



Farm to School Goes Home

First Week of October



LOCAL FOOD RECIPE

Apple Carrot Slaw

Home Recipe: 4-6 servings

- 2 small apples, grated
- 1 cup carrots, shredded
- 1 medium head of cabbage, shredded
- 1/2 cup plain yogurt or low-fat mayonnaise
- 2 teaspoons fresh squeezed lemon juice
- Salt and pepper to taste

Steps

1. Mix apples, carrots, and cabbage in a large bowl.
2. Add lemon juice and mayonnaise or yogurt.
3. Toss all ingredients until thoroughly mixed.



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GARDENING IDEAS FOR PARENTS AND KIDS

Thinking about Bulbs

Many flowers such as tulips, daffodils, iris, and crocus grow from bulbs. Fall is the best time to plant them. To find bulbs, go to a local garden supply store or a local hardware store and purchase several different types (plus onion sets, and garlic bulbs if they are available!). Look at two or three different types of bulbs closely with your child. How are they similar? How are they different? What does she imagine will grow from the bulb? Will it be a yellow flower? Will it have white blooms? Plant the bulbs according to the package instructions and mark their place with a sign or rock. Write your child's prediction of the bulb's appearance and keep it safe so that you can refer back to it in the spring when the bulb emerges and blooms.



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