



Farm to School Goes Home

Third Week of May



LOCAL FOOD RECIPE

Berry Good Summer Smoothie

Home recipe: 3-4 servings

- 1 banana
- 1 cup local strawberries (or any berries you have)
- ½ cup milk (or soymilk)
- ½ cup yogurt
- 1 cup of spinach (or kale or swiss chard)

Steps

1. Peel the banana.
2. Wash and cut off the tops of the strawberries.
3. Wash the spinach.
4. Put fruit and spinach into the blender with milk and yogurt. Whirl away until smooth.
5. Pour into tall glass and sip in the sunshine.



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GARDENING IDEAS FOR PARENTS AND KIDS

Gardens need a lot of attention this time of year. Bring your children with you to see what needs water, weeding or harvesting. They will be excited to see all the new things growing. Tomato, summer squash, bean and okra plants produce a ton of veggies overnight and can be labor intensive to keep up with. Winter squash, eggplants, and peppers are all great to plant this time of year and they should be ready to harvest in August.



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