



Farm to School Goes Home

First Week of September



LOCAL FOOD RECIPE

Cucumber Soup

Home Recipe: 3-4 servings

1 medium size local cucumber
8 oz. nonfat plain yogurt
1/2 cup milk
1 tsp. dill, roughly chopped
1/4 tsp. garlic salt
2 tsp. lemon juice
1/8 tsp. ground black pepper

Steps

1. Wash and peel cucumber. Cut in half, then chop half of cucumber into small cubes. Set aside.
2. Using a whisk, mix yogurt and milk together in mixing bowl.
3. Gently add in dill, garlic salt, lemon juice and pepper. Add small cucumber cubes to mixture.
4. Refrigerate cucumber soup 1-2 hours before serving.
5. Cut remaining half of cucumber into slices to eat with your soup.



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GARDENING IDEAS FOR PARENTS AND KIDS

Seed Tapes

It's time to plant our fall gardens! You can plant many things, like radishes, lettuce, carrots, beets, and spinach by seed, and you can buy plant starts for other veggies, like kale, chard, and cabbage. Children love getting their hands dirty putting seeds and plants in the ground. To help them succeed in planting seeds at the correct spacing, consider making a "seed tape" with them.

Steps

1. Dissolve 1 tablespoon of cornstarch in 1 cup of cold water, cook on medium heat constantly stirring. Once it starts to boil, remove from the heat and let cool. Once cooled put the paste in an air tight container.
2. Cut a paper towel into strips one inch wide.
3. Using a q-tip, put dots of the paste on the paper towel about one inch apart. While the paste is still wet, place a seed in the paste.
4. Next, plant the entire seed tape in the garden and cover with an inch of soil.



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Growing Minds is a program of ASAP (Appalachian Sustainable Agriculture Project).

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