What's new with Farm to School?

New F2S Social Media

With the help of Team Yellowstone of Engaged Cornell, Seneca CCE’s Farm to School now has their very own F2S Facebook and Instagram pages. With these new social media outlets we hope to connect with and support the schools, parents, and farmers in our community, as well as keep everyone filled in on everything exciting happening with F2S. Please visit for updates, photos, and upcoming events.

F2S Recipe Samples

Before they got to go on their long holiday break, students at Waterloo and South Seneca got to sample Honey Balsamic Roasted Brussels Sprouts, while kids at Seneca Falls and Romulus got to try a Brussels Sprouts and Apple Salad for their December F2S sample day. Many kids were surprised that they actually enjoyed the little green sprouts. For their NY Thursday produce highlight students had either Roasted Brussels Sprouts or Cabbage Coleslaw.

For their January NY Thursday menu item, students got to try potatoes in various forms, from roasted to mashed, depending on how their school featured the item. Waterloo Food Service Director Brian Corey chose to roast small potatoes in oil and herbs and they looked like they tasted delicious.

February brought colder temperatures, more snow, and some Rainbow Root Candy to brighten up their wintry days. Students had the opportunity to sample a mix of honey roasted carrots, parsnips, and beets in preparation for their NY Thursday Carrot Candy day when they return from their President’s week break.
Recipe of the Month

Brussels Sprouts and Apple Salad

Ingredients:
- 1/2 pound Brussels Sprouts
- 1 Apple
- 1 Carrot
- 1 1/2 tsp Lemon zest
- 1/8 cup Lemon juice (fresh)
- 3 Tbsp Olive oil
- 1 1/2 tsp Honey
- 1/2 tsp salt
- 1/4 tsp black pepper

Instructions:
1. Trim, halve, and thinly slice the Brussels Sprouts (or cabbage).
2. Dice the apple and grate the carrot. Add to the sliced sprouts.
3. Zest and juice the lemon into a small bowl. Add remaining ingredients.
4. Mix well and pour into first bowl. Toss to coat.

What's in season?

Produce Picks

Over the winter months when you're looking for something a little more in season, some go to items are stored potatoes, onions, carrots, parsnips, and cabbage. For something a little sweeter, NY apples are a great choice. If you're lucky and you know a local farmer, you may even be able to get your hands on some fresh greens, like spinach and kale. Don't worry, spring is just around the corner!

Coming Up

Winter is coming to a close and spring will be here before you know it. That means the start of another new season getting underway for many local produce farmers. With new seeds being planted and plans for the market season being put into action, it's fitting that March is National Nutrition Month, as well as Agriculture Literacy Week the 18th - 22nd. Here at CCE several of us will be reading to local second graders about agriculture and nutrition, as well as sharing our personal experiences in agriculture.

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 a New York State Ag & Markets grants to develop farm to school programming with coordination 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, Candace Riegel at cmr334@cornell.edu or the Farm to School Coordinator, Mo Tidball at mmt65@cornell.edu.