

# Farm to School Update



August 2011

We have begun the process of connecting **with local farmers** to see what products are in season for us to menu or bring into the cafeteria to taste test with the kids.

I met with **Carleton Farm** just down the street from our district. They have a strong interest to begin working with us. We shared some ideas about realistic items we can order this September and October and what will harvest and be available this spring. Below is a list of the fresh produce grown on the farm and sold from their market store daily. Check them out!

Mollie Langum, Food & Nutrition Services Supervisor



From Left to Right: Darren, Mary, & Reid Carleton

## [www.carletonfarm.com](http://www.carletonfarm.com) Grown on Carleton Farm

- |              |  |
|--------------|--|
| Bell Peppers | It's a short season in this northwest climate, but you can get them right off the farm.  |
| Beans        | Green beans don't only come in green. We have them in yellow and purple too. We pick our beans only when they are young and tender.  |
| Beets        | All shapes and sizes; deep red and juicy.  |
| Carrots      | Beautiful only in the eyes of the beholder, but very sweet and tender. Excellent for juice.  |
| Cucumbers    | Cucumbers are truly a taste of summer - cool and crisp and full of water. Super for pickles. Did you know they belong to the same family as pumpkin, squashes, and watermelon?   |
| Corn         | Usually two to three varieties in stock: white, yellow & bi-color. Also, during October we have ornamental varieties and giant corn stalks.  |
| Dill         | We grow it for pickling. Call ahead for availability.  |
| Lettuce      | Big heads of leafy lettuce in green and purple. We have leaf, bibb, and romaine varieties.   |
| Kohlrabi     | Wonderful mellow taste similar to broccoli stocks. It's not a root vegetable, but a vegetable with a round bulb type stem that grows above ground. Great steamed or eat fresh. Flavor is mild, sweet, turnip-like.                 |
| Peas         | Sweet English Pod Peas and Sugar Snap Peas (eat the pod and all).  |
| Pumpkins     | Pumpkins and gourds galore. Both u-pick and we-pick. See our <a href="#">Pumpkin page</a> for October information.   |
| Squash       | Summer varieties: assortment of tender squashes excellent for steaming, sauté and casseroles.<br>Winter varieties — usually we have about eight different varieties to suit all tastes. Be adventurous - try a few different ones! |
| Swiss Chard  | Deep green, leafy plant with multi-colored stems. Hardier than spinach, but can be steamed in the same way. Excellent steamed or in a gratin.  |
| Tomatoes     | Grown in our hot house, we'll sell them in both red and green. Usually available through late summer.  |
| Zucchini     | Both green and yellow varieties are available.   |