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PRESS RELEASE

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October is Farm to School Month!

Date: October 18th, 24th, & 26th, 2017

Time: Lunch Time

Location: Romulus, Seneca Falls, South Seneca, and Waterloo

October 18, 2017 for Immediate Release:

The leaves are changing color and falling all around us, nevertheless in Seneca County School districts, Cornell Cooperative Extension's Farm to School efforts are not *falling*, but instead are springing into gear for Farm to School Days. October is nationally known as Farm to School month and the schools are taking full use of Seneca County's local bounty and creating their own Farm to School Day.

In partnership with each school's food services, Kale, Potatoes, Apples, Acorn Squash and local meat will be served throughout the month in each district. **Squashed!** our newest recipe will be served in South Seneca, Skoi-Yase, and LaFayette Schools. Waterloo Middle and High School will be featuring Kale, Potato, and Apple Bake. Broccoli salad along with Schrader hot dogs www.scharder-farms-market.com will be served on the menu for Seneca Falls schools. The **Squashed!** Recipe, created by our CCE Farm to School Nutrition Educator, Sue Petersen uses a variety of white acorn squash found at Country Side Produce in Interlaken and Cassim Farms www.cassimfarms.com in Waterloo. This acorn squash whips up similar to mash potatoes and has a nice mild flavor. In fact, when it was taste tested the group thought it had potatoes in the recipe. Compared to potatoes, acorn squash has higher levels of vitamin C, vitamin A, vitamin B (needed for energy) and significant potassium. Sue Petersen will be serving up both dairy and non-dairy versions of **Squashed!** to accommodate children with food allergies. We want everyone to be able to enjoy these recipes, so Sue has been working with the school nurses to make sure most children can try a sample. "It is important for health that the kids get excited about vegetables and giving out free samples is a great way to see the kid's enthusiasm in this project", say's Sue. Once demoed, the schools will create their own special Farm to School Day. Farm to School Project Coordinator, Moira Tidball says, "There are so many



delicious, nutritious, and diverse foods grown locally right here in the Finger Lakes. Building on last year success, we want kids and their families to take advantage of the positive health impacts of these nutritious foods and help the local farming economy through Farm to School”.

Everyone is in agreement that when we invest in our community and increase fresh local produce in the schools it is a direct win for everyone in Seneca County. We encourage parents, farmers, school staff and more importantly our kids to buy on Farm to School Day to support this vital project.

Mark your calendars for Farm to School days!

- South Seneca Schools ~ **October 18, Squashed!**
- Waterloo Schools ~ **October 24, Kale, Potato, Apple Bake and Squashed!**
- Seneca Falls Schools ~ **October 26, Schrader hot dogs and Broccoli Salad**
- Romulus ~ **November 15, Red bean & Sweet Potato Hash with Chicken**

Please contact the Cornell Cooperative Extension of Seneca County office if you have any questions about Seneca County Farm to School or want to be included in our Seneca County Farm to School newsletter, which will feature recipes, nutrition education, and each school districts progress on the Farm to School project by emailing smp355@cornell.edu. Funding for Seneca County Farm to School programming was generously granted from New York State Department of Agriculture and Markets.

For nearly 100 years, Seneca County Cornell Cooperative Extension has served the people of the County, putting to practical use the scholarship and research of Cornell University and the national land grant system in the areas of agriculture and food systems sustainability; families, nutrition, health and safety (human ecology); youth development (4-H); environmental and natural resource enhancement; and community and economic vitality. The office is located at 308 Main Street Shop Centre in Waterloo. For more information on this and other programs, please call the office at 315-539-9251 or e-mail seneca@cornell.edu.

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