



Farm to School Goes Home

Fourth Week of January

get
Local
@school

LOCAL FOOD RECIPE

Steps

Apple Pork Chops

- ◆ 4 thick cut pork chops
- ◆ 2 tbsp vegetable oil
- ◆ 1 medium onion, thinly sliced
- ◆ 2 medium apples, washed, cored, and thinly sliced
- ◆ 2 tbsp butter
- ◆ 1 tbsp brown sugar
- ◆ ¼ tsp cinnamon
- ◆ 1/8 tsp nutmeg
- ◆ 1 cup water



Heat vegetable oil in a large skillet over medium-high heat. Season the pork chops with salt and black pepper and place in pan once oil is hot. Allow pork chops to cook for 5-7 minutes or until the bottom forms a nice brown crust and does not stick to the pan. Flip each pork chop and cook 5-7 minutes or until the crust forms on that side. Remove pork chops from skillet and replace with the apples, onion, and butter. Stir and cook for about 5 minutes or until tender. Add the water, brown sugar, cinnamon, and nutmeg to the apple and onions. Stir until everything is mixed together then return the chops to the pan, submerging them in the sauce. Simmer for 10-15 minutes or until the liquid is reduced by half, stirring occasionally. Serve each pork chop with apples, onion, and sauce spooned over the top. Enjoy!

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GARDENING IDEAS FOR PARENTS AND KIDS

Add some color to your home with an activity that will amaze your children as much as it will teach them! Take a few clear glasses and fill them half way with water. Have the kids pick out their favorite colors and using a few drops of food coloring, color each glass of water with a different color. Leave one glass with plain water. In each glass, place a cabbage leaf (this can also be done with white flowers or celery stalks). Over the next few days watch how the leaves change!



Explain to your kids how plants need water to grow and survive, just like we do. You can also experiment with splitting the stems in half vertically and dipping each half in different colors. This will produce flowers with petals that are two colors. Watch and be amazed!

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