



Farm to School Goes Home

Fourth Week of October



LOCAL FOOD RECIPE

Burrito Crunch

Home Recipe: 2 servings

- 2 small, soft tortilla shells
- 1/2 cup shredded cheese
- 3/4 cup black beans
- 1/2 cup shredded local cabbage
- 1/2 small tomato, chopped
- 1/4 cup cilantro, chopped

Steps

1. Heat beans in a saucepan on the stove top or chill for a cold burrito wrap.
2. Place beans and cheese on the tortilla.
3. Add cabbage, tomato, and cilantro.
4. Roll the tortilla around the filling and enjoy!



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GARDENING IDEAS FOR PARENTS AND KIDS

Plant in a Pumpkin!

Pumpkins can be carved, explored, baked, and even planted in! A single pumpkin can provide hours of fun for children. For a dynamic fall activity follow the directions provided below.

Steps

1. Purchase two or three small pumpkins.
2. Cut the top off of the pumpkin. Leave the seeds inside the pumpkins.
3. Fill the pumpkin cavity with soil.
4. Water the pumpkin once a day for several weeks. The pumpkin seeds will sprout and you will be able to observe a new pumpkin plant growing. You can plant the pumpkin in a large container indoors and watch it continue growing.



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