



Farm to School Goes Home

Second Week of February

get
Local
@school

LOCAL FOOD RECIPE

Potato Kale Soup

Recipe from "Asparagus to Zucchini"

Serves 6-8

- 4 tablespoons olive oil
- 2 medium onions, chopped
- 10 cloves garlic, chopped
- 1/2 tablespoon red chile flakes or to taste
- 1 1/4 teaspoons salt
- 6 medium potatoes, peeled and diced into 3/4 inch cubes
- 3 cups coarsely chopped kale
- Black pepper

Steps

Heat oil in soup pot; add onions, garlic, chile flakes, and salt, and sauté until onions are translucent. Add potatoes and enough water to cover by 4 inches. Bring to boil and cook, covered, until potatoes are about half done. Add kale and cook, uncovered, until potatoes are tender, 10-15 minutes. Puree soup in blender or food processor. Season with pepper to taste. Makes 6-8 servings.

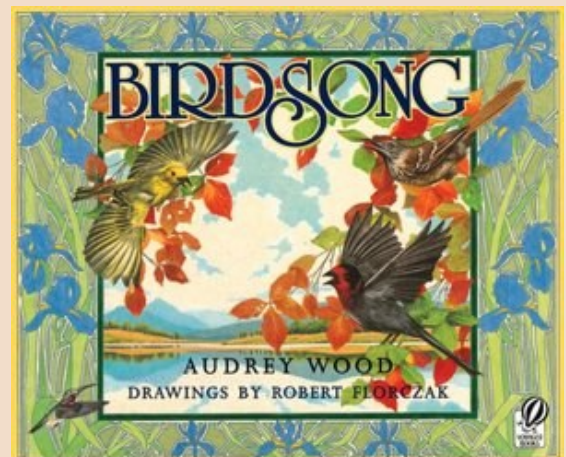


www.growing-minds.org

GARDENING IDEAS FOR PARENTS AND KIDS

Winter Bird Watching

Even in the winter, you can find many birds visiting the garden and yard. Use this quiet time in nature to focus on our flying friends and the songs they sing. Can you and your child hear birds singing? Can you listen closely and imitate the songs you hear? To attract more birds to your yard or garden, put a little plate of bird seed out or make a homemade feeder by spreading peanut butter on a pine cone and rolling it in birdseed. Complete your bird watching and listening experience by reading a children's book about common birds and bird songs. One of our favorites is Bird Song, by Audrey Wood.



www.growing-minds.org