

*Friends of Great  
Kids Farm presents:*

# FARM FRESH RECIPES



# Great Kids Farm Winter Kale Soup

## ingredients:

- 2 tablespoons olive oil
- 1 large yellow or white onion, finely chopped
- 2 or 3 cloves garlic, chopped
- 3 carrots, peeled and diced
- 3 medium potatoes, peeled and diced
- 1 tablespoon dried herbs, such as rosemary, thyme, sage, basil, oregano
- 4 cups vegetable or chicken broth
- 1 (15 oz) can diced tomatoes in juice
- 1 (15 oz) can white beans, drained and rinsed
- 1 lb kale leaves, washed and torn into small, bite-sized pieces

## instructions:

1. Heat the olive oil in a large, heavy-bottomed pot over medium-high heat. Add the onions and cook for 4 to 5 minutes, stirring frequently until the onions are translucent.
2. Add the garlic and cook 1 minute, stirring constantly. Add the carrots, potatoes, and dried herbs, stirring well to combine, and cook for about a minute.
3. Add the broth, canned tomatoes in juice, and canned beans. Bring to a boil, then reduce the heat and simmer for 20 to 30 minutes, until the potatoes and carrots are tender.
4. Add the torn kale, and simmer an additional 3-5 minutes.
5. Serve up the soup with a slice of whole grain bread for a healthy and filling winter meal.

Serves 6



## Schoolyear 2014-2015 Success Salad

Serves nearly 26,000 students

### Ingredients:

- 76 classes of students from 62 schools
- 36 buses funded by Friends of Great Kids Farm
- 1 new orchard
- Over 150 trays of seedlings and 500 packets of seeds
- 70 ready-to-grow raised garden bed kits
- 2,500 lb student-grown produce
- 168 volunteers

### Instructions:

1. Welcome students to Great Kids Farm to learn gardening techniques, experience freshly harvested food, and develop a sensory-based understanding of good nutrition. Ensure transportation funds are not a barrier to such opportunities.
2. Engage students in diverse learning spaces, including a new 120-tree orchard.
3. Distribute seedlings, seeds, and garden beds to teachers. Provide training to teachers so farm-based education can extend into the schoolyard.
4. Engage high school students in paid internships and mobilize volunteers to assist with processing vegetables for school deliveries.
5. Make sure student experiences at the Farm and in their gardens are mirrored in their cafeteria by distributing Farm-grown vegetables to 60 schools.
6. Watch students grow healthy minds and strong bodies.

# Butternut Squash Macaroni and Cheese

## ingredients:

- 1 small to medium butternut squash
- 1/2 lb whole grain elbow macaroni
- 6 oz. cheddar cheese, grated (about 1 1/2 cups)
- Salt and pepper to taste

## instructions:

1. Preheat oven to 375°F.
2. Slice a butternut squash in half and scoop out the seeds. Lightly oil a baking pan and place the squash cut-side down on the pan. Cook in a preheated 375°F oven until a fork or knife can easily pierce the squash (40-60 minutes). Let cool for 15-20 minutes.
3. Bring a large pot of water to a boil. Add 1 1/2 teaspoons of salt and macaroni noodles. Cook until noodles are "al dente" according to the package directions.
4. While the noodles are cooking, scrape the cooked butternut squash out of its skin into a large bowl. Measure how much squash you have.
5. When the noodles are cooked measure out an amount of the pasta water equal to the cooked squash. Drain macaroni and return to the pot.
6. Puree the cooked squash with an equal part of the pasta water using an immersion or traditional blender.
7. Add enough of the pureed squash mixture to almost cover the macaroni, and gently mix together with a large spoon.
8. Pour the mixture into a large casserole dish. Sprinkle grated cheese evenly over the top.
9. Cover the dish with aluminum foil and bake at 375°F for 35-45 minutes until the sauce is bubbly and the cheese is melted. Let sit for 10 minutes before serving.

## Farm Future Casserole

Can serve every student in the district

- ingredients:**
- 1 ambitious strategic plan
  - 2 key partner organizations
  - Hundreds of dedicated supporters

### instructions:

1. Develop STEM-based lesson plans for 7th grade teachers and Great Kids Farm staff to teach before, during, and after their **Learning Journey** to the Farm. Launch district-wide initiative to ensure every 7th grader participates.
2. Expand distribution of **farm-to-cafeteria** produce by engaging high school culinary students in processing produce for distribution.
3. Enhance **student internships** with workshops and field trips connecting them to green entrepreneurs and developing essential skills for success in any career.
4. Expand the **Healthy Eating Healthy Living** program to create opportunities for teachers, students, and families across the district to engage in gardening, nutrition, and wellness-promoting activities throughout the school year.
5. Develop plans and secure funds to provide **summer enrichment programming** to elementary and middle school students.
6. Work in partnership to best use the combined resources of City Schools and Friends of Great Kids Farm to execute strategic plan and serve more students.

# Homemade Sauerkraut

Serves 8-16, depending on the size of cabbage

**ingredients:**

- 1 head red or green cabbage
- Kosher salt

## instructions:

1. Shred fresh cabbage and pack it into clean mason jars or plastic quart containers, leaving an inch of headroom. Mix in caraway seeds, hot pepper flakes, or other spices if desired.
2. In a separate container, make a brine with a ratio of one tablespoon kosher salt per cup of water. Stir solution until salt is dissolved.
3. Slowly pour the brine solution over the packed cabbage, allowing the air bubbles to rise to the surface. Using clean hands or utensils, tamp the cabbage down to free all air bubbles from the mixture.
4. Continue to slowly fill the container until the cabbage is just covered by the brine, retaining the one inch of head room at the top of the container.
5. Cover the container with a towel and let ferment at room temperature or in the fridge for 2-5 weeks. Carbon dioxide bubbles will rise through the mixture as the cabbage ferments. The cabbage will soften into the liquid, and the volume of liquid will appear to increase.
6. When the sauerkraut is ready, pour off brine, rinse with water, and drain. Enjoy immediately, and store leftovers in a sealed container in the fridge.



# Great Kids Giving Goulash

## Ingredients:

Year-end donations  
• Pledges

• Friends of Great Kids Farm gear  
• Workplace giving

• Amazon Smile  
• Your time and talents

## Instructions:

1. Decide how important providing opportunities for Baltimore City students to experience fresh, healthy food and engaging outdoor education is to you and our city's future.
2. Make a year-end donation by writing a check to Friends of Great Kids Farm or donating at [friendsgkf.org](http://friendsgkf.org). Donate \$500 or more and you'll receive half the value of your donation back at tax time (see Community Investment Tax Credits insert).
3. Make giving easier on your wallet by pledging to give smaller amounts throughout 2016 by using on the gift form or our online giving page.
4. Buy Friends of Great Kids Farm sunhats or gardening gloves as holiday gifts. Use the order form insert or email [info@friendsgkf.org](mailto:info@friendsgkf.org)
5. Designate Friends to receive donations via payroll deductions through your workplace giving campaign. #4557 designates Friends in the Baltimore City Combined Charities Campaign, the Maryland Charity Campaign, and in private sector giving. #79326 designates Friends in the Combined Federal Campaign.
6. Sign up for Amazon Smile and select Friends of Great Kids Farm as your charity. A portion of every purchase you make will be donated to Friends. [Smile.amazon.com](http://Smile.amazon.com)
7. Consider supporting the Farm as a volunteer or organize a day of service through your employer. Contact [volunteer@friendsgkf.org](mailto:volunteer@friendsgkf.org).





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