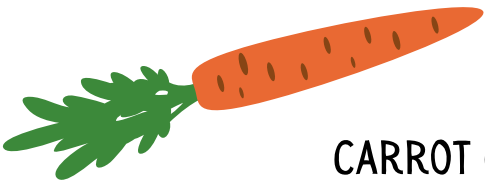


# BABY CARROTS



## CARROT CAKE OATMEAL

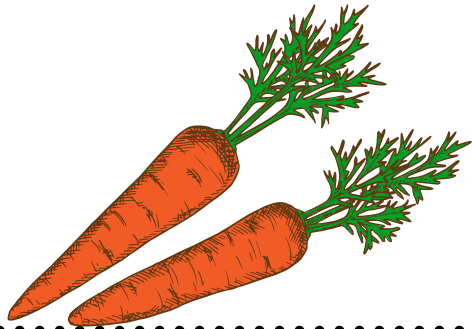


### INGREDIENTS:

- 1/3 CUP QUICK COOK OATS
- 3/4 CUP WATER
- 1/2 TSP CINNAMON
- PINCH OF NUTMEG (OPTIONAL)
- 2 TBSP FINELY GRATED OR CHOPPED CARROTS
- 2 TBSP MAPLE SYRUP
- 1 TBSP CHOPPED WALNUTS (OPTIONAL)

### STEPS:

- PLACE OATS, WATER, SPICES, CARROTS, AND SYRUP INTO A MICROWAVE-SAFE BOWL. MICROWAVE FOR 3 MINUTES. STIR AND TOP WITH WALNUTS, MORE SYRUP, OR SPICES IF DESIRED.



### FUN FACTS

THE ORANGE COLOR IN CARROTS IS A RESULT OF ABUNDANT CAROTENES. IN THE ORANGE CARROTS WE KNOW AND LOVE, MAINLY THE BETA-CAROTENE PIGMENT IS FOUND. THIS IS A STRONGLY RE-ORANGE COLORED PIGMENT THAT IS FOUND IN SOME OTHER FRUITS AND VEGETABLES SUCH AS SWEET POTATOES, CANTALOUPE, BELL PEPPERS, AND APRICOTS.

### FUN FACTS

DID YOU KNOW THAT EVEN CARROT GREENS ARE EDIBLE? THEY ARE VERY NUTRITIOUS AND TASTE LIKE PARSLEY.

## OVEN ROASTED BABY CARROTS

### INGREDIENTS:

- 4 BAGS OF BABY CARROTS
- 1 TBSP OLIVE OIL
- 1/4 TSP SALT
- 1/4 TSP PEPPER



### STEPS:

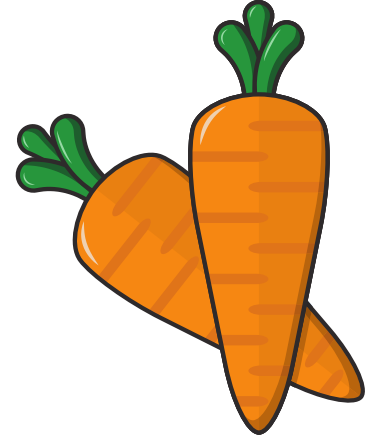
- PREHEAT THE OVEN TO 425 DEGREES F
- LINE A BAKING SHEET
- PLACE THE CARROTS ON A BAKING SHEET AND TOSS WITH OLIVE OIL, SALT, AND PEPPER
- SPREAD THE CARROTS EVENLY ON THE BAKING SHEET
- BAKE FOR 20-25 MINUTES AND FLIP HALFWAY THROUGH



# CARROT APPLE SLAW

## INGREDIENTS:

- 2 LARGE CARROTS - JULIENNED OR THINLY CHOPPED
- 2 APPLES - JULIENNED OR THINLY CHOPPED
- 1 LARGE RADISH - JULIENNED OR THINLY CHOPPED
- 1/2 BUNCH CILANTRO CHOPPED
- 2 TBSP RICE WINE VINEGAR
- 1 LEMON JUICED
- SALT AND PEPPER TO TASTE



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## STEPS:

- PEEL AND CHOP ALL VEGETABLES AND CHOP CILANTRO
- ADD TO A BOWL AND TOSS WITH REMAINING INGREDIENTS

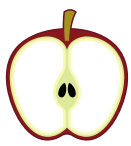
A decorative border consisting of a row of orange carrots with green tops, followed by a horizontal dotted line, and then a row of green leafy vegetables. This border surrounds a central green box containing text.

## REFERENCES

- 1) [HTTPS://LAURENLATEST.COM/CARROT-CAKE-OATMEAL-GIVEAWAY/](https://laurenlatest.com/carrot-cake-oatmeal-giveaway/)
- 2) [HTTPS://WWW.CENTERCUTCOOK.COM/OVEN-ROASTED-BABY-CARROTS/](https://www.centercutcook.com/oven-roasted-baby-carrots/)
- 3) [HTTPS://WWW.FOODOLOGYGEEK.COM/CARROT-APPLE-MATCHSTICK-SALAD/#WPRM-RECIPE-CONTAINER-824](https://www.foodologygeek.com/carrot-apple-matchstick-salad/#wprm-recipe-container-824)
- 4) [HTTPS://WWW.SCIENCEKIDS.CO.NZ/SCIENCEFACTS/FOOD/CARROTS.HTML](https://www.sciencekids.co.nz/sciencefacts/food/carrots.html)

## OTHER RESOURCES

- CENTER FOR ECOLITERACY'S COLORING PAGES:  
[HTTPS://WWW.ECOLITERACY.ORG/SITES/DEFAULT/FILES/MEDIA/ECOLI  
TERRACY\\_COLORING\\_PAGE\\_CARROT.PDF](https://www.ecoliteracy.org/sites/default/files/media/ecoliteracy_coloring_page_carrot.pdf)



# APPLES

## APPLE PIE OATMEAL COOKIES



### INGREDIENTS:

- 1 CUP INSTANT OATS
- 3/4 CUP OF FLOUR OF CHOICE
- 1 1/2 TSP BAKING POWDER
- 1 1/2 TSP CINNAMON
- 1/8 TSP SALT
- 2 TBSP COCONUT OIL OR BUTTER
- 1 EGG
- 1 TSP VANILLA EXTRACT
- 1/2 CUP AGAVE, HONEY, OR MAPLE SYRUP
- 1 CUP DICED APPLE

### STEPS:

- WHISK TOGETHER THE DRY INGREDIENTS. IN A SEPARATE BOWL, WHISK TOGETHER THE WET INGREDIENTS. ADD THE TWO MIXTURES TOGETHER, THEN INCORPORATE THE DICED APPLES. CHILL FOR 30 MINUTES
- PREHEAT THE OVEN TO 325 DEGREES F AND LINE A BAKING SHEET
- DROP THE DOUGH INTO 15 ROUNDED SCOOPS AND FLATTEN. BAKE FOR 13-15 MINUTES.

### FUN FACTS

APPLE VARIETIES RANGE IN SIZE FROM AS LITTLE AS A CHERRY TO AS LARGE AS A GRAPEFRUIT! THE LARGEST APPLE EVER PICKED WEIGHED ABOUT 4 POUNDS AND WAS PICKED IN JAPAN.



### FUN FACTS

IN COLONIAL TIME, APPLES WERE CALLED WINTER BANANA OR MELT-IN-THE-MOUTH

### BAKED CINNAMON APPLE CHIPS

### INGREDIENTS:

- 2-4 BAGS OF APPLES
- 1 TSP CINNAMON



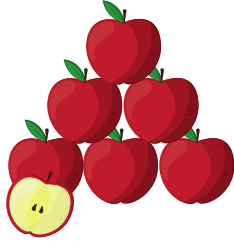
### STEPS:

- PREHEAT THE OVEN TO 220 DEGREES F
- LINE A BAKING SHEET
- SLICE THE APPLE SLICES INTO 1/8 INCH THICK SLICES
- PLACE THE SLICES IN A BOWL AND SPRINKLE WITH CINNAMON, USE HANDS TO MIX.
- ARRANGE SLICES ON BAKING SHEET AND BAKE FOR 1 HOUR
- REMOVE FROM OVEN, FLIP, AND BAKE FOR ANOTHER HOUR. LET COOL AND ENJOY!

# EASY RUSTIC APPLE SAUCE

## INGREDIENTS:

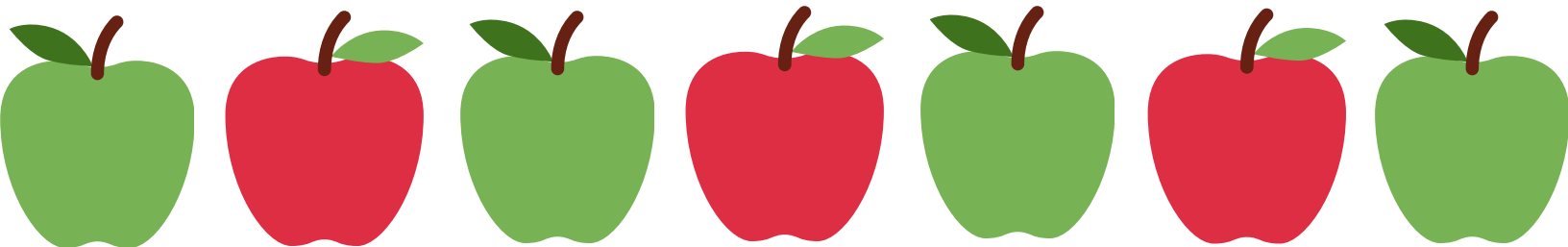
- 4 BAGS OF SLICED APPLES - CHOPPED
- 3/4 CUP WATER
- 1/4 CUP WHITE SUGAR
- 1/2 TSP CINNAMON



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## STEPS:

- IN A SAUCEPAN, COMBINE APPLES, WATER, SUGAR, AND CINNAMON. COVER, AND COOK OVER MEDIUM HEAT FOR 15 TO 20 MINUTES, OR UNTIL APPLES ARE SOFT. ALLOW TO COOL, THEN MASH WITH A FORK OR POTATO MASHER. ENJOY!



## REFERENCES

- 1) [HTTPS://AMYSHEALTHYBAKING.COM/BLOG/2015/01/03/APPLE-PIE-OATMEAL-COOKIES/](https://amyshealthybaking.com/blog/2015/01/03/apple-pie-oatmeal-cookies/)
- 2) [HTTPS://RUNNINGONREALFOOD.COM/BAKED-CINNAMON-APPLE-CHIPS/](https://runningonrealfood.com/baked-cinnamon-apple-chips/)
- 3) [HTTPS://WWW.ALLRECIPES.COM/RECIPE/51301/SARAHS-APPLESAUCE/](https://www.allrecipes.com/recipe/51301/sarahs-applesauce/)
- 4) [HTTPS://WEB.EXTENSION.ILLINOIS.EDU/APPLES/FACTS.CFM](https://web.extension.illinois.edu/apples/facts.cfm)

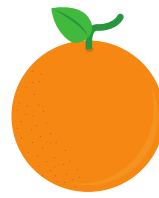
## OTHER RESOURCES

- CENTER FOR ECOLITERACY'S COLORING PAGES:  
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# ORANGES

## ORANGE AVOCADO SALSA

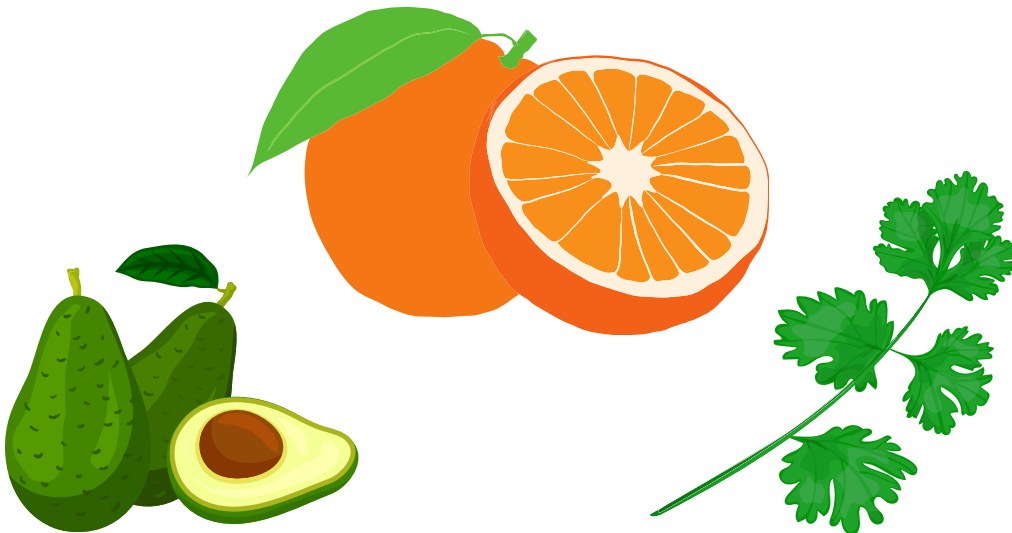


### INGREDIENTS:

- 3 CUPS ORANGES CHOPPED
- 2 1/2 CUPS PINK GRAPEFRUIT CHOPPED
- 1/4 CUP MINCED RED ONION
- 2 TBSP CHOPPED CILANTRO
- 1 TBSP MINCED JALEPENO
- 2 TSP LIME JUICE
- 1/2 TSP SALT
- 1 DICED AVOCADO

### STEPS:

- COMBINE ALL THE INGREDIENTS IN A BOWL; TOSS GENTLY. SERVE IMMEDIATELY.



### FUN FACTS

THE WHITE BLOSSOM ON AN ORANGE TREE IS VERY FRAGRANT AND OFTEN USED IN PERFUME OR AS WEDDING CAKE DECORATIONS.



## HEALTHY ORANGE JULIUS

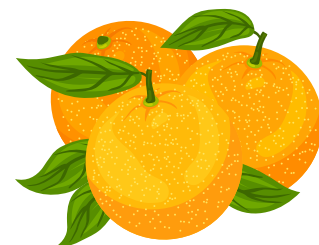


### INGREDIENTS:

- 3/4 CUP ORANGE JUICE
- 8 OZ GREEK YOGURT
- 2 TSP VANILLA EXTRACT
- 2 MEDIUM BANANAS, FROZEN
- 2 TBSP HONEY
- 1 TBSP ORANGE ZEST
- 1 LARGE ORANGE PEELED

### STEPS:

- ADD ALL INGREDIENTS TO A BLENDER AND BLEND UNTIL IT IS AT THE DESIRED CONSISTENCY. ADD ICE FOR A THICKER SMOOTHIE.
- DIVIDE INTO 4 CUPS AND ENJOY!



### FUN FACTS

BECAUSE ORANGES DON'T SPOIL EASILY AND ARE FULL OF VITAMIN C, SAILORS USED TO PLANT ORANGE AND OTHER CITRUS TREES ALONG TRADE ROUTES TO PREVENT SCURVY WHICH IS A DISEASE THAT DEVELOPS FROM A DEFICIENCY IN VITAMIN C.

# ORANGE CITRUS VINAIGRETTE RECIPE

## INGREDIENTS:

- 3/4 CUP OLIVE OIL
- 1/4 CUP WHITE WINE VINEGAR
- 3 TBSP ORANGE JUICE
- 3 TBSP LEMON JUICE
- 1/4 TSP SALT
- 1/8 TSP PEPPER
- 1/8 TSP GARLIC POWDER
- 1/8 TSP DRIED OREGANO

## STEPS:

- PLACE ALL INGREDIENTS IN A GLASS JAR WITH A LID, OR A BOWL. SHAKE THE JAR, OR USE A WHISK TO COMBINE ALL THE INGREDIENTS UNTIL THOROUGHLY COMBINED
- SERVE OVER YOUR FAVORITE SALAD. STORE AT ROOM TEMP FOR UP TO 5 DAYS.



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## REFERENCES

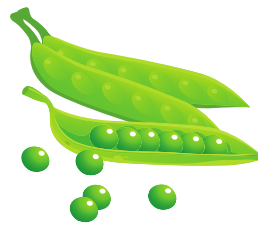
- 1) [HTTPS://WWW.SUPERHEALTHYKIDS.COM/RECIPES/ORANGE-JULIUS-DELICIOUS-WAY-TO-GET-MORE-FRUIT/](https://www.superhealthykids.com/recipes/orange-julius-delicious-way-to-get-more-fruit/)
- 2) [HTTPS://WWW.MYRECIPES.COM/RECIPE/ORANGE-AVOCADO-SALSA](https://www.myrecipes.com/recipe/orange-avocado-salsa)
- 3) [HTTPS://WWW.BERLYSKITCHEN.COM/SPRING-SALAD-CITRUS-VINAIGRETTE/](https://www.berlyskitchen.com/spring-salad-citrus-vinaigrette/)
- 4) [HTTPS://WWW.SCIENCEKIDS.CO.NZ/SCIENCEFACTS/FOOD/ORANGES.HTML](https://www.sciencekids.co.nz/sciencefacts/food/oranges.html)

## OTHER RESOURCES TO CHECK OUT

- CENTER FOR ECOLITERACY'S COLORING PAGES:  
[HTTPS://WWW.ECOLITERACY.ORG/SITES/DEFAULT/FILES/MEDIA/ECOLITERACY\\_COLORING\\_PAGE\\_CARROT.PDF](https://www.ecoliteracy.org/sites/default/files/media/ecoliteracy_coloring_page_carrot.pdf)

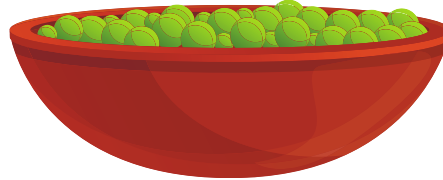
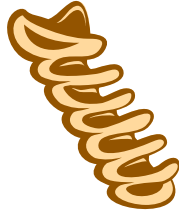
# FROZEN PEAS

## PASTA WITH PEAS



### INGREDIENTS:

- 2 CUPS FROZEN PEAS
- 1/2 LB PASTA OF CHOICE
- 2 CUPS BROTH
- 1 ONION, DICED
- 1 TBSP OLIVE OIL
- SALT AND PEPPER

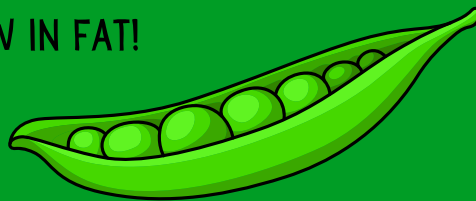


### STEPS:

- ADD OLIVE OIL AND ONION TO A PAN OVER MEDIUM HEAT. COOK FOR 5 MINUTES.
- ADD THE PEAS AND COOK FOR 1 MINUTE
- ADD BROTH AND BRING TO A BOIL. STIR IN PASTA AND 1 TSP OF SALT
- REDUCE HEAT, COVER, AND COOK PASTA. STIR EVERY FEW MINUTES.
- COOK UNTIL PASTA IS READY. TURN OFF HEAT AND STIR IN PARMESAN CHEESE OR MORE SALT AND PEPPER IF DESIRED

### FUN FACTS

PEAS ARE A GOOD SOURCE OF VITAMIN A, VITAMIN C, FOLATE, THIAMINE, IRON, AND PHOSPHOROUS. THEY ARE ALSO RICH IN PROTEIN, CARBOHYDRATES, AND FIBER AND LOW IN FAT!



### FUN FACTS

PEAS WERE USED IN THE EARLY EXPLORATION OF GENETICS! GREGOR JOHANN MENDEL USED PEAS TO LAY THE FOUNDATION OF MODERN GENETICS.

### GUACAMOLE WITH PEAS

#### INGREDIENTS:

- 1 CUP FROZEN PEAS, THAWED
- 1 AVOCADO, CHOPPED
- JUICE OF 1 LIME
- 1/2 CUP DICED TOMATOES
- 1/2 CUP DICED RED ONION
- 1 JALEPENO, DICED
- 1/4 CUP CHOPPED CILANTRO
- 1-2 CLOVES MINCED GARLIC
- SALT AND PEPPER

#### STEPS:

- USE A POTATO MASHER TO MASH PEAS UNTIL SMOOTH
- ADD ALL INGREDIENTS TO PEAS AND MIX AND MASH TOGETHER
- SERVE WITH CHIPS OR VEGGIES

## REFERENCES

- 1) [HTTPS://WWW.EATINGBIRDFOOD.COM/HEALTHY-GUACAMOLE-FROZEN-PEAS/#TASTY-RECIPES-33767](https://www.eatingbirdfood.com/healthy-guacamole-frozen-peas/#TASTY-RECIPES-33767)
- 2) [HTTPS://THECLEVERMEAL.COM/PASTA-WITH-PEAS/](https://theclevermeal.com/pasta-with-peas/)
- 3) [HTTPS://PEAS.ORG/PEA-FACTS/](https://peas.org/pea-facts/)

## OTHER RESOURCES

- COLORING PAGES: [HTTPS://COLORINGHOME.COM/COLORING-PAGE/1928836?ALBUM=PEAS-COLORING-PAGES](https://coloringhome.com/coloring-page/1928836?ALBUM=PEAS-COLORING-PAGES)



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# FROZEN GREEN BEANS

## TOMATO GREEN BEAN SOUP



### INGREDIENTS:

- 1 CUP CHOPPED ONION
- 1 CUP CHOPPED CARROTS
- 2 TSP BUTTER OR OIL
- 6 CUPS BROTH
- 1 LB GREEN BEANS
- 1 MINCED GARLIC CLOVE
- 3 CUPS DICED TOMATOES
- 1 TBSP DRIED BASIL
- 1/2 TSP SALT
- 1/4 TSP PEPPER

### STEPS:

- IN A LARGE SAUCEPAN, SAUTE ONIONS AND CARROTS IN THE BUTTER OR OIL FOR 5 MINUTES. STIR IN BROTH, BEANS, AND GARLIC AND BRING TO A BOIL. REDUCE HEAT, COVER, AND SIMMER FOR 20 MINUTES.
- STIR IN THE TOMATOES, BASIL, SALT, AND PEPPER. COVER AND SIMMER FOR 5 MORE MINUTES. ENJOY!



### FUN FACTS

GREEN BEAN FLOWERS CAN BE WHITE, PINK, OR PURPLE. THEY ARE ABOUT 1 CM LONG AND ATTRACT BENEFICIAL INSECTS AND POLLINATORS WITH THEIR BRIGHT COLORS!

### GARLICKY SKILLET BEANS INGREDIENTS:

- 1 TSP OLIVE OIL
- 1 LB GREEN BEANS
- 1/4 TSP SALT
- 1/8 TSP PEPPER
- 1/4 CUP WATER
- 1 TBSP BUTTER
- 3 CLOVES MINCED GARLIC



### STEPS:

- HEAT OLIVE OIL OVER MEDIUM HEAT FOR 1 MINUTE IN SKILLET
- ADD BEANS, SALT, AND PEPPER AND COOK FOR 5 MINUTES
- ADD WATER AND COOK UNTIL WATER HAS EVAPORATED
- STIR IN BUTTER AND GARLIC AND COOK FOR 4 MORE MINUTES. ENJOY!

### FUN FACTS

GREEN BEANS GROW IN TWO WAYS: ON BUSHES OR ON PLANTS WITH LONG VINES. THE BUSH PLANTS PRODUCE A LOT OF BEANS ALL AT ONCE WHILE THE VINE PLANTS (ALSO CALLED POLE BEANS) PRODUCE BEANS THROUGHOUT THE GROWING SEASON





## REFERENCES

- 1) [HTTPS://WWW.TASTEOFHOME.COM/RECIPES/TOMATO-GREEN-BEAN-SOUP/](https://www.tasteofhome.com/recipes/tomato-green-bean-soup/)
- 2) [HTTPS://WWW.AMERICATESTKITCHEN.COM/KIDS/RECIPES/GARLICKY-SKILLET-GREEN-BEANS](https://www.americastestkitchen.com/kids/recipes/garlicky-skillet-green-beans)
- 3) [HTTPS://EASYSOURCEFORKIDS.COM/GREEN-BEANS/](https://easyscienceforkids.com/green-beans/)

## OTHER RESOURCES

- COLORING PAGES: [HTTP://WWW.SUPERCOLORING.COM/PAGES/GREEN-BEAN](http://www.supercoloring.com/pages/green-bean)



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