



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

Baked Zucchini Fritters

Ingredients

- 1 cup shredded zucchini (squeezed very dry and packed into a 1-cup measure; about 3 small zucchini)
- 1 egg
- ½ cup shredded cheddar cheese
- ½ cup whole wheat flour (or all-purpose)
- ½ teaspoon cumin (or oregano)
- ¼ teaspoon salt

Instructions

- Spread the grated zucchini on a clean dish towel. Let sit while the oven preheats to 400 degrees F. Grease 6 cups of a muffin tin.
- Roll up zucchini and press to remove all excess moisture. Measure out 1 cup of zucchini.
- Place the zucchini in a medium bowl with the rest of the ingredients. Stir to combine. It may take a minute to get it well mixed.
- Fill prepared muffin cups about half full, packing each one tightly. Bake for 20-22 minutes or until the edges and tops are lightly golden brown. (Bake longer for crispier edges if desired.)
- Let cool for 2 minutes and remove from cups.

Fun Facts

- While squash originated in the Americas 7,000+ years ago, the specific zucchini variety was cultivated in Milan, Italy, in the late 19th century.
- If a zucchini is extremely bitter, it should be discarded; this is caused by high levels of cucurbitacins, which can cause gastro-enteric illness.
- Rich in Nutrients: High in manganese, potassium, copper, and vitamin C.
- Antioxidant Power: The skin contains high levels of carotenoids, which are beneficial for eye, skin, and heart health.
- Digestive Health: It provides dietary fiber and is low in fat, supporting healthy digestion.