



Farm to School Goes Home

Fourth Week of April



LOCAL FOOD RECIPE

Local Greens Salad and Blackberry Vinaigrette

Classroom Recipe
Serves 20 children

- 2 heads local lettuce
- 1/2 lb local spinach
- 4-5 grated carrots
- 4 local salad turnips
- Half pint blackberries
- 1/2 cup olive oil
- 1 tablespoon red wine vinegar
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2-3 tablespoons local honey

Steps

1. Wash and cut salad ingredients. Place them into bowls.
2. Give each child a paper bowl. Assist the children in selecting and placing the ingredients for their individual salads in their bowls.
4. Combine blackberries, vinegar, honey, salt and pepper in a blender.
5. Blend until well combined. With the blender running on low, slowly drizzle in olive oil.
6. Complete blending. Give each student a portion of dressing to try on their salad.



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GARDENING IDEAS FOR PARENTS AND KIDS

Kids will eat what they grow! Encourage this by planting a special section of the garden that is just for them. The “snacking garden” should include items that children can pick and eat whenever they are hungry for a snack. Some suggestions include cherry tomatoes, miniature cucumbers, berries, and sugar snap peas. Consider planting these items right by a door for easy access!



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