



Farm to School Goes Home

Second Week of January

get Local @school

LOCAL FOOD RECIPE

Roasted Apple and Butternut Soup

- ◆ 1 medium butternut squash
- ◆ 3 local apples
- ◆ 1 medium yellow onion
- ◆ 1 large carrot
- ◆ 2 tbsp olive oil
- ◆ 1 tbsp minced garlic
- ◆ 4 cups vegetable stock
- ◆ Salt and pepper to taste



Steps

Cut squash in half lengthwise and remove seeds and pulp. Roast in a 350 degree oven, flesh side down until tender all the way through, about 45 minutes. While squash is baking, core, peel, and slice apples. Peel and chop the onion and carrot. Remove squash from oven and cool. Put carrots, onions, and apple slices on a baking sheet, brush with olive oil, and roast until soft. After cooled, remove all meat from the squash with a large spoon and discard the skin. Bring stock to a simmer in a heavy bottomed pot, add all roasted vegetables along with garlic, salt, and pepper and simmer 30 minutes. Cool slightly and puree in a blender. Enjoy!

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GARDENING IDEAS FOR PARENTS AND KIDS

Are all seeds the same? Those sometimes pesky seeds that you remove and throw away from various fruits and vegetables could make a fun, free, and fantastic activity for your kids!

Spend a few days collecting seeds from outside (pinecones, berries), everything bagels (poppy, sesame), and of course foods such as pumpkin, squash, apples, green peppers, tomatoes, lemons, avocados... the list is endless! Once you have a good amount of seeds collected, separate them into different containers or into compartments of an ice tray. Spend the day with your kids investigating the seeds in all kinds of ways! Look at them through a looking glass, feel whether they are hard or squishy, crack open the big ones, and have them guess what food or plant it came from. Do research together on how each one grows from seed to plant and then how it becomes food on the table.

Bake pumpkin seeds or buy a pack of sunflower seeds for a healthy snack during the activity. This investigation will certainly continue their excitement for growing food throughout these long and sterile winter months!



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