoking. Do not allow the oil to smoke, as it will ruin the flavor. Add the mushrooms and let them cook for half of a minute, then toss them to coat all sides of the mushrooms with the oil. Reduce heat to medium and continue cooking, tossing occasionally, until the mushrooms release their liquid. Continue cooking to reduce the liquid and the mushrooms caramelize. Add the fresh herbs, toss the mushrooms, and serve. This dish is best served hot, but can be eaten at room temperature.

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"Kids who at first were reluctant to try new foods have discovered that they love to eat what they make themselves!"
~ Lyn Davidson, Main Children's Manager



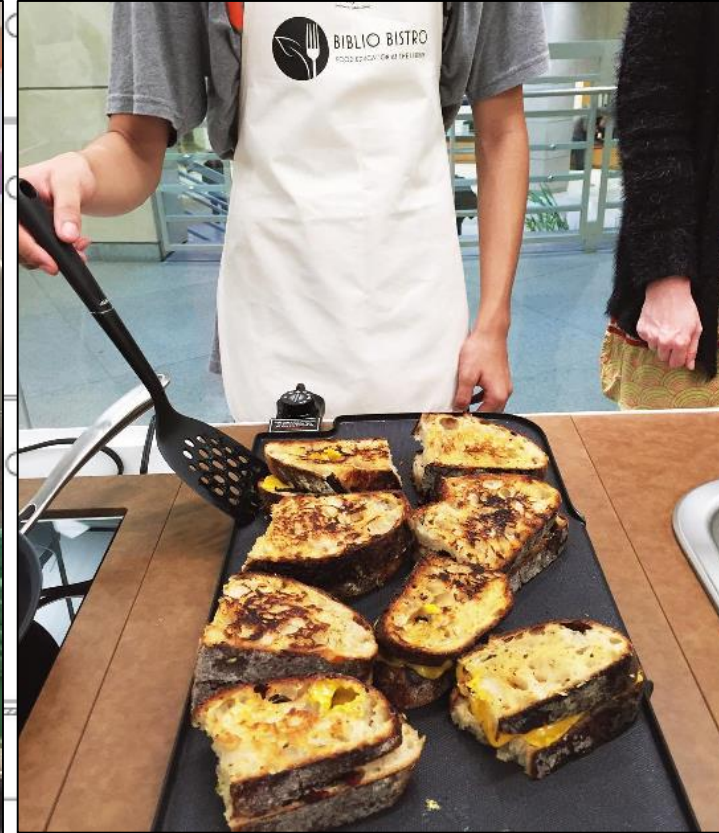
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“My children learned a lot and it was fun with everybody participating making dinner. Very healthy!”



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“The instructor was very helpful and pleasant to work with. I enjoyed the session, especially since my friends were there.”



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Lessons Learned



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What's next?

Heart of the City Farmers Market
Lia will be joining the market staff for cooking demonstrations at SROs

The Charlie Cart Project
"We are deeply moved by Lia and the other librarians' commitment to supporting the health and wellness of their community."
~ Carolyn Federman

The Cooking Project
We are excited to partner with Biblio Bistro to grow both of our programs, sharing accessible, healthy, and seasonal cooking to Bay Area teens.
~ Sophia Lorenzi

Organic Food Producers
"You're cooking our vegetables?!!! That's BRILLIANT!!!"
~ Grace Teresi, Miramonte Farms



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