



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

# Happy Holidays!!!



### What's Sprouting in Rhode Island?

#### "Planting" Ahead Save the Date

The Annual Farm to School Stakeholders meeting will be held the last week of January at the DEM in Providence. Farmers, Food Service Directors, Distributors and others involved in Rhode Islands Farm to School Program will be invited to discuss the challenges and successes of the past season. Details to follow in the New Year!

#### Winter Fruits & Roots

##### Butternut Squash

From Young Farm

##### Sweet Potatoes

From Scharnter Farm

##### Small Carrots

From Scharnter Farm

##### Apples

From Barden Family Orchard, Hill Orchards, Phippen Orchards  
Reds, Goldens, Romes, Macs and Empires

##### Potatoes

From Quonset View Farm



Scharnter Farms

Scharnter Farms' carrots were recently featured at Alvarez High School in Providence and are now available while supplies last. They also have delicious sweet potatoes for your school menus.

#### Food for Thought.....

Alvarez High School students sampled delicious, nutritious carrot snacks while having a crash course in sugar, sodium, portion control, and fruits and vegetables. Chef Leah and chef Blair taught six classes, 180 students, about daily nutritional requirements using interactive stations such as "Think your Drink" where students learn how much sugar is actually in their



favorite bottled beverages and what are the healthier alternatives. They also learned how to make two snacks to boost their daily intake of fruits and vegetables: carrot juice and carrot cake roll-ups, using RI Grown carrots of course! The students were willing tasters. Some students thoroughly enjoyed the snack even going back for seconds. But for others it may take longer for them to give up their real carrot cake. You can judge for yourself by trying the recipe.

#### Carrot Cake Roll-Ups 4 entrées

6oz Greek style, low fat, vanilla yogurt  
1 c. RI Grown carrots, shredded  
3 Tbls. Crushed pineapple, drained  
1/4 tsp. cinnamon  
1/8 tsp. nutmeg  
4 multigrain tortillas

1. Combine yogurt with spices, mix well.
2. Spread a thin layer of yogurt mixture on each tortilla.
3. Sprinkle carrots, pineapple and raisins on top of yogurt leaving a 1/2 inch edge.
4. Roll-up tortillas like a jelly roll.
5. Flatten slightly with palm of hand.
6. Cut each tortilla crosswise into 8 pieces.
7. Enjoy!

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

A special thank you to our Rhode Island Farm to School funders for their generous support - The Sharpe Family Foundation, The Carter Family Charitable Trust, The Jessie B. Cox Charitable Trust, The RI Department of Environmental Management Farm Viability Grant, The van Beuren Charitable Foundation, Blue Cross Blue Shield of Rhode Island and Brown University Food For Thought. We love you guys!!!