



# Farm to School Goes Home

Fourth Week of June

get  
Local  
@school

## LOCAL FOOD RECIPE

### Squash Salsa

*Home Recipe : 12 servings*

- 1 can black beans (rinsed)
- 6 tomatoes, seeded and diced
- 1/2 green pepper, seeded and diced
- 1 medium red onion (minced)
- 1 large summer squash, (peeled and seeded)
- 1 teaspoon Adobo seasoning (combine 1/4 teaspoons of garlic powder, coriander, salt, and cumin)
- 2 tablespoons red wine vinegar



### Steps

1. Combine all ingredients except cheese. Let sit for 30 minutes.
2. Spoon over tortilla chips, cooked rice, or noodles.
3. Top with grated, part-skim mozzarella cheese. Serve hot or cold.
4. Add to tortillas or tortilla chips!

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## GARDENING IDEAS FOR PARENTS AND KIDS

Our food comes from so many different parts of the plant! Have a garden exploration with your child and look at the parts of the produce: which ones have seeds, roots, stems, stalks, flowers and fruit that we eat? Sometimes a familiar fruit or vegetable has parts that we don't usually consider edible, but they are. Try a tasting experiment by adding broccoli leaves and blossoms, carrot tops and radish greens to a salad. What do you think?



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