Sullivan Renaissance takes it from Farm to School

October is Farm to School Month

Since its designation in 2010, Farm to School Month has reached millions of students in all 50 states. From School gardens and farm field trips, to local food on cafeteria trays, Farm to School activities help children learn about where their food truly comes from. It also empowers them to make healthier food choices.

“Farm to School is an important tool in the fight against childhood obesity and food security,” said Helen Demaio, Executive Director of the National Farm to School Network.

Although agriculture represents the second largest economic sector in Sullivan County, many of the children who reside here do not have a connection to farming, and they may not be aware that it is an important aspect of our community.

Sullivan Renaissance and our partners – Cornell Cooperative Extension, Sullivan County and Catskill Mountainskeeper, have joined thousands of schools, farms, communities and organizations across the country in celebrating the connections being made between children and local food.

Learn more about Farm to School, visit: farmtoschool.org, #Farm2School.

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Sullivan Renaissance Healthy Community Initiatives Grant Program:

Funding from the Sullivan Renaissance Healthy Community Initiatives Grant Program is intended to improve and promote the social, physical and environmental health and well-being of Sullivan County communities through educational programs, events or projects that enhance healthy habits of everyday activity.

Sheila Shultz’s garden club at Sullivan West Elementary School in Jeffersonville recently hosted SUGAR Sullivan Culinary Institute Chef Michael Bil on for a “Chef in the Classroom” event.

Check out SullivanRenaissance.org/grants to learn more, 2020 Grants open in January.

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Chef in the Classroom

“Dig In” and Grow a Future

Food and nutrition is an emerging trend in our nation’s school curricula, and for good reason. “Our nation’s food supply depends on more young people entering the field of agriculture as farmers,” said USDA Food and Nutrition Service Administrator Pam Miyler.

“Farm to school inspires young people to consider careers in agriculture and food systems.” This year, more than 60 percent of the farm to school projects funded by the USDA supported the expansion of school gardening activities.

In Sullivan County, school gardening programs are supported by the Catskill Edible Garden Project: SUNY Sullivan’s Hope Farm supports the college’s Catskill Culinary Institute (sunycatskill.edu) with farm to table harvest used in the students’ training, and Cornell Cooperative Extension, Sullivan County (sullivan.cce.cornell.edu/agriculture) provides scholarships for high school seniors pursuing agricultural related studies.

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Zucchini Noodles with Pesto

Prep Time 15 minutes

Total Time 15 minutes

Serves 4

Ingredients

- 4 small zucchini, ends trimmed
- 2 scallions, thinly sliced
- 2 cloves garlic
- 1 cup pesto
- 1/2 cup grated Parmesan cheese
- Salt and pepper to taste
- Cherry or grape tomatoes (optional)

Directions

1. Use a julienne peeler or mandoline to shave the zucchinis into thin noodles. Set aside.
2. Combine the basil and garlic in a food processor and pulse until coarsely chopped. Scrape and the olive oil in a constant stream while the food processor is on. Stop the machine and scrape down the sides of the food processor. Add the pesto and Parmesan cheese. Pulse until combined. Season with salt and pepper.
3. Combine the zucchini noodles and pesto. Serve with cherry tomatoes, if desired.

Recipe courtesy of: http://chef-in-classroom.org

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Apple Sandwich

Ingredients

- 2 of your favorite variety of apples
- 1 tablespoon brown sugar, nut butter, or cream cheese
- 1/4 cup of jelly

Directions

Slice apples into 1/2" rounds. Use a small cookie cutter to cut the core from the center of each slice.

Spread peanut butter (or substitute) and jelly on half of the slices. Cover with the remaining halves. Serve immediately.

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Things are growing strong in the new Liberty Middle School garden!

Ms. Milks and Mrs. Frank’s science classes took advantage of the beautiful weather to weed the budewheat and thin out the mulch. Ms. Milks said the grant provided the compost bin with essential organic matter.