



Farm to School Goes Home

get
Local
@school

Fourth Week of March

LOCAL FOOD RECIPE

Spinach Banana Muffins

Home recipe, serves 12, total time is 30 minutes

1/2 cup unsweetened applesauce
1 large ripe banana, mashed
1 large egg
2 teaspoons vanilla extract
1 1/2 cups fresh spinach, packed
1/3 cup sugar
2 tablespoons oil
1/2 cup all-purpose flour
1 cup white whole wheat flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt

Steps

1. Preheat oven to 350 degrees F.
2. Place the first 7 ingredients in a food processor or blender o puree.
3. Place the remaining ingredients in food processor or blender and pulse until combined.
4. Scoop batter into a greased muffin tin, spreading evenly among the 12 muffin cups.
5. Bake for 12 minutes or until muffin top springs back with you gently push on it.



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GARDENING IDEAS FOR PARENTS AND KIDS

See the Seeds!

With a few tips and tricks, you can guide your children in helping with almost any aspect of gardening, even planting from seed! When putting seeds or plant starts in the ground, most children benefit from creating or using guides to follow. You can make a simple guide by marking a piece of thin rope with marker or tape at the spacing required for different plants or seeds. Create one rope with one-inch spacing marks for things like carrots or radishes. Create another with a wider spacing for vegetables that need more space.



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