



What's Growing On... Rhode Island Farm to School



April 2011

What's Sprouting in Rhode Island?

ASPARAGUS!!!

Crisp, crunchy, tall and skinny...our first spring crop will be here soon! It's a fantastic vegetable to introduce children to, not to mention wildly nutritious! A few of our Rhode Island farmers grow asparagus, but quantities are sometimes limited, depending on what the weather does. If you would like to serve some, it's a good idea to work out the details in advance with your produce distributor and the farmers who grow it...

Schartner Farms
in Exeter

&

Jaswells Farm
in Smithfield



Allison Molis and Family

The crew at Jaswells Farm in Smithfield. They grew the asparagus that was served at Masie Quinn in West Warwick last spring. A group of students there actually requested it, and once the others tried it they really loved it! Sodexo staff prepared it simply. See the recipe below.

"Planting" Ahead

With the end of the school year approaching quickly, and September menu planning sneaking up on us, NOW is the time to consider your RI Grown needs for next year. Is there something special you want grown for your school district? Farmers are willing, but they need to know ASAP. Grape tomatoes? Broccoli? Purple cauliflower? Lettuce? Green beans? A discussion now will set you up well for an autumn menu chock full of fresh, local produce. Kids First can put you in touch with a farmer, just call us!

Kids First to Host Springtime Fundraiser

Save the date for the Kids First and Real Food First fundraiser! Check out the building we now call home: the beautiful and historic Hope Artiste Village. Join a behind the scenes tour of the fabulous Farm Fresh Wintertime Farmers Market. We will make our way through the market, talking with farmers who sustainably produce our food. Be among the first to know what upcoming season will offer! While on route, we will gather the



ingredients for a delicious, nutritious and simple weeknight meal. Our final stop will be the greenhouse where we can sample some locally produced

wine and beer while watching the Kids First chefs in action. Our seasonal recipe should come together in time for you to sample the dish and hear a bit about the Kids First and Real Food First organizations before heading back to the market to forage for your own dinner. Suggested donation, \$25. Please visit www.kidsfirstri.org to register for this fun and informative event!

Roasted Asparagus

Ingredients:

Asparagus
Olive Oil
Salt and Pepper to taste

Preparation

1. Wash asparagus and trim the bottom about 1/2 inch
2. Drizzle with olive oil to coat lightly, Salt and pepper to taste. Toss gently
3. Roast for 15 minutes at 350° or until just heated and sizzling. Asparagus should still be firm
4. Serve a spear or two to each student and encourage them to try. Kids First will be happy to send a chef to work with your staff and be an asparagus cheerleader!

For Farm to School programs and technical assistance, contact Farm to School Specialist Kimberly Clark at Kids First 401 475-9696

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