

Each month, we introduce a new Discovery Kitchen theme featuring events and culinary demonstrations. These themes are designed to bring a fun and inspiring sense of food discovery to our students and school communities.

October is Seed to Table month in the cafe where we engaged students with a fresh recipe demo and provided informative nutrition education.

Seed to Table is a celebration of fresh, seasonal, and local foods with an exploration of how students and families can have fun growing their own

vegetables and herbs.

This month, kids tried Butternut Squash Mac and Cheese! It was a hit! [Try this at home.](#)



The Bronxville Food Service Team!



Autumn Salad w Apple & Cherry

Try this easy recipe at home for a delicious and nutritious side salad.

Full of color and you can get locally grown produce at home too!

INGREDIENTS

- 1 Cup Lettuce, salad mix
- 1 C Kale, Fresh, Chopped
- 1 tsp Juice, Lemon
- 1/2 C Water, cold
- 8oz Apples, Granny Smith
- 4oz Cherries, Dried
- 4oz Carrots, Shredded
- 1/4 C Honey Mustard Salad Dressing

Serves 5

METHOD

1. Wash produce thoroughly under water to remove dirt and contaminants.
2. Mix Kale and Salad mix together in large bowl
3. Dice apples into a medium size (size of nickel) and toss with light lemon juice/water mixture for 3 minutes to delay browning. Drain well and discard lemon juice.
4. Place dried cherries „apples, and carrots into salad mix.
5. Toss the leafy greens in honey mustard dressing (or dressing of choice).
6. Enjoy!

