



Farm to School Goes Home

Fourth Week of February

get
Local
@school

LOCAL FOOD RECIPE

Kale Chips

Home Recipe, Serves 6

- 1 bunch kale
- 1 tablespoon olive oil
- 1 teaspoon salt

Steps

1. Preheat oven to 350 degrees F (175 degrees C). Line a non-insulated cookie sheet with parchment paper.
2. With a knife or kitchen shears, carefully remove the leaves from the thick stems and tear into bite size pieces.
3. Drizzle kale with olive oil and sprinkle with seasoning salt.
4. Bake until the edges brown but are not burnt, 10-15 minutes.



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GARDENING IDEAS FOR PARENTS AND KIDS

Make a Mini-Garden!

Help your child learn about sprouting seeds by making a mini-garden in a jar! Buy some wheat grass or grass seed from a local hardware or garden supply store. Soak the seeds in a small amount of water overnight. Fill the bottom of the jar with damp potting soil. Place the seeds on top and lightly water. The seeds will sprout rapidly and the children will see the roots growing down and the plant pushing up toward the light.



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