



# Farm to School Goes Home

## First Week of April



## LOCAL FOOD RECIPE

### Salad Wraps

*Home Recipe: 4 servings*

- 1 head local lettuce
- 1 small head broccoli
- 2 local carrots (grated)
- 1 cucumber
- 2 celery stalks
- 2 apples
- 2 cups cheese grated
- 4 tortillas

Optional: Any other veggies!

Salad dressing such as a ranch or vinaigrette.

### Steps

1. Wash all of the vegetables.
2. Cut the lettuce, broccoli, cucumbers, apples, and celery into small pieces or slices.
3. Choose the vegetables for each individual's wrap.
4. Place the cut vegetables, grated carrot, apple pieces, and cheese on top of the tortilla. Roll the tortilla around the vegetables like a burrito
5. Dip the lettuce wrap into different salad dressings and enjoy!



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## GARDENING IDEAS FOR PARENTS AND KIDS

If you planted seeds indoors last month many cool season vegetables may be ready to transplant outdoors. Children can measure in the garden and determine how far apart plant starts should be placed.

If you opted to sow seeds directly in the garden, it's time to do some thinning! Enlist help from your children to carefully remove sprouting seeds until the desired spacing is achieved.



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