



LINCOLN ELEMENTARY

Fall 2020 Newsletter

**Welcome to the Lincoln's seasonal
FoodCorps newsletter!**

WHAT IS FOODCORPS

FoodCorps' mission is to connect kids to healthy food in school. We are a nationwide team of AmeriCorps leaders, serving in 17 states and the District of Columbia. We focus on delivering hands-on lessons in gardening, cooking, and tasting healthy food; improving school meals; and encouraging a school-wide culture of health. Mill City Grows hosts Lowell's two FoodCorps Service members. Service member Sam Keegan (pictured right) serves Lincoln Elementary school.



In past years, FoodCorps service members have served at the Lincoln in classes, at the garden, in lunchrooms and in an after school setting. Although this year looks a bit different, we've been doing our best to continue the mission of FoodCorps (and if I do say so myself, I feel like we've been doing a darn good job!) -Farmer Sam

For more information about programming or to join the School Garden Leadership Team, please email samantha@millcitygrows.org

Harvest of the Month



Virtual FoodCorps Lessons

Harvest of the Month programming continued to introduce the school community to not only local farms around the area, but to new and delicious ways to eat and incorporate different veggies into your meals! So far this fall we've tried out:

Peach Tomato Salsa,
Pear Cake, Kale
Pesto Pasta and
**coming this
December...
Carrot Cupcakes!**

Although we couldn't be in the garden this Fall, all classes, K-4, were taught lessons that will guide their garden adventures for when we return! These lessons included:

Plant Parts, Planting Seeds, Making Garden Maps & More!

Links to video lessons found on pg 3!

Summer Harvests

As food distributions continued into summer, veggie bags put together with food from OUR garden supplemented those meals!



RESOURCES

Recipes / Links

Lesson Video Links:

Plant Parts (1st Grade):

<https://www.youtube.com/watch?v=CJRwUxJLCXM&t=3s>

Garden Maps (2nd Grade):

<https://www.youtube.com/watch?v=3QevLsDBh3o>



Kale Pesto

Ingredients:

- 1 bunch kale (2 cups)
- 1 cup basil (chopped)
- 2/3 cup grated parmesan
- 2 garlic cloves (minced)
- 3 tbsp lemon juice
- 3/4 cup olive oil
- salt & pepper to taste

Directions:

1. Chop kale into small pieces, removing the stem of the kale leaf.
2. Place kale, basil, grated parmesan, garlic, and lemon juice in blender. Slowly add olive oil and blend until the pesto becomes smooth and consistent.
3. Salt & pepper to taste
4. Toss with your favorite pasta or enjoy with bread!



Peach & Tomato Salsa

Ingredients:

- 3 tomatoes (chopped)
- 1 red onion, (finely chopped)
- 1 peach (chopped)
- 1/2 red bell pepper (finely chopped)
- 1 Tbsp lime juice
- 1 Tbsp minced garlic
- 2 Tbsp minced cilantro
- salt & pepper to taste

Directions:

1. Combine all ingredients in a bowl; season with salt & pepper
2. Cover and refrigerate for at least 30 minutes



RESOURCES CONT.

Recipes / Links



Recipe Video Links:

- [Peach Tomato Salsa](#)
- [Pear Cake](#)
- [Kale Pesto](#)

Pear Cake

Ingredients:

- | | |
|-----------------------------|---------------------------------|
| 1/2 cup of brown sugar | 1 1/2 tsp of ground allspice |
| 1 cup of vegetable oil | 3 tsp of ground cinnamon |
| 4 eggs | 1 tsp of salt |
| 3/4 cup of water | 3/4 tsp of baking powder |
| 1/4 cup of granulated sugar | 2 1/2 cups of whole wheat flour |
| 2 cups of pear puree | 2 tsp of baking soda |
| 1 cup chopped pears | 1/4 cup of honey (optional) |

Directions:

1. Preheat the oven at 350 F. Grease a 9x9 pan with oil
2. Mix both the flours, baking soda, baking powder, salt, and spices in a separate bowl.
3. Using a whisk, mix both sugars, veg oil, water, and eggs together. Mix in the pear puree and honey if using.
4. Fold in the dry mixture to the wet mixture slowly, mix until combined.
5. Fold in the chopped pears.
6. Pour into greased pan and bake for 20-25 minutes. Insert a toothpick to check for doneness.



Farmer Sam picking sunflowers for veggie bags!