

# FARM TO SCHOOL

EDEN PRAIRIE, MINNESOTA

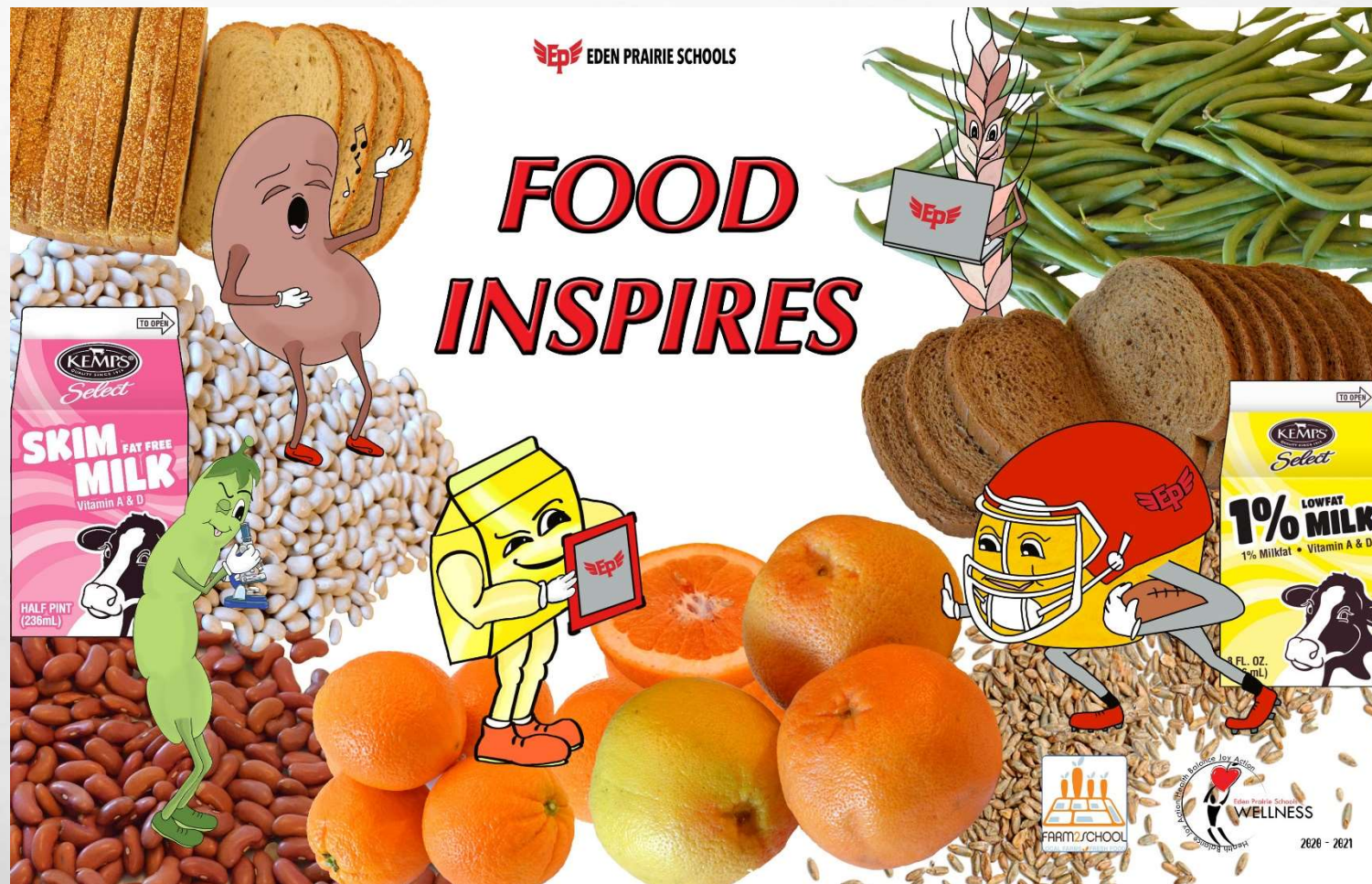
2020- 2021



**EDEN PRAIRIE SCHOOLS**  
Inspiring each student every day



**WE BELIEVE CHILDHOOD EXPOSURE TO GOOD FOOD INSPIRES  
HEALTHY EATING LATER IN LIFE!**





# OUR SEPTEMBER/OCTOBER PROMOTION:



***FOOD INSPIRES***

***Keep Calm  
&  
Green Bean On!***

September - October 2020

**EP EDEN PRAIRIE SCHOOLS**



LOOK FOR  
OUR  
FEATURED  
VEGETABLE  
GREEN  
BEANS

FROM BIX  
PRODUCE  
COMPANY





# DID YOU KNOW?

- THE GREEN BEAN IS ALSO KNOWN AS STRING BEAN, OWING TO THE STRING THAT RAN ALONG THE SIDE OF THE POD. SINCE THE STRING WAS NOT PALATABLE, IT HAD TO BE REMOVED PRIOR TO COOKING. FORTUNATELY A “STRINGLESS” VARIETY HAS BEEN DEVELOPED.
- THE USE OF BEANS HAS BEEN SO INGRAINED IN THE AMERICAN CULTURE THAT A FEW EXPRESSIONS IN THE ENGLISH LANGUAGE CONTAIN THE WORD “BEANS.” FOR EXAMPLE, “SPILL THE BEANS,” REFERS TO THE ACT OF DIVULGING A SECRET; AND “FULL OF BEANS” IS A PHRASE USED TO DESCRIBE A PERSON WHO IS ENERGETIC AND ACTIVE.



# MORE FACTS



- Green beans grow very fast. The length of time from planting to harvesting is only 45 to 60 days. Ideally, they should be grown during the spring and summer months, since the plants cannot tolerate cold temperatures.
- Green beans are among the most popular garden plants in the world.
- The green bean pod contains 4 to 6 seeds, which are pale green in color, soft and are shaped like a kidney.

# MORE VEGETABLE FUN FACTS

- THE MOST POPULAR WAYS TO PREPARE GREEN BEANS ARE STEAMING, SAUTÉING OR STIR-FRYING, AND BAKING THEM IN CASSEROLES. YOU CAN COOK BEANS WITH HERBS LIKE PARSLEY, THYME AND CHIVES TO BRIGHTEN THEIR FLAVOR.
- GREEN BEANS, WHEN EATEN RAW, ARE MILDLY TOXIC. NEVERTHELESS, YOU CAN STILL TOSS RAW BEANS IN YOUR SALAD OR EAT THEM FRESH FROM THE GARDEN AS LONG AS YOU DO SO IN LIMITED AMOUNTS. SINCE THESE TOXINS ARE MORE CONCENTRATED IN THE SEEDS THAN IN THE POD, IT WOULD BE ADVISABLE TO CHOOSE YOUNG PODS THAT HAVE SMALL SEEDS. COOKING WILL BREAK DOWN THE TOXINS AND RENDER THE BEANS SAFE TO EAT







- EVERY LAST SATURDAY IN JULY, THE CITY OF BLAIRSVILLE, GEORGIA, HONORS THE GREEN BEAN WITH THE GREEN BEAN FESTIVAL.
- THE CELEBRATION INCLUDES COOKING CONTESTS, CANNING PLANT TOURS, BEAUTY PAGEANTS AND OTHER ACTIVITIES THAT SHOWCASE THE VEGETABLE.



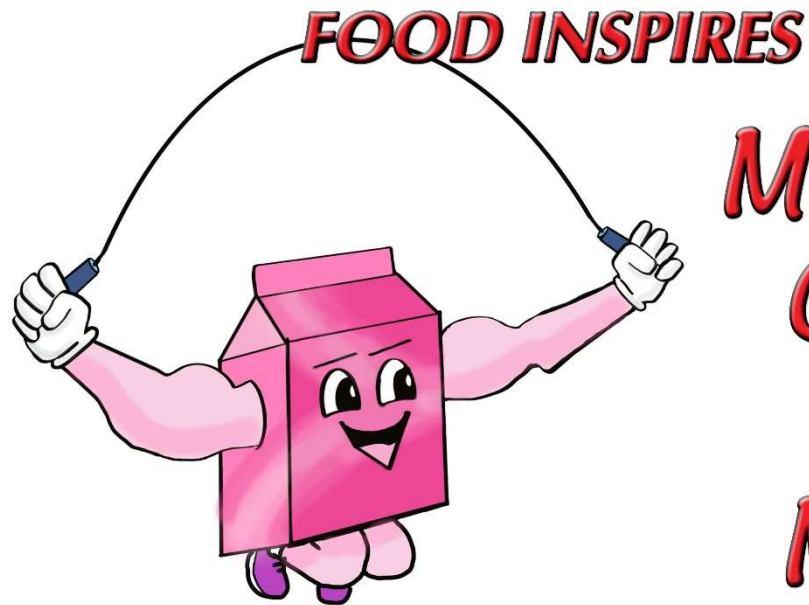
To find where we got these fun facts go to:  
<https://servingjoy.com/fun-facts-of-green-beans/>



Enjoy green beans with us.



Check the menu to find out when we will offer this delicious vegetable.



***Mooove  
Over  
For  
Milk!***

November - December 2020

**EP EDEN PRAIRIE SCHOOLS**



# NOVEMBER & DECEMBER!



## HERE ARE A FEW FUN FACTS:

- A cow produces an average of 6.3 gallons of milk daily and 350,000 glasses of milk in a lifetime.
- “ • Cows eat about 100 pounds of food every day and drink 50 gallons of water.



**LET'S TAKE A LOOK AT SOME MORE  
INTERESTING FACTS ABOUT MILK:**

**TO GET THE AMOUNT OF CALCIUM IN AN 8-OUNCE GLASS  
OF MILK, YOU'D HAVE TO EAT TWO CUPS OF BROCCOLI,  
SEVEN ORANGES OR SIX SLICES OF WHEAT BREAD.**



- **FARMERS MEASURE MILK IN POUNDS, NOT GALLONS.**
- **U.S. DAIRY FARMS PRODUCE ROUGHLY 21 BILLION GALLONS OF MILK ANNUALLY.**
- **THE AVERAGE AMERICAN CONSUMES ALMOST 25 GALLONS OF MILK A YEAR**







**JUNE IS NATIONAL DAIRY  
MONTH**



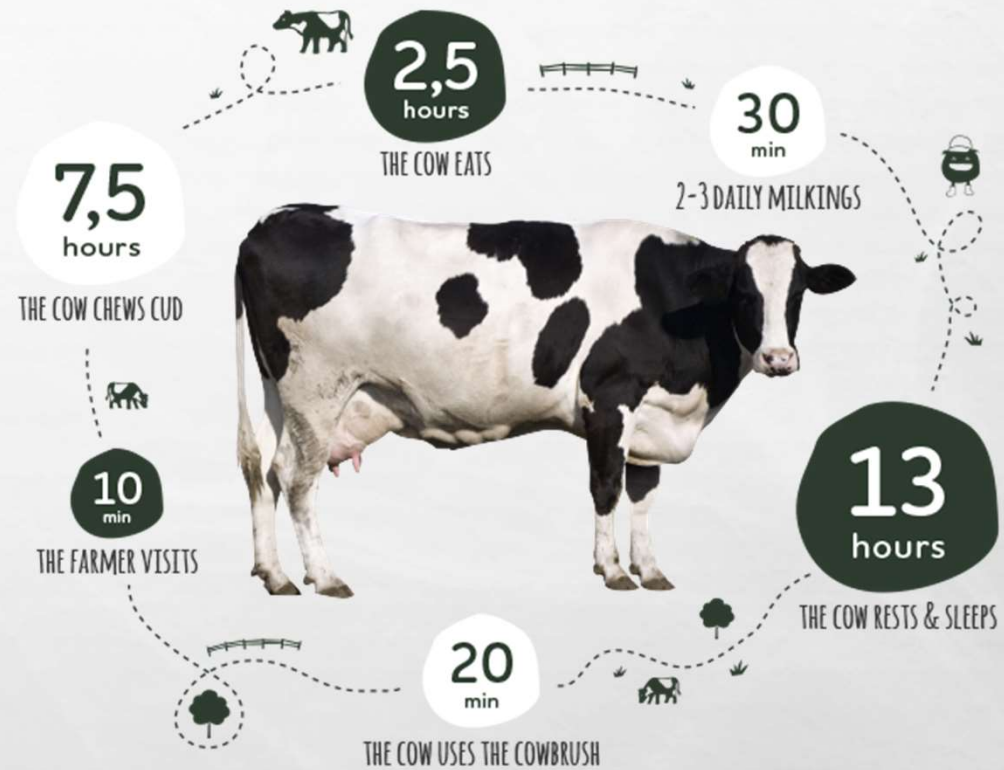
- **THE GREATEST AMOUNT OF MILK PRODUCED IN ONE YEAR WAS 59,298 POUNDS BY A HOLSTEIN COW NAMED ROBTHOM SUE PADDY.**
- **ON A DAIRY FARM, A FARMER'S DAY BEGINS AND ENDS WITH MILKING THE COWS.**
- **FRESH MILK WILL STAY FRESHER LONGER IF YOU ADD A PINCH OF SALT TO EACH QUART.**
- **A COW IS MORE VALUABLE FOR ITS MILK, CHEESE, BUTTER AND YOGURT THAN FOR ITS BEEF.**

# MOOOVE OVER FOR MILK!

- HOME DELIVERY OF MILK (I.E. THE MILKMAN) STARTED IN 1942 AS A WAR CONSERVATION MEASURE.
- MORE THAN 1,000 NEW DAIRY PRODUCTS ARE INTRODUCED EACH YEAR.



# A DAY IN THE *life of a* MILK COW



MOOOVE OVER  
FOR MILK IN  
NOVEMBER AND  
DECEMBER AND  
EVERY DAY!

CHECK OUT  
OUR MENU



**FOR MORE INFORMATION ABOUT DAIRY  
CHECK OUT THIS LINK :**

**[HTTPS://WWW.USDAIRY.COM/ABOUT-  
US/NATIONAL-DAIRY-COUNCIL](https://www.usdairy.com/about-us/national-dairy-council)**



# IN JANUARY AND FEBRUARY

***FOOD INSPIRES***



***Squeeze  
the Day  
With  
Citrus!***

*January - February 2021*

**EP EDEN PRAIRIE SCHOOLS**





- CITRUS FRUITS ARE EXTREMELY POPULAR, AND THE POPULARITY OF CITRUS FRUITS IS EASILY DEMONSTRATED BY THE FACT THE ORANGE INDUSTRY ALONE IS A MULTI-BILLION-DOLLAR INDUSTRY.
- THE TASTE AND NUTRITION OF ORANGES AND OTHER CITRUS KEEPS PEOPLE COMING BACK FOR MORE. WHILE YOU KNOW THAT CITRUS IS RICH IN VITAMIN C AND IT MAKES DELICIOUS JUICE, THERE ARE SOME UNCOMMON FACTS ABOUT CITRUS FRUITS THAT MIGHT SURPRISE YOU.

# ORIGINS OF THE NAVEL ORANGE



**THE POPULAR NAVEL ORANGE ORIGINATED IN BRAZIL BEFORE 1870 FROM A SPONTANEOUS MUTATION.**

**PEOPLE ADORED NAVEL ORANGES SO MUCH THAT SAPLINGS WERE EVENTUALLY BROUGHT TO CALIFORNIA, WHERE A WOMAN NAMED ELIZA TIBBETS CARED FOR THEM.**

**INTERESTINGLY, ALL OF THE NAVEL ORANGES WE HAVE TODAY ARE ANCESTORS OF THE TREES TIBBETS CARED FOR,**

**AND ONE OF THESE TREES IS STILL STANDING AND PRODUCING FRUIT! AS INTERESTING AS THE ELIZA TIBBET'S TREE IS, THERE ARE OTHER FASCINATING FACTS ABOUT CITRUS FRUITS TO LEARN.**

# THE PITH IS HEALTHY

**The bitter pith that most people peel off is one of the healthiest parts of citrus fruits! The pith has high amounts of pectin and flavones. In fact, leaving the pith on provides 400 milligrams of phytonutrients, which is much more than the 100 milligrams of phytonutrients in citrus that doesn't have the pith.**







## **ORANGE JUICE**

**ORANGE JUICE IS VERY HEALTHY; IT HAS MANY NUTRIENTS INCLUDING BENEFICIAL ANTIOXIDANTS.**

**CLEARLY, WHEN IT COMES TO ORANGE JUICE, FRESH SQUEEZED IS BEST!**



## **GRAPEFRUIT**

**GRAPEFRUITS ARE A BITTER CITRUS FRUIT, BUT THE RED VARIETIES ARE SWEETER THAN MOST.**



## **TANGELOS ARE CROSSBREDS**

**TANGELOS ARE THE RESULT OF A GENTLER CROSSBREEDING.**

**IN 1897 TANGELOS WERE CREATED WHEN THE POLLEN OF A TANGERINE BLOSSOM WAS APPLIED TO A GRAPEFRUIT BLOSSOM.**

**THE RESULT OF THIS CROSSBREEDING WAS THE SWEET AND TANGY TANGELO.**

## **ALEXANDER THE GREAT AND LEMONS AND LIMES**

- **LEMONS AND LIMES ARE NATIVE TO SOUTHERN CHINA AND NORTHEAST INDIA, AND THEY REMAINED THERE UNTIL THE FOURTH CENTURY B.C.E. AT THAT TIME ALEXANDER THE GREAT TOOK SUCH AN INTEREST IN LEMONS AND LIMES THAT HE BROUGHT SEEDS FROM PERSIA TO GREECE.**
- **THE SEEDS WERE CULTIVATED, AND THE FRUIT BECAME POPULAR.**



**CITRUS FRUITS ARE FANTASTIC FRUITS  
THAT HAVE SO MUCH FLAVOR.**

**THE FACTS REGARDING CITRUS ARE  
FASCINATING. WHICH OF THESE FACTS  
SURPRISED YOU THE MOST?**

**HOMELINK:  
[HTTPS://FOOD.ALLWOMENTALK.COM/SUR  
PRISING-FACTS-ABOUT-CITRUS-FRUITS/](https://food.allwomentalk.com/surprising-facts-about-citrus-fruits/)**

**WE PLAN TO OFFER A VARIETY OF  
CITRUS IN JANUARY AND FEBRUARY.  
SO, SQUEEZE THE DAY WITH CITRUS!**





$105$   
 $12$

## FOOD INSPIRES

Learn to  
Love  
Legumes!

$4$   
 $3(92 + 63) + 238 = x$

$=$   
 $2 \times 2$

$6 >$

$6x - y = a$

$x + y$

$8$

$+$

$5 > y$

$812 - y = 218$

$x$

$4293$



March - April 2021

 EDEN PRAIRIE SCHOOLS



# IN MARCH AND APRIL



# LEARN TO LOVE LEGUMES



Following are some facts about Legumes which could help you to love legumes.



A **LEGUME** IS A TYPE OF DRY FRUIT USUALLY PRODUCED BY PLANTS IN THE FAMILY FABACEAE.

LEGUMES CAN BE A VARIETY OF FRUITS: PEAS AND BEANS ARE TYPES OF LEGUMES.

**Freshly dug peanuts (*Arachis hypogaea*), indehiscent legume fruits**

**Grain legumes are cultivated for their seeds. The seeds are used for human and animal consumption or for the production of oils for industrial uses. Grain legumes include beans, lentils, lupins, peas, and peanuts.**



## **WHAT LEGUMES HAVE IN COMMON**

**LEGUMES GROW FROM THE CARPEL, THE FEMALE REPRODUCTIVE PART OF A PLANT. THE FRUIT OF A LEGUME IS FOUND INSIDE A POD THAT CAN BE SPLIT ON BOTH SIDES. HOWEVER, THERE ARE SOME FOODS THAT GROW INSIDE PODS THAT ARE NOT LEGUMES**





# NUTRITIONAL VALUE



Legumes are a significant source of protein, dietary fiber, carbohydrates and dietary minerals; for example, a 100 gram serving of cooked chickpeas contains 18 percent of the Daily Value (DV) for protein, 30 percent DV for dietary fiber, 43 percent DV for folate and 52 percent DV for manganese. Like other plant-based foods, pulses contain no cholesterol and little fat or sodium.

Legumes are also an excellent source of resistant starch which is broken down by bacteria in the large intestine to produce short-chain fatty acids (such as butyrate) used by intestinal cells for food energy.

Preliminary studies in humans include the potential for regular consumption of legumes in a vegetarian diet to affect metabolic syndrome.

There is evidence that a portion of pulses (roughly one cup daily) in a diet may help lower blood pressure and reduce LDL cholesterol levels, though there is a concern about the quality of the supporting data.



# CLASSIFICATION

- DEPENDING ON THE VARIETY, *PHASEOLUS VULGARIS* (A PULSE) MAY BE CALLED "COMMON BEAN", "KIDNEY BEAN", "HARICOT BEAN", "PINTO BEAN", "NAVY BEAN", AMONG OTHER NAMES.

**Legumes are a cheap and plentiful source of food The top four producers and exporters (selling to other countries) of legumes are:**

- **Canada**
- **Myanmar**
- **Australia**
- **USA**

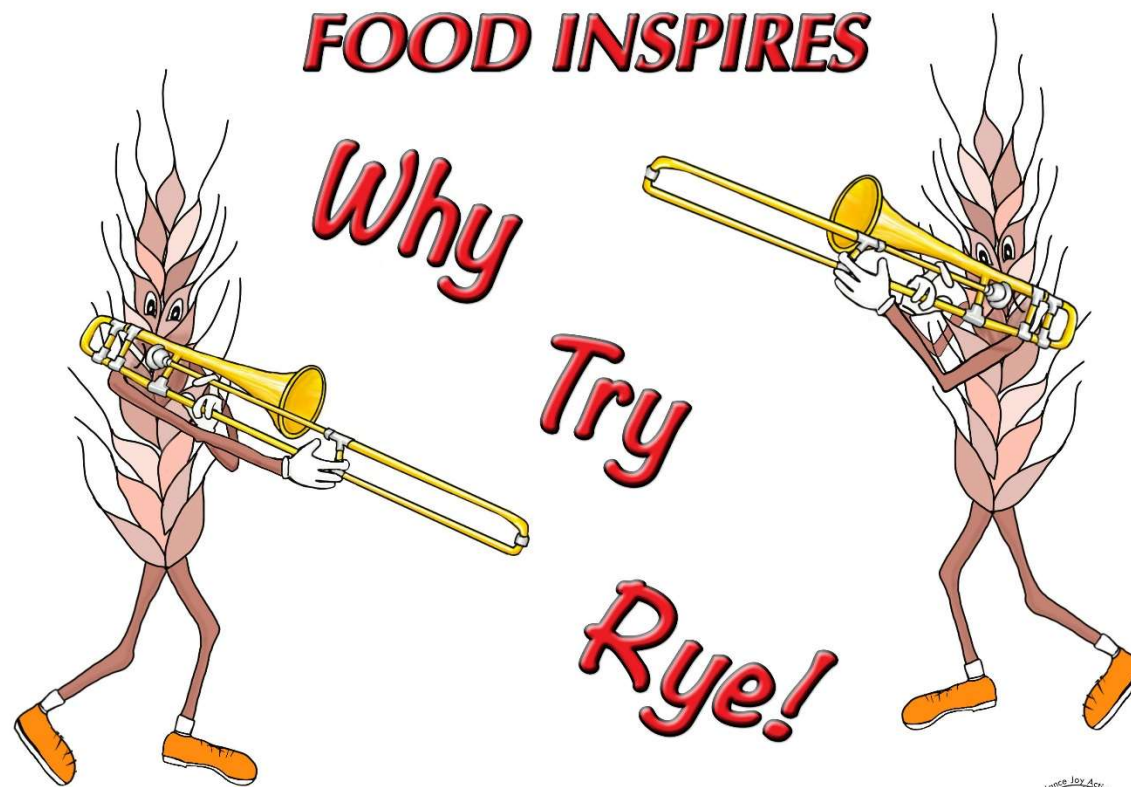
**The USA uses legumes for a variety of reasons and is the highest producer. It uses soybeans to feed cattle and make vegetable oil. Peanuts are a popular snack food in the USA and these are also a type of legume.**

**Homelink: <https://kids.kiddle.co/Legume>**

**We offer legumes every week in a variety of ways, calico bean soups and salads, baked beans to name a few. “Learn to love Legumes”.**



**OUR MAY/JUNE PROMOTION IS TITLED “WHY TRY RYE”!**



May - June 2021

 **EDEN PRAIRIE SCHOOLS**



## NINE THINGS YOU DIDN'T KNOW ABOUT RYE, THE WORLD'S MOST UNDERRATED GRAIN

**Rye** has long been the underdog grain, associated with the lower class and relegated to the status of “acquired taste.” But not everywhere. There are countries – Russia, Poland, all of Scandinavia – that have long embraced rye, serving their coarse black breads proudly. Learn more about this hearty winter grain with these fun facts.





## More facts

- **IT'S GRASS!**

RYE IS PART OF THE POACEAE OR GRAMINAE FAMILY (A.K.A "TRUE GRASSES"). IT'S RELATED TO WHEAT AND BARLEY BUT WAS LONG CONSIDERED A WEED IN BARLEY AND WHEAT FIELDS.

- **IT'S HUGE IN RUSSIA**

THE FORMER SOVIET UNION HAD LONG BEEN THE BIGGEST PRODUCER AND CONSUMER OF RYE AND NOW THE RUSSIAN FEDERATION HOLDS THOSE TITLES. CANADA GROWS MORE RYE THAN THE U.S.

- **RYE CAN HELP MAKE YOU SKINNY**

BECAUSE IT'S SUCH A CARB-RICH GRAIN, IT CAN HELP MAKE YOU FEEL FULL, EVEN MORE SO THAN EATING WHEAT PRODUCTS, WHICH IN THEORY MEANS YOU MIGHT EAT LESS. IN THEORY.

- **IT CAN BE EATEN BY MAN AND ANIMALS**

RYE MOST OFTEN GETS PROCESSED INTO FLOUR FOR BREAD OR FED TO LIVESTOCK. MOST RYE BREADS ARE A MIX OF RYE AND WHEAT FLOURS, WHILE SCANDINAVIAN-STYLE BLACK BREAD IS MADE OF PURE RYE FLOUR.





### **OH YEAH, YOU CAN EAT THE BERRIES WHOLE, TOO**

WHOLE RYE BERRIES CAN BE BOILED AS A HEARTY ALTERNATIVE TO A HOT OATMEAL BREAKFAST OR SPROUTED AND SPRINKLED INTO SALADS. THE BERRIES ARE SWEET AND NUTTY, WITH THAT UNMISTAKABLY RYE FLAVOR.

### **RYE IS HEALTHY**

IT'S A GOOD SOURCE OF SOLUBLE FIBER, VITAMIN E, CALCIUM, IRON, AND POTASSIUM, AND HAS BEEN LINKED TO A REDUCED RISK OF CARDIOVASCULAR DISEASE, COLON CANCER, BREAST CANCER AND DIABETES. BECAUSE RYE IS HARDER TO REFINED THAN WHEAT, IT RETAINS MORE OF ITS NUTRIENTS.

### **IT WAS ONCE KNOWN AS THE "POVERTY GRAIN"**

BECAUSE IT'S A ROBUST GRAIN THAT GROWS WELL IN POOR SOILS, IT ACQUIRED THIS MONICKER. THE FACT THAT IT WAS OFTEN HARVESTED AND EATEN BY IMPOVERISHED COMMUNITIES SURELY REINFORCED THIS STEREOTYPE.

### **RYE IS LOWER IN GLUTEN THAN WHEAT**

**IT WILL STILL BE PROBLEMATIC FOR CELIACS** – DON'T SAY WE DIDN'T WARN YOU – BUT RYE IS SIGNIFICANTLY LOWER IN GLUTEN THAN WHEAT.

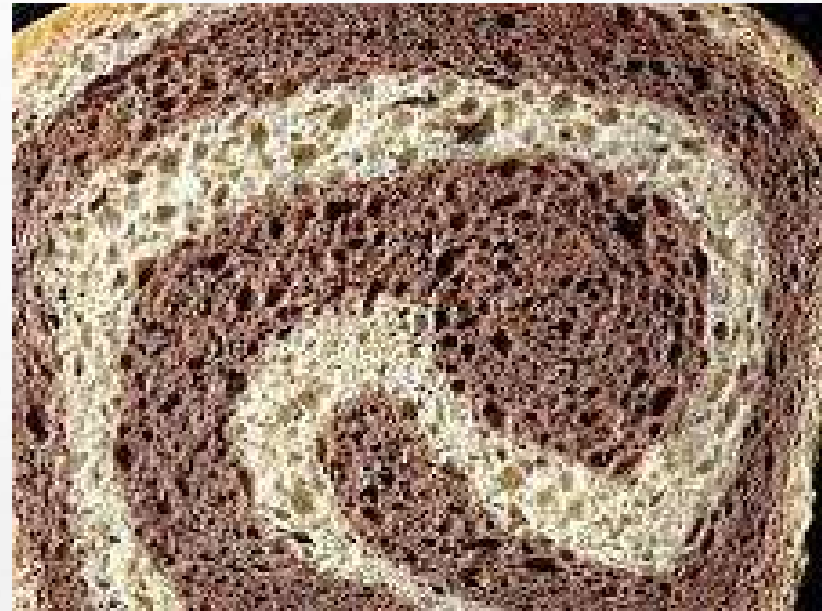
### **RYE IS GOOD FOR THE ENVIRONMENT**

IT'S BEEN USED AS A WINTER COVER CROP, ESPECIALLY IN ORGANIC FARMING, FOR GENERATIONS. BECAUSE IT HAS DEEP ROOTS, RYE IS ABLE TO CAPTURE NUTRIENTS, ENHANCE SOIL HEALTH, PREVENT SOIL EROSION, AND REDUCE WEEDS WITHOUT THE USE OF HERBICIDES.

- YOU CAN ALWAYS CHECK OUT OUR [MENUS](#) FOR OUR FEATURED FOODS! **WE PLAN TO TRY OUR HAND AT RYE BREAD IN OUR BAKERY WATCH FOR IT.**

- **HOMELINK:**  
[HTTPS://WWW.FOODREPUBLIC.COM/2013/03/01/10-THINGS-YOU-DIDNT-KNOW-ABOUT-RYE-THE-WORLDS-MOST-UNDERRATED-GRAIN/](https://www.foodrepublic.com/2013/03/01/10-things-you-didnt-know-about-rye-the-worlds-most-underrated-grain/)

- **HAVE A GREAT SUMMER AND VISIT YOUR LOCAL FARMER'S MARKET FOR FUN GRAINS, FRUIT AND FRESH VEGETABLES.**





Keep Calm & Green Bean on!



Mooove Over For Milk!



Squeeze the Day with Citrus



Learn to Love Legumes



Why Try Rye!

**Have a GREAT summer and visit your local Farmer's Market for fun fresh vegetables.**







**EDEN PRAIRIE SCHOOLS**

Inspiring each student every day

**Thank you for your support!**

**We Believe...**

**Childhood exposure to good food  
inspires healthy eating later in life!**

**“Food Inspires Each Student  
Everyday!”**