



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



What's Sprouting in Rhode Island?

Carrots

from Schartner Farms
available now!!!

Asparagus

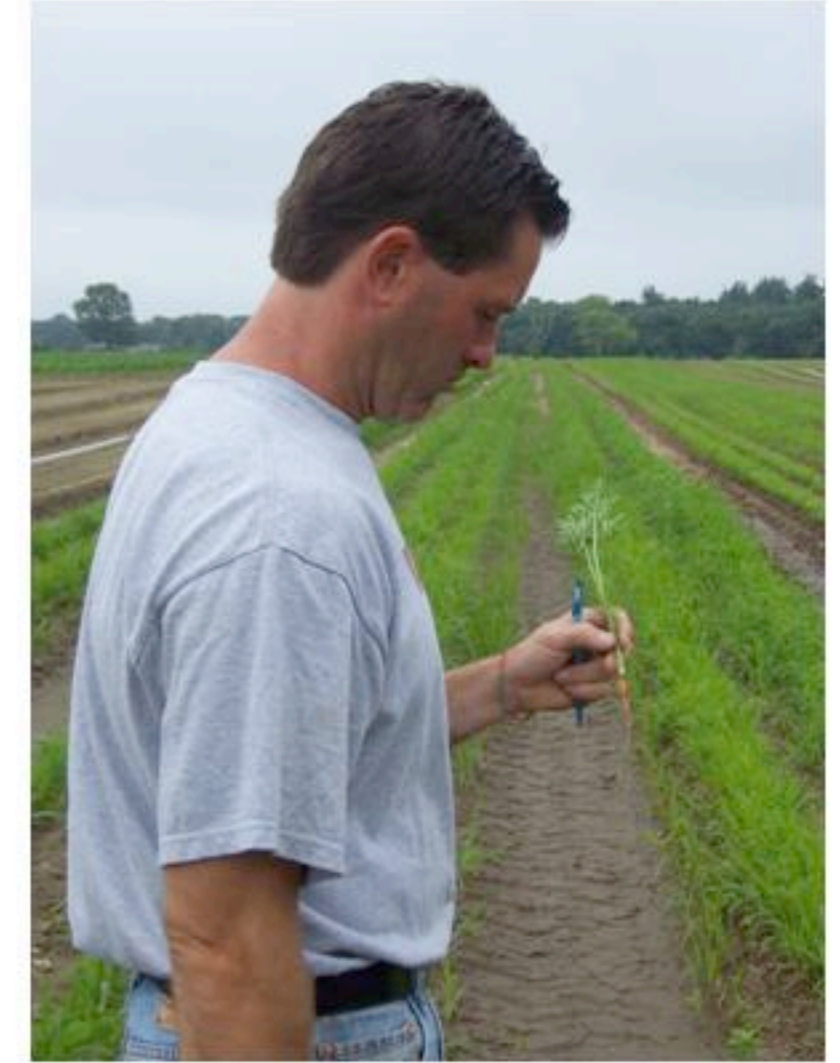
from Jaswell's and Schartner
Farms
starting in early May

Lettuce

from Nonquit Salad Farm
starting in late May

Strawberries

from Quonset View Farm,
Schartner Farms, Jaswell's
and Salisbury Farm
starting in early June (we hope!)



Rich Schartner
of Schartner Farms in
Exeter in the field of
carrots he grew for
Rhode Island students

"Planting" Ahead

When planning your
September menu, consider
these fruits and vegetables.
They won't be available for
long!

Peaches

Plums

Nectarines

Pears

Blueberries

Tomatoes

Locally Grown - Kids and Crops

Students from Westerly Middle School learned all about farming in their community last month. Farmers Uli Hence from Hillandale Organic Farm & Sylvia Panciera from Ocean Breeze Dairy Farm joined Farm to School specialist Kimberly Sporkmann for a visit to the 6th grade. Students discussed the benefits of farming to our economy, environment and communities. Farmer

Uli coached the students in planting lettuce seeds and Farmer Sylvia had students make and taste butter by shaking some heavy cream. Farmer Uli brought the lettuce plantings back to her farm to start in the green house. The following month, students visited both farms on an after school outing. They were treated to the birth of a baby calf just before their arrival at Ocean Breeze Farm! Mean-

while, the lettuce seeds had sprouted at Hillandale. Students transplanted some to the fields and prepared a salad with the more mature plants. Many assisted with transplanting other plants the farmer was working with. Another group worked to spread compost on the greenhouse beds. Some lucky students took home a variety of plants to try growing on their own. A great time, and valuable learning experience, was had by all!

To find out about having a Farm to School program at your school, contact Farm to School specialist Kimberly Sporkmann at Kids First 401 751-4503

Cafeteria Connoisseur

Kids all over the state have been enjoying Schartner Farm Carrots with this dip!

Easy Peasy Humus

25 two oz portions

- 1 #10 can garbanzos
- 3 Tbsp chopped garlic
- 1 Cup lemon juice
- 1/2 Cup warm water
- 1/2 Cup olive oil

Drain garbanzos, add to blender w/ garlic, lemon juice and water. Blend until smooth. Transfer to a bowl and flatten with spatula. Add olive oil to top to keep hummus moist. Stir to combine just before serving.

For spicy hummus, add a teaspoon or so of cayenne ground cumin & chili powder