



Farm to School Goes Home

Fourth Week of September



LOCAL FOOD RECIPE

Homemade Ranch and Cucumber Moons

Home Recipe: 3-4 Servings

1-2 garlic cloves

1/4 cup local parsley, finely chopped

2 tbsp. local chives or green onion, finely chopped

1 cup mayonnaise

1/2 cup sour cream

Milk

Salt and pepper to taste

2-3 local cucumbers

Steps

1. Mince or press the garlic.
2. Add the parsley and chives to the garlic. Then add other fresh herbs.
3. Mix together mayonnaise, sour cream until well combined.
4. Stir the garlic herb mixture into mayonnaise mixture.
5. Chill for a couple of hours before serving. Thin with milk if desired. Salt and pepper to taste.
6. Slice local cucumbers into circle (moons) and serve with homemade dip. You can also serve this dressing with any other local vegetables.



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GARDENING IDEAS FOR PARENTS AND KIDS

Make a Rock Garden!

Children love to dig in the soil, stack and sort rocks, and make mud pies. In your vegetable garden or in your yard, create a place for your child to explore, dig, and create with natural objects.

Steps

1. Just take the grass or sod off of a patch of earth, provide some digging tools and watch your child explore.
2. Go on a rock collecting walk with your child and bring the rocks back to his or her soil garden.
3. Give your child the freedom to play and create with the rocks, soil, bark, sticks and mud. Here are a few ideas to get them started: Can your child use the rocks as a tool to dig? What kind of sculptures can he or she make? How many can he or she stack? Can he make a path or a cave or a little house with the rocks? Ask your child to sort the rocks into big and small or by color. Bring water into the rock garden and let your child wet the rocks. What happens when the rocks are wet?



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

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