

FARM TO SCHOOL

Reading Elementary School

Fun Facts!
and Other Good Stuff



RABBITS ARE RIGHT ON!

CARROTS - FOOD OF THE MONTH -
NOVEMBER

Carrots are the perfect snack food. They are crunchy, naturally sweet, and easy to transport. Fresh, local carrots are surprisingly superior to generic grocery store carrots. Try it, you'll be pleasantly surprised.

ROOT VEGGIE CONFETTI SALAD

Here is an easy salad that you can make with local root veggies.

Students made this at school with "two-thumbs up" reviews. This salad is yummy when made with many different types of vegetables. Allow your child to get creative with colors by including a variety of seasonal fresh ingredients.

Root Veggie Confetti Salad

1 cup whole wheat couscous (this is actually a tiny pasta that you can purchase at any grocery or health food store. It is usually found in the rice section.)

1 cup grated carrot

1 cup grated celeriac (root veggie that tastes like mild celery)

1 cup grated parsnip

1 cup chopped apples

fresh chopped parsley

raspberry vinaigrette dressing

Boil two cups water. Add couscous and remove from heat. Allow all liquid to be absorbed and then fluff with a fork. Refrigerate until cool. Add chopped and grated fresh local veggies and fruit. Add vinaigrette dressing, salt, and pepper to taste.

Variations

You can add chopped nuts, dried cranberries, organic raisins, or whatever else your imagination conjures.



Sam

There is as much calcium in 9 carrots as there is in 1 gallon of milk. Carrots are in the parsley family.

Kit

Carrots need deep, sandy soil, lots of water, and cool temperatures. They are best planted in rows. First shoots will come 6-15 days after planting. As they grow, they turn from pale to deep orange in color.

Nick

Carrots are high in Beta Carotene which helps in healthy vision. They also help your heart and immune system be healthy. Carrots have fiber and vitamin C.

Zach

Carrots are one of the earliest vegetables grown by man. When you buy them, avoid dry, wilted, shriveled, soft, or split carrots.

EXTRA! EXTRA!

November 30th - Students at R.E.S. can experience the taste of fresh local carrots with a yummy "carrot bouquet" to appear in each classroom.

We are collecting healthy recipes featuring Local Foods. If you have a favorite send it to Mrs. Shepherd - Farm to School Coordinator.

December's Local Food

Arugula and Potatoes

