



Farm to School Goes Home

Third Week of February



LOCAL FOOD RECIPE

Pasta, Beans, and Greens

Home Recipe, Serves 10

- 1 (16-ounce) package whole wheat pasta
- 2 medium onions
- 1 medium carrot
- 3 large cloves garlic
- 2 pounds (1 large bunch) spinach or kale
- 2 (15½-ounce) cans great northern, cannellini, or lima beans
- 2 Tablespoons canola oil
- 1 teaspoon dried oregano
- 1 teaspoon dried red pepper flakes

Steps

Cook pasta according to package directions. Drain, reserving 1 cup of pasta water. Set aside. While pasta is cooking, rinse, peel, and dice onions and carrot. Peel and mince garlic. Rinse greens and remove tough stems. Chop coarsely. In a colander, drain and rinse beans. In a large skillet over medium-low heat, heat oil. Add garlic, carrot, onion, and greens. Cook until onions are soft. Add 1/2 cup reserved pasta water and seasonings. Cook until greens are tender. Add beans to greens. If needed, add a little more reserved pasta water to make a sauce. Add cooked pasta to beans and greens. Toss to combine and heat pasta. Add salt and pepper to taste.



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GARDENING IDEAS FOR PARENTS AND KIDS

Scavenger Seed Hunt!

Even in the winter, we can find lots of seed pods and different kinds of seeds in the garden. Go on a seed hunt with your children in the yard, neighborhood or garden. Look for plants, weeds or grasses that have grown tall and are dried. Look closely for seed pods or dried flowers that may contain seeds. Carefully take the seed pods and flowers from the plants. Look inside for seeds. Some seeds may be very small. Next, look for seeds that belong to trees. Acorns, walnuts, and poplar seeds are easy to spot in the wintertime. Take the seeds inside and glue one onto a piece of paper. Can you and your child draw the plant you imagine would grow from the seed?



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