



# Farm to School Taste Tests

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[growing-minds.org](http://growing-minds.org)

# Farm to School Tastings

A Farm to School Taste Test is an event that offers students small samples of local foods, usually fresh fruits and vegetables. Anyone can organize a Farm to School taste test: teachers, school administration, a chef, a parent, food service staff, a school nurse, students, etc.



# Why a Farm to School Taste Test?





# Different Models



# Building the connection between home and school



## 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](http://www.growing-minds.org)



# The key is consistency!



One taste test is great, two is wonderful, three (or more!) is ideal.

# Example Recipes



## Tomatoes

- Cherry tomatoes
- Tomato salsa

**Approximate cost:** 3¢ per child



## Strawberries

- Sliced strawberries
- Strawberry salsa

**Approximate cost:** 2-4¢ per child



## Potatoes

- Roast potatoes
- Mashed potatoes
- Raw sweet potato sticks

**Approximate cost:** 2-4¢ per child

# Taste Tests Make “Cents”



Taste tests average 5 cents per child, or about \$25 for an average sized school.

(Includes gloves, hairnets, tasting cups, and all ingredients.)

