FARM TO SCHOOL

Welcome
BCSD Farm to School Family Newsletter

Mission

The Rooted in Learning: Growing Healthy Futures with Farm to School Education grant's goal is to cultivate deeper, more intentional connections between the Cafeteria, Classroom, and Community in support of farm-to-school initiatives.

This grant is a partnership with Harvest NY and Cornell Cooperative Extension Putnam County.

Cornell Cooperative Extension assists schools with implementing and expanding farm-to-school programming, incorporating lessons on food systems and local agriculture.

Among the benefits of farm to school programming are:
Improved student health and nutrition;
Increased student awareness of food systems, gardening, and where food comes from; and
Economic benefits for New York's farmers and agricultural producers.

Recipe Corner

Cheesy Baked Kale Bites

2 bunches kale (stems removed; about 6 lightly packed cups or 4 ounces of leaves)
1/2 cup frozen peas, thawed (or roasted almonds or sunflower seeds)
1/2 cup shredded mozzarella cheese
1/4 cup grated Parmesan
1/4 cup cornmeal
1 egg
1/2 teaspoon Italian seasoning (or pizza seasoning)

Preheat oven to 375 degrees F and line a baking sheet with a silicone mat, foil (sprayed with nonstick spray), or parchment paper. Set aside.
Place the kale into a wide skillet with 1 cup water. Cover and heat over medium for about 5 minutes or until the kale is wilted.
Drain, let cool briefly, then squeeze dry. You should have about 1 cup blanched kale when slightly packed into a measuring cup.

Place the kale and the rest of the ingredients into the bowl of a food processor. Process, stopping to scrape down the sides of the bowl as needed, until finely ground.
Use a 1-tablespoon measuring spoon to portion out the mixture, scooping it up and gently pushing it out of the spoon with your finger onto the prepared baking sheet.
Bake for 18-20 minutes or until firm to the touch and just starting to turn golden brown on the bottom.

Fun Facts

- Cold temperatures, or frost, actually make kale sweeter.
- It is part of the Brassicaceae family, which also includes cauliflower, cabbage, and broccoli.
- During World War II, kale was encouraged as part of the "Dig for Victory" campaign in the United Kingdom to help feed the population.
- In Scotland, "kail" became a general term for food, and the saying "off one's kail" meant someone was too sick to eat.
- One cup of chopped raw kale can provide more than 100% of the daily recommended amount of vitamins A and K.
- It is an excellent source of vitamins C and K, and a good source of vitamins B6, E, and iron, folate, and magnesium.
- Kale contains antioxidants, fiber, and omega-3 fatty acids.
- One serving of kale has more absorbable calcium than a small carton of milk

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ROOTED IN LEARNING FARM TO SCHOOL EDUCATION