



# ► Farm To School

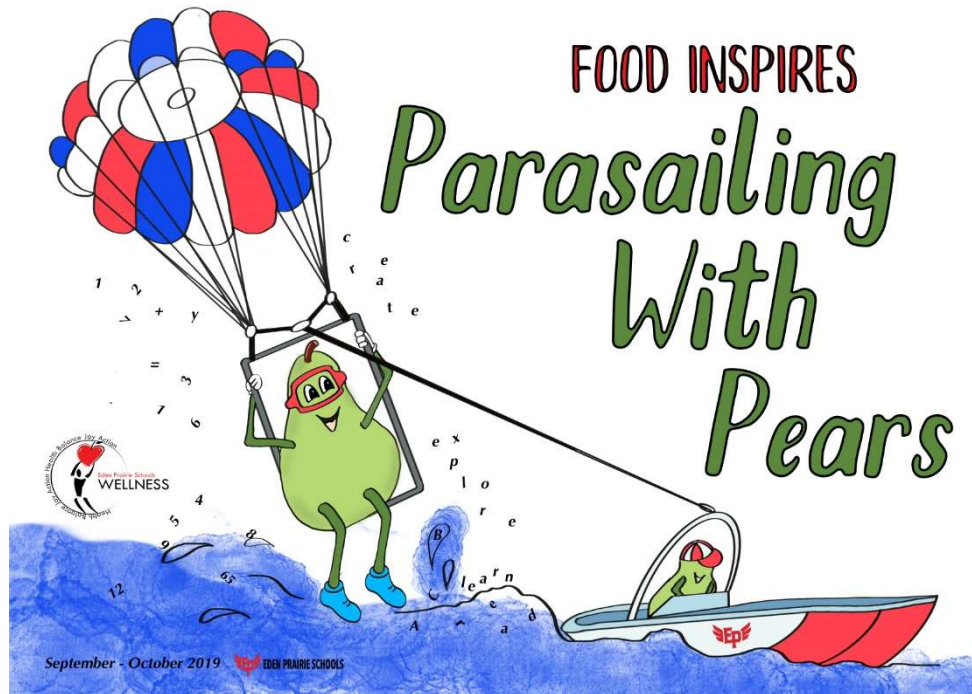
Eden Prairie, Minnesota

2019 - 2020

## FOOD INSPIRES...

We believe childhood exposure to good food inspires healthy eating later in life!





In September and October

Look for our featured fruit,  
pears.

from Bix Produce Company





# Did You Know?



- ▶ There are over 3000 varieties of pears grown around the world.

# More facts



- ▶ Pear is a type of deciduous tree that belongs to the family of roses.
- ▶ A standard-size pear tree can grow to 40 feet tall.
- ▶ Pears ripen best when they are already plucked from the tree. If the pears you bought from the supermarket are not yet fully ripe, you can leave them at room temperature until they ripen. Once ripe, pears need to be stored in the refrigerator and consumed within three days.

# More fruit fun facts




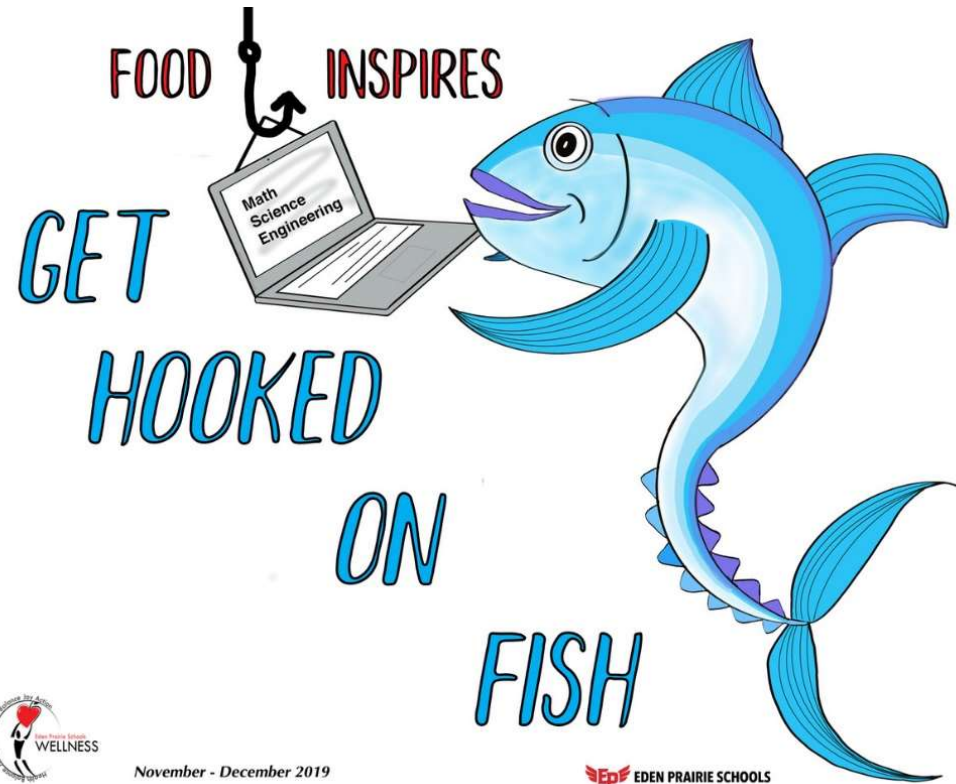
- ▶ You cannot judge a pear by the color of its skin. Although a few varieties of pears change from green to yellow as they ripen, others do not change colors at all. The best way to determine ripeness is to check the part of the fruit near the stem. If the flesh gives when you press it gently, then the pear is ready to eat.
- ▶ Although it might be tempting to peel a pear when you find some brown spots on it, don't. Some pear varieties undergo russeting, which is naturally occurring and will not alter the fruit's taste or flavor.



- ▶ Like apples and bananas, sliced pears are very prone to browning when exposed to oxygen in the air. To slow down the oxidation process, you can dip the pears in a solution of water and lemon juice.
- ▶ Pear wood is useful in making furniture and kitchen utensils, as well as smoking meats.
- ▶ The phytonutrients found in the skin of the pear is three to four times the amount contained in the flesh. Thus, to optimize the benefits you get from the fruit, eat it fresh and unpeeled.
- ▶ You will rarely get an upset stomach when you eat a pear because its low acid level is very gentle on the digestive system. In fact, the ancient Greeks used it as a remedy against nausea.



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- The slide features abstract green geometric shapes. On the left, a small green triangle points upwards. On the right, a large, complex shape composed of several overlapping translucent green triangles of varying shades (from light lime to dark forest green) extends from the top to the bottom. A thin white line also extends from the bottom left towards the right, passing behind the large green shape.
- ▶ Enjoy pears with us. Check the menu <https://edenpr.nutrislice.com/menu/> to find out when we will offer this delicious fruit. They will be offered when you see orchard fruit on our menus.




In November and December!



## ► “GET HOOKED ON FISH”

### ► LET’S TAKE A LOOK AT SOME INTERESTING FACTS ABOUT FISH:

- Fish are vertebrate animals that live in the water. Vertebrate means they have a spinal cord surrounded by bone or cartilage.
  - Fish have gills that extract oxygen from the water around them.
  - There are over 30000 known species of fish.
  - Some flatfish use camouflage to hide themselves on the ocean floor.
  - Relative to their body size, fish have small brains compared to most other animals.
  - Fish are covered in scales which are often covered in a layer of slime to help their movement through water.
  - Over 1000 fish species are threatened by extinction.
  - Fish are cold-blooded like reptiles and amphibians. They can’t control their body temperature.
  - Fish have a good sense of taste, sight and touch. They can feel pain.
- 

**LET'S TAKE A  
LOOK AT SOME  
MORE  
INTERESTING  
FACTS ABOUT  
FISH:**



Tuna can swim at  
speeds of up to  
70 kph (43 mph).





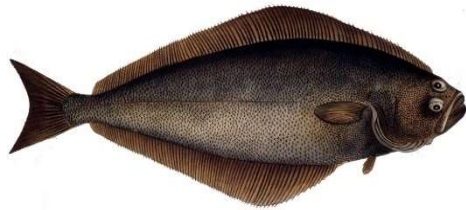
Although Jellyfish and Crayfish have the word “fish” in their name, they aren’t fish.



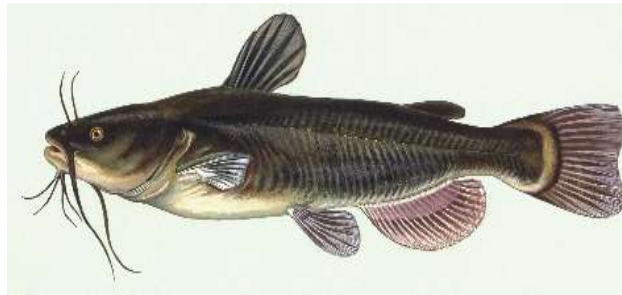
Some fish such as Halibut and Cod live in saltwater.

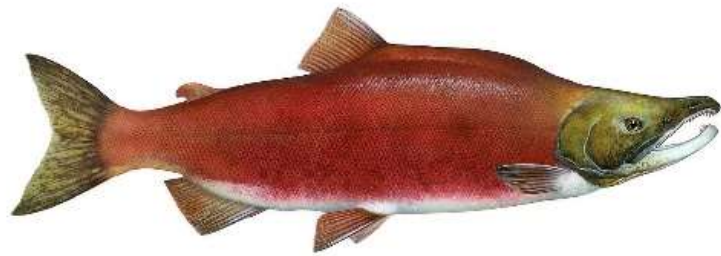
Freshwater fish such as Trout and Catfish live in lakes and rivers.

## Saltwater



## Freshwater

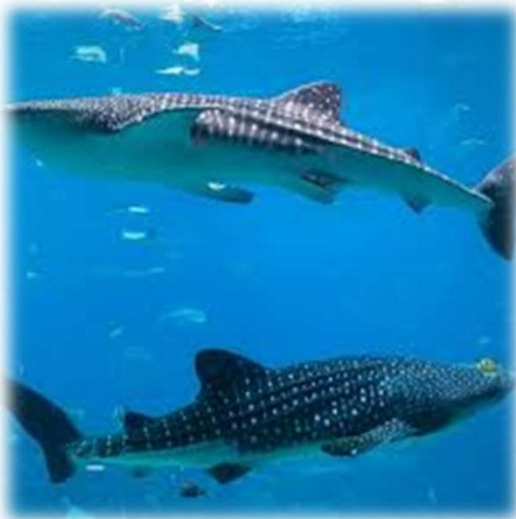




Salmon migrate every year  
to lay their eggs.



► The largest fish is the Great White Shark.





# Unusual fish

- ▶ The tiny Philippine goby is about the size of your pinky fingernail.
- ▶ Despite their horsey shape, sea horses are fish. They have very small fins and can't swim fast.





Watch our menu for fish nuggets and patties in  
November and December.

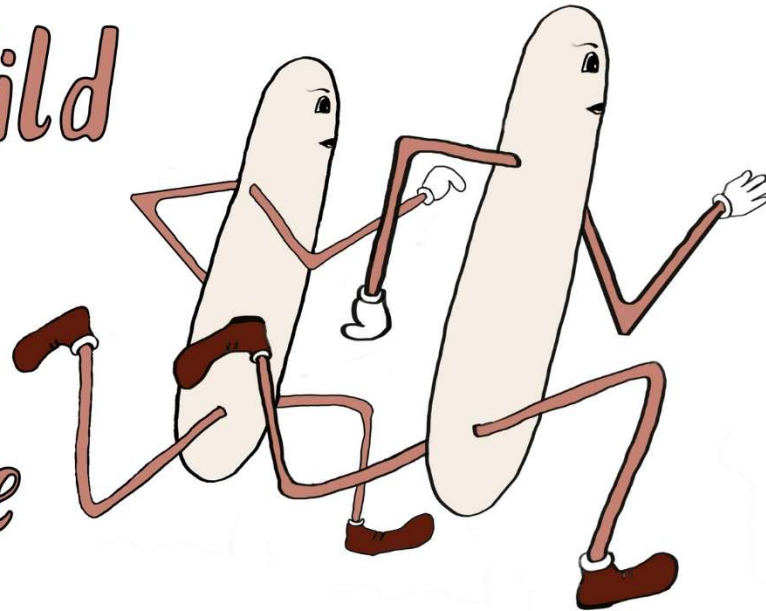
<https://edenpr.nutrislice.com/menu/>

► **Home link:**

[http://www.sciencekids.co.nz/sciencefacts/animals/fish.h  
tml](http://www.sciencekids.co.nz/sciencefacts/animals/fish.html)

FOOD INSPIRES

Wild  
For  
Rice



January - February 2020

 EDEN PRAIRIE SCHOOLS

In January and February

# Wild for Rice!



**Let's get wild (with some wild rice facts). *How wild are these facts about wild rice? Pretty wild! Okay, they're not that wild, but they are interesting.***

- ▶ **First, wild rice isn't rice...but it is wild. It's actually an aquatic grass with grains that look, feel like, and taste like rice. Its closest relatives are other cereals, such as corn, wheat, rice, and barley, as well as bamboo.**
- ▶ **Wild rice is also known as "water oats," "Indian rice," or "Canada rice." That's because it's the only grain native to North America, primarily in lakes and riverbeds in and around Minnesota and central Canada. Today, however, most commercial varieties are cultivated in manmade rice "paddies" in California.**
- ▶ **The wild rice that was grown and harvested for centuries by Native Americans was naturally a brownish-green color. Wild rice producers in the 20<sup>th</sup> century, however, began to hybridize different wild rice varieties, leading to the commercially dominant style of wild rice on the market today: black-grained.**



## The process for harvesting wild rice:

Many wild rice producers still use the traditional method of harvesting, which is both a simple, straightforward process...and hard work.

Two people travel by a canoe out into the water where the rice is ready to harvest.

The “poler” sits in the back of the canoe and uses an oar to push the canoe through the water and plants.

The “knocker” stands up in the middle of the boat and uses a stick to bend the 10-foot-tall wild rice stalks over the boat.

He uses another long stick to knock grains out of the stalks and into the boat.

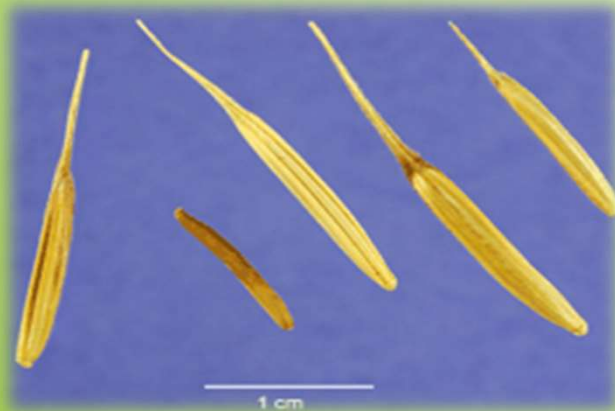


- Harvested grains are then taken to shore, where, traditionally, they were heated in an open drum over a fire. That not only imparts a smoky flavor but dries and preserves the rice. (Today, wild rice grains are industrially par boiled.)



# Photos of stages

- This photo shows four wild rice seeds, or kernels, still in their inedible hulls, and one seed removed from its hull.



- This photo shows wild rice before it's cooked.





# Other versions of wild rice

Like most other slow-cooking whole grains, wild rice is now available in quick cooking versions, making it convenient no matter how much time you have to cook. Because it's partially pre-cooked, quick-cook wild rice can be ready and on the table in as little as five minutes.



Wild rice can be ground into a delicious gluten-free flour and used to bake other foods. (Yes, it's right there on Amazon. Who knew?) A warm tan in color, wild rice flour is best used when mixed with other flours in breads, muffins, pancakes, waffles and cookies.



# Interested in Wild Rice?

**We plan to try wild rice in salads, soups and in some of our breads.**

**Check our menus in January and February.**

**<https://edenpr.nutrislice.com/menu/>**

FOOD INSPIRES



March - April 2020

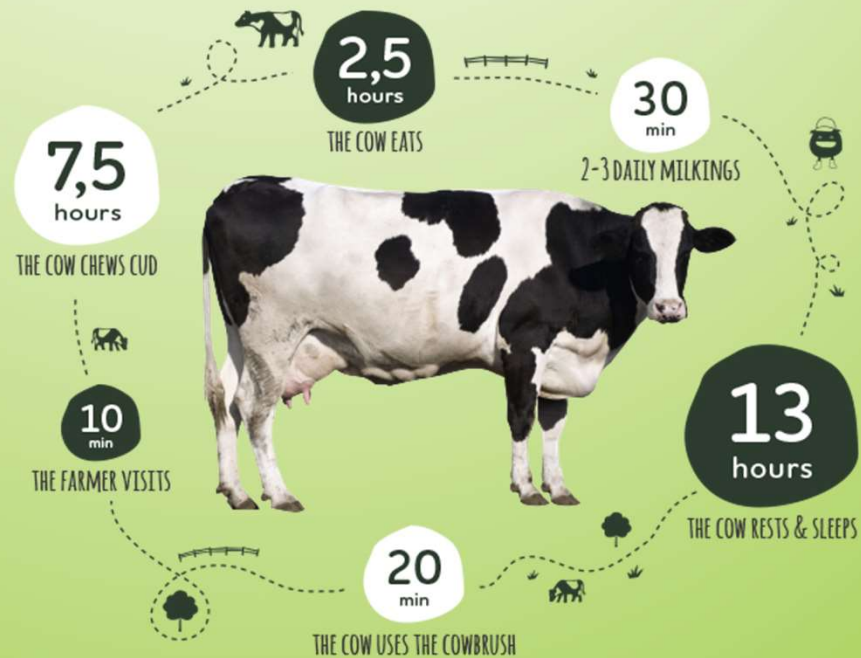
**EP** EDEN PRAIRIE SCHOOLS

In March and April



# Build Muscles with Milk

## A DAY IN THE *life of a* MILK COW



# That's Amoozing!!

## Fun Facts About Dairy Cows and Milk

- Of those major breeds:
- **Brown Swiss** are the oldest
  - **Holsteins** are the largest
  - **Jerseys** are the smallest

There are 5 major dairy breeds in the western hemisphere:  
**Ayrshire, Brown Swiss, Guernsey, Holstein and Jersey**

There are records of cows being milked as early as **9000 B.C.**

- To Make:
- **1 lb of butter**.....it takes **21.1 lbs** of whole milk
  - **1 lb of cheese**.....it takes **10 lbs** of whole milk
  - **1 lb of ice cream**.....it takes **2.8 lbs** of whole milk

One cow can provide enough milk for about **14** people.

Source: Oklahoma State Extension

FARM CREDIT  
**Knowledge Center**  
[www.farmcreditknowledgecenter.com](http://www.farmcreditknowledgecenter.com)



- ▶ A cow produces an average of 6.3 gallons of milk daily and 350,000 glasses of milk in a lifetime.
- ▶ Farmers measure milk in pounds, not gallons.
- ▶ Cows eat about 100 pounds of food every day and drink 50 gallons of water.
- ▶ U.S. dairy farms produce roughly 21 billion gallons of milk annually.
- ▶ To get the amount of calcium in an 8-ounce glass of milk, you'd have to eat one-fourth cup broccoli, seven oranges or six slices of wheat bread.
- ▶ June is National\_Dairy\_Month.

# The average American consumes almost 25 gallons of milk a year.




- ▶ The greatest amount of milk produced in one year was 59,298 pounds by a Holstein cow named Robthom Sue Paddy.
- ▶ On a dairy farm, a farmer's day begins and ends with milking the cows.
- ▶ Fresh milk will stay fresher longer if you add a pinch of salt to each quart.



- A cow is more valuable for its milk, cheese, butter and yogurt than for its beef.
- Home delivery of milk (i.e. the milkman) started in 1942 as a war conservation measure.
- More than 1,000 new dairy products are introduced each year.



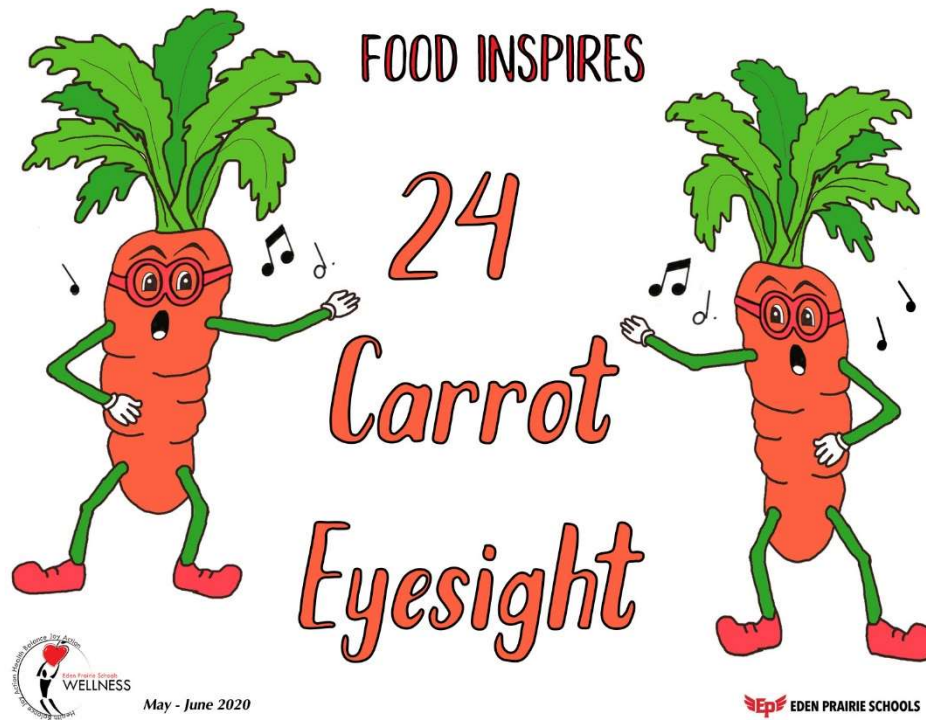




**Come join us at  
breakfast and lunch--  
build your muscles and  
drink milk!**

**Please check our menu:**  
[https://edenpr.nutrislice.com  
/menu/](https://edenpr.nutrislice.com/menu/)





In May and June

# Join us for our featured “24 Carrot Eyesight” vegetable on our Salad Bars!

**Check out our fun carrot facts for kids. Learn interesting information about the carrot, its use throughout history and different ways carrots are prepared for eating. Were carrots always orange? What country produces the most carrots? Find out the answers to these questions and much more with our fun carrot facts for kids!**







# Fun Facts

- ▶ The carrot is a root vegetable. They grow best in cool weather.
- ▶ The carrot is usually orange in color although purple, red, white, and yellow varieties also exist.
- ▶ The domesticated carrot that we know today originated from the wild carrot called *Daucus carota* which was native to Europe and south western Asia.
- ▶ The actual plant of a carrot (greens above ground) can grow up to 1 m (3.2 ft) tall and flowers around June to August (northern hemisphere summer) with a bright white flower.
- ▶ Cultivated carrots are usually made up of about 88% water, 7% sugar, 1% protein, 1% fiber, 1% ash, and 0.2% fat.
- ▶ Carrots are cooked and eaten in various ways. The vegetable is often pulped, mashed, boiled, puréed, grated, fried, steamed, stewed, baked, juiced or eaten raw. Carrots are typically used in stir-fries and salads but also in soups and added to baby foods or pet foods. They can be dehydrated or deep-fried to make chips, flakes, and powder.



# Preparation in cultures

- ▶ The natural sugars and sweetness of carrots allow them to be used in carrot cakes of western countries. In India they are used as desserts, while countries such as Portugal use carrots in jam.
- ▶ Carrot juice is widely consumed, especially as a health drink, with or without other fruits and vegetables.
- ▶ In fact, even the greens are edible as a leaf vegetable although this is rare.
- ▶ Ancient Greeks and Romans ate carrots but not the orange varieties we know today; they ate the less cultivated wild varieties of various other colors.
- ▶ In the 17th century western carrots first appeared in the Netherlands. Dutch carrot growers invented the orange carrot in honor of the House of Orange, the Dutch Royal Family.

# More facts

- ▶ The orange color results from abundant carotenes in these cultivars, mainly the beta-carotene which is a strongly colored red-orange pigment found in some plants and fruits.
- ▶ The human body turns beta-carotene into vitamin A and carrots are one of the best sources for beta-carotene. Vitamin A is important for the health of our vision (including our night vision) as well as our bones, teeth and skin.
- ▶ The world's largest carrot producer is China, which in 2011, accounted for over 45% of the global output. China was a long way ahead of Russia and the United States who are the second and third highest producers, respectively.
- ▶ The carrot is in the top 10 of most economically important global vegetable crops.



Cut the greens off when  
you harvest carrots.

If you don't, the tops will  
continue to grow, leaching  
water and nutrients out of  
the carrots.



Carrot



- ▶ It is true that eating massive amounts of carrots can sometimes cause a person's skin to turn yellowish orange. This is most noticeable on the palms or soles of feet and is called carotenemia. But don't worry it requires a high amount of carrot consumption and is completely fixable just by reducing carrot intake.
- ▶ Bugs Bunny knew what he was talking about! Carrots are food for your health. Packed with beta-carotene, pigment that gives carrots their bright orange color, carrots help maintain healthy eye, skin, teeth and muscles.
- ▶ A medium sized carrot or a handful of baby carrots count as one vegetable serving. Carrots are among the most popular vegetables in America.
- ▶ Most Americans eat almost 11 pounds of carrots a year.





Parasail with Pears!



Be Wild for Rice!



24 Carrot Eyesight!



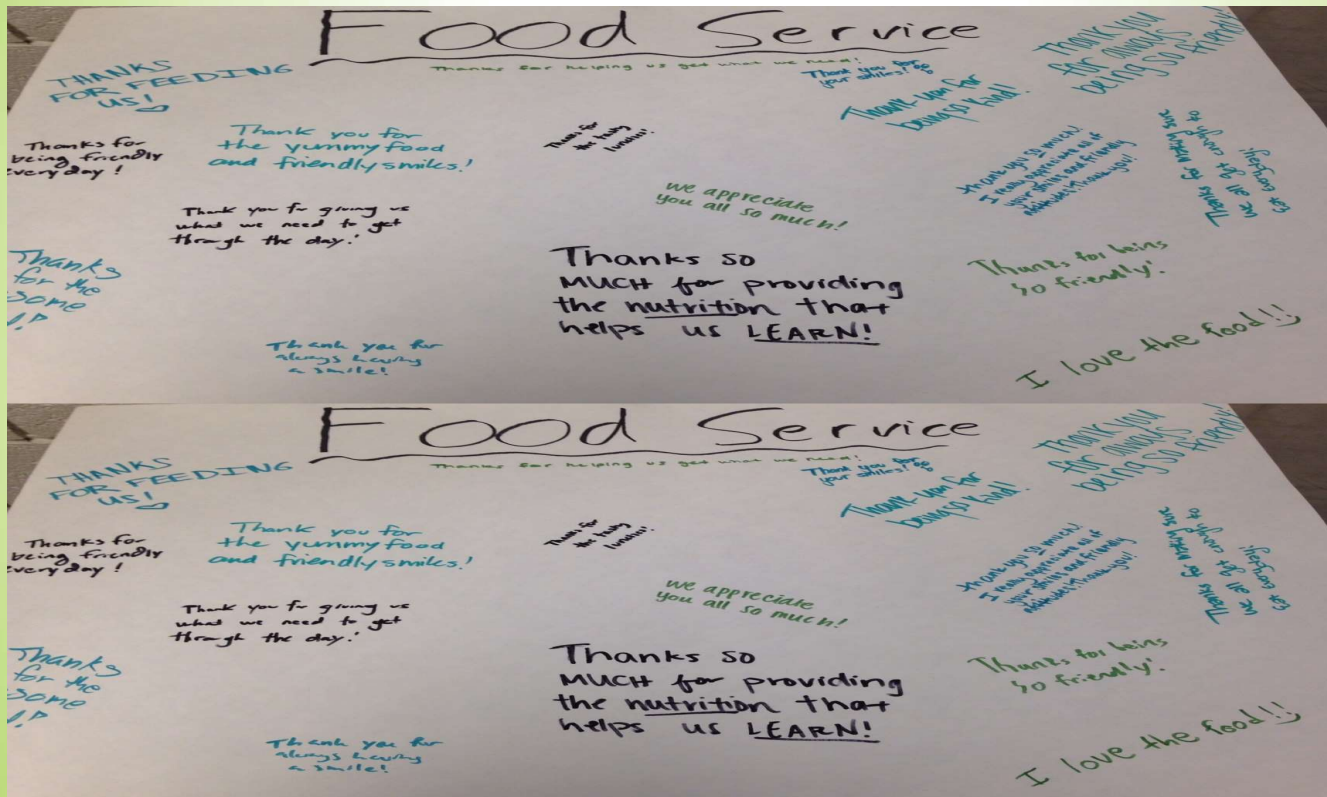
Get Hooked on Fish!



Build Muscles with Milk!

**Have a GREAT summer and visit your local Farmer's Market for fun fresh vegetables.**

Farm to school is a way for all of us to support locally grown food and keep our students in touch with where their food comes from and to make healthy choices!





**EDEN PRAIRIE SCHOOLS**

Inspiring each student every day

Thank you for your support!

We believe...

Childhood exposure to good food  
inspires healthy eating later in life!

Food inspires each student every  
day!