



Issue 12 | January | 2022

WHAT'S NEW IN 2022?

The new year brings exciting opportunities in Farm to School. In 2022, look for new local New York products being served on the menu, and new NY Thursday recipes being taste tested at your school so YOU can have a voice in what's served at lunch! Make sure to pay attention to the NY Thursday Menu dates to enjoy school lunches and support our Farm to School program and our local farmers!



We have added new NY products this year!

- Vegetables including NY peas, corn, and green beans
- NY Oats for homemade granola
- NY Chicken
- NY Beef used anytime you see ground beef on the menu



Look for new NY Thursday recipes at school taste tests!

- Blueberry Sunshine Bars
- Buffalo Roasted Cauliflower
- Parmesan Roasted Cauliflower
- Buffalo Roasted Brussel Sprouts
- Maple Roasted Brussel Sprouts and Carrots
- Pasta Fagioli
- Chicken and Vegetable Lo Mein



2021-2022
NY Thursday Taste Tests

- 786 students participated in taste tests between September - December 2021 with a 77.28% average approval rating.
- 11 more taste tests scheduled between Jan - June 2022.
- Student's favorite recipes include Buffalo Roasted and Parmesan Roasted Cauliflower.



**13TH
AND
JAN 20TH**

CHICKEN MAC & CHEESE
FRUIT & YOGURT PARFAIT (K-5)
BUFFALO CHICKEN DIP (6-12)

**3RD
AND
FEB 10TH**

CHICKEN & BISCUITS
HOTDOG ON A BUN

**3RD
AND
MAR 17TH**

CHICKEN BURRITO BOWL
PASTA WITH MEAT SAUCE

**7TH
AND
APR 28TH**

SOUTHWEST
CHICKEN CHILI
LOADED NACHOS

**5TH
AND
MAY 26TH**

CHICKEN BURRITO BOWL
HOMEMADE PIZZA

HARVEST OF THE MONTH



CARROTS



New York State produces over 2,000 acres of carrots annually. Carrots come in a variety of colors including orange, white, red, yellow, and purple. New York State grows carrots for processing, school lunches, farm stands, and farmers markets. Carrots can be eaten raw, grilled, steamed, roasted, and boiled.

Carrots contain many vitamins and minerals. They are rich in Vitamin A, Vitamin C, Vitamin K, and potassium.

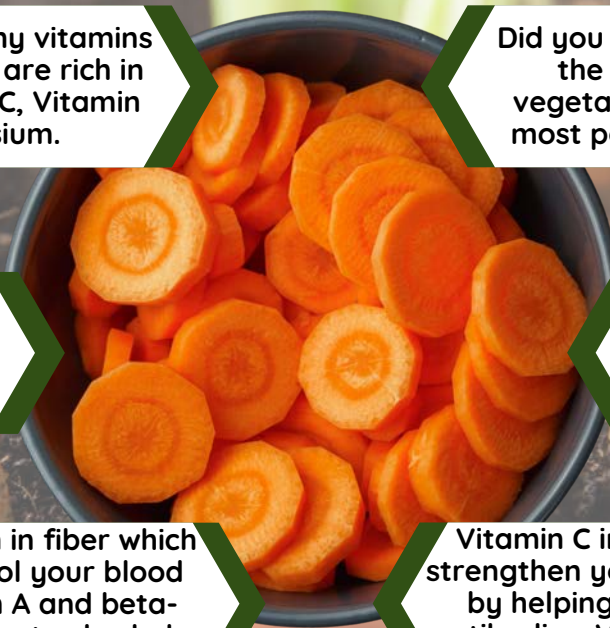
Did you know that carrots are the 2nd most popular vegetable in the world? The most popular are potatoes.

Carrots are rich in beta-carotene, which your body converts into Vitamin A, which helps keeps your eyes healthy.

One carrot produces around 1,000 seeds. The seeds are so small that around 2,000 seeds can fit on one teaspoon!

Carrots are rich in fiber which can help control your blood sugar. Vitamin A and beta-carotene in carrots also help lower your risk of diabetes.

Vitamin C in carrots helps to strengthen your immune system by helping your body build antibodies. Vitamin C also helps your body prevent infections.



SESAME LIME CABBAGE SALAD



INGREDIENTS

- 1 cup shredded cabbage, purple or green
- 1 cup shredded carrots
- 1/4 cup sliced red onion
- 2 Tbsp. chopped fresh chives
- 1/4 cup chopped cilantro
- Dressing:
 - 1/4 cup lime juice
 - 2 Tbsp. diced shallots
 - 2 Tbsp. raw honey
 - 1 tsp. apple cider vinegar
 - 1/4 tsp. ground ginger
 - 1/4 tsp. salt
 - 1/2 tsp. toasted sesame oil

DIRECTIONS

1. Cut and combine salad ingredients into a large bowl.
2. Mix dressing ingredients in a separate bowl.
3. Mix dressing into large bowl and mix until well coated.
4. Chill, serve, and enjoy!

Our Farm to School Program is a collaboration between Broome-Tioga BOCES Rock on Café School Nutrition Services, nutrition education from Cornell Cooperative Extension of Broome County, and technical support and education from the Food and Health Network.

Reach out to our team to learn more and see how you can get involved.



Cornell Cooperative Extension