



farm to school
an asap program

Fall Bulletin Board (August through October)

Suggested Layout:

Farm to School
get
Local
@school



September

growing minds farm to school program Appalachian Sustainable Agriculture Project	August
Tomatoes	September
Cucumbers	October
Cabbage	November
Strawberries	December
Apples	January
Lettuce/Greens	February
Strawberries	March
Sunflower Squash	April
Berries	May
	June
	July

This month's
featured recipe:

Fresh 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

Steps
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.



August



October



TAKE HOME RECIPE CARDS





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Directions:

Pick a seasonal color for background paper. The suggested layout is designed for setting up a standard bulletin board. Consider adding images of your school's students enjoying these different foods!

If you have additional space, fill it up with examples of student work, additional photographs, upcoming farm to school events, etc.

We've provided you with files to download and print. Note: some files will require printing on legal size paper while others on letter size. Then, cut down to size and laminate the pieces before posting on the board.

You'll need to create a few things on your own:

- If using "Take Home Recipe" sign you'll create your own recipe card envelope.
- Instead of posting recipe cards to take home, you could use the "Featured Recipe" sign for a recipe using local ingredients being served in the cafeteria.
- Inquire about Growing Minds recipe cards or make your own!
- Create your own farmer profile using a picture of a local farmer that grows apples or potatoes. Kids love fun facts about the farmer!

Files Included:

Repeated on other boards:

- Get Local @ School sign
- Get Local @ School calendar (11x17)
- Shovel, whisk, and fork
- Featured Recipe sign &/or Take Home Recipe sign if you are creating a recipe card envelope

Fall files:

- Farm to School in the fall banner
- August sign
- August recipe card (Fresh Salsa)
- Tomatoes photo
- Tomato sticker
- September sign
- Cucumber photo
- September recipe card (Cucumber Salad)
- Cucumber sticker
- October sign
- October recipe card (Apple Coleslaw)
- Cabbage photo
- Cabbage sticker