



Farm to School Goes Home

First Week of March

get
Local
@school

LOCAL FOOD RECIPE

Sautéed Greens

Home Recipe, Serves 4-6

- 1 pound collard greens
- 4 medium cloves garlic
- 2 tablespoons canola oil
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

Steps

Remove stems from greens. Stack leaves on top of each other. Roll into a tube shape. Make a few stacks if needed. Use a sharp knife to slice leaf rolls into 1/4 inch wide strips. In a large bowl filled with cold water, add cut greens. Allow any dirt to settle to the bottom of the bowl. If greens are very dirty, repeat this step. Lift greens out of bowl. Shake off any excess water. Peel and mince garlic. In a large skillet over medium-high heat, heat oil. Add greens. Use caution, as oil might splatter when damp greens are placed in hot pan. Stir greens until wilted, about 1-2 minutes. Reduce heat to medium. Add garlic. Cook until greens are soft and excess water is gone, about 5-7 minutes. If garlic starts to brown or burn, reduce heat to medium-low. Season with salt and pepper. Serve right away. Try chard, kale, or any other leafy greens instead of collards.



www.growing-minds.org

GARDENING IDEAS FOR PARENTS AND KIDS

How Do Plants Grow?

When we drink, how does water get from our mouth to our toes? When a plant takes up water how does it get from its roots to its leaves? This fun experiment gets kids (and adults!) thinking about the way a plant works and what it needs to survive.

Place a stalk of celery in a cup with water and blue food coloring (about 10 drops in 1/4 cup water should do). Wait a day or two, and see what happens. Ask your child to describe what he sees. Make predictions and explore observations together as a family each day.



www.growing-minds.org