



Farm to School Goes Home

First Week of January

get
Local
@school

LOCAL FOOD RECIPE

Anytime Smoothie

- ◆ 1 banana
- ◆ 1 cup plain Greek yogurt
- ◆ 1 tbsp honey
- ◆ 1 cup fresh spinach
- ◆ 1 cup frozen strawberries
- ◆ Splash of milk or apple/orange juice

Steps

Place all ingredients in a blender, adding the frozen strawberries and splash of liquid last. Blend until smooth. Enjoy!



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GARDENING IDEAS FOR PARENTS AND KIDS

Growing basil is a fun indoor family gardening activity. It is a resilient herb that is easy to grow inside throughout the year, even in winter.

Purchase a basil plant, a pot, and soil at your local nursery or hardware store or use materials you have around the house. Select a pot with a hole that allows drainage. It's also easy to make any plastic bowl or container into a growing pot by cutting or drilling a small hole in the bottom. Let your child fill the pot with soil and guide him in carefully placing the plant into a hole in the soil. Top the pot with soil and pat the plant into place. Put the plant in your sunniest window. Give your child the responsibility of monitoring the soil moisture and watering it when needed. Be sure to put a dish or plate under the plant when watering it.

When it's time to use the basil in a dish, include your child in the cooking process. This will not only teach your child about plants and how they grow, but will also teach them cooking skills. They will love eating almost any dish that includes *their* basil!



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