



Farm to School Goes Home

Second Week of June

get
Local
@school

LOCAL FOOD RECIPE

Zucchini Cole Slaw

2 cups zucchini, coarsely shredded
2 cups cabbage, shredded
1 medium carrot, shredded
2 green onions, sliced
1/2 cup radishes, thinly sliced
1/3 cup non-fat Greek yogurt
1/3 cup mild salsa

Steps

1. Drain zucchini by pressing between layers of paper towels.
2. Put zucchini in a large bowl; add cabbage, carrot, onions, and radishes.
3. In a small bowl, combine remaining ingredients.
4. Pour over vegetables and toss well.
5. Cover and chill at least one hour.



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GARDENING IDEAS FOR PARENTS AND KIDS



Build and plant a runner bean teepee! Equipment: One adult; 8 to 12 six-foot long scrap wooden dowels; 1" X 1" stakes or bamboo poles; thick jute twine. Plot out a circle about five feet in diameter. Have kids help to space the poles evenly around the circle, leaving about a 2 foot space between two of the poles for a future doorway. Lean the poles in so that they touch and overlap slightly at the top, forming a teepee. While helpers hold and secure the bottoms of the poles in place, an adult secures the top of the teepee by lashing the jute around the top of the gathered poles. Sow a few seeds around the circle edge, and water thoroughly.

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