



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

Microgreen Smoothie

Combine 1 banana, 1 cup of strawberries, 1/2 cup of Greek yogurt, 1/2 cup of milk or juice, and a serving of microgreens. Blend until even consistency. Enjoy!

Fun Facts

- Sprouts, microgreens, and baby greens are very young, tender plants, used as salads or garnishes on many types of dishes.
- Each of the names- sprouts, microgreens, and baby greens are all considered different products, as the plant is harvested for eating at different times.
- All can be grown indoors at home.
- Typically, the entire plant is eaten including the shoots, the roots, and the seed, which may still be visible.
- Popular seeds for sprouting include mung beans, alfalfa, sunflower seeds, lentils, peas, mustards, and others
- Microgreens are nutrient-dense young vegetables—harvested 7-21 days after germination—that often contain up to 9-40 times higher concentrations of vitamins (C, E, K), minerals (iron, potassium, zinc, magnesium), and antioxidants (beta-carotene) than a mature plants.
- Origin (1980s): Chefs like Alice Waters and Wolfgang Puck introduced them to menus as "tiny greens".
- Use expanded from California across the U.S. during the 1990s, with early varieties including arugula, basil, and kale.
- Studies in the early 2000s, including a major 2012 study, highlighted their high nutrient density, often containing 40x more nutrients than mature leaves.



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Recipe Corner

Tiny Greens is a woman-owned, veteran family micro-farm producing sustainable and soil-grown microgreens in East Fishkill, New York.

They provide a high-quality, hyper-local product that is healthy and fresh 365 days a year. With organic practices in mind, they deliver our produce to restaurants, grocery stores, and local establishments within 24 hours of harvest.

Microgreens are tiny, edible versions of familiar vegetables and herbs, harvested within 1-2 weeks, just after their first leaves develop. Despite their size, they are incredibly nutrient-dense.

Research from the University of Maryland College of Agriculture and Natural Resources and the United States Department of Agriculture found that microgreens can contain 4 to 40 times more vitamins and antioxidants than their mature counterparts, including nutrients like vitamins C and E.

Small but powerful, microgreens are an easy, flavorful way to boost nutrition; adding vibrant color, fresh taste, and concentrated goodness to every bite.





GROW YOUR OWN MICROGREENS

READY TO GROW YOUR OWN FRESH, NUTRIENT-PACKED MICROGREENS RIGHT AT HOME? MICROGREENS ARE TINY VERSIONS OF VEGETABLES AND HERBS, HARVESTED AT THE SEEDLING STAGE. THEY GROW FAST (OFTEN IN JUST A WEEK!) AND ARE PACKED WITH FLAVOR AND NUTRITION.

SUPPLIES

- Small growing pot or tray
- Lid or cover (to create a greenhouse effect)
- Soil or coco coir growing medium
- Microgreen seeds
- Spray bottle
- Something to mix soil (spoon or hands work great!)

1. Prep Your Soil (Get Messy!)

If you purchased a kit with compressed soil: Place your

- soil or coco coir into a bowl. Add about $\frac{1}{2}$ - $\frac{3}{4}$ cup of water
- and watch it expand. If not skip to next step:
- Open up your soil and break up any big chunks, making sure it's light and fluffy.
- Transfer soil into your pot, filling it up to the top.
- Spread evenly and gently press down.
- Lightly mist the top layer of soil with your spray bottle to saturate soil and prep for seeds

2. Plant Your Seeds

- Sprinkle your seeds evenly across the surface.

Parent Tip:

- Tiny seeds → sprinkle like salt
- Larger seeds (like sunflower or pea) → spread evenly
- Optional: soak larger seeds overnight for faster growth

3. Water Time Gently mist the seeds until the surface is moist (not soaked).

4. Create a Cozy Growing Space

- Cover your container with a lid or tray.
- Place it somewhere warm like:
 - A kitchen counter
 - The top of the fridge
- This helps create the perfect mini greenhouse environment.

5. Watch the Magic Happen!

- Over the next 3-5 days:
 - Mist morning & night
 - Lift the cover briefly for airflow
 - Look closely—you may see tiny root hairs forming (root hairs disappear when sprayed with water; mold will look like a spider web and not disappear)

6. Let There Be Light

- Once your greens are about ½-1 inch tall:
 - Remove the cover (use it as a saucer if needed)
 - Move to a sunny window
 - Keep watering daily:
 - Mist for smaller sprouts
 - Add a little water at the base as they grow if you purchased a self-watering kit
 - Rotate your container daily so they grow evenly.

7. Snip & Eat

- In about 7-14 days, your microgreens will be ready (3-5 inches tall). Snip just above the soil using scissors or a knife. Rinse if desired, and enjoy fresh!

Fun Ways to Eat Microgreens

- Sprinkle on eggs or avocado toast
- Add to sandwiches or wraps
- Toss into smoothies
- Top pizza or pasta
- Taste them straight from the tray!

Happy growing 🌱