



Farm to School Goes Home

Second Week of April



LOCAL FOOD RECIPE

Scrambled Eggs with Spinach and Cheese

Serves 4

1 dozen local eggs

1/4 cup milk

Salt and pepper

2 tablespoons butter

1 small onion, diced (optional)

1/2 pound local spinach, chopped

1 cup shredded cheddar

Serve with toast or warmed tortillas and salsa, if desired.

1. In a medium bowl, whisk eggs, milk, salt and pepper.
2. Melt butter in skillet over medium heat. Add onion and cook, stirring, until golden.
3. Add spinach and sauté until it is wilted.
3. Add egg mixture and cook, stirring, about 3 minutes.
4. Sprinkle cheese over eggs and stir. Cook, stirring, for 2 to 4 minutes.



www.growing-minds.org

GARDENING IDEAS FOR PARENTS AND KIDS

Enlist help with labeling items in the garden from your children! Paint small rocks with a latex based paint. Children can opt to paint the entire rock with colors and patterns (like in the photo example) or try their hand at depicting the veggie its self.

Use sharpie marker to label the painted rock after it dries. If you have an older child, they can write in the veggie name themselves! Place your new stone creations out in the garden and you'll always know which row is carrots and which one is cilantro.



www.growing-minds.org