

LE CONTE NUTRITION EDUCATION PROGRAM

Bon Appetit!

THIS YEAR in cooking we began with Bruschetta made with fresh tomatoes harvested from our garden. We moved into fall with a new winter squash Empanada recipe that the chefs developed using whole-wheat flour, eggs from our hens, and squash from the garden. It was a healthy and delicious treat. Greens Pizza appeared with a homemade wheat crust topped with dandelion, kale, spinach and chard sautéed with garlic and balsamic vinegar as well as caramelized onions and sun dried tomatoes. Two thumbs up! Our team participated in the exciting African Heritage night by preparing pots of African style collard greens for tasting. We're looking forward to our springtime events and the warm weather. Bon Appétit!

By Chef Kathy Russell, Cooking Instructor

Farm & Garden

IT'S BEEN another wonderful year of Farm & Garden classes with our students. We returned to a garden full of Fall's bounty: Lemon Cucumbers, Purple Peppers, Summer Squash, Popcorn, Sunflowers and Beans. We began the year with harvests of tomatoes, persimmons and winter squash and lessons on Seasonality, Sugar, Digestion and Decomposition. As the winter months rolled in we learned about Whole Grains, the difference between processed foods and whole foods, and harvested lemons from our tree to explore Citrus and do experiments with Citric Acid! Students grazed on fresh kale and broccoli right from the garden and learned about the benefits of fiber for a healthy heart. As winter draws to a close we are extremely excited to finally harvest and taste our highly anticipated carrots. We will also be enjoying our Jumpin Jack Rabbit Juice-a-thon and our Long Bean Relay Race Events this Spring. We look forward to getting the garden ready for summer over the next few months and learning more about how to keep our bodies healthy and happy.

*By Farmer Ben Goff,
Farm and Garden Instructor*

