

Plenty of Local Produce

Many vegetables taste better fresh from the garden. Picked at the peak of flavor and nutrition, local produce is a terrific choice for Child and Adult Care Food Program (CACFP) meals.

Using locally grown fruits and vegetables can help your program:

- Increase variety of foods offered.
- Increase acceptance of vegetables among young children.
- Help keep food costs in line.
- Support local economy.

There are several different ways to buy locally grown produce:

- Farmers' Markets
- Community Supported Agriculture
- U-Pick Farms
- Seasonal Produce Stands
- Neighborhood Grocery Stores
- Home Gardens

Farmers' markets are very popular. Some markets have brought local farmers and consumers together for decades. Other markets are new. Keep a watchful eye for new markets in your area. Farmers' markets run between late spring until the last fall harvest. The produce offered changes weekly as new crops are ready to pick.

Farmers' markets may not always be the least expensive source for produce. Some markets include specialty items such as jams, salsas, and other local food products.



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They are a great outing for children to see farm-grown foods. Farmers' markets often offer unique foods, such as yellow watermelon or purple potatoes. Buy a small amount of these foods for a tasting activity. The more children are invited to try new foods, the more likely they will grow into adventurous eaters.

Community Supported Agriculture (CSA) is another connection to local farming. CSAs are like a membership. People buy a share of a local farmer's garden. The farmer plants and harvests the foods. A portion of the harvest goes to each member each week. The produce in the box each week depends on the growing season and success of the garden.

Increased variety of foods is an advantage of a CSA. Each week, the items and yield may be different. A flexible menu helps when a bumper crop of Swiss chard is on hand or when the carrot yield is down. Some CSAs have extra produce available for home preserving.

Here is one important piece of advice with regard to a CSA: Do not count on a CSA for 100% of your produce needs. Most CSAs do not grow fruit. And if a crop fails, every member of the CSA shares in the loss.

U-pick farms are just that, places you can go to pick your own produce. You save on labor costs by doing it yourself. U-pick farms often offer fruits: look for strawberries, cherries, apricots, melons, peaches, apples, and pears as the growing season progresses.

U-pick farms are another great way to help children learn where food comes from. Pumpkin patches are a popular field trip children enjoy.

Seasonal produce stands are another source of local produce. Often they offer a mix of local produce and foods from further away. These stands may cater to home preservers with large amounts of seasonal produce. The stands also sell smaller amounts of most fruits and vegetables.

Neighborhood grocery stores may have locally produced foods. Look for signs that list where the seasonal produce was raised. Foods grown in a hot house will be available year round.

Home gardens are the ultimate in local produce. Learn what grows well in your climate by visiting the produce sources above or contact the Cooperative Extension Service office in your area. Turn a sunny part of the back yard into a garden. Make plans to plant a container garden if space is limited. Consider devoting some of the flowerbeds to vegetables plants such as tomatoes, summer squash, or cucumbers.



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Children love to watch foods grow. Learning to help in the garden is fun. Eating the foods grown is even more fun!

Growing seasons vary by region of the country. The chart below gives general times these fresh fruits and vegetables are in season.

Spring Produce	
Asparagus Broccoli Peas and Snap Peas Spinach Strawberries	
Early Summer Produce	
Apricots Green Beans Cherries Lettuce Raspberries Summer Squash	
Late Summer Produce	
Beets Berries Carrots Corn Melons Peaches Plums Summer Squash Tomatoes	
Fall Produce	
Apples Grapes Pears Potatoes Pumpkins Sweet Potatoes Winter Squash	

Recipe to Try

Broccoli Quiche D-08¹

Enriched 9 inch pie shell, unbaked (B-23)	4 each	Salt	½ tsp
Fresh broccoli, chopped	2 lb 2 oz	Ground black or white pepper	½ tsp
Fresh onions, chopped	4 oz	Enriched dry bread crumbs	¾ cup
OR	OR	Reduced fat Cheddar cheese, shredded	3 ½ cups
Dehydrated onions	¼ cup 2 Tbsp	Reduced fat Cheddar cheese, shredded	3 cups 2 Tbsp
Margarine or butter	¼ cup 2 Tbsp		
Lowfat 1% milk	1 qt		
Frozen whole eggs, thawed	1 ½ cups		
OR	OR		
Fresh large eggs	7 each		

For pie crust use recipe Bottom Pastry Crust (B-23). Prick the bottom and sides of pie shells. Bake pie shells until lightly browned: Conventional oven: 425 °F for 5-7 minutes; Convection oven: 400 °F for 5 minutes. Set aside.

Steam or boil broccoli until tender, about 10 minutes.

In a small pan, sauté onions in margarine or butter until tender, about 3-5 minutes. Set aside to cool.

In a bowl, combine milk, eggs, salt, and pepper. Add onion and stir to blend. Set aside. Combine bread crumbs and shredded cheese. Sprinkle 1 cup 1 Tbsp of this crumb mixture in the bottom of each baked crust. Add 11 oz (2 ½ cups) of cooked broccoli to each crust. Pour 15 oz (2 ½ cups) of egg mixture over the broccoli in each crust. Bake: Conventional oven: 375 °F for 30-35 minutes; Convection oven: 350 °F for 30-35 minutes. Remove from oven and top each quiche with 3 ⅛ oz (¾ cup) of cheese. Cover with foil. Return to oven and bake: Conventional oven: 375 °F for 15 minutes; Convection oven: 350 °F for 15 minutes. Bake until knife inserted in center comes out clean. CCP: Heat to 155 °F or higher for at least 15 seconds. CCP: Hold for hot service at 135 °F or higher. Cut each pie into 6 slices. Portion is 1 slice.

Number of servings: 24

Serving size: 1 slice provides the equivalent of 1 ½ oz cooked lean meat, ¼ cup vegetables, and the equivalent of 2 slices of bread.

¹USDA Recipes for Child Care. Available online at www.nfsmi.org.

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Breakfast Menus

Monday	Tuesday	Wednesday	Thursday	Friday
Fresh banana slices Whole-grain barley cereal with raisins ¹ Milk	Fresh cantaloupe cubes Cut Biscuit Using Master Mix A-09B ² with all-fruit spread Milk	Mixed fruit Unsweetened whole-grain cereal variety Milk	Pear halves Pancake A-12 ² Milk	Fresh orange sections Cinnamon toast Milk

Lunch Menus

Monday	Tuesday	Wednesday	Thursday	Friday
Grilled chicken slices Multi-Bean Soup H-04 ² Fresh pear slices Corn Muffin A-02 ² Milk	Meat Balls D-28A ² Baked sweet potato fries Peas and carrots Milk	Broccoli Quiche D-08 ² Grape halves Milk	Turkey sandwich Steamed spinach with parmesan cheese Apple Crisp B-19 ² Milk	Beef Sir Fry D-18A ² Diced apricots Whole wheat roll Milk

Snack Menus

Monday	Tuesday	Wednesday	Thursday	Friday
Apple slices with lowfat yogurt Water ³	String cheese Grape juice Water ³	Pumpkin muffin Milk Water ³	Hummus with whole wheat pita wedges Water ³	Pineapple rings Whole-grain crackers Water ³

¹Raisins can be a choking hazard for young children.

²USDA Recipes for Child Care. Available online at www.nfsmi.org.

³Water is suggested as a beverage for all snacks even when other beverages are offered to encourage children to drink water.

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Sources

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