



# Farm to School Goes Home

First Week of May



## LOCAL FOOD RECIPE

### Strawberry Sandwiches with Cream Cheese

#### Ingredients

*Each sandwich:*

- 1 tablespoon cream cheese
- 1/4 teaspoon honey
- 1 slice whole-wheat bread, toasted
- 2 local strawberries, sliced

*Serves 1 child.*

#### Steps

1. Combine cream cheese and honey in a bowl.
2. Cut bread in half and spread cheese mixture on one piece.
3. Place sliced strawberries on the other piece of bread, top with the cream cheese bread.
4. Enjoy!



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## GARDENING IDEAS FOR PARENTS AND KIDS

It might feel like summer outside, but the last freeze date for the mountains is May 10th! If there is a frost expected, don't panic. Many vegetables you've planted in the garden, such as lettuce, collards, beets, and carrots are all cold hardy. If you've planted summer crops, such as tomatoes or peppers, be sure to cover them with a sheet or row cover at night and uncover them during the day.

If you have some frost damage in your garden be sure to show that to your children. The effects that weather has on plants can be a great learning opportunity!



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