



National Farm to School Month

Local Farmers



Distributors



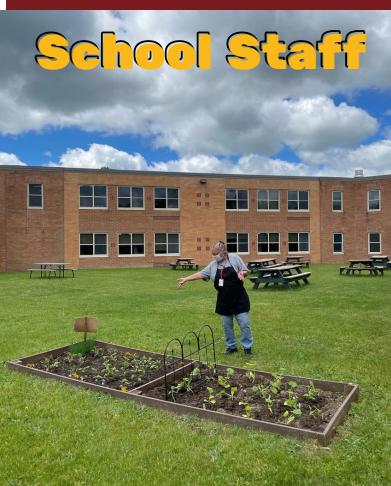
Drivers



Students



School Staff



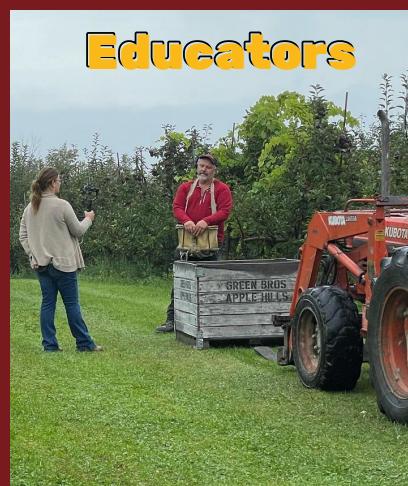
Recipe Developers



Food Service Professionals



Educators



From farmers to those serving the meals on the plate, there are so many people involved in the process of bringing fresh, nutritious meals to the table. This month, in honor of National Farm to School Month, we want to make sure we recognize all of those involved in supporting student and community health.

CORE ELEMENTS OF FARM to SCHOOL



HOW DO SCHOOL MEALS GET TO THE TABLE?



HARVEST of the MONTH

Watermelon Salsa

- 1 mini watermelon, half used for bowl
- 1 cup diced cucumber
- 1 cup diced bell peppers
- 1/2 cup diced onion
- 1/3 cup chopped cilantro
- 2 Tbsp. lime juice
- 1 Tbsp. diced jalapeno
- 1/4 tsp. salt & 1/4 tsp. pepper



1. Cut watermelon in half, chop 1 cup watermelon into diced sized pieces, hollow out watermelon to use as bowl.
2. Mix together watermelon, cucumber, peppers, onion, jalapeno, and cilantro. Mix together lime juice, salt and pepper and pour over time. Add more if necessary.
3. Put mixture into watermelon half to serve. Consider also using as a topping on chicken, tacos, or fish.

Watermelon Quinoa Salad



- 2 cups quinoa, cooked and cooled
- 3 cups watermelon, cut into 1/2 inch cubes
- 1 cup cucumber, cut into 1/2 inch cubes
- 1/2 small red onion, thinly sliced
- 1/2 cup feta
- 1/2 cup mint leaves
- 1/4 cup balsamic glaze

1. Toss all ingredients together, reserving some mint, feta, and balsamic glaze as decorative topping.
2. Add mint, feta, and a drizzle of balsamic glaze to the top of mixture.

This Month's

Watermelon

is from

CATSKILL CATTLE

October is not typically a month when watermelon is grown and harvested. Our Farm to School team works closely with our local farmers to adapt or modify their growing season when able so that we can still provide delicious, nutritious, local produce within the school year.

Fun FACTS



Watermelon is the cousin of cucumbers, squash, and pumpkins.

In China and Japan, a watermelon is a popular gift to bring the host of a party.



The World's heaviest watermelon was grown by Chris Kent of Tennessee in 2013 and weighed 350.5 lbs.

There are over 1,200 varieties of watermelon grown in 96 countries worldwide.



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