



Farm to School Goes Home

Third Week of September



LOCAL FOOD RECIPE

Cucumber Salad

Home Recipe: 3-4 servings

3 local cucumbers, sliced

1/3 cup vinegar

2 tsp. sugar

1 tsp. salt

2 cups cherry tomatoes, halved

2/3 cup red onion, coarsely chopped (optional)

1/2 cup fresh herbs (mint, dill, basil, or cilantro), chopped

3 tbsp. olive oil

Steps

1. Toss together the cucumbers, vinegar, sugar and salt in a large bowl.
2. Cover and let stand for one hour.
3. When you are ready to serve the salad, add the tomatoes, onion, fresh herbs, and oil to the cucumber mixture and lightly stir. Enjoy!



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GARDENING IDEAS FOR PARENTS AND KIDS

Community Garden Outing

Many towns, cities, and area universities have community gardens open to the public. For a fun outdoor activity this month, consider going on an outing with your child(ren) to a local community garden. To find community gardens, call your county's Cooperative Extension Agency or do a Google search with the name of our town or county and "community garden." On the way to the garden ask your children to make predictions about what they might see at the garden. While you're exploring the garden, play simple games to help your child look closely at the surroundings. Play "I Spy" or give them a scavenger hunt.

Garden Scavenger Hunt

Explore the garden and find:

- something beautiful
- one thing that does not belong
- something round
- something soft
- something that makes noise



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