

Farm to School Goes Home

First Week of March



LOCAL FOOD RECIPE

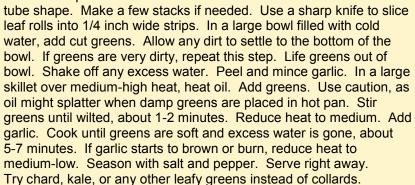
Sautéed Greens

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



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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.



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