



Farm to School Goes Home

Fourth Week of May



LOCAL FOOD RECIPE

Strawberry Salsa

Home Recipe: 3-4 servings

1 quart local strawberries
Juice of 1 lime
¼ cup chopped green onions
¼ cup chopped cilantro
½ teaspoon kosher salt
Tortilla chips

Steps

1. Wash the strawberries, green onions, and cilantro.
2. Remove the tops and slice the strawberries. Place in a medium bowl.
3. Finely chop the green onions and cilantro, toss with the strawberries.
4. Cut the lime and squeeze the juice into the strawberry mixture.
5. Add salt and stir. Serve with tortilla chips.



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GARDENING IDEAS FOR PARENTS AND KIDS

Want to grow your own sweet potatoes? Now is the time, but you don't start them as seeds! Instead, you plant "slips," i.e. sweet potato sprouts. If you order them from a seed catalogue by mail, they may arrive wilted, and possibly pale green from shipping, but this is okay. If unable to plant right away, have your child help you place the slips upright in a container, and keep the roots damp with wet newspaper. They will perk up and be fine in a few days. Plant 3-4" deep 12-18" apart. They'll be ready to harvest in August when your little one is going back to school!



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