Farm to School Newsletter

NOVEMBER 2017

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FARM TO SCHOOL FALL UPDATE.

Thank you to everyone who filled out the survey and talked with us at the school open houses. Here is an update on the Farm to School events from this past month. Schools in Seneca County have been taking advantage of all the delicious fall produce available from the Finger Lakes region. October is nationally known as Farm to School month and the many of the schools in the county celebrated with Farm to Schools Days featuring delicious, locally produced items.

Potatoes, Apples, Acorn Squash, Kale, local meat, and NY grown apples were served throughout the month in each school district along with Upstate milk from local dairies. The recipes included, Squashed!, Broccoli Salad, and Kale, Potato, and Apple Bake, all created or adapted by our Farm to School Educator, Sue Peterson. Check out the featured recipe, Squashed! below. Students in schools throughout the county sampled these recipes during Farm to School demo days, because as Sue says: "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."

South Seneca, Skoi-Yase and LaFayette Featured Squashed!

Prepared like mashed potatoes, this unique twist on mashed acorn squash was a hit in the schools - even among the students who were not squash lovers. With a nice, mild favor, students guessed the recipe included mashed potatoes, but this easy dish includes only acorn squash, milk, sour cream and a couple of seasonings. Compared to potatoes, acorn squash has higher levels of vitamin C, vitamin A, vitamin B (needed for energy) and significant potassium. Sue Peterson uses a variety of white acorn squash found at Country Side in Interlaken and Cassim Farms www.cassimfarms.com in Waterloo. So everyone could enjoy these recipes, Sue worked with the school nurses to make sure most children could try a sample by serving the dairy and non-dairy version of this recipe. After serving taste samples in the schools, the Squashed recipe was on the menu for the Farm to School day on the 18th in the South Seneca Schools, and the 24th on the Waterloo Schools.

Seneca Falls District Featured Broccoli Salad and Schrader's Hot Dogs

Fresh, local broccoli paired with a little bit of bacon, cheese and dressing put a new look and flavor on broccoli for the students to try. This recipe is a delicious blend of flavors with the crispness of fresh broccoli from Countryside Produce. High in Vitamin K, Vitamin C and fiber, broccoli salad is the delicious addition to a school lunch. A local meat processor, Schrader's, supplied the 100% beef hot dogs thanks to the coordination efforts of the Farm to School Educator, Mo Tidball. Red Jacket Orchards in Geneva sourced the apples for a sweet treat to complete the meal. The Broccoli Salad, 100% beef hot dogs, and apples were served for the Farm to School day October 26th at the Seneca Falls Schools.

Romulus Featured Tomatoes, Lettuce, and Onions

Local tomatoes, lettuce and onions dressed the burgers for the Special Friends Day, while the students dressed up for Halloween at the Romulus school on October 31st. Sauder's local produce supplied the tomatoes, lettuce and onions, thanks to the coordination efforts of Mo Tidball, a.k.a. "our very own witch delivery system". These local veggies added delicious flavor and great nutrition to the Monster Burgers, which were served along with Graveyard Fries, Pumpkin Jiggles with Oranges, and Upstate New York Milk.
Waterloo District Featured Broccoli Salad and Demoed Kale, Potato, and Apple Bake

A colorful, fall blend of fruit and vegetables, this hearty recipe was the perfect, warm side for the cold fall day along with the Squashed! Recipe. Made with potato, kale and apple, this recipe is a blend of sweet apple with mild potato and kale, topped with a zesty yogurt dressing. This recipe was sampled in the Waterloo Middle School and High School. The Broccoli Salad and Squashed! recipes and Upstate milk were served for the Farm to School day October 26th at the Waterloo District Schools.

Featured Recipe: Squashed!

Ingredients:

**Dairy Version**
- 1 white acorn squash, roasted
- 1/2 cup whole milk
- 1 Tbsp. butter
- 1/2 tsp. garlic powder
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1 Tbsp. sour cream, optional

**Non-Dairy Version**
- 1 light yellow acorn squash, roasted
- 1/2 cup almond milk
- 1/2 tsp. salt
- 1/2 tsp. pepper
- 1/2 tsp. garlic powder

Instructions for both dairy and non-dairy:

1. Roast acorn squash on 350°F for 30-40 minutes or until fork tender.
2. Add squash to a blender with milk salt, pepper and garlic powder. Blend until whipped. Add more milk if not blending into a potato like consistency. If too wet, place in oven for twice baked version.

FOR MORE FARM TO SCHOOL RECIPES, GO TO:
WWW.SENECACOUNTYCCE.ORG

About Farm to School

The New York State Farm to School Program was created by the NYS Department of Agriculture and Markets to, “connect schools with local farms and food producers to strengthen local agriculture, improve student health, and promote regional food systems awareness”. All four school districts in Seneca County - Waterloo, Seneca Falls, Romulus, and South Seneca- were awarded one of six New York State Ag & Markets grants to develop farm to school programming with oversight from Seneca County Cornell Cooperative Extension. The goals of the grant are to increase consumption of local produce by the students for positive health outcomes, increase the variety of local products being offered on school menus, increase the number of local farmers selling to schools, and increase awareness of the local food system in the Finger Lakes area.

For more Farm to School information, contact Seneca County Cornell Cooperative Extension. The office is located at 308 Main Street Shop Centre in Waterloo. Phone: 315-539-9251. You can contact the Farm to School Educator, Sue Petersen at smp355@cornell.edu or the Farm to School Coordinator, Mo Tidball at mrk65@cornell.edu.