



Celebrate Locally Grown Food Through Farm to School!

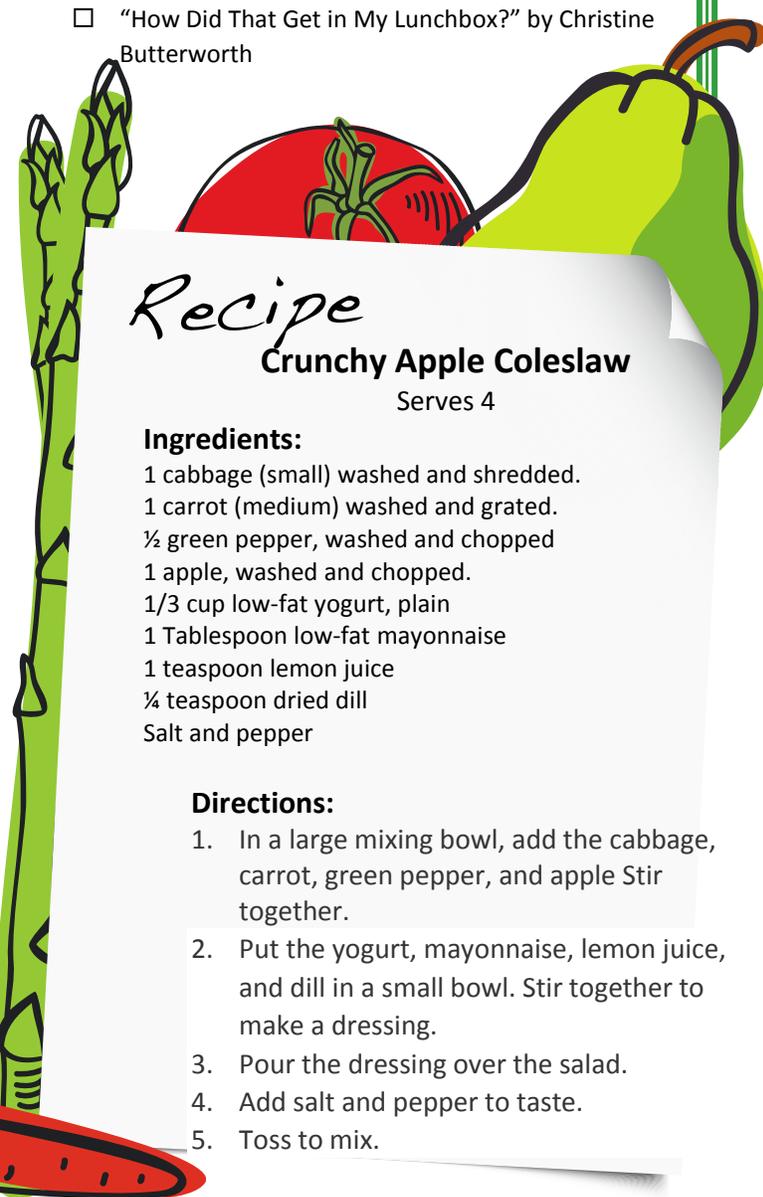
Farm to School is a term that is used to describe efforts to incorporate locally-grown foods into school or preschool menus, and activities used to generate interest and learning about local food. In Maryland, a whole week in September known as "Homegrown School Lunch Week" is sponsored by the Maryland Department of Agriculture and Maryland State Department of Education to encourage schools to feature locally-grown foods on the school lunch menus, encourage school-wide celebrations of locally-produced food, and teach about where food comes from. Nationally, Farm to School is recognized in the month of October.

Celebrate Farm-Fresh Produce at School and at Home!

- Visit a local farmers' market or farm stand with your child to learn more about the foods grown in your area and take something home to try.
- Visit <http://marylandsbest.net/> to learn more about local agriculture and visit a pick your own farm or local creamery to try locally-made ice cream or dairy products.
- Experiment with gardening with your child by placing a seed on a moist cotton ball in a clear plastic bag or cup and watch it as it grows.
- Try growing your own produce in a small container garden. See <http://eatsmart.umd.edu/locallygrown/garden> for tips on starting your own garden.

Visit your local library to find a great book to share with your child. Below is a selection of books to choose from:

- "Before We Eat: From Farm to Table" by Pat Brisson
- "Seed, Soil, Sun" by Cris Peterson
- "Max Goes to the Farmer's Market" by Adria F. Klein
- "Tops and Bottoms" by Janet Stevens
- "Growing Vegetable Soup" by Lois Ehlert
- "In the Garden with Dr. Carver" by Susan Grigsby
- "How Did That Get in My Lunchbox?" by Christine Butterworth



Recipe

Crunchy Apple Coleslaw

Serves 4

Ingredients:

- 1 cabbage (small) washed and shredded.
- 1 carrot (medium) washed and grated.
- ½ green pepper, washed and chopped
- 1 apple, washed and chopped.
- 1/3 cup low-fat yogurt, plain
- 1 Tablespoon low-fat mayonnaise
- 1 teaspoon lemon juice
- ¼ teaspoon dried dill
- Salt and pepper

Directions:

1. In a large mixing bowl, add the cabbage, carrot, green pepper, and apple Stir together.
2. Put the yogurt, mayonnaise, lemon juice, and dill in a small bowl. Stir together to make a dressing.
3. Pour the dressing over the salad.
4. Add salt and pepper to taste.
5. Toss to mix.

Visit our blog: www.eatsmartmd.blogspot.com