



# Farm to School Goes Home

Third Week of August



## LOCAL FOOD RECIPE

### Caprese Salad

*Home Recipe: 3-4 Servings*

4 medium local tomatoes\*

3/4 cup mozzarella cheese, diced

2 tbsp. fresh basil, chopped

1/4 tsp. salt

Freshly ground pepper, to taste

Balsamic vinaigrette

### Steps

1. Cut tomatoes into slices.
2. Combine tomatoes and mozzarella.
3. Toss the tomatoes and mozzarella with the basil, salt and pepper. Drizzle with balsamic vinaigrette.

\* There are many wonderful varieties of heirloom tomatoes available in August and September. Consider using Mr. Stripeys, Cherokee Purples, or other heirloom tomatoes for a more colorful salad! Or substitute your favorite cherry or grape tomatoes.



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## GARDENING IDEAS FOR PARENTS AND KIDS

### Garden Planning

August is the perfect time to plan your fall garden, whether you'll have a full garden in the yard or a container garden on the front step (or both!). What vegetables would your family like to grow and cook with in the fall and early winter? Lettuce, carrots, beets, radishes, kale and collards are all delicious veggies that thrive in cool weather. How can you work together with your children to select vegetables to grow? Look through seed catalogs as a family and let each person select one or two vegetables or take a vote for each veggie and plant the ones with the most votes. You can look at seed selections from various businesses online or look through catalogs. Not sure where to get seed catalogs? Call any seed company and request one.



A few great seed companies are: Johnny's Select Seed: 1-877-564-6697, Territorial Seed: 1-800-626-0866 or Sow True Seed (based in Asheville!): (828) 254-0708.

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