

2015-2016 Harvest of the Month

Recipe Book

Celebrate local agriculture with this collection of delicious and kid-tested recipes featuring Massachusetts grown fruits & vegetables



MASSACHUSETTS
Farm to School
PROJECT



October: Pears

Baked Pears: This simple and delicious dessert recipe is a great way to enjoy fresh pears in the fall! Enjoy plain or with whipped cream or vanilla ice cream. Yields 6 servings.

Prep time: 10 min | *Cook time:* 45 min | *Yield:* 6 servings

Ingredients:

- 1/3 cup apple juice
- 1/3 cup firmly packed brown sugar
- 3 tablespoons unsalted butter
- 3 firm pears; peeled, halved, & cored

Directions:

- Preheat oven to 400 degrees F.
- Arrange pears cut side up in baking dish.
- Whisk apple juice and sugar in small saucepan over med-high heat until sugar dissolves. Whisk in butter.
- Pour sauce over the pears.
- Bake until pears are crisp-tender and beginning to brown, basting occasionally with the juices, about 35 min.
- Spoon the pears onto plates. Drizzle with any juices and top with ice cream (optional). Enjoy!



Pear Fun Fact:

One pear has 6 grams of fiber, roughly $\frac{1}{4}$ of your daily value. Most of the fiber is found in the peel, so eat your fruit whole!

November: Kale

Green Smoothie aka “The Groothie”: This recipe creates a bright green smoothie, but tastes more like fruit than vegetables. It was definitely a favorite among students, and is a great way to incorporate more fresh greens into your diet.

Prep time: 10 mins | Total time: 10 min | Yield: 6-8 servings

Ingredients:

- 2 apples
- 2 bananas (best frozen)
- 2 cups peaches (or mango, pineapple, etc. Choose a fruit you love!)
- 2 handfuls of kale
- 2 cups water



Directions:

- Wash all ingredients
- Peel bananas & dice apples and peaches
- Place ingredients in blender and blend until smooth



Kale Fun Fact:

Kale thrives in cooler weather. It gets sweeter after the first frost! There are many varieties of kale, including lacinto (“dinosaur”) kale.

December: Carrots

Honey Glazed Carrot Coins: This simple yet addicting side is the perfect addition to any meal. The honey brings out the sweetness in the carrots, but it's balanced with a bit of lemon juice and salt and pepper.



Ingredients:

- 1 pound carrots, peeled and sliced
- 1.5 generous tablespoons of honey
- 1 tablespoon butter
- 2 teaspoons lemon juice
- Salt & pepper to taste

Directions:

- Steam carrots until tender (5-10 min)
- Stir in honey, butter, lemon juice, salt and pepper until well combined

Carrot Fun Facts:

- Thousands of years ago, carrots were originally purple.
- Baby carrots come from full sized carrots that have been cut down.
- Orange carrots are a great source of vitamin A, which is important for good eyesight. Vitamin A is also helps fight infection and keeps your bones, teeth, skin, and hair healthy.



January: Apples

Applesauce: Served warm or cold, this applesauce makes an awesome snack! It tastes just like apple pie, minus the crust. Yum 😊

Prep time: 10 min | *Cook time:* 20 min | *Yield:* approx. 6 servings

Ingredients:

- 4 apples, peeled, cored, and chopped
- $\frac{3}{4}$ cup water
- $\frac{1}{4}$ cup white sugar
- $\frac{1}{2}$ teaspoon cinnamon

Directions:

- Peel, core, and chop apples
- Combine apples, water, sugar, and cinnamon in a sauce pan
- Cover & cook over med heat for 15-20 min or until apples are soft
- Allow to cool then mash with a fork or potato masher



Apple Fun Facts:



25% of an apple's volume is air, which is why they float in water and make dunking for apples so fun!

The first apple trees in the U.S. were planted in Massachusetts by the Pilgrims.

February: Butternut Squash

Roasted Butternut Squash “Pasta” with Parmesan & Garlic:

Spiralized vegetables are a great substitute for traditional spaghetti. We're lucky that our local farmer, Joe, is able to spiralize a variety of veggies for us (squash, beets, turnip, etc.), but you can also do this easily at home with a handheld spiralizer, which retail for around \$15.



Ingredients:

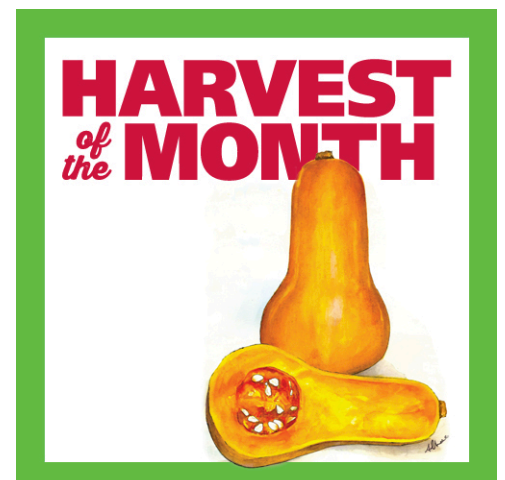
- 1 butternut squash, peeled & spiralized
- 2 tablespoons olive oil
- Approx. 1 oz Parmesan cheese
- 2 teaspoons minced garlic
- Salt, pepper, and garlic powder to taste
- Sprinkling of parsley (fresh or dry)

Directions:

- Spread the spiralized butternut noodles onto a baking sheet and evenly coat with oil, cheese, garlic, salt, pepper, etc.
- Roast the spaghetti at 325 degrees for 15 minutes or until noodles are tender and slightly crispy. Sprinkle with more cheese for serving if desired.

Butternut Squash Fun Facts

- Our farmer, Joe Czajkowski, also sells his butternut squash to Whole Foods and Trader Joe's.
- Winter squash, like carrots, have lots of vitamin A, which helps keep your eyes healthy and improve night vision



March: Dairy

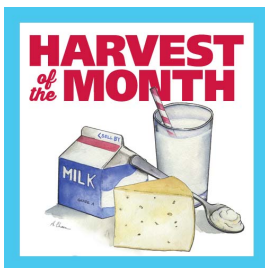
Chocolate Banana “Choco Nana” Smoothie: To celebrate dairy, we used local chocolate milk from McCray’s farm to make these delicious dessert smoothies. Lots of students claimed that this was their favorite taste test of the year! For a higher protein option, substitute the chocolate milk for chocolate protein powder and regular milk. You can also use greek yogurt.

Ingredients:

- 1 banana
- 1 cup chocolate milk
- ½ cup vanilla yogurt
- 1 tablespoon cocoa powder (optional)

Directions:

- Blend ingredients together and enjoy! 😊



Dairy Fun Fact

The average cow eats about 100 pounds of food and drinks a bathtub’s worth of water each day!

Visit McCray’s Farm in South Hadley, MA!

At ChicopeeFRESH, our farm fresh dairy comes from McCray’s Farm in South Hadley. You can find McCray’s milk at several local retailers, including Big Y. McCray’s is a great place for family fun! They have a petting zoo and creamery, and offer hayrides, pumpkin picking and more!



April: Potatoes

Sweet Potato Hummus: Hummus is a Mediterranean dip traditionally made from chickpeas and tahini. In this cafeteria friendly spin, we add roasted sweet potatoes, sunbutter, and OJ. Humus makes a delicious addition to wraps and sandwiches, and is also great dip for chips and veggies. It will keep in the fridge in an airtight container for a couple of weeks.

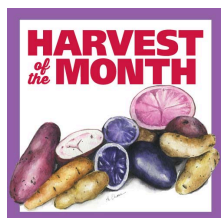
Ingredients:

- 1-2 sweet potatoes
- 1 can of chickpeas
- 1 tablespoon, 2 teaspoons orange juice
- 2.5 teaspoons sunbutter or tahini
- 1 teaspoon soy sauce
- ½ teaspoon each: ground cumin, ground coriander, ground ginger, ground mustard seed, garlic powder
- ¼ teaspoon salt



Directions:

- Preheat oven to 400 degrees. Line tray with parchment paper.
- Cut sweet potatoes in half and place cut side down on sheet pan. Bake until tender (45 min). Let cool slightly and peel. Place in mixer bowl.
- Puree chickpeas in food processor or blender and add to sweet potatoes. (You may need to add water while blending).
- Add the rest of the ingredients and mix until well blended (either with an electric mixer or by hand).



Potato Fun Fact

Potatoes were the first vegetable to be grown in Space!

May: Seeds & Seedlings

Granola with Sunflower & Flax Seeds: This granola makes a great on-the-go snack, or pairs perfectly with your favorite yogurt. You can customize the recipe by adding your favorite nuts, seeds, and dried fruits.

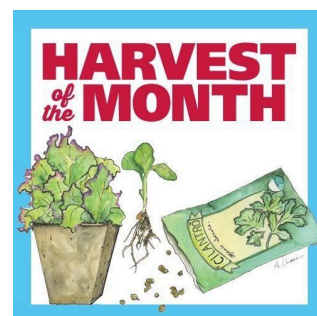
Ingredients:

- 3 cups rolled oats
- 5 tablespoons brown sugar
- 1/3 cup apple juice
- 2 tablespoons vegetable oil
- 1/3 cup honey
- 1/4 teaspoon salt
- 1 teaspoon cinnamon
- 1 teaspoon vanilla
- 1/2 cup raisins or dried cranberries
- 1/2 cup sunflower seeds, flax seeds (and any other nut or seed that you like!)



Directions:

- Combine oats, seeds, and nuts (optional) into a large bowl.
- Mix brown sugar, apple juice, vegetable oil, honey, salt, cinnamon, and vanilla in a stock pot. Stir well. Heat on medium for 4 minutes until ingredients are dissolved. Do not boil.
- Add this mixture to the oats and seeds. Toss evenly to coat
- Spread mixture on a sheet pan and bake at 250 degrees for 1 1/4 hours, stirring every 15 minutes. If using a convection oven, bake at 200 degrees.
- Remove granola from the oven and allow to cool.
- Mix in raisins or other dried fruit.



**May is the perfect
time to start planting
your garden!**

June: Strawberries

Cinnamon Sugar Nachos with Strawberry “Salsa”: These chips are seriously addicting and would be delicious with any type of fresh fruit. To make this snack into a dessert, top with ice cream or drizzle with chocolate or caramel sauce. 1 tortilla makes 4 servings.

Ingredients:

- 1 whole wheat tortilla
- 1 pint of fresh strawberries
- ¼ cup sugar
- Cinnamon & sugar mix

Directions:

- For chips:
 - Preheat oven to 325 degrees.
 - Cut the tortilla into 8 slices. Place on baking sheet on top of parchment paper.
 - Spray or brush tortilla with water and sprinkle with cinnamon sugar mix.
 - Bake tortilla for approximately 10 minutes, until crispy.
- For “salsa”:
 - Wash strawberries, remove tops, and dice into small pieces.
 - Add ¼ cup sugar and stir.
 - Let strawberries sit until they are juicy.
 - Serve “salsa” on top of chips and enjoy!



Strawberry Fun Fact

Strawberries are grown in every state in the U.S.

Meet our Farmers:



Joe Czajkowski
Hadley, MA

“Joe sells products grown on his own and other local farms and his business provides a model for successfully selling and distributing farm products to institutions.”

McCray’s Farm
South Hadley, MA

McCray’s is a family operated farm in South Hadley. They make ice cream, process milk, and host a variety of farm events year-round, including haunted hayrides in the fall.



All recipes in this book were taste-tested in Chicopee schools by our 2015-2016 FoodCorps Service Member, Greta Shwachman.



About ChicopeeFRESH:

ChicopeeFRESH (www.chicopeefresh.com) is an initiative of the Chicopee Public School Food Service Department, dedicated to serving up local, home-cooked meals to Chicopee students. ChicopeeFRESH endeavors to achieve food security for all students in the district, and become the premier urban K-12 foods service operator in Massachusetts that models sustainability, health, and wellness.

About FoodCorps:

FoodCorps (www.foodcorps.org) is a nationwide team of AmeriCorps leaders who connect kids to real food and help them grow up healthy. Service members focus on three pillars—knowledge, access, and engagement—to transform the school food landscape in their communities.