



Farm to School Goes Home

Third Week of April



LOCAL FOOD RECIPE

Spinach and White Bean Dip

Dip

Home Recipe : 6 servings

- 2 tablespoons olive oil
- 1 clove garlic, minced
- 1 pound local spinach
- 15 oz. can white beans, drained
- 1 tbsp. fresh lemon juice
- 1 tbsp. balsamic vinegar
- 1 tsp. salt + 1/4 tsp. pepper

1. Heat 1 tablespoon of oil in a skillet over medium heat. Add garlic and cook until fragrant.
2. Add half of the spinach and cook until wilted. Repeat with the remaining spinach.
3. Process 1 tablespoon olive oil, the spinach mixture, white beans, lemon juice, balsamic vinegar, salt, and pepper in a food processor.
4. Transfer to a small serving bowl. Serve with crackers, toasted pita, and/or vegetable spears.



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GARDENING IDEAS FOR PARENTS AND KIDS

When you are digging in the garden you are bound to find some worms! Make a worm habitat with your children so you can study them for a day or two, then release them back into your garden.

Fill a glass jar with alternating layers of sand and soil. Add some potato and banana peel and a few worms from your garden. Close the jar using a paper towel and rubber band so the worms can breathe. After a few hours inspect the jar and observe the tunnels the worms have created!



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