



Farm to School Goes Home

Second Week of September



LOCAL FOOD RECIPE

Cucumber Sandwiches

Home Recipe: 3-4 servings

- 1-2 local cucumbers
- 1 local pepper (optional)
- 1 local carrot (optional)
- 4-5 slices of wheat bread
- 2 oz. (4 tbsp.) spreadable cream cheese or hummus

Steps

1. Wash the cucumbers, peppers, and carrots. Chop into small pieces and set aside.
2. Lay the bread slices onto a sheet tray.
3. Cut the bread into fun shapes using a cookie cutter (this step is optional but fun!).
4. Spread about a tablespoon of cream cheese or hummus on top of the slice of bread.
5. Put pieces of cucumber, pepper, and carrot on top. Enjoy!



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GARDENING IDEAS FOR PARENTS AND KIDS

Seed Saving

Fall is a great time to start thinking about saving seeds for next year's garden. Consider doing a seed saving activity with your child. Do you have cucumbers growing in your garden or do you know someone who has cucumbers in theirs? If so, you can save the seeds for next year!

Steps

1. Let the cucumbers thoroughly ripen on the vine. They will enlarge and turn yellow. They should stay on the vines until the vines are dead.
2. Bring the cucumbers into the house and let them ripen further on a dry shelf in the pantry (or someplace out of direct sunlight).
3. When the cucumbers begin to turn soft, scoop out the seed mass (your kids will love this part!) and put it into a large jar of water.
4. Let the seeds sit (and ferment) for five days. Have your children observe what's happening to the seeds each day and keep a record of changes they see.
5. On the fifth day, separate the scum from the good seeds that have sunken to the bottom. Rinse the seeds in a colander, then dry them on screens (window screens work great!) for at least three weeks.
6. Store the seeds in airtight containers, label and date clearly. Store the containers in a cool, dark place free of humidity. If the seeds are processed properly they will remain good for several years.



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Growing Minds is a program of ASAP (Appalachian Sustainable Agriculture Project).

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