Fresh From the Farm: The Massachusetts Farm to School Cookbook



Amy Cotler

Massachusetts Department of Agricultural Resources

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Lieutenant Governor

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Secretary

SCOTT J. SOARES
Acting Commissioner

Dear School Food Service Professional:

The Massachusetts Department of Agricultural Resources is very pleased to be providing you with new recipes and ideas for serving locally grown foods to the students of the Commonwealth.

The value of local foods in schools is three-fold: Healthier food choices for students, affordable fresh products for food service operations, and valuable support for the agricultural community of our state. It's a win-win-win situation, which I hope this cookbook will encourage.

Please contact our division of Agricultural Development at 617-626-1759 or www.mass.gov/agr/markets for a listing of free promotional materials, such as "Mass Grown and Fresher" stickers and posters, which are available for use in your cafeteria.

Thank you for all you do for our students and our farms.

Sincerely,

Scott J. Soares, Acting Commissioner
Massachusetts Department of Agricultural Resources

The Commonwealth of Massachusetts
Department of Education

350 Main Street, Malden, Massachusetts 02148-5023 Telephone: (781) 338-3000

Dear Massachusetts School Nutrition Directors, School Nutrition Managers and staff,

Massachusetts has a wonderful resource in local agricultural foods and products that make our child nutrition programs rich with fruits and vegetables for our children. This book was written for you! At the MDOE we understand that dedicated staff in school kitchens are at the front lines in supporting better nutrition for our children. We also know that farm foods, grown close to home, are fresher and tastier than produce shipped from afar. Still, within the constraints of time, budget and cooking skills, preparing freshly prepared foods and creating new ways to offer foods can be a challenge. That's why the MA Farm-to-School Cookbook's well-tested recipes and useful resources, which include seasonal buying tips and information on accessing farmers near you, are the ideal tools to help you bring more fresh produce into our schools.

The recipes in this book will hopefully be incorporated into your menus and add variety to help you increase fruit and vegetable offerings to the children of the Commonwealth. General food safety and nutrient analysis have been provided. As you make variations or adapt recipes, the analysis and food safety information may need to be updated.

So fresh harvest to all and enjoy!

Kathleen C. Millett
Administrator
Nutrition, Health and Safety

Thank You

This book would not exist without you! So, a special thanks to the Massachusetts Department of Agricultural Resources, The Massachusetts Society for Promoting Agriculture, The Massachusetts Department of Education, Green Pastures Fund and Turkeybush Foundation for their generous funding, as well as the Massachusetts Farm to School Project for their guidance and vision. The interaction between participating organizations will help put this book to work, practically connecting schools and farms and distributing the book to every school kitchen in the state. What a team!

Many thanks, as well, to the top-notch advisory committee for this book, listed at right, and to the many organizations and individuals too numerous to mention here, but listed on page 124.

The Massachusetts Farm to School Cookbook Advisory Board

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FRESH & COMPANY

About this book

About this Book

Dear School Food Service Professionals:

This book is designed to make it easier and more enjoyable to turn out tasty dishes, using local farm-fresh produce that kids will really eat. You fulfill your vegetable requirements using easy-to-follow recipes that you are proud to serve—no easy task!

The book grew out of the desire to move local farm products into the schools in order to support our state's agriculture and bring better nutrition to our children. But the process of developing the book took on a life of its own, as food service directors and cooks across the state tested and tweaked the recipes to make them work. We've rolled out tastings on carts in cafeterias, served them off the line, handed out comment sheets and gotten plenty of feedback. The result is a book that is well-tested and ready to be used.

Quite likely, you already turn out lots of food in no time with little staff. But now you can deliver these fresh new recipes on time and within budget, while revolutionizing the way the next generation eats. Your kitchens, dotted around this state, have the power to nurture our local farms, develop the taste for healthy food in our children and prevent the diseases resulting from a poor diet. A tall order, I realize, but a realistic one, especially when taken one step at a time.

Thanks for your hard work feeding our children. Now I encourage to go out there with all your enthusiasm and sell your students on the fabulous flavor of healthy Massachusetts vegetables!

Respectfully yours,

Amy Cotler
Author and Consultant
Fresh & Company

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Table of Contents

About this Book 5

Tricks of the Trade: Simple Tips for School Food Service Professionals

- **How to Get Started with Farm-Direct Food Purchasing** 12
- **Tips for Using Farm-Fresh Ingredients** 13
- **Step-by-Step Preparation Tips for Each Vegetable** 15

10 Good Reasons to Eat Locally Grown 18

The Massachusetts Farm to School Project Helps Locate Farm Products 19

When to Buy Local Produce: A Seasonal Chart 20

Safety: Washing Fresh Produce 114

Copy This! For Educators and their Classrooms

- **Create a Mobile Classroom Cooking Cart** 116
- **Farm to School Frameworks Bingo: A Professional Development Activity** 117
- **Classroom Lessons for Teachers: How Many Miles from Farm to Table?** 121

How to Order this Book 123

How to Access this Book On-line 123

Thanks to All Who Supported this Project 124

About the Author 126

Recipes Listed by Vegetable

Although no recipe in this book is difficult, for your convenience each chapter starts with the simplest dishes and progresses to the more labor intensive ones.

Broccoli and Cauliflower

Lemon Zest Broccoli 22
Cream of Broccoli Soup 24
Steamed Broccoli and Roasted Cauliflower 26
Cheddar Quesadilla with Broccoli Pesto and tomato 28
Crustless Broccoli Quiche 30
Crusty Mac and Cheese with Broccoli 32

Butternut Squash

Butternut Mashed "Potatoes" 34
Roasted Butternut Squash w/Cinnamon & Brown Sugar 36
Butternut Squash and Sweet Potato Bake 38
Butternut Bisque 40
Harvest Home "Fries" 42
Butternut Cranberry Bread 44

Carrots and More

Honey Carrot Coins 46
Roasted Carrots Sticks w/Oregano 48
Brown Rice Pilaf with Carrots and Fresh Dill 50
Two Simple Soups with Lots of Carrots:
    Tomato-Vegetable Soup 52
    Vegetable-Tortellini Soup 54
Vegetable Bulgur 56

Green Beans

Tasty Green Bean Toss 58
Roasted Green Beans and Carrot Sticks 60
Green Beans and Carrot with Dill Dip 62

Green Beans (continued)

Two Green Bean Salads

Three Bean Salad 64

Marinated Green Bean and Tomato Salad 66

Chinese Veggie "Stir Fry" 68

Potatoes and Sweet Potatoes

Garlic Mashed Potatoes 70

Pureed Sweet Potatoes with Pineapple 72

Roasted Potato Wedges 74

Baked Potato Bar 76

Winter Vegetable Roast 78

Potato Salad with Lemon and Garlic 80

Marinated Potato Salad 82

Breakfast Bake 84

Rosemary Roasted Vegetables 86

Sheperd's Pie with Garlic Mashed Potatoes 88

Tomatoes and Corn

Simple Roasted Tomato Sauce 90

Corn on the Cob 92

Fresh Tomato Salsa 94

Black Eyed Pea Stew with Fresh Corn and Tomatoes 96

Corn Chowder 98

Italian Bean Soup with Corn 100

Salads

For general notes on salads see pages 13 and 16.

Two Cucumber Salads

Cucumber-Dill Salad 102

Cucumber-Apple Salad 104

Tropical Slaw 106

Rainbow Pasta Salad 108

Italian Pasta Salad 110

Greek Salad Wrap 112

Recipes Listed by Seasonal Availability

Back to School Harvest Recipes

Recipes to use from the start of the school year through about mid-October
Recipes for summer sessions

Broccoli and Cauliflower

Lemon Zest Broccoli 22
Cream of Broccoli Soup 24
Steamed Broccoli and Roasted Cauliflower 26
Cheddar Quesadilla with Broccoli Pesto and tomato 28
Crustless Broccoli Quiche 30
Crusty Mac and Cheese with Broccoli 32

Green Beans

Tasty Green Bean Toss 58
Roasted Green Beans and Carrot Sticks 60
Green Beans and Carrot with Dill Dip 62
Two Green Bean Salads
Three Bean Salad 64
Marinated Green Bean and Tomato Salad 66
Chinese Green Beans and Vegetable "Stir Fry" 68

Tomatoes and Corn

Note: Corn may be unavailable as early as mid-September

Simple Roasted Tomato Sauce 90
Corn on the Cob 92
Fresh Tomato Salsa 94
Black Eyed Pea Stew with Fresh Corn and Tomatoes 96
Corn Chowder 98
Italian Bean Soup with Corn 100

Salads

Two Cucumber Salads
Cucumber-Dill Salad 102
Cucumber-Apple Salad 104
Tropical Slaw 106
Rainbow Pasta Salad 108
Italian Pasta Salad 110
Greek Salad Wrap 112

School Year Specials

Recipes for most of the school year

Butternut Squash

Butternut Mashed "Potatoes" 34
Roasted Butternut Squash w/Cinnamon & Brown Sugar 36
Butternut Squash and Sweet Potato Bake 38
Butternut Bisque 40
Harvest Home "Fries" 42
Butternut Cranberry Bread 44

Carrots and More

Honey Carrot Coins 46
Roasted Carrots Sticks w/Oregano 48
Brown Rice Pilaf with Carrots and Fresh Dill 50
Two Simple Soups with Lots of Carrots:
Tomato-Vegetable Soup 52
Vegetable-Tortellini Soup 54
Vegetable Bulgur 56

Potatoes and Sweet Potatoes

Garlic Mashed Potatoes....70
Pureed Sweet Potatoes with Pineapple....72
Roasted Potato Wedges....74
Baked Potato Bar....76
Winter Vegetable Roast....78
Potato Salad with Lemon and Garlic....80
Marinated Potato Salad....82
Breakfast Bake....84
Rosemary Roasted Vegetables....86
Sheperd's Pie with Garlic Mashed Potatoes....88

And More

For the Italian Bean Soup with Corn, substitute winter vegetables for the corn
For the Tropical Slaw, omit the lettuce and use all cabbage

Cover Photo: From Westfield Public Schools. Left to right: Valerie Zelez, Lynn Adams, Nicole Lloveras and Kathy Fioroni.

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Guide for Food Service Staff

How to Get Started with Farm-Direct Food Purchasing

Purchasing locally grown food is not only beneficial to schools, but also helps to support local farmers. And it's a great way to encourage students to eat more fresh fruits and vegetables. Here are a few tips to prepare you for a successful match with a local farm:

1. Have detailed information available about your food service operation.
Be able to list the products you use or might use, product volume, and how much you might spend on those products during the school year. Do you also have a summer program? What products might you use in the summer? Things move along more efficiently if, right from the start, you share with the farmer your parameters, priorities and concerns about purchasing directly from the farm.

2. Get familiar with what is available and in season in Massachusetts.
Are there new vegetables or fruits you might like to try serving? Using this seasonal cookbook can help you to integrate new foods into your menus. Review the Massachusetts-Grown Produce Seasonal Availability Calendar located on page 20. Remember that availability dates are approximate since weather can affect harvest time.

3. Provide clear information to make deliveries work.
What day and time do you need deliveries? How many delivery locations do you have? Are you flexible on this? Some farmers have a minimum charge per delivery location. You may want to internally redistribute locally grown products from one central drop-off site, depending on your circumstances.

4. Meet with the farmer when you are getting started.
One of the great perks of working with a local farmer is being able to develop a relationship with the person who is growing the food! You can ask for new products to be grown for the next school year, schedule the farmer to come to school to talk with students, fine-tune your communications, etc. Sometimes you can even coordinate opportunities to promote each of your respective operations in the press.

5. Call early!
If possible, set up your new farm-direct purchasing arrangements in the winter or early spring for the upcoming summer or fall. Farmers are usually busy in the fields during the late spring, summer and fall, which can make it harder to set up a new purchasing relationship or talk over details.

6. Be willing to be flexible.
The more you are able to work with the farmer on issues related to delivery and purchasing volume and, very importantly, with what the season has to offer, the more likely it is that you will develop a long-term successful purchasing relationship with a farmer.

Need additional assistance?
Contact the Massachusetts Farm to School Project at (413) 253-3844, or kelerwin@localnet.com, and we will be happy to help you find a farm.

Tips for Using Farm Fresh Ingredients

Whenever possible, build your menus around Massachusetts seasonal foods. They're fresher, tastier and healthier.
(For availability, see page 20.)

"Selling" fresh produce to your students

Keep trying. Your enthusiasm helps "sell" new dishes, but you'll also need a dose of patience. So keep trying and don't be frustrated if it takes a few times (or more) to get students to try new recipes. Consider giving out samples. Introduce new foods and recipes incrementally — but don't give up. This process has been proven to work and is well worth the effort!

Cross the cafeteria-classroom divide.

Give teachers (and your local PTO) copies of the lessons in this book that are geared for educators and their students *(see page 116)*. They will help support your work to bring better foods to students.

Let the world know you are serving fresh local produce.

Support for your work may come from unexpected places, if you let the students, wellness committee, school board, school newsletter or town paper know what you are doing at your school.

Tools, techniques and common sense

Sharp knives help. Getting used to sharper, larger knives will help you to prep food more quickly. Consider buying a professional sharpener or using a professional sharpening service.

Food processors and buffalo choppers are ideal tools.

These tools help to quicken fresh food preparation. If you don't have them already, they are well worth their cost, as they save on labor. Buying this equipment is a great fund-raising project for a PTO, wellness committee or any parent group, since it helps facilitate the preparation of fresh, healthy meals.

Learn how to steam well.

TO AVOID OVERCOOKING: Cook as close to service times as possible and remove from heat IMMEDIATELY as the vegetables continue to cook. A professional steamer is your easiest tool, but they vary widely in their intensity, so steam for the lowest amount of time, then check for doneness and continue steaming only if necessary. (For those who don't have a steamer, fill a pot with two inches of water. Bring to a boil and add vegetables to be steamed. Cover and steam until vegetables reach desired doneness).

Use your eyes first.

These recipes were all tested at least once and sometimes two or three times in school kitchens, but equipment varies. So always trust your eyes before recipe times, which is why visual cues are provided for each recipe. (For example: "Cook until lightly browned")

Prepping salads.

Detailed preparation information provided on page 114.
Salads move produce fast. Many kinds of vegetables can be added to salads—just cut up what's in season. Vegetables can be served raw or blanched. For brightly colored blanched carrots, string beans, broccoli or cauliflower,

plunge the prepared vegetable into boiling water, or steam JUST until it is a very bright color. This takes no more than a minute or two. DO NOT OVER-COOK. Immediately drain and immerse in cold or ice water, or toss under cold running water until vegetables are cold all the way through. Note that the salads in this book (page 112) are good additions to salad bars or any mixed salad. So are proteins, such as eggs, tuna, cottage cheese and beans. A variety of colors, textures and flavors helps lure students to salads.

Use garlic—it's an easy way to enhance flavor.
Although fresh garlic tastes best, second choices are whole jar cloves or minced garlic in oil. For directions on preparing fresh garlic, please see page 16.

Health and safety
Wash fresh fruits and vegetables.
For full directions on washing fruits and vegetables, see page 114.

Make sure all eggs and dairy products meet federal guidelines.
Eggs and dairy products, including those that are locally grown, should meet state and federal regulations. Check with your local supplier.

Start eliminating all trans fat.
No recipes in this book use trans fat, which is an unhealthy fat found in margarine and some cream soup bases.



Step-by-Step Preparation Tips for Each Vegetable

Tips for vegetable preparation are also at the bottom of each recipe.

Basil: Wash and dry leaves. To prevent browning, chop right before adding to dish.

Broccoli: *For florets*, remove crowns from stems and cut into florets. (OR, use this quick technique from Donna Miner, Chicopee High School Kitchen Manager: Hold broccoli bunch securely by stems, off the cutting board. Cutting away from you, holding the knife diagonally, use a chopping motion to remove the florets.) *To use stems*, remove bottom 1-2 inches and discard. Peel with a sharp knife or vegetable peeler. Slice thinly. *Cooking time:* Cook broccoli until it turns bright green and is tender but firm, as it will continue to cook and become darker, mushy and unappetizing if not removed promptly.

Butternut Squash: Peeled butternut squash, halved or cubed, is available to most Massachusetts schools.

Cabbage: *To prepare cabbage for cooking*, first remove the outer layer with your hands. Cut in half lengthwise through the root. Remove the core by slicing in on either side and pulling it out. To shred, lay flat end down, and slice thinly OR use food processor OR coarse end of cheese grater.

Carrots: *To purchase*, sliced carrots and carrot sticks are sometimes available from farm vendors. To dice, slice across sticks. *To dice whole carrot*, peel and cut in half lengthwise. Lay flat end down, cut into 2-4 long strips (the number of strips depends on carrot size or dice size required), then slice across strips. Sliced carrots also look attractive sliced across on the diagonal.

Cauliflower: *For florets,* with the base down, cut in half *through* the core. Hold one half up, bend the core towards you to remove (or remove with knife). Repeat with second half. Break florets off by hand. (They can be cut with a knife, but this results in some cauliflower crumbles.)

Cilantro: *For chopped cilantro*, wash and dry before chopping. Using a large knife, hold the bunch as closely together as possible, then slice across from leaves to stem, using both. *To chop finely*, keep the point end down and rotate the knife as you chop. OR chop by quickly raising and lowering the knife onto the cilantro. If using a food processor, DO NOT over chop. Wrap in towel to keep dry.

Celery: *To dice, if using whole bunch*, leave bunch intact. Slice each rib twice lengthwise. (Slice from 1-2 inches above root end to end of bunch. This will hold the bunch together.) Cut crosswise. *To dice individual ribs*, tear needed ribs off from root end. Slice each rib 2-3 times lengthwise, then across into a dice.

Corn: can sometimes be purchased already shucked. After it is shucked, if needed, run your hand down each ear to remove extra silk. *To remove kernels,* point the end of the ear away from you. With a sharp knife, shave off the kernels, away from you—right into a bowl or soup pot.

Cucumber: *To slice*, peeling is optional. Cut across cucumber. *To dice*, peel and slice in half lengthwise. Then, with flat side down, cut each half into 2-4 strips, depending on size needed and size of cucumber. Cut across.

Dill: *For chopped dill*, wash and dry before chopping. Using a large knife and holding the bunch as closely together as possible, slice across from leaves

to stem, using both. *To chop finely*, keep the point end down and rotate the knife as you chop. OR chop by quickly raising and lowering the knife onto the dill. If using a food processor, DO NOT over chop. Wrap in towel to keep dry.

Parsley: *For chopped parsley*, wash and dry before chopping. Using a large knife and holding the bunch as closely together as possible, slice across from leaves to stem, using both. *To chop finely* (mince), follow directions above, then continue to either chop keeping the point end down and rotating the knife, or chop by quickly raising and lowering the knife onto the parsley. If using a food processor, DO NOT over chop. Wrap in towel to keep dry.

Garlic: *For an alternative to fresh garlic*, use whole peeled cloves or minced garlic in oil. *To use fresh garlic*, pull cloves from garlic bulb. (If the bulb is too tight, wrap in towel and whack on counter to loosen.) *To remove skins,* crush cloves with the flat part of a large knife, then peel. *To mince*, use a food processor or mince by hand. By hand, crush cloves with the flat part of knife. Mince, keeping the point of the knife on the counter and rotating as you chop.

Green Beans: are sometimes available with ends snapped off. If you snap the ends yourself, you only need to snap one end.

Lemon: *To zest*, use a zester or grate the whole lemon against the fine side of a grater, removing only the yellow outer skin. (*Technique to remove zest from grater:* Fit plastic wrap against the small holes of a grater. Grate yellow skin onto the plastic. Remove plastic and then use the dull end of the knife blade to scrape off the zest from the plastic.) *An alternative technique* is to peel with a sharp vegetable peeler, leaving as much of the pith (white) behind as possible. Chop in food processor with sharp blade.

Onions: *To slice*, remove both ends. Make a small slit, top to bottom; remove skin with hands. Cut in half. With the flat end down, slice in one direction. *To dice,* proceed as above, then cut slices in the opposite direction. *Alternatively, use a traditional technique: To slice*, cut whole onion in half, point to point—through root end to top of the onion. Peel and lay flat side down. Slice. *To dice*, cut whole onion in half, point to point—through root end to top of the onion. Peel and lay flat side down. Then, with your knife parallel to the board, slice 2-5 times, towards BUT NOT THROUGH the root end (number will depend on size of onion). Then cut across the onion 2-5 times. Once again, avoid cutting through the root end. Finally, cut across onion.

Peppers: *To slice and dice*, cut in half, lengthwise. Remove top and seeds with hands. Cut half lengthwise. Then cut into strips lengthwise. Turn strips and cut across to dice.

Potatoes: To wash, scrub with vegetable brush. Peel if needed. Cut potatoes should be held in cold water unless using immediately or they will brown. Drain. If potatoes will be cooked in the oven, dry first. To dice, cut in half lengthwise, or simply cut red potato in half. Lay flat end down. Cut in one direction, then in the other direction.

Salad: *To wash* and store greens, ideally salad greens should be cut first, then washed in cold water and spun very dry in a salad spinner. (Fresh washed and dried lettuce will last up to three days in a sealed container.) *If no spinner is available*, Chicopee used this technique with success: Wash whole salad leaves by soaking in ice water. Shake the leaves dry and let them drain thoroughly in a colander. *To cut or rip iceberg*: Iceberg is best cut with a plastic knife or ripped by hand to prevent browning. *(For salad bar tips, see Prepping Salads, page 13.)*

Scallion: *To slice*, remove root ends. Keeping rubber band on to hold scallions together, slice from green to white end, removing rubber band as necessary. Use white and green parts. Scallions look pretty sliced on the diagonal.

Thyme: Remove leaves and discard stems.

Tomatoes: *To core, slice and dice tomatoes*, use a tomato corer or knife to remove top core. Slice. *To dice*, lay slices on top of each other, cut in one direction, and then in the opposite direction.



Nicole Lloveras, chopping potatoes in the Westfield High School kitchen

10 Good Reasons to Eat Locally Grown





Locally grown food tastes and looks better.

Crops marketed close to home are picked at their peak and usually sold within 24 hours of harvesting. Food imported from far away must travel on trucks or planes and then it is stored in warehouses.

Local food is better for you.



The shorter the time between the farm and your table, the less likely it is that nutrients will be lost from fresh food. Most fresh produce loses much of its nutritional value within 48 hours of harvesting.

Local food is safer.

With all the issues related to food safety and homeland security, there's an assurance that comes from looking a farmer in the eye at the farmers' market, or driving by the fields where your food comes from. Massachusetts farmers aren't anonymous and they take their responsibility to the consumer seriously.

Local food supports local families.

The wholesale prices that farmers get for their products are usually very low, sometimes not more than the cost of producing them. Local farmers who sell directly to consumers cut out the middleman and can get full retail price for their food—which helps farm families be able to afford to continue farming their land.



Local food builds community.

When you buy direct from a farmer, you're engaging in a time-honored connection between eater and grower and you're supporting a local business. Getting to know folks who grow your food helps you know more about the place you live. In many cases, it gives you access to a place where you can go to enjoy nature and the seasons, and to learn more about how food grows.

Local food preserves open space.



When farmers get paid more for their products by nearby shoppers, they're less likely to sell farmland for development.

Local food keeps taxes down.

According to several studies, farms contribute more in taxes than they require in services, whereas most residential development contributes less in taxes than the cost of required services.

Local food benefits the environment and wildlife.

Massachusetts farmers are leaders in the use of environmentally sound growing practices. Our farms encompass a patchwork of fields, meadows, woods, streams, and ponds that provide essential habitat for wildlife. Additionally, long distance transportation of food increases air pollution.



Local food is an investment in our future.

When you buy locally grown food, you're helping to preserve the strength and character of our community for our children and grandchildren.

Local food preserves genetic diversity.



In industrial agriculture, plants are bred for their ability to ripen uniformly, withstand harvesting, survive packing and last a long time on the shelf, so there are only a few varieties in large-scale production. This leaves our food supply vulnerable to disease or disaster. Smaller local farms, in contrast, often grow many different varieties to provide a longer season, an array of colors, and the best flavors.

The Massachusetts Farm to School Project Helps Locate Farm Products

The Massachusetts Farm to School Project

From kindergarten to college, interest in serving locally grown foods in cafeterias is increasing in Massachusetts, throughout the northeast and across the country. Offering locally grown foods to students can be a good way for food service directors to improve the nutritional value and taste of school meals, while supporting the local economy. Likewise, selling local products to schools can be beneficial to Massachusetts growers who are looking for a new way to connect with local consumers.

In the last three years, the number of public school districts, private schools and universities serving up Massachusetts grown food has increased exponentially! Today there are more than 80 public school districts, 13 universities and a handful of private schools purchasing regularly from more than 40 farms in the Commonwealth.

The Massachusetts Farm to School Project began with a grant from the Massachusetts School Nutrition Association, which used $40,000 to start "Get Fresh, Get Local," a one-year Farm to Cafeteria pilot program that focused on five school districts. Now the Massachusetts Farm to School Project has grown into an independent program that works with school districts and farmers statewide.

Farm to school transactions must be evaluated for good "fit" and positive value for both parties. The Massachusetts Farm to School Project offers technical assistance to both food service directors and local farmers to find an appropriate match. More than half of the school districts and universities purchasing locally have received this matchmaking assistance from the Massachusetts Farm to School Project.

What the Massachusetts Farm to School Project Can Do for Your School

- **Technical Assistance**: The Project helps in finding the right farm vendor for your school by evaluating the size and type of farm and school, setting up meetings, and working through the details to ensure a successful match.

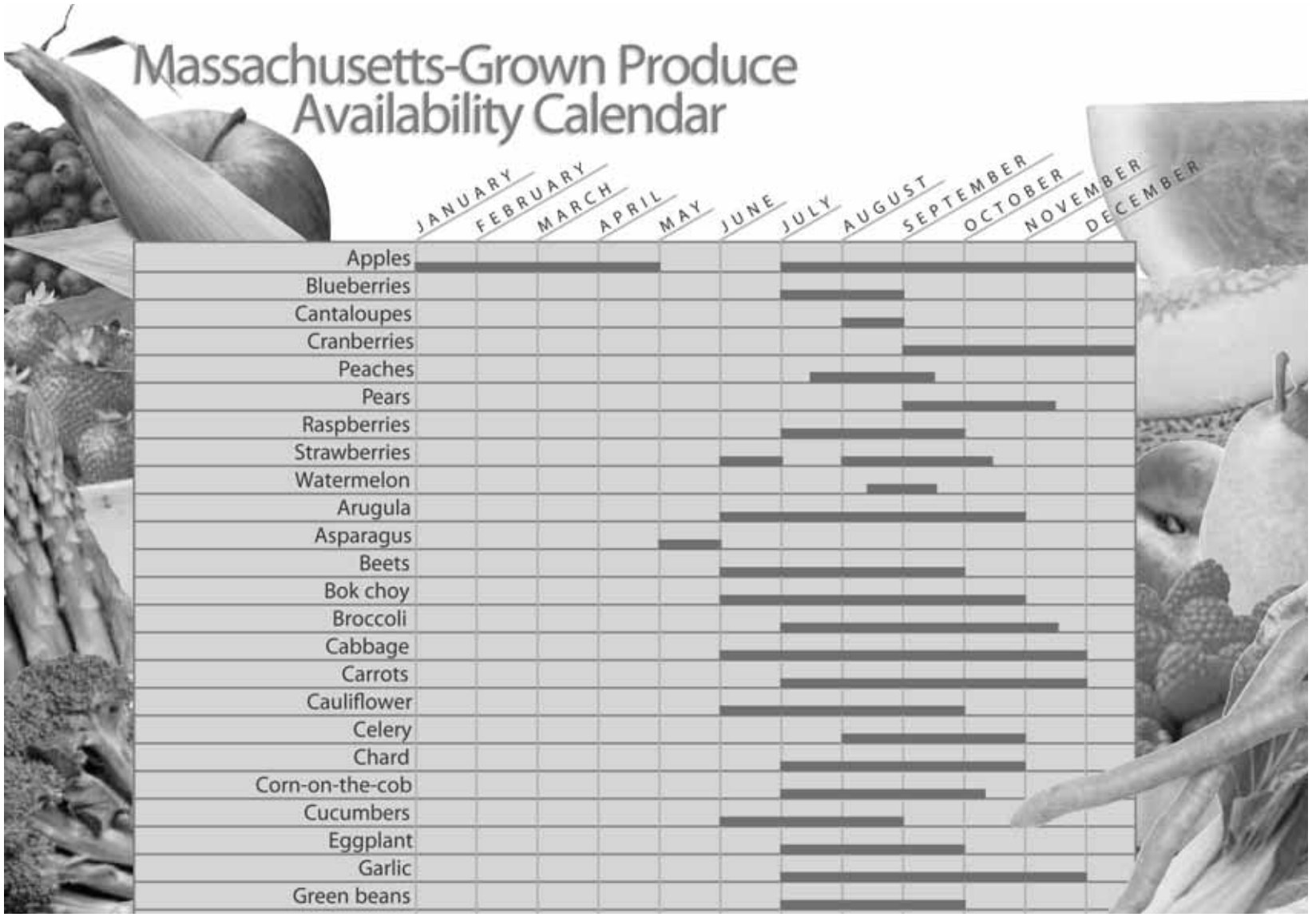
- **Research:** We survey schools across the state to get a sense of who is purchasing locally and who is interested in starting, and we reach out to new farms to evaluate interest in school sales.

- **Training:** The Massachusetts Farm to School Project organizes and leads workshops on effective farm to school sales for regional and national groups.

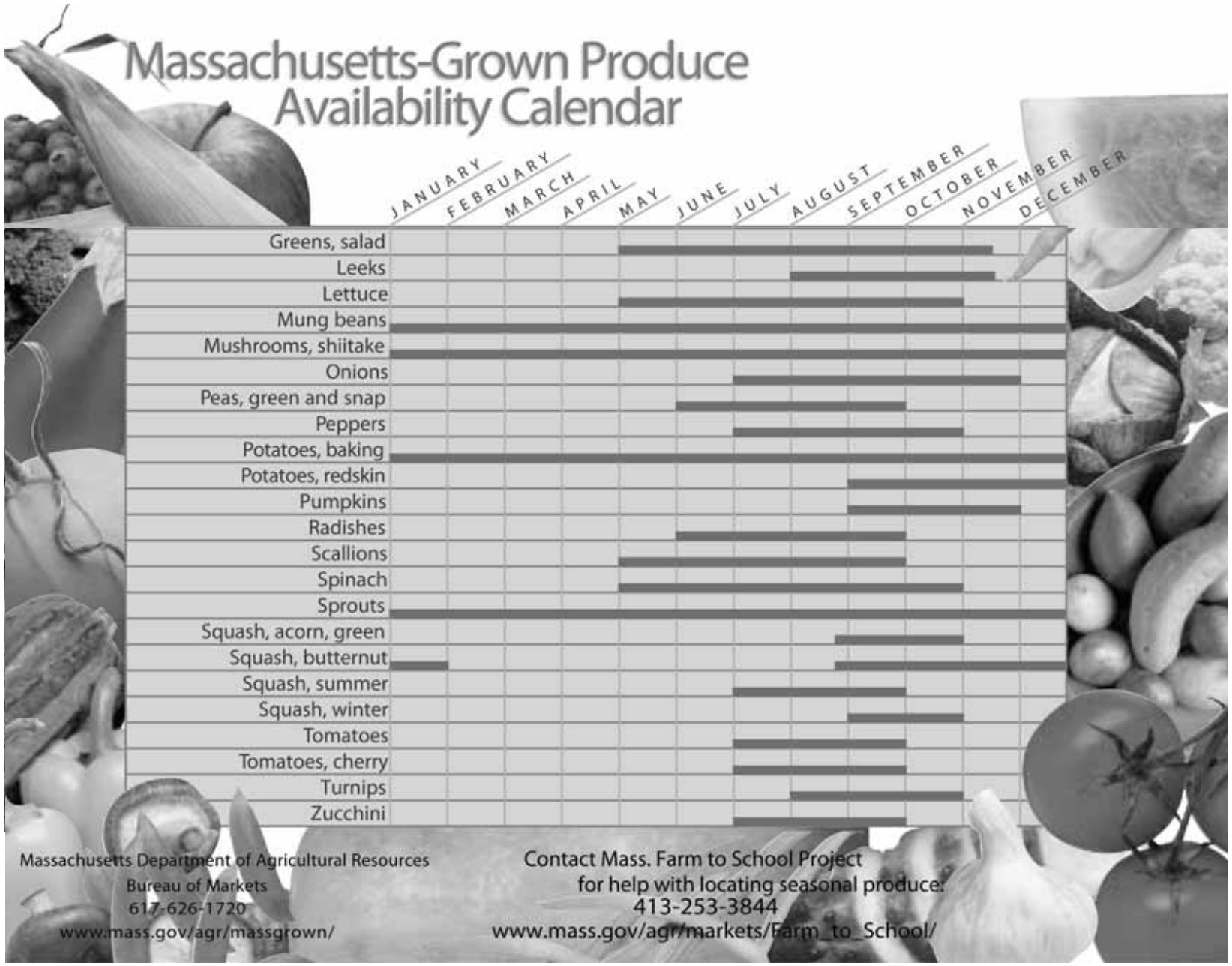
To Locate Farm Vendors for Your School

For more information on this exciting project, contact:
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Managing Consultant
Massachusetts Farm to School Project
16 Applewood Lane
Amherst, MA 01002
(413) 253-3844, kelerwin@localnet.com

Or visit the Massachusetts Farm to School page on the website for the Massachusetts Department of Agricultural Resources: http://www.mass.gov/agr/markets/Farm_to_school/


Massachusetts-Grown Produce
Availability Calendar
JANUARY
FEBRUARY
MARCH
APRIL
MAY
JUNE
JULY
AUGUST
SEPTEMBER
OCTOBER
NOVEMBER
DECEMBER
Apples
Blueberries
Cantaloupes
Cranberries
Peaches
Pears
Raspberries
Strawberries
Watermelon
Arugula
Asparagus
Beets
Bok choy
Broccoli
Cabbage
Carrots
Cauliflower
Celery
Chard
Corn-on-the-cob
Cucumbers
Eggplant
Garlic
Green beans

Massachusetts-Grown Produce Availability Calendar



Massachusetts Department of Agricultural Resources
Bureau of Markets
617-626-1720
www.mass.gov/agr/massgrown/

Contact Mass. Farm to School Project
for help with locating seasonal produce:
413-253-3844
www.mass.gov/agr/markets/Farm_to_School/

Lemon Zest Broccoli

Serving: 1/2 cup

Vegetable

This recipe comes from Claire Kozower, Farm to School Coordinator at the Somerville Public Schools, who says it is excellent the next day too.

Ingredients	50 Servings	100 Servings
*Broccoli bunches	10 lbs 5 oz About 10 bunches 12 lbs About 12 bunches, if using florets only, discarding stems	20 lbs 10 oz About 21 bunches 24 lbs About 24 bunches, if using florets only, discarding stems
Lemons, fresh	2	4
Parmesan cheese, good quality, grated	3 ounces (3/4 cup)	6 ounces (1-1/2 cups)
Salt	1 Tbsp	2 Tbsp
Pepper	2 tsp	1 Tbsp 1 tsp
Oil, olive	3/4 cup	1-1/2 cups

*** MA farm products needed for recipe. For ordering, see page 19.**

Directions

1. Remove broccoli crowns from stems and chop. To use optional stems, remove bottom 1-2 inches, peel and slice thinly.
2. Steam the broccoli, with stems, if using them, in a steamer or in a large pot with 2 inches of water, covered, over high heat, JUST until bright green, 2-7 minutes, depending on method used.

   CCP: Heat to 140°F or higher.
3. Drain thoroughly.
4. Grate the outer yellow lemon skin with a zesting tool or on the small grating side of a cheese grater.
5. Mix together the broccoli with the lemon zest, Parmesan cheese, salt, pepper and olive oil in hotel pans.

   CCP: Hold for hot service at 140°F or higher.

Lemon Zest Broccoli

Serving: 1/2 cup

Vegetable

Preparation Tips

• **Broccoli:** Cooking time: Cook until it turns bright green and is tender but firm, as it will continue to cook and become darker, mushy and unappetizing.

• **Lemon:** To *zest*, use a zester or grate whole lemon against the fine side of a grater, removing only the yellow outer skin. *Technique to remove zest from grater,* fit plastic wrap against the small holes of a zester. Zest yellow onto the plastic. Remove plastic, and then use the dull end of the knife to scrape off the zest from the plastic. *An alternative technique*, peel with sharp vegetable peeler, leaving as much of the pith (white) behind as possible. Chop in food processor with sharp blade.

Nutritional Analysis per serving			
Calories	68	Vitamin A (IU)	591
Cholesterol (Mg)	1	Vitamin C (Mg)	86.79
Sodium (Mg)	196	Protein (G)	3.28
Fiber (G)	2.66	Carbohydrate (G)	6.79
Iron (Mg)	0.77	Total Fat (G)	4.03
Calcium (Mg)	63.73	Saturated Fat (G)	0.74

Cream of Broccoli Soup

Serving: 6 ounces

Vegetable

This classic soup comes from Donna Miner, Kitchen Manager at Chicopee High, who says it is enormously popular with the students. In her original recipe she used packaged cream base, which contains unhealthy trans fat. So, for this version we used a tasty substitute of light cream, with a thickener of butter and flour. The result tastes rich, but doesn't contain much fat per serving. In the words of Chicopee Food Service Director Joanne Lennon, " If you are going to have a cream soup, it might as well be the real thing and satisfy!"

Ingredients	50 Servings	100 Servings
*Broccoli bunches	3 lbs 4 oz	6 lbs 8 oz
	About 3 bunches	About 6 bunches
If using florets only, not stems	3 lbs 11 oz	7 lbs 5 oz
Water	2 qts 3-1/4 cup	5 qt 2-1/2 cup
Chicken Base, undiluted	2 oz (2 Tbsp)	4 oz (1/4 cup)
Butter	5-1/2 oz	11 oz
Flour, AP	5 oz (1-1/4 cup)	10 oz (2-1/2 cup)
Cream, light	2 cups	1 qt

*** MA farm products needed for recipe. For ordering, see page 19.**

Directions

1. Cut the broccoli crowns into large 2-3 inch florets. (They will break up during cooking.) If you are using the optional stems, trim the bottom 2 inches and discard, cut off the outer fiber with a knife, and slice stems thinly.
2. Combine the broccoli, water and chicken base in a steam kettle or large pot.
3. Boil over high heat, until the broccoli is very well cooked, about 15-30 minutes from the time you turn on the heat, depending on equipment used.
4. Break up any large pieces using a whisk.
5. Melt the butter in a small skillet over medium heat. Stir in the flour until well combined. Add to soup, stirring with a whisk.
6. Add cream to soup and simmer, at a low bubble, over medium high heat, until soup reaches desired consistency, which will coat the back of a spoon, about 5-10 minutes.

   CCP: Heat to 140° or higher.
7. CCP: Hold for hot service at 140°F or higher.

Cream of Broccoli Soup

Serving: 6 ounces

Vegetable

Preparation Tips

• **Broccoli:** *For florets*, remove crowns from stems and cut into florets. OR, use this quick technique from Donna Miner, Chicopee High School Kitchen Manager: Hold broccoli bunch securely by stems, off the cutting board. Cutting away from you and holding the knife diagonally, use a chopping motion to remove the florets. To *use stems,* remove bottom 1-2 inches and discard. Peel with a sharp knife or vegetable peeler. Slice thinly.

Nutritional Analysis per serving			
Calories	77	Vitamin A (IU)	326
Cholesterol (Mg)	16	Vitamin C (Mg)	26.3
Sodium (Mg)	268	Protein (G)	1.32
Fiber (G)	0.88	Carbohydrate (G)	5.96
Iron (Mg)	0.43	Total Fat (G)	5.35
Calcium (Mg)	24.23	Saturated Fat (G)	2.74

Steamed Broccoli and Roasted Cauliflower

Serving: 1/4 cup

Vegetable

Recipe tester Sherry Fiske, Food Service Director at the Orange schools, reported that this dish had good flavor and great eye appeal. She plans to cook it again for her students, many of whom are unfamiliar with cauliflower. The recipe is adapted from SchoolFood in NYC, where it has been cooked for thousands of students.

Ingredients	50 Servings	100 Servings
*Broccoli bunches	3 lbs 4 oz	6 lbs 8 oz
	About 3 bunches	About 6 bunches
If using only florets, no stems	3 lbs 12 oz	7 lbs 8 oz
	About 3-4 bunches	About 7 bunches
*Cauliflower	5 lbs	10 lbs
*Garlic, fresh, minced	1 Tbsp	2 Tbsp
	About 3 cloves	About 6 cloves
Oil	2 Tbsp	1/4 cup
Salt	1/2 tsp	1 tsp
Pepper, black	1/8 tsp	1/4 tsp
Parmesan cheese, optional	1 oz (2 Tbs)	2 oz (1/4 cup)

Variation: This can also be done with steamed instead of roasted cauliflower.

*** MA farm products needed for recipe. For ordering, see page 19.**

Directions

1. Cut broccoli crowns into florets. Reserve. If you are using the broccoli stems, remove 2 inches from their ends and discard. Trim the outer fibrous part with a large knife. Slice thinly.

2. Cut the cauliflower into florets, discarding the core.

3. Toss the cauliflower with the garlic, oil, salt and pepper. Place on a parchment lined sheet pan in a single layer and roast until tender and golden.

   Convection oven: 350° about 25 minutes
   Conventional oven: 375° about 35 minutes

   CCP: Heat to 140°F or higher.

4. Steam the broccoli when the cauliflower is almost done. Cook, until bright green and firm, but slightly tender, about 2-7 minutes, depending on the intensity of your steamer. DO NOT OVERCOOK. (Alternatively, bring 2 inches of water to a boil, add broccoli, cover, and cook as above.)

   CCP: Heat to 140°F or higher.

5. Combine broccoli and cauliflower in 2” 1/2 hotel pans. Sprinkle with cheese, if you are using it.

6. Serve close to service. CCP: Hold for hot service at 140°F or higher.

Steamed Broccoli and Roasted Cauliflower

Serving: 1/4 cup

Vegetable

Preparation Tips

• **Broccoli**: *For florets*, remove crowns from stems and cut into florets. OR, use this quick technique from Donna Miner, Chicopee High School Kitchen Manager: Hold broccoli bunch securely by stems, off the cutting board. Cutting away from you and holding the knife diagonally, use a chopping motion to remove the florets. *To use stems,* remove bottom 1-2 inches and discard. Peel with a sharp knife or vegetable peeler. Slice thinly. *Cooking time:* Cook broccoli until it turns bright green and is tender but firm, as it will continue to cook and become darker, mushy and unappetizing.

• **Cauliflower:** *For florets*, with the base down, cut in half *through* the core. Hold one half up, bend the core towards you to remove (or remove with knife). Repeat with second half. Break off florets by hand. (They can be cut with a knife, but this results in some cauliflower crumbles.)

• **Garlic:** *For an alternative to fresh garlic*, use whole peeled cloves or minced garlic in oil. *To use fresh garlic*, pull cloves from garlic bulb. (If the bulb is too tight, wrap in towel and whack on counter to loosen.) *To remove skins*, crush cloves with the flat of a large knife, then peel. *To mince*, use a food processor or mince by hand. *By hand*, crush cloves with the flat of knife. Mince, keeping the point of the knife on the counter and rotating as you chop.

Nutritional Analysis per serving			
Calories	28	Vitamin A (IU)	191
Cholesterol (Mg)	0	Vitamin C (Mg)	47.4
Sodium (Mg)	51	Protein (G)	1.84
Fiber (G)	1.91	Carbohydrate (G)	4.43
Iron (Mg)	0.42	Total Fat (G)	0.79
Calcium (Mg)	26.95	Saturated Fat (G)	0.15

Cheddar Quesadilla with Broccoli Pesto and Tomato

Serving: 1 quesadilla

Main and Vegetable (if using tomatoes)

The pesto in this recipe isn't just about basil and pine nuts anymore, thanks to chef Ann Cooper, the "Renegade Lunch Lady" in Berkeley, California, who came up with the concept of broccoli pesto, which goes beautifully in this quesadilla. This upscale grilled cheese sandwich got a thumbs up from students at Chicopee High, where Kitchen Manager Donna Miner tested it. Note that about 10% of the students polled didn't like the tomatoes, so you may want to make some without them, or use 1 tablespoon salsa per quesadilla instead. (See page 94 for Fresh Tomato Salsa.)

Ingredients	50 Servings	100 Servings
*Broccoli bunches	3 lbs	6 lbs
	About 3 bunches	About 6 bunches
If using only florets, no stems	3 lbs 6 oz	6-3/4 lbs
*Garlic, fresh, minced	1 Tbsp	2 Tbsp
	About 3 cloves	About 6 cloves
*Parsley, chopped,	3-1/2 oz	7 oz
both leaves and stems	1 small bunch	1 large or 2 small bunches
Parmesan, grated	8 oz	1 lb
Tortillas, flour, 6 inch	50	100
Cheddar cheese, medium (reduced fat or standard)	3 lbs 2 oz	6 lbs 4 oz
*Tomatoes, preferably plum, sliced	5 lbs	10 lbs

Directions

1. Cut broccoli crowns into florets. Reserve. (If you are using the broccoli stems, remove and discard 2 inches from their ends. Trim the outer fibrous stems with a large knife. Slice thinly.)
2. Steam the broccoli until just soft enough to blend, about 7 minutes.
3. Blend the broccoli, garlic and parsley in a food processor until smooth. (It is unnecessary to chop parsley before adding, and the stems can be included).
4. Blend or stir in the Parmesan.
5. Spray sheet pans generously with oil and top with tortillas (6 to a pan).
6. Top each tortilla with heaping 1 oz scoop of pesto, 1/2 cup cheese and 3 slices of plum tomatoes (or 2 of regular tomatoes).
7. Cover each tortilla with a second tortilla and spray generously.
8. Bake until lightly brown and crisp.

   Convection oven: 375° about 6-10 minutes
   Conventional oven: 400° about 8-12 minutes

9. CCP: Hold for hot service at 140°F or higher.

*** MA farm products needed for recipe. For ordering, see page 19.**

Cheddar Quesadilla with Broccoli Pesto and Tomato

Serving: 1 quesadilla

Main and Vegetable (if using tomatoes)

Preparation Tips

• **Prep:** Although simple to assemble, if time is limited, prep can be spread over 2-3 days: Make pesto mixture, assemble quesadillas and cook them off just before service.

• **Broccoli:** *For florets*, remove crowns from stems and cut into florets. OR, use this quick technique from Donna Miner, Chicopee High School Kitchen Manager: Hold broccoli bunch securely by stems, off the cutting board. Cutting away from you and holding the knife diagonally, use a chopping motion to remove the florets. *To use stems* remove bottom 1-2 inches and discard. Peel with a sharp knife or vegetable peeler. Slice thinly.

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• **Garlic:** For an alternative to fresh garlic, use whole peeled cloves or minced garlic. *To use fresh garlic,* pull cloves from garlic bulb. (If the bulb is too tight, wrap in towel and whack on counter to loosen.) *To remove skins*, crush cloves with the flat of a large knife, then peel. *To mince*, use a food processor or mince by hand. *By hand*, crush cloves with the flat of knife. Mince, keeping the point of the knife on the counter and rotating as you chop.

• **Parsley**: Using a large knife, and holding the bunch as closely together a possible, slice across from leaves to stem, using both. *To chop finely*, keep the point end down and rotate the knife OR chop by quickly raising and lowering the knife onto the parsley. When using a food processor DO NOT over chop and wrap in towel to keep dry.

Nutritional Analysis per serving			
Calories	242	Vitamin A (IU)	1019
Cholesterol (Mg)	34	Vitamin C (Mg)	32.73
Sodium (Mg)	458	Protein (G)	13.04
Fiber (G)	3.32	Carbohydrate (G)	20.31
Iron (Mg)	1.76	Total Fat (G)	13.4
Calcium (Mg)	335.08	Saturated Fat (G)	7.79

Crustless Broccoli Quiche

Serving: About 1 cup

Meat and Main

I tested this dish, adapted from a USDA recipe, with Lynn Adams and Linda Hardie at Westfield High School, where it was popular enough to include in their repertoire.

Ingredients	50 Servings	100 Servings
Cheddar, shredded	2 lbs	4 lbs
*Broccoli bunches	2 lbs 10 oz About 2 bunches, with or without stems	5 lbs 4 oz About 4 bunches, with or without stems
*Carrots, sliced or shredded	1 lb	2 lbs
*Onion, Spanish, small dice	12 oz About 2-1/2 cups	1-1/2 lbs About 5 cups
Eggs	2 qts 1 cup (43 eggs)	4 qts 2 cups (66 eggs)
Milk, 1%	3 qts	6 qts
Flour, all purpose	3-1/4 cups (14 oz)	1 qt 2-1/2 cups (1 lb 12 oz)
Salt	1 Tbsp	2 Tbsp
Oregano	2-1/2 tsp	1 Tbsp 1 tsp
Pepper, black	3/4 tsp	1 1/2 tsp
Baking Powder	1/2 tsp	1 tsp

*** MA farm products needed for recipe. For ordering, see page 19.**

Directions

1. Divide half the cheese evenly among 2-1/2 inch steamtable pans, which have been lightly coated with pan release spray. (Each tray will serve 25.)
2. Chop broccoli crowns into small florets. If you are using the stems, remove about two inches from their ends and discard. Peel remaining stems with a knife and slice thinly.
3. Steam broccoli (and stems, if using them) and carrots together, until cooked but not mushy, 5-10 minutes, depending the intensity of your steamer. (Alternatively, use a pot: Bring 2 inches of water to a boil. Add vegetables, cover and cook, as above.) Drain.
4. Sprinkle broccoli, carrots and onions on top of the cheese.
5. Beat eggs in a mixer or large bowl with a whisk, until thoroughly combined, about 2 minutes.
6. Add milk, flour, salt, oregano, pepper and baking powder. Mix until thoroughly combined at a low speed if you are using a mixer, about 4 minutes.
7. Slowly pour 2 qt plus 3 cups batter evenly into each pan, or equally divide by eye. Sprinkle with the remaining cheese.
8. Bake until quiche is set, rotating pans or covering with foil as necessary, about halfway through cooking to encourage even cooking and prevent heavy browning.

   Convection oven: 350°F about 25-35 minutes
   Conventional oven: 350°F about 35-45minutes

   CCP: Heat to 155°F or higher.
9. CCP: Hold for hot service at 140°F degrees or higher.
10. Cut each pan in 5 X 5 servings (25 portions per pan).

Crustless Broccoli Quiche

Serving: About 1 cup

Meat and Main

Preparation Tips:

• **Broccoli:** For florets, remove crowns from stems and cut into florets. OR, use this quick technique from Donna Miner, Chicopee High School Kitchen Manager: Hold broccoli bunch securely by stems, off the cutting board. Cutting away from you and holding the knife diagonally use a chopping motion to remove the florets. *To use stems* remove bottom 1-2 inches and discard. Peel with a sharp knife or vegetable peeler. Slice thinly.

• **Carrots:** *To purchase*, sliced carrots and are often available from a farm vendor. Shred carrots in the food processor with the grating blade.

• **Onions:** *For a small dice*, this traditional method is easiest. First, cut whole onion in half, point to point through root end to top of the onion. Peel and lay flat side down. Slice. With your knife parallel to the board, slice 2-5 times, towards BUT NOT THROUGH the root end. (Number will depend on size of onion.) Then cut across the onion, 2-5 times. Once again, avoid cutting through the root end. Finally, cut across onion.

Nutritional Analysis per serving			
Calories	210	Vitamin A (IU)	2189
Cholesterol (Mg)	207	Vitamin C (Mg)	22.34
Sodium (Mg)	456	Protein (G)	13.48
Fiber (G)	1.18	Carbohydrate (G)	11.89
Iron (Mg)	1.49	Total Fat (G)	12.16
Calcium (Mg)	253.03	Saturated Fat (G)	5.8

Crusty Mac and Cheese with Broccoli

Serving: About 1 cup

Vegetable and Main

This Macaroni and Cheese variation with broccoli was inspired by a recipe from SchoolFood in NYC. Replacing half the oil with butter gives the dish a much better flavor and also eliminates margarine, which contains unhealthy trans fat.

Ingredients	50 Servings	100 Servings
Elbow macaroni, dry	3 lbs 4 oz	6 lbs 8 oz
Oil (or oil and butter combined)	1/4 cup	1/2 cup
*Spanish Onion, diced	2 lbs (6-1/2 cups)	4 lbs (2 quarts 1 cup)
*Garlic, fresh, minced	2 Tbsp About 6 cloves	1/4 cup About 12 cloves
Milk, skim or low fat	2 qts 3-1/2 cups	5 qts 3 cups
Corn Starch	4-1/2 oz (1 cup 1 Tbsp)	9 oz (2 cups 2 Tbsp)
Milk, skim, cold (Only for "slurry")	3/4 cup 3 Tbsp	1-3/4 cups 2 Tbsp
Cheddar Cheese, shredded	1 lb 11 oz	3 lb 6 oz
Paprika	2 Tbsp	1/4 cup
Mustard, dry	1 Tbsp 1 teas	2 Tbsp 2 teas
Salt	2-1/4 tsp (or more, to taste)	1-1/2 Tbsp (or more, to taste)
Pepper, black	1/2 tsp (or more, to taste)	1 tsp (or more, to taste)
*Broccoli bunches	4 lbs 8 oz About 4-5 bunches 5 lbs if using florets only, not stems.	9 lbs About 9 bunches 10 lbs if using florets only, not stems.
Bread crumb topping: *For each full 2-1/2 inch hotel pan*		
Whole wheat bread, crusts on (fresh or stale)	10 oz	
Parmesan, good quality, grated	2-1/2 oz (2/3 cup)	
Butter, softened or melted	3 Tbsp	

•**Variation:** This recipe can also be made without the crust. Don't use a crust if the dish has to be held longer than 20 minutes, as it absorbs the liquid.

*** MA farm products needed for recipe. For ordering, see page 19.**

Directions

1. Spray steamer insert with oil and steam pasta until cooked but firm, approximately 5-7 minutes. (For traditional technique, see Preparation Tips below.)
2. Heat the oil, or oil and butter. Add the onion, garlic and cook, over medium heat, stirring occasionally until softened but not brown, about 5-7 minutes.
3. Add the milk and bring to a boil. (DO NOT use milk that is for the slurry only.)
4. Thoroughly whisk the cornstarch into the remaining cold milk to make a "slurry". Add the slurry to the boiling milk, stirring frequently, for about 5 minutes.
5. Reduce heat to low and add the cheese, paprika, mustard, salt and pepper, stirring constantly until cheese melts, about 1 minute.
6. Chop the broccoli crowns. If you are using the stems, discard the bottom 2 inches, peel the stems with a sharp knife and slice thinly.
7. Steam the broccoli, with stems, if using them, in a steamer or in a large pot with 2 inches of boiling water, covered, over high heat, until well-cooked, 5-7 minutes, depending on method used.
8. Equally divide broccoli and cheese sauce between hotel pans, adding salt and pepper, as necessary.
9. For each hotel pan: Blend 10 oz bread, 2/3 cup Parmesan and 3 Tbsp melted butter in a food processor until the breadcrumbs are fine. Evenly distribute on top of each hotel pan.
10. Bake until cheese is bubbling and crust browns, covering it if it gets too dark.

    CCP: Heat to 165°F or higher.
    Convection oven: 300° about 20-25 minutes
    Conventional oven: 325° about 30-35 minutes

11. CCP: Hold for hot service at 140°F or higher.

Crusty Mac and Cheese with Broccoli

Serving: About 1 cup

Vegetable and Main

Preparation Tips:

• **Pasta:** *To cook pasta traditionally*, boil in 3 quarts water per pound. Drain well, and rinse with cold water. Divide among hotel pans, about 50 servings per pan. The pasta can be cooked the day before and chilled in a hotel pan. (The steamer technique works well for kitchens short of burners.)

• **Onions:** *To dice*, remove both ends. Make a small slit, top to bottom and remove skin with hands. Cut in half. With the flat end down, slice in one direction, then cut slices in the opposite direction. (Alternatively, use traditional technique on page 16.)

• **Garlic:** For an alternative to fresh garlic, use whole peeled cloves or minced garlic in oil. (Technique for minced fresh garlic on page 16.)

Nutritional Analysis per serving			
Calories	272	Vitamin A (IU)	857
Cholesterol (Mg)	22	Vitamin C (Mg)	38.27
Sodium (Mg)	297	Protein (G)	12.56
Fiber (G)	2.72	Carbohydrate (G)	36.99
Iron (Mg)	1.89	Total Fat (G)	8.54
Calcium (Mg)	243.5	Saturated Fat (G)	4.42

Butternut Mashed "Potatoes"

Serving: 1/2 cup

Vegetable

This recipe is a New England classic, adapted from Somerville's "Lincoln Park Butternut Squash." Elise Bordage, Kitchen Manager at Forest Grove Middle School in Worcester, says she was happily surprised by the kids' response, as was Donna Bellefeuille, cook at Monson High, where it was dubbed "awesome." It goes particularly well with a turkey entrée.

Ingredients	50 Servings	100 Servings
*Butternut squash, peeled (halved or cubed**)	15 lbs 10 oz	31 lbs 4 oz
Butter	6 oz butter (3/4 cup)	12 oz butter (1-1/2 cups)
Brown sugar	3 Tbsp	1/4 cup + 2 Tbsp
Salt	2 tsp	1 Tbsp + 1 tsp
Cinnamon	1 tsp	2 tsp
Pepper, black	1 tsp	2 tsp

Directions

1. Steam squash until soft. Time will depend on how small the pieces are and the type of steamer used, 10-30 minutes. (Check after 10 minutes.)

   CCP: Heat to 140°F or higher.

2. Mash butternut in a mixer or food processor until smooth.

3. Mix in butter, brown sugar, salt, cinnamon and pepper.

4. CCP: Hold for hot service at 140°F or higher.

*** MA farm products needed for recipe. For ordering, see page 19.**

Butternut Mashed "Potatoes"

Serving: 1/2 cup

Vegetable

Preparation Tips:

• **Butternut Squash:** Readily available peeled butternut makes this effortless to assemble.

Nutritional Analysis per serving			
Calories	76	Vitamin A (IU)	2023
Cholesterol (Mg)	7	Vitamin C (Mg)	17.46
Sodium (Mg)	120	Protein (G)	1.38
Fiber (G)	2.16	Carbohydrate (G)	13.05
Iron (Mg)	0.87	Total Fat (G)	2.95
Calcium (Mg)	42.01	Saturated Fat (G)	1.81

Roasted Butternut Squash with Cinnamon and Brown Sugar

Serving: 1/2 cup

Vegetable

This winning recipe, using already peeled and cubed squash, was adapted from the Sommerville schools. Even doubters gobbled it up when it was by tested by Denise Pianka, the Cafeteria Manager at North Middle School in Westfield. Lynn Petrowski, Food Service Director for the Middleborough Schools, who tested many of the recipes in this book, says it's her favorite.

Ingredients	50 Servings	100 Servings
*Butternut squash, peeled and cut into 2-inch cubes	20 lbs	40 lbs
Butter, melted	1 lbs	2 lbs
Brown sugar	2-1/4 cups	4-1/2 cups
Salt	1 Tbsp 1 tsp	2 Tbsp 2 tsp
Cinnamon	1-1/2 Tbsp	3 Tbsp
Pepper, black	1 tsp, or to taste	1-1/4 tsp, or to taste

*** MA farm products needed for recipe. For ordering, see page 19.**

Directions

1. Add squash to a parchment-covered or oil sprayed–sheet pan. (10 lb capacity per pan.)
2. Cut any extra large pieces, so size of squash pieces are similar.
3. Melt the butter in a small pot, then add the brown sugar, salt, cinnamon and pepper. Mix to combine thoroughly.
4. Equally divide the butter mixture among pans, then stir until squash is well coated.
5. Roast, uncovered, until cooked through and lightly browned.

Convection oven:	350°F	about 20-30 minutes
Conventional oven:	375°F	about 30-35 minutes

   CCP: Heat to 140°F or higher.
6. CCP: Hold for hot service at 140°F or higher.

Roasted Butternut Squash with Cinnamon and Brown Sugar

Serving: 1/2 cup

Vegetable

Preparation Tips

• **Butternut Squash:** Readily available peeled and halved or diced.

Nutritional Analysis per serving			
Calories	135	Vitamin A (IU)	1496
Cholesterol (Mg)	20	Vitamin C (Mg)	11.51
Sodium (Mg)	249	Protein (G)	0.98
Fiber (G)	1.58	Carbohydrate (G)	17.9
Iron (Mg)	0.87	Total Fat (G)	7.49
Calcium (Mg)	40.83	Saturated Fat (G)	4.7

Butternut and Sweet Potato Bake

Serving: 1/2 cup

Vegetable

Denise Pianka, Cafeteria Manager at the Westfield North Middle School, adores cooking with fresh food. But prep time is always limited, so she manages to come up with easy-to-assemble recipes like this dish, which uses already peeled and cut squash and sweet potatoes. Just season, toss and roast!

Ingredients	50 Servings	100 Servings
*Butternut squash, peeled and cut into 2-inch pieces	10 lbs	20 lbs
*Sweet potatoes, peeled and cut into 2-inch pieces	10 lbs	20 lbs
Oil, preferably olive	2 cups	1 qt
*Maple syrup or pancake syrup	1 cup	2 cups
Onion powder	2 Tbsp	1/4 cup
Basil, dried (optional)	2 Tbsp	1/4 cup
Pepper, black	1 Tbsp	2 Tbsp

*** MA farm products needed for recipe. For ordering, see page 19.**

Directions

1. Add vegetables to cake pans that have been sprayed with oil (10 lbs per pan). Cut any large pieces of squash so all pieces are about the same size.
2. Equally divide the oil and syrup among the pans and mix to thoroughly coat the vegetables.
3. Sprinkle the onion powder, basil if using it, and pepper equally among the pans, then mix again to evenly distribute.
4. Cover pans with wax paper (to steam) and then again with foil. Bake until soft, but not mushy.

   Convection oven: 375°F about 25-35 minutes
   Conventional oven: 400°F about 30-40 minutes

5. Uncover and continue baking until just starting to brown, about 20 minutes.

   CCP: Heat to 140°F or higher.

6. CCP: Hold for hot service at 140°F or higher.

Butternut and Sweet Potato Bake

Serving: 1/2 cup

Vegetable

Preparation Tips:

• **Butternut Squash:** Readily available peeled and halved or diced. For a smaller dice, dice more.

• **Sweet Potatoes:** *To peel*, use a vegetable peeler or paring knife. Sweet potatoes can sometimes be purchased in large peeled cubes.

Nutritional Analysis per serving			
Calories	207	Vitamin A (IU)	18778
Cholesterol (Mg)	0	Vitamin C (Mg)	26.62
Sodium (Mg)	14	Protein (G)	2.29
Fiber (G)	2.99	Carbohydrate (G)	29.43
Iron (Mg)	0.91	Total Fat (G)	8.72
Calcium (Mg)	46.74	Saturated Fat (G)	1.21

Butternut Bisque

Serving: 6 ounces

Vegetable

Sue Lacasse, Cook-Manager at Fairview Veteran Memorial Middle School in Chicopee, came up with this recipe. The original used packaged cream base, which contains unhealthy trans fat, so this adaptation uses light cream. Try it first on the teachers or in the senior program, then take around little samples for the kids. If you like, pumpkin pie spices can be added to taste.

Ingredients	50 Servings	100 Servings
*Butternut squash, peeled (Halved or cubed**)	17 lbs 4 oz	34 lbs 8 oz
*Cream, light	1 gallon 1 cup	2 gallons 2 cups
Sugar, brown	1/2 cup	1 cup
Salt	1/8 tsp	1/4 tsp
Pepper, black	1/4 tsp (or more, to taste)	1/2 tsp (or more, to taste)
Butter	1-1/2 Tbsp	3 Tbsp

Directions

1. Steam squash until soft. Time will depend on how small the pieces are and the type of steamer used, 10-30 minutes. (Check after 10 minutes.)
2. Blend squash until smooth in a food processor or mash thoroughly by hand or in mixer with paddle attachment.
3. Whisk in light cream, brown sugar, salt and pepper.
4. Heat, then stir in butter to melt.

   CCP: Heat to 140°F or higher.
5. CCP: Hold for hot service at 140°F or higher.

*** MA farm products needed for recipe. For ordering, see page 19.**

Butternut Bisque

Serving: 6 ounces

Vegetable

Preparation Tips:

• **Butternut Squash:** Readily available peeled and halved or diced. For a smaller dice, dice more.

Nutritional Analysis per serving			
Calories	198	Vitamin A (IU)	1640
Cholesterol (Mg)	55	Vitamin C (Mg)	10.5
Sodium (Mg)	45	Protein (G)	2.97
Fiber (G)	1.2	Carbohydrate (G)	12.01
Iron (Mg)	0.54	Total Fat (G)	16.21
Calcium (Mg)	102.75	Saturated Fat (G)	10.06

Harvest Home "Fries"

Serving: 1/2 cup

Vegetable

Sherry Fiske, Food Service Director at the Orange Schools, said the students dug in because the flavor was good. The tiny amount of butter in this recipe makes all the difference.

Ingredients	50 Servings	100 Servings
Oil, preferably olive oil or olive oil blend	1/4 cup	1/2 cup
*Onions, preferably Spanish, small dice	1 lb 6 oz (1 qt 1-1/3 cup)	2 lbs 12 oz (2 qt 2-2/3 cup)
*Pepper, bell, green or red, small dice or chop (optional)	1 lb (2-1/4 cup)	2 lbs (1 qt 1/2 cup)
*Potatoes, any kinds peeled or unpeeled, 1/2 inch dice	10 lbs	20 lbs
*Butternut squash, peeled and cored, 1/2 inch dice	2 lbs 8 oz	5 lbs
Oil, vegetable	1/2 cup	1 cup
Butter, melted	1/2 cup	1 cup
*Thyme, fresh or dried leaves	1 Tbsp dried (3 Tbsp fresh)	2 Tbsp dried (1/4 cup 2 Tbsp fresh)
Salt	3 Tbsp 1 tsp	1/4 cup 2 Tbsp 2 tsp
Garlic powder	1 tsp	2 tsp
Black pepper	1 tsp	2 tsp

*** MA farm products needed for recipe. For ordering, see page 19.**

Directions

1 Combine the olive oil, onions and bell pepper, if you are using it, in a skillet. Cook over medium-high heat, stirring frequently, until the onions are well cooked and just beginning to brown, about 5 minutes.

2 Toss together the potatoes, squash, vegetable oil, butter, thyme, salt, garlic powder and black pepper to thoroughly combine.

3 Roast, in a single layer if possible, on a parchment–covered baking sheet until the vegetables are just cooked through, but NOT mushy.

Convection oven: 375°F about 8-12 minutes
Conventional oven: 400°F about 13-17 minutes

CCP: Heat to 140°F or higher.

4 Add to a hotel pan and mix gently with rubber spatulas to avoid breaking up the vegetables too much.

5. CCP: Hold for hot service at 140°F or higher.

Harvest Home "Fries"

Serving: 1⁄2 cup

Vegetable

Preparation Tips

• **Onions:** *For a small dice*, this traditional method is easiest. First, cut whole onion in half, point to point through root end to top of the onion. Peel and lay flat side down. Slice. *To dice*, with your knife parallel to the board, slice 2-5 times, towards BUT NOT THROUGH the root end. (Number will depend on size of onion.) Then cut across the onion, 2-5 times. Once again, avoid cutting through the root end. Finally, cut across onion.

• **Peppers:** *To dice*, first cut in half, lengthwise. Remove top and seeds with hands. Cut half, lengthwise. Then cut into strips lengthwise, turn and cut across into dice.

• **Potatoes:** *To dice*, cut in half lengthwise, or simply cut red potato in half. Lay flat end down. Cut in one direction, then the other direction. *To wash*, scrub with vegetable brush. Peel if needed. Cut potatoes should be held on cold water unless using immediately or they will brown. If held in water, drain and dry before roasting.

• **Butternut Squash:** Readily available peeled and halved or diced. For a smaller dice, dice more.

• **Thyme:** Remove leaves. Discard stems.

Nutritional Analysis per serving			
Calories	81	Vitamin A (IU)	243
Cholesterol (Mg)	5	Vitamin C (Mg)	13.92
Sodium (Mg)	488	Protein (G)	0.97
Fiber (G)	1.21	Carbohydrate (G)	8.35
Iron (Mg)	0.39	Total Fat (G)	5.23
Calcium (Mg)	12.54	Saturated Fat (G)	1.65

Butternut Cranberry Bread

Serving: 2 1/2 X 3 1/2 inch square

Dessert and Vegetable and Bread Alternative

This kid-friendly recipe tastes like a pumpkin spice bread, because pumpkins are in the same family as butternut squash. And it manages to squeeze in two flavorful and nutritious Massachusetts crops, cranberries and butternut squash. If fresh cranberries are unavailable, used dried, preferably from MA. Just reconstitute them in the water used in the recipe, as Chef Don Sabola did at UMASS Amherst, where both the students and staff demolished the bread as soon as it went out.

Ingredients	50 Servings	100 Servings
*Butternut squash, peeled (halved or cubed)	2 lb 13 oz	5 lb 10 oz
Sugar	2-1/4 lb (4-1/2 cups)	4-1/2 lb (2 quarts 1 cup)
Water	3/4 cup	1-1/2 cups
Eggs	4 or 5 eggs	9 eggs
Vegetable oil	1 cup 2 Tbsp	2-1/4 cups
Flour, all purpose	2 lbs (2 qt)	4 lbs (1 gallon)
Baking powder	1-1/2 Tbsp	3 Tbs
Salt	3/4 tsp	1-1/2 tsp
Pumpkin pie spice mixture	2-1/2 Tbsp	1/4 cup 1 Tbsp
OR	OR	OR
Cinnamon, ground	1-1/2 Tbsp	3 Tbsp
Ginger, ground	2-1/4 tsp	1-1/2 Tbsp
Cloves or allspice, ground	1/2 tsp	1 tsp
*Cranberries	3 lbs (3 cups)	1-1/2 lb (6 cups)

*** MA farm products needed for recipe. For ordering, see page 19.**

Directions

1. Steam squash until soft. Time will depend on how small the pieces are and the type of steamer used, 10-30 minutes. (Check after 10 minutes.)
2. Drain well and blend until smooth in the food processor or mixer.
3. Beat together squash, sugar, water, eggs and oil in a large mixing bowl or mixer until combined.
4. In a large bowl, whisk together the flour, baking powder, salt, baking soda and spices.
5. Add the dry mixture to the squash mixture, mixing at a slow speed and scraping down the bowl if necessary, JUST until thoroughly combined.
6. Mix in cranberries very briefly or by hand, just to combine.
7. Divide batter between 18 X 26 inch cake pans (each pan will take about 3 qt 2 cups and will serve 50.)
8. Bake until tester comes out clean.
   Convection oven: 325°F about 15-20 minutes
   Conventional oven: 350°F about 2-25 minutes
9. Each cut each pan 10 X 5 and serve.

Butternut Cranberry Bread

Serving: 2 1/2 X 3 1/2 inch square

Dessert and Vegetable and Bread Alternative

Preparation Tips:

• **Butternut Squash:** Readily available peeled and halved or diced. For a smaller dice, dice more.

Nutritional Analysis per serving			
Calories	203	Vitamin A (IU)	199
Cholesterol (Mg)	17	Vitamin C (Mg)	1.7
Sodium (Mg)	345	Protein (G)	2.11
Fiber (G)	0.93	Carbohydrate (G)	36.74
Iron (Mg)	1.02	Total Fat (G)	5.75
Calcium (Mg)	58.72	Saturated Fat (G)	1.09

Honey Carrot Coins

Serving: 1/4 cup

Vegetable

Lemon, butter and Massachusetts honey bring out the flavor in this crowd-pleasing carrot dish, which was tested by Lisa Armstrong, a cook at South Middle School in Westfield.

Ingredients	50 Servings (About)	100 Servings (About)
*Carrots, peeled and sliced	5 lbs	10 lbs
*Honey	1/2 cup	1 cup
Butter	2 oz (1/4 cup)	4 oz (1/2 cup)
Lemon juice	3 Tbsp (1-2 lemons)	1/4 cup 2 Tbsp (2-3 lemons)
Salt	1-1/2 tsp	1 Tbsp
Black pepper	1/2 tsp	1 tsp

Directions

1. Steam carrots until tender, but still slightly firm, checking for doneness if necessary, about 5-10 minutes, depending on the intensity of your steamer. (Alternatively, to cook in a pot, bring 2 inches of water to a boil. Add carrots and cover, then follow directions as above.)

   CCP: Heat to 140°F or higher.

2. Stir in the honey, butter, lemon juice, salt and pepper until well combined.

3. CCP: Hold for hot service at 140°F or higher.

*** MA farm products needed for recipe. For ordering, see page 19.**

Honey Carrot Coins

Serving: 1/4 cup

Vegetable

Preparation Tips:

- **Carrots**: *To purchase*: Sliced carrots are often available from a farm vendor.

Nutritional Analysis per serving			
Calories	37	Vitamin A (IU)	7654
Cholesterol (Mg)	2	Vitamin C (Mg)	3.12
Sodium (Mg)	109	Protein (G)	0.45
Fiber (G)	1.29	Carbohydrate (G)	7.23
Iron (Mg)	0.16	Total Fat (G)	1.03
Calcium (Mg)	15.64	Saturated Fat (G)	0.6

Roasted Carrots Sticks or Slices with Oregano

Serving: 1/2 cup

Vegetable

Simple, savory and satisfying. The small amount of butter used here gives the carrots a superb flavor without breaking the bank or adding lots of saturated fat.

Ingredients	50 Servings	100 Servings
*Carrots, cut into 1/4 sticks (or slices)	10 lbs	20 lbs
Vegetable oil	2 Tbsp	1/4 cup
Butter	2 Tbsp	1/4 cup
Salt	2 tsp	1 Tbsp 1 tsp
Oregano, dried	1-1/2 tsp	1 Tbsp
Pepper	1 tsp	2 tsp
*Garlic cloves, fresh, minced	2 tsp About 2 cloves	1 Tbsp 1 tsp About 4 cloves

Directions

1. Toss carrots with all the ingredients: Oil, butter, salt and oregano pepper and garlic.

2. Roast on a parchment–covered baking sheet, not more than 10 pounds to a sheet (about 2 layers or so), stirring twice during cooking, until tender but not mushy.

   Convection oven: 350°F about 15 minutes
   Conventional oven: 400°F about 20 minutes

   CCP: Heat to 140°F or higher.

3. CCP: Hold for hot service at 140°F or higher.

*** MA farm products needed for recipe. For ordering, see page 19.**

Roasted Carrots Sticks or Slices with Oregano

Serving: 1/2 cup

Vegetable

Preparation Tips:

• **Oven space:** One sheet pan serves 50, so allow sufficient oven space.

• **Carrots:** *To purchase,* carrot sticks (or *sliced* carrots) are sometimes available from a farm vendor. *To cut carrot sticks from whole carrots*, use a large knife to cut peeled carrots lengthwise into halves or quarters or eighths, depending on size of carrot. Lay flat side down, stack slices or simply gather strips together. Cut across, 2-5 times depending on length of carrots, into carrot sticks.

• **Garlic:** *For an alternative to fresh garlic*, use whole peeled cloves or minced garlic in oil. *To use fresh garlic*, pull cloves from garlic bulb. (If the bulb is too tight, wrap in towel and whack on counter to loosen.) *To remove skins*, crush cloves with the flat of a large knife, then peel. *To mince*, use a food processor or mince by hand. *By hand*, crush cloves with the flat of knife. Mince, keeping the point of the knife on the counter and rotating as you chop.

Nutritional Analysis per serving			
Calories	46	Vitamin A (IU)	15268
Cholesterol (Mg)	1	Vitamin C (Mg)	5.42
Sodium (Mg)	160	Protein (G)	0.87
Fiber (G)	2.57	Carbohydrate (G)	8.78
Iron (Mg)	0.31	Total Fat (G)	1.24
Calcium (Mg)	31.23	Saturated Fat (G)	0.4

Brown Rice Pilaf with Carrots and Fresh Dill

Serving: 1/2 cup

Vegetable and Grain

Kids love carrots, so they'll adore this dish inspired by a SchoolFood recipe used in the NYC school system. Note that the amount of salt you add will depend on the kind of chicken broth used, as broth varies greatly in sodium, so salt to taste. Kathy Seibert, Manager at Westfield South Middle School, tested this recipe to raves reviews.

Ingredients	50 Servings	100 Servings
*Onion, diced	13 oz (2-1/2 cups)	1 lb 10 oz (5 cups)
Oil	3 Tbsp	1/4 cup 2 Tbsp
*Garlic cloves, fresh, minced	2 tsp to 1 Tbsp About 2-3 cloves	1 Tbsp 1 tsp to 2 Tbsp About 4-6 cloves
Ginger, powdered	3/4 tsp	1-1-/2 tsp
Brown rice, long grain	2 lbs 8 oz (1 qt 2-1/2 cups)	5 lbs (3 qts 1 cup)
Black pepper	1/2 tsp	1 tsp
Chicken broth (from concentrate)	3 qts 2 cups	1 gallon 3 qt
*Carrots, sliced	3 lbs (6 cups)	6 lbs (3 qts)
*Fresh dill, chopped	2/3 cup (plus garnish, if using)	1-1/3 cups (plus garnish, if using)

*** MA farm products needed for recipe. For ordering, see page 19.**

Directions

1. Add the onion, oil, garlic and ginger to 2-1/2 inch deep hotel pans (1 full hotel pan will serve 50). Roast, stirring once or twice, until the onions are translucent but not brown.

   Convection oven: 350°F about 10 minutes
   Conventional oven: 400°F about 15 minutes

2. Remove from oven, stir in rice and black pepper.

3. Add boiling broth, equally dividing it among hotel pans if you are using more than one. Cover tightly.

4. Bake until all liquid is absorbed and rice is tender, about 40-50 minutes.

   CCP: Heat to 165°F or higher.

5. Steam the carrots until tender, but not mushy, about 5-7 minutes, depending on the intensity of your steamer. (Check after 5 minutes.)

6. Stir carrots and dill into cooked rice, reserving a little dill for garnish, using forks to mix gently. (Add salt to taste, if necessary. Salt will depend on the sodium in the concentrate.)

7. Serve immediately, sprinkle with remaining dill.

   CCP: Hold for hot service at 140°F or higher.

Brown Rice Pilaf with Carrots and Fresh Dill

Serving: 1/2 cup

Vegetable and Grain

Preparation Tips:

• **Onions:** *To dice*, remove both ends. Make a small slit, top to bottom and remove skin with hands. Cut in half. With the flat end down, slice in one direction, then cut slices in the opposite direction. Alternatively, use a traditional technique: Cut whole onion in half, point to point through root end to top of the onion. Peel and lay flat side down. With your knife parallel to the board, slice 2-5 times, towards BUT NOT THROUGH the root end. (number will depend on size of onion). Then cut across the onion, 2-5 times. Once again, avoid cutting through the root end. Finally, cut across onion.

• **Garlic:** *For an alternative to fresh garlic*, use whole peeled cloves or minced garlic. *To use fresh garlic*, pull cloves from garlic bulb. (If the bulb is too tight, wrap in towel and whack on counter to loosen.) *To remove skins*, crush cloves with the flat of a large knife, then peel. *To mince*, use a food processor or mince by hand. *By hand*, crush cloves with the flat of knife. Mince, keeping the point of the knife on the counter and rotating as you chop.

• **Carrots:** *To purchase*: Sliced carrots and carrot sticks are often available from a farm vendor. If slicing by hand, carrots also look attractive cut on the diagonal.

• **Dill:** *For chopped dill*, wash and dry before chopping. Using a large knife and holding the bunch as closely together as possible, slice across from leaves to stem, using both. *To chop finely*, keep the point end down and rotate the knife as you chop OR chop by quickly raising and lowering the knife onto the parsley. If using a food processor DO NOT over chop and wrap in towel to keep dry.

Nutritional Analysis per serving			
Calories	56	Vitamin A (IU)	4614
Cholesterol (Mg)	0	Vitamin C (Mg)	2.28
Sodium (Mg)	186	Protein (G)	1.29
Fiber (G)	1.35	Carbohydrate (G)	9.34
Iron (Mg)	0.64	Total Fat (G)	1.72
Calcium (Mg)	13.97	Saturated Fat (G)	0.32

Tomato-Vegetable Soup (vegetarian)

Serving: 6 ounces

Vegetable

Donna Miner, Kitchen Manager (and soup maestro) at Chicopee High School, created this easy-to-prepare popular soup. It is loaded with carrots, which the kids love, but can just as easily use the same volume of any kind of seasonal vegetable. So, improvise with whatever farm-fresh vegetables are available.

Ingredients	50 Servings	100 Servings
Tomato sauce, canned	2 qt 1-1/2 cups	1 gallon 3 cups
Water	3 qt 3 cups	7 qts 2 cups
*Potatoes, peeled and diced	1 lb 3 oz	2 lbs 6 oz
*Carrots, sliced or diced	1 lbs 6 oz (3-3/4 cup)	2 lbs 12 oz (7-1/2 cups)
*Green beans, ends snapped, cut in 3	8 oz (about 2 cups)	1 lb (about 1 qt)
*Corn, husked, kernels removed	4 ear About 9 oz kernels or 2 cups kernels	8 ear About 1 lb kernels or 1 qt kernels
*Celery, diced	8 oz (2-1/3 cups)	1 lb (4-2/3 cups)
*Onions, diced	4 oz (3/4 cup)	8 oz (1-1/2 cups)
Black Pepper, coarse, if possible	2-1/4 tsp	1-1/2 Tbsp
Salt, optional	To taste, if needed	To taste, if needed
Variation:		
Cooked noodles or rice	1-1/2 cups	3 cups

*** MA farm products needed for recipe. For ordering, see page 19.**

Directions

1. Combine all the ingredients, except the rice or noodles, if you are using them, in a large pot or steam kettle.
2. Bring to a boil.
3. When the potatoes are cooked through, about 20 minutes, serve as is, adding optional salt, if you wish.

   CCP: Heat to 140°F or higher.
4. Variation: Just before service, add cooked noodles or rice to soup.

   CCP: Heat to 165°F or higher.

   CCP: Hold for hot service at 140°F or higher.

Tomato-Vegetable Soup (vegetarian)

Serving: 6 ounces

Vegetable

Preparation Tips:

• **Potatoes:** *To wash*, scrub with vegetable brush. Peel if needed. Cut potatoes should be held on cold water unless using immediately or they will brown. Drain. If cooked in oven, dry first. *To dice*, cut in half lengthwise, or simply cut red potato in half. Lay flat end down. Cut in one direction, then the other direction.

• **Carrots:** *To purchase, s*liced carrots and carrot sticks are often available from a farm vendor. *To dice*, slice across sticks. *To dice whole carrot*, peel, cut in half lengthwise. Lay flat end down, then cut into 2-4 long strips (number of strips will depend on size of the carrots) and then slice across strips. Sliced carrots also look attractive sliced across on the diagonal.

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• **Green Beans** are sometimes available with ends snapped off. If you snap the ends yourself, you only need to snap one end. Line them up roughly on a cutting board and cut them into approximate thirds.

• **Corn** can sometimes bought shucked. After it is shucked, if needed, run your hand down each ear to remove extra silk. *To remove kernels*, point the end of the ear away from you. With a sharp knife, shave off the kernels, away from you, right into a bowl or soup pot.

• **Celery:** *To dice, if using whole bunch,* leave bunch intact. Slice each rib twice lengthwise. (Slice from 1-2 inches above root end to end of bunch. This will hold the bunch together.) Cut crosswise. *To dice individual ribs*, tear needed ribs off from root end. Slice each rib 2-3 times lengthwise, then across into a dice.

• **Onions:** *To dice*, remove both ends. Make a small slit, top to bottom and remove skin with hands. Cut in half. With the flat end down, slice in one direction, then cut slices in the opposite direction. Alternatively, use a traditional technique: Cut whole onion in half, point to point through root end to top of the onion. Peel and lay flat side down. Slice. With your knife parallel to the board, slice 2-5 times towards, BUT NOT THROUGH the root end, (Number will depend on size of onion). Then cut across the onion, 2-5 times. Once again, avoid cutting through the root end. Finally, cut across onion.

Nutritional Analysis per serving			
Calories	45	Vitamin A (IU)	2298
Cholesterol (Mg)	0	Vitamin C (Mg)	6.27
Sodium (Mg)	262	Protein (G)	1.49
Fiber (G)	1.76	Carbohydrate (G)	10.48
Iron (Mg)	0.86	Total Fat (G)	0.26
Calcium (Mg)	19.73	Sat Fat (G)	0.04

Vegetable Tortellini Soup

Serving: 6 ounces

Vegetable (will serve as a protein, as well, through age 10)

What a snap! “This is the kids’ favorite,” says recipe creator and soup maestro Donna Miner, kitchen manager at Chicopee High School.

Ingredients	50 Servings	100 Servings
Water	2 Gallons 1-1/4 cups	4 Gallons 2-1/2 cups
Chicken base	7 to 8 oz	14 to 16 oz
*Onions, Spanish, diced	1 lb (3-1/4 cups)	2 lbs (6-1/2 cups)
*Celery, diced	3/4 lb (2-1/2 cups)	1-1/2 lbs (5 cups)
*Green beans, ends snipped, cut in 3rds	3-1/2 lbs	7 lbs
*Carrots, diced or sliced	1 lb 4 oz About 2-1/2 cups	2 lbs 8 oz About 5 cups
*Potatoes, peeled and diced	1 lb 4 oz	2 lbs 8 oz
Chicken, cooked and diced	2-3/4 lbs	5-1/2 lbs
Tortellini, any kind	1-3/4 lbs	3-1/2 lbs

Variation

Replace any farm-fresh vegetables for the green beans, carrots and potatoes. Replace cooked rice or noodles for the tortellini.

Directions

1. Bring all ingredients, except tortellini, to a boil in a steam kettle or stock pot.
2. Cook until the vegetables are a little tender but still firm, 15-25 minutes, depending on equipment used.
3. Add tortellini, and continue to boil until the tortellini rises to the top, about 5 minutes.

   CCP: Heat to 165°F or higher.
4. CCP: Hold for hot service at 140°F or higher.

*** MA farm products needed for recipe. For ordering, see page 19.**

Vegetable Tortellini Soup

Serving: 6 ounces

Vegetable (will serve as a protein, as well, through age 10)

Preparation Tips:

• **Onions:** *To dice*, remove both ends. Make a small slit, top to bottom and remove skin with hands. Cut in half. With the flat end down, slice in one direction. *To dice,* proceed as above, then cut slices in the opposite direction. (For an alternative method, see page 16.)

• **Celery:** *To dice*, if using whole bunch, leave bunch intact. Slice each rib twice lengthwise. (Slice from 1-2 inches above root end to end of bunch. This will hold the bunch together.) Cut crosswise. *To dice individual ribs*, tear needed ribs off from root end. Slice each rib 2-3 times lengthwise, then across into a dice.

• **Green Beans** are sometimes available with ends snapped off. If you snap the ends yourself, you only need to snap one end. Line them up roughly on a cutting board, cut them into approximate thirds.

• **Carrots**: *To purchase, s*liced carrots and carrot sticks are often available from a farm vendor. *To dice*, slice across sticks. *To dice whole carrot*, peel and cut in half lengthwise. Lay flat end down, cut into 2-4 long strips, then slice across strips. (The number of strips will depend on carrot size or dice size desired.)

• **Potatoes:** *To wash*, scrub with vegetable brush. Peel. Cut potatoes should be held on cold water unless using immediately or they will brown. Drain. If cooked in oven, dry first. *To dice*, cut in half lengthwise. Lay flat end down. Cut in one direction, then in the other direction.

Nutritional Analysis per serving			
Calories	134	Vitamin A (IU)	1967
Cholesterol (Mg)	29	Vitamin C (Mg)	5.46
Sodium (Mg)	674	Protein (G)	10.29
Fiber (G)	1.93	Carbohydrate (G)	16.01
Iron (Mg)	1.07	Total Fat (G)	3.12
Calcium (Mg)	54.66	Saturated Fat (G)	1.1

Vegetable Bulgur

Serving: 1/2 cup

Vegetable and Bread/Grain Alernative

An easy way to serve both bulgur, which is cracked whole wheat, and vegetables. This is equally good hot or cold, and worked out excellently when served to students in Worcester.

Ingredients	50 Servings	100 Servings
*Spanish onions, diced	1 lb 9 oz (5 cups)	3 lbs 2 oz (2 quarts 2 cups)
*Peppers, bell, suntan (mixed red and green) or a combination of red and green peppers, diced	2-3/4 lbs (about 7 peppers)	5-1/2 lbs (about 14 peppers)
*Garlic, fresh, chopped	2 Tbs About 6 cloves	1/4 cup About 12 cloves
Olive oil or olive oil blend	3/4 cup	1-1/2 cup
*Carrots, diced or sliced	1 lb 4 oz (1 quart)	2-1/2 lbs (2 qts)
Tomatoes in their liquid, chopped or diced, *fresh or canned (if using fresh, save juice and bring up to weight with extra water, if needed)	56 oz (5-1/2 cups with liquid)	112 oz (11 cups with liquid)
Coarse bulgur (cracked wheat)	2 lbs (6 cups)	4 lbs (3 qts)
Water	4-1/2 cups	9 cups
Salt	2 Tbs	1/4 cup
Pepper	1 tsp	2 tsp

Variations: For 50, add up to 4 cups of one or more of these items: Small broccoli florets, cooked diced chicken pieces, black beans or chickpeas drained and rinsed.

*** MA farm products needed for recipe. For ordering, see page 19.**

Directions

1. Cook the onions, peppers, and garlic in a pot in the olive oil, over medium-low heat, stirring occasionally, until the onion is translucent, about 10 minutes.
2. Stir in the carrots, tomatoes and their liquid, bulgur, water, salt and pepper.
3. Bring to a boil, reduce to a simmer over medium-low heat. Cover bulgur mixture directly with foil or wax paper, then again with a lid if available. Cook, until all the liquid is absorbed, about 15 minutes.

   CCP: Heat to 165°F or higher.
4. Turn off the heat.
5. If you add optional variation ingredients, add them now. Cover, let sit until bulgur is still firm and nutty, about 10 minutes.

   CCP: Heat to 165°F or higher
6. Remove from pot to hotel pan and serve. Best served within 15 minutes of cooking or cold.

   (If served hot)
   CCP: Hold for hot service at 140°F or higher.

   (If served cold)
   CCP: Cool from 140°F to 70°F within 2 hours and from 70°F to 41°F within 4 hours.

   OR, cool from 140°F to 41°F within 4 hours.

   CCP: Hold for cold service at 41°F or lower.

Vegetable Bulgur

Serving: 1/2 cup

Vegetable and Bread/Grain Alernative

Preparation Tips:

• **Onions:** *To dice*, remove both ends. Make a small slit, top to bottom and remove skin with hands. Cut in half. With the flat end down, slice in one direction. *To dice,* proceed as above, then cut slices in the opposite direction. (Alternative technique, on page 16.)

• **Peppers:** *To dice*, first cut in half, lengthwise. Remove top and seeds with hands. Cut half lengthwise. Then cut into strips lengthwise, turn and cut across into dice.

• **Garlic:** *For an alternative to fresh garlic,* use whole peeled cloves or minced garlic. To *use fresh garlic,* pull cloves from garlic bulb. (If the bulb is too tight, wrap in towel and whack on counter to loosen.) *To remove skins*, crush cloves with the flat of a large knife, then peel. *To mince*, use a food processor or mince by hand. By hand, crush cloves with the flat of knife. Mince, keeping the point of the knife on the counter and rotating as you chop.

• **Carrots**: *To purchase,* sliced carrots and carrot sticks are often available from a farm vendor. Slice across carrot. *To dice*, slice across sticks. *To dice whole carrot*, peel, cut in half lengthwise, lay flat end down. Cut into 2-4 long strips and then slice across strips. (The number of strips will depend on carrot size or dice size desired.)

• **Tomatoes:** *To dice or slice*, first use a tomato corer or knife to remove top core. Slice. *To dice*, lay slices on top of each other, cut in one direction, and then in the opposite direction. Or, *to coarsely chop tomatoes*, core, cut into quarters, then pulse briefly in the food processor. (Do not over fill the processor.) Or, if they are not very soft, they can be cored, halved and coarsely chopped in the buffalo chopper.

Nutritional Analysis per serving			
Calories	114	Vitamin A (IU)	2066
Cholesterol (Mg)	0	Vitamin C (Mg)	27.39
Sodium (Mg)	384	Protein (G)	3.17
Fiber (G)	4.4	Carbohydrate (G)	18.92
Iron (Mg)	0.87	Total Fat (G)	3.56
Calcium (Mg)	15.94	Saturated Fat (G)	0.5

Tasty Green Bean Toss (omit almonds in nut-free schools)

Serving: 1⁄4 cup

Vegetable

"Canned string beans may be cheap and you are fulfilling your vegetable requirement when you serve them, but the kids just don't take them," says Frank Maher, Food Service Director at the Westfield Schools, where students can definitely see and taste the difference. The almonds add flavor, but if you are in a nut-free kitchen, omit them or try the Roasted Green Beans and Carrot Sticks on page 60.

Ingredients	50 Servings	100 Servings
Olive oil (100%, if possible)	1/3 cup	2/3 cup
*Garlic, minced	1-1/2 Tbsp About 4-5 cloves	3 Tbsp About 9-10 cloves
Almonds, sliced (omit, if nut-free school)	1/4 lb (3/4 cup 1 Tbsp 1 tsp)	1/2 lb (1-2/3 cups)
*Green beans, ends snipped	6 lbs	12 lb
Salt	1 teaspoon (or to taste)	2 teaspoon (or to taste)

*** MA farm products needed for recipe. For ordering, see page 19.**

Directions

1. Combine olive oil and garlic in a small skillet and heat very briefly, over medium-low heat, just until garlic starts to cook. Remove from heat. (Do not brown garlic.)

2. Roast the almonds, just until they brown very slightly. (Take a look at the earliest time.)

   Convection oven: 300°F about 2-5 minutes
   Conventional oven: 325°F about 5-7 minutes

3. Steam beans in a perforated pan with an insert, until tender but firm and still bright green, about 4-8 minutes, depending on intensity of steamer. Drain well.

   CCP: Heat to 140°F or higher.

4. Toss the green beans with the garlic oil, nuts and salt in a hotel pan and serve.

5. CCP: Hold for hot service at 140°F or higher.

Tasty Green Bean Toss (omit almonds in nut-free schools)

Serving: 1⁄4 cup

Vegetable

Preparation Tips:

• **Garlic:** *For an alternative to fresh garlic,* use whole peeled cloves or minced garlic. *To use fresh garlic*, pull cloves from garlic bulb. (If the bulb is too tight, wrap in towel and whack on counter to loosen.) *To remove skins*, crush cloves with the flat of a large knife, then peel. *To mince*, use a food processor or mince by hand. *By hand*, crush cloves with the flat of knife. Mince, keeping the point of the knife on the counter and rotating as you chop.

• **Green Beans** are sometimes available with ends snipped off. If you snap the ends yourself, you only need to snap one end.

Nutritional Analysis per serving			
Calories	41	Vitamin A (IU)	0
Cholesterol (Mg)	0	Vitamin C (Mg)	5.3
Sodium (Mg)	49	Protein (G)	1.4
Fiber (G)	1.6	Carbohydrate (G)	4.91
Iron (Mg)	0.81	Total Fat (G)	2.03
Calcium (Mg)	31.73	Saturated Fat (G)	0.21

Roasted Green Beans and Carrot Sticks

Serving: 1/2 cup

Vegetable

Delores Johnstone, the cook who tested this dish at Westfield Middle School, found it kid-friendly, easy-to-prepare and delicious. “It was so tasty, I’ll definitely cook it at home,” she said.

Ingredients	50 Servings	100 Servings
*Green Beans, snipped	5 lbs 8 oz	11 lbs
Oil, olive	3 Tbsp	1/4 cup 2 Tbsp
*Carrot sticks, about 1⁄4 thick	2 lbs 8 oz	5 lbs
Onion powder	1-1/2 tsp	1 Tbsp
Garlic powder	1-1/2 tsp	1 Tbsp
*Thyme, dried	3/4 tsp	1-1/2 tsp to taste
*Rosemary leaves, dried	3/4 tsp	1-1/2 tsp
Salt	3/4 tsp	1-1/2 tsp
Pepper, black	1/4-1/2 tsp to taste	1/2-1 tsp to taste

*** MA farm products needed for recipe. For ordering, see page 19.**

Directions

1. Steam the green beans and carrots together in a perforated pan until tender but still slightly firm, 5-10 minutes, depending on the intensity of the steamer. (Alternatively, they can be dropped into a large pot of rapidly boiling water, cooked, uncovered, then drained.)
2. Combine the oil, onion and garlic powder, thyme, rosemary, salt and pepper in a parchment-covered hotel pan.
3. Add the steamed vegetables and toss to thoroughly coat. (Reserve the pan for service.)
4. Roast vegetables in a single layer until tender but not mushy.

   Convection oven: 400°F about 10 minutes
   Conventional oven: 350°F about 8 minutes

   CCP: Heat to 140°F or higher.
5. Return to hotel pan(s) and serve.
6. CCP: Hold for hot service at 140°F or higher.

Roasted Green Beans and Carrot Sticks

Serving: 1/2 cup

Vegetable

Preparation Tips:

• **Oven Space:** Vegetables cook in one layer, so allow for extra oven space.

• **Green Beans and Carrots:** Cut down on labor by using already snipped beans and carrot sticks.

• **Thyme and Rosemary:** *If using fresh,* 1 teaspoon dried=1 tablespoon fresh. To prepare, remove leaves from stems before using. Thyme leaves may be used whole, but rosemary should be coarsely chopped.

Nutritional Analysis per serving			
Calories	28	Vitamin A (IU)	3814
Cholesterol (Mg)	0	Vitamin C (Mg)	6.18
Sodium (Mg)	53	Protein (G)	1.03
Fiber (G)	1.86	Carbohydrate (G)	6.32
Iron (Mg)	0.75	Total Fat (G)	0.06
Calcium (Mg)	31.67	Saturated Fat (G)	0.01

Green Beans and Carrots with Dill Dip

Serving: 1 oz dip and 1/4 cup vegetables

Vegetable

Ranch dressing is wildly popular in many schools as a salad dressing or dip. Use prepared Ranch or this easy-to-prepare substitute, which uses farm fresh dill. While the green beans and carrots in this recipe go well with the dip, use whatever vegetables are available, cutting them into easy-to-hold shapes, such as cucumbers spears or broccoli florets. This is a great way to move vegetables: At Westfield Public Schools they serve fresh vegetables and ranch dip to 200 students daily!

Ingredients	50 Servings	100 Servings
Mayonnaise	1 qt	2 qts
Sour cream	2 cups	1 qt
*Dill, chopped	3/4 cup	1-1/2 cups
Dried milk, non-fat	1/2 cup	1 cup
Water	1/4 cup	1/2 cup
Pepper, black	1/2 tsp	1 tsp
*Green beans, snipped	4 lbs	8 lbs
*Carrot sticks	2 lbs	4 lbs

*** MA farm products needed for recipe. For ordering, see page 19.**

Directions

1. Mix the mayonnaise, sour cream, dill, dried milk, water and pepper in a bowl.

   CCP: Hold or store at 41°F or lower.

2. Steam the green beans for 4 minutes, or until bright green and still quite crisp.

   CCP: Heat to 140°F or higher.

3. Rinse in cold water until chilled through.
   (Alternatively, the beans can be served uncooked.)

4. Serve the green beans and carrots, upright in cups, with the dill dip in a smaller cup.

5. CCP: Hold dip and vegetable for cold service at 41°F or lower.

Green Beans and Carrots with Dill Dip

Serving: 1 oz dip and 1/4 cup vegetables

Vegetable

Preparation Tips:

• **Dill:** *For chopped dill*, wash and dry before chopping. *If using a food processor*, DO NOT over chop and wrap in towel to keep dry. *By hand*, using a large knife and holding the bunch as closely together as possible, slice across from leaves to stem, using both. *To chop finely*, keep the point end down and rotate the knife as you chop OR chop by quickly raising and lowering the knife onto the parsley.

• **Green Beans** are sometimes available with ends snapped off. If you snap the ends yourself, you only need to snap one end.

• **Carrots:** *To purchase, c*arrot sticks are often available from a farm vendor. *To cut into sticks*, peel, cut in half lengthwise, lay flat end down and then cut into 2-4 long strips — number of strips depends on carrot size. Then slice across 2-4 times to reach desired length of sticks.

Nutritional Analysis per serving			
Calories	172	Vitamin A (IU)	3061
Cholesterol (Mg)	7	Vitamin C (Mg)	4.75
Sodium (Mg)	100	Protein (G)	1.41
Fiber (G)	1.39	Carbohydrate (G)	7.18
Iron (Mg)	0.57	Total Fat (G)	15.93
Calcium (Mg)	38.58	Saturated Fat (G)	3.57

Three Bean Salad

Serving: 1/2 cup

Vegetable and Meat Alternative

This is a fresh twist on an American classic.

Ingredients	50 Servings	100 Servings
Vinegar, white	1 cup	2 cups
Sugar, granulated	1/4 cup	1/2 cup
*Dill, fresh, coarsely chopped (optional)	1/3 cup	2/3 cup
Mustard, dried	1-1/2 tsp	1 Tbsp
Salt	1-1/2 tsp	1 Tbsp
*Garlic, fresh	1 tsp 1 clove	2 tsp 2 cloves
Pepper, black	1/2 tsp	1 tsp
Oil, preferably olive or olive oil blend	1 cup	2 cups
Kidney Beans (or any canned bean), drained and rinsed	1 lbs 8 oz (1 qt)	3 lbs (2 qts)
White (or any canned, light colored beans, such as Great Northern or Garbanzo, drained and rinsed)	1.5 lbs (1 qt)	3 lbs (2 qts)
*Onion, red, diced	2 oz (1/2 cup)	4 oz (1 cup)
*Green beans, snipped	6 lbs 12 oz	13.5 lbs

*** MA farm products needed for recipe. For ordering, see page 19.**

Directions

1. Blend together the vinegar, sugar, dill (if you are using it), mustard, salt, garlic and black pepper.
2. Gradually mix in the oil until well combined. (This may all be done by hand, but it blends especially well in the food processor.)
3. Mix the kidney and white or garbanzo beans, and the onion, with the dressing in a hotel pan to combine.
4. Steam the green beans until tender crisp, and still bright in color, about 5 minutes, depending on the intensity of your steamer.

   CCP: Heat to 140°F or higher.
5. Chill under running water or in ice water.
6. Drain and dry.
7. Toss the chilled green beans with beans and dressing before service. Toss occasionally when serving to make sure each serving includes some small beans. (Once chilled, if necessary, extra vinegar and salt may be added to taste.)
8. CCP: Hold for cold service at 41°F or lower.

Three Bean Salad

Serving: 1/2 cup

Vegetable and Meat Alternative

Preparation Tips:

• **Dill**: *For chopped dill*, wash and dry before chopping. Using a large knife and holding the bunch as closely together as possible, slice across from leaves to stem, using both. *To chop finely*, keep the point end down and rotate the knife as you chop OR chop by quickly raising and lowering the knife onto the parsley. If using a food processor DO NOT over chop and wrap in towel to keep dry.

• **Onions:** *To dice* remove both ends. Make a small slit, top to bottom and remove skin with hands. Cut in half and lay the flat end down. Slice in one direction, then cut slices in the opposite direction. (For an alternative method, see page 16.)

• **Garlic:** *For an alternative to fresh garlic*, use whole peeled cloves or minced garlic in oil. *To use fresh garlic*, pull cloves from garlic bulb. (If the bulb is too tight, wrap in towel and whack on counter to loosen.) To remove skins, crush cloves with the flat of a large knife, then peel. *To mince*, use a food processor or mince by hand. *By hand,* crush cloves with the flat of knife. Mince, keeping the point of the knife on the counter and rotating as you chop.

• **Green Beans** are sometimes available with ends snapped off. If you snap the ends yourself, you only need to snap one end.

Nutritional Analysis per serving			
Calories	103	Vitamin A (IU)	5
Cholesterol (Mg)	0	Vitamin C (Mg)	6.25
Sodium (Mg)	137	Protein (G)	4.05
Fiber (G)	3.22	Carbohydrate (G)	10.24
Iron (Mg)	1.71	Total Fat (G)	4.5
Calcium (Mg)	54.14	Saturated Fat (G)	0.63

Green Bean and Tomato Salad

Serving: 1/2 cup

Vegetable

This dish is adapted from SchoolFood in NYC. When tested in Somerville, students especially loved the tomatoes. So early in the school year, when tomatoes are ripe and flavorful, the cafeteria plans to serve them without the beans, says Claire Kowoker, Somerville Schools Farm to School Coordinator.

Ingredients	50 Servings	100 Servings
Tomatoes, any kind	5 lbs	10 lbs
*Garlic, fresh, minced	1-1/2 tsp About 1-2 cloves	1 Tbsp About 3 cloves
*Parsley, fresh, chopped	1/4 cup	1/2 cup
*Basil, fresh or dried	1-1/2 tsp, dried 3 Tbsp chopped fresh	1 Tbsp, dried 1/4 cup 2 Tbsp, chopped fresh
Oregano, dried	2-1/2 tsp	1Tbsp 2 tsp
Sugar, granulated	1-1/4 tsp	2-1/2 tsp
Salt	1-1/4 tsp	2-1/2 tsp
Pepper, black	3/4 tsp	1-1/2 tsp
Vinegar, balsamic	1/4 cup	1/2 cup
Oil, preferably olive or olive oil blend	1/3 cup	2/3 cup
*Green beans, snipped	5 lbs	10 lbs
*Onion, red, diced (optional)	2 oz (1/3 cup)	4 oz (2/3 cup)

***= MA farm products needed for recipe. For ordering, see page 19.**

Directions

1. Core or cut off tomato ends and dice. Set aside.
2. Combine the garlic, parsley, basil, oregano, sugar, salt and pepper with the vinegar in a large bowl or hotel plan. Stir in the oil.
3. Add tomatoes to the mixture and chill. (This can be done up to several hours beforehand.)
4. Steam beans until tender but firm and still bright green, about 4-8 minutes, depending on intensity of steamer. (Alternatively, they can be plunged into boiling water, cooked as above, and then drained.)

   CCP: Heat to 140°F or higher.
5. Chill until cold or in ice water. Drain and dry with a cloth.
6. Toss beans with the marinated tomatoes, and onions, if you are using them, just before service.
7. CCP: Hold for cold service at 41°F or lower.

Green Bean and Tomato Salad

Serving: 1/2 cup

Vegetable

Preparation Tips:

• **Garlic:** *For an alternative to fresh garlic*, use whole peeled cloves or minced garlic. *To use fresh garlic*, pull cloves from garlic bulb. (If the bulb is too tight, wrap in towel and whack on counter to loosen.) To remove skins, crush cloves with the flat of a large knife, then peel. *To mince*, use a food processor or mince by hand. *By hand,* crush cloves with the flat of knife. Mince, keeping the point of the knife on the counter and rotating as you chop.

• **Parsley:** *For chopped parsley*, wash and dry before chopping. Using a large knife and holding the bunch as closely together as possible, slice across from leaves to stem, using both. To chop finely, either chop, keeping the point end down and rotating the knife or chop by quickly raising and lowering the knife onto the parsley. When using a food processor DO NOT over chop and wrap in towel to keep dry.

• **Basil**: *To chop*, wash and dry leaves. To prevent browning, stack and chop leaves right before adding to dish.

• **Green Beans** are sometimes available with ends snapped off. If you snap the ends yourself, you only need to snap one end.

• **Onions:** *To dice*, remove both ends. Make a small slit, top to bottom and remove skin with hands. Cut in half. With the flat end down, slice in one direction, then cut slices in the opposite direction. (For an alternative method, see page 16.)

Nutritional Analysis per serving			
Calories	42	Vitamin A (IU)	417
Cholesterol (Mg)	0	Vitamin C (Mg)	10.68
Sodium (Mg)	82	Protein (G)	1.17
Fiber (G)	1.71	Carbohydrate (G)	5.86
Iron (Mg)	0.79	Total Fat (G)	1.88
Calcium (Mg)	28.08	Saturated Fat (G)	0.27

Chinese Veggie Stir-Fry

Serving: 1/2 cup

Vegetable

This mock stir-fry went over well in the Worcester schools—just cut, steam and toss in Asian seasonings! Here the emphasis is on green beans, but just go with what's in season!

Ingredients	50 Servings	100 Servings
*Broccoli bunches	2 lbs 8 oz About 2-3 bunches 3 lbs About 3 bunches if using florets only	5 lbs About 4-6 bunches 6 lbs About 6 bunches if using florets only
*Cauliflower, whole	2 lbs 8 oz	5 lbs
Soy sauce	2-1/2 cups	5 cups
*Scallions, cut into 1 inch pieces, whites and greens separated	12 scallions About 1-2 bunches	26 scallions About 3 bunches
*Garlic, fresh minced	1/2 cup About 24 cloves	1 cup About 48 cloves
Fresh ginger, coarsely grated or chopped	1/4 cup	1/2 cup
Sesame oil, toasted (Chinese-style)	3 Tbsp	1/4 cup 2 Tbsp
*Green beans, snipped	3 lbs 8 oz	7 lbs
*Carrots, sliced	2 lbs	4 lbs

Variation:
In a rush? Use the total weight in snipped string beans and pre-sliced carrots.

*** MA farm products needed for recipe. For ordering, see page 19.**

Directions

1. Remove broccoli crowns from stems and cut into florets. If using stems, discard bottom 2 inches. Peel stems with a sharp knife and slice thinly. Reserve broccoli.
2. Cut cauliflower into bite-size florets and reserve, discarding core.
3. Combine the soy sauce, scallion greens, garlic, ginger and sesame oil in a small pot. (Set whites aside.) Bring to a very slight simmer, then immediately take pot off the heat. (Do not brown garlic.)
4. Add vegetables—broccoli, cauliflower, scallion whites, green beans and carrots—to shallow steaming pans.
5. Steam, until all vegetables are slightly tender but still firm and brightly colored, about 5 minutes, depending on intensity of steamer. (Alternatively, bring a large pot of water to a boil and plunge vegetables into water and cook as above.) Do not overcook, vegetables will continue to cook on the line.)

   CCP: Heat to 140°F or higher.
6. Drain well and toss vegetables with the Chinese dressing.
7. Best served immediately.

   OR
8. CCP: Hold for hot service at 140°F or higher.

Chinese Veggie Stir-Fry

Serving: 1/2 cup

Vegetable

Preparation Tips:

• **Broccoli:** *For florets*, remove crowns from stems and cut into florets. OR, use this quick technique from Donna Miner, Chicopee High School Kitchen Manager: Hold broccoli bunch securely by stems, off the cutting board. Cutting away from you and holding the knife diagonally use a chopping motion to remove the florets. *To use stems,* remove bottom 1-2 inches and discard. Peel with a sharp knife or vegetable peeler. Slice thinly. *Cooking time*: Cook broccoli until it turns bright green and is tender but firm, as it will continue to cook and become darker, mushy and unappetizing.

• **Cauliflower:** *For florets*, with the base down, cut in half through the core. Hold one half up and bend the core towards you to remove (or remove with knife). Repeat with second half. Break florets off by hand. (They can be cut with a knife, but this results in some cauliflower crumbles.)

• **Scallion:** Remove root ends and any tattered green ends. Cut across scallions using both greens and whites.

• **Garlic:** *For an alternative to fresh garlic*, use whole peeled cloves or minced garlicl. *To use fresh garlic*, pull cloves from garlic bulb. (If the bulb is too tight, wrap in towel and whack on counter to loosen.) *To remove skins*, crush cloves with the flat of a large knife, then peel. *To mince*, use a food processor or mince by hand. By hand, crush cloves with the flat of knife. Mince, keeping the point of the knife on the counter and rotating as you chop.

• **Green Beans** are sometimes available with ends snapped off. If you snap the ends yourself, you only need to snap one end.

• **Carrots:** *To purchase, s*liced carrots are often available from a farm vendor. *To slice*, peeled carrots can be sliced by hand or in the food processor. *If slicing by hand*, they look attractive sliced across on the diagonal.

Nutritional Analysis per serving			
Calories	41	Vitamin A (IU)	179
Cholesterol (Mg)	0	Vitamin C (Mg)	28.49
Sodium (Mg)	835	Protein (G)	2.26
Fiber (G)	1.75	Carbohydrate (G)	6.76
Iron (Mg)	1.03	Total Fat (G)	0.96
Calcium (Mg)	35.33		

Garlic Mashed Potatoes

Serving: 1/2 cup

Vegetable

Frank Maher, Food Service Director of the Westfield Schools, was happily surprised when his students went wild for this simple recipe, peels and all. The first time Westfield High Kitchen Manager Mary Jan Carey developed it, she used 150 lbs of spuds, but Frank says she could have easily doubled the recipe and served it all.

Ingredients	50 Servings	100 Servings
*Potatoes, new (red), unpeeled	12 lbs	24 lbs
Milk, non-fat, reconstituted from powder	1 qt	2 qts
Butter	4 oz	8 oz
Granulated garlic	1-1/2 oz (3 Tbsp)	3 oz (1/4 cup 2 Tbsp)
Pepper, white	1-1/2 tsp	1 Tbsp
*Parsley, chopped (optional)	2 Tbsp	1/4 cup

*** MA farm products needed for recipe. For ordering, see page 19.**

Directions

1. Cook potatoes: Close drain and cover the potatoes with clean water in a steam kettle or large pot(s). Turn on the heat and bring to a boil. Reduce to a simmer, and cook until the largest potatoes are fork-tender, about 30 minutes.

   CCP: Heat to 140°F or higher.

2. Following the directions, reconstitute the dry milk and heat to a boil, being careful not to allow the milk to boil over.

3. Add butter, garlic and white pepper.

4. Remove potatoes from the kettle or pot using a 2 qt dipper so they drain. Place into mixing bowl.

5. Whisk in the hot milk, butter and garlic at the slowest speed, gradually increasing the speed until smooth. (Mixing too long will cool the potatoes.)

6. Remove potatoes to serving pans. Sprinkle with chopped parsley to garnish. Hold on steam table or in a warmer for service.

7. CCP: Hold for hot service at 140°F or higher.

Garlic Mashed Potatoes

Serving: 1/2 cup

Vegetable

Preparation Tips:

• **Prepping Potatoes:** Mary Jan Carey of Westfield says, “Because you are using the skins, you need to remove any dark or brown spots with a paring knife. The easiest way to wash them is to place whole potatoes in a steam kettle, Close drain, cover with water and wash potatoes by hand. Drain and rinse until water is clear.”

• **Parsley:** *For chopped parsley*, pulse washed and dried leaves and stems in food processor, but do not over-chop. *By hand,* use large knife. Hold the bunch as closely together as possible; slice across from leaves to stem, using both. *To chop finely*, keep the knife point down and rotate it over the parsley as you chop, OR quickly raise and lower it onto the parsley. Optional, wrap in towel to keep dry.

Nutritional Analysis per serving			
Calories	85	Vitamin A (IU)	62
Cholesterol (Mg)	7	Vitamin C (Mg)	14.58
Sodium (Mg)	70	Protein (G)	5.61
Fiber (G)	3.16	Carbohydrate (G)	12.1
Iron (Mg)	0.68	Total Fat (G)	1.92
Calcium (Mg)	128.06	Saturated Fat (G)	1.21

Pureed Sweet Potatoes with Pineapple

Serving: 1/4 cup

Vegetable

A perfect accompaniment to a Thanksgiving style meal, which is how it was served at Westfield High, where Lisa Armstrong tested it. The recipe dish is adapted from a SchoolFood recipe in NYC, where it is served to thousands of schoolchildren.

Ingredients	50 Servings	100 Servings
*Sweet potatoes, peeled and cut in half or cubed	6 lbs 6 ounces	12 lbs 12 ounces
Pineapple, canned, crushed	8 oz About 1-1/2 cups	1 lb About 3/4 cup
Butter	2 Tbsp	1/4 cup
Sugar, brown	1-1/2 Tbsp	3 Tbsp
Ginger, ground	3/4 tsp	1-1/2 tsp
Salt	1/4 tsp	1/2 tsp

*** MA farm products needed for recipe. For ordering, see page 19.**

Directions

1. Steam sweet potatoes, until soft. Timing will depend on power of equipment and size of squash, about 10-30 minutes. Drain well.
2. Add warm sweet potatoes to a mixer with the pineapple, butter, brown sugar, ginger and salt.
3. Mix until well blended.
4. Transfer into hotel pans and heat to 145°F.

   Convection oven: 325°F about 30 minutes
   Conventional oven: 375°F about 40 minutes

   CCP: Heat and hold at 140°F or higher.

Pureed Sweet Potatoes with Pineapple

Serving: 1/4 cup

Vegetable

Preparation Tips:

• **Texture:** If you want a smooth dish, puree the pineapple in the food processor before adding.

• **Sweet Potatoes** can sometimes be purchased peeled whole or cubed. If whole, steamed longer, until soft.

Nutritional Analysis per serving			
Calories	70	Vitamin A (IU)	11583
Cholesterol (Mg)	1	Vitamin C (Mg)	13.73
Sodium (Mg)	22	Protein (G)	1.19
Fiber (G)	1.51	Carbohydrate (G)	14.43
Iron (Mg)	0.34	Total Fat (G)	0.47
Calcium (Mg)	19.18	Saturated Fat (G)	0.29

Roasted Potato Wedges

Serving: 1⁄2 cup (about 4 wedges)

Vegetable

Donna Miner, Kitchen Manager at Chicopee High School, came up with this wildly popular fat-free potato dish—crisp, lightly spiced, hot from the oven. The kids love these potatoes, so they buy any entrée they accompany—pair them up with a dish you are trying to sell.

Ingredients	50 Servings	100 Servings
*Potatoes, russets (baking)	14.5 lbs	29 lbs
Paprika	1 Tbsp 1 tsp	2 Tbsp 2 tsp
Onion powder	2 Tbsp 1 tsp	1/4 cup 2 tsp
Garlic powder	2 Tbsp 1 tsp	1/4 cup 2 tsp
Adobo seasoning	1-1/4 tsp	2-1/2 tsp
Salt, optional	1 tsp (or more, to taste)	2 tsp (or more, to taste)
Pepper, black	1/2 tsp	1 tsp

*** MA farm products needed for recipe. For ordering, see page 19.**

Directions

1. Stab well-scrubbed potatoes with a fork and bake, whole, in oven until cooked through.

   Conventional oven: 425°F about 50 minutes
   Convection oven: 375°F about 40 minutes

   CCP: Heat to 140°F or higher.

2. Cool. CCP: from 140°F to 70°F within 2 hours and from 140°F to 41°F within 4 hours. Or cool from 140°F to 41°F within 4 hours.

3. Halve the potatoes lengthwise, then cut each half into 4-5 wedges each, depending on the potato size. Divide potatoes equally between parchment covered sheet pans in a single layer, skin side down (like boats).

4. Mix the paprika, onion garlic powder, adobo spice, salt, if you are using it, and pepper in a small bowl.

5. Sprinkle spices evenly over the wedges.

6. Bake right before service until hot, crisp and lightly browned.

   Convection oven: 400°F about 20 minutes
   Conventional oven: 425°F about 25 minutes

   CCP: Reheat to 165°F or higher.

7. If needed, CCP: Hold for hot service at 140°F or higher.

Roasted Potato Wedges

Serving: 1/2 cup (about 4 wedges)

Vegetable

Preparation Tips:

• **To Make this Dish Easily:** Baking the potatoes the day before will make them a snap to cut and they don't brown. Then organize the next day so that you have the needed oven space, because the potatoes are cooking in one layer. Serve them right from the trays to keep them crisp and prevent them from drying out.

• **Potatoes:** *To wash*, scrub with vegetable brush. Peel if needed.

Nutritional Analysis per serving			
Calories	125	Vitamin A (IU)	102
Cholesterol (Mg)	0	Vitamin C (Mg)	12.87
Sodium (Mg)	96	Protein (G)	3.42
Fiber (G)	3.02	Carbohydrate (G)	28.48
Iron (Mg)	1.49	Total Fat (G)	0.2
Calcium (Mg)	21.68	Saturated Fat (G)	0.04

Baked Potato Bar

Serving: one 8 to 12 ounce potato per person

Main Vegetable

Baked potatoes are an ideal whole food—good for you, soul-satisfying and a no-brainer to cook. Potato "bars" are a fun way to serve them: Let the students chose from a variety of condiments during service or assemble the potatoes beforehand. While many schools have started to prepare whole potatoes with a cheese sauce, this healthier version still delighted Westfield High students, some of whom were interested in hearing how it avoided trans fat.

Ingredients	50 Servings	100 Servings
*Potatoes, well scrubbed	50 potatoes (25-37.5 lbs, depending on size)	100 potatoes (50-75 lbs, depending on size)
Pork crumbles	9 lbs	18 lbs
*Broccoli florets	6 lbs (7 bunches will yield about 6 lbs)	12 lbs (14 bunches will yield about 12 lbs)
Salt, optional	To taste	To taste
Sour cream	3 lbs (6-1/2 cups)	6 lbs (3 quarts 1 cup)
Shredded cheddar, reduced fat, preferably yellow	3 1/4 lbs (6-1/2 cups)	6 1/2 lbs (3 quarts 1 cup)
*Scallions, sliced or chopped, green ends optional	15 scallions (1-2 bunches)	30 scallions (2-4 bunches)

Variation:

Bacon crumbles, diced ham or even ground turkey can be used instead of the pork crumbles.

*** MA farm products needed for recipe. For ordering, see page 19.**

Directions

1. Stab potatoes with a fork, then roast until cooked through.

   Convection oven: 350°F about 40-60 minutes.
   Conventional oven: 450°F about 50-60 minutes.

2. Cook pork crumbles on a sheet pan on parchment paper until crisp, then drain fat and set aside.

   CCP: Heat to 140°F or higher.

3. Removed broccoli crowns from stems and cut into florets.

4. Steam the broccoli, using a shallow perforated steamer or in a large covered pot with 2 inches of water, over high heat. Cook JUST until bright green, 2-5 minutes, depending on method used. Drain. Place in steam table.

5. Slit the potatoes once they are cooked. If using salt, sprinkle lightly and keep potatoes hot in steam table.

6. Serve potatoes with pork, broccoli, sour cream, cheddar and scallions, if using them.

7. CCP: Hold for hot service at 140°F or higher.

Baked Potato Bar

Serving: one 8 to 12 ounce potato per person

Main Vegetable

Preparation Tips:

• **Less Mess/Contamination Prevention:** Serve sour cream and cheddar cheese in 2 oz paper soufflé cups.

• **Potatoes:** *To wash*, scrub with vegetable brush.

• **Broccoli:** *For florets*, you can also try this alternative technique from Donna Miner, Chicopee High School Kitchen Manager: Hold broccoli bunch securely by stems, off the cutting board. Cutting away from you and holding the knife diagonally, use a chopping motion to remove the florets. *Cooking time:* Cook broccoli until it turns bright green and is tender but firm, as it will continue to cook and become darker, mushy and unappetizing.

• **Scallions:** *To slice*, remove root ends. Keeping on rubber band to hold scallions together, slice from green to white end, removing rubber band as necessary. Use white and green parts.

Nutritional Analysis per serving			
Calories	583	Vitamin A (IU)	33.5
Cholesterol (Mg)	58	Vitamin C (Mg)	122.09
Sodium (Mg)	506	Protein (G)	33.5
Fiber (G)	12.52	Carbohydrate (G)	73.44
Iron (Mg)	3.56	Total Fat (G)	19.84
Calcium (Mg)	179.91	Saturated Fat (G)	11.37

Winter Vegetable Roast

Serving: 1/2 cup

Vegetable and Main

This is a classic roasted vegetable recipe, simplified with the help of already-prepped crinkle cut winter mix (butternut, rutabaga, potatoes) from Lanni Orchard. The students enjoyed the shapes of these vegetables and didn't realize that they were trying something new.

Ingredients	50 Servings	100 Servings
*Winter mix crinkle cut vegetables (or any combination of potatoes, rutabaga, butternut squash, cut 1 to 1-1/2 inches)	15 lbs	30 lbs
Oil, preferably olive or olive blend	1/4 cup 2 Tbsp	3/4 cup
Lemon juice	1-1/2 Tbsp	3 Tbsp
Garlic, chopped	1-1/2 tsp	1 Tbsp
Salt	1-1/2 tsp	1 Tbsp
Paprika	1 tsp	2 tsp
Thyme, leaves, dried	1 tsp	2 tsp
Pepper, black	1/2 tsp	1 tsp
Chicken (or vegetable) broth	up to 1 cup	up to 2 cups

*** MA farm products needed for recipe. For ordering, see page 19.**

Directions

1. Toss the winter mix vegetables with all the ingredients: oil, lemon juice, garlic, salt, paprika, thyme, pepper.
2. Roast in a single layer on parchment paper until cooked through (can be easily pierced with knife) and slightly browned.

   Convection oven: 400°F about 20-25 minutes
   Conventional oven: 425°F about 25-30 minutes
3. Toss with enough chicken broth to moisten.

   CCP: Heat to 140°F or higher.
4. CCP: Hold for hot service at 140°F or higher.

Winter Vegetable Roast

Serving: 1/2 cup

Vegetable

Preparation Tips:

• **If You Purchase Pre-cut Vegetables**, use within a few days.

• **Oven Space:** Prepare this dish on a day when you have oven space as the vegetables have to be cooked in one layer.

• **Labor Saving:** When a mix of winter vegetables is not available, to save labor, order diced winter vegetables or dice them from already peeled vegetables.

Nutritional Analysis per serving			
Calories	81	Vitamin A (IU)	1266
Cholesterol (Mg)	0	Vitamin C (Mg)	20.38
Sodium (Mg)	89	Protein (G)	1.82
Fiber (G)	2.39	Carbohydrate (G)	15.84
Iron (Mg)	0.97	Total Fat (G)	1.83
Calcium (Mg)	31.8	Saturated Fat (G)	0.28

Potato Salad with Lemon and Garlic

Serving: 1⁄2 cup

Vegetable

After testing this recipe, Lynn Petrowski called it “a big hit” at the Middleborough Schools, where she is the food service director. Garlic and potatoes are a divine pairing, which is why they are used both here and in the Garlic Mashed Potato recipe on page 70.

Ingredients	50 Servings	100 Servings
*Potatoes, new (red), unpeeled	6.5 lbs	13 lbs
Cider vinegar	2-1/2 Tbsp	1/4 cup 1 Tbsp
*Garlic cloves	1 Tbsp 2 tsp About 5 cloves	3 Tbsp 1 tsp About 10 cloves
Mayonnaise, preferably light	1-1/2 cups	3 cups
Apple juice	1/2 cup	1 cup
Lemon juice, frozen or fresh	1/3 cup	2/3 cup
Salt	2-1/4 tsp	1-1/2 Tbsp
Black pepper	1/4 tsp	1/2 tsp
* Scallions, ends removed, thinly sliced white and green	3	6

*** MA farm products needed for recipe. For ordering, see page 19.**

Directions

1. Cut the potatoes into about 1-1/2 inch wedges or cubes, any size will do, as long as they are about the same size, placing them in water as you work to prevent browning. Alternatively, potatoes may be steamed whole then cut.
2. Boil or steam, until cooked but not soft and mushy, 15-35 minutes, depending on method used and whether you are steaming whole potatoes, which take longer. (Check pieces after 15 minutes.)

   CCP: Heat to 140°F or higher.
3. Toss with vinegar and chill for at least 30 minutes or overnight.

   CCP: Cool from 140°F to 41 within 4 hours if overnight

   CCP: Cool from 140°F to 70°F within 2 hours and from 70°F to 41°F within 4 hours.
4. Mince the garlic in the food processor or by hand.
5. Mix garlic together with the mayonnaise, apple juice, lemon juice, salt and pepper.
6. Thoroughly combine the mayonnaise dressing with the potatoes and scallions. Serve.

   CCP: Hold for cold service 41°F or lower.

Potato Salad with Lemon and Garlic

Serving: 1/2 cup

Vegetable

Preparation Tips:

• **Potatoes:** *To wash*, scrub with vegetable brush.

• **Garlic:** *For an alternative to fresh garlic*, use whole peeled cloves or minced garlic in oil. *To use fresh garlic*, pull cloves from garlic bulb. (If the bulb is too tight, wrap in towel and whack on counter to loosen.) *To remove skins*, crush cloves with the flat of a large knife, then peel. *To chop*, use a food processor or mince by hand. *By hand*, crush cloves with the flat of knife. Chop coarsely, keeping the point of the knife on the counter and rotating as you chop.

• **Scallions:** *To slice* remove root ends. Keeping on rubber band to hold scallions together, slice from green to white end, removing rubber band as necessary. Use white and green parts.

Nutritional Analysis per serving			
Calories	43	Vitamin A (IU)	153
Cholesterol (Mg)	0	Vitamin C (Mg)	9.64
Sodium (Mg)	177	Protein (G)	1.1
Fiber (G)	1.69	Carbohydrate (G)	5.04
Iron (Mg)	0.34	Total Fat (G)	2.4
Calcium (Mg)	4.42	Saturated Fat (G)	0

Marinated Potato Salad

Serving: 1/4 cup

Vegetable

This recipe—adapted from a SchoolFood recipe in NYC, enjoyed by thousands of children—is low in fat and high in flavor. Any potatoes can be used here, but new potatoes don't have to be peeled. Lynn Petrowski, Food Service Director for the Middleborough Schools, said it assembled easily and was "an excellent change from a mayonnaise-based salad."

Ingredients	50 Servings	100 Servings
*Potatoes, new (red)	6 lbs	12 lbs
Vegetable oil	1/2 cup	1 cup
*Onion, diced (optional)	8 oz	1 lb
	About 1-1/2 cup	About 3 cups
*Garlic cloves, fresh, minced	1 Tbsp	2 Tbsp
	About 3 cloves	About 6 cloves
*Honey	1/3 cup	2/3 cup
Vinegar, cider	1 cup, or more to taste	2 cups, or more to taste
Apple juice	2/3 cup	1-1/3 cup
Relish	2 Tbsp	1/4 cup
Mustard	1 Tbsp	2 Tbsp
Worcestershire	2 tsp	4 tsp
Salt	1-1/2 Tbsp	3 Tbsp
Black pepper	1-1/2 tsp	1 Tbsp
*Scallions, thinly sliced, white and green (optional)	3	6

*** MA farm products needed for recipe. For ordering, see page 19.**

Directions

1. Cut the potatoes into about 1-1/2 inch wedges or cubes, any size will do, as long as they are about the same size, placing them in water as you work to prevent browning. Alternatively, potatoes may be steamed whole then cut.
2. Boil or steam, until cooked but not soft and mushy, 15-35 minutes, depending on method used and whether you are steaming whole potatoes, which take longer. (Check pieces after 15 minutes.)

   CCP: Heat to 140°F or higher.
3. Heat oil in small pot. Add onions, if you are using them, and cook over medium-low heat, stirring occasionally, until translucent, but do not brown.
4. Turn off heat and stir in garlic, honey, cider vinegar, apple juice, relish, mustard, Worcestershire sauce, salt and pepper. (Cut the mustard in half if you are using a strong Dijon-style mustard.)
5. Pour dressing over potatoes, add scallions, if you are using them, and mix until thoroughly combined.
6. CCP: Hold for hot service at 140°F or higher.

Marinated Potato Salad

Serving: 1/4 cup

Vegetable

Preparation Tips:

• **Potatoes:** *To wash*, scrub with vegetable brush. *To save time for smaller batches*, Food Service Director Lynn Petrowski in Middleborough minimizes labor and produces a creamier version by cutting raw potatoes into halves or quarters, then breaking the cooked potatoes into smaller pieces with a spoon when she stirs in the dressing.

• **Onions:** *To dice*, remove both ends. Make a small slit, top to bottom; remove skin with hands. Cut in half. With the flat end down, slice in one direction, then cut slices in the opposite direction. (For alternative method to cut into a smaller dice, see page 16.)

• **Garlic**: *For an alternative to fresh garlic*, use whole peeled cloves or minced garlic in oil. *To use fresh garlic*, pull cloves from garlic bulb. (If the bulb is too tight, wrap in towel and whack on counter to loosen.) *To remove skins*, crush cloves with the flat of a large knife, then peel. *To mince*, use a food processor or mince by hand. *By hand,* crush cloves with the flat of knife. Mince, keeping the point of the knife on the counter and rotating as you chop.

• **Scallions:** *To slice*, remove root ends. Keeping on rubber band to hold scallions together, slice from green to white end, removing rubber band as necessary. Use white and green parts.

Nutritional Analysis per serving			
Calories	45	Vitamin A (IU)	9
Cholesterol (Mg)	0	Vitamin C (Mg)	7.61
Sodium (Mg)	227	Protein (G)	1.08
Fiber (G)	1.64	Carbohydrate (G)	5.95
Iron (Mg)	0.35	Total Fat (G)	2.26
Calcium (Mg)	5.55	Saturated Fat (G)	0.32

Breakfast Bake

Serving: 1 cup

Vegetable and Main

This came from Sherry Fiske, Food Service Director at the Orange Schools. The cook-baker for the three elementary schools, Mary Ann Burnett, says, “It’s hard to find dishes the kids really enjoy, and this really hits the spot.” It certainly did at Westfield High, where students who sampled it gave it high marks on questionnaires.

Ingredients	50 Servings	100 Servings
*Potatoes, unpeeled russets, 1/2 inch dice	4 lbs 13 oz	9 lb 10 oz
Pork crumbles, defrosted	2 lbs	4 lbs
Vegetable oil	2 Tbsp	1/4 cup
Onions, diced	10 oz (2 lbs)	1 lb 4 oz (4 lbs)
Eggs	31 eggs	62 eggs
Milk, 2%	2 qts 2 cups	5 qts
Milk, whole	1 qt	2 qts
Salt	1 Tbsp 1-1/4 tsp	2 Tbsp 2-1/2 tsp
Pepper, black	1 Tbsp 3/4 tsp	2 Tbsp 1-1/2 tsp
Cheddar Cheese, low fat, shredded	2 lbs 14 oz	5 lbs 12 oz
*Scallions, white and green chopped	3 scallions	6 scallions

*** MA farm products needed for recipe. For ordering, see page 19.**

Directions

1. Bake potatoes on parchment paper, just cooked through.

   Convection oven: 325°F about 15-20 minutes
   Conventional oven: 350°F about 20-25 minutes

   CCP: Heat to 140°F or higher.

2. Divide potatoes equally among 2-1/2 inch deep hotel pans that have been sprayed with vegetable oil. (Each pan will hold 25 servings.)

3. Sprinkle with pork crumbles.

4. Heat oil in a skillet over medium heat. Add onions, stirring occasionally, until softened but not browned, about 5-7 minutes.

5. Divide onions equally among pans.

6. Whisk together the eggs, 2% and whole milk, salt and pepper.

7. Equally divide mixture and top with the cheddar and scallions. (Pans will be about 3⁄4 full.)

8. Cover, with foil, sprayed to prevent sticking.

   Convection oven: 325°F about 40-50 minutes
   Conventional oven: 375°F about 45-55 minutes

9. Uncover and continue baking until set and slightly brown, and knife inserted into the middle comes out clean, about 15-25 minutes.

   CCP: Heat to 165°F or higher.

10. Cut each pan into 5 X 5 pieces.

11. CCP: Hold for hot service at 140°F or higher.

Breakfast Bake

Serving: 1/2 cup

Vegetable and Main

Preparation Tips:

• **Potatoes:** *To wash*, scrub with vegetable brush. Peel if needed. Cut potatoes should be held on cold water unless using immediately or they will brown. Drain. If cooked in oven, dry first. *To dice*, cut in half lengthwise, or simply cut red potato in half. Lay flat end down. Cut in one direction, then in the other direction.

• **Scallions:** *To slice*, remove root ends. Keeping on rubber band to hold scallions together, slice from green to white end, removing rubber band as necessary. Use white and green parts.

Nutritional Analysis per serving			
Calories	263	Vitamin A (IU)	517
Cholesterol (Mg)	158	Vitamin C (Mg)	10.06
Sodium (Mg)	508	Protein (G)	17.7
Fiber (G)	1.92	Carbohydrate (G)	13.98
Iron (Mg)	1.13	Total Fat (G)	15.48
Calcium (Mg)	292.35	Saturated Fat (G)	8.05

Roasted Rosemary Vegetables

Serving: 1/2 cup

Vegetable

This recipe was tested in both the Middleborough and Monson Schools with great success. The Middleborough kids preferred it without the peppers, but the Monson kids ate it all! “We’ll absolutely make this again,” said Melody Gustofson, Monson Schools food service director.

Ingredients	50 Servings	100 Servings
*Peppers, bell, suntan (mixed green and red) or half green half red	1 lb 14 oz About 5 peppers	3 lbs 12 oz About 10 peppers
*Carrots, thickly sliced	3 lbs 8 oz	7 lbs
*Potatoes, new (red)	6 lbs	12 lbs
Oil, preferably olive or an olive oil mix	1/4 cup	1⁄2 cup
*Garlic, fresh, minced	1 Tbsp 1/2 tsp About 3-4 cloves	2 Tbsp 1 tsp About 7 cloves
*Rosemary, fresh, coarsely chopped, or dried, crumbled	1 Tbsp 1/2 tsp fresh (1-1/8 tsp dried)	2 Tbs 1 tsp fresh (2-1/4 dried)
Salt	1-3/4 tsp	1 Tbsp 1/2 tsp
Black pepper	1/2 tsp	1 tsp

*** MA farm products needed for recipe. For ordering, see page 19.**

Directions

1. Cut peppers in half, lengthwise, discarding the stem and seeds. Cut each half into 4 pieces.
2. Cut the unpeeled potatoes into about 1-1/2 inch wedges.
3. Toss the potatoes in a large bowl or hotel pans with the carrots, peppers, oil, garlic, rosemary, salt and pepper.
4. Spread vegetables on parchment-covered sheet pans in a single layer.
5. Roast until the potatoes are cooked through and slightly browned.

   Convection oven: 400°F about 30-40 minutes
   Conventional oven: 425°F about 35-45 minutes

   CCP: Heat to 140°F or higher.
6. CCP: Hold for hot service at 140°F or higher.

Roasted Rosemary Vegetables

Serving: 1/2 cup

Vegetable

Preparation Tips:

• **Oven Space:** Vegetables cook in a single layer, so you need plenty of oven space.

• **Carrots:** *To cut thickly*, cut by hand or order thick-cut. Cut carrots are sometimes available from farm vendors. *If using standard cut carrots, your own or pre-cut*, add after potatoes have cooked 10 minutes, then stir and continue cooking.

• **Potatoes:** *To wash*, scrub with vegetable brush. Cut in half and then into approximately 1-1/2 inch wedges. To prevent cut potatoes from browning, use immediately, or cut potatoes can be tossed in olive oil as you work to prevent browning, if they are not held long. To hold longer, cover with cold water, then drain and dry before using.

• **Garlic**: *For an alternative to fresh garlic*, use whole peeled cloves or minced garlic. *To use fresh garlic*, pull cloves from garlic bulb. (If the bulb is too tight, wrap in towel and whack on counter to loosen.) *To remove skins*, crush cloves with the flat of a large knife, then peel. *To mince*, use a food processor or mince by hand. By hand, crush cloves with the flat of knife. Mince, keeping the point of the knife on the counter and rotating as you chop.

• **Rosemary:** *For fresh rosemary* remove leaves and discard stem. Chop leaves coarsely.

Nutritional Analysis per serving			
Calories	42	Vitamin A (IU)	5636
Cholesterol (Mg)	0	Vitamin C (Mg)	31.81
Sodium (Mg)	108	Protein (G)	1.45
Fiber (G)	2.74	Carbohydrate (G)	7.24
Iron (Mg)	0.47	Total Fat (G)	1.2
Calcium (Mg)	15.2	Saturated Fat (G)	0.17

Sheperd's Pie with Garlic Mashed Potatoes

Serving: 1/2 cup

Main and Vegetable

The Worcester kitchen, where they already serve lots of farm fresh food, requested a good recipe for Sheperd's Pie using fresh potatoes and vegetables—so here it is. Thank you to the recipe developer, Lynn Petrowski, Food Service Director for the Middleborough Schools, where the students gobbled it up.

Ingredients	50 Servings	100 Servings
Ground beef	8 lbs 8 oz	17 lbs
*Onions, diced	8 oz (1-1/2 cups)	1 lb (3 cups)
Beef broth	2 qts	1 gallon
Flour	4 oz (3/4 cup)	8 oz (1-1/2 cup)
Thyme, dried	1 Tbsp	2 Tbsp
Salt	2 tsp	1 Tbsp 1 tsp
Pepper, black	2 tsp	1 Tbsp 1 tsp
Onion salt	2 tsp	1 Tbsp 1 tsp
*Carrots, diced or pre-cut into 1/4 inch sticks	5 lbs	10 lbs

*** MA farm products needed for recipe. For ordering, see page 19.**

Directions

1. Prepare the garlic mashed potatoes for the same yield, on page 70. (Set aside until step 9.) Hold at 140°F or higher.
2. Brown the ground beef in a kettle or skillet, then drain fat.
3. Add the onions and cook over medium heat until translucent, but not brown, about 5 minutes.
4. Sprinkle the flour over the beef and stir to combine. Pour in the beef broth and cook and stir until slightly thickened, about 10 minutes.
5. Add seasonings (thyme, salt, pepper and onion salt), and simmer for 5 minutes, then remove from heat. (Reserve.)
6. Steam diced carrots or carrot sticks in perforated steam pan until tender-crisp, about 2-5 minutes. Chop into dice if using sticks. (Reserve.)

   To Assemble:

7. Equally divide beef mixture between 2-1/2 inch deep hotel pans (each pan will serve 25, about 3 quarts plus 3 cups of the mixture for each).
8. Equally divide the carrots over the beef mixture in each pan.
9. Equally divide the garlic mashed potatoes over the carrots in each pan. Spread in an even layer.
10. Bake, uncovered, covering top with foil if it browns too much.

    Convection oven: 350°F about 30 minutes
    Conventional oven: 375°F about 45 minutes

    CCP: Heat to 165°F or higher.

11. CCP: Hold for hot service at 140°F or higher.

Sheperd's Pie with Garlic Mashed Potatoes

Serving: 1/2 cup

Main and Vegetable

Preparation Tips:

• **Shorten prep time:** Cut down on prep time by using pre-cut carrot sticks, also, the recipe for Garlic Mashed Potatoes uses unpeeled new potatoes (on page 70).

• **Onions**: *To slice*, remove both ends. Make a small slit, top to bottom and remove skin with hands. Cut in half. With the flat end down, slice in one direction, then cut slices in the opposite direction. (For an alternative method, see page 16.)

• **Carrots:** *To purchase,* carrot sticks are sometimes available from a farm vendor. *To dice carrot sticks*, slice across them. *To dice or cut carrot sticks from whole carrots*, peel, then with a large knife, cut in half or quarters lengthwise, depending on size of carrot. Lay flat side down, or stack slices. Cut lengthwise into 2-6 long strips—number of strips depends on size of carrot and/or the dice desired. Slice across strips into a dice.

Nutritional Analysis per serving			
Calories	277	Vitamin A (IU)	7691
Cholesterol (Mg)	64	Vitamin C (Mg)	17.63
Sodium (Mg)	478	Protein (G)	22.69
Fiber (G)	4.6	Carbohydrate (G)	18.7
Iron (Mg)	2.43	Total Fat (G)	12.43
Calcium (Mg)	156.41	Saturated Fat (G)	5.25

Simple Roasted Tomato Sauce

Serving: 1/4 cup

Vegetable

This is the real McCoy, a flavorful sauce made early in the school year, when tomatoes are ripe, abundant, and inexpensive late in the season. The recipe comes from whirlwind Tammy Jervas, Food Service Director for Richmond Consolidated Schools, who freezes pre-measured portions for later use. Use this on pasta or anywhere you would use a canned sauce. What an improvement!

Ingredients	50 Servings	100 Servings
*Tomato	20 lbs	40 lbs
Oil, preferably olive	1 cup	2 cups
Sugar	1/4 cup	1/2 cup
*Garlic, whole cloves	About 20 cloves	About 40 cloves

*** MA farm products needed for recipe. For ordering, see page 19.**

Directions

1. Core tomatoes with a tomato corer or knife and remove any bruised or brown spots.
2. Place in a parchment-covered roasting pan, top up.
3. Drizzle the tops with oil and sugar.
4. Roast until the tomatoes are soft enough to break up.

   Convection oven: 400°F about 35-45 minutes
   Conventional over: 450°F about 40-50 minutes

5. Break up with a spoon, add garlic, then roast until partly blackened, about 15 minutes.
6. Return to oven and continue to roast an additional 15 minutes. (Partly blackened tomatoes will make a tasty sauce.)

   CCP: Heat to 140°F or higher.

7. Cool slightly and blend until smooth in a food processor.
8. Season with salt, to taste, if you wish.
9. Serve hot as you would any tomato sauce: with pasta, in Chicken Parmesan or soups, stews, etc.
10. CCP: Hold for hot service at 140°F or higher.

Simple Roasted Tomato Sauce

Serving: 1/4 cup

Vegetable

Preparation Tips:

• **Garlic:** *For an alternative to fresh garlic,* use whole peeled cloves.*To use fresh garlic*, pull cloves from garlic bulb. (If the bulb is too tight, wrap in towel and whack on counter to loosen.) *To remove skins*, crush cloves with the flat of a large knife, then peel.

Nutritional Analysis per serving			
Calories	71	Vitamin A (IU)	212
Cholesterol (Mg)	0	Vitamin C (Mg)	16.7
Sodium (Mg)	233	Protein (G)	1.53
Fiber (G)	1.66	Carbohydrate (G)	7.49
Iron (Mg)	1.8	Total Fat (G)	4.56
Calcium (Mg)	58.46	Saturated Fat (G)	0.62

Corn on the Cob

Serving: 1/2 ear

Vegetable

Everyone loves this simple dish. Sometimes corn can be bought shucked during its short season, but shucking it doesn't take long.

Ingredients	50 Servings	100 Servings
*Corn, shucked	25 ear	50 ear
Butter	6 oz	12 oz
Cream, light	1/4 cup	1/2 cup
Salt to taste	1-1/2 Tbsp	3 Tbsp

Directions

1. Steam the corn in 2-1/2 inch steamer pans with the butter and cream, just until cooked, about 7 minutes.
2. Toss with liquid, including water, and serve immediately, salting to taste if you wish.

*** MA farm products needed for recipe. For ordering, see page 19.**

Corn on the Cob

Serving: 1/2 ear

Vegetable

Preparation Tips:

• **Corn:** After corn is shucked, if needed, run your hand down each ear to remove extra silk.

Nutritional Analysis per serving			
Calories	65	Vitamin A (IU)	187
Cholesterol (Mg)	9	Vitamin C (Mg)	3.06
Sodium (Mg)	239	Protein (G)	1.48
Fiber (G)	1.22	Carbohydrate (G)	8.56
Iron (Mg)	0.24	Total Fat (G)	3.53
Calcium (Mg)	1.85	Saturated Fat (G)	1.95

Fresh Tomato Salsa

Serving: 1 ounce

Vegetable Condiment

It is a snap to make fresh salsa in the buffalo chopper or food processor, and it leaves the bottled stuff in the dust. This recipe yields a mild salsa, but it is generally best to add jalapeños to taste, as their strength may vary. (Or your kids might like it hot.) Serve as a vegetable condiment with any number of dishes, such as nachos, fajitas, tacos, quesadillas, burgers, chicken, or even on a salad bar! Prepare early in the school year, when tomatoes are in their full glory.

Ingredients	50 Servings	100 Servings
*Peppers, jalapeño, fresh or bottled *(best done to taste as hotness varies*)	1/4 oz (or 2-1/4 tsp bottled)	1/2 oz (or 1-1/2 Tbsp bottled)
*Tomatoes, preferably plum (although not essential), cored	2 lbs 12 oz	3 lbs 8 oz
*Cilantro, fresh, coarsely chopped	1/3 cup (about 9 sprigs)	2/3 cup (about 18 sprigs)
*Onion, peeled and quartered	3 oz (2/3 cup)	6 oz (1-1/3 cup)
*Garlic, fresh cloves, chopped	1-1/4 tsp About 1-2 cloves	2-1/2 tsp About 2-3 cloves
Salt	1/4 tsp	1/2 tsp
Vinegar, white	2-1/4 tsp	1-1/2 Tbsp

Variation:

Mexican Pasta Salad with Fresh Salsa: For each pound of medium pasta shells: toss cooked shells with 1-1/2 cups of the salsa, 1/4 cup cider vinegar, 2 tablespoons vegetable oil, 1/4 teaspoon salt and 1 cup drained and rinsed black beans, which are optional.

Directions

1. If using fresh jalapeños: Cut off stems and discard. Slice in half, lengthwise. Remove seeds with a small spoon or by hand. If using bottled jalapeños skip this step. Note: Use gloves when preparing jalapeños.
2. Add to a buffalo chopper or food processor: The fresh or bottled jalapeños, tomatoes (cut in quarters if using food processor), cilantro, onion and garlic. Chop in buffalo chopper or pulse in food processor JUST until coarsely chopped. .
3. Stir in salt. Before serving, stir in the vinegar.

CCP: Hold for cold service at 41°F or lower.

*** MA farm products needed for recipe. For ordering, see page 19.**

Fresh Tomato Salsa

Serving: 1 ounce

Vegetable Condiment

Preparation Tips:

• **Make more!** Prepare early in the school year during the tomato season, then freeze. Sometimes there are deals on tomato "seconds," which are tomatoes that aren't perfect looking but ripe and tasty.

• **Jalapeño:** *To chop, place* stemmed and seeded Jalapeños in the buffalo chopper or food processor. Chop well, moving pieces towards the center of the buffalo chopper or scraping down the processor bowl, as necessary. (*By hand*, cut fresh jalapeño halves into very thin strips and then across strips into a tiny dice or just chop halves into fine mince.) Note: *Use gloves when preparing jalapeños.*

• **Tomatoes:** Use a tomato corer or knife to remove top core, or slice off top. *If preparing by hand,* first slice then lay slices on top of each other. Cut in one direction and then in the opposite direction. Or, *coarsely chop*, as in recipe: Cut them into quarters, then pulse briefly in the food processor. (Do not over fill the processor.) If they are not very soft, they can be cored, halved and coarsely chopped in the buffalo chopper. (Some cooks like to halve tomatoes and remove seeds before cutting.)

• **Cilantro:** *For very coarsely chopped cilantro,* wash and dry whole bunch before chopping. Remove roots if there are any. Using a large knife and holding the bunch as closely together as possible, slice across from leaves to stem, using both. Add to machine as in recipe, or chop finer by hand.

• **Onions:** *To quarter*, cut off both ends. Make a small slit, top to bottom and remove skin with hands. Cut into quarters.

• **Garlic:** *For an alternative to fresh garlic*, use whole peeled cloves or minced garlic in oil. (For more information on preparing fresh garlic, see page 16.)

Nutritional Analysis per serving			
Calories	6	Vitamin A (IU)	313
Cholesterol (Mg)	0	Vitamin C (Mg)	3.93
Sodium (Mg)	14	Protein (G)	0.27
Fiber (G)	0.37	Carbohydrate (G)	1.2
Iron (Mg)	0.1	Total Fat (G)	0.06
Calcium (Mg)	4.05	Saturated Fat (G)	0.14

Black-Eyed Pea Stew with Fresh Corn and Tomatoes

Serving: 1/4 cup

Main and Vegetable

Created by SchoolFood in NYC and also used in the Berkeley, California system, this recipe is healthy, tasty and easy to prepare.

Ingredients	50 Servings	100 Servings
*Corn	1-1/2 doz About 2-1/2 lbs kernels or 2 qts 3/4 cups kernels	3 doz ear About 5 lbs kernels or 4 qts 1-1/2 cups kernels
*Tomatoes	1 lb	2 lbs
*Peppers, bell	1 (8 oz)	2 (1 lb)
Oil, preferably olive	2 Tbsp	1/4 cup
*Onion, Spanish, diced	1	2
*Garlic, fresh, minced	1-1/2 Tbsp About 4-5 cloves	3 Tbsp About 9 cloves
Cumin, ground	3/4 tsp	1-1/2 tsp
Black-eyed peas, drained and rinsed	54 oz (1/2 #10 can)	108 oz (1 # 10 can)
Salt	1 tsp	2 tsp
Pepper, black or Southwest seasoning	1/2 tsp or more to taste	1 tsp or more to taste

*** MA farm products needed for recipe. For ordering, see page 19.**

Directions

1. Shuck corn, if it is not shucked already. Stand each ear on its short end in a bowl. Remove kernels by cutting downwards with a sharp knife right into a bowl in about 4 strokes. Discard cobs. Set aside kernels.
2. Remove tops or core tomatoes. Dice/chop by hand or in the food processor or buffalo chopper. Set aside with corn.
3. Cut peppers in half lengthwise. Remove top and seeds with hands. Cut half, lengthwise. Then cut into strips lengthwise, turn, and cut across into dice.
4. Heat oil in a large pot over medium heat.
5. Add onions, garlic, peppers, and cook, stirring occasionally, until onions are translucent, about 5 minutes. Do not brown.
6. Add cumin and cook for about 1 minute, stirring constantly.
7. Stir in the corn, tomatoes, black-eyed peas. Cook over medium heat for about 15 minutes to marry the flavors.

   CCP: Heat to 165°F or higher.
8. Season with salt, pepper.
9. CCP: Hold for hot service at 140°F or higher.

Black-Eyed Pea Stew with Fresh Corn and Tomatoes

Serving: 1/4 cup

Main and Vegetable

Preparation Tips:

• **Corn:** Remove outer husk and silk from corn, or use already shucked or leftover corn-on-the-cob. *To remove silk*, if needed, run you hand down each ear. *To remove kernels,* point the end of the ear away from you. With a sharp knife, shave off the kernels, away from you—right into a bowl. *Note that leftover corn on the cob is great in this dish.*

• **Tomatoes:** *To dice by hand,* first remove core with knife, tomato corer or slice it off. Slice tomatoes. Lay slices on top of each other, cut in one direction, and then in the opposite direction. Alternatively, *to coarsely chop in a machine,* core and cut them into quarters, then pulse briefly in the food processor. (Do not over fill the processor.) Or, if they are not very soft, they can be cored, halved and coarsely chopped in the buffalo chopper. (Some cooks like to halve tomatoes and remove seeds before cutting.)

• **Peppers, bell:** *To dice*, first cut in half lengthwise. Remove top and seeds with hands. Cut half, lengthwise. Then cut into strips lengthwise, turn, cut across into dice.

• **Onions:** *To dice*, try this traditional technique for a small dice. Cut whole onion in half, point to point through root end to top of onion. Peel and lay flat side down. Slice. With your knife parallel to the board, slice 2-5 times, towards BUT NOT THROUGH the root end. (Number will depend on size of onion.) Then cut across the onion towards the cutting board *2-5* times. Once again, avoid cutting through the root end. Finally, cut across onion into a dice. (For more information, see page 16.)

• **Garlic:** *For an alternative to fresh garlic*, use whole peeled cloves or minced garlic in oil. *To use fresh garlic*, pull cloves from garlic bulb. (If the bulb is too tight, wrap in towel and whack on counter to loosen.) *To remove skins*, crush cloves with the flat of a large knife, then peel. *To mince*, use a food processor or mince by hand. , crush cloves with the flat of knife. Mince, keeping the point of the knife on the counter and rotating as you chop.

Nutritional Analysis per serving			
Calories	58	Vitamin A (IU)	145
Cholesterol (Mg)	0	Vitamin C (Mg)	6.08
Sodium (Mg)	149	Protein (G)	2.57
Fiber (G)	2.05	Carbohydrate (G)	10.75
Iron (Mg)	0.51	Total Fat (G)	1.09
Calcium (Mg)	8.52	Saturated Fat (G)	.17

Corn Chowder

Serving: 6 ounces

Vegetable

A classic crowd-pleaser well worth the effort!

Ingredients	50 Servings	100 Servings
*Onions, diced	9 oz (1-3/4 cup)	1 lb 3 oz (3-1/2 cups)
*Celery, diced	2-1/2 lbs (1 qt 3 cups)	5 lbs (3 qts 2 cups)
Bacon crumbles	3/4 cup	1-1/2 cups
Thyme, dried leaves	2-1/4 tsp	1-1/2 Tbsp
Water	3 qt 2 cups	1 gallon 3 qts
Chicken base	1-2 oz	3 oz
Potatoes, peeled and diced	2 lbs 12 oz	5 lbs 8 oz
*Corn	2 doz ear About 4 lbs 10 oz kernels or 4 qt 1/2 cup kernels	4 doz ear About 9 lbs 4 oz kernels or 8 qt 1 cup kernels
Milk, whole	2 qt 1 cup	1 gallon 2 cups
Pepper, black, preferably course	1 Tbsp, or to taste	2 Tbsp, or more to taste

*** MA farm products needed for recipe. For ordering, see page 19.**

Directions

1. Add the onions, celery, bacon crumbles and thyme to a steam kettle or large pot.
2. Cook over medium heat, just until onions are soft, but not brown, 5-10 minutes.
3. Add the water, chicken base and potatoes. Simmer until the potatoes are cooked, about 20 minutes.
4. Add the corn (removing the kernels right into the pot, if you like) milk and pepper. Simmer BUT DO NOT BOIL, until the corn is cooked, about 5 minutes.
5. Remove about 2-1/2 quarts of the soup and blend in a food processor until smooth.
6. Add mixture back to the soup.

   CCP: Heat to 165°F or higher.
7. CCP: Hold for hot service at 140°F or higher.

Corn Chowder

Serving: 6 ounces

Vegetable

Preparation Tips:

• **Blending the soup:** If you do not have a food processor, use an immersion blender right in the pot until you reach the desired consistency (slightly blended and creamy looking). Or use a blender.

• **Onions:** *To dice,* remove both ends. Make a small slit, top to bottom, and remove skin with hands. Cut in half. With the flat end down, slice in one direction then cut slices in the opposite direction. (For alternative method, see page 16.)

• **Celery:** *To dice, if using whole bunch,* leave bunch intact. Slice each rib twice lengthwise. (Slice from 1-2 inches above root end to end of bunch. This will hold the bunch together.) Cut crosswise. *To dice individual ribs,* tear needed ribs off from root end. Slice each rib 2-3 times lengthwise, then across into a dice.

• **Potatoes:** *To wash*, scrub with vegetable brush. Peel if needed. (Red potatoes do not need to be peeled.) Cut potatoes should be held on cold water unless using immediately or they will brown. Drain before using. *To dice*, cut in half lengthwise, or simply cut red potato in half. Lay flat end down. Cut in one direction, then in the other direction.

• **Corn** can sometimes be bought shucked. After it is shucked, if needed, run your hand down each ear to remove extra silk. To remove kernels, point the end of the ear away from you. With a sharp knife, shave off the kernels, away from you—right into a bowl or soup pot.

Nutritional Analysis per serving			
Calories	104	Vitamin A (IU)	231
Cholesterol (Mg)	4	Vitamin C (Mg)	6.24
Sodium (Mg)	202	Protein (G)	4.28
Fiber (G)	2.43	Carbohydrate (G)	18.53
Iron (Mg)	0.67	Total Fat (G)	2.3
Calcium (Mg)	63.69	Saturated Fat (G)	0.93

Italian Bean Soup with Corn

Serving: 6 ounces

Main and Vegetable

Use the last of the corn harvest in this healthy vegetarian soup. Don't be put off by the quantity of garlic; it mellows when it cooks, creating a heavenly Italian-flavored broth.

Ingredients	50 Servings	100 Servings
Water	2 gallons 3 qts	5 gallons 2 qts
White navy beans	3 lbs 4 oz	6 lbs 8 oz
*Rosemary leaves, dried	1-1/2 Tbsp dried	3 Tbsp dried
or fresh	3 Tbsp fresh	1/4 cup 2 Tbsp fresh
Garlic, pre-peeled, coarsely chopped	1 cup	2 cups
Tomatoes	2 lbs 8 ounces	5 lbs
*Carrots, sliced	2 lbs	4 lbs
*Corn	1-1/2 doz ear	3 doz ear
	About 2-1/2 lbs kernels	About 5 lbs kernels
	or 2 qts 3/4 cup kernels	or 1 gallon 1-1/2 cups kernels
Parmesan cheese, grated	1 cup	2 cups
Olive oil	1/2 cup	1 cup
Vinegar, white	3 Tbsp	1/4 cup 2 Tbsp
Salt	3 Tbsp (or to taste)	1/4 cup + 2 Tbsp (or to taste)
Pepper, black	2-1/4 tsp	1-1/2 Tbsp
Parsley, chopped	1 small bunch	1 large bunch
		or 2 small bunches

Variation:
Eliminate corn: Add the same poundage, diced, of other seasonal vegetables.

*** MA farm products needed for recipe. For ordering, see page 19.**

Directions

1. Combine water, beans, garlic and rosemary in a steam kettle or large pot. Bring to a light boil and cook, partly covered, until beans are tender, 1 to 1-1/2 hours.
2. Remove roughly 3 cups of beans with a strainer and blend until smooth in the food processor and return to the pot. (OR, use an immersion blender or potato masher to mash some of the beans right in the pot to thicken the soup.)
3. Remove the tomato core (top) and cut into a medium chop in buffalo chopper. food processor or by hand.
4. When beans are done, add the tomatoes and carrots to the soup and continue cooking until the carrots are tender, but not mushy, about 5 minutes.
5. Shuck corn if not already shucked. Add corn, shaving it off right into the pot if you wish, Stir in Parmesan cheese, olive oil, vinegar, salt and pepper.

   CCP: Heat to 165°F or higher.
6. Stir in parsley right before service to keep it bright green.
7. CCP: Hold for hot service at 140°F or higher.

Italian Bean Soup with Corn

Serving: 6 ounces

Main and Vegetable

Preparation Tips:

• **Rosemary:** To use fresh, remove leaves and discard stems.

• **Garlic:** Use whole peeled cloves for this recipe.

• **Corn** can sometimes be bought shucked. After it is shucked, if needed, run your hand down each ear to remove extra silk. *To remove kernels*, point the end of the ear away from you. With a sharp knife, shave off the kernels, away from you—right into a steam kettle or pot.

• **Carrots:** *To purchase,* sliced carrots are sometimes available from a farm vendor. If cutting yourself, they also look attractive sliced across on the diagonal.

• **Parsley:** *For chopped parsley,* wash and dry before chopping. Using a large knife, and holding the bunch as closely together a possible, slice across from leaves to stem, using both. To chop finely, either chop by keeping the point end down and rotating the knife, or chop by quickly raising and lowering the knife onto the parsley. *If using a food processor* instead, DO NOT over chop and wrap in towel to keep dry.

Nutritional Analysis per serving			
Calories	97	Vitamin A (IU)	3138
Cholesterol (Mg)	2	Vitamin C (Mg)	5.62
Sodium (Mg)	508	Protein (G)	4.9
Fiber (G)	2.87	Carbohydrate (G)	14.38
Iron (Mg)	1.58	Total Fat (G)	3.24
Calcium (Mg)	76.1	Saturated Fat (G)	0.74

Cucumber Dill Salad

Serving: 1/2 cup

Vegetable and Main

So easy! This is one of two simple salads in this book that uses the appealing combination of cucumber and dill. (See Cucumber-Apple Salad on page 104.) This one was adapted from a recipe from Claire Kozower, the Farm to School Coordinator at the Somerville Public Schools.

Ingredients	50 Servings	100 Servings
Cucumbers	11 lbs About 17 cucumbers	22 lbs About 34 cucumbers
Creamy Italian dressing	2 cups	1 qt
Fresh dill, chopped	1-1/4 cups	2-1/2 cups

Variation:
Add garlic powder, onion powder and/or ground black pepper to taste.

Directions

1 Dice cucumbers. Peel and slice in half lengthwise. Then, with flat side down, cut each half into 2-4 strips—depending on size of cucumber Mix the cucumbers, dressing and dill in hotel pans. (Note that pickling cucumbers, called Kirbys, do not have to be peeled.)

2. Serve the same day it is tossed.

CCP: Hold for cold service at 41°F or lower.

*** MA farm products needed for recipe. For ordering, see page 19.**

Cucumber Dill Salad

Serving: 1/2 cup

Vegetable

Preparation Tips:

• **Cucumber**: *For a different variety*, kirby (pickling) cucumbers are particularly tasty and firm. When using kirbys, weigh rather than count them, because they are smaller than standard cucumbers. *An alternative technique* is to “pickle” CUT cucumbers very lightly before dressing them: Toss lightly in salt and drain in a perforated tray or colander in the walk-in for 20 minutes to 3 hours before dressing.

• **Dill:** *For chopped dill,* wash and dry before chopping. Tear leaves from stems and discard stems. *To chop by hand,* hold the knife point down and rotate across dill as you chop, OR chop by quickly by raising and lowering the knife onto the dill. If using a food processor, pulse JUST until chopped, scraping down bowl, if necessary. Optional, wrap in towel to keep dry.

Nutritional Analysis per serving			
Calories	50	Vitamin A (IU)	125
Cholesterol (Mg)	0	Vitamin C (Mg)	3.31
Sodium (Mg)	79	Protein (G)	0.67
Fiber (G)	0.52	Carbohydrate (G)	5.86
Iron (Mg)	0.3	Total Fat (G)	3.1
Calcium (Mg)	16.84	Saturated Fat (G)	0.46

Cucumber-Apple Salad

Serving: 1/2 cup

Vegetable and Fruit

Kids love cucumbers, so there are two cucumber salads in this book. Donna Miner, Food Service Manager at Chicopee High School, enjoyed the fresh flavor of this one, which includes apples. It was adapted from an NYC SchoolFood recipe, where it has been served to many school children.

Ingredients	50 Servings	100 Servings
Dressing:		
Oil	2/3 cup	1-1/3 cup
White vinegar	1/3 cup	2/3 cup
*Honey	2 Tbsp	1/4 cup
Apple juice	1/3 cup	2/3 cup
Salt	1-3/4 tsp	2-1/2 tsp
Pepper, black	3/4 tsp	1-1/2 tsp
*Apples, unpeeled, preferably (with) red skins	2 lbs 4 oz (about 7 apples)	4 lbs 8 oz (about 14 apples)
Lemon, juice only	1 lemon (or 3 Tbsp)	2 lemons (or 1/4 cup 1 Tbsp)
*Cucumbers peeled and sliced into 1/4 inch slices.	8.5 lbs (about 12)	17 lbs (about 22)
*Pepper, red bell, diced	3/4 lb (1-3/4 cups)	1-1/2 lbs (3-1/2 cups)
*Onion, red, diced	3-4 oz (about 3/4 cup)	7 oz (about 1-1/2 cups)
*Dill, chopped, optional	1/4 cup	1/2 cup

*** MA farm products needed for recipe. For ordering, see page 19.**

Directions

1. Combine the dressing ingredients: oil, vinegar, honey, apple juice, salt and pepper in a bowl. (This can be done, covered and refrigerated up to a day ahead.)
2. Wash the apples well, as you will be using the skins. Use an inexpensive, handheld apple sectioner to core and section the apples. (Or do this by hand.) Discard the core and halve the slices.
3. Toss the apples with the lemon juice in a large bowl to prevent them from browning.
4. Add the cucumbers, red pepper, red onion and dill, if you are using it.
5. Add the dressing, then toss to thoroughly combine. Chill.

   CCP: Hold for cold service at 41°F or lower.

Cucumber-Apple Salad

Serving: 1/2 cup

Vegetable and Fruit

Preparation Tips:

• **Cucumbers:** Cucumbers can be partly peeled in stripes to cut down on labor and add a pretty look to the salad. Pickling (Kirby) cucumbers do not need to be peeled. They are also particularly tasty and firm. When using kirbys, weigh rather than count them, because they are smaller than standard cucumbers. (An alternative technique for cucumbers is to "pickle" them very lightly before dressing. Toss them very lightly in salt and drain in a perforated tray or colander in the walk-in for 20 minutes to 3 hours before dressing.)

• **Peppers:** *To dice*, cut in half, lengthwise. Remove top and seeds with hands. Cut half lengthwise. Then cut into strips lengthwise, turn and cut across into dice.

• **Onions:** *To dice*, remove both ends. Make a small slit, top to bottom and remove skin with hands. Cut in half. With the flat end down, slice in one direction then cut slices in the opposite direction. (For a smaller dice, try alternative method on page 16.)

• **Dill:** *For chopped dill*, wash and dry before chopping. Tear leaves from stems, and discard stems. To chop by hand, hold the knife point down and rotate across dill as you chop OR chop by quickly raising and lowering the knife onto the dill. If using a food processor, pulse JUST until chopped. Optional: wrap in towel to keep dry.

Nutritional Analysis per serving			
Calories	56	Vitamin A (IU)	283
Cholesterol (Mg)	0	Vitamin C (Mg)	17.04
Sodium (Mg)	85	Protein (G)	0.61
Fiber (G)	1.21	Carbohydrate (G)	7.08
Iron (Mg)	0.25	Total Fat (G)	3.17
Calcium (Mg)	13.51	Saturated Fat (G)	0.44

Tropical Slaw

Serving: 1/4 cup

Vegetable

Recipe tester Denise Pianka, cook at North Middle School in Westfield, found this low-fat slaw easy to prepare and kid-friendly. If you are cooking in a nut-free school, as she is, note her imaginative substitution of spices for the peanut butter. The recipe was adapted from the fabulous SchoolFood in NYC, where it has been successfully served to oodles of school children.

Ingredients	50 Servings	100 Servings
*Cabbage heads	6 lbs 6 oz	12 lbs 12 oz
*Romaine lettuce	1 head	2 heads
*Carrots, peeled and shredded	6 oz (2 cups)	12 oz (1 qt)
*Scallions, white and green, thinly sliced	1/2 cup	1 cup
*Cilantro, chopped	1/2 cup	1 cup
*Basil, chopped	1/2 cup	1 cup
Pineapple chunks, crushed or chunks, drained, juice reserved for dressing	1-1/2 cups	3 cups
Vinegar, cider or white	1/2 cup	1 cup
Sugar	1/4 cup	1/2 cup
Soy sauce	1 Tbsp	2 Tbsp
Chili powder	1 tsp	2 tsp
Peanut butter, preferably chunky	1/3 cup	2/3 cup
OR		
Cinnamon and	1 Tbsp	2 Tbsp
Nutmeg	1-1/2 tsp	1 Tbsp
Salt	1 tsp	2 tsp
Oil, vegetable	3/4 cup	1-1/2 cups

*** MA farm products needed for recipe. For ordering, see page 19.**

Directions

1. Prepare and shred cabbage and lettuce (see below).
2. Combine cabbage, lettuce, carrots, scallions, cilantro, basil and pineapple—reserving 1/4 cup pineapple juice per 100 servings for the dressing and a few tablespoons of the carrots and herbs for garnish.
3. Whisk together the vinegar, sugar, soy sauce, chili powder, reserved pineapple juice, and **peanut butter** (or cinnamon and nutmeg if you are using it).
4. Slowly add oil as you whisk until dressing is well blended.
5. Pour dressing over vegetables and mix well with tongs.
6. Garnish with reserved carrots and herbs.
7. CCP: Hold for cold service at 41°F or lower.

Tropical Slaw

Serving: 1/4 cup

Vegetable

Preparation Tips:

• **To Hold Longer/For Maximum Crunch:** Don Sabola, chef at UMASS Amherst, suggests that you omit the lettuce or replace it with cabbage if you need to hold it for more than an hour or two, because the cabbage stays crunchy.

• **Cabbage:** *To prepare cabbage*, first remove the outer layer with your hands. Cut in half lengthwise through the root. Remove the core by slicing in on either side and pulling it out. *To shred*, lay flat end down and slice thinly, OR use food processor, OR use the coarse end of cheese grater.

• **Romaine Lettuce:** *To shred*, remove damaged outer leaves, if any. Cut leaves into thin slices and discard root end. OR cut off root end and use the slicing blade of a food processor.

• **Carrots:** *To shred*, use food processor or large holes of a grater.

Nutritional Analysis per serving			
Calories	65	Vitamin A (IU)	1647
Cholesterol (Mg)	0	Vitamin C (Mg)	23.34
Sodium (Mg)	92	Protein (G)	1.55
Fiber (G)	2.02	Carbohydrate (G)	6.31
Iron (Mg)	0.59	Total Fat (G)	4.36
Calcium (Mg)	37.23	Saturated Fat (G)	0.63

Rainbow Pasta Salad

Serving: 1 cup

Vegetable and Grain

This dish originally included vegetables only, but the Monson schools tossed it with vegetables and created a hit. The technique is unusual—Vegetables are simmered in liquid that becomes their dressing. The result is a lightly flavored pasta salad that is fresh tasting and particularly appealing to elementary school children. Thanks Monson!

Note: The vegetables need to be cooked the day before.

Ingredients	50 Servings	100 Servings
Olive oil or olive oil blend	1 cup	2 cups
Lemon juice	1 cup	2 cups
Sugar	1-1/2 Tbsp	3 Tbsp
*Garlic, fresh, minced	1 Tbsp 1 tsp 4 cloves	2 Tbsp 2 tsp 8 cloves
Salt	1 Tbsp 1 tsp	2 Tbsp 2 tsp
Fennel, seeds	1 Tbsp 1 tsp	2 Tbsp 2 tsp
Coriander, ground	2-1/4 tsp	1-1/2 Tbsp
*Oregano, fresh or dried leaves	2 Tbsp 3/4 tsp or 2-1/4 tsp (dried)	1/4 cup 1-1/2 tsp or 1-1/2 Tbsp (dried)
*Thyme, fresh or dried leaves	2 Tbsp 3/4 tsp or 2-1/4 tsp (dried)	1/4 cup 1-1/2 tsp or 1-1/2 Tbsp (dried)
Pepper, black	3/4 tsp	1-1/2 tsp
*Cauliflower, cut into bite-sized florets	4 lbs (2 large or 3 small heads)	8 lbs (4 large or 6 small heads)
*Carrots, sliced	3 lbs	6 lbs
*Zucchini	4 1/4 lbs (4-5 medium zucchini)	8-1/2 lbs (8-10 medium zucchini)
Rotini pasta, rainbow	3 lbs 12 oz	7 lbs 8 oz

Variations:

Broccoli may be substituted for cauliflower. It cooks about 2 minutes less.

*** MA farm products needed for recipe. For ordering, see page 19.**

Directions

1. Combine the olive oil, lemon juice, sugar, garlic, salt, fennel seeds, coriander, oregano, thyme and pepper in a pot. Boil for 5 minutes.
2. Add the cauliflower and simmer, covered, until tender but not mushy, 8-10 minutes.
3. Cut the zucchini lengthwise into halves (or fourths if they are large). Slice into 1-inch lengths, straight or on the diagonal.
4. Add the carrots and zucchini to the pot and continue to simmer, covered, until all the vegetables are cooked but still slightly firm and not crunchy, about an additional 5-20 minutes, depending on power of the stove. (Do not overcook; the vegetables will continue to cook as they cool in their dressing.)

   CCP: Heat to 140°F or higher.
5. Cool and chill the vegetables overnight in their dressing.

   CCP: Cool from 140°F to 41°F within 4 hours.
6. Cook pasta in a steamer or lightly salted boiling water until tender, but still firm, 8-15 minutes, depending on method used.
7. Run pasta under cold water and drain well.
8. Toss pasta with the chilled vegetables and their dressing, adding a little water, if necessary.
9. Serve immediately.
10. CCP: Hold for cold service at 41°F or lower.

Rainbow Pasta Salad

Serving: 1 cup

Vegetable and Grain

Preparation Tips:

• **Holding Vegetables:** Store in their dressing in the walk-in at 41°F for up to 2 days.

• **Garlic:** *For an alternative to fresh garlic*, use whole peeled cloves or minced garlic. *To use fresh garlic*, pull cloves from garlic bulb. (If the bulb is too tight, wrap in towel and whack on counter to loosen.) *To remove skins*, crush cloves with the flat of a large knife, then peel. *To mince*, use a food processor or mince by hand. *By hand*, crush cloves with the flat of knife. Mince, keeping the point of the knife on the counter and rotating as you chop.

• **Oregano and Thyme:** *When using fresh*, remove leaves from stems. Discard stems. Use whole thyme leaves, chop oregano leaves.

• **Cauliflower:** *For florets*, with the base down, cut in half through the core. Hold one half up and bend the core towards you to remove (or remove with knife). Repeat with second half. Break florets off by hand. (They can be cut with a knife, but this results in some cauliflower crumbles.)

• **Carrots:** *To purchase,* sliced carrots and carrot sticks are sometimes available from a farm vendor.

Nutritional Analysis per serving			
Calories	187	Vitamin A (IU)	4629
Cholesterol (Mg)	0	Vitamin C (Mg)	15.03
Sodium (Mg)	216	Protein (G)	5.35
Fiber (G)	2.61	Carbohydrate (G)	30.71
Iron (Mg)	1.55	Total Fat (G)	4.99
Calcium (Mg)	26.4	Saturated Fat (G)	0.71

Italian Pasta Salad

Serving: 1 cup

Grain, Vegetable and Main

Recipe testers Linda Hardie and Lynn Adams received good reviews from Westfield High School students for this dish. Many kitchens have little or no stovetop space, or a large pot takes forever to boil, so this recipe steams the pasta.

Ingredients	50 Servings	100 Servings
Vinegar, cider	2-1/2 cups	5 cups
Salt	2-1/2 Tbsp	1/4 cup 1 Tbsp
*Garlic, fresh, minced	2-1/2 Tbsp	1/4 cup 1 Tbsp
(Essential that it is very fine)	About 7-8 cloves	About 14-16 cloves
Mustard, dried	1 Tbsp 1/4 tsp	2 Tbsp 1/2 tsp
Oregano, dried	2-1/4 tsp	1 Tbsp 1-1/2 tsp
Pepper, black	1-1/2 Tbsp	3 Tbsp
Oil, preferably an olive oil blend	1-3/4 cups	3-1/2 cups
Rotini pasta	4 lbs 6 oz	8 lbs 12 oz
*Broccoli bunches	5 lbs 12 oz	11 lbs 8 oz
	About 5-6 bunches	About 10-12 bunches
*Carrots, sliced	2 lbs	4 lbs
*Plum tomatoes, diced or	3 lbs	4 lbs
coarsely chopped	About 18	About 36
Olives, sliced	1-1/2 cups	3 cups
Parmesan cheese, grated	4 oz (1 cup)	8 oz (2 cups)
(good quality)		

*** MA farm products needed for recipe. For ordering, see page 19.**

Directions

1. Mix vinegar, salt, garlic, mustard, oregano and pepper in a bowl. Slowly pour in oil and whisk to combine.

2. Steam the pasta for about 15 minutes or JUST until tender but still firm (DO NOT OVERCOOK; time will be determined by intensity of steamer). Drain. Rinse under cold water until pasta is cold.

   CCP: Cool from 140°F to 70°F within 2 hours and from 70°F to 41°F within 4 hours OR Cool from 140° to 41°F within 4 hours.

3. Mix the pasta with the rest of the dressing to prevent sticking.

4. Cut broccoli crowns into small florets. If you are using the stems, remove 1-2 inches from the tough ends and discard. Peel the remaining stems and slice thinly.

5. Steam broccoli, together with the stems if using them, until slightly tender but still bright green on the firm side, about 3 minutes.

   CCP: Heat to 140°F or higher.

6. Run under cold water until well chilled. Drain well and add to pasta.

   CCP: Cool from 140°F to 70°F within 2 hours and from 70°F to 41°F within 4 hours OR Cool from 140° to 41°F within 4 hours.

7. Just before service: Toss pasta with the remaining dressing, broccoli, carrots, plum tomatoes, olives and Parmesan cheese. If necessary, up to 1/2 cup water may be added per 100 servings. (*Tossing right before service prevents the pasta from absorbing the dressing and becoming dry.*)

8. CCP: Hold for cold service at 41°F or lower.

Italian Pasta Salad

Serving: 1 cup

Grain, Vegetable and Main

Preparation Tips:

To Hold Dressing: This dressing may be prepared and refrigerated a day before serving.

To Cook Pasta in a Pot: Bring 3 quarts of water for each pound of pasta to a rapid boil. Add salt (1 tsp per pound) and pasta. Cook, stirring once or twice, until tender but still firm (do not overcook), about 8 minutes.

• **Garlic:** *For an alternative to fresh garlic*, use whole peeled cloves or minced garlic in oil. (For more information on preparing garlic, see page 16.)

• **Broccoli:** *For florets*, try this quick technique from Donna Miner, Chicopee High School Kitchen Manager: Hold broccoli bunch securely by stem, off the cutting board. Cutting away from you and holding the knife diagonally, use a chopping motion to remove the florets. If some are too large, cut. *Cooking time*: Cook broccoli until it turns bright green and is tender but firm, as it will continue to cook and become darker, mushy and unappetizing.

• **Carrots:** *To purchase*, sliced carrots are sometimes available from a farm vendor. Peeled carrots can be sliced by hand or in the food processor. Hand-sliced carrots look attractive sliced across on the diagonal.

•**Tomatoes:** Use a tomato corer or knife to remove top core. *To dice by hand*, slice lengthwise, stack, cut on one direction and then the opposite direction. *To coarsely chop*, cut into quarters, then pulse briefly in the food processor. (Do not over fill the processor) Or, if they are not very soft, halve them, then coarsely chopped in the buffalo chopper.

Nutritional Analysis per serving			
Calories	264	Vitamin A (IU)	3616
Cholesterol (Mg)	2	Vitamin C (Mg)	51.27
Sodium (Mg)	446	Protein (G)	7.96
Fiber (G)	3.59	Carbohydrate (G)	36.88
Iron (Mg)	2.11	Total Fat (G)	9.7
Calcium (Mg)	67.5	Saturated Fat (G)	1.54

Greek Salad Wraps

Serving: 1 wrap (1 wrapper, 1⁄2 cup salad)

Vegetable

Local tomatoes add stand-out flavor to this healthy portable salad. The recipe was tested by Lynn Petrowski, Food Service Director for the Middleborough Schools, who said it won't get soggy, because there was only 1/2 cup of salad per wrap. Better yet, it moved fast!

Ingredients	50 Servings	100 Servings
Lemon juice, fresh or frozen	1/2 cup 2 Tbsp	1-1/4 cups
Parmesan cheese, grated	2.2 oz (3/4 cup)	4.5 oz (1-1/2 cups)
*Mint leaves, coarsely chopped (or dried mint)	1/2 cup (3 Tbsp dried)	1 cup (1/4 cup 2 Tbsp dried)
Garlic, fresh, minced	1/4 cup About 6 cloves	1/2 cup About 8 cloves
Oil, preferably olive or olive blend	2/3 cup	1-1/3 cups
*Lettuce, romaine	3 lbs 12 oz About 3 heads	7-1/2 lbs About 6 heads
*Tomatoes, diced or coarsely chopped	3 lbs	6 lbs
*Onions, Spanish or red, diced (optional)	1-1/2 lbs (about 5 cups)	3 lbs (about 2 qt 2 cups)
*Cucumbers, peeled and diced	2 1/2 lbs (5 cups)	4-1/2 lbs (2 qt 2 cups)
Feta cheese, crumbled	2 lbs	4 lbs
Olives, pitted, sliced or halved	1-1/2 cups	3 cups
Flour tortillas, 10"	50	100

*** MA farm products needed for recipe. For ordering, see page 19.**

Directions

1. Add lemon juice, Parmesan cheese, mint and garlic to a bowl. Gradually whisk in olive oil until combined.
2. Trim, shred and rough chop the lettuce. Wash and dry thoroughly.
3. Toss the lettuce, tomatoes, onions (if using them), cucumbers, feta cheese and olives with the dressing.
4. Steam tortillas for 3 minutes until warm. (If not using immediately, cool, then cover with foil to keep moist until ready for use.)
5. Lay out the tortillas and top each with 1⁄2 cup salad mixture.
6. Fold the right and left sides of the tortilla into the center.
7. Roll the tortillas away from you, until all the contents are enclosed.
8. Cut diagonally each tortilla in half and secure with toothpick, if necessary.
9. Chill and serve as soon as possible after preparation.
10. CCP: Hold for cold service at 41°F or lower.

Greek Salad Wraps

Serving: 1 wrap (1 wrapper, 1⁄2 cup salad)

Vegetable

Preparation Tips:

• **Mint:** Remove leaves from stems. Discard stems. Wash, dry and chop leaves by hand or pulse JUST until coarsely chopped in the food processor.

• **Garlic:** *For an alternative to fresh garlic*, use whole peeled cloves or minced garlic in oil. *To use fresh garlic*, pull cloves from garlic bulb. (If the bulb is too tight, wrap in towel and whack on counter to loosen.) To remove skins, crush cloves with the flat of a large knife, then peel. *To mince*, use a food processor or mince by hand. *By hand*, crush cloves with the flat of knife. Mince, keeping the point of the knife on the counter and rotating as you chop.

•**Tomatoes:** Using a tomato corer or knife, remove top core. Slice. *To dice*, lay slices on top of each other, cut in one direction, and then in the opposite direction. Or, tomatoes can be coarsely chopped: Core, cut them into quarters, then pulse briefly in the food processor. (Do not over fill the processor.) Or, if they are not very soft, they can be cored, halved and coarsely chopped in the buffalo chopper. (Some cooks like to halve tomatoes and remove seeds before cutting.)

• **Onions:** *To dice,* remove both ends. Make a small slit, top to bottom and remove skin with hands. Cut in half. With the flat end down, slice in one direction, then cut slices in the opposite direction. It is easier to cut a smaller dice using a traditional technique, and you may want to do so, as the onions will be eaten raw. *For a smaller dice*, cut whole onion in half, point to point—through root end to top of the onion. Peel and lay flat side down. With your knife parallel to the board, slice 2-5 times, towards BUT NOT THROUGH the root end (number will depend on size of onion). Then cut across the onion towards the cutting board, 2-5 times. Once again, avoid cutting through the root end. Finally, cut across onion into a dice.

• **Cucumber:** *To dice*, peel and slice in half lengthwise. With flat side down, cut each half into 2-4 strips depending the size of the cucumber. Cut across strips. *For a different variety*, kirby (pickling) cucumbers are particularly tasty and firm and they do not have to be peeled. When using kirbys, weigh rather than count them, because they are smaller than standard cucumbers.

Nutritional Analysis per serving			
Calories	312	Vitamin A (IU)	2315
Cholesterol (Mg)	17	Vitamin C (Mg)	14.56
Sodium (Mg)	653	Protein (G)	9.09
Fiber (G)	3.35	Carbohydrate (G)	38.93
Iron (Mg)	1.72	Total Fat (G)	13.49
Calcium (Mg)	167.03	Saturated Fat (G)	4.4

Washing Fruits and Vegetables

Sample Standard Operating Procedure (SOP) adapted from
NFSMI (http://sop.nfsmi.org/HACCPBased SOPs.php)

PURPOSE: To prevent or reduce risk of foodborne illness or injury by contaminated fruits and vegetables.

SCOPE: This procedure applies to foodservice employees who prepare or serve food.

INSTRUCTIONS:

1. Train foodservice employees to follow this Standard Operating Procedure (SOP).

2. Follow Massachusetts or local health department requirements.

3. Wash hands using the proper procedure.

4. Wash, rinse, sanitize, and air-dry all food-contact surfaces, equipment, and utensils that will be in contact with produce, such as cutting boards, knives, and sinks.

5. Follow manufacturer's instructions for proper use of chemicals.

6. Wash all raw fruits and vegetables thoroughly before combining with other ingredients, including:
   - Unpeeled fresh fruit and vegetables that are served whole or cut into pieces.
   - Fruits and vegetables that are peeled and cut to use in cooking or served ready-to-eat.

7. Wash fresh produce vigorously under cold running water or by using chemicals that comply with the 1999 FDA Food Code. Packaged fruits and vegetables labeled as being previously washed and ready-to-eat are not required to be washed.

8. Scrub the surface of firm fruits or vegetables such as apples or potatoes using a clean and sanitized brush designated for this purpose.

9. Remove any damaged or bruised areas.

10. Label, date, and refrigerate fresh-cut items.

11. Serve cut melons within 7 days if held at 41°F or below. Refer to the Date Marking Ready-to-Eat, Potentially Hazardous Food SOP.

12. Do not serve raw seed sprouts to highly susceptible populations such as preschool-age children.

MONITORING:

1. The foodservice manager will visually monitor that fruits and vegetables are being properly washed, labeled, and dated during all hours of operation.
2. Foodservice employees will check daily the quality of fruits and vegetables in cold storage.

CORRECTIVE ACTION:

1. Retrain any foodservice employee found not following Standard Operating Procedures (SOP).
2. Remove unwashed fruits and vegetables from service and wash immediately before being served.
3. Label and date fresh cut fruits and vegetables.
4. Discard cut melons held after 7 days.

VERIFICATION AND RECORD KEEPING:
The foodservice manager will complete the Food Safety Checklist daily to indicate that monitoring is being conducted as specified in this SOP. The Food Safety Checklist is to be kept on file for a minimum of 1 year.

DATE IMPLEMENTED: _____ BY: _____

DATE REVIEWED: _____ BY: _____

DATE REVISED: _____ BY: _____



Want to Support Classroom Cooking?
Tired of Your Food Service Pots and Spatulas Disappearing?

Create a Mobile Classroom Cooking Cart!

A sturdy, user-friendly cooking cart can be created for less than $400 dollars —a great project for your PTO, a local garden club or business, or key club to support.

To start, we chose an open-sided three-tier Rubbermaid utility cart (approx. $180 plus shipping)—there are various open and enclosed models from which to choose.

Here's what we put on our cart:
A Blender, Single Electric Burner, Colorful Nesting Mixing Bowls
Fry or Sauté Pan, Medium Saucepan with Lid
Baking Sheet, Loaf Pan, Mini Muffin Tin
Cutting Boards, Measuring Cups
Dishtowels, Hot pads, Timer, Disposable Gloves

A utensil tray with:
Paring and Medium Knives, Spatulas, Measuring Spoons
Slotted and Assorted Mixing Spoons, Tongs
Whisk, Vegetable Peeler, Can Opener, Pizza Cutter

A covered plastic container with re-stockable:
Flour, Salt, Baking Powder and Baking Soda, Vegetable Oil
Plus, A washable tablecloth to cover cart when not in use and work-surfaces while cooking, and a loose-leaf binder with recipe ideas in plastic sleeves that can be added to by you, teachers and students.

Suggestions to encourage use by classes:
Present the cart at a staff meeting, so everyone knows it exists and how it can be used.

Create a sign-out sheet where the cart is stored. If someone wants to use the cart, take the whole cart to avoid misplaced items. Label appliances, pans and bowls with the name of your school and "cooking cart."

Here is an easy recipe we have in our cooking cart recipe book:

Black Bean Hummus
Mix in the blender:
2 cans of black beans (drained), 2 scallions
2 garlic cloves, 2 sprigs parsley
6 Tablespoons sesame tahini, 6 Tablespoons lemon juice
1/2 teaspoon salt
Serve this nutritious and delicious snack on bread or crackers!

Seeds of Solidarity educator Casey Beebe designed and created this cooking cart in collaboration with Orange Elementary Schools Food Service Director Sherry Fiske.



Encourage your school administration and teachers to support your farm to school purchasing efforts. Engage them in a round of....

Farm to School Frameworks Bingo!

Developed by Deb Habib, Seeds of Solidarity Education Center, Orange, MA

Purpose:
This professional development activity can be used with teachers, administrators, food service directors, parent groups, and community educators. It can be incorporated into school in-service workshops, conference presentations, or community meetings. It demonstrates the many ways in which farm to school can support and enhance the academic curriculum.

Materials and Preparation:
The activity facilitator should prepare:

- A copy of the attached "bingo board" for all participants/attendees
- Extra pens or pencils for those who might not have one
- Copies of the list of frameworks to distribute after the game is played
- Themed prizes for the top 2 or 3 winner, such as: a packet of seeds, an inexpensive trowel, a local butternut squash or half gallon of cider, a recipe booklet

Optional: Clipboards, if participants will not have a table or book surface on which to rest their bingo board while playing, an overhead projection of the list of frameworks.

Time for Activity: Approximately 30 minutes

Let's Play! The Process
Describe the Activity:
Explain to participants that they will be playing Farm to School Bingo in order to match activities related to local food, farms and school gardens to learning standards and goals of the Massachusetts State Curriculum Frameworks.

Get Ready:
Pass out bingo boards (but not the list of frameworks). Allow participants a minute or two to familiarize themselves with the activities on the board. Explain that the goal of the activity will be to get 5 squares in a row: horizontally, vertically, or diagonally. They will mark squares by being able to match an activity to a specific curriculum standard as it is read aloud by the facilitator.

Rules:
Before playing, explain that:

- Participants may only mark one square in response to each learning standard read out loud. However, there is likely more than one activity square that can be "matched" to a learning standard; creative connection making within reason is encouraged!
- Once someone has achieved 5 in a row, they will call out bingo.
- They will be required to explain the connections they have made, the "jury" being the other participants.

Play!
The facilitator reads aloud a learning standard from the page entitled "Excerpts from Massachusetts Curriculum Frameworks", first stating the identifying letter (A, B, J, K, etc.), then reading the selected standard. Read the learning standard twice to ensure all participants hear it. (*Optional: the facilitator may also use an overhead projector, uncovering learning standards as they are read, one by one, so that participants can see as well as hear them.*)
Participants individually locate an activity described in a square on their bingo board that they feel meets the goals of that learning standard, and write the identifying letter (A, B, J, K, etc...) on that square (remember, only one square!). The facilitator reads another learning standard aloud. (Allow a minute or so for participants to make matches, but not more than that to keep the game moving).

The game continues until someone calls out bingo. When they do, they read out the first square in their "bingo" row, and the letter they marked. The facilitator then reads the matching framework back to the group. The "winner" illuminates how they've made the connection between activity and standard, if not obvious. The group confirms that this is a reasonable and/or creative match (or not!). Repeat with the other squares in the row. Unless the majority of the group disagrees with any matches, you have your first winner.

Continue to play for a second (or third) winner if time allows. A benefit of playing to a second winner is that the group will see that there may be a variety of activities that fulfill learning standards, promoting the essence of the game.

There is a variety of exciting classroom activities that can be done to link "farm to school" to the curriculum while meeting state learning standards!

Provide participants with a copy of the list of frameworks, and a fresh bingo board if desired, so they can facilitate the activity with others. Give prizes to the winners.

Ask participants:
Did this activity spark new ideas for them in regard to "farm to school" related curriculum integration? If so, what? Do they have settings in which they could try out this activity with other peers or for school/community education to encourage awareness about and participation in farm to school projects? How might they adapt this activity?

Variations:
Create an additional board with other activity ideas so players are using two different boards, and hearing even more ideas! Brainstorming activities and projects to include on a board is a wonderful lesson, sparking **ideas and possibilities.**

The learning standards included are from a variety of subject areas and for elementary grades. These are but a few learning standards...incorporate others available on the Massachusetts Department of Education website for secondary grades, or to stress connections to a specific subject area, such as health or science only.

If time is limited or you want to encourage a collective approach to playing: Make an overhead image of the bingo board itself, reading aloud the standards and having the group call out possible matches as you mark the squares (one or more at a time) with an erasable marker.

Excerpts from Massachusetts Curriculum Frameworks
For Use with Farm to School Frameworks Bingo*

A) Recognize changes in appearance that animals and plants go through as the seasons change. (Science and Technology, Life Science, Learning Standard 7, Grades PreK-2)

B) Students will understand and acquire new vocabulary and use it correctly in reading and writing. (Language Arts, Vocabulary and Concept Development, Learning Standard 4, Grades 3-5)

C) Use the USDA Food Guide Pyramid and its three major concepts of balance, variety and moderation to plan healthy meals and snacks. (Health, Nutrition, Improving Nutrition, Learning Standard 3.2, PreK-5)

D) Identify materials used to accomplish a design task based on a specific property, i.g., weight, strength, hardness and flexibility. (Science and Technology, Technology/Engineering, Learning Standard 1.1, Grades 3-5)

E) Use a variety of manipulative locomotor (walking, running, skipping, hopping, galloping, sliding, jumping, leaping) and nonlocomotor skills as individuals and in teams. (Health, Physical Activity and Fitness, Learning Standard 2.1, PreK-5)

F) Give examples of goods and services provided by their local businesses and industries. (History and Social Science, MA History and Geography, Learning Standard 3.13, Grade 3)

G) Create age appropriate media productions (radio, script, television, play, etc.) for display or transmission. (Language Arts, Media, Learning Standard 27.1, PreK-4)

H) Describe how energy derived from the sun is used by plants to produce sugars (photosynthesis) and is transferred within a food chain from producers (plants) to consumers to decomposers. (Science and Technology, Life Science, Learning Standard 11, Grades 3-5)

I) Describe types of natural resources and their connection with health. (Health, Personal and Community, Ecological Health, Learning Standard 13.1, PreK-5)

J) Recognize and discuss the different properties of soil, including color, texture (size of particles), the ability to retain water, and the ability to support the growth of plants. (Science, Earth and Space Science, Learning Standard 5, Grades 3-5)

K) Identify the connection between foods served in the home with regional food production. (Health, Nutrition, Safe and Adequate Food Supply, Learning Standard 3.5, PreK-5)

L) Give examples of services that people do for each other. Give examples of the choices people have to make about the goods and services they buy and why they have to make choices. (History and Social Science, Economics, Learning Standards 10 and 11, Grade 1)

*Curriculum frameworks are periodically updated and learning standards included here may not reflect the most current versions. Do check for accuracy if used in ways other than this activity.

Create and illustrate a recipe book of student's favorite vegetable dishes.	Write/draw journal entries Documenting the changing seasons on a farm.	Create maps of farms in your region of Massachusetts, now and in the past, and discuss the reasons for any changes.	Create a public service announcement promoting a meal made of Massachusetts grown products.	Create a survey for parents and community members and gather data about favorite local vegetables. Graph results.
Visit a restaurant that features locally grown food and interview the chef about how the menu changes with the season.	Make ceramic bowls and hold a fundraiser/ celebration selling the bowls filled with soup made from vegetables and products from local farms.	Create and perform a play about the physical benefits of eating fresh fruits and vegetables.	Use the senses to compare, contrast and identity various types of soils, then write descriptive soil poetry.	Working within a budget, students plan a week of healthy, seasonal meals for a family of four that feature Massachusetts products.
Create a display for the cafeteria about food preparation safety.	Discuss causes of hunger in the community and world. Plant a row for the hungry to donate to a food pantry	Sample foods from a local farm to learn about food groups and important nutrients.	Design a machine that will automatically irrigate a school garden or field on a farm.	Attend a local farmers market committee meeting to understand how a meeting is run.
Buy bulk seeds. Count into packets. Decorate with cultivation and nutritional information. Sell or distribute to promote growing vegetables.	Locate Massachusetts grown crops typical to various ethnicities and study each crop's "immigration" to the US.	Create multilingual signs naming crops and products grown on Massachusetts's farms.	Invite a local farmer to visit and talk about their career, then discuss new things learned about farms and farming.	Design a small farm to scale on graph paper. Measure and compute things like total growing area and distance from fields to irrigation source.
Choose a food crop grown or produced in Massachusetts And illustrate its "life cycle" from farm to consumer.	Write letters to other students with "farm to school" programs or events around the state or nation.	Using the USDA food pyramid as a template, design a local pyramid of Massachusetts's products that fall into each food group.	Play a school yard game: teams run to collect cards representing local and non-local foods placed at varying distances based on "food miles" from source to consumer.	Cook and sample nutritious recipes using local produce.

Cultivating Hope, Educating for Change

Seeds of Solidarity Education Center

FARM TO SCHOOL FRAMEWORKS BINGO

Seeds of Solidarity
Education Center, Inc
165 Chestnut Hill Rd.
Orange, MA 01364
www.seedsofsolidarity.org

Classroom Lesson for Teachers: How Many Miles from Farm to Table?

Developed by Seeds of Solidarity Education Center
Food service personnel, a health or classroom teacher, or community volunteers can teach this series of mini-lessons to students. Each takes about 30 minutes; the lessons can stand-alone, or be done in sequence on one day, or over a period of days. Geared towards upper-elementary students, they can be adapted for lower or higher grades and foster math, writing, communication, and critical thinking skills.

1,500 Miles to Breakfast has students compare a typical breakfast with one that is sourced from locally produced foods.

Taste, Texture, and Travel engages students in comparing and contrasting salad mixes grown and bagged many miles away with those from a local farm.

Grow a Salad Garden encourages young farmers with an easy mini-garden.

Objectives of the Lessons:
Students explore the concept of "food miles," the distance food travels from farm to table.

Students compare health and environmental benefits of local food with food that travels great distance.

Students learn about local farms and foods, and how they contribute to a healthy community.

Part 1) 1,500 Miles to Breakfast
Have ready one paper shopping bag with foods or identifying containers such as: Orange juice, white and chocolate milk, cereal box, sugar, bananas, bacon, eggs, bread. Have ready another paper or canvas shopping bag containing foods or identifying containers with foods such as Massachusetts produced apples or apple cider, milk, maple syrup, locally produced bacon, locally produced eggs. Ask students what 1,500 represents in this activity? Entertain guesses and then explain that it is the average distance food travels from farm to table.

Starting with bag number1, explain that you just went shopping for some breakfast items. Pull the items from the bag, one by one, and ask the students where each comes from (plant or animal, as well as what state or country, which should be listed on the packaging). Then, make a chart on the board to list the food, source (plant/animal and location), and approximate miles traveled by each item from farm to table (use a map or encourage guesses). Total all of the food miles required for this breakfast. Explain that when food travels a great distance it requires fossil fuels for transport (which we are depleting and which cause pollution and global warming), can lose freshness, and we do not get to know the farmer.

Ask the students which of these items they think might be found or able to be grown locally, and if not, are there alternatives that could be included (such as apples instead of oranges or bananas, maple syrup instead of sugar on cereal or chocolate in milk)? Pull the items from bag number two. Create a similar list of sources and miles traveled, encouraging students to name any local or regional farms they know of that produce any of these products. In addition to being delicious, buying breakfast foods produced locally reduces fuel, helps maintain beautiful farmland and supports local jobs and economy.

It is important to stress that eating a healthy breakfast is great, no matter its source! This activity simply helps demonstrate how many nourishing breakfast foods can be grown right in our own state.

Part 2) Taste, Texture, and Travel

Most supermarkets now carry bagged salad mixes containing a variety of colors and shapes. If possible, select both an organic and non-organic brand. Get a pound of salad mix from a local farmer. Place bowls of these in two or three different spots in the classroom or cafeteria, with sheets of paper and pencils near each, but do not yet inform the students which is which. Have students float to the different samples, first observing the various colors and textures of each sample, and then writing words or phrases on the paper to describe their observations, encouraging the use of adjectives. Next put the samples in small tasting cups, and have students add their comments regarding flavor to the comment sheets. You may choose to provide a salad dressing (see recipe below), or try plain.

Reconvene as a whole group. First, you may want to have students vote on their favorite, based on visual and flavor appeal. Read aloud the comments for each sample, and then tell students the source.

Brainstorm the pros and cons of each salad mix from an environmental and economic perspective. Here are some points to add if the students do not: The "distant" salads require fossil fuels for transport and for bags, which are petroleum based and create trash; You may not consume them until a week after harvest; Most are produced by large corporations and thus the farmer doesn't make as much as by selling directly to a customer. The organic brand is grown without pesticides and herbicides, better for you and for the land, but still travels many food miles. Because they are grown in warmer climates, you can usually get these salads any time of year (until the fuel runs out!). The local salad may have been harvested within a day of your eating it, and was grown close by, using less energy. You can get to know the local farmer that grew it, and buying directly from the farm gives farmers the best dollar for their efforts. Because we have a cold winter, you cannot get salad from local farms all year long, but many do produce it 9 or 10 months of the year in field and greenhouses. Buying from local farmers helps keep Massachusetts's agriculture strong. Eating any salad is great! But students can make choices to support local farmers whenever possible.

Kids' Favorite Maple Salad Dressing: Put 1 cup of olive oil in a mason or other jar that has a lid. Add 1/4 cup of balsamic vinegar and 1 Tbs cider vinegar. Add 1 Tbsp mustard and 2 Tbsp. Real Maple Syrup. Add a sprinkle of salt and a dash of pepper. Put on lid, shake it up well, and dress your salad!

Part 3) Grow a Salad Garden: Many seed companies sell lettuce, mesclun and Asian green mixes that are great for salad gardens (try Johnnyseeds.com). Relatively cold hardy, they can be sown and harvested from early spring until late fall, and grow quickly, which coincides well with a school year schedule.

- Start with a bed of fertile soil or compost, or
- Make a mini-bed. Poke holes in the bottom of a plastic fish flat from a restaurant, or make one 20" x 10"x 3" deep of wood (not pressure treated, with slats on the bottom for drainage) then fill with fertile soil.
- Sprinkle seeds like lettuces, Asian greens, spinach, kale and mustards in rows.
- If a mini bed, put in a sunny window or greenhouse. Keep soil moist.
- In 2-3 weeks, cut your baby greens with a scissors and enjoy a salad.
- Do not pull them out. Keep moist. They will grow again.
- Cut and enjoy 2-3 times, then add more soil and replant.

Follow Up Ideas: Create flyers or maps for students to bring home with information about local farms, identifying farmstands, farmers market dates and times, or CSA's (Community Supported Agriculture) that sell shares of local produce. Decorate plain canvas shopping bags with fruits, vegetables and farm images, using acrylic paint, which it is permanent—great to fill when out visiting those local farms and farmstands!

Cookbook Highlights Massachusetts Fresh and Locally Grown for Schools!

ORDER THIS BOOK OR VISIT IT ON-LINE TODAY

Great for school food service kitchens and the children they serve!

TO ORDER A COPY OF
Fresh From the Farm: The Massachusetts Farm to School Cookbook

PLEASE FILL OUT THIS PAGE AND SEND A COPY TO:
Katie Millet
Mass. Department of Education*
350 Main Street
Malden, MA 02148

_____

Please send me a copy of the local foods cookbook!*

Name:_____
School:_____
Phone:_____
Email:_____
Address:_____

*For copies of this book outside the state of Massachusetts, contact Amy Cotler, Fresh & Company, (413) 232 7174 or amy@freshcotler.com.

TO VISIT ON-LINE
Fresh from the Farm: The Massachusetts Farm to School Cookbook
(with an up-to-date listing of farm purveyors):

For access through The Department of Education, visit:
Doe.mass.edu/cnp
Look under nutrition resources

For access through the MA Department of Agricultural Resources visit:
http://www.mass.gov/agr/markets/Farm_to_school/
Click on "Cookbook for Food Service Directors"

- Cookbook and website contains produce preparation tips with 45 easy-to-follow recipes
- Recipes have been tested by Food Service Directors and are designed for 50 to 100 servings
- Nutritional analysis for each recipe included
- Useful tips for vegetable preparation

There were many individuals and organizations who supported this project and its resulting book, including those who contributed and tested recipes, consulted on its content and worked to put it into the hands of those who will use it.

Together we turned this project into a cookbook that won't be left dusty on the shelves, but will be used to introduce the next generation to fabulous local produce from our state's farms.

Good work. Thank you all.

Lisa Armstrong, Cook, South Middle School in Westfield
Hilary Baum, Director, Baum Forum
Donna Bellefeuille, Cook, Monson High
Elise Bordage, Cook, Forest Grove Middle School in Worcester
Shelia Boudreau, Kitchen Manager, Worcester Technical High School
Judy Butler, Head Cook, Nicholls Middle in Middleborough
Rita Brennan Olson, Nutrition Education and Training Coordinator, MA Department of Education
Rosanna Campitiello, Program Officer, FoodChange, SchoolFood Plus Cafeteria
Anne Cheatham, Executive Director, Community Involved in Sustaining Agriculture (CISA)
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Thanks, as well, to Four Winds, Inc, for their continued support. Four Winds, Inc. is a nonprofit organization located in Great Barrington, Massachusetts, that promotes the principles and practices of holistic education.



Amy Cotler brings to this book project 25 years as a food professional and farm to table advocate.

She started her career as a Manhattan executive chef, caterer and cooking teacher with a strong emphasis on healthy foods with fabulous flavors, often from regional farms. Her food has been praised in *The New York Times* and *New York Magazine.*

As a cooking and writing teacher, Ms. Cotler created internationally-themed classes with a focus on empowering students to prepare (and write about) fresh seasonal dishes. Her teaching and lecturing venues include: New York University, The New School, The Culinary Institute of America, The New York Restaurant School, The Baum Forum and The Institute for Culinary Education, where she launched the Institute's first professional Nutritional Cooking curriculum.

Ms. Cotler has developed close to one thousand recipes, including those for her own cookbooks (*The Secret Garden Cookbook, One Pot Vegetarian Dishes* and *Wrap it Up*) and for the 1997 *Joy of Cooking*. She has worked as a food writer, featured in periodicals such as *Fine Cooking, Gastronomique* and *The Berkshire Eagle*. For nine years Ms. Cotler hosted web food forums for *The New York Times* on the Web, and she has appeared on The Television Food Network and National Public Radio.

In the Berkshires, Amy has been a pioneer in promoting healthy, locally grown farm-fresh foods. She served as founding director of Berkshire Grown, a non-profit organization known for building partnerships among farmers, consumers and restaurants. Recognized for her innovative farm-to-table advocacy, Ms Cotler's Fresh & Company has lectured and consulted nationally on the subject of local food and farms.

Amy continues to consult with food businesses, non-profits and schools to bring farm fresh food to our tables. Recently, she began selling real estate in the Berkshires in Western Massachusetts, where she plans to specialize in green housing.