



## Welcome BCSD Farm to School Family Newsletter



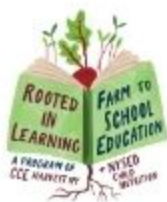
### Mission

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

#### Honey Soy Glazed Carrots

##### Ingredients

- 1 lb carrots peeled
- 4 tablespoon honey
- 2 tablespoon Soy Sauce
- 0.5 tablespoon red chili flakes optional
- 2 tablespoon Butter

##### Instructions

- Fill a pot with water, and season with salt (around 0.5 tablespoons); once the water is boiling, add in the carrots and blanch for 3 minutes. Rest in ice water.
- Add honey, soy sauce, red chili flakes, and butter. Turn the heat to medium-high and bring it to a simmer.
- Simmer for 2 minutes and add back in the carrots. Saute on high heat for another 2 minutes.

### Lunch Box Jokes

**Q: Why do carrots improve your sight?**

**A:** They contain vitamin see!

**Q: How do you know carrots are good detectives?**

**A::** They always “root” out the truth!

**Q: Why are carrots never lonely?**

**A:** Because they hang out in bunches!

**Q: What's a vegetable's favorite martial art?**

**A:** Carrotee!

**Q: How do you make gold soup?**

**A:** Put 24 carrots in it!