



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



August 2010

## What's Sprouting in Rhode Island?

### "Planting" Ahead

These RI Grown items are only available for a very short time in September. Kids First can help you arrange to purchase and serve them, just call us!

**Swiss Chard**

**Eggplant**

**Tomatoes**

**Peppers**

**Peaches**

**Squash**

**Cucumbers**

### Suntan Peppers from Confreda Farm

*Available Now*

*These gorgeous peppers are green and orange, sweeter than regular green bell peppers. So delicious raw, and great for dipping when cut into strips.*

### Cucumbers from Confreda Farm *Available Now* Refreshing on a hot summer day



### Vinny Confreda

of Confreda Farms, Cranston  
*Vinny and Farm Manager Ray Aubin hosted Cranston school district food service employees last week for a tour of the farm. Confreda corn will be served to Cranston Students in a few weeks*

## Back to the Future, Scratch Baking in Pawtucket, Newport and Jamestown

This summer, the Sodexo staff of Pawtucket, Newport and Jamestown have been working out the logistics of preparing their own from scratch breakfast bread. Rather than researching and sourcing yet another market product, they have gone back to basics and will be making breakfast breads themselves. With the help of Kids First chefs, the base recipe not only incorporates locally grown produce such as carrots, zucchini, straw-

berries and apples but also meets Rhode Island Nutrition Requirements. By making the bread themselves they will have total control of ingredients, nutritional value, portion control and cost. With the logistic worked out and the recipe and training in place the lunch ladies are ready to whip and mix their way back into the hearts and tummies of elementary students across their districts with a yummy treat fresh from the oven.



### Would you like to take your staff on a farm field trip?

Kids First & RI Farm to School would be happy to coordinate an outing for your food service managers and workers. We can arrange for a school bus to take a group to one or two of the farms in your area that participate in the Farm to School program, or we can all just meet up at one for a tour. These tours are informative and educational, offering a perspective on food that most are not lucky enough to experience. Farmers speak about their experience with the Farm to School program while showing everyone around their farm. Think about this option for back to school orientation meetings, field trips are a great morale booster!

For Farm to School programs and technical assistance, contact Farm to School Specialist Kimberly Sporkmann at Kids First 401 751-4503

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