

Second Edition

FREE

LOCAL FOOD GUIDE

Farm to School in Buncombe, Haywood, Henderson, and Jackson Counties

for kids!




growing minds

farm to school
an asap program

Get to know local food

Local food is the freshest, most flavorful food available! Plus, it's FUN. That's because...



...you can use your shovel to help **grow it**, and you can meet area farmers who grow it, too!

...you can put on a chef's hat, take out a whisk, and **cook it**—creating delicious dishes for breakfast, lunch, and dinner!

...you can grab a fork and **eat it**, satisfying your tongue's taste buds!

What's more, you can grow it, cook it, and eat it in all kinds of places: in the school garden, on the farm, in the classroom, in the cafeteria, and at home.

Are you ready for a local food adventure? Then start flipping through the pages of this exciting *Local Food Guide for Kids*.



Who's reading this guide?

This second edition of the *Local Food Guide for Kids* was created for elementary school students in Buncombe, Haywood, Henderson, and Jackson counties. Live outside of these counties? Don't fret! There are tons of activities in this guide for you, too! And, there's even a *Local Food Guide* for adults, which gets revised with new listings and updated information every year. The guide is available in print for free at various regional locations and online at www.appalachiangrown.org.

Who created this guide?

ASAP and its Growing Minds Farm to School Program! Learn more about both ASAP and Growing Minds on pages 2 and 3.

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Growing Minds

Teacher/Parent Resources

Attention teachers and parents: look here! Throughout this guide, you'll find resource corners just like this. They're chock-full of information about what ASAP and Growing Minds can offer to help you bring Farm to School into your classroom or home. And, you can always find resources on our website: www.growing-minds.org.

ASAP's Growing Minds has a large collection of Farm to School children's literature available for teachers to check out at our office. Look for this icon throughout the guide to discover some of our favorites.

Grab your pencil and turn to pages 10, 19, 28, and 36 for fun activities!



(From left to right): Chef Erik Baker, Ira B. Jones Cafeteria Manager Susan Bowers, Chef Denny Trantham



Partners

ASAP recognizes the Grove Park Inn Resort & Spa and Ms. Robin Hanes for helping make this Local Food Guide for Kids possible. Likewise, ASAP acknowledges Biltmore's generous support of Growing Minds. We also thank all of the local chefs involved in our Farm to School Cooking Program for their commitment to Growing Minds and students in their communities.

This publication is supported by the W.K. Kellogg Foundation.





Agriculture is an important part of our community. Farmers work hard to make sure that we have fresh, tasty food, and ASAP (which stands for Appalachian Sustainable Agriculture Project) works hard to keep farmers farming! We also

connect restaurants and grocery stores with farmers to help make it easy for you and your family to enjoy local food.

To learn more about our work in the community, visit www.asapconnections.org, or give us a call at 828-236-1282.

agriculture

noun.

The science or job of raising everything from vegetables and fruits to cows and chickens.



Go Appalachian Grown™

How do you spot local food? Look carefully for ASAP's Appalachian Grown logo (pictured here) at grocery stores, restaurants, and farms. When you find the logo, you'll know that the food was grown by your farming neighbors here in our beautiful mountain region.

An Apple A Day

There are over 40 varieties of apples grown here in North Carolina. Each variety has its own special taste, texture, and color. Have you ever tried a Golden Delicious apple? How about an Arkansas Black apple or a Honeycrisp apple?

Next time you're at the grocery store or a farmers tailgate market, try a local apple variety that you've never tried before. Better yet, try two new varieties and compare them. Which one is sweeter? Which one is crisper? Which one do you like best?

Report back here!

My favorite local apple varieties are:

1. _____
2. _____

Farm to School is a large part of ASAP's commitment to reconnect people with the way that food is grown and to the farmers who are growing it. As a nonprofit organization, ASAP relies on the generosity of supporters like you to make this work possible.

To make a secure online donation, visit www.asapconnections.org. Or, mail your check to ASAP, 306 W. Haywood St., Asheville, NC 28801. For more information about how you can sustain Growing Minds, contact Scott Bunn at scott@asapconnections.org or 828-236-1282 ext. 104. All donations are tax-deductible.



photo: Jennifer Callahan



ASAP's Farm to School program is called Growing Minds. The program helps local farmers, teachers, chefs, school nutrition staff, parents and guardians, and other community members find ways to bring Farm to School to you.

Learn how these folks are working with Growing Minds and bringing Farm to School to life through the photos and stories in this *Local Food Guide for Kids*. Learn even more about Growing Minds and Farm to School at www.growing-minds.org.

Have you ever visited a farm, or does your school have a farm or garden of its own?

Have you ever measured, mixed, and mashed local ingredients in your classroom?

Have you ever tasted delicious local foods in your cafeteria?

That's Farm to School!



ASAP serves as the Southeast Regional Lead Agency for the National Farm to School Network. Find the network online at www.farmtoschool.org.

There are four components of Farm to School:

1

School gardens



2

Farm field trips



3

Local food cooking classes



4

Local food in schools





grow it!

Grow: How foods like beans go from a seed to a giant stalk!

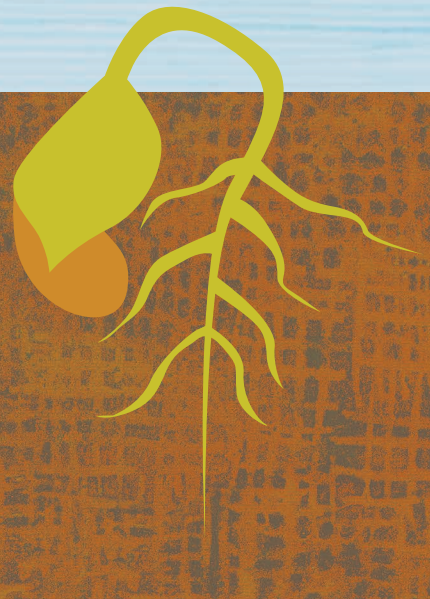
Now it's your turn:

Grow: How _____ go/goes
from _____ to _____ !

Use your shovel and **grow** local food. Help the seeds of fruits and vegetables get big and strong in your school garden. And, watch fruits and veggies—even animals—grow out on the farm!

Flip through this first section to:

- read about school gardens
- find farms to visit in your county
- meet farmers, teachers, and young gardeners who are growing local food
- try new activities so you can grow, too!





Super School Gardens

Q: What's like a classroom but full of soil, helpful insects, seeds, and tasty snacks?

A: A school garden!

School gardens are places to find fresh food, work with your friends, and learn something new. Does your school have a garden? If so, find it on this list, and read about what's growing in other gardens. Don't have a garden at your school? Use this list to get some great ideas. You can even visit the gardens listed here to get inspired. Just be sure to check in with the school as a visitor!

ASAP's Growing Minds offers free seeds for your school garden and other resources. Learn more on page 9.

Buncombe County

ArtSpace Charter School

Stephanie Wallace • 828-298-2787

The ArtSpace garden is a beautiful classroom, full of discovery, exploration and inspiration. Students use the garden to study math, science, social studies, literature, and art. Our blue ribbon produce goes home with families each week and flower and herb bouquets are sold by donation at our roadside stand during peak season.

Avery's Creek Elementary

Kristen Dodd • 828-654-1810

We're in the early stages of tilling and planting three gardens with a variety of vegetables and flowers. We're hoping to expand our gardens in the future and are excited to use them to teach students about healthful living.

Black Mountain Elementary

Jill Edwards • 828-669-5217

The school's gardens are supported by Black Mountain Recreation and Parks' Eat Smart Black Mountain Program. Our gardens promote healthy eating and active living through hands-on gardening and nutrition programs. Students get the chance to be involved in the garden, from planting chard seeds to enjoying green smoothies at snack time. Everyone is welcome to help out.

Claxton Elementary

Kathy Ornato • 828-350-6500

Third grade science classes use the very new garden, which will hopefully serve other grades in the future. While learning about the process of **composting** and understanding the difference between soil qualities according to soil color, the students enjoy the experience of working with tools and growing their own food.

Emma Elementary School

Cherie MacDougall • 828-232-4272

Students and community gardeners share space, grow food, and learn from each other in our garden. Students love growing onions, garlic, tomatoes, and sweet potatoes. The fourth and fifth grades help with all parts of the garden, from preparing plots to weeding and harvesting. The student garden club enjoys fresh snacks that they grow themselves.

Evergreen Community Charter School

Terry Deal • 828-298-2173

All grades play a part in our gardens. We have a certified Monarch Waystation garden, a wildlife garden, a rain garden for storm water management, wetlands, a hoophouse for growing in winter, a bio-intensive demonstration plot, and classroom beds for food production. Evergreen focuses on the value of sustainable agriculture and organic, local food.

Fairview Elementary School

Mona Ellum • 828-628-2732

Our garden has two focuses: food production and exploration science. Used in science, writing, and history classes, the garden includes a carnivorous plant bog, a historical crop area, a Jack-in-the-Beanstalk arbor, perennial plants, and an edible garden. Students plant and harvest produce that they later cook in the classroom.

composting
verb.

Turning waste food, manure, and plant parts into fertilizer for a farm or garden.

Farmer Tip

Pull out weeds when they are teensy tiny so that they don't have the chance to grow deep, strong roots. Your plants will thank you!

Francine Delaney New School for Children

Corey Finnerin • 828-236-9441

The Dig It Garden at our school is farmed by the middle school garden class, the Owl's Nest After School Program, the Science Club, and individual classrooms. The Pizza Garden, shaped like a pizza and planted with pizza toppings, and the Green Bean House are some of our fun garden beds. The garden elective class grows food for our cooking class, while the younger grades use the garden to plant, observe, eat, and enjoy.

Glen Arden Elementary

Andrea Bassett • 828-654-1800

We teach gardening classes throughout the week and have started a summer garden club. The students have built a garden tipi, raised beds, a new compost area, and grow many wonderful veggies. We are working to add lots of fruit, native plants, and flowers to the garden.

Hall Fletcher Elementary

Rachel Lubitz • 828-350-6400

Hall Fletcher students grow tons of vegetables and herbs in the school's garden. We start growing our produce from seeds in the school's greenhouse. The school grounds are also home to a number of native edible plant species thanks to members of the neighborhood association.

Haw Creek Elementary

Lori Cole • 828-298-4022

Our gardens look better every year. Third graders love working the soil, planting seeds, watering the garden, looking for seedlings, and eating the harvest. Fall planting is perfect for sprouts, and it is fun to watch seeds come up in the spring. Students and teachers enjoy watching the vegetables grow and learning about new ones to try. Other grades raise seeds indoors, for school and for home.

Isaac Dickson Elementary

Kate Fisher • 828-350-6800

At Isaac Dickson, art, language, science, and math classes all use the garden. The students plant, harvest, and cook produce from the garden. They sometimes even use their veggies on pizza cooked in the school's outdoor pizza oven. Our garden is also home to four laying hens, which were hatched at the school as a study of life cycles.

Johnston Elementary

Kiki Aliminos • 828-232-4291

Our school garden is still in the making. Designed as a "lasagna garden" with soil that is "smooth like butter," the third graders grow veggies while learning about the life cycle of plants, soil quality, and the process of **composting** with worms.



Meet Ms. Debbi Madill

Kindergarten Teacher, Cullowhee Valley Elementary School

Who do we appreciate?

Teachers all over Western North Carolina! In each and every school there are teachers working with ASAP to make school gardens, farm field trips, and cooking classes possible.

Meet Ms. Madill, one of our area's rock star teachers. Ms. Madill, along with many other dedicated educators at Cullowhee Valley Elementary School in Jackson County, teaches her students what it means to eat local!

What do you love about being a teacher?

I love being surrounded by creative, energetic, thoughtful, and funny kindergarteners.

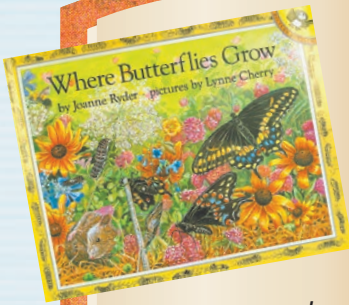
What are some of your students' favorite things to do in the garden?

They enjoy digging in the dirt to plant seeds and seedlings and looking for insects. They especially love eating what they've grown.

What are your favorite farm-fresh products?

I love leaf lettuce, sweet corn, tomatoes, and strawberries because they all taste so much better fresh from the farm!





Where Butterflies Grow by Joanne Ryder

In this book, follow the exciting life of a caterpillar as it prepares to change into a beautiful butterfly. Learn what it's like to crawl on land as a caterpillar and then suddenly be able to soar high into the sky as a butterfly.

Vance Elementary

Jordan Diamond • 828-350-6600

All classes are involved with our school garden. The garden teaches students about all different subjects. It gives them a chance to be outside and teaches them the link between a cucumber and a pickle. With the help of a multi-cultural cooking cart, our students explore food traditions from around the world using the garden's produce.

Weaverville Elementary

Jennifer Shelton • 828-645-3127

Our garden, The Magic of Monarch Metamorphosis—From Milkweed to Mexico, is full of plants that attract butterflies and moths. It creates a natural habitat for these beautiful creatures. The students search for the eggs, larva, and chrysalises of the butterflies for a chance to learn about its life cycle in the garden.

Haywood County

Hazelwood Elementary

Joe Smiley • 828-456-2406

What fun we have in our garden. Starting in the spring, we plant lots of vegetables, herbs, and flowers. Then in the fall, we have a feast and taste all the good veggies. We get to make bouquets of flowers and herbs to take home. We even get to release butterflies and see them start on their trip south. Gardening is so much fun, and the food, well, it is yummy.

Jonathan Valley Elementary

Carla Billups • 828-926-3207

We have a greenhouse and gardens for each grade level. Our goal is to have a huge school vegetable garden and even add a small apple orchard. Students have planted vegetables like carrots, beans, spinach, and radishes. Students also have a wildflower meadow, a pond, and a hummingbird garden. We learn a lot while having a lot of fun.

Junaluska Elementary

Jane Young • 828-456-2407

Our school garden has raised beds, a potato patch, a pizza bed, and a butterfly bed. We also grow herbs throughout the garden to both charm pollinators and supply ingredients for potpourri. The garden even grows a big patch of greens for Open Door, Waynesville's community kitchen. The harvest is celebrated each fall with a Harvest Feast, when

volunteers cook up everything from edamame to pumpkin pie and serve it up for our little gardeners.

Henderson County

Upward Elementary School

Kate Fisher • 828-697-4764

The Upward Edible Garden is a place where everyone can come out to dig in the dirt and see what is growing. In the mulched areas, we plant the "three sisters": corn, beans, and squash, on special trellises. We grow Cinderella pumpkins and like to harvest heirloom beans from our pole bean tipi. In the paved, wheelchair accessible section, we have raised beds and planters filled with herbs and colorful vegetables like Rainbow Chard. Our new cooking station will help us bring food from the garden to the table.

Dana Elementary School

Debbie Clark • 828-685-7743

We have nine garden plots used by many grade levels. Many classes begin their gardening adventure by reading a story for inspiration. In the Surprise Garden, the students have discovered praying mantis' ootheca on their bean vines and watched excitedly throughout the winter waiting to see the praying mantis hatch in the spring. We harvest vegetables, herbs, and beautiful bouquets of flowers for the entire school to enjoy.

Jackson County

Cullowhee Valley School

Debbie Madill • 828-293-5667

Our garden is growing luscious lettuce, crisp kale, and scrumptious spinach. Beds are marked by colorful hand-painted signs created by students and teachers as part of a garden-themed art project. We have even been able to transform our garden-fresh greens into snacks like quesadillas and spinach-mashed potatoes. Cullowhee Valley Elementary School loves learning in the garden.



Meet the Upward Elementary Garden Club

Upward Elementary School, Henderson County

What makes growing food even more fun? Growing it as a team! The garden club at Upward Elementary

School in Henderson County meets after school every week during the growing season to plant, pick, water, and weed their school garden. Hear directly from this green-thumbed bunch right here.

What are the garden club's top three favorite things to grow?

Sunflowers, watermelons, and pole beans. Tomatoes, dinosaur kale, and pumpkins are close runners-up.

What are the group's favorite garden tasks?

Our favorite thing to do in the garden is pick beans. We also love planting seeds and watering the plants.

What does the group like best about working together as a team?

When we work together, it is fun. If we need help carrying the big watering can, we help each other!



Did you know that a butterfly's taste buds are in its feet? Where are your taste buds?



Are you interested in starting or getting involved with a school garden? ASAP's Growing Minds Farm to School Program can help! We offer:

This Week in the Garden: a garden and classroom activity resource based on what's in season each week. Download at www.growing-minds.org/this-week-in-the-garden.

Quarterly school garden meetings: held at a new location each quarter as a way for anyone interested to share ideas about starting and/or developing a school garden. Contact brittany@asapconnections.org.

Seeds: available for educators for use in the school garden. Contact brittany@asapconnections.org or stop by our office.

Lesson plan ideas for teachers: Parents, these activities can be adapted to the home garden as well. Find at www.growing-minds.org.

Soil Scientist

I scream, you scream, we all scream for...soil! Why? Because without soil we wouldn't have food to eat, flowers to smell, or trees to climb. Soil is important to plants for many reasons. It gives a plant's roots space to grow down. It holds water for plants to drink. And, healthy soil is packed with nutrients and minerals that keep the plant alive. Can you think of any other important jobs soil has?

Exploring the soil: Next time you're outside in your school's garden or even in your backyard, put on your soil scientist cap and get digging!

Tools

- shovel or trowel
- magnifying glass
- newspaper or scrap paper
- pencil
- crayons, colored pencils, or markers

*If you don't have any of these tools, you can also do this activity with just your hands and eyes.

Instructions

1. Use your shovel, trowel, or hands to dig up a sample of soil.
2. Place your sample on a piece of scrap paper.
3. Take out your magnifying glass and look closely at your soil sample.

What do you see? Are some things bigger than others? Do you see any living things? Soil is home to plants, but is it home to any other creatures?

Record your observations in the space below or on a piece of paper. Illustrate your observations with sketches.



Draw your soil here

Plan Your Garden

Have you ever wanted to have a garden of your very own? Draw a plan of what you would like in your dream garden. What vegetables would you grow? How about flowers, herbs, or fruit trees? What shape would your garden be? Look through the school gardens and family-friendly farm listings in this guide for ideas from other gardeners. You can even make a collage of your garden using old seed catalogs!



Acrostic Poem

Choose your favorite local fruit or vegetable and write your own acrostic poem. Here's ours about crisp, colorful carrots.

- C** runchy
- A** bundant in spring, summer, and fall
- R** ound and pointy
- R** oots
- O** range or sometimes red or purple
- T** iny or tall, these vegetables come in all sizes

A garden caterpillar has 248 muscles in its head. Now that's brainpower!

germinate
verb.

To begin to grow.

Write your poem here



Farmer Tip

Seeds need water to **germinate**. When planting them outside, be sure the ground stays moist for the first couple of days.

Fantastic Family-Friendly Farms

Q: Where can you find cows grazing, tractors plowing, scarecrows waving, and apples ready for picking?

A: At farms right out your back door, here in Western North Carolina!

There are many different kinds of farms. Some are home to fruits and vegetables; others are home to chickens, cows, and goats; and a few farms are even home to Christmas trees and nursery plants. In other words, farms are the perfect place for an adventure!

Want to explore a nearby farm with your friends or family? Those listed below are happy to have you visit. Just remember to call first, because they can be very busy with their farm chores.

Learn how to find even more farms to visit, and about some neat resources from ASAP's Growing Minds, on page 17.

Buncombe County

Asheville Aquaponics

Asheville, NC
828-393-7777
ashevilleaquaponics@gmail.com
www.ashevilleaquaponics.com

Aquaponics is a self-sustainable mini ecosystem. The fish feed the plants, the plants feed the fish, and the plants and fish feed you. We offer tours by appointment, or schedule a pick-up of fresh trout, greens, or tilapia.

Craggy View Farm Stand

Barnardsville, NC
828-713-4046
craggyviewfarm@gmail.com
www.craggyviewfarm.com

We grow beautiful flowers from spring until fall. Visit our farm stand to smell our fresh flowers and taste our **heirloom** vegetables.

Dillingham Family Farm

Barnardsville, NC
Brenda & Marvin Dillingham
828-626-2624
dillinghamx6@tds.net

Meet Skipper Russell

Farmer, Seasonal Produce Farm



Skipper is a Farm to School farmer. He has been a farmer in Haywood County his entire life. He grew up taking care of his family's cows, and now he has his very own produce farm. Farmer Skipper grows cucumbers, lettuce, and lots more. Every fall, his corn fields turns into a giant maze!

What is the best thing about being a farmer?

Knowing that kids in Haywood County schools are enjoying the foods I grow, and that they know who their farmer is. I've been recognized from the profiles hanging in their cafeteria and area Ingles stores!

What are your favorite farm-fresh foods?

I love all the vegetables I grow: bell peppers in different colors, lettuce, basil, sweet corn, tomatoes, and cucumbers!

The Vegetables We Eat

by Gail Gibbons



Vegetables come in all shapes and sizes. They even grow from different parts of plants! Learn all about the different types of vegetables, how they grow, and how they are harvested.

Our farm is a great place to meet all sorts of farm animals, including rabbits, pigs, chickens, and turkeys. Also, learn how we make firewood and sawdust in our working sawmill.

Dogwood Hills Farm

Weaverville, NC

828-645-6286

dogwoodhillsfarm@frontier.com

Come to our farm and pick your own blueberries, blackberries, concord grapes, and heirloom apples. We also make syrup from sorghum cane when it is in season.

Hickory Nut Gap Farm

Fairview, NC

828-628-1027

jamie@hickorynutgapfarm.com

www.hickorynutgapfarm.com

At Hickory Nut Gap Farm you'll find animals raised in their natural environment. See pigs outdoors, cows on pasture eating grass and clover and multiple species grazing together, drinking fresh spring water and living the good life. Visit our farm store and bring home grassfed beef and pastured pork, free range eggs, and pastured poultry. Don't forget your camera.

Hominy Valley Farms – Land and Cattle

Candler, NC

Frank & Jeanette Wilson

828-665-0933

info@hominyvalleyfarms.com

www.hominyvalleyfarms.com

Our multi-generation family farm raises cows and chickens and also grows vegetables and flowers. Come meet our livestock and watch our vegetables grow.

Honey Bear Orchard

Gerton, NC

ryanlubbers@hotmail.com

We are an organic orchard with seven varieties of heirloom apples, as well as vegetables and grapes in season. We are located 25 minutes southeast of Asheville in beautiful Hickory Nut Gorge. Email to arrange a visit.

heirloom

noun.

A rare variety of a fruit or vegetable that has been grown for many generations.

Hop'n Blueberry Farm

Black Mountain, NC

Van Burnette

828-664-1166

www.hopnblueberryfarm.com

At our farm, you can pick blueberries and apples. But that's not all. You can also learn about monarch butterflies and have them land on your hand at our butterfly house.

Imladris Farm

Fairview, NC

Walter & Wendy Harrill

828-628-9377

info@imladrisfarm.com

www.imladrisfarm.com

At any time of year, a visit to our farm is an adventure. Farm tours for school groups are available by appointment. Our products include jam and preserves, meat, and free range eggs.

Long Branch Environmental Education Center

Leicester, NC

828-683-3662

paul@longbrancheec.org

www.longbrancheec.org

Please come visit, take a workshop, and explore our solar and eco-demonstrations, u-pick organic blueberries and raspberries, apples, cider, chestnuts, edible landscape, tree crop nursery, and trout pond. Ecological learning is exciting, fun, rewarding, and mighty tasty.

Looking Glass Creamery, LLC

Fairview, NC

828-458-0088

jen@ashevillecheese.com

www.ashevillecheese.com

Our new retail outlet at the creamery is now open. Hours of operation will be limited. Check the website for current information and more details about days and hours for visitation.

Randall Cove Farm

Leicester, NC

828-683-5758

info@randallglen.com

www.randallglen.com

Farm tours provide the opportunity to feed animals, milk cows or goats, hunt for eggs, and card wool. Visit our farm stand, open April to November, and pick up fresh produce, eggs, and other farm products.

Round Mountain Creamery

Black Mountain, NC

828-669-0718

las@rmcreamery.com

www.roundmountaincreamery.com

Our vat-pasteurized Grade A goat milk and our goat cheeses are sold here on the farm. Visit our farm store, open year-round, for fresh whole goat milk and 12 flavors of goat cheese. A \$5 per person dairy and cheese tasting tour is available by appointment.



Warren Wilson College Garden

Asheville, NC

Pat Ross

828-771-3066

pross@warren-wilson.edu

www.warren-wilson.edu

Come take a tour of our garden located on our college campus. See how we grow the fruits and vegetables that feed our hungry students.

Haywood County

Boyd Mountain Tree Farm

Waynesville, NC

David Boyd

828-926-8888

trees@boydmountain.com

www.boydmountaintreefarm.com

Visit our farm to pick out your very own Christmas tree. Learn how our Fraser fir trees are grown and transformed into beautiful holiday decorations.

Chambers Farm Market

Canton, NC

Ray Chambers

828-421-6851

Our farm stand has tons of fresh vegetables, and farm tours are available. We also sell a variety of vegetables from other local farms and farmers.

Duckett's Produce and Farms

Clyde, NC

828-926-8737

duckettsproduce@gmail.com

Our family-owned farm offers produce galore. Visit us from the end of April until the end of October to purchase fruits and veggies, jams, jellies, chow chows, cheese, butter, and even fall decorations.

KTs Orchard and Apiary

Canton, NC

828-279-5614

kt158@att.net

We have a wide variety of apples, peaches, and nectarines. We also have blueberries and raspberries. We have local honey and fresh eggs. Our fruit starts about the middle of July and runs through early November. Our farm store is open year-round.

Mehaffey Tree Farm

Waynesville, NC

828-926-1424

mmehaffe@verizon.net

www.mehaffeytreefarm.com

Our tree farm offers every size and shape of Christmas tree. We also offer wreaths made from our Fraser firs and fresh apple cider.

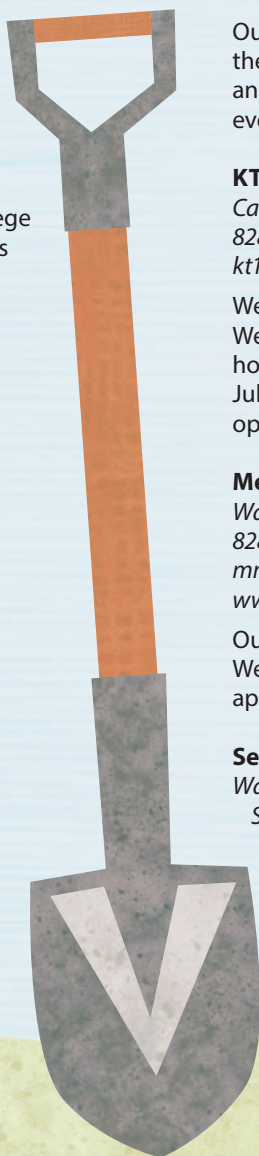
Seasonal Produce Farm

Waynesville, NC

Skipper Russell

828-734-5500

The farm grows tomatoes, bell peppers, beans, romaine lettuce, basil, broccoli, potatoes, cucumbers, and sweet corn. We even have a Cold Mountain Corn Maze in September and October, with a Halloween maze in the evenings. We sell to schools in Haywood County, so look for our produce in your cafeteria.



The Ten Acre Garden

Canton, NC

828-235-9667

farmboy53149@yahoo.com

Beautiful views surround the Ten Acre Garden in Haywood County. Fresh fruits and vegetables grown in this fertile river bottom are available from April to October at our farm store, or come and pick your own.

Henderson County

Billy Laughter Orchards

Hendersonville, NC

828-685-3241

mellaughter@yahoo.com

We're a family farm specializing in pick-your-own apples. We have many varieties and unrestricted hours, Monday through Saturday. Picking starts in August and runs through October.

Coston Farm and Apple House

Hendersonville, NC

828-685-8352

costonfarm@bellsouth.net

www.costonfarm.com

The pick-your-own Apple Orchard is located within walking distance of the Apple House. We open around Labor Day Weekend in September and close by the third week of October. Little red wagons are provided for transport of apples or kids.

D&D Gilbert Orchards

Edneyville, NC

Bryan Gilbert

828-606-2010

gilbertorchards@gmail.com

Did you know there are more types of apples than you can count on your fingers and toes? Pick some yourself at our orchard.

The Farm

Hendersonville, NC

828-696-5375

sharon_searcy@yahoo.com

We operate a small market stand selling what we grow and offer u-pick or we-pick Monday-Saturday, mid-May through October. Come and see how a wide variety of fruits and vegetables are grown.

Freeman Orchards

Hendersonville, NC

828-685-3311

chipwebster@bellsouth.net

The roadside stand is surrounded by apple and peach trees, providing picture-perfect opportunities. Enjoy the experience of walking in the orchards. You can even pick an apple of your own.

Grandad's Apples

Hendersonville, NC

828-685-1685

grandadsapples@yahoo.com

www.grandadsapples.com

At our farm you can pick apples, select the perfect pumpkin, visit our corn maze, see a wide variety of animals, and even take a ride on the cow train.

Meet Mavis

Jordan Blackley Farm

Mavis's parents own Jordan Blackley Farm in Buncombe County, and she loves growing up there! She even loves doing her farm chores. Jordan Blackley Farm raises bees for honey, chickens for eggs, and grows all sorts of berries.

What are some of your chores on the farm?

I work with honeybees, feed chickens, and feed my dog, Billy B.

Which is your favorite chore?

Feeding Billy B.!

What is your favorite farm-fresh food?

Berries!



Check out Mavis's beekeeper suit! This is what she wears while she tends her bees.

Justus Orchard

Hendersonville, NC

Don Justus

828-685-8033

mdjustus@yahoo.com

www.justusorchard.com

We offer hayrides, u-pick or we-pick apples, blackberries, peaches, nectarines, and Asian pears. During apple season, we offer farm-baked goods, cider donuts, fresh apple cider, horse-drawn hay rides, tractor rides, a pick-your-own pumpkin patch, and much more.

Lively Orchards

Flat Rock, NC

828-691-9889

Cherries are delicious. Visit our farm to find fresh cherries, apples, and blackberries when they're in season.

Lyda Farms

Hendersonville, NC

828-685-3459

info@lydafarms.com

www.lydafarms.com

Enjoy family fun activities at the farm, including visiting the pumpkin patch, viewing the various farm barnyard animals, having a picnic, and getting your picture taken with Grandma Lyda by the tree stump chair. We are a fifth-generation apple orchard and working farm, selling NC apples, pumpkins, and other vegetables and fruits for more than 60 years.

McConnell Farms

Hendersonville, NC

Danny McConnell

828-692-2819

mcconnell_farms@bellsouth.net

We grow strawberries, rhubarb, asparagus, blackberries, greens, vegetables, raspberries, apples, peaches, plums, Asian pears, and greenhouse plants. We even have preserves, fruit butters, crafts, and ciders. We offer field trips and tours and have an ice cream shop right on the farm.

Sky Top Orchard

Flat Rock, NC

David & Lindsey Butler

828-692-7930

skytoporchard@gmail.com

www.skytoporchard.com

We offer hayrides and a chance to harvest. Learn about growing apples, watch our apple sorter or cider press, take

a hayride, or pick your own apples. We also have a beautiful panoramic view of the Blue Ridge Mountains. Bring a picnic, feed our farm animals, and visit our playground.

Stepp Farms Hillcrest Orchard

Hendersonville, NC

828-685-9083

applesjhs@hotmail.com

www.steppapples.com

We're a beautiful, 40-year, three-generation family-owned farm. Pick your own from 22 varieties of apples, as well as grapes. We are a great place for family gatherings.

Jackson County

Shelton Family Farm

Whittier, NC

828-506-0299

sheltonfamilyfarm@frontier.com

www.sheltonfamilyfarm.com

Visit our beautiful mountain farm located near the Great Smoky Mountains National Park. Our farm produces strawberries and vegetables for u-pick and to purchase at the farm.



Grow It!

Winter Garden

Think you can only eat garden-fresh treats in the summer? Think again! Cold-hardy crops like spinach and cress can be planted in the early fall and enjoyed through the late fall and in winter.

Spinach: From seed to plant in 40 days.

Cress: From seed to plant in 40 days.

Hands On!

"Who Grows Your Food" Exhibit

Who grows your food? The local farmers mentioned in this guide and YOU!

At the "Who Grows Your Food" exhibit at Hands On! A Child's Gallery in Hendersonville, you can use garden tools to tend to a flower and herb garden and a vegetable garden. You can even use a wheelbarrow to harvest flowers and veggies to sell at your neighborhood farmers market. Plus, there are vegetable drums to play with and lots of fun facts to read about local farmers.

What are you waiting for? Put on your farmer boots and head over to Hands On! at 318 N. Main Street in downtown Hendersonville!

For more information about Hands On! or its programs, call 828-697-8333 or visit their website at www.handsonwnc.org. This exhibit is co-sponsored by ASAP and the Hendersonville Community Co-op.



Growing Minds

Want to take your students or children to a nearby farm? ASAP's Growing Minds Farm to School Program can help! We offer:

Farm field trip mini-grants for teachers: 10 grants per year. Sign up for our educator list at www.growing-minds.org/subscribe.

The Hayride: A Resource for Educational Farm Field Trips: a listing of farms that are open to school groups for field trips, with details on the experiences they offer and information on pricing. Download on the Field Trips page of www.growing-minds.org.

Farm Field Trip Toolkit: resources for farmers and educators to learn more about leading successful farm field trips. Download on the Field Trips page of www.growing-minds.org.

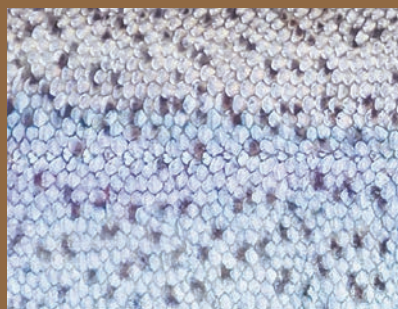
ASAP's Farm Tour: more than 40 WNC farms open to visitors one fall weekend. Find more information at www.asapconnections.org.

Listings of u-pick farms: in the *Local Food Guide* online at www.appalachiangrown.org.

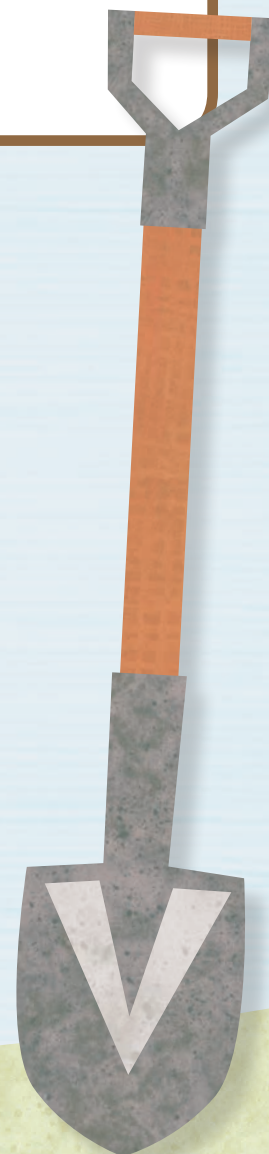
A cow can give far more milk than a human can consume in their lifetime—almost 200,000 glasses.

What am I?

I lay eggs, but you won't find a feather on me. I don't have feet, but I can get around really fast. I breathe oxygen, but not through my mouth!



Answer: a trout



ASAP's Farm Tour

Step right up to see the amazing wonders of ASAP's Farm Tour. Gaggles of goats! Clucking chickens! Gigantic gourds! And more!

For one weekend in September, more than 40 farms open their gates and barns to you! The farmers teach you how food grows, introduce you to their furry and feathered friends, and share their farm-fresh treats.

When: Annually, every September

Where: Farms all across WNC

How: One button admits an entire carload, so load in your friends and family! Find all the event details at www.asapconnections.org.



Tour Journal

The farms I visited: _____

My favorite things I saw and did: _____

What I learned about farming that I didn't know before: _____



If you head out on ASAP's Farm Tour, you can capture your experiences here. A tour journal will help you remember the fun you had and what you learned should you need to put that wisdom to use on your own farm one day!

Act It Out

Pretend you are a small brown squash seed that has just been planted in the soil. Can you grow into a full size squash plant? Act out the stages of a plant's life cycle. **First**, sprout up from the ground. **Then**, spread your roots down into the soil. **Next**, reach your stem up towards the sun, growing big and tall (spread out your vines, too). **Lastly**, let your flowers blossom and turn into colorful round squash fruits.



Scarecrow

by Cynthia Rylant

A scarecrow has an important job as a protector of plants. In this book, learn what it's like to see the world from a scarecrow's perspective high up in the field. You may even be inspired to make a scarecrow for your garden!



What am I?

I am the only local fruit with seeds on the outside. I am the first local fruit to ripen in the spring.



Answer: a strawberry

Grow It!

Root Vegetables

Root vegetables like radishes, turnips, and carrots make great additions to school or home gardens. They are frost-tolerant, fast growing crops. Plant either of these crops in the spring (in March or early April) or in the fall (in September). You'll love munching on the sweet, crisp roots.

Radish: From seed to plant in 20-30 days.

Turnip: From seed to plant in 40-50 days.

Carrots: From seed to plant in 75 days. (You may need to plant in early March to be sure your carrots are ready before school ends.)

cook it!

Cook: How simple ingredients like apples
go from just-picked to applesauce!

Now it's your turn:

Cook: How _____ go/goes from
_____ to _____.



Take out your whisk and **cook** local food. In the classroom or your kitchen at home, local food meals are just a few chops, stirs, and shakes away!

In the next section you'll:

- meet area chefs who know how to make local food taste even more fantastic
- discover local food recipes to try at home or in the classroom
- find activities that will get you thinking like a chef and creating recipes of your own
- learn where to find local food

ingredient
noun.

A part that makes up a whole. For example, lettuce, tomatoes, and carrots can all be ingredients in a salad.

Rockin' Recipes

Q: What's more fun than cooking local food?

A: Cooking local food with the help of your friends, family, and our area's amazing chefs!

All you need to get cooking are fresh local ingredients (like those from the farms and gardens you just read about), a few tools, and great recipes. Here are some

wonderful recipe ideas from Chefs Adam, Katie, and Becky. You may recognize them from cooking classes in your school. We're excited to have them be a part of our Growing Minds Farm to School Program, along with other chefs in the community.

Learn where to find more easy recipes and information about cooking in the classroom, on page 25.

Chef Becky Tillman

Executive Chef, Stable Café, Biltmore Estate



Chef Becky Tillman loves cooking with local ingredients. When she's not busy whipping up dishes at the Stable Café on the grounds of the Biltmore Estate, she takes her **culinary** show on the road to Oakley Elementary School. Chef Becky has taught students there how to make everything from apple cider vinaigrette to mashed sweet potatoes.

What do you love about cooking with local ingredients?

I like knowing where ingredients come from and all the hard work that is involved in producing them.

What is your favorite farm-fresh product?

I've never tasted a better cantaloupe until I moved to Asheville. Local cantaloupes are like candy! They're so sweet and so delicious!

Sweet Potato "Pancake" With Eggs

Recipe by Chef Becky Tillman | Serves 4

Ingredients:

- 1 large local sweet potato (peeled)
- 1/2 yellow onion
- 1 tablespoon chopped fresh parsley
- 1 cup flour
- 2 ounces vegetable oil
- 1/3 teaspoon kosher salt
- 1 pinch of pepper
- 4 farm-fresh eggs, cooked to your preference (1 per person)

Tools:

- Vegetable peeler
- Box grater
- Mixing bowl
- Sauté pan
- Plates

Steps:

1. Shred the sweet potato and onion carefully on a box grater and place them in a mixing bowl.
2. Add the flour, salt, pepper, and parsley and mix well.
3. Make golf ball size balls of the sweet potato mixture and place into a sauté pan that is preheated on medium heat with 1-2 ounces of vegetable oil.
4. Smash down the sweet potatoes so they are flat like pancakes.
5. Cook on each side for about 3-5 minutes, or until each side is golden brown. If the potato is not fully cooked though, turn down the heat and cook longer.
6. Place the sweet potato "pancakes" on a plate and top with an egg!

culinary
adjective.

Related to the kitchen
or cooking.



Chef Katie Button

Executive Chef and
Co-owner, Cúrate

Even before Chef Katie Button opened her restaurant, Cúrate, in downtown Asheville, she started teaching cooking lessons to fifth graders at Claxton Elementary School. Students have learned to make scrumptious spaghetti squash with homemade tomato sauce and have tasted fresh, local micro-greens. Chef Katie has studied in some of the best restaurants in the world, and she is excited to teach young chefs.

What do you love about cooking with local ingredients?

I am proud when I can say to someone that an ingredient came from Western North Carolina.

What is your favorite farm-fresh product?

The local eggplant we get from Ivy Creek Family Farm is amazing. We serve a lot of fried eggplant drizzled in local honey at Cúrate. It's one of our most popular dishes!

Cúrate Fried Eggplant

Recipe by Chef Katie Button | Serves 4

Ingredients:

- 1 large local eggplant (peeled and cut into 1/4-inch slices)
- 2 cups milk
- 1 cup olive oil or canola oil
- 1 cup flour
- Salt
- Local honey

Tools:

- An adult
- 2 bowls
- Frying pan
- Plate
- Paper towels



Steps:

1. Place your eggplant slices in a large bowl and pour in the milk. Let the eggplant soak in milk for 4 hours or overnight.
2. Pour flour into a second bowl.
3. Dip the eggplant slices into the flour.
4. Have an adult heat some of the oil in a frying pan. There should be about 1/4 inch of oil in the pan.
5. When the oil is hot, have the adult cook the eggplant slices. Be sure they flip them so they cook on both sides. Help remove the eggplant from oil and set on paper towels so that the extra oil gets soaked up.
6. Sprinkle salt and drizzle honey on the eggplant slices to give them extra flavor!

Chef Adam Hayes

Executive Chef, Red Stag Grill, Grand Bohemian Hotel

Chef Adam and his friend, Chef Brian Knickrehm, are cooking up a storm at Glen Arden Elementary School. They visit Glen Arden once a month to teach students all about cooking with local, farm-fresh products. Thanks to Chefs Adam and Brian, the students have made squash soup, learned how cheese is made, and even visited a trout farm.

What do you love about cooking with local ingredients?

They are so fresh and delicious. I love to support local farmers.

What is your favorite farm-fresh product?

Heirloom tomatoes in the summer. There are so many different varieties and colors!



Cucumber Short Stacks

Recipe by Chef Adam Hayes | Serves 4

Ingredients:

- 1 large local cucumber (sliced)
- 4 slices of bread (1/2 to 1 inch thick)
- 4 tablespoons local, spreadable goat cheese or cream cheese

Tools:

- Plates and napkins
- Cookie cutters (pick your favorite shape!)
- Plastic knife

Steps:

1. Use your cookie cutter to cut a fun shape out of your bread.
2. Spread a tablespoon of cheese onto the bread.
3. Layer your cucumber slices on top of the cheese.
4. Taste!

Note: Try making stacks with other local vegetables like turnips, radishes, or carrots.



Got your whisk out?

When you're ready to cook, there are many places to have fun finding local food. If you're cooking in the classroom, you can find local food close by in your school garden. If you're cooking at home, you can have fun finding local ingredients at farmers tailgate markets and grocery

stores. And when you want to see how a professional chef does it, you can find local food at area restaurants! Look for the Appalachian Grown logo throughout this section to learn more.



Have fun finding local food...at restaurants!

Peter Pollay, executive chef and owner of Posana Café, loves using local ingredients to make tasty dishes! He and his team are long-time supporters of ASAP's Growing Minds Farm to School Program and often host events for the program at the restaurant in downtown Asheville.

We hope that you're excited about cooking on your own. But when you're looking for a little culinary inspiration, head out to one of Western North Carolina's Appalachian Grown partner restaurants and see what local foods they're serving up. Area chefs have been known to create salads with local spring mix, local butternut squash soup, and even pancakes made with local apples and eggs! Is your mouth watering yet?

Find a list of the restaurants that serve local foods in ASAP's Local Food Guide, at www.appalachiangrown.org.

Two Old Potatoes and Me

by John Coy

What happens when you plant an old potato? More potatoes grow! After reading this story of a girl and her dad planting, digging, and eating potatoes, you'll be so excited to grow your own. In the back of the book, find a yummy recipe for mashed potatoes.



What am I?

I am hard and smooth on the outside but have a liquid center, unless you boil me. I come in all sorts of colors like brown, white, and even green.



Answer: an egg

Have fun finding local food... at grocery stores and co-ops!

Many grocery stores purchase farm-fresh products to stock on their shelves. Look for the Appalachian Grown logo to identify local foods! For a listing of grocery stores and co-op markets that sell local produce, browse ASAP's *Local Food Guide*, online at www.appalachiangrown.org.

Grocery stores even have profiles of some of the farmers they buy from hanging in their stores. So look up next time you're in your neighborhood grocery and see if you recognize a farmer!

What fruit is grown in every state in the United States?

Strawberries! The United States produces more strawberries than any other country in the world.



Are you interested in teaching your students or children to cook with local ingredients in the classroom or home kitchen? ASAP's Growing Minds Farm to School Program can help! We offer:

Kid-friendly recipes: download at www.growing-minds.org. Many books in our collection of children's literature also include recipes.

Kid-friendly cooking kits: for volunteers and educators to check out and use in the classroom. Contact brittany@asapconnections.org for more information.

Safety tips and guidelines for cooking with kids: find at www.growing-minds.org.

Workshops and trainings: for chefs, teachers, and community members who are interested in cooking in schools. Sign up for our educator list at www.growing-minds.org/subscribe.



Have fun finding local food... at farmers tailgate markets!

Farmers tailgate markets let you shop for eggs, honey, meats, cheeses, and all sorts of fruits and vegetables outside under the sun! They're called tailgate markets because farmers can pull their trucks right up to the market, put down their tailgate, or trunk, and sell the foods they worked hard to grow. The food at tailgate markets is the freshest around. Fruits and vegetables are usually picked the day before or even the morning of market!

Want to explore a farmers tailgate market yourself? Find a listing of markets in ASAP's *Local Food Guide*, online at www.appalachiangrown.org.

Some markets even have special activities just for kids. **Kids Corner Market** features a very special kids' activity every Saturday during the summer at Asheville City Market in downtown Asheville. You never know what activity awaits! One Saturday there may be a make your own local food smoothie station. The next week, you may find a mural ready to paint, like the one shown here painted by kids just like you.

P.S. You can see the mural in person in the cafe at Greenlife Grocery in Asheville.



What: Kids Corner Market

Where: Asheville City Market
Public Works Building
161 South Charlotte Street
Asheville NC 28801

When: Saturdays from
8 am-12 pm June-August

More information:
www.asapconnections.org



Farmers Tailgate Market Scavenger Hunt

A trip to the farmers market is an adventure full of local fruits, vegetables, cheeses, eggs, and more! Ask your parents to take you to your local farmers tailgate market and see if you can find...



Something beautiful. _____

A fruit or vegetable of each color of the rainbow:

Red _____

Green _____

Orange _____

Blue _____

Yellow _____

Purple _____

Two things that come from animals.

1. _____

2. _____

A fruit grown on a tree. _____

Something grown on a vine. _____

Something that is round. _____

What other shapes can you find? _____

Something you have never seen before. Ask what it is!

**To Market,
To Market**
by Nikki McClure



This book shares the adventure of a young boy exploring his town's farmers market. The boy encounters salmon fishermen, cheesemakers, vegetable farmers, and more! Read this book and then head out to your town's farmers market and see what you can discover.

Can You Guess How Many Seeds are in a Pumpkin?

Before you carve your Halloween pumpkin, try to guess how many seeds are inside. After you complete the activity below, you can bake the seeds for a tasty snack!

Tools

- A local pumpkin
- Knife (adult use only)
- Bowl
- Newspaper
- Paper towels
- Baking sheet
- Paper and pencil

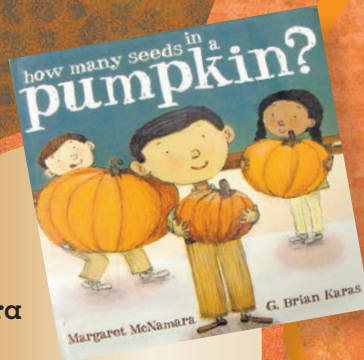
Instructions:

1. Cover the floor with newspaper. Have an adult cut a circle around the pumpkin's stem and remove its top.
2. Look inside the pumpkin and guess how many seeds there are.
3. Pull out all of the seeds and pulp. Then, separate the seeds and wash them in water.
4. Place the seeds on a baking sheet and count how many there are. You can even try counting by twos, fives, or tens. How close was your guess?

How Many Seeds in a Pumpkin?

by Margaret McNamara

Have you ever wondered how many seeds are in a pumpkin? This book shares the adventures of Mr. Tiffin's class as they discover the best way to count pumpkin seeds. Follow along with the story by counting your own pumpkin's seeds!



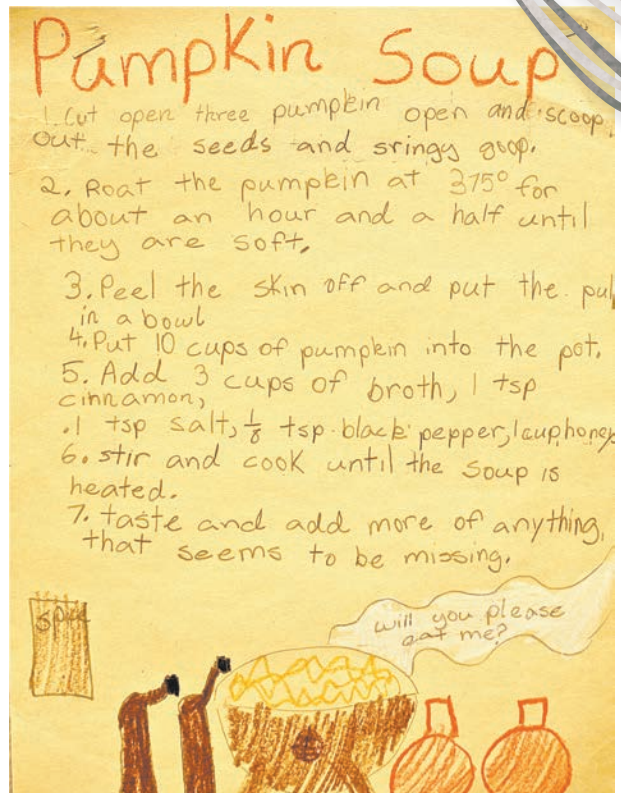
Write Your Own Recipe

Chef Tillman, Chef Hayes, and Chef Button have given you some of their favorite recipes. Now it's your turn to create a **recipe** of your own! Remember that the important parts of a recipe are:

1. A list of the ingredients needed
2. The steps that transform those ingredients into a finished dish

Below is a list of fun and tasty local ingredients to get you started. Feel free to use any of these suggestions, or head to a farmers tailgate market near you to get even more ideas.

Purple Peruvian potatoes
Dinosaur kale
Watermelon radishes
Romanesco cauliflower
Nelson carrots
Acorn squash



Illustrate your recipe, like this one from Glen Arden Elementary School!

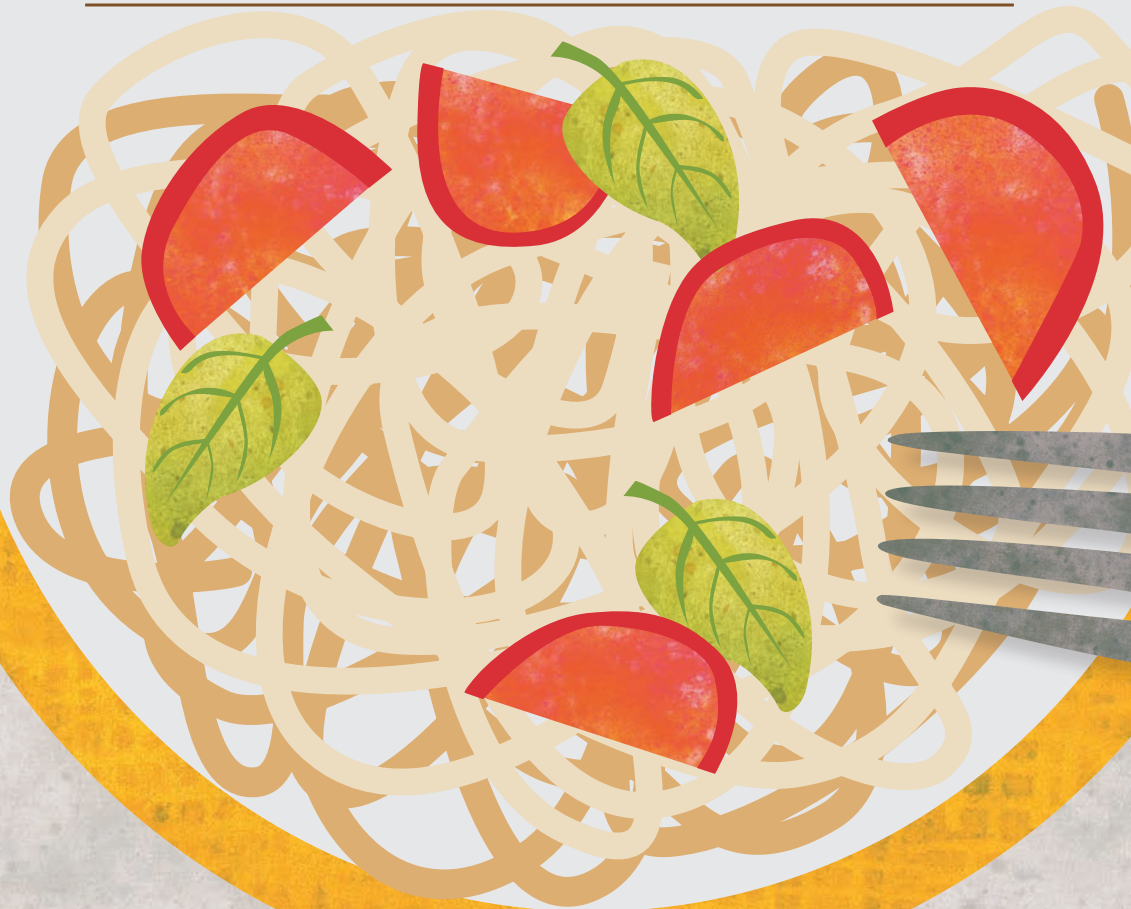
recipe
noun.


Instructions that tell you how to whip up a delicious dish from individual ingredients.

eat it!

Eat: How a giant plate
of spaghetti can disappear!

What's your favorite meal to make
disappear with your spoon or fork?





The finale of your adventure is to grab a fork and eat local food! It's popping up on cafeteria trays and dinner tables all over Western North Carolina.

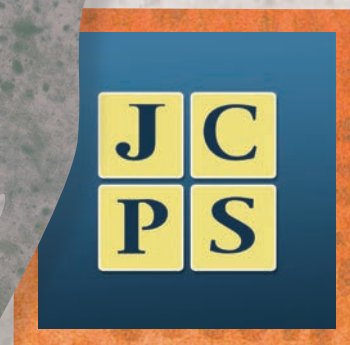
Browse the last section to:

- meet the Child Nutrition Directors who are working hard to bring local food into your school
- discover when you can enjoy your favorite foods in the cafeteria
- get a BIG thank you from ASAP's Growing Minds Farm to School Program!

Cool School Cafeterias

Q: Who works hard to plan school lunch menus and bring local ingredients into school cafeterias?

A: Child Nutrition Directors, that's who! We appreciate Child Nutrition Directors, Cafeteria Managers, and staff for their enthusiasm and commitment to bringing fresh local foods to cafeterias in Buncombe, Haywood, Henderson, and Jackson counties.



Lynette Vaughn-Hensley

Buncombe County Schools

Did you ever visit a farm when you were a kid or have a school garden?

We had a garden and grew some of our own food. We even had cherry, apple, and pear trees and grape vines.

What is your favorite farm-fresh food?

I don't have just one! I love fresh corn, tomatoes, green beans, and any fruit.



Alison Francis

Haywood County Schools

What was your favorite cafeteria meal that featured a local ingredient last year?

The salad bar. We had fresh local cucumbers, tomatoes, and bell peppers.

What is your favorite farm-fresh food?

My favorite farm-fresh food is the sweet potato.

Laura Cabe

Jackson County Public Schools

Did you ever visit a farm when you were a kid or have a school garden?

The first farm I visited was Darnell Farms in Bryson City on a school field trip with some elementary students from Cherokee. It was such a neat experience seeing the kids excited about the farm. It was in the fall and each of the students got to pick their own pumpkins, go on a hay ride and feed the pigs.

What is your favorite farm-fresh food?

My favorite farm-fresh foods are strawberries and apples. I like to eat them just as they are or cook and bake with them.

nutrition
noun.

The study of how what you eat affects your health.



Beth Palien

Asheville City Schools

What was your favorite cafeteria meal that featured a local ingredient last year?

We had a great-tasting fresh green salad using local cucumbers.

What is your favorite farm-fresh food?

I love a fresh, crisp local apple.



Christina Dodd

Henderson County Public Schools

Did you ever visit a farm when you were a kid or have a school garden?

My mom would take the family regularly to pick peas, strawberries, and oranges in our hometown.

What is your favorite farm-fresh food?

I love fresh salad greens when they are in season!

Write your own simile

What else is cool to the touch and to your taste buds?

Cool as a Cucumber

If you're calm and relaxed, someone might tell you that you're "cool as a cucumber." The phrase, called a **simile**, sounds neat. But, what's a cucumber got to do with being cool? Complete this quick science experiment to find out!

Instructions:

1. Wash your hands.
2. Before you touch the cucumber slices, examine them with your magnifying glass and make a few predictions. Do they look like they'll feel wet or dry? Hot or cold? What do you think they'll taste like?
3. Now, pick up and touch the cucumber slices to test your predictions. What do you notice about their texture and temperature? Were your predictions right?
4. Lastly, taste the cucumber slices. Aren't they crisp and thirst-quenching like a cool sip of water?

Tools

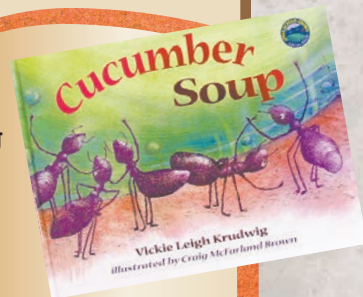
- Cucumber slices
- Magnifying glass

Thanks to a little investigation, next time you hear someone tell you that you're "cool as a cucumber," you'll know it's because the veggies are cool to the touch and taste cold and refreshing.

Cucumber Soup

by Vickie Leigh Krudwig

Cucumber Soup is the story of ants, ladybugs, praying mantises and other insect friends working together to move a gigantic cucumber! Learn interesting facts about all of these insects along the way. At the end of the story, find a recipe for cucumber soup that you can try and share with your friends.





Are you interested in supporting efforts to bring local food into the school cafeteria? ASAP's Growing Minds Farm to School Program can help! We offer:

Get Local @ School calendar (opposite page): features an accessible, affordable, local product for each month of the year. Promote each monthly product by cooking with them at home or in the classroom, or by using the local ingredients in lesson plans. For more information about Get Local @ School, contact brittany@asapconnections.org.

'I tried local' stickers and recipe cards (below): featuring each of the Get Local products of the month. Class sets are available for teachers who are using the products in the classroom. Contact brittany@asapconnections.org to organize a pick-up time.

Fruit and vegetable exploration lesson plans: like the cucumber activity featured on page 33 of the guide. These are designed to excite kids about tasting local products. Download at www.growing-minds.org.

Training and technical assistance: to cafeteria staff to source and serve local products. Contact bridget@asapconnections.org for more information.



Fresh Tomato Salsa

Ingredients

- 1 green pepper
- 2 pounds ripe local tomatoes
- 1 medium onion
- 1 bunch cilantro
- 1 jalapeno pepper or other hot pepper (optional)
- 1 clove garlic (optional)
- salt and pepper to taste



Directions

Remove seeds from green and jalapeno peppers. Chop the green pepper, jalapeno, and onion and place in a large bowl. Dice the tomatoes, removing the stem and hard center and add to green pepper mixture. Finely chop cilantro and garlic. Mix all ingredients in your large bowl. Add salt and pepper to taste.



Find more recipes at www.growing-minds.org

Can you guess how many pounds of tomatoes the average American eats per year?

22 pounds!

More than half of the nation's tomato consumption is in the form of ketchup and tomato sauce.

growing minds



farm to school
an asap program

get
Local
@school

Farm to School means
fresh food from local
farms served in your
cafeteria. Enjoy these
local tastes each month.



Tomatoes

August



Cucumbers

September



Cabbage

October



Potatoes

November



Apples

December

January

February



Lettuce/Greens

March

April



Strawberries

May



Summer Squash

June



Berries

July

Cut out and hang on your refrigerator!

Local Food at Home Sweet Home

Now that you've gotten to know local food...

...we hope you're just as excited about it as we are, and that you're ready to continue on this adventure!

What better way to keep having fun with local food than to make a delicious local dinner tonight?! Here are three of our favorite (simple!) local food meals to eat that we're sure you'll love, too.

1. Spaghetti with fresh local tomatoes and basil (like on page 30)
2. Mashed local potatoes plus local spinach, kale, or collards
3. Pizza with your favorite **varieties** of local peppers on top

Fill in the plate! Draw your next local meal right here.

Cut out and hang on your refrigerator!

varieties

noun.

More than one type of something. For example, varieties of squash include acorn and butternut.

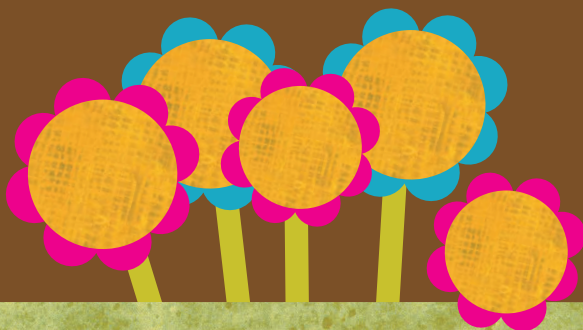
Thank you!

What a wonderful journey we've been on with our Growing Minds Farm to School Program since it began in 2002. What started as one school garden has grown to a full-fledged Farm to School program (which means support and resources for school gardens, but also classroom cooking, farm field trips, and local food in the cafeteria).

In the last decade, we've:

- Provided seeds, lesson plans, children's literature, mini-grants and other types of support and resources to teachers and schools all across WNC and the southern Appalachians
- Represented the Southeast (KY, TN, NC, SC, GA, and FL) as the Regional Lead Agency for the National Farm to School Network
- Published two editions of this *Local Food Guide for Kids*
- Provided numerous trainings, workshops and conferences for teachers, chefs, farmers, and Child Nutrition staff
- Connected school systems throughout the region with local farmers to get more fresh, locally grown food into school cafeterias
- Trained chefs and connected them with teachers to bring cooking classes to more and more students

These accomplishments would not have been possible without your support, and we hope you'll continue to be involved. Please use the resources listed throughout the guide as a starting place to engage with us. Also, visit our websites and social media sites often to share you and your child's Farm to School stories. Here's to the next decade!



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Farm to School Word Search

O R S C E E I U Z H R I C
 T E V A O D P A O R H Y U
 C C I I G M N E I A P G L
 O I Y N E S P Y I O D S I
 Y P F G E W V O C H N T N
 H E I R L O O M S R C Y A
 G F G E R M I N A T E D R
 D I B D T B E E W U I T Y
 A G R I C U L T U R E N C
 T S I E A A E D N D O D G
 Y N R N V A R I E T I E S
 H N U T R I T I O N O E N
 D P N R P G I D E R M E F

Find definitions for these local food vocabulary words inside!



Grow It

AGRICULTURE
 COMPOSTING
 CSA
 GERMINATE
 HEIRLOOM

Cook It

CULINARY
 RECIPE
 INGREDIENT

Eat It

NUTRITION
 VARIETIES

There are four components of Farm to School:

1

School gardens



2

Farm field trips



3

Local food cooking classes



4

Local food in schools

