



Farm to School Goes Home

Second Week of May



LOCAL FOOD RECIPE

Spinach Strawberry Salad

Ingredients

- 2 Tbsp. honey
- 1/3 cup olive oil
- Dash cinnamon
- 3 Tbsp. lemon juice
- 1 tsp. Dijon mustard
- 1/8 tsp. salt
- 8 cups baby spinach leaves
- 2 cups sliced local strawberries

Makes about 6 full salads, or enough for a class of 20 students to try.

Steps

1. Combine the first 6 ingredients in a jar and shake until honey is dissolved.
2. Wash and drain the greens, put them in a salad bowl. Add the strawberries and toss gently.
3. Pour on the dressing and toss the salad once more.
4. Enjoy!



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GARDENING IDEAS FOR PARENTS AND KIDS

Once the danger of frost has passed you can begin planting tender plants like cucumbers, tomatoes, and summer squash.

You can also begin planting summer flowers! Grow a sunflower house by planting sunflower seeds in a circular shape. The flowers will grow and create an enclosed den where children can play and hide.

Create a special place for your children in the sunflower house by adding a small bench and some favorite outdoor toys.



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