



# Farm to School Goes Home

Second Week of October



## LOCAL FOOD RECIPE

### Moose's Soup

*Home Recipe: 4-6 servings*

8-12 cups vegetable broth

4 tablespoons unsalted butter

2 large onions, diced

1 garlic clove, minced

3 lb. potatoes, cubed

1 lb. carrots, chopped

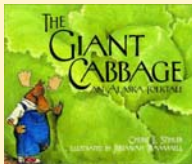
1 head green cabbage, shopped

2 tsp. each of parsley and oregano

salt, pepper to taste

### Steps

1. Pour broth into a slow cooker.
2. In a frying pan, melt butter and sauté onions until golden. Add to slow cooker.
3. Add remaining ingredients and cover with water or additional broth.
4. Cook on low setting, until the potatoes are tender.



This recipe was adapted from The Giant Cabbage by Cherie B. Stihler. Moose grows a giant cabbage to take to the fair, but finds it is too big to move! With the help of his friends, he finally succeeds, and makes a giant pot of this delicious soup to share.

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## GARDENING IDEAS FOR PARENTS AND KIDS

### Let's Play!

Play is an important part of a child's learning and growing. How can you encourage your child to play in the garden or in your outdoor space? Often times, all children need to start playing and using their imagination is a prop or subtle suggestion like a pile of sticks all laid out in a row, a stack of rocks, or a trail of flower petals leading from place to place. This week, go out to your garden or yard, leave several play props for your child to find. What is already in the environment that you can use to encourage play? Could you string together clover necklaces and crowns and leave them in a box? What would your child do if he or she found a shallow dish of water or bird seed in the garden? What about if he or she discovered mirrors on the fence or tree?



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