

Growing Goodness

Growing Goodness

Audience: Teachers, Cooks & Administrators

Preparation Time

Activity 1: 10 min
Activity 2: 20 min
Activity 3: 30 min

Duration of Lesson

Introduction: 10 min
Activity 1: 20 min
Activity 2: 20 min
Activity 3: 45 min
Closing: 5 min

Handouts

*Fresh vs. Processed:
Cost Comparison
Get Fresh Recipes (5)
and DVD*

Goal

To increase knowledge and awareness of locally grown produce and the benefits of using it.


Participant Objectives

Participants will:

1. Identify at least two locally grown fruits that can be incorporated into their menus without adding cost.
2. Identify at least two locally grown vegetables that can be incorporated into their menus without adding cost.
3. Identify the location of one local farmers market.
4. Describe at least one benefit of consuming locally grown produce.
5. Demonstrate/describe how to handle local produce safely.

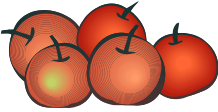
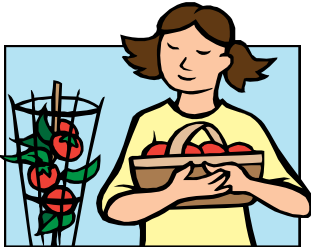


Points to Cover/Trainer's Notes

Points to Cover	Trainer's Notes
Locally grown fruits	Common New York grown fruits are apples, blueberries, melons, sweet and tart cherries, grapes, peaches, nectarines, plums, pears, raspberries, and strawberries.
Locally grown vegetables	Common New York grown vegetables include asparagus, different varieties of beans, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, corn, cucumbers, eggplant, lettuce, onions, peas, peppers, potatoes, pumpkins, radishes, rhubarb, spinach, summer and winter squash, Swiss chard, tomatoes, and turnips.
Locations of nearby Farmers markets 	Farmers markets are places where local farmers come to sell their farm products directly to consumers. Locations of farmers markets can be found on the Ag and Markets website (www.agmkt.state.ny.us). They are good places to buy fresh fruits and vegetables because the produce is freshly picked and reasonably priced. Shop early at the farmers market for the best selection. Compare prices, selection and quality before purchasing.
Purchasing from local farm stands and CSA farms	The Farm Fresh Guide found on the Ag and Markets website (www.agmkt.state.ny.us) can be used to find local farms and Community Supported Agriculture (CSA) farms. You can search

Growing Goodness

Audience: Teachers, Cooks & Administrators

<p>Purchasing from local farm stands and CSA farms (continued)</p>	<p>by region or county or by a specific farm product/service. CSA is a way for the public to have a relationship with a farm and to receive a weekly basket or bag of produce. Buying locally puts a farmer's face on food, and increases our understanding of how, where, and by whom our food is grown.</p>
<p>Benefits of consuming locally grown produce in season</p> 	<ul style="list-style-type: none"> • Fresher and better tasting. • More nutritious. • Better value. You pay for freshness and taste, not packaging, refrigeration, and freight. Buying a product that is in season from a local farmer is usually more cost effective than purchasing a product that is not in season and was transported to the store from a distant supplier. • Keeps your money local. Local farms mean more local jobs for local people; every dollar is turned over up to 5 times when farmers buy supplies, equipment and fuel. • Preserves bio-diversity, open space, rural aesthetics and a cleaner environment. Fuel consumption is lowered when food is purchased locally; air quality is higher when fuel usage is reduced.
<p>Handling local produce safely</p> 	<ul style="list-style-type: none"> • Wash your hands with soapy water for at least 20 seconds before and after handling fresh fruits and vegetables. • Wash all fresh produce under cold running water before using. Wash regardless of whether the produce will be served whole, peeled, or cooked. • When possible, scrub fruits and vegetables with a clean scrub brush or with hands. • For melons, scrub the rind with a brush under running water before cutting or peeling. This removes bacteria before it is spread by the knife when slicing. Sanitize the brush by putting it in the dishwasher or rinsing it in a bleach solution. • Dry fruits and vegetables with disposable paper towels or air dry. • Do not use antibacterial soaps or dish detergents to wash produce because soap or detergent residues can remain on the produce. The effectiveness of special produce cleaning solutions has not been standardized. • Do not soak fruits and vegetables in water because of the potential for cross-contamination. • Use separate cutting boards to prevent cross-contamination with other raw foods (poultry, meats). • Store all raw and ready-to-eat fruits and vegetables above raw

Growing Goodness

Audience: Teachers, Cooks & Administrators

Handling
local produce safely
(continued)

meats, poultry, and seafood to prevent raw product juices from dripping onto food that will be eaten without further preparation and cooking.

- Use only pasteurized cider.

Activities

Activity 1: Menu Makeover

Activity 2: Economical and Delicious!

Activity 3: Get Fresh with Vegetables

Closing

1. Review objectives
2. Discuss the next class.

References

[Fruits and Vegetables Galore](#)

[Get Fresh videos/DVDs and recipes](#)

[The Market Basket: Fresh Fruit and Vegetable Guide](#)

[Tickle Your Appetite](#)

www.agmkt.state.ny.us



Growing Goodness

Audience: Teachers, Cooks & Administrators

Activity 1: Menu Makeover

Preparation Time: 10 min

Activity Time: 20 min

Supplies

photocopies of the child care center's menu for one week

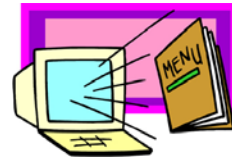
Fruits & Vegetables Galore

pens/pencils

easel

easel pad

marker



Preparation Prior to Class

1. Review child care center menu. Note when fruits and vegetables are served.
2. Photocopy appropriate number of handouts and menus.
3. Use the *Farm Fresh Guide* on the Ag and Markets website (www.agmkt.state.ny.us) to print a list of farmer's markets and CSA farms in the participants' county.
4. If there are nearby CSA farms, research their requirements for participation.
5. Assemble the easel and place the pad on the easel.

Implementation

1. Discuss *Fruits & Vegetables Galore*, pointing out which fruits and vegetables are in season at the time. (See: [Locally grown fruits](#), [Locally grown vegetables](#)*)
2. Discuss the current buying habits for produce at the child care center and if they are already purchasing any fruits and vegetables locally.
3. Ask participants to identify any fruits and vegetables on their center menu that are grown in New York State. List these fruits and vegetables on the easel pad.
4. Ask participants to identify fruits and vegetables on the menu that are processed and/or partially prepared. Ask the group what fresh, locally grown products could be used instead. Write these suggestions on the easel pad.
5. Facilitate a discussion about why buying a product that is in season from a local farmer is usually more cost effective than purchasing a product that is not in season and was transported to the store from a distant supplier. (See: [Benefits of consuming locally grown produce in season](#)*)
6. Explain that buying a product that has been partially prepared or fully prepared usually costs more money than buying the unprocessed vegetable. Review other benefits of purchasing in season local produce. (See: [Benefits of consuming locally grown produce in season](#))
7. Share with participants the list of farmer's markets and CSA farms that you obtained from the Ag and Markets website. Explain how to use the *Farm Fresh Guide* on the website. (See: [Locations of nearby farmer's markets](#), [Purchasing from local farm](#))

* Underline denotes Points to Cover discussed in the Trainer's Notes in the lesson plan.

Growing Goodness

Audience: Teachers, Cooks & Administrators

Activity 1: Menu Makeover

Preparation Time: 10 min

Activity Time: 20 min

stands and CSA farms)

8. Review proper handling and storage of fresh produce. (See: Handling local produce safely)
9. Ask the group to name two locally produced fruits and/or vegetables that they could incorporate into the child care center's menu now.

Additional Discussion during the Activity

- Buy local fresh produce in season for the best price and quality.
- Shop early at the farmer's market for the best selection. Compare prices, selection and quality before purchasing.
- Children may live near farms where produce grows. Get the children's input on what locally grown fruits and vegetables to include on the menu.
- If a cultural food is grown locally, talk with the grower about how the food can be used in the menu.
- Remember that new food has to be offered repeatedly so children can become familiar with it.



Growing Goodness

Audience: Cooks Teachers and Administrators

Activity 2: Economical and Delicious!

Preparation Time: 20 min

Activity Time: 20 min

Supplies

photocopies of *Fresh vs. Processed: Cost Comparison* handout
easel
easel pad
markers

Preparation Prior to Class

1. Obtain the prices of butternut squash:
 - fresh from a local farmer
 - fresh from a local store
 - peeled and cubed from a local store
 - frozen and mashed from a local store
2. Obtain the prices of corn:
 - fresh from a local farmer
 - fresh from a local store
 - canned whole kernel from a local store
 - frozen corn cobbettes from a local store
 - frozen whole kernel corn from a local store
3. Write this pricing information obtained on the *Fresh vs. Processed: Cost Comparison* handout.
4. Use the *Farm Fresh Guide* on the Ag and Markets website (www.agmkt.state.ny.us) to print a list of farmer's markets and CSA farms in the participants' county.
5. If there are nearby CSA farms, research their requirements for participation.
6. Assemble the easel and place the pad on the easel.



Implementation

1. Give participants a blank copy of the *Fresh vs. Processed: Cost Comparison* handout.
2. Ask participants to fill in any costs on the handout that they may already know, whether from purchasing for the center or for home.
3. Ask them if they can guess which form of the corn and squash would be the most economical.
4. Share with them the costs you obtained prior to class.
5. Demonstrate how to calculate which would be the best buy:
 - 1st) How much squash (and/or corn) of each type is needed to produce the same yield of mashed squash.
 - 2nd) What is the cost of the amount of each type of squash (and/or corn) needed to produce the same yield.

Growing Goodness

Audience: Cooks Teachers and Administrators

Activity 2: Economical and Delicious!

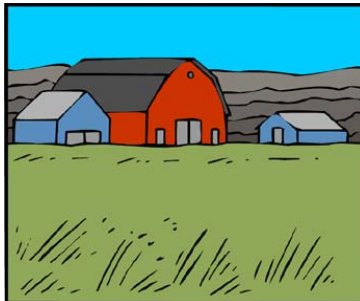
Preparation Time: 20 min

Activity Time: 20 min

6. Explain that buying a product that has been partially prepared (e.g., the peeled, cubed squash) or fully prepared (e.g. the frozen squash) usually costs more money than buying the unprocessed vegetable.
7. Review proper handling and storage of fresh produce. (See: Handling local produce safely*)
8. Explain that buying a product that is in season from a local farmer is usually more cost effective than purchasing a product that is not in season and was transported to the store from a distant supplier. (See: Benefits of consuming locally grown produce)
9. Review the other benefits of purchasing in season local produce. (See: Benefits of consuming locally grown produce)
10. Share with participants the list of farmer's markets and CSA farms that you obtained from the Ag and Markets website. Explain how to use the *Farm Fresh Guide* on the website. Discuss the location of nearby farmer's markets and CSA farms in the area that have reasonably priced shares or work shares. (See: Locations of nearby farmer's markets, Purchasing from local farm stands and CSA farms)

Additional Discussion during the Activity

- Buy local fresh produce in season for the best price and quality.
- Shop early at the farmers market for the best selection. Compare prices, selection and quality before purchasing.
- Buy only the amount of produce that you will use while it is still fresh.
- Be creative with recipes: if one vegetable or fruit ingredient is expensive, substitute another one.
- Children may live near farms where produce grows. Get the children's input on what locally grown fruits and vegetables to include on the menu.
- If a cultural food is grown locally, talk with the grower about how the food can be used in the menu.



* Underline denotes Points to Cover discussed in the Trainer's Notes in the lesson plan.

Fresh vs. Processed Cost Comparison



CORN	COST
FRESH Corn A 5-6 inch ear will yield approximately 1/2 cup cooked vegetable*	
FROZEN Corn Corbettes A 3 inch cobbette will yield 1/4 cup vegetable*	
CANNED Whole Kernel Corn, Liquid Pack, 1/2 cup	
FROZEN Whole Kernel Corn 1/2 cup	



BUTTERNUT SQUASH	COST
FRESH Butternut Squash 1 pound yields 2.7 1/2 cup portions of cooked drained pared, mashed vegetable*	
FROZEN Mashed Squash 1/2 cup portion	
FROZEN Cubed Squash 1/2 cup portion	

* Yields per the *Food Buying Guide for Child Nutrition Programs*

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Growing Goodness

Audience: Teachers, Cooks & Administrators

Activity 3: Get Fresh with Vegetables

Preparation Time: 30 min

Activity Time: 45 min

Ingredients

Refer to recipes for ingredients

Equipment

television with DVD player



Supplies

Refer to recipes for additional supplies

Get Fresh Recipes and DVD

large plates

utensils

napkins

serving bowls

serving spoons

Preparation Prior to Class

1. Confirm availability of DVD player and TV at center. If not available, plan to demonstrate a recipe.
2. Review vegetable preparation portions of the DVDs that will be viewed in class.
3. Place ingredients needed by each team in one container and supplies needed by each team in another container.
4. Place the ingredient containers in the refrigerator before class if they contain perishable items.
5. If you wish, you may prepare some of the vegetable dishes before class to share with the participants.

Implementation

1. Ask the participants to wash their hands.
2. Tell participants that they will be viewing the demonstration of a recipe or recipes that they will then prepare themselves in class.
3. Play the DVD.
4. Divide the participants into groups, and tell each group what they will prepare. Each group may prepare a different vegetable recipe.
5. Give each team their two containers and recipe.
6. Ask each team to begin preparing their food items. Review information on the safe and sanitary handling of produce. (See: Handling local produce safely*) Circulate to answer questions and assist as needed.
7. As they cook, discuss that the vegetables featured in these recipes are just some of the produce grown in New York State (See: Locally grown vegetables).
8. Discuss the cost and other benefits of using fresh, locally produced vegetables and the locations of nearby farmer's markets. (See: Benefits of consuming locally grown produce in season, Locations of nearby farmer's markets)
9. Discuss the additional material outlined below.

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Growing Goodness

Audience: Teachers, Cooks & Administrators

Activity 3: Get Fresh with Vegetables

Preparation Time: 30 min

Activity Time: 45 min

10. When everyone has finished, advise participants that they may sample any of the vegetable dishes that they would like.
11. Ask the group their opinions of the vegetables they prepared and how they could incorporate them into the child care center menu. Ask for ideas on ways to introduce these new dishes to the children.

Additional Discussion during the Activity

- Buy local fresh produce in season for the best price and quality.
- Buy only the amount of produce that you will use while it is still fresh.
- Be creative with recipes: if one vegetable or fruit ingredient is expensive, substitute another one.
- Shop early at the farmer's market for the best selection. Compare prices, selection and quality before purchasing.
- Children may live near farms where produce grows. Get the children's input on what locally grown fruits and vegetables to include on the menu.
- Have children help prepare vegetable dishes (**bold steps**) to increase their interest in tasting them.
- If a cultural food is grown locally, talk with the grower about how the food can be used in the menu.
- Remember that new food has to be offered repeatedly so children can become familiar with it.

Discuss *Get Fresh* Tips:

- Storage:

Broccoli – in the refrigerator for several days

Cabbage – in the refrigerator for a few weeks

Potatoes – in a cool, dark, dry place for several weeks

Winter Squash – in a cool, dry place for several weeks

- Additional Ways to Prepare the Featured Vegetables:

Broccoli – add cooked, chopped broccoli to cornbread batter; top pizza with it; or add to chili.

Cabbage – stir fry with other favorite vegetables; add to vegetable soup; or grate and add to tossed salad.

Potatoes – bake and serve plain or with toppings; mash alone or with carrots or squash; add to vegetable soup.

Squash – mash cooked squash with a dash of cinnamon, stuff squash with rice and bake; or roast cubes of squash and potatoes together.



Roasted Herb Potatoes

Yield: 3 cups

Serves: 4 adults

Ingredients

vegetable cooking spray
1 pound cubed potatoes (3 cups)
2 teaspoons vegetable oil
1/2 teaspoon rosemary
1/2 teaspoon salt



Steps

1. Preheat oven to 450 degrees. Coat baking sheet with vegetable cooking spray.
2. **Wash potatoes.** Cut into 1/2-inch cubes and **place in large bowl.**
3. **Combine oil, rosemary and salt in a small bowl. Pour this mixture over potatoes, stirring to coat evenly.**
4. **Spread potatoes onto baking sheet.**
5. Bake 25 to 30 minutes or until lightly browned.
6. **Enjoy!**

Have children help you do the bold steps.

Adapted from [Get Fresh At Your Farmers Market](#)

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Hot Pot Cabbage & Meatballs

Yield: 6 cups

Serves: 6 adults

Ingredients

Meatballs

1 medium chopped onion (1/4 cup)
1/2 pound lean ground beef or turkey
1/2 cup dry breadcrumbs
1 egg
1/4 cup low-fat (1% or less) milk
1/2 teaspoon salt
dash of pepper

Hot Pot Cabbage

1 large chopped cabbage (4 cups)
2 cloves minced garlic
1/2 medium chopped onion (1/2 cup)
2 teaspoons vegetable oil
1/2 cup water
1/2 cup vinegar
1/4 cup sugar
1 15-ounce can diced tomatoes (1 3/4 cups)
1 teaspoon dry mustard
1/2 teaspoon salt
1/2 teaspoon pepper
1/4 teaspoon hot sauce (optional)

Steps for Making Meatballs

1. Preheat oven to 400 degrees.
2. Cut onion in half. Cut ends and **discard. Peel onion.** Chop onion.
3. Place all ingredients in a large bowl (**children may add onion, breadcrumbs, low-fat milk, salt and pepper**).
4. Mix thoroughly.
5. Form 8 to 10 meatballs and place on baking sheet.
6. Bake 20 minutes, until well done.

Steps for Making Hot Pot Cabbage

1. **Wash** and chop cabbage. Mince garlic.
2. Cut onion in half. Cut ends and **discard. Peel onion.** Chop onion.
3. Heat oil in large pot over medium heat. Add garlic and onion, and cook 3 to 5 minutes.
4. Add remaining ingredients, except cabbage. Increase heat and bring mixture to boil.
5. Stir in cabbage and cook 5 minutes.
6. To serve, add cooked meatballs to cabbage mixture.
7. **Enjoy!**

Have children help you do the bold steps.



Adapted from Get Fresh At Your Farmers Market

Broccoli Stir-Fry

Yield: 3/4 cup stir-fry over 1/2 cup rice

Serves: 4 adults

Ingredients

1 cup water
1 bouillon cube
3 cups chopped broccoli
1 large chopped onion (1 cup)
2 teaspoons cornstarch
2 teaspoons hot mustard



2 teaspoons duck sauce
2 teaspoons soy sauce
1/2 teaspoon garlic powder
1 tablespoon vegetable oil
2 cups cooked rice

Steps

1. Boil water and add bouillon cube. Stir to dissolve and set aside to cool.
2. **Wash** and chop broccoli.
3. Cut onion in half. Cut ends and **discard. Peel onion.** Chop onion.
4. To make sauce: combine 1 tablespoon bouillon water with cornstarch in small cup. Pour cornstarch water back into bouillon water. **Stir in** hot mustard, duck sauce, soy sauce and garlic powder.
5. Heat oil in frying pan on medium. Add broccoli and onion. Stir-fry 3 to 5 minutes or until broccoli is tender.
6. Add sauce. Stir until mixture boils and thickens.
7. Serve broccoli over rice.
8. **Enjoy!**

Have children help you do the bold steps.

Adapted from [Get Fresh At Your Farmers Market](#)

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Mediterranean Squash Stew

Yield: 8 cups

Serves: 5 adults

Ingredients

1/2 cubed butternut squash (3 cups)
2 cups chopped spinach
1/2 medium chopped onion (1/2 cup)
2 cloves garlic
1-3/4 cups diced tomatoes
1 tablespoon lemon juice
1 tablespoon brown sugar

1 teaspoon mustard
1 teaspoon oregano
1 teaspoon salt
2 teaspoons vegetable oil
2 cups cooked rice

Steps

1. **Wash the squash.**
2. Cut the squash in half lengthwise on the cutting board.
3. **Scoop out the seeds and strings.**
4. Peel squash and cut into 1/2-inch cubes.
5. Wash and shop spinach.
6. Cut onion in half. Cut ends and **discard**. **Peel onion.** Chop half of the onion and mince garlic.
7. To make sauce: **combine** tomatoes, lemon juice, brown sugar, mustard, oregano and salt in medium bowl.
8. Heat oil in frying pan on medium. Add onion and garlic. Sauté 3 minutes or until garlic is soft.
9. Stir in squash and sauce. Cover pan, increase heat to medium-high and cook 15 minutes or until squash is tender.
10. Add rice and spinach. Cover and cook another 5 minutes.
11. **Enjoy!**



Have children help you do the bold steps.

Adapted from Get Fresh At Your Farmers Market

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