

Corny Veggie Pops

You won't believe how often your kids will ask for these. The peas worked so well that I decided to try the frozen veggie pops using sweet corn.

Makes 6 cube-shaped pops

- 8 ounces cream cheese
- 1 cup fresh corn kernels—preferably yellow
- 2 tablespoons sugar
- 1 teaspoon ground cinnamon
- 1/8 to 1/4 cup semi-sweet mini chocolate chips
- 6 Popsicle sticks or wooden craft sticks

Place the cream cheese, corn, and sugar in a microwave-safe bowl and microwave on high for 20-second intervals until the cheese is softened to room temperature.

Using a blender or food processor, puree these first three ingredients into a smooth paste. Add the cinnamon and mix again, scraping the bowl frequently. Stir in the chocolate chips by hand.

Place the mixture into a food grade plastic bag and cut about 1/2 inch off of one of the bottom corners. Squeeze the puree into an ice cube tray or mini muffin tin, place 1 Popsicle stick into each serving and freeze until solid, about 1 hour. You may also spoon the puree into the molds. Depending on your freezer, you may have to let them freeze for up to 4 hours. For best results, make and freeze these overnight.

Once the pops are frozen, remove them from the molds by twisting just like ice cubes. You may need to go around the edge with a warm knife if you used a muffin tin. Sealed in an airtight container, these will keep for up to 1 month.

Variation: Sprinkle a layer of graham cracker crumbs into the bottom of the ice cube trays or muffin cups and place the corn puree on top; the result will look and taste similar to a mini cheesecake on a stick.

Jennifer Carden is a chef and author of The Toddler Café (Chronicle Books, 2008). She is a food stylist, artist and mother living in the San Francisco Bay Area. Jennifer appears on View From The Bay, a Northern California TV show. She currently serves as a consultant for What's Cooking, a SF Bay Area cooking school for children and families. www.thetoddlercafe.blogspot.com



Summer Cooking and Farm Camps for Kids

There are wonderful opportunities throughout Edible Marin & Wine Country to get your kids out into nature or into the kitchen this summer, learning where their food comes from and getting their hands dirty!

CAMPS	LOCATION	AGES	DATES	CONTACT OR WEBSITE
Slide Ranch Camp	Muir Beach	5 & up	June-August	www.slideranch.org
Devil's Gulch Camp	Nicasio	6 & up	June-August	www.devilsgulchranch.com
Children's Garden Co. Organic Farm Club	Sonoma	family	year round	www.childrensgardenco.com
Summer Art Camps "Eat Draw and Be Merry"	Napa	grades 1-8	call or email for dates for Summer 2009	andrapaints@comcast.net or 707.333.1641
Summerfield Farm Camp	Santa Rosa	4 thru 12	June and July	www.summerfieldws.org
Pine Point Cooking School	Sausalito	grades 5-10	June-August	www.pinepointcooking.com
Operation Chef	San Rafael	7 thru 18	June-August	www.operationchef.com
What's Cooking	San Rafael	6 and up	July and August	www.whatscooking.info
Apple Blossom Day Camp	Sebastopol	K-5	June-August	707.823.3463
Dirt to Dine Adventure Camp for Budding Chefs, Connolly Ranch (in collaboration with Chef Michael Chiarello of Bottega/NapaStyle)	Napa	5-11	August 3-7	www.napalandtrust.org