

Farm to School Goes Home



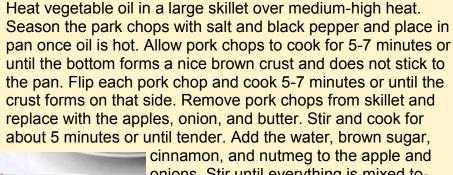
Fourth Week of January

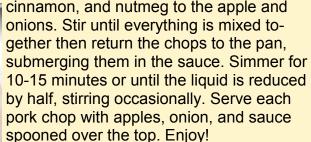
LOCAL FOOD RECIPE

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





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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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