



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



September 2010

www.kidsfirstri.org

### What's Sprouting in Rhode Island?

#### "Planting" Ahead

These "Food Service Friendly" RI Grown items are in great demand this year, and luckily available through multiple outlets. Kids First can help connect you to a source, develop tasty recipes and work with food service staff and students to make them popular in your school lunch.

**Apples**

**Carrots**

**Broccoli**

**Potatoes**

#### Tomatoes

from Confreda Farm

Get em' while you can, this is the end of the season!

#### Corn

from Confreda Farm

Available now for a limited time!

#### Broccoli

from Knight and Steere Farm

The very first of the season!

#### Eggplant

from Perugino and Sons Farm

Another veggie that won't be with us much longer...how about some ratatouille?



#### Jesse Rodrigues, Jr

of RI Nurseries in Middletown.

Jesse hosted the entire Newport school food service staff at his farm in August. Staff took a hayride tour and enjoyed a scrumptious lunch of RI Grown fruits and veggies.

### Sodexo All Local Lunch Day Celebrated State Wide!

Eleven school districts in the state of Rhode Island celebrated the current harvest by serving a Rhode Island Grown school lunch on September 16. Sodexo School Food Services offered Rhody Fresh Milk, Venda Ravioli pasta, Catanzaro's Pizza Crust and Sauce, RI made cookies, RI Saugies and RI Grown fruits and vegetables including apples, peaches, nectarines, lettuce, green beans, tomatoes, cucumbers, peppers and spinach.

As students in cafeterias in Cranston, West Greenwich, Warwick, Woonsocket, Newport and Pawtucket enjoyed their lunch they were educated by RI farmers who showed photos of their farms and talked about how the food on the trays was grown. Students in West Warwick created dishpan gardens before and during lunch with a Master Gardener. In Jamestown, Gloucester

and Cumberland, students sang songs and danced with Kids First nutritionists. All students received RI Farmer Trading Cards and RI Grown stickers. The planning for this event started as early as last March, with farmers planting and managing crops specifically for the event. We hope to see the trend continue as the bountiful harvest season continues!

#### Farm to School Education Programs

The Rhode Island Farm to School program offers free classroom education programs! We have chefs, nutritionists, master gardeners and farmers willing to teach any grade level and focus on various subjects including science, math, language arts, health or civics. We coordinate with food service too, and work to reinforce the lessons with the opportunity for students to enjoy RI Grown produce in their school lunch. If you know of a teacher or are interested in a program, please refer them to Kids First!

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

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