

The poster features stylized, dark grey leaf graphics in the corners. The leaves are arranged in a way that they appear to be framing the central text. The leaves have a simple, bold design with visible veins.

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

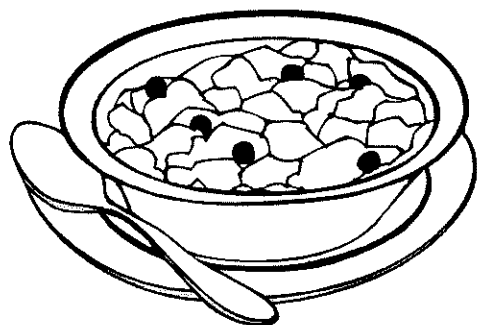
30TH: KALE

LOCAL BORDEN'S MILK OFFERED DAILY

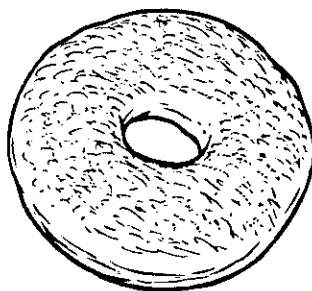
4/7/2021

Getting Enough Whole Grain.

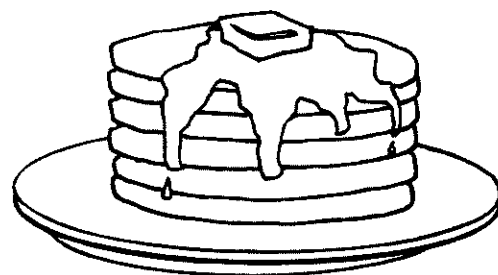
Everyone needs at least 3 servings of whole grains every day. Check out the many ways you can eat whole grains for breakfast, lunch, dinner and even snacks! Pick from foods like these...



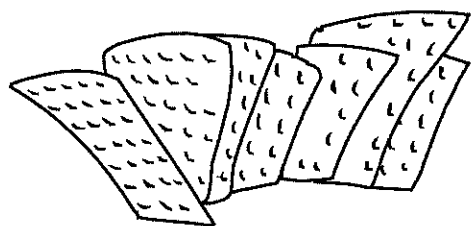
**whole grain cereal,
like oatmeal or cold cereal**



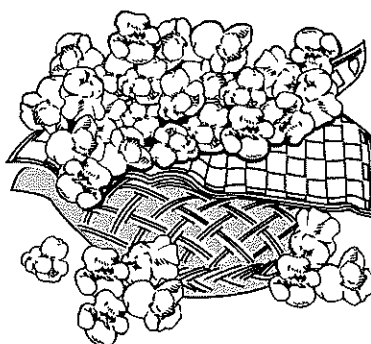
whole grain bagel



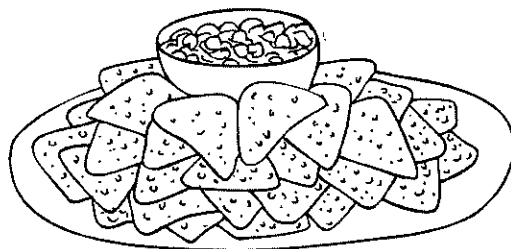
**whole grain
pancakes or waffles**



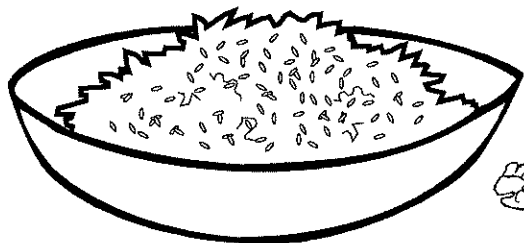
whole grain crackers



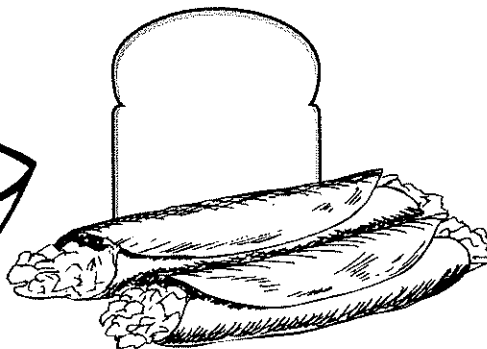
popcorn



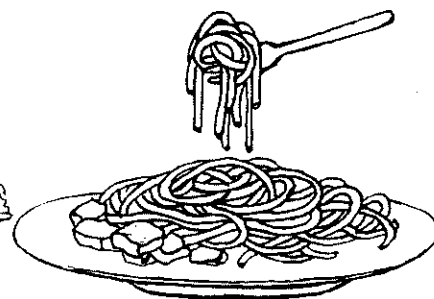
whole grain chips or pretzels



**whole grain side dishes
like brown rice, bulgur,
quinoa or barley**



**whole grain bread, pita,
tortillas or wraps**



whole grain pasta



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a full account

SIGN UP FOR FREE



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.

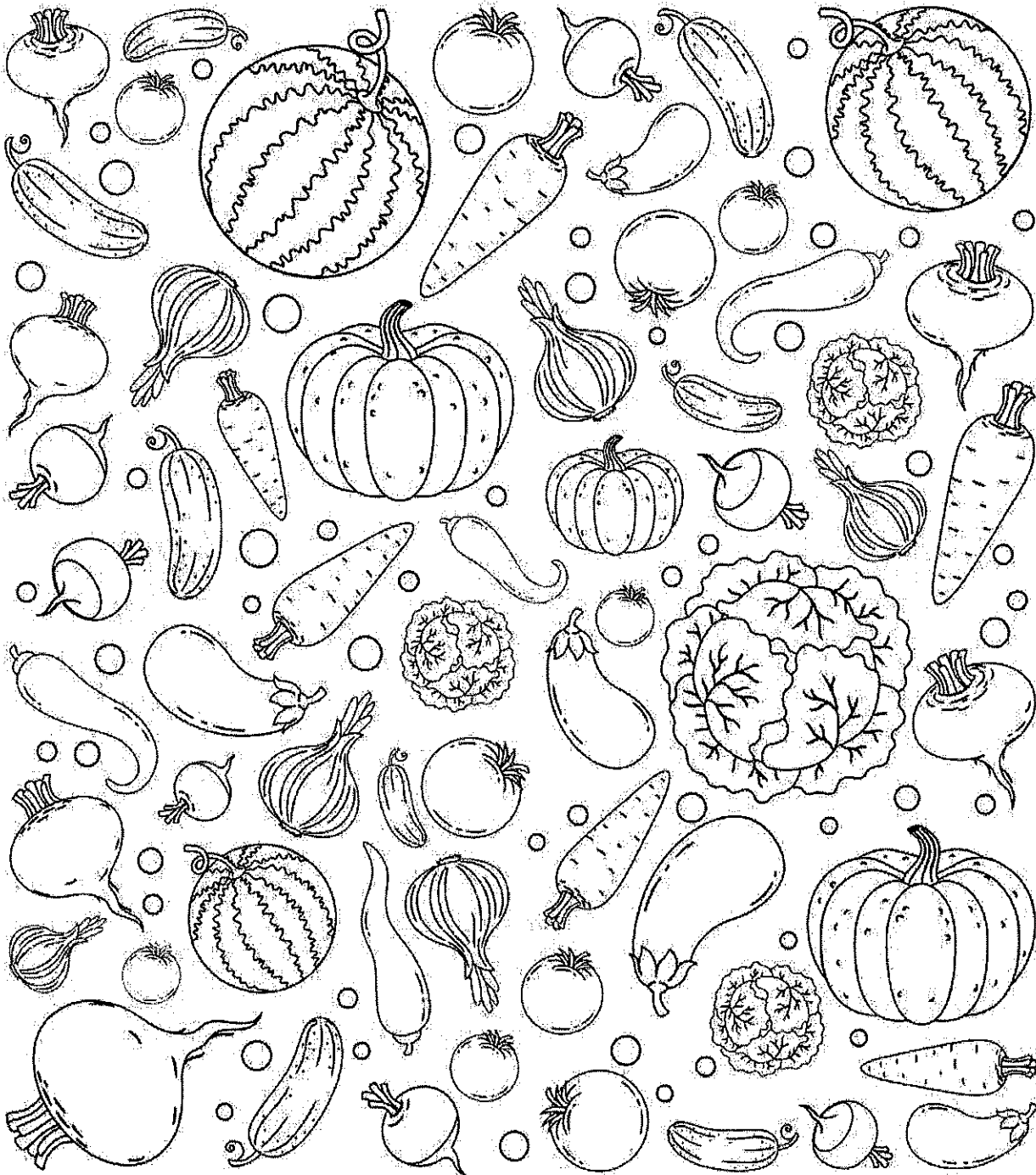
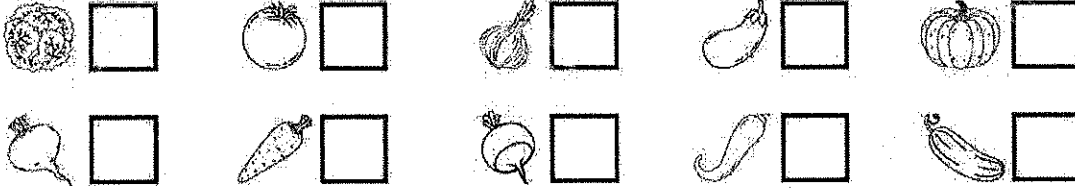
Nutrition Facts

Per Serving: 333 calories; protein 11g; carbohydrates 54.7g; fat 8.5g; cholesterol 38mg; sodium 524.4mg.

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COUNT AND COLOR.



124319228

NatashaPorovska | Dreamstime.com

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Simple Roasted Beets

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



Prep Time	Cook Time	Total Time
15 mins	15 mins	30 mins

Course: Side Dish Cuisine: American

Keyword: Simple Roasted Beets Servings: 4 Calories: 134kcal



4.34 from 3 votes

Ingredients

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

Instructions

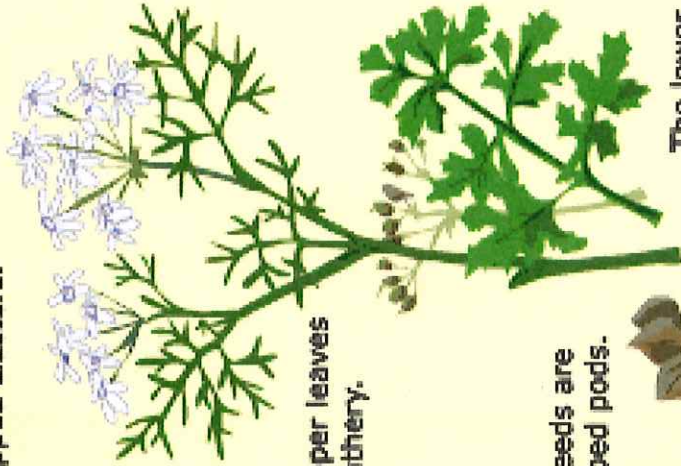
1. Preheat the oven to 425 degrees F and line a baking sheet with parchment paper.
2. Wash the beets and use a vegetable scrubber to wash the outside. Remove the stem and root end with a sharp knife. Use a vegetable peeler or pairing knife to peel the beets. Slice the beets into 1/4-inch thick rounds (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: 134kcal | Carbohydrates: 10g | Protein: 2g | Fat: 11g | Saturated Fat: 2g | Sodium: 154mg | Fiber: 3g | Sugar: 7g

THE CILANTRO PLANT

The tiny white or pink flowers are arranged in flat-topped clusters.



The upper leaves are feathery.

The seeds are in ribbed pods.



The lower leaves are fan-like.

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.

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.



Coriander is one of the spices I use in curries.

4/15/2021

Fresh Homemade Guacamole

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

Prep Time
15 mins

Cook Time
0 mins



Course: Appetizer Cuisine: Mexican

Keyword: avocado, fresh, gluten-free, homemade, vegetarian

Servings: 6 servings Calories: 178kcal



2 from 3 votes

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.

<p>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.</p>	<p>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.</p>
<p>RED CABBAGE: I'm often called red, but you might say I'm more of a purple. My leaves grow in a tight "head" in a round ball. My dark color tells you that I'm full of antioxidants, and good to keep you healthy.</p>	<p>NAPA CABBAGE: Also known as "celery cabbage" I am a kind of Chinese cabbage, and I am commonly used in Asian cuisine. My shape is longer, and my "head" is much more loosely formed than my siblings, red and green cabbage.</p>
<p>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.</p>	<p>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 "little branch."</p>
<p>BRUSSELS SPROUTS: I grow on a tall stalk, covered with small buds that look like miniature cabbages.</p>	<p>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.</p>
<p>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.</p>	

Activity #6



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!

Prep Time	Cook Time	Total Time
10 mins	25 mins	35 mins



Course: Side Dish Cuisine: American

Keyword: Parmesan Roasted Cabbage Wedges Calories: 242kcal



3.55 from 11 votes

Ingredients

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

Instructions

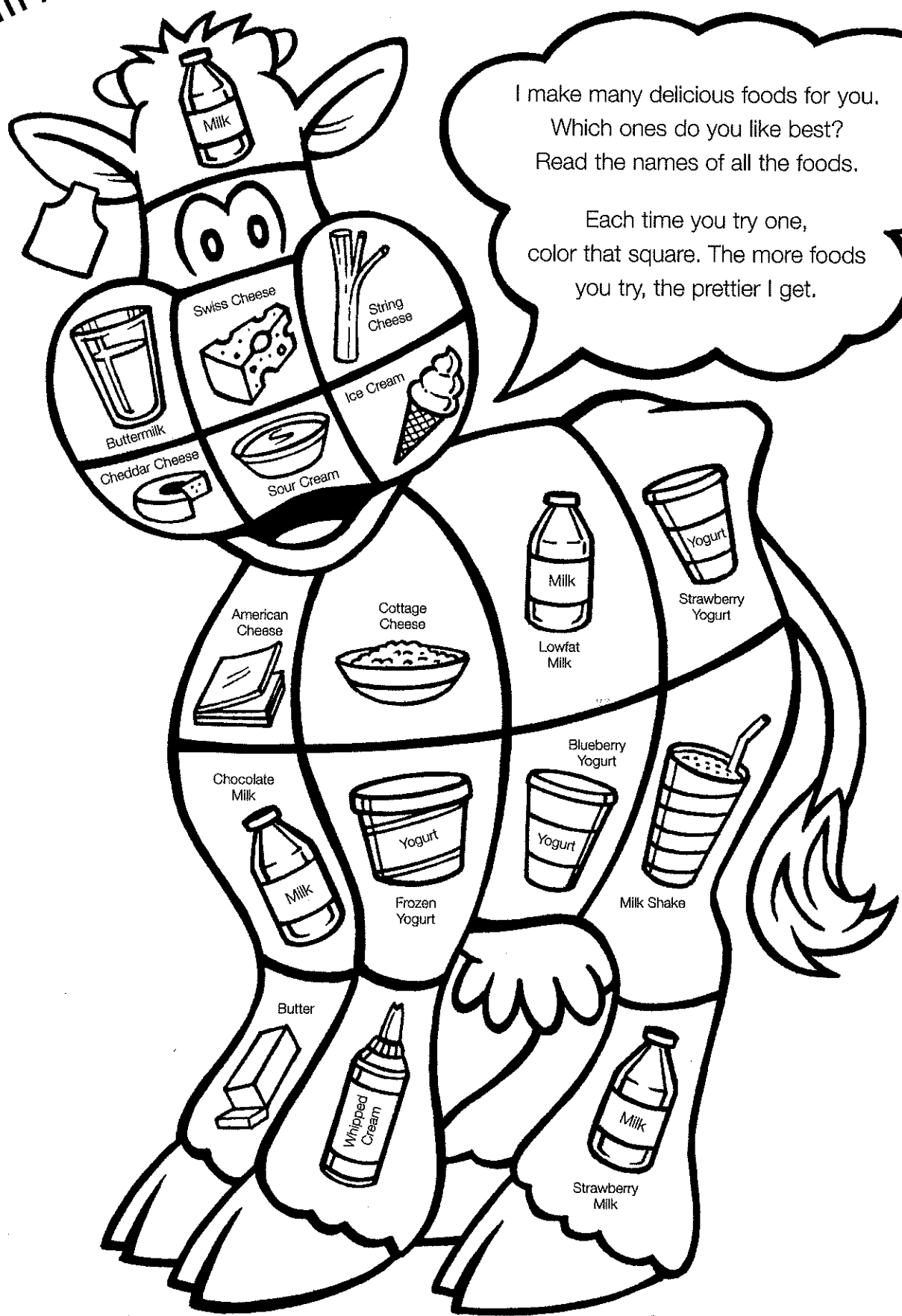
1. Preheat the oven to 425 degrees.
2. Cut the cabbage in half and then quarters, slice out the core to discard (or put into the compost), and then cut the cabbage quarters into 1 to 1 1/2 inch wedges.
3. Place the wedges onto a Silpat or parchment paper lined baking sheet and brush with avocado oil.
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: 242kcal | Carbohydrates: 16g | Protein: 7g | Fat: 18g | Saturated Fat: 4g | Cholesterol: 12mg | Sodium: 1459mg | Fiber: 6g | Sugar: 7g

4/23/2021

From Moo to You!



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.

MILK:
It Does a
Student
Body Good!

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

Amount Per Serving

Calories 35 Calories from Fat 18

% Daily Value*

Fat 2g	3%
Saturated Fat 1g	6%
Cholesterol 7mg	2%
Sodium 26mg	1%
Potassium 88mg	3%
Carbohydrates 3g	1%
Sugar 3g	3%
Protein 2g	4%
Vitamin A 56IU	1%
Vitamin C 1mg	1%
Calcium 69mg	7%

* Percent Daily Values are based on a 2000 calorie diet.

Kale

Anti-Inflammatory

Low Calorie

Antioxidants

Low Carb



Vitamin K

Calcium

Vitamin C

Vitamin A

Potassium

Lutein

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



Highs

vitamins A, C & K
calcium
potassium
folic acid
lutein
carotenoids
antioxidants

Lows

calories
fat
carbs

What is it good for?



eyes

skin

reduces the risk of
heart disease
& cancer

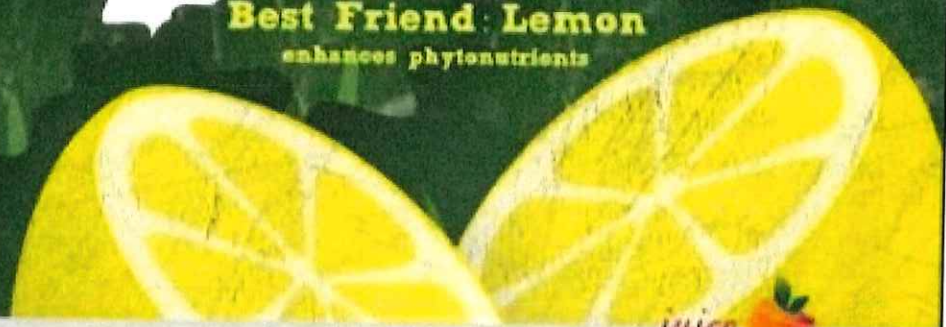
weight loss

lowers cholesterol

bones

Best Friend: Lemon

enhances phytonutrients



juice
GENERATION

Super Kale Pops Recipe

Prep Time	Cook Time	Freeze
10 mins	0 mins	3 hrs

Course: Snack Cuisine: American



5 from 1 vote

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