



FARM to Early Care and Education

Boulder County Public Health

January 2023



Winter Root Vegetables

Winter Root Vegetables are January's Harvests of the Month! Like their name suggests, root vegetables are the roots of plants that are eaten as vegetables.

These roots anchor the plant, absorb water, and nutrients and store energy. Rich in Vitamin C, root veggies have been an essential part of the diet dating back to the start of human civilization. American colonists relied on root vegetables because they could be stored for months during the winters.



La Petite Academy

Have you ever had a 4-year-old ask you for a recipe for lentil soup or eggplant curry? When preschoolers at La Petite Academy eat with cook, Ms. Anu, the meals and snacks are so

delicious that they ask for her recipes! La Petite's parents remark that their children eat a greater variety of vegetables at preschool than at home. Ms. Anu says her trick is to use the fresh vegetables from the Farm to ECE Produce Bags, let the kids see and explore the whole vegetable in the classroom, and then when cooking, add just a small pinch of some warming spice – including everything from cumin to curry and garlic to turmeric.

Ms. Anu also believes that positive peer pressure encourages children to try foods that they wouldn't normally try at home. For example, one picky eater didn't want to try the red beets. However, when she saw the other children develop a "cool red tongue" after eating the beets, she wanted to try some too!

Thank you, Ms. Anu and La Petite for using innovative techniques to encourage your kiddos to try new fruits and vegetables!



Fun Activities for Kids

Banana Snowman Edible Snack

Looking for a fun and tasty afternoon snack? Build this festive treat using fruits and vegetables and get the energy you need to build a snowman outside! Check out the recipe and instructions here - <https://bit.ly/BananaSnowmanActivity>



Arctic Animal Yoga

Though the weather outside may be frightful for us humans, polar bears and puffins brave the cold all winter long. Encourage your kiddos to summon their inner arctic animal by trying some arctic animal yoga! Turn your downward dog into a husky and tree pose into a moose! Check out all of the poses at <https://bit.ly/ArcticAnimalYoga> and consider making up your own too!



Waste Not, Want Not

Kids Gardening and Watson Gloves are partnering to bring you the FREE Decomposition Activity Pack. These decomposition-themed activities are designed to jumpstart conversations and inspire curiosity and wonder for our natural world. Kids can learn more about decomposition and meet some of the organisms responsible! This activity pack includes four activities and corresponding worksheets centered around ecology, sustainability, and math. Check out the Activity Pack here - <https://bit.ly/DecompositionActivity>



At the Market

Though the physical farmers markets are closed until April, curbside pick up is still available! Order online here now - <http://bit.ly/BCFMCurbside>

Here's a list of what you'll find curbside this month: Apples, beets, cabbage, carrots, celeriac, garlic, leafy greens, mushrooms, onions, parsnips, potatoes, radishes, rutabaga, pumpkins, turnips and winter squash.



Farm Spotlight

Fifer Farm

The focus of Fifer Farm is microgreens! What are microgreens? Microgreens are the earliest stage of a plant's development. They are high in antioxidants, which can lower your risk of cancer and heart disease.



Broccoli microgreens

In the photo below, you can see sprouts on the left, microgreens in the middle, and a more mature plant on the right.



Great ways to add microgreens to your meal are to put them into sandwiches and wraps, salads, smoothies and juices, and soups. Some child care programs even put the microgreens into their pesto sauce!

Children say the silliest things: After tasting a microgreen at a preschool, one child came home and told her parents that she "ate grass at school" and liked it.

Thank you, Fifer Farm, for providing microgreens for our Farm to ECE Produce Bags! To learn more about microgreens and order some for your child care program or family, visit, <https://fiferfarmmicrogreens.com/>

Root Veggie Fries with Yogurt Ranch Dressing

Root Veggie Fries

Ingredients

- 1 large Yukon Gold or russet potato, cut lengthwise
- 1 large sweet potato,, cut lengthwise into wedges
- 2 large carrots, halved across, then quartered
- 2 large parsnips, halved across, then quartered
- 2 tablespoons olive oil or vegetable oil
- 1 branch of rosemary, stripped of its leaves (or 1 teaspoon dried rosemary)
- 1 teaspoon salt
- 1 tablespoon vegetable oil

Directions

1. Preheat the oven to 400°F.
2. Toss the cut veggies with oil and rosemary.
3. Line a baking sheet with parchment paper, rub with a little oil, then put in the oven for 5 minutes to heat up. When hot, spread the cut veggies in one layer and sprinkle with salt.
4. Return to the oven and bake on a high shelf. Turn the veggies from time to time for even browning. Bake until they are tender and golden, about 30 minutes.

Yummy Yogurt Ranch Dressing

In a small bowl, combine 1 Tablespoon parsley, ½ teaspoon dill, 1 teaspoon garlic powder, 1 teaspoon onion powder, 1 teaspoon salt, and ½ teaspoon black pepper. Mix well, then stir the spice mixture and 1 teaspoon honey into 2 cups Greek yogurt until thoroughly combined. Serve as a dip for the root veggie fries.

Source: <https://bit.ly/RootVeggieFries>

Parent Corner

Seed Catalog Fun

Whether it's a cold winter day or a rainy afternoon, seed catalogs can provide hours of fun when the outdoor garden is unavailable. They're informative, entertaining, and a potential source of games and crafts. Make a collage placemat highlighting a rainbow of fruits and vegetables or a bookmark or even a memory-based card game. Find more ideas here - bit.ly/SeedActivity



Contact

Heather Hauswirth, RD
Program Specialist
Farm to Early Care and Education
Child Health Promotion Program
Boulder County Public Health
C: 720.527.9016
hhauswirth@bouldercounty.org
BoulderCountyCHP.org

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