



# Farm to School Goes Home

## First Week of February

get Local @school

### LOCAL FOOD RECIPE

#### Spinach Smoothie with Avocado and Apple

Home Recipe: 2 servings

- 1 1/2 cups apple juice
- 2 cups stemmed and chopped spinach or kale
- 1 apple—unpeeled, cored, and chopped
- 1/2 avocado, chopped

#### Steps

1. Combine the apple juice, spinach, apple, and avocado in a blender and puree until smooth, about 1 minute, adding water to reach the desired consistency.



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## GARDENING IDEAS FOR PARENTS AND KIDS

### Wonderful Winter Reads!

In the winter when the garden is quiet and cold weather keeps us inside, we can connect with the outdoors through children’s books. There are dozens of colorful stories about nature and gardening that engage and teach young children. Consider checking out one (or more!) of the following books from your local library and set aside a time each day for reading.

#### In the Snow: Who’s Been here? By Lindsay Barrett George

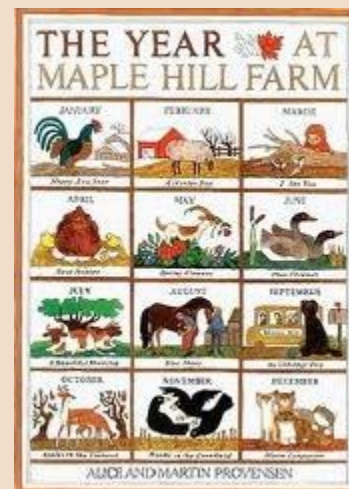
A story about two curious kids who go on a hike and discover clues along the way that animals have been there before them. *In the Snow’s* layout enables readers to guess which animals left various clues before turning the page to see the animals revealed.

#### The Year at Maple Hill Farm By Alice Provensen and Martin Provensen.

This is a book about farm animals, and what happens during one year on a farm. In January, the cows stay in the barnyard, and the chickens don’t lay many eggs. By March, you can tell spring is coming: the barn is filled with baby animals. Month by month, the animals at Maple Hill Farm sense the changing seasons and respond to the changes.

#### Linnea’s Windowsill Garden By Cristina Bjork and Lena Anderson.

Linnea is a captivating character to introduce kids to indoor gardening. Linnea introduces kids to her plants (e.g. her scarlet runner bean plant that she’s named Scarlet) and provides numerous ideas for indoor gardening projects.



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