



EAT KIDS



CHOOSE FOODS THAT ARE IN SEASON TO GET THE MOST NUTRITIONAL VALUE FROM THEM. IT IS ALSO THE TIME WHEN THESE FOODS ARE MOST AFFORDABLE.

Visit the following website for a chart of the foods that grow in each region and when they are in season: <http://www.sustainabletable.org/shop/eatseasonal/>

HARVEST FOODS

During fall, choose hearty harvest foods, including sweet potatoes, carrots, onions and garlic. When cooking, emphasize “warmer” spices and seasonings such as peppercorns, ginger, and mustard seeds.

In winter, as the temperature drops, turn even more exclusively toward warming selections. Foods that take longer to grow are generally more warming (and more sustaining for your body) than foods that grow quickly. All of the animal foods fall into this warming category including fish, chicken, beef, lamb, and venison. So do most of the root vegetables, including carrots, potatoes, onions, garlic and the many varieties of winter squash. Nuts are also in this category.

APPLE TASTING

In celebration of apple harvest time, Whitsons (our new food service provider) has arranged for an “apple tasting” to take place in the cafeterias. The box below shows when this will occur at each school. Children will have the opportunity to try different varieties of apples during their lunch periods. Then, try the Apple Harvest Cake recipe together at home!

APPLE TASTING DATES:

Brookside (Oct. 24); Park and AMD (Oct. 26);
Claremont (Oct. 27); OHS (Oct. 30)

APPLE HARVEST CAKE

1 1/4 cup all-purpose flour
1 cup whole wheat flour
3/4 cup granulated sugar
3/4 cup packed brown sugar
1 Tbs cinnamon
2 tsp baking powder
1 tsp salt
1/2 tsp baking soda
3/4 cup canola or vegetable oil

3 eggs
1 tsp vanilla
2 cups (3 med) peeled, chopped apples
1 cup chopped nuts (optional)

GLAZE

1/2 cup powdered sugar
1/4 tsp vanilla
2 – 3 tsp milk

Preheat the oven to 325 degrees. Grease and flour a tube pan. In a large bowl, blend the first 11 ingredients with 1 cup of the apples. Beat for 3 minutes at medium speed. By hand, stir in the remaining apples and the nuts. Pour into the pan. Bake for 50 – 65 minutes or until toothpick inserted in the cake comes out clean. Cool in pan for at least 15 minutes before glazing.

For glaze – in a small bowl, blend all the glaze ingredients until smooth. With a spoon, drizzle glaze over cake so that some of it drips down the sides. Do not make the glaze until the cake is cooled or it will harden in the bowl. (Serves 8)

[PREP TIME: 10 minutes / COOK TIME: 50 – 65 minutes]