

Farm to School Newsletter



Hello Arrowhead Families!

Here is a recap on our Farm to School lessons for the month of March. It was an exciting month of taste testing for new breakfast items, spending some time outdoors, and planning for the garden!

Week 1: March began in the kitchen where we taste tested a new breakfast menu item for the school. From both teacher and parent feedback, some new breakfast options have been top priority for me to ensure the students are starting their day off with brain fueling options.

We baked up some egg muffins that were a BIG hit with the kids! What was even more exciting was seeing their excitement in having some different options for breakfast. Glenda and I also felt it was important to get student feedback on the lunch menu and asked the kids for their opinions on what they wanted to keep and what they were willing to say goodbye to in order to make room for new lunch menu items as well. Both of us feel that when you invite kids to participate in change, they are much more likely to embrace that change. We received honest and valuable feedback from all classes and they helped us identify where we can begin to try out new recipes on the lunch menu as well.

Week 2: We took advantage of the spring time weather and spent the afternoon cleaning out the garden beds and getting them ready for spring planting. The kids had the best time digging up the soil, finding our garlic sprouts that we planted last fall, and of course, finding all of the worms they could possibly find. They have missed the garden and were so happy to be back in the dirt. In the month of April, we will be adding an additional garden bed to our school garden so that every class has their very own garden bed. I have been keeping their seedlings we planted a few months ago cozy in my greenhouse and we have a variety of herbs, tomatoes, brassicas, and flowers that are growing beautifully and will be ready to be transplanted into the garden soon!

Week 3: Arrowhead had the pleasure of welcoming Farmer Celeste from the Livingston Farm to School program to help me co-teach lessons this week. Celeste tasked the students with imagining their own garden plot and drawing pictures of the different produce they would like to grow in the school garden this spring. They looked through seed catalogs to gain inspiration, and once every student had their “dream garden” imagined, we stitched their gardens together into a beautiful “Class Garden Quilt” so that everyone’s ideas were brought together into a cohesive garden plan. Each grade has a quilt hanging in the cafeteria so next time you are at school, stop and take a look at their collective vision.

Coming up in April, we have a Farm to School field trip to Wolf Ridge Icelandics where the kids will meet the lamb purveyor who we are utilizing for school lunches. If we are lucky, we will see some ewes lambing. And if not, we will have some babies to admire and love on that have already been born.

April's harvest of the month is.....Beef and Bison! The students will be back in the kitchen taste testing some new recipes and providing all of their wonderfully honest feedback as well as continuing to get the garden ready for a fruitful summer harvest.

Hugs,

Farmer Kelly

Favorite Student Quotes from the month:

“Can we grow a pizza garden?”

“I want this egg muffin tomorrow for breakfast!”

“The worm is so slimy but he’s so adorable too.”

“Can I share some breakfast ideas as well as new ideas for lunch?”

“What other new things are we going to try?”

“I just want to grow a garden full of strawberries.”

“Can we grow pineapples in Montana?”

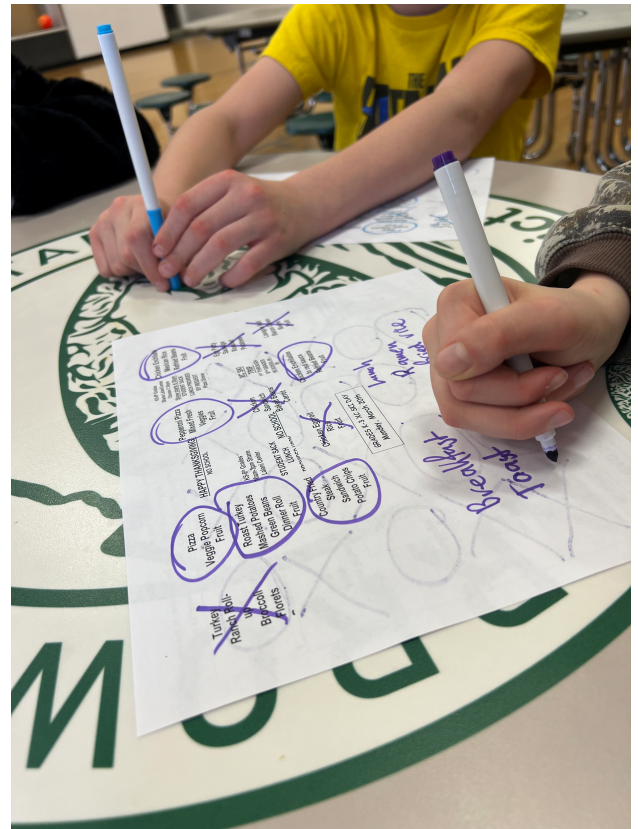
Egg Muffins

12 eggs
1/4 cup milk
1/2 cup shredded cheddar cheese
1/4 cup raw onion
1/4 cup raw red pepper
Salt and pepper

Preheat oven to 350 degrees. Put muffin cups into the muffin tin and spray with nonstick cooking spray. Crack the eggs into a large bowl and whisk until combined. Add the milk, cheese, onions, and red pepper. Gently stir with a spatula and season with salt and pepper.

Pour the egg mixture evenly into the greased muffin cups, about 3/4 of the way full. Bake for 20-25 minutes until the eggs have risen and are cooked. Let cool for 5 minutes prior to loosening the muffins from the pan. You can freeze and reheat for a quick, re-heatable breakfast on the go!

March Photo Gallery:





Local Food for Schools Grant Update

It was a busy month of planning and experimenting new menu items for both breakfast and lunch at Arrowhead! Glenda has been working on creating new recipes for lunch and is excited to begin trying new things on a consistent basis for the remainder of the school year. You will see on the website that she is planning weekly menus rather than monthly ones so she can be adding new items as the recipes are finalized.

It has been a humbling experience, as scratch made cooking for 60+ kids is a lot more difficult than it seemed at first glance. We successfully cooked Luka's award winning lamb meatballs from the cooking competition this fall, along with a lentil and rice pilaf. Overall, the kids loved the meatballs and Farmer Kelly identified a few minor adjustments she will be making to the recipe on a go forward basis. Pot roast from Cowgirl Meat Co. will be making it's way on to the menu the first week of April and Glenda is excited to hear how the kids like it as well. In the coming weeks, you will also see an Asian inspired chicken dish as well as chicken noodle soup!

In addition, thanks to four amazing parent volunteers, a revised breakfast menu will begin in April as well. Offerings will include the egg muffins we taste tested this month, hard boiled eggs, smoothies, and yogurt and granola. The eggs and yogurt are both locally sourced, and we will be utilizing Flathead cherries in the smoothies. The granola is also Montana made, and important for parents to know it does include coconut and pecans. We will continue, of course, to be a peanut free space, but the granola does contain tree nuts. If you do not want your child to be offered the granola, please reach out to Glenda or Farmer Kelly and let us know.

As the school year comes to a close, we are carefully planning out additional local food purchases to ensure we have our freezers stocked with locally sourced meat and produce to have available for next school year. We appreciate all the support and patience we have received from parents this year with the grant. The constraints of our current kitchen and the large undertaking of moving to more scratch made cooking has been a very large task. We have enjoyed building a friendship over this year, working alongside each other to problem solve and brainstorm, and most especially move toward having this vision come to fruition for Arrowhead.

Please continue to provide us feedback from your children as new menu items are being offered for both lunch and breakfast. We would love to hear what they come home and tell each and every one of you!

Hugs,

Farmer Kelly and Glenda

