



Farm to School Goes Home

Third Week of January



LOCAL FOOD RECIPE



Overnight Crockpot Apple Oatmeal

- ◆ 2 cubed local apples
- ◆ 1 tsp local honey
- ◆ 1 tsp cinnamon
- ◆ 2 cups oatmeal
- ◆ 4 cups water

Steps

Place apples, brown sugar, and cinnamon in the bottom of the crock pot. Add 2 cups of oatmeal then 4 cups of water on top. Do NOT stir!! Cook overnight for 8-9 hours on low. You'll wake up to a delicious, ready-to-eat breakfast and a wonderful smelling house!

www.growing-minds.org

GARDENING IDEAS FOR PARENTS AND KIDS

Did you know you can re-grow some foods from scraps right in your own kitchen? This is a great way to save money on your grocery bill AND teach your kids about growing food! You could have an endless supply of produce such as scallions, lettuce, and celery, from what you used to consider as garbage. These are good starter scraps to keep your little one's attention right off the bat. Simply put the scraps in water, change out the water every other day, keep in sunlight if possible, and you will see small celery stalks and whole ready-to-eat scallions within days!

Once you and your child are certified experts at growing scallions, move on to bigger and more challenging things! Plant the lettuce and celery sprouts into a small pot of soil after a few days to see full growth. Grow onions, sweet potatoes, ginger, garlic, lemongrass, or even an avocado plant. This will show your child how easy, rewarding, and fun gardening can be, as well as teach them about waste management and being resourceful.



www.growing-minds.org