



FRESHFARM

FOODPRINTS

an academic approach to growing healthy students
through hands-on cooking and gardening

November 2016

Dear Tyler Families,

Today your second grader participated in FoodPrints. We had a lot of fun exploring our garden and tasting new foods!

Our focus of the day was on seasonality. We brainstormed which things we think are in season in our area right now, then ventured out to the garden to see what was growing, listing the plethora of fruits and veggies and herbs in our journals. We harvested carrots and kale from our garden and back in the classroom, we washed and cut them, and tasted them as fresh, raw produce.

Students made seasonality posters to educate their peers about what's in season in DC each season. We also prepared homemade granola, and chopped up local apples and pears. We wrapped up our second FoodPrints session of the year making and enjoying our delicious parfaits with homemade granola and seasonal fruit! The recipe is attached here so that you can make some more at home. You can pick up local fruits at the H Street farmers market on Saturdays from 9am-12pm (even into the winter months).

Special thanks to those family members who help out in our class and our garden! To provide students with best experience possible, we need parent volunteers with each FoodPrints class. Students are so happy to have their parents at school, and we will be sure to reward you with something tasty to eat at the end of the session.

If you have any questions, concerns, or thoughts you would like to share about FoodPrints please feel free to contact us.

Sincerely,

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HOMEMADE GRANOLA

INGREDIENTS

9 cups rolled oats

3-4 cups nuts or seeds, chopped

½ cup ground flax seed

4-6 teaspoons spices (any combination of cinnamon, ginger, nutmeg, cardamom)

¼ teaspoon salt

1/2 cup olive oil

1 cup honey or maple syrup (or a mix)

2-4 cups dried fruit (any combination of raisins, dried cherries, blueberries, dates, cranberries)

METHOD

Preheat the oven to 325F.

Toss together the oats, nuts/seeds, flax seed, spices, salt, oil, and honey/maple syrup in a large bowl. Mix well.

Line 2 large baking sheets with parchment paper (or use cooking spray to coat the trays). Divide oat mixture between the two sheets, spreading evenly.

Toast oat mixture in the preheated oven for 15 minutes, then stir every 5 minutes, for up to 30 minutes or until oats are toasted.

Remove trays from the oven and stir in the dried fruit.

Cool and enjoy your homemade granola with milk and fresh fruit, or stirred into a yogurt parfait.

Store any extra granola in an airtight jar or Tupperware for up to 2 months.