



Farm to School Goes Home

Second Week of March

get
Local
@school

LOCAL FOOD RECIPE

Spring Kale Salad

Home Recipe, Serves 1-2

1 large bunch or bag of kale, torn into bite-size pieces

1 1/2 cups fresh strawberries

4 oz. cheese of choice

1/2 cup fresh squeezed lime juice

2 tbsp. minced shallot

1/3 cup of honey

1/3-1/2 cup of good olive oil

Salt and pepper to taste

Optional: 1 cup sunflower or pumpkin seeds

Steps

1. Dressing: Combine lime juice, minced shallot, honey, and a pinch of salt and pepper into a blender. Blend until ingredients are combined. Slowly pour in oil and mix with blender mixture.
2. Wash and tear greens into bite size pieces. Discard stems. Put all greens in large salad bowl and toss with dressing. Top greens with sliced fresh strawberries, cheese, and seeds if desired.

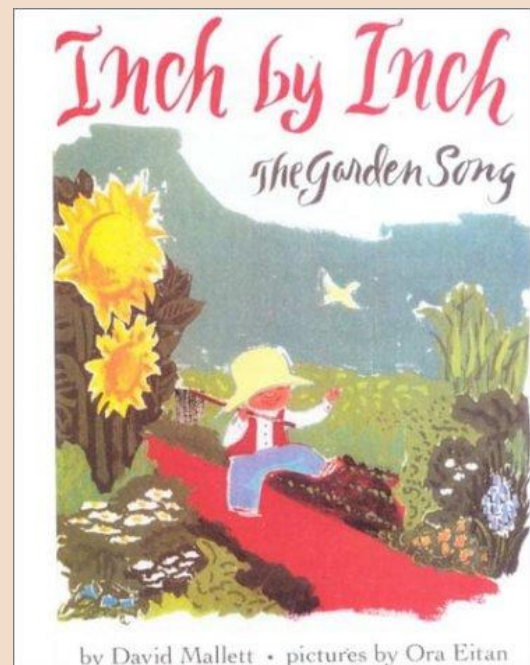


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GARDENING IDEAS FOR PARENTS AND KIDS

Sing-a-Song!

Winter and early spring are fun times to learn new garden songs. Watch the following video of children gardening and listen to the "Inch by Inch" song: <http://growing-minds.org/the-garden-song/>. Check out the book "Inch by Inch" from the library and learn a new gardening tune by reading (or singing!) the book to your child.



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