

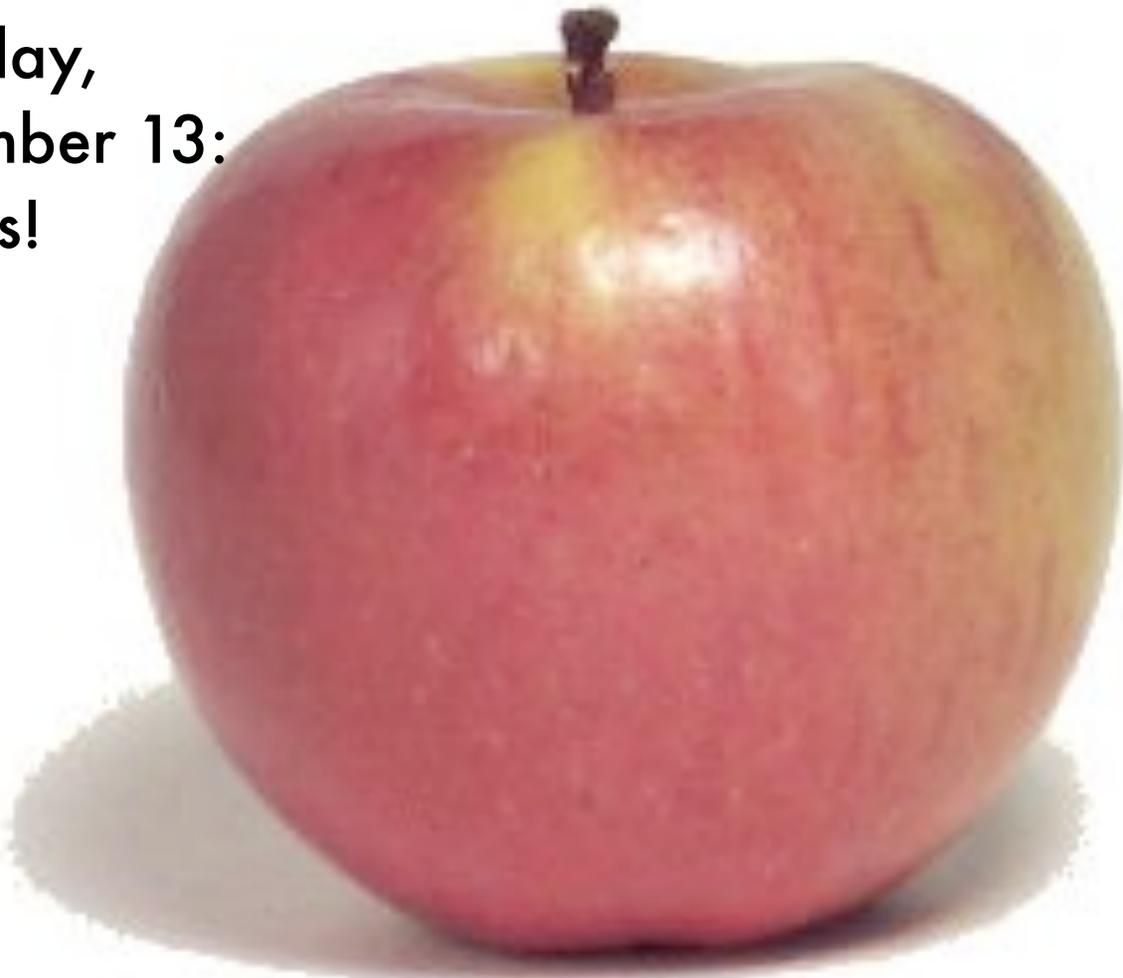


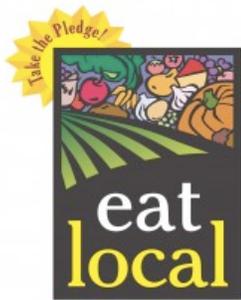
Celebrate HARVEST OF THE MONTH

All year long, your school district & Whatcom Farm-to-School partner up to serve food that is healthy and grows locally.

**NOW IS A GREAT TIME
TO TRY HOT LUNCH!**

Thursday,
December 13:
Apples!





for Thanksgiving

COOKING *Delicious* AND *Healthy* FOOD FOR THE HOLIDAYS

This year, surprise your family & friends with a delicious new dish for the holiday meal! [Puget Sound Fresh](#) has compiled an extensive and mouth-watering collection of [holiday recipes](#) featuring ingredients that grow locally.

Eating Local for the Holidays – and Every Day

Holidays are a special time when we share good things with family and friends and celebrate the abundance of the harvest. Here are some easy ways to bring local food home:

- Shop with your kids for the seasonal Harvest of the Month items they are excited about at school—a visit to a local farm stand or farmers market is an adventure for your child
- Cook a simple recipe together. The more kids are involved with sourcing and preparing food, the more they will eat it.
- Include seasonal, colorful, local produce in your holiday meal planning—try carrots sautéed or steamed with other veggies, or grated in a salad. Add them to your favorite sweet potato or yam dish.

- Consider a free-range locally raised turkey or chicken for your holiday centerpiece. The taste of local will wow your family.

- Colorful food makes the holiday table festive. Try a mix of locally grown red, white, gold, and purple potatoes.

- Locally grown apples are plentiful during the holidays. Fresh sliced apples served with cheese make an easy snack or appetizer. An apple pie, tart, cobbler, apple sauce, or dumplings can be a sweet beginning or ending to a joyous celebration.

**Eat
Local
First!**



Check out all the year-round ways to find seasonal fruits, nuts and veggies, while supporting your neighbors, local farmers, and the local economy at www.eatlocalfirst.org. Enjoy the local harvest!



F2S Online

Check out our website

www.whatcomfarmtoschool.org

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