

Farm to Preschool Long Island

LONG ISLAND FARM TO PRESCHOOL NEWS

Volume 5, Issue 5
July 23, 2018

The weather at the farm stand was beautiful last week! We had several attendees at our recipe demonstration who were pleased to taste beets cooked simply along with their greens. Beet greens are delicious and can be cooked just like spinach or chard.

The corn is getting bigger and sweeter as the weeks go by, and Farmer Casmo is turning people on to the idea of eating fresh corn raw. It is so sweet when it is fresh and many are surprised at how delicious it really is. We also had huge heads of green leaf lettuce, the freshest yellow zucchini around, and bushels of crisp green cucumbers. This week should see the arrival of peaches, and other stone fruits like plums and nectarines are coming very soon.

Speaking of cucumbers, our recipe is *Sweet & Spicy Cucumbers* this week, a simple and cool side dish for those hot summer days. Come on down and watch our live recipe demonstration each week at 4:15 PM and 5:15 PM to grab a taste or click [here](#) to

download a copy. Remember everyone who attends the recipe demonstration gets a free kitchen tool to take home. So far we have



So many cucumbers in the school garden!

given away colanders, salad bowls, salad tongs, and vegetable scrub brushes. Each week is something new so be sure to join us.

Please spread the word to family and friends—our farm stand is open to the public and accepts cash, credit, WIC and Senior FMNP checks, and SNAP benefits. See you at the farm stand!

MARKET SPOTLIGHT: GETTING KIDS EXCITED ABOUT FRUITS AND VEGGIES

1. **Start Slow.** Introduce one or two new fruits and vegetables each week to guide them through this transition. Serve new foods alongside favorite foods.
2. **Cook with them.** Allowing your child to be a part of the cooking process may give them a stronger desire to taste it.
3. **Make grocery shopping fun.** Bring your child to a local farmer's market, or allow them to choose their own fruit and vegetable at the grocery store. Exposing them to healthy food environments in a fun way will help change their perspective.
4. **Be a good role model.** Your children will be more likely to try fruits and vegetables if they see you eating them. Do not pressure or force children to taste if they are not ready. Keep your favorite fresh produce available for snacks and meal times, and give your child many opportunities to taste.



The corn is so sweet right now.

Long Island Farm to Preschool is part of the USDA SNAP-Ed funded childhood obesity prevention initiative **Eat Well Play Hard in Child Care Settings**. This institution is an equal opportunity provider and employer.

EGGPLANT

Almost everyone is familiar with the standard eggplant you find in the store, but did you know that eggplants come in a variety of shapes, sizes and colors? They can range in color from light purple to white to green. Some are small and oval while others are long and thin.



Eggplants can be used in a myriad of dishes, and their texture makes a great substitute for meat in vegetarian cooking. Eggplant is widely used in Middle Eastern and Indian cuisine, but is also very popular in Italian dishes such as eggplant parmigiana or ratatouille.

Eggplants are a member of the nightshade family, which includes peppers, tomatoes, and potatoes. This family of vegetables naturally includes some bitter components, so it

is recommended that eggplant be cooked before eating. Some cooks also say that salting eggplant before cooking helps to remove some of the bitterness and prevent it from soaking up a lot of oil during cooking. If you salt, be sure to rinse it off prior to cooking.

Tomato and Eggplant Stew

From *Just Say Yes to Fruits and Vegetables*

Serves 8

Ingredients

- 1 tablespoon vegetable oil
- 1 cup chopped onion
- 1 cup chopped bell pepper
- 2 minced garlic cloves
- 8 cups chopped eggplant
- 3 cups chopped fresh tomatoes
- 1 tablespoon fresh or 2 teaspoons dried thyme
- Salt and pepper to taste

Directions

1. Heat oil in a large pot over medium heat. Add onion and bell pepper and cook until soft.
2. Add garlic and cook 1 minute. Add eggplant and cook 5 minutes more.
3. Add tomatoes and thyme, stir and bring to a boil. Reduce heat to low and cook until sauce thickens and eggplant is fully cooked, about 15 minutes. Add salt and pepper to taste. Stir often.
4. Serve hot or warm and enjoy!
5. Refrigerate leftovers.

Nutrition Facts (per serving): Calories 70; Total Fat 2g; Saturated Fat 0g; Cholesterol 0mg; Sodium 85mg; Total Carbohydrate 12g; Dietary Fiber 4g; Sugars 7g; Protein 2g

DON'T MISS OUR 2018 FARM STAND

Kiddie Academy of Islip Farm Stand

60 Carleton Ave

Islip Terrace, NY 11752

Thursdays 3:00 PM—6:00 PM

Live cooking demos at 4:15 PM & 5:15 PM

June 28, 2018— September 27, 2018



Farm to Preschool Long Island

***Eat Well Play Hard in
Child Care Settings***

99 Quentin Roosevelt Blvd.
Suite 201
Garden City, NY 11530
Phone: 516-358-9250 ext. 38

