



Farm to School Goes Home

Third Week of June

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Local
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LOCAL FOOD RECIPE

Zucchini Pancakes

ChooseMyPlate Recipe : 2 servings

- 2 cups grated zucchini
- 1 tablespoon finely chopped onion
- 1 egg, beaten
- 1 1/2 tablespoons flour
- 1 tablespoon Parmesan cheese
- 1/4 teaspoon minced parsley
- 1/2 teaspoon garlic powder
- 1 tablespoon olive oil
- Salt and pepper to taste

Steps

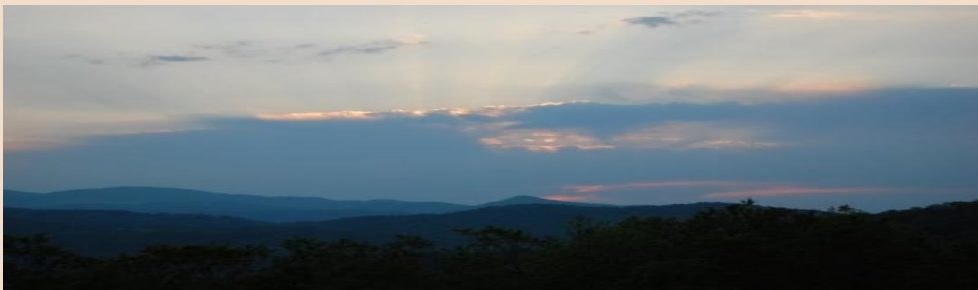
1. Grate zucchini and mix with the other ingredients, except the oil. Blend well.
2. Form the mixture into patties, 3-4 inches in diameter.
3. Heat the oil. Cook pancakes 3-4 minutes per side. Remove and drain on paper towels.



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GARDENING IDEAS FOR PARENTS AND KIDS

After dinner gardening can be a great way to decrease screen time and get outside once the heat of the day wears off. Spend some time together identifying which plants are weeds, and gently pull them out. Demonstrate watering and have your child carefully water the garden plants. Poke the soil to see how deep the water goes—evening watering is ideal because less water is lost to evaporation. The next morning, check the soil around the plants that were watered earlier—is it still moist?



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