

# Farm to School Goes Home

**Third Week of March** 



### **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

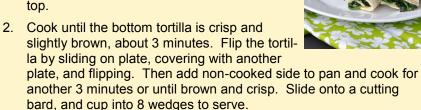
1 green onion, chopped

1/2 teaspoon garlic powder

1/2 teaspoon chili powder

#### **Steps**

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.



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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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