



# Farm to School Goes Home

First Week of December

get  
Local  
@school

## LOCAL FOOD RECIPE

### Steps

### Apple Ring Pancakes

- ◆ 1 cup whole wheat flour
- ◆ 1 teaspoon baking powder
- ◆ 1/4 teaspoon baking soda
- ◆ 1/4 teaspoon salt
- ◆ 1 1/4 cup buttermilk (or regular milk)
- ◆ 2 eggs
- ◆ 3 teaspoons vegetable or coconut oil
- ◆ 1 local apple
- ◆ butter

Whisk dry pancake ingredients in a bowl. Whisk wet ingredients in a separate bowl; pour mixture into dry ingredients. Stir just until combined. Set aside. Core an apple and slice it into thin rings. Preheat your skillet over medium heat and brush with 1 teaspoon of butter. Dip each apple slice into the pancake batter, allow the excess batter to drip, and then transfer the apple slice to the skillet. Cook for 1 to 2 minutes until small bubbles form on the surface of the batter, and then flip. Reduce the heat to medium-low and cook on the opposite side for about 1 minute, or until golden brown. Serve immediately.



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## GARDENING IDEAS FOR PARENTS AND KIDS

Children can find many treasures to explore in their yards and neighborhoods in winter months! Go outside and explore the winter foliage and see what peaks your child's interest and curiosity. Give your child a bag or basket and encourage them to fill it up! Look for fallen leaves, pinecones, acorns, berries, or twigs and help your children gather them. Take them back inside and make a centerpiece or porch decoration with the different items. For extra color, add ornaments or ribbons to the centerpieces or help your child paint the pine cones. Return the natural materials you don't use back to the yard.

