EVERYONE IS INVITED!

LOCAL FARM FRESH CHALLENGE 2021

A challenge for kids to try unique foods from local crops a minimum of once a week

APRIL 1 - APRIL 30, 2021

Let's support our farmers and ranchers by trying out different local foods and showing them some love! Let's all learn some nutrition benefits of those foods so we can take a better care of our health and body!
APRIL FRESH LOCAL LINEUP

1ST: BREAD & KALE
7TH: BREAD
8TH: BEET STICKS
9TH: BREAD
13TH: BREAD
15TH: CILANTRO
20TH: CABBAGE
21ST: BREAD
23RD: BREAD
27TH: BREAD
30TH: KALE

LOCAL BORDEN'S MILK OFFERED DAILY
Getting Enough Whole Grain.

Everyone needs at least 3 servings of whole grains every day. Check out the many ways you can eat whole grains for breakfast, lunch, dinner and even snacks! Pick from foods like these...

- whole grain cereal, like oatmeal or cold cereal
- whole grain bagel
- whole grain pancakes or waffles
- whole grain crackers
- popcorn
- whole grain chips or pretzels
- whole grain side dishes like brown rice, bulgur, quinoa or barley
- whole grain bread, pita, tortillas or wraps
- whole grain pasta

Whole Wheat, Oatmeal, and Banana Pancakes

A basic whole-grain pancake to get you going in the morning. We also like to change it up a bit by adding 1/2 cup applesauce and 1 1/2 teaspoons of cinnamon instead of the banana.

Prep: 15 mins  
Cook: 15 mins  
Total: 30 mins  
Servings: 6  
Yield: 12 pancakes

Ingredients
1 cup uncooked rolled oats  
1 cup whole wheat flour  
3/4 cup all-purpose flour  
1/4 cup brown sugar  
2 tablespoons dry milk powder  
2 teaspoons baking powder  
1/2 teaspoon baking soda  
1/2 teaspoon salt  
1 egg  
2 cups milk  
2 tablespoons vegetable oil  
1 teaspoon vanilla extract  
1 banana, mashed

Directions

Step 1
Place the rolled oats into the jar of a blender and blend until the texture resembles coarse flour. Whisk together the blended oats, whole wheat flour, all-purpose flour, brown sugar, dry milk powder, baking powder, baking soda, and salt in a bowl; set aside.

Step 2
Whisk together the egg, milk, vegetable oil, and vanilla. Stir in the mashed banana. Pour the egg mixture into the flour mixture and stir just until moistened. Let the batter stand for 5 minutes.

Step 3
Heat a lightly oiled griddle over medium-high heat. Drop batter by large spoonfuls onto the griddle, and cook until bubbles form and the edges are dry, about 2 minutes. Flip, and cook until browned on the other side. Repeat with remaining batter.

Nutrition Facts
Per Serving: 333 calories; protein 11g; carbohydrates 54.7g; fat 8.5g; cholesterol 38mg; sodium 524.4mg.
Simple Roasted Beets

Simple roasted beets with just salt and oil is one of our favorite vegetable side dishes of all time!

<table>
<thead>
<tr>
<th>Prep Time</th>
<th>Cook Time</th>
<th>Total Time</th>
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<td>15 mins</td>
<td>15 mins</td>
<td>30 mins</td>
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Course: Side Dish   Cuisine: American
Keyword: Simple Roasted Beets   Servings: 4   Calories: 134 kcal

Ingredients
- 5 medium beets
- 3 tablespoon olive oil
- 1/8 teaspoon salt

Instructions
1. Preheat the oven to 425 degrees F and line a baking sheet with parchment paper.
2. Wash the beets and use a vegetable scrubber to wash the outside. Remove the stem and root end with a sharp knife. Use a vegetable peeler or pairing knife to peel the beets. Slice the beets into 1/4-inch thick rounds (alternately, you can dice them). Place in a bowl.
3. Drizzle olive oil over the beets and toss to coat.
4. Place beets in a single layer on prepared baking sheet.
5. Roast until the beets are fork tender, 10-15 minutes. Remove from the oven and sprinkle with salt; serve.

Nutrition
Calories: 134 kcal | Carbohydrates: 10g | Protein: 2g | Fat: 11g | Saturated Fat: 2g | Sodium: 154mg | Fiber: 3g | Sugar: 7g
USES
Cilantro is used in Latin American and Southeast Asian salads, soups, and meat dishes. Coriander is used in European, Indian, and Middle Eastern dishes.

GROWING AND HARVESTING CILANTRO AND CORIANDER
Cilantro is easy to grow in almost any well-drained soil. Sow seeds after the last frost date. Begin harvesting when the plant is at least 15 cm high. If the stems are cut at about 2.5 cm above the ground, the plant will continue to grow.

I planted cilantro in the shade so it will stay cooler. That way, it won't produce flowers and seeds so quickly, but will keep producing leaves.

THE CILANTRO PLANT
The tiny white or pink flowers are arranged in flat-topped clusters. The upper leaves are feathery. The lower leaves are fan-like. The seeds are in ribbed pods.

Coriander is one of the spices I use in curries.
Fresh Homemade Guacamole

Homemade guacamole is simple and fresh and is a delicious dip or spread!

<table>
<thead>
<tr>
<th>Prep Time</th>
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<td>15 mins</td>
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Course: Appetizer  Cuisine: Mexican  
Keyword: avocado, fresh, gluten-free, homemade, vegetarian  
Servings: 6 servings  Calories: 178kcal

Ingredients

- 3 medium avocado  
- 1 lime yields lime juice  
- 1 tsp salt  
- 1/2 cup, chopped onion  
- 3/4 cup cilantro  
- 2 medium tomato, red  
- 1 clove garlic

Instructions

1. Dice onion, tomato, and garlic. Juice your lime.
2. In a medium bowl, mash together the avocados, lime juice, and salt.
3. Mix in onion, cilantro, tomatoes, and garlic. Refrigerate 1 hour for best flavor, or serve immediately.

Nutrition

Calories: 178kcal  Carbohydrates: 13g  Protein: 3g  Fat: 15g  Sodium: 404mg  Fiber: 8g  Sugar: 2g
BRASSICA MATCHING GAME  Activity #6

Students will be given a description of a vegetable in the cabbage family to read, and must match it with pictures of the vegetable on the following page. Cut out each description and pass them out around the classroom.

<table>
<thead>
<tr>
<th>KALE: I am a green leaf and grow on a stalk. My leaves can be curly, or flat with scales that look like a dinosaur. One serving of me has a lot of vitamin C and A.</th>
</tr>
</thead>
<tbody>
<tr>
<td>ROMANESCO: I am a very strange looking vegetable, a light green bud grows in spirals in a repeating pattern called a fractal. Sometimes I am called Romanesco broccoli and sometimes roman cauliflower, and if you taste me, I taste somewhere in between the two.</td>
</tr>
<tr>
<td>RED CABBAGE: I'm often called red, but you might say I'm more of a purple. My leaves grow in a tight &quot;head&quot; in a round ball. My dark color tells you that I'm full of antioxidants, and good to keep you healthy.</td>
</tr>
<tr>
<td>NAPA CABBAGE: Also known as &quot;celery cabbage&quot; I am a kind of Chinese cabbage, and I am commonly used in Asian cuisine. My shape is longer, and my &quot;head&quot; is much more loosely formed than my siblings, red and green cabbage.</td>
</tr>
<tr>
<td>CAULIFLOWER: People usually think of me as white, though I come in fun colors such as purple and orange. I am a flower forming a dense head. I am chock full of vitamin C.</td>
</tr>
<tr>
<td>BROCCOLI: A green plant that looks like a tree. I am also full of vitamin C. My name is Italian, and comes from Latin meaning &quot;little branch.&quot;</td>
</tr>
<tr>
<td>BRUSSELS SPROUTS: I grow on a tall stalk, covered with small buds that look like miniature cabbages.</td>
</tr>
<tr>
<td>KOHLRABI: My stem makes a big bulb, in green or purple, and inside my flesh is white. I may look a little funny, but try me, raw or cooked, and I'm quite crispy, juicy, and delicious.</td>
</tr>
<tr>
<td>MUSTARD GREENS: My spicy green leaves are full of vitamins and minerals, and can be eaten cooked or raw. My seeds are used to make oil, and as a spice.</td>
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</table>
Parmesan Roasted Cabbage Wedges

Quick prep and amazing flavor! Parmesan roasted cabbage wedges are the perfect side dish any night of the week for the whole family!

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>10 mins</td>
<td>25 mins</td>
<td>35 mins</td>
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</table>

Course: Side Dish   Cuisine: American
Keyword: Parmesan Roasted Cabbage Wedges   Calories: 242 kcal

Ingredients
- 1 medium cabbage
- 4 tablespoon oil, avocado
- 2 teaspoon sea salt
- 1 teaspoon black pepper, ground
- 1/2 cup Parmesan cheese, grated

Instructions
1. Preheat the oven to 425 degrees.
2. Cut the cabbage in half and then quarters, slice out the core to discard (or put into the compost), and then cut the cabbage quarters into 1 to 1 1/2 inch wedges.
3. Place the wedges onto a Silpat or parchment paper lined baking sheet and brush with avocado oil.
4. Sprinkle sea salt and pepper and put about a tablespoon or so of freshly grated parmesan cheese on each wedge and then roast in a 425 degree oven for 25 minutes.

Nutrition
Calories: 242 kcal | Carbohydrates: 16g | Protein: 7g | Fat: 18g | Saturated Fat: 4g | Cholesterol: 12mg | Sodium: 1459mg | Fiber: 6g | Sugar: 7g
I make many delicious foods for you. Which ones do you like best? Read the names of all the foods.

Each time you try one, color that square. The more foods you try, the prettier I get.
Frozen Yogurt Bites
★★★★★

Course: Dessert, snack
Cuisine: American
Keyword: Frozen Yogurt Bites

Prep Time: 10 minutes
Chill: 4 hours
Total Time: 4 hours 10 minutes

Servings: 6
Calories: 35 kcal
Author: Desserts on a Dime

Ingredients
- 6 2 oz Tubes of Go-Gurt (flavors of your choice)

Instructions
1. Line a baking sheet with parchment paper or wax paper.
2. Cut a small corner off the of the go-gurt tube (don't use the pre-made tear as it's too large).
3. Squeeze a small amount of the go-gurt onto the baking sheet based on the size that you want your yogurt bites. I like mine to be pretty small.
4. Place the baking sheet in the freezer for at least 4 hours.
5. After this time, store the yogurt bites in a freezer storage bag.
6. Serve frozen and keep the leftovers in the freezer.
7. Enjoy!

Nutrition Facts
Frozen Yogurt Bites

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>35 kcal</td>
<td>Fat 18</td>
</tr>
<tr>
<td>Calories</td>
<td></td>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Fat</td>
<td>2g</td>
<td>3%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1g</td>
<td>6%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>7mg</td>
<td>2%</td>
</tr>
<tr>
<td>Sodium</td>
<td>26mg</td>
<td>1%</td>
</tr>
<tr>
<td>Potassium</td>
<td>88mg</td>
<td>3%</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>3g</td>
<td>1%</td>
</tr>
<tr>
<td>Sugar</td>
<td>3g</td>
<td>3%</td>
</tr>
<tr>
<td>Protein</td>
<td>2g</td>
<td>4%</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>56IU</td>
<td>1%</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>1mg</td>
<td>1%</td>
</tr>
<tr>
<td>Calcium</td>
<td>69mg</td>
<td>7%</td>
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* Percent Daily Values are based on a 2000 calorie diet.
All hail to kale! Seemingly everywhere you turn, kale is a vital vegetable, rich in nutrients, health benefits and delicious flavor.

Per calorie, Kale has

more Iron than beef
more Calcium than milk
10X more Vitamin C than spinach

What is it good for?

- eyes
- skin
- reduces the risk of heart disease & cancer
- weight loss
- lowers cholesterol
- bones

Best Friend: Lemon
enhances phytonutrients

Vitamin K
Calcium
Vitamin C
Vitamin A
Potassium
Lutein

Anti-Inflammatory
Low Calorie
Antioxidants
Low Carb
# Super Kale Pops Recipe

<table>
<thead>
<tr>
<th>Prep Time</th>
<th>Cook Time</th>
<th>Freeze</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 mins</td>
<td>0 mins</td>
<td>3 hrs</td>
</tr>
</tbody>
</table>

Course: Snack    Cuisine: American

Keyword: berries, dairy free, frozen desserts, gluten-free, kale, popsicles, vegetarian

Servings: 3 popsicles   Calories: 45kcal

## Ingredients
- 8 - 10 ounces 100% orange juice
- 1 1/2 cups baby kale
- 1 cup frozen berries
- 1/2 frozen banana

## Instructions
1. Blend orange juice and kale together until well blended.
2. Blend rest of the ingredients until smooth.
3. Pour into pop mold and freeze.

## Nutrition
Calories: 45kcal | Carbohydrates: 11g | Protein: 1g | Sodium: 3mg | Fiber: 2g | Sugar: 4g