

# WATERTOWN CITY SCHOOL DISTRICT CAFETERIA NEWS



## BRINGING THE FARM TO SCHOOL

*Mary Hughes- WCSD Food Service Director*

### Did you know that the WCSD sources fruits and vegetables from local farmers here in the North Country?

With the help of St. Lawrence-Lewis BOCES, Cooperative Extension of St. Lawrence County and Big Spoon Kitchen, harvested foods are sent to us at the peak of freshness to serve to our students.

It's a win/win situation. For local farmers, the increase in revenue helps with the day-to-day operational costs of their business, and our students get to reap the rewards by eating fresh locally grown food without preservatives!



### Examples of Fresh, Locally Sourced Foods Served



**Veggies** are chopped and brought in for our fresh salsa served twice a month.



**Butternut Squash** is cubed and roasted until tender.



**Apples** are sliced and cupped up several days a week and the students love them!!!

**Carrots** are sliced and served 2 ways, raw with dip or cooked glazed carrots.

