



# Farm to School Goes Home

Third Week of March

get  
Local  
@school

## LOCAL FOOD RECIPE

### Spinach Quesadillas

Home Recipe, Serves 1-2

- 2 (10 inch) whole wheat tortillas
- 3 cups fresh spinach leaves
- 2/3 cups shredded Cheddar cheese
- 1 green onion, chopped
- 1/2 teaspoon garlic powder
- 1/2 teaspoon chili powder

### Steps

1. Heat a large non-stick skillet over medium-high heat. Place one tortilla onto the skillet. Sprinkle about half the Cheddar cheese evenly over the tortilla. Top with spinach, green onions, garlic powder, and chili powder. Cover with the remaining Cheddar cheese. Place the second tortilla on top.
2. Cook until the bottom tortilla is crisp and slightly brown, about 3 minutes. Flip the tortilla by sliding on plate, covering with another plate, and flipping. Then add non-cooked side to pan and cook for another 3 minutes or until brown and crisp. Slide onto a cutting board, and cut into 8 wedges to serve.



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## GARDENING IDEAS FOR PARENTS AND KIDS

### Recruit Little Garden Helpers!

March is a great time to prepare the garden for planting. Children love helping to remove weeds and add amendments to the soil. To involve children in a job like weeding, sprinkle a bit of flour on all of the plants you want taken out of the garden. Marking the plants in this way will avoid any confusion (and may also save your favorite flower or shrub!) and will enable children to be independent while they help. Demonstrate how to remove a weed with a trowel and how to hold the trowel safely. Once your child knows how to hold and use the tool, and can identify the plants that need to be removed with the flour, he'll be able to really play a part in getting the garden ready for spring!



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