

Farm to School Newsletter



Harvest of the Month: BEETS

Hello Arrowhead Families!

Here is your February recap for all things Farm To School! We unfortunately had to skip a class this month so you will see a summary for only three weeks below. In addition, you will find the monthly update on the Local Food Grant included as well!

Week 1: The kids have been begging to make smoothies for the last few months so we took class time to recipe test some smoothie options to put on the new school breakfast menu. We tried smoothies with just fruit and then did a second taste test with the addition of oats. The kids preferred the fruit only smoothie but were not opposed to adding oats...the were mostly just so excited at the thought of having smoothies as a breakfast option! 5k-3rd also worked on an art project and drew ingredients they wanted to see in a smoothie, and 4th-8th created their own smoothie recipes to take home and share with you.

Week 2: We showcased our Harvest of the Month and tried beets in a variety of ways...raw, roasted, pickled, and dried. Beets in their purest form seemed to create strong reactions for the kids. Either they really LOVED them and couldn't get enough of them, or they really DISLIKED them and never wanted to eat them again. Consensus was the pickled beets were the top pick! Although some had a strong aversion to beets, we couldn't be more proud of all the students who were willing to try them in the different ways and gave each of them an honest taste. 3rd-8th also were tasked with writing down descriptive words for each of the different beets and did a fantastic job describing what they tasted!

Week 3: This week, the kids used their creative skills to paint their very own classroom gardens. If you find yourself walking through the hallways, you will get a peek into what each class would like to see grown in the garden this spring.

March's harvest of the month is.....GRAINS!

Please send us any questions, feedback, successes at home, anything and everything to farmtoschool@arrowheadk8.org! We would love to hear from each and every one of you!!

Hugs,

Farmer Heather and Farmer Kelly

Favorite Student Quotes in February:

“These taste like dirt.”

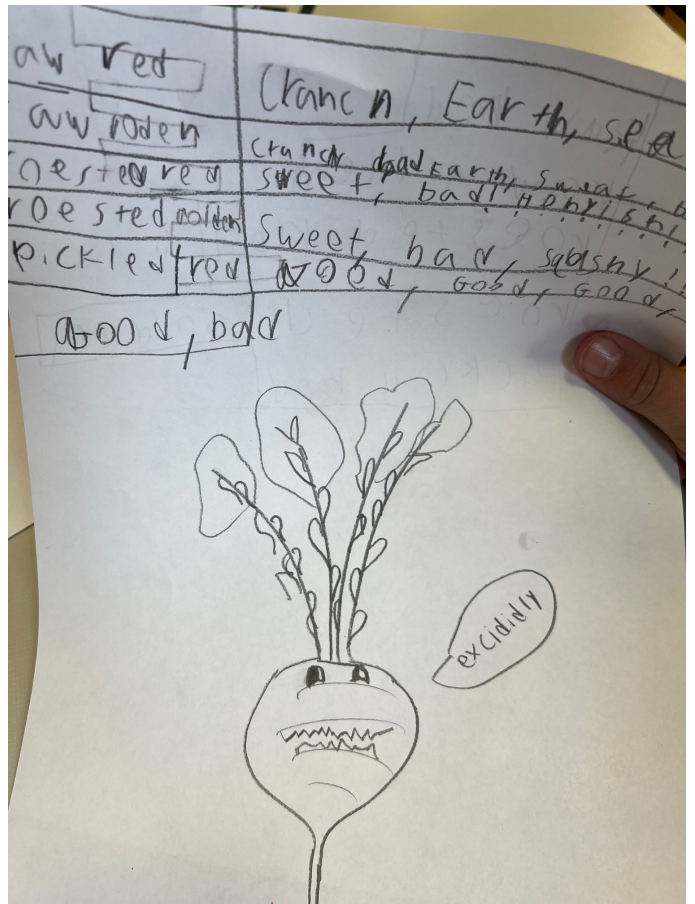
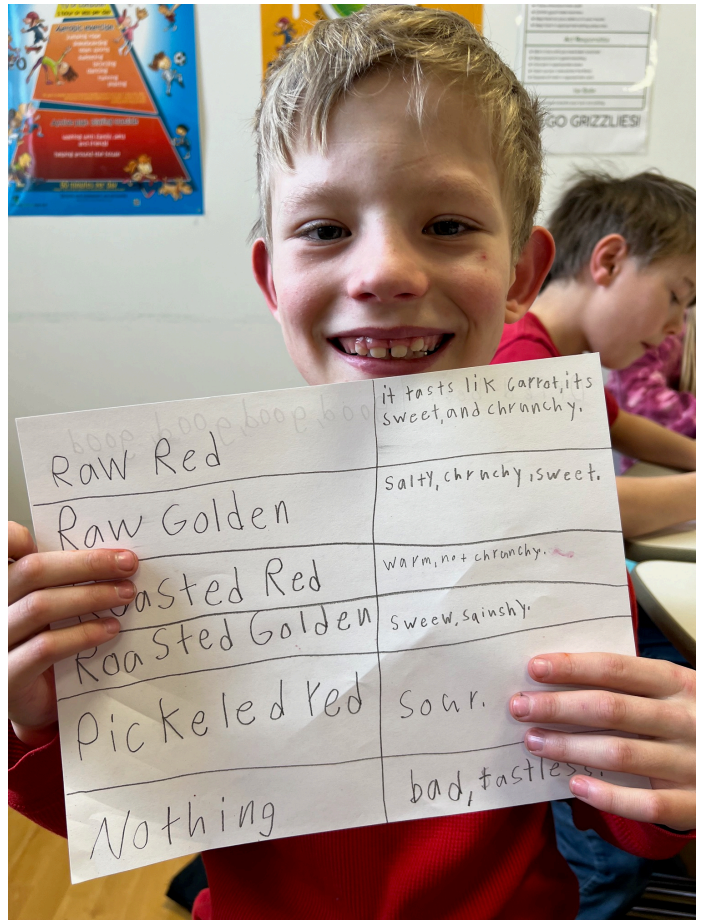
“I want to put every fruit in the world into my smoothie.”

“Can we have these every day?”

“Will the beets turn my stomach red like they turn my hands red?”

Photo Gallery:





Local Food for Schools Grant Update

It was a busy month of lots of great progress on the local food grant!

We received our first delivery of beef and chicken that can be used for lunch meals. The freezers are stocked full of Cowgirl beef and Black Dog Farm chicken! Glenda has been working on creating new recipes to best utilize the different cuts and varieties of this wonderful local meat. In addition, we will be showcasing the award winning lamb meatballs on the menu in March. Barb Gunness has been invited to lunch that day so she can see all of the students enjoy her delicious lamb.

Nine parent volunteers participated in a food handling safety course at the school this month in order to be able to help with preparing and serving breakfast. With breakfast being the first meal of the day, feedback from parents and teachers suggested this was a logical place to focus on to ensure the students at Arrowhead are beginning their day with nutrient dense foods. I want to thank all of these parent volunteers, as breakfast would be a very large undertaking without their support. We plan to have another food safety course this spring, so if anyone is interested in taking the class, please reach out to me!

Having the breakfast volunteers will allow us to begin to modify the current breakfast offerings. Glenda and I recipe tested an egg muffin this month which can be made with local Montana eggs. In addition, we will also offer hard boiled eggs, and of course, smoothies! Our plan is to continue to expand the offerings for breakfast to local yogurt and granola as well as local breads. We will start with a few new items and continue to expand to other offerings as we streamline processes. You can expect to see an expansion of breakfast items beginning in April, if not sooner.

I have also begun planning with two Arrowhead produce farmers on securing their farm fresh produce throughout the summer. We can take the produce literally out of the ground, blanch and freeze it to be used throughout next school year. With the growing season not really starting until May, fresh produce will not be able to be utilized in a meaningful way until the beginning of next school year. This is a great opportunity to utilize this grant money for purchasing the most nutrient rich produce for our Arrowhead students. A big thank you to Zach Park and Sarah Melin for working on this critical piece with me. It will be exciting to see how much of a difference the kids can taste in produce that is freshly picked and served!

If you have any feedback, questions, or suggestions on local purveyors, the grant in general, or ideas of how to further engage our community in this project, please reach out to me at kellykearney2@me.com.

It's a pleasure and joy to be with your kids on a weekly basis in Farm to School and now to be a part of taking what they learn in Farm to School and putting it on their plates at school.

Hugs,

Farmer Kelly