

WELCOME!

A Letter to Parents:

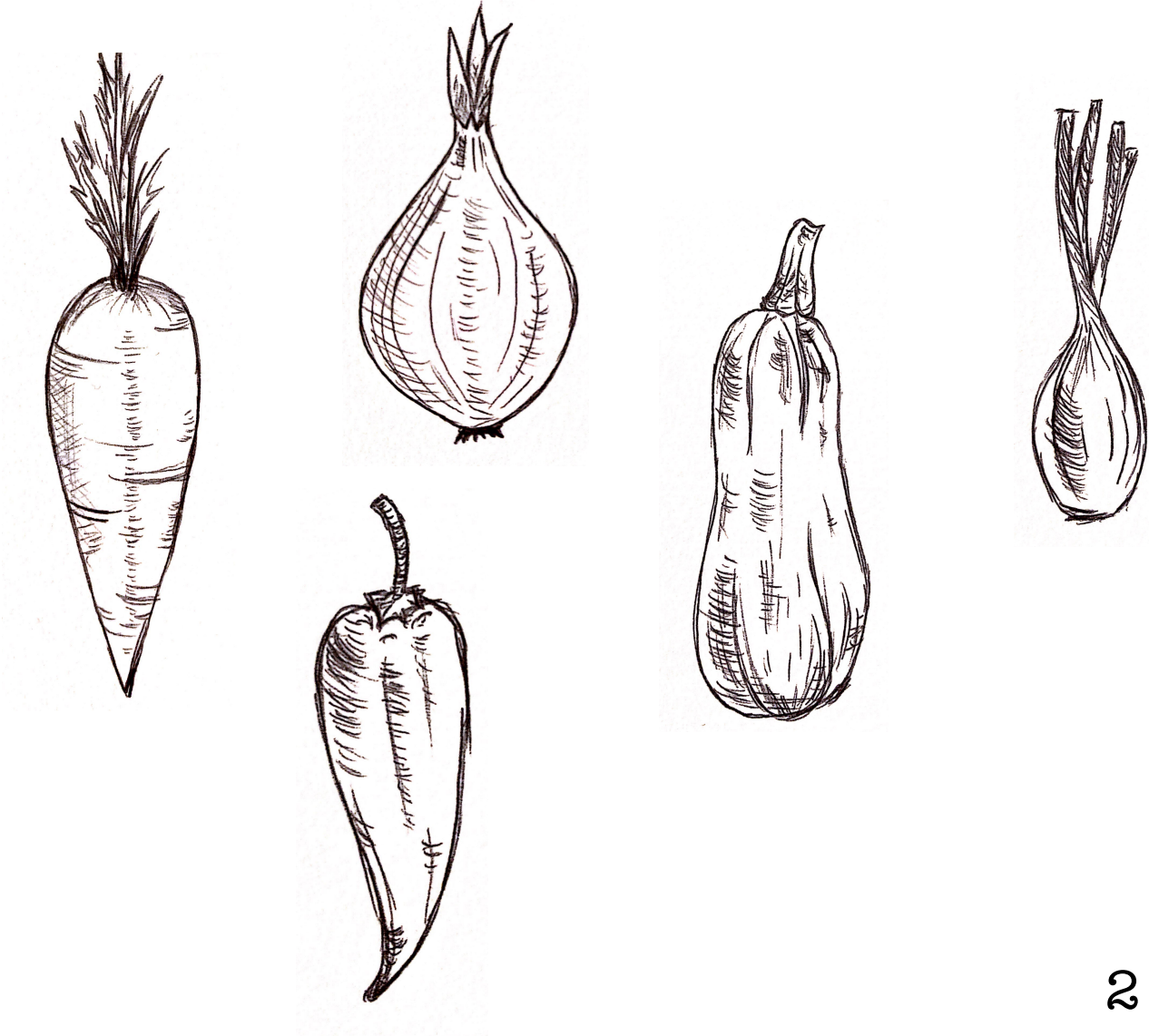
Hello and welcome to your very own seasonal foods interactive booklet! My name is Eleanor and I'm a junior at Orono High School. I made this book for kids and their parents to inspire them to take advantage of our local foods and farmer's market. In this book you will find information about seasonal produce, yummy kid-friendly recipes, along with coloring and much more fun! The goal is to inspire our community's youth to be knowledgeable and excited about the benefits of eating local veggies, not only for their health but for the environment as well. It's important to eat foods that are in season rather than buying fruits and veggies at the grocery store, because most of the time that food has been shipped thousands of miles and sprayed with pesticides to keep it fresh. When you buy local, you eliminate the negative impact that the transportation has on the environment, the workers and farmers, and your health. For each season, I will share a select few of my favorite, easy to use veggies that are versatile and delicious. I hope you enjoy going through this book with your kids and you learn a little something along the way.

Thanks,

Eleanor

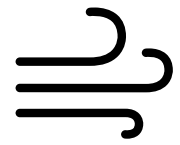
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JANUARY through APRIL



Root vegetables such as beets and sweet potatoes are great for storing throughout the winter, and leeks make a great addition to soups and other warming dishes!



BEETS!

Known for their vibrant purple/pink color, they are a great source of vitamin C, iron, and magnesium.

DID YOU KNOW...

Beets were used as medicine in the middle ages and helped to treat all sorts of illnesses ranging from blood flow to digestion.

LEEKs!

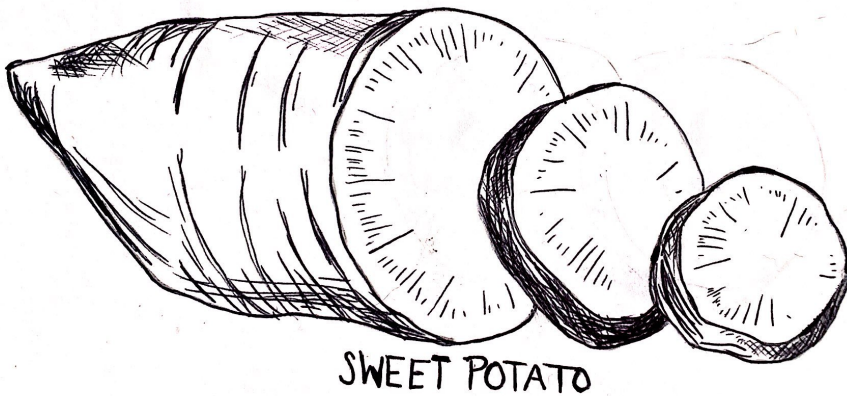
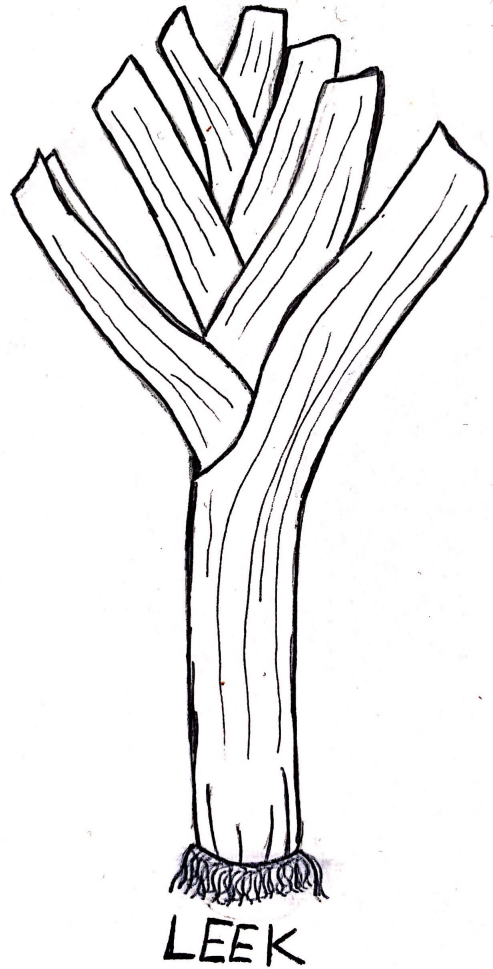
Leeks have a sweeter, onion like flavor and are great used in soups or stews.

DID YOU KNOW...

Leeks are thought to be native to Central Asia.



psst. Don't forget to clean between each layer of the leek to get out dirt!



SWEET POTATO!

Sweet potato are likes potatoes but with a sweeter taste. Actually, sweet potatoes and regular potatoes aren't even related!

DID YOU KNOW...

George Washington grew sweet potatoes on his plantation

A Few Fun Recipes To Try

Sweet Potato Fries

Ingredients:

2 large sweet potatoes
3 tbs olive oil
1 tsp garlic powder
1/2 tsp onion powder
1/2 tsp salt
3 tbs cornstarch

You can also do this with normal potatoes if you don't like sweet potatoes! Enjoy your homemade, better-than-McDonald's, fries!

Procedure:

- Preheat oven to 425 and line a baking sheet with parchment paper

Parents, do this next step.

- Peel and cut sweet potato into desired shape

Kids, you can help with the rest

- Soak the cut fries in cold water for 10 minutes, then dry thoroughly

- Place fries in a large bowl. Combine with spices, cornstarch, and oil and use your hands to combine everything together.

- Spread fries on baking sheet as evenly as possible

- Bake for 15 minutes, then flip the fries and bake for another 15-20 minutes. Watch carefully to prevent burning.

Pink Beet Pancakes

Ingredients:

2 cups rolled oats
1 tsp baking powder
Dash of salt
2 eggs
2 tsp vanilla extract
1 beet, cooked and peeled
1 mashed banana
2 tbsp maple syrup

These pancakes are a great way to get in vitamins and antioxidants while eating something delicious!

Procedure:

- Add dry ingredients to a blender and blend until oats become a fine powder
- Add beets, banana, vanilla, eggs, and maple syrup and blend again until a thick, but still pourable, batter forms. Add more liquid if needed.
- Heat an oiled pan over medium heat and add batter. When the pancakes start to bubble, it is time to flip them over.
- Serve with maple syrup and butter!



MAY THROUGH JUNE



In Season:

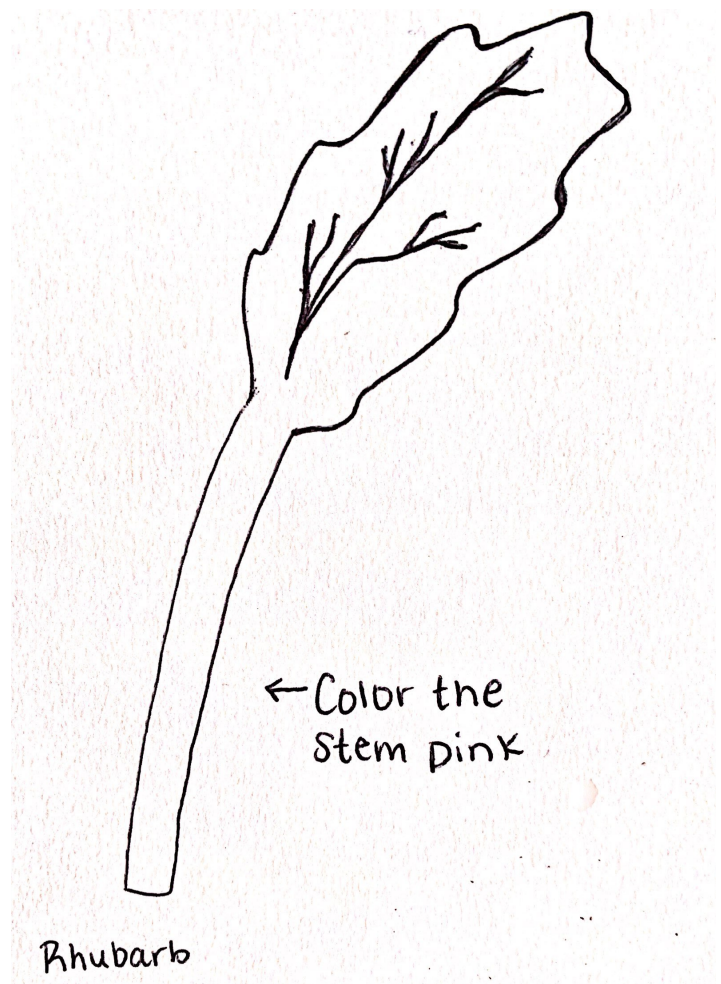
- Rhubarb
- Spinach
- Peas

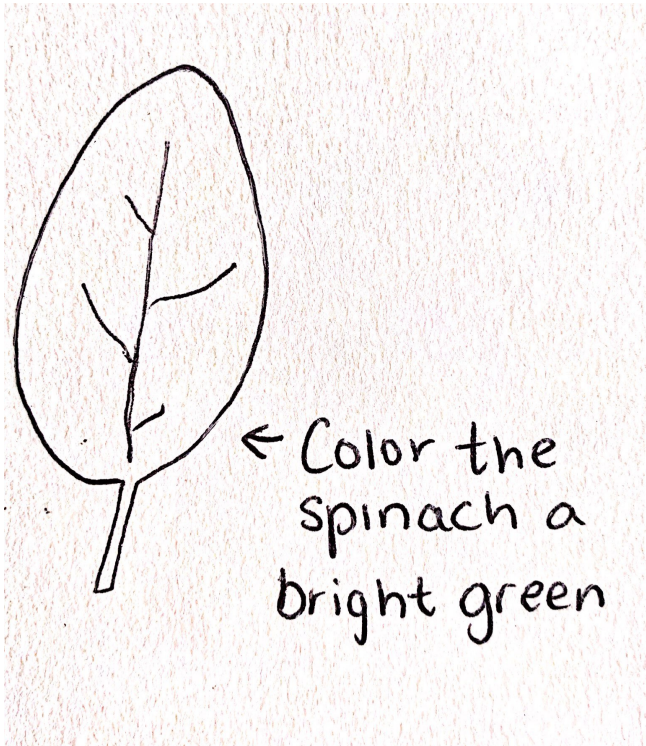
These vegetables are great for making light, spring meals that are so versatile and fun!

P.S. You can't even taste the greens in these recipes

Rhubarb

Rhubarb has a wonderful pink color, but be warned: the leaves of the rhubarb stalk are **POISONOUS**. Rhubarb tastes best in desserts so enjoy eating your veggies in a pie!





Spinach

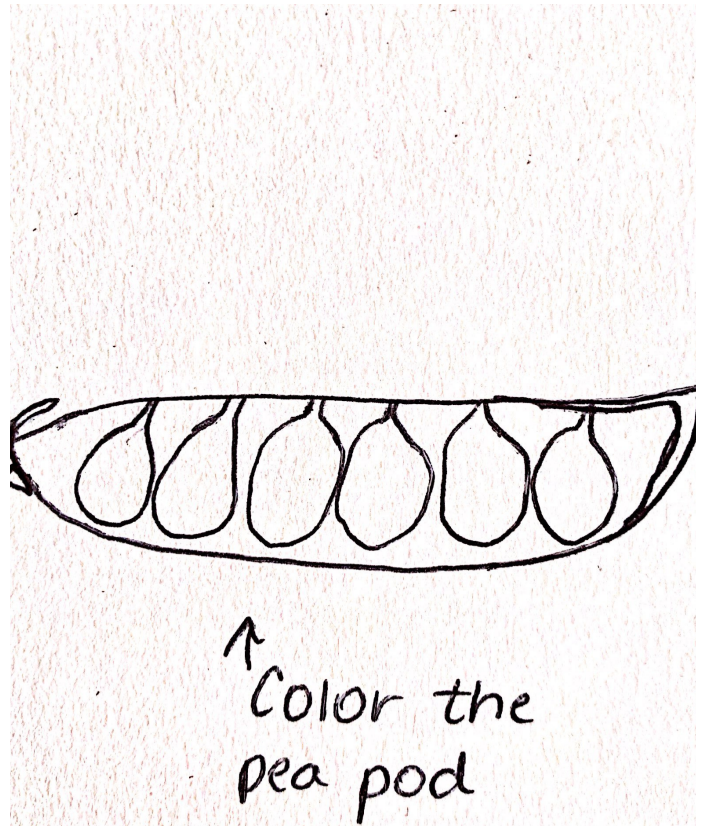
You might be thinking YUCK, spinach! But fear not, when cooked right, you can't even taste it.

Spinach has an array of amazing vitamins to keep you strong and happy!

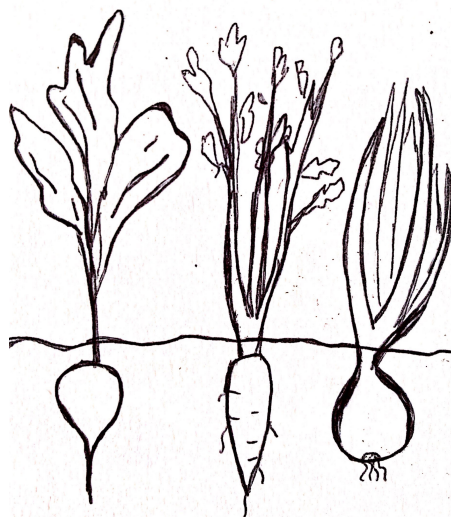
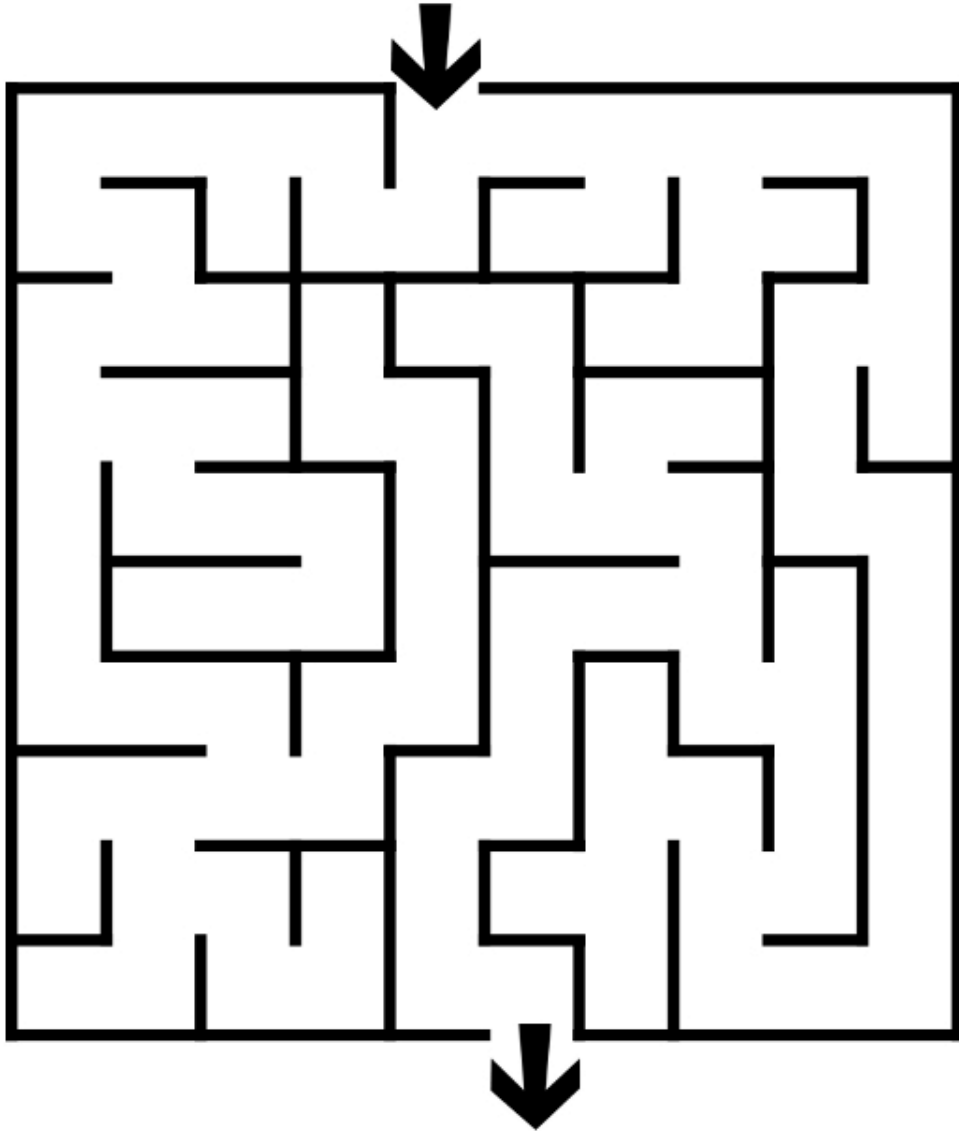
Peas

Did you know?

Peas were used in the early exploration of genetics. Much of what we know now about genetics today is thanks to peas!



Get to the garden at the end of the maze to collect your food



Recipes

Spinach Pea Pasta

Ingredients:

- 1 tbsp olive oil
- 4 slices garlic cloves
- 3 cups chopped spinach
- 1 cup fresh peas
- 1/2 tsp each dried basil and oregano
- 4 cups pasta of choice
- 1 cup heavy cream (vegan or dairy)
- 1 tsp salt

Procedure:

- Sauté garlic and salt with the oil. Add in peas after about 2 minutes
- Add in the heavy cream, basil, and oregano and then add the pasta. Reduce to a simmer and cook until pasta is done.
- At the end, add in the spinach until it is cooked and wilted

Rhubarb Sauce

Ingredients:

- 3 cups chopped rhubarb
- 1/2 cup water
- 3/4 cup sugar
- 1 tsp vanilla extract

*This recipe is great served over pancakes!

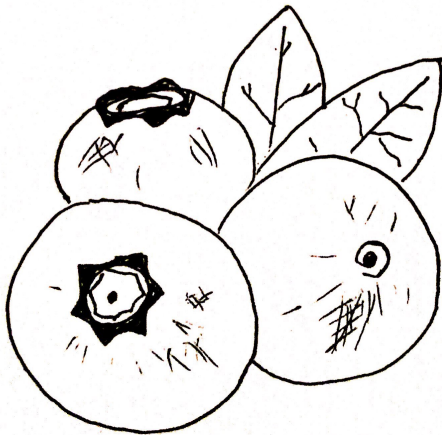
Procedure:

- Place all ingredients into a sauce pan over high heat. Bring to a boil and then reduce to a simmer. Cook for 10 minutes
- Remove from heat and let cool

July through August



I love summer fruits! You can make so many delicious things with them. Nature's candy!



Blueberries

There's nothing better than fresh Maine blueberries. Have you ever been to a blueberry field in Maine?

Did you know:

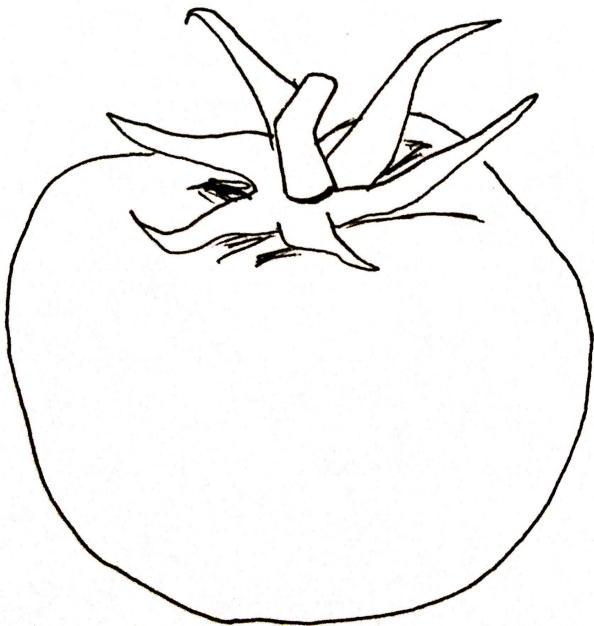
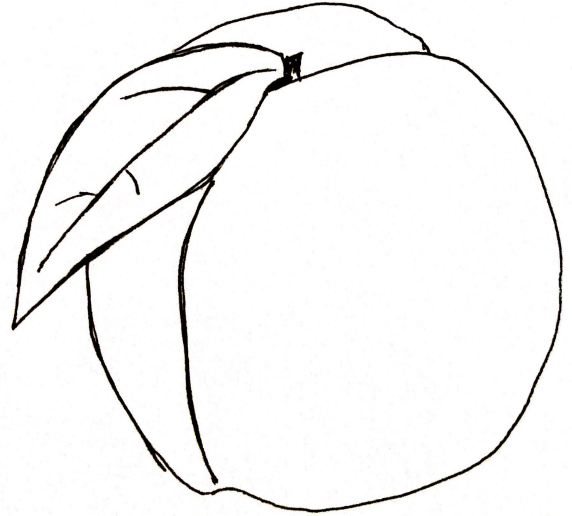
Maine produces 15% of the world's blueberry crop.

Peaches

Did you know...

Georgia's nickname is "The Peach State."

August is National Peach Month!



Tomato

Tomatoes

Did you know...

Tomatoes aren't always red. They can be yellow, purple, or pink.

In Spain, there is a festival where people throw tomatoes.

Both of these fruits can be grown in Maine. Ask your parents about growing them in your back yard.

Write your favorite summer fruit below

Recipes

Peach + Blueberry Cobbler

Ingredients

Filling

- 2 cups blueberries
- 2.5 cups peeled & sliced peaches
- 1 tbs lemon juice
- 1 tsp lemon zest
- 1/4 tsp vanilla extract
- 1/2 cup sugar
- 1/4 cup flour

Topping

- 1/2 flour
- 1/2 cup oats
- 1/3 cup brown sugar
- 1/2 tsp salt
- 1 tsp cinnamon
- 6 tbsp butter diced

Procedure

- Preheat oven to 375
- Mix together the filling ingredients and let sit while you prepare topping
- Combine topping ingredients and use your fingers to mix in the cold butter until a crumbly mixture comes together
- Place fruit in a baking dish then the topping
- Bake for 40-45 minutes

Tomato and Mozzarella Kabobs

Ingredients

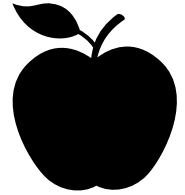
- cherry tomatoes (if using large tomatoes cut into big chunks)
- Skewers
- Fresh basil leaves
- Salt and pepper
- One inch chunks of mozzarella (or mozzarella balls)
- Balsamic vinegar

Procedure

- Cut up tomatoes and cheese if needed
- Poke onto skewers in a rotating pattern with cheese, tomato and basil
- Add salt, pepper and balsamic vinegar to the skewers.



September through October



What's in season?

Cranberries
Winter Squash
Summer Squash

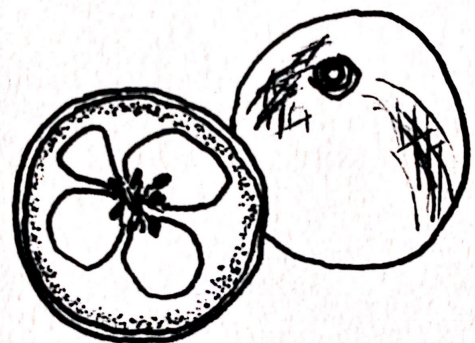
A great way to get into the fall spirit is to cook your favorite fall vegetables. Pumpkins and apples can be used in so many recipes.

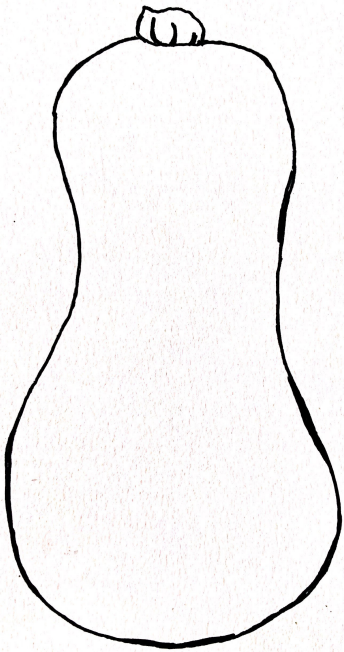
Cranberries

Did you know...

You not only eat this tart fruit, it was originally used to cure meat, heal wounds, and dye fabric.

These berries are high in antioxidants.





Scanned with CamScanner

Winter Squash

Winter squash can be stored for long periods of time because they are picked when they are fully mature and have thick rinds. They store well during long, cold winters.

Summer Squash

Summer squash are picked earlier and when they have thin rinds. They cannot be stored as long. Examples of summer squash are zucchini and yellow squash.



Recipes

Butternut Squash Soup

Ingredients

- 1 butternut squash, peeled and chopped
- 2 tbsp olive oil
- 3 cloves chopped garlic
- 1 onion
- 1 tbsp sage
- 3 cups veggie broth

Procedure

- In a large pot, sauté everything together with salt and pepper minus the broth
- Cook until onion is translucent
- Add broth and bring to a boil then reduce to a simmer. Cook until the squash is soft
- Transfer to a blender and puree until smooth.

November through December



What's in season?

Brussels sprouts

Garlic

Dry beans

Buying dry beans are cheaper and are much less wasteful. You don't need to throw away any tin cans when you buy dry beans.

Brussels sprouts

Brussels sprouts are known for being disgusting. But, if you cook them right they're actually delicious! I dare you to try these again with the recipe below. I promise you won't regret it.



BRUSSELS SPROUTS

BRUSSELS SPROUTS



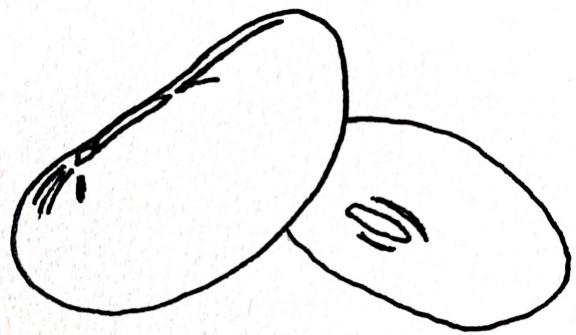
GARLIC

Garlic

Garlic is the perfect seasoning for everything. It is also supposed to ward off vampires!

Dried Beans

Beans Beans the musical fruit, the more you eat the more you toot, the more you toot, the better you feel, so eat beans at every meal!



DRIED BEANS

Recipes

The Perfect Roasted Brussels Sprouts

Ingredients

1.5 lbs brussels sprouts

2 tbsp olive oil

Salt and pepper

Procedure

Preheat oven to 400 degrees

Wash brussels and then cut off the stem and cut them in half.

Mix oil and spices until well combined

Bake for 20-30 minutes, stirring occasionally.

