

# FARM TO SCHOOL

**EDEN PRAIRIE, MINNESOTA**

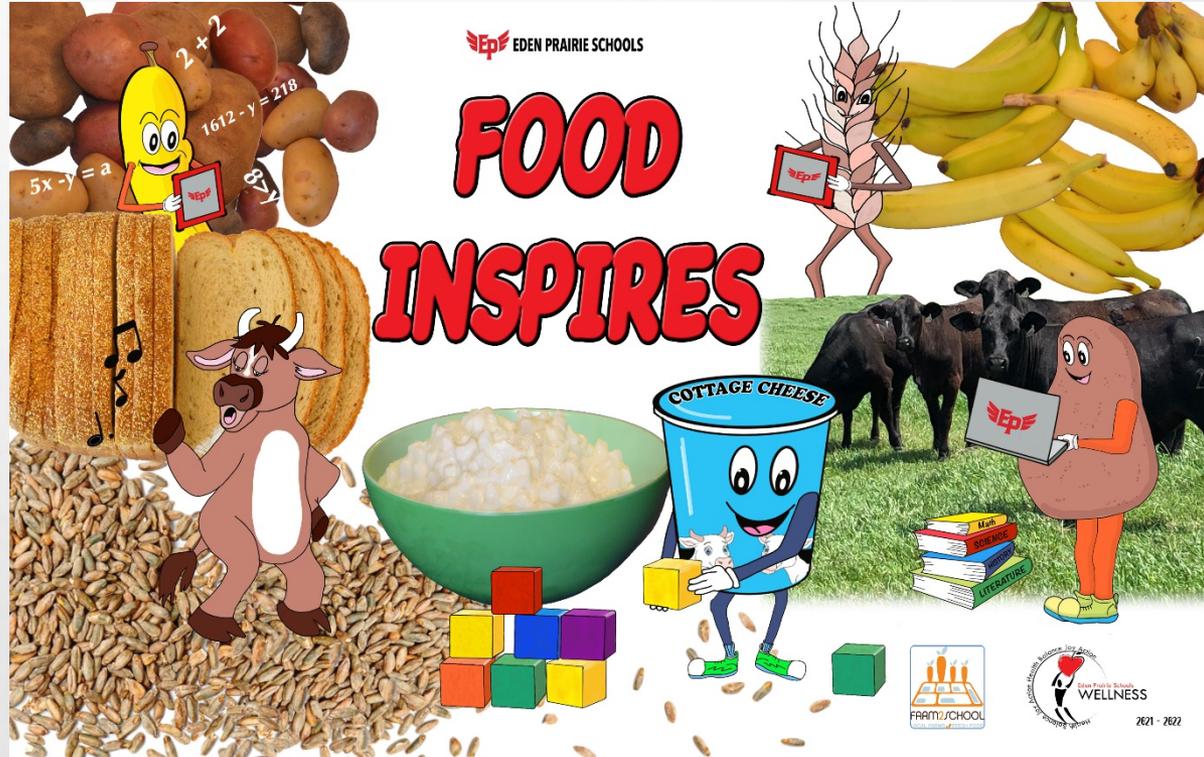
**2021-2022**



**EDEN PRAIRIE SCHOOLS**  
*Inspiring each student every day*



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



Our promotion  
for September  
and October is  
"Beef Up Your  
Lunch!"



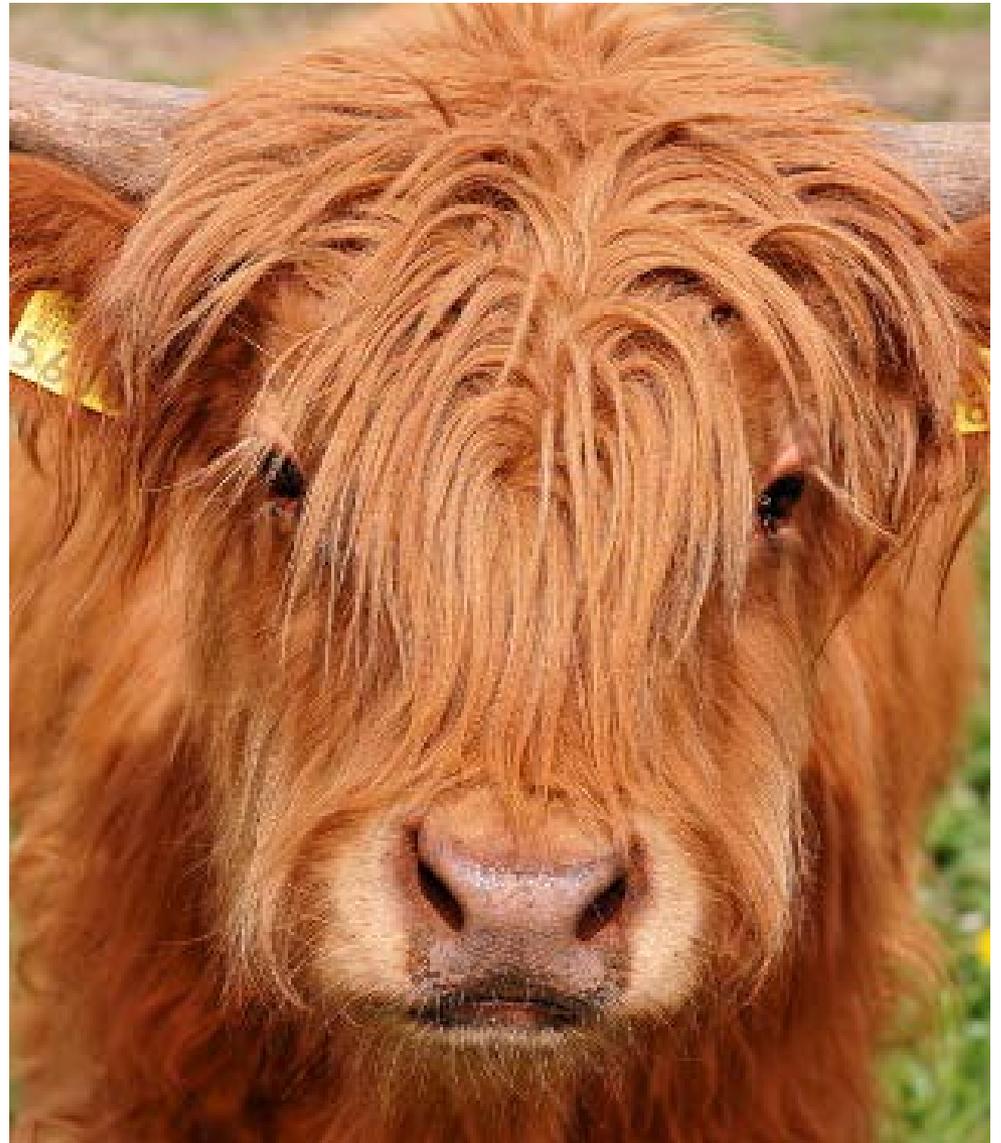
September - October 2021

 EDEN PRAIRIE SCHOOLS



Look for our  
featured beef  
recipes in the  
cafeteria.

**Advance-Pierre  
beef products are  
offered at school.**



# DID YOU KNOW?



- Cattle are herbivores that eat vegetation such as grass.
- They eat about 40 pounds of food a day.
- Cows can hear both higher and lower frequencies better than human beings.
- Cattle stomachs have four chambers which help break down what they eat.
- You often see a cow chewing since they chew at least 50 times a minute and have 40,000 movements of their jaw per day.
- When you see a cow grazing, they are not biting the grass but instead curling their tongues around it.
- They have panoramic vision as well as 300 degrees vision and can see everything except what is directly behind.

**There are well over one billion cattle in the world.**



- Young cattle are generally known as calves.
- Adult females are generally called cows.
- Cattle are red/green color blind.
- Some of them have horns, depending on the breed. Horns are found on either side of the head just above the ears.
- They stay in groups called herds and usually have one male called the bull within the group.

# MORE BEEF FUN FACTS:



- They are like people in that they are very social.
- They will automatically gather into a herd and will form bonds with some of the cows while avoiding others.
- Cattle are farmed for several agricultural products including meat and dairy products.
- Meat from adult cattle is known as beef
- Meat from calves is known as veal.
- Cattle trained to be draft animals are known as oxen (ox).

- Every day 76 million Americans eat beef.
- Beef is meat from full-grown cattle about two years old.
- A live steer weighs about 1,000 pounds and yields about 450 pounds of edible meat.
- More beef is consumed on Memorial Day than any other day of the year. Independence Day and Labor Day typically tie for second place.
- Beef is one of the most important dietary sources of iron. To obtain the same amount of iron found in a 3-ounce serving of beef, you'd have to eat at least 3 cups of raw spinach.
- There are more than 800,00 ranchers and cattle producers in the United States.
- More than 97 percent of beef cattle farms and ranches are classified as family farms.





To find where we got these fun facts go to:

<https://www.konnecthq.com/cow-facts/>



Enjoy beef with us.



Check the menu  
<https://schools.mealviewer.com/district/EdenPrairieISD272,MN>  
to find out when we will offer beef.

Our promotion  
for November  
and December  
is "Let's Get  
'Rye-led' Up  
About Rye!"

# FOOD INSPIRES



Let's get  
Rye-led  
up  
about  
Rye!

November - December 2021

 EDEN PRAIRIE SCHOOLS



## **NINE THINGS YOU DIDN'T KNOW ABOUT RYE, THE WORLD'S MOST UNDERRATED GRAIN:**

Rye has long been the underdog grain, associated with the “lower class” and relegated to the status of “acquired taste.” But not everywhere. There are countries – Russia, Poland, all of Scandinavia – that have long embraced rye, serving their coarse black breads proudly. Learn more about this hearty winter grain with these fun facts.





- **It's grass!**

Rye is part of the poaceae or gramineae family (a.k.a “true grasses”). It's related to wheat and barley but was long considered a weed in barley and wheat fields.

- **It's huge in Russia.**

The former Soviet Union had long been the biggest producer and consumer of rye and now the Russian Federation holds those titles. Canada also grows more rye than the U.S.

- **Rye can help you eat less.**

Because it's such a carb-rich grain, it can help make you feel full, even more so than eating wheat products, which in theory means you might eat less. In theory.

- **It can be eaten by man and animals.**

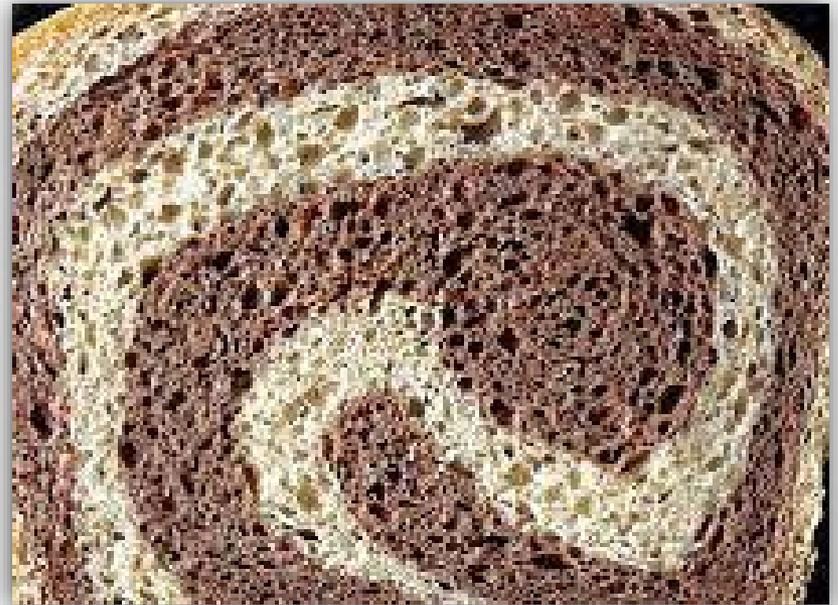
Rye most often gets processed into flour for bread or fed to livestock. Most rye breads are a mix of rye and wheat flours, while Scandinavian-style black bread is made of pure rye flour.



- **Oh yeah, you can eat the berries whole, too.**  
Whole rye berries can be boiled as a hearty alternative to a hot oatmeal breakfast or sprouted and sprinkled into salads. The berries are sweet and nutty, with that unmistakably rye flavor.
- **Rye is healthy.**  
It's a good source of soluble fiber, Vitamin E, calcium, iron, and potassium, and has been linked to a reduced risk of cardiovascular disease, colon cancer, breast cancer and diabetes. Because rye is harder to refine than wheat, it retains more of its nutrients.
- **It was once known as the “poverty grain.”**  
Because it's a robust grain that grows well in poor soils, it acquired this moniker. The fact that it was often harvested and eaten by impoverished communities surely reinforced this stereotype.
- **Rye is lower in gluten than wheat.**  
It will still be problematic for those with celiac disease, but rye is significantly lower in gluten than wheat.
- **Rye is good for the environment.**  
It's been used as a winter cover crop, especially in organic farming, for generations. Because it has deep roots, rye can capture nutrients, enhance soil health, prevent soil erosion, and reduce weeds without the use of herbicides.

- You can always check out our menus for our featured foods! We plan to try our hand at rye bread in our bakery-- watch for it.

- **Source:**  
<https://www.foodrepublic.com/2013/03/01/10-things-you-didnt-know-about-rye-the-worlds-most-underrated-grain/>

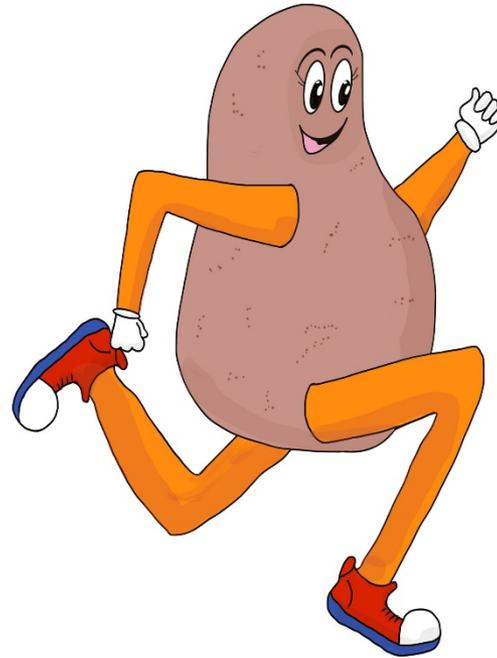


# FOOD INSPIRES

Make

today

**SPUD-tacular!**

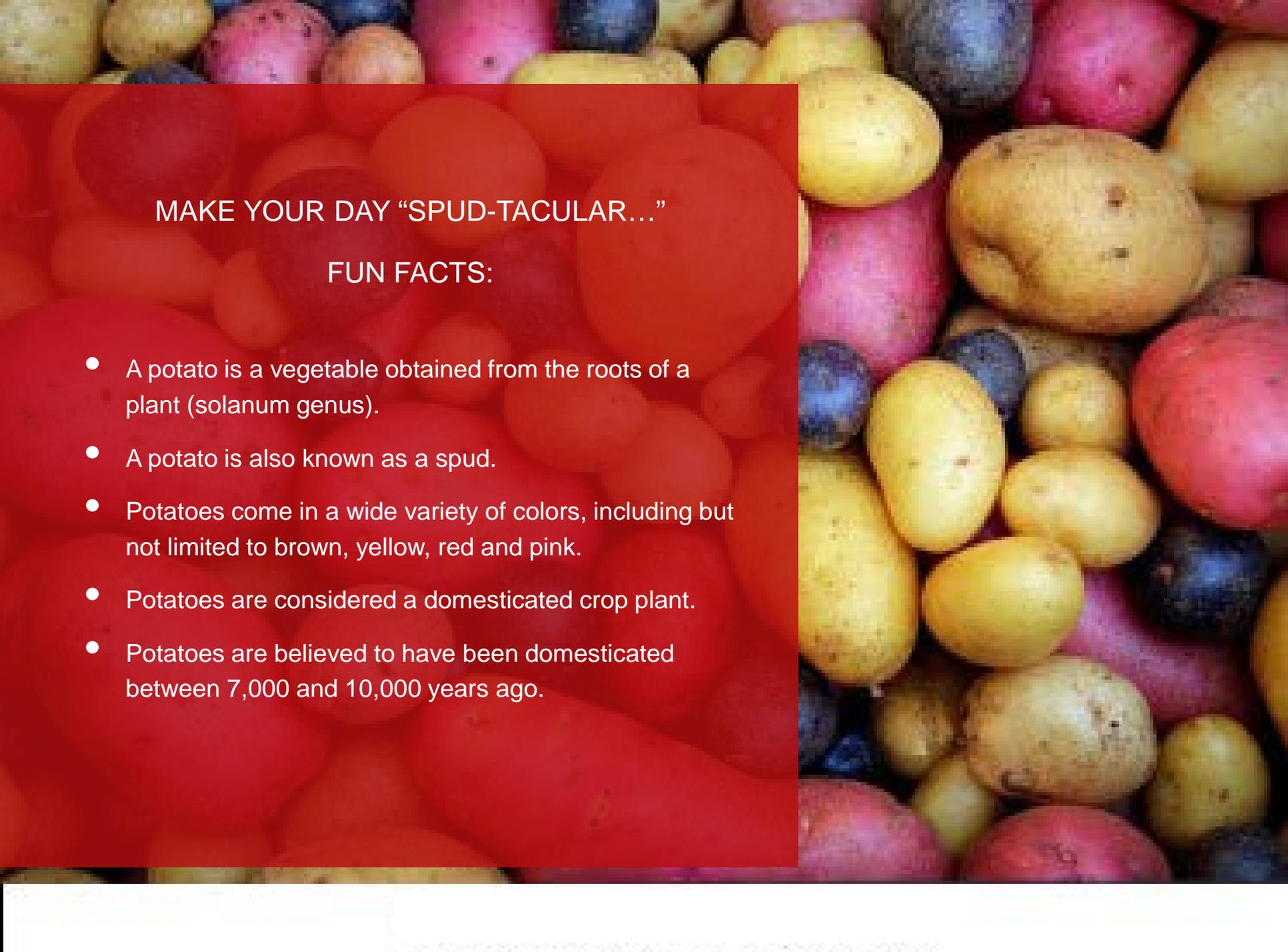


Our promotion  
for January and  
February is  
"Make Today  
'Spud-tacular'!"

January - February 2022

 EDEN PRAIRIE SCHOOLS





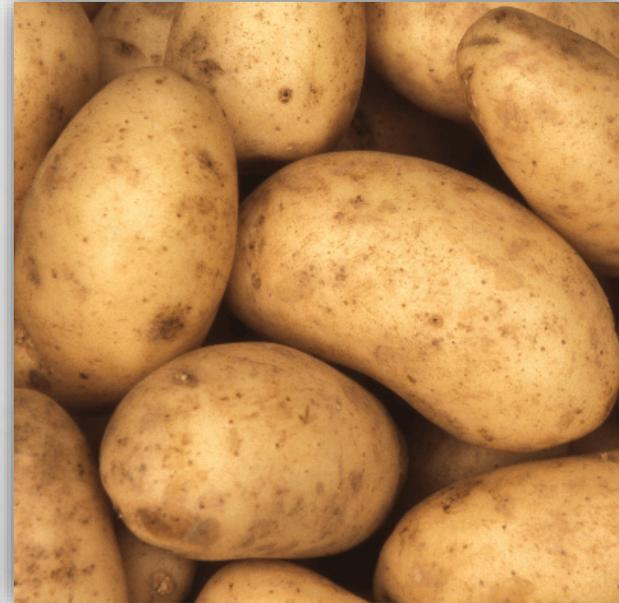
## MAKE YOUR DAY “SPUD-TACULAR...”

### FUN FACTS:

- A potato is a vegetable obtained from the roots of a plant (solanum genus).
- A potato is also known as a spud.
- Potatoes come in a wide variety of colors, including but not limited to brown, yellow, red and pink.
- Potatoes are considered a domesticated crop plant.
- Potatoes are believed to have been domesticated between 7,000 and 10,000 years ago.

## ACCORDING TO FAOSTAT (FOOD AND AGRICULTURE STATISTICS):

- There are 4,000 different types of potatoes produced around the world.
- The world produced over 415 million tons of potatoes in 2016.
- The largest producer of potatoes in 2016 was China with over 109 million tons.
- Over 100 countries worldwide individually produced more than 100,000 tons of potatoes in 2016.



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**One medium potato (213 grams) contains:**

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147 calories

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No fat

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No cholesterol

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34 milligrams of sodium

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34 grams of carbohydrates

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5 grams of dietary fiber

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3 grams of sugar

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4 gram of protein

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20 grams of calcium

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1 milligram of iron

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865 milligrams of potassium.

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- Potatoes can be eaten peeled or with the skin on, cut up into pieces or whole, and with or without seasoning.
- Common ways potatoes are cooked and served are baked, boiled, mashed or as hash browns or french fries.

## OTHER USES AND FACTS FOR POTATOES:



- Potatoes are used as feed for livestock.
- Potatoes can be used as a binder and thickener for soups, sauces and other food products.
- Potatoes can be used as an adhesive in the textile industry.
- A mold known as late blight (*Phytophthora infestans*) has plagued potato growth in the U.S. and Europe.
- The potato was the first vegetable grown in space aboard the Space Shuttle Columbia in October, 1995.



CHECK OUT OUR  
MENU IN JANUARY  
AND FEBRUARY:

<https://schools.mealviewer.com/district/denprairieisd272,mn>

- According to Guinness World Records the heaviest potato ever grown weighed 10 pounds and 14 ounces. It was grown in the United Kingdom by Peter Glazebrook.

- Source:

<https://www.factsjustforkids.com/food-facts/potato-facts-for-kids.html>

Our promotion  
for March and  
April is "Just  
Go Bananas!"

# FOOD INSPIRES



Just  
Go  
Bananas!

March - April 2022

 EDEN PRAIRIE SCHOOLS



# FUN FACTS ABOUT BANANAS:



- Bananas are the fruit produced by various banana plants.
- When ripe they are usually long and curved with a soft inside covered by a yellow skin (peel).
- Bananas can be found in other colors, including red.
- Banana plants are not trees, they are a type of herb.
- Humans have grown bananas for thousands of years.

## ORIGINS OF THE BANANA:



- Most species of banana plant originated in southeast Asia.
- Bananas grow in large, hanging bunches.
- A row of bananas is sometimes called a “hand,” while a single banana is called a “finger.”



- The average banana weighs around 125 grams.
- Bananas contain around 75% water.
- Bananas contain a lot of potassium, making them more radioactive than other fruits. You don't need to worry though as this naturally occurring radiation has very little effect on the body. Other foods rich in potassium include potato, beans, seed and nuts.
- Bananas have high nutritional value and are a healthy snack.
- The Gros Michel banana was a popular variety before crops were destroyed by Panama disease in the 1950's. Panama disease attacks the roots of banana plants.
- The most popular type of banana sold in stores these days is the Cavendish banana; it is resistant to the strain of Panama disease that effectively wiped out the Gros Michel banana but there are concerns that it too may eventually suffer a similar fate.

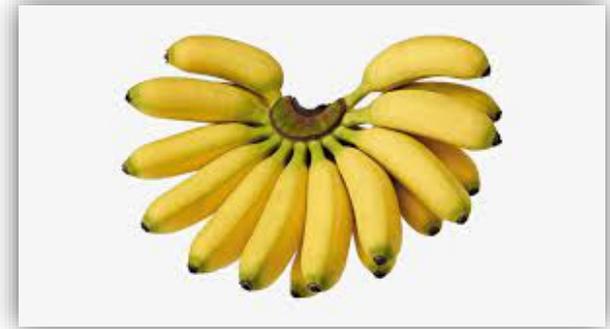
Lady Finger bananas are small, sweet and have relatively thin skins.

Plantains are harder and contain less sugar than normal bananas, they are often used in cooking.

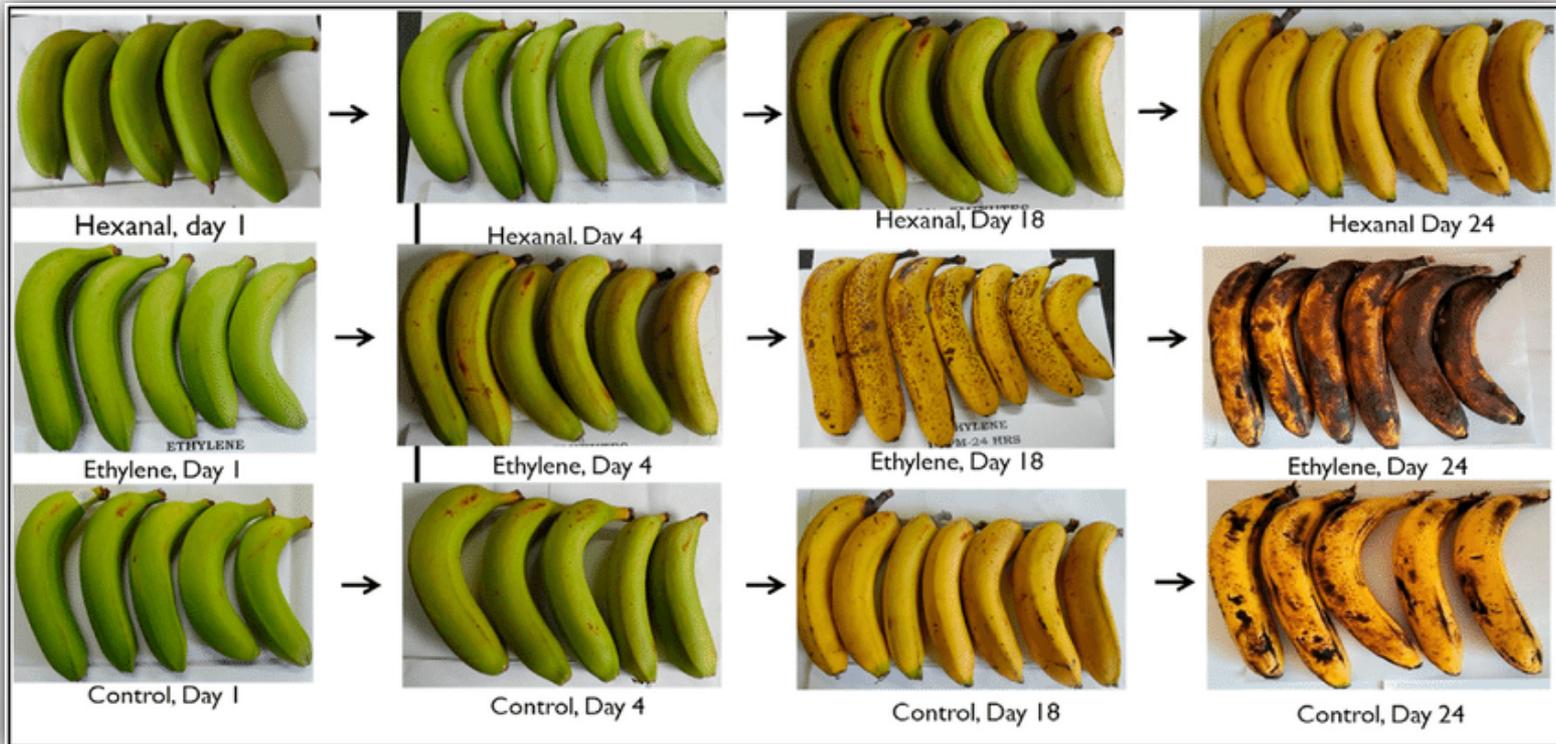
Wild bananas grow with large, hard seeds.



India is the leading producer of bananas.



Bananas sent overseas are picked green and ripened under special conditions when they reach their destination.



Fiber taken from banana plants can be used to make clothes.



We offer bananas every week at breakfast and/or lunch, fresh or in our homemade muffin tops. Let's go bananas together!

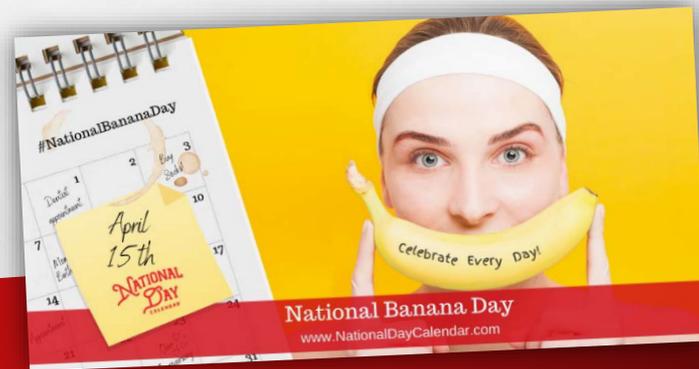


The facts regarding bananas are fascinating. Which of these facts surprised you the most?

Source: <https://www.Sciencekids.Co.Nz/sciencefacts/food/bananas.Html>

The third Wednesday in April is National Banana Day!

Just go bananas!



# FOOD INSPIRES

Our promotion for  
May and June is  
"Cottage Cheese If  
You Please!"



Cottage  
Cheese  
if You  
Please!

May - June 2022

**EP** EDEN PRAIRIE SCHOOLS



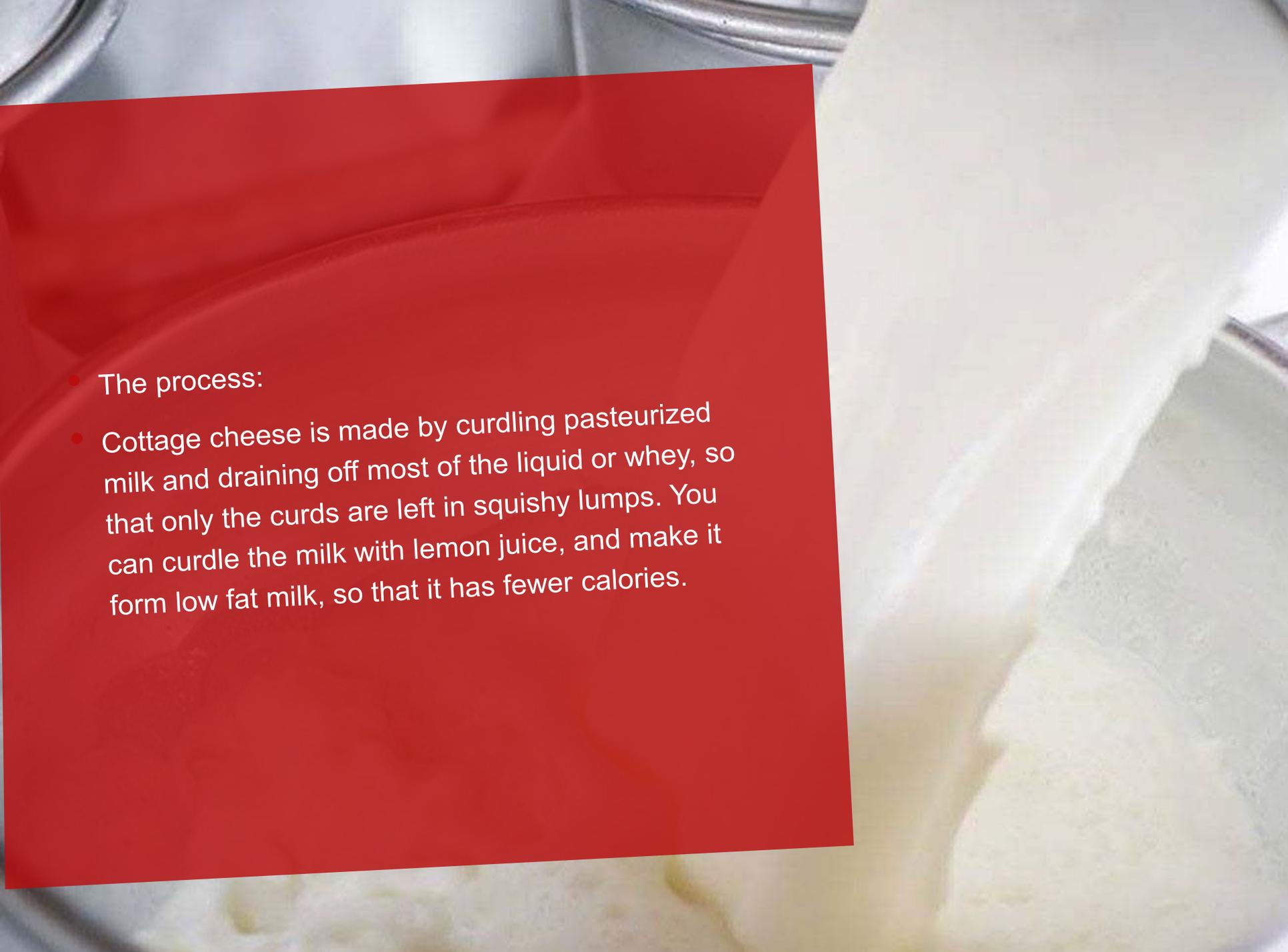


## HERE ARE SOME FACTS ABOUT THIS PROTEIN-PACKED FOOD:

Cottage cheese is a fresh cheese curd product with a mild flavor. Curd size is the size of the chunks in the cottage cheese. The two major types of cottage cheese are small-curd, high-acid cheese made without rennet, and large-curd, low-acid cheese made with rennet.

Cottage cheese can be eaten in a variety of different ways: by itself, with fruit and sugar, with salt and pepper, with fruit puree, on toast, with tomatoes, with granola and cinnamon, in salads, as a chip dip, as a replacement for mayonnaise in tuna salad or used as an ingredient in recipes such as Jello salad and many desserts.



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- The process:
  - Cottage cheese is made by curdling pasteurized milk and draining off most of the liquid or whey, so that only the curds are left in squishy lumps. You can curdle the milk with lemon juice, and make it form low fat milk, so that it has fewer calories.



This type of cheese has been made for millennia and was made by the ancient Egyptians, Greeks and Romans.

It gets its English name because it can so easily be made at home and can be pressed into a thicker consistency to make a creamy white cheese with all the whey removed, until it becomes what is known as farmer's cheese, which is solid but crumbly rather like feta cheese.

Here is a link to a video of how to make it at home:

<https://housewifehowtos.com/cook/how-to-make-homemade-cottage-cheese/>

## Nutritional value:

This type of cheese is ideal for people trying to watch their weight as its bland taste can be mixed with tastier things such as paprika or chilies and eaten as a snack or in a main meal.

It has only 98 calories per 100 grams and contains 11.1 grams of protein and very little fat.

It also contains high levels of selenium which is great for healthy skin and a general feel-good factor.

It also contains Vitamin D (the sunshine vitamin) and calcium which is essential for healthy bones.





We do not offer cottage cheese often because we are watching our sodium levels and sodium tends to be high in cottage cheese.

We believe everything is good in moderation, so we are offering it in May and June.

Sources:

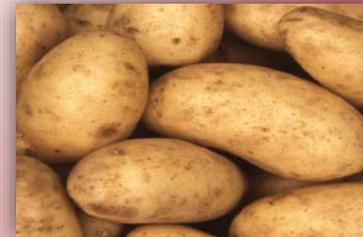
- [https://kids.Kiddle.Co/cottage\\_cheese](https://kids.Kiddle.Co/cottage_cheese)
- <https://ezinearticles.Com/?Fun-facts-about-cottage-cheese&id=6876328>



Beef Up Your Lunch!



Let's Get "Rye-led" Up About Rye!



Make Today "Spud-tacular"!



Just Go Bananas!



Cottage Cheese if You Please!

**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  
Everyday!”**