



Farm to School Goes Home

Second Week of December

get
Local
@school

LOCAL FOOD RECIPE

Apple Winter Squash Bake

- ◆ 3 local apples
- ◆ 1 winter squash, whole
- ◆ ½ cup walnuts, chopped
- ◆ 2 tbsp local honey
- ◆ ½ tsp cinnamon
- ◆ ½ cup apple cider
- ◆ ¼ cup cranberries
- ◆ ¼ cup water



Steps

Peel and cube the apples and winter squash (acorn, butternut, buttercup, or delicata are good options). Place the squash in a baking dish. Add the honey, cinnamon, walnuts, cranberries, and apple cider and stir until squash pieces are coated. Place the mixture in a baking dish, add water, and cover with aluminum foil. Bake until the squash is almost tender (test with a fork). Add the apples and bake until tender.

Enjoy!

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GARDENING IDEAS FOR PARENTS AND KIDS

Squirrels, rabbits, and birds quietly scurry from place to place in our yards and neighborhoods, even if we don't always see them. When it snows, their presence is made known by prints left in the snow. Take a winter adventure with your child in the yard, woods, or neighborhood and look for animal prints! Can they spot prints animals have left? Can they guess which animal the prints belong to? What do they imagine the animals were doing? What might the animals eat on a snowy day? On the way back to the house, encourage your child to follow your own foot prints back home or make new prints by leaping, dancing, skipping or marching into the house.



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