



# Farm to School Goes Home

Third Week of December

get  
Local  
@school

## LOCAL FOOD RECIPE

### Steps

#### Apple Nachos

- ◆ 2 local apples (your favorite variety)
- ◆ ¼ cup yogurt
- ◆ ¼ tablespoon peanut butter
- ◆ 1 teaspoon honey
- ◆ 1 tablespoon water
- ◆ ¼ cup granola
- ◆ ¼ cup blueberries

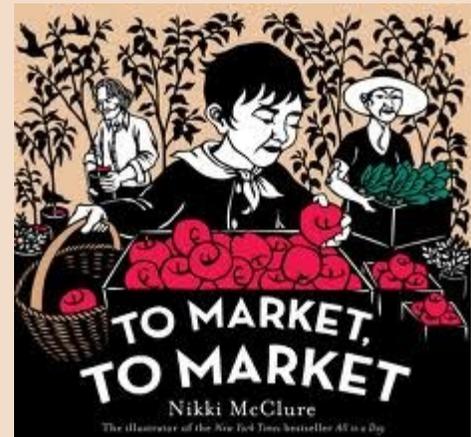
Core and thinly slice apples into wedges or rings and lay them flat on a plate as you would a plate of tortilla chips for nachos. Mix together peanut butter, water, and honey until it is a thin consistency. Drizzle the peanut butter, water, and honey mixture onto the apple slices. Drizzle the yogurt on the apples as well. Top with granola and blueberries. This versatile recipe can include whatever is in the pantry! Invite the kids to help choose what healthy toppings to use such as nuts, raisins, coconut shreds, and dried fruit.



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## GARDENING IDEAS FOR PARENTS AND KIDS

Preschool age children have wild imaginations. They can take any one single idea or object and make an entire scenario around it. Take advantage of this special time in your child's life and imagine with them. Set up a pretend farmer's market in your house with fruits and vegetables from the pantry. Encourage positive language and feelings towards healthy foods and make the farmer the hero of the story! Pretend to buy and sell the veggies, use vegetable scraps to make pretend food like soups. Talk about how plants grow and use accurate gestures such as digging up carrots from the ground or pulling apples from up high off of a tree. If you're having trouble coming up with a scenario, go to your local library and borrow a book about a farmer and his garden to really get those imaginations rolling!



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Growing Minds is a program of ASAP (Appalachian Sustainable Agriculture Project).

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