

THIS PRODUCE IS FROM OUR SCHOOL'S LEARNING GARDEN!

Today, we harvested:

Our school community worked hard to grow this produce, let's enjoy it at home together!

This produce was grown organically in our Learning Garden, an edible garden on our schoolyard that also serves as an outdoor classroom. To

learn more about the Learning Garden, ask your student!

Try starting with questions like: How did you help grow this food? Which are your favorite crops? What did you learn in the garden?

Fresh fruits and vegetables are a very important part of a healthy diet. For your student, this means eating:

- a varied diet, with different protein sources and a variety of fruits and vegetables throughout the week
- lots of fruits and vegetables, at least 5 servings a day
- appropriate portion sizes, and stopping eating when full
- healthy snacks, with limited added sugar and fat

...and, having a good relationship with food! Knowing where food comes from and being involved in food preparation is a great way for your student to develop healthy habits that will serve them well into adulthood. Enjoying this garden produce together is a great way to start!

Please wash your produce thoroughly before preparing and eating.

For more information about The Kitchen Community visit

www.thekitchencommunity.org.



— THE KITCHEN —
community
— COMMUNITY THROUGH FOOD —



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Methods for Preparing Fruits & Vegetables

Steam: Steaming wilts or softens produce by cooking with steam from boiling water. You can use a steamer or simply boil a few inches of water in a pot with a lid, add your vegetables or fruits, and boil until vegetables have reached desired consistency.

Roast: Roasting softens produce and caramelizes flavors by baking in an oven at a high temperature (400-450°F). To roast, cut vegetables or fruits to an even size and thickness, drizzle lightly and toss with extra virgin olive oil, arrange evenly on baking sheet or roasting pan, set in hot oven, and stir every 10 minutes for 25-40 minutes depending on the vegetable.

Sauté: Sautéing softens produce and will crisp and caramelize fruits and vegetables for enhanced flavor by cooking quickly over high heat. To sauté, add a small amount of extra virgin olive oil to a pan on med-high heat, add chopped produce, and stir until fully cooked.

Raw: Clean, chop (optional), and serve!

Fruit or Vegetable Type (examples)	Best Prep Methods	Add Fruit or Veggie To:
Tender Greens & Fruits: (arugula, baby greens, cucumber, lettuce)	raw	burgers, tacos, sandwiches, wraps, salads
Hearty Greens and Stems: (broccoli, cabbage, chard, collards, kale, mustard, spinach)	steam, sauté, raw	stir-fry, pasta, soup, eggs, tacos, smoothies, salads
Tender Stems & Roots: (celery, radishes, turnips)	raw, or sauté lightly	salads
Hearty Roots: (beets, carrots, turnips)	steam, sauté, roast, or raw	soups, salads, stir-fry, stand alone
Green Beans & Peas	steam, sauté, roast, or raw	soup, salad, stir-fry, stand alone
Summer & Winter Squash: (butternut, delicata, yellow squash, zucchini)	roast, steam, or sauté	soups, pastas, grains, eggs, stand alone
Tomatoes	roast, sauté, or raw	salads, tacos, wraps, salsas, sandwiches
Fresh Herbs: (basil, cilantro, mint, rosemary, sage, thyme)	prep varies, depending on dish	soups, salads, dressings, sauces, sun tea, roasts

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