

Harvest of the Month



Network for a Healthy California

Harvest of the Month is sponsored by



7100 students in Western Nevada County will sample **Carrots** this month through Sierra Harvest's Farm to School Program!



Healthy Serving Tips:

- Place an olive on a carrot stick for "witches' fingers"
- Serve carrot sticks with hummus, nut butter, pesto, or guacamole
- Add shredded carrots to muffins or pancakes
- Shred on sandwiches, burritos, spring rolls
- Roast carrots with a little oil and salt at 400° for 15-20 min

Carrots



Carrot Cabbage Salad

Serves: 6-8

Prep time: 15 min

Dressing: blend:

- 1/4 cup fresh lime juice
- 1/4 cup honey
- 1 tablespoon minced fresh ginger
- 1 tablespoon minced serrano peppers
- 1½ teaspoons garlic
- 1 teaspoon soy sauce
- ½ teaspoons salt
- ½ teaspoons ground black pepper
- ½ cups light olive oil

Pour over and toss:

- 2 cup shredded carrots
- 2 cups shredded cabbage
- 3/4 cups chopped green onions
- 1/3 cups chopped fresh cilantro

Recipe by Roberta DesBouillons, adapted

Harvest of the Month carrots are grown by [Full Belly Farm](#), a 400-acre certified organic farm located in the Capay Valley. Full Belly has been farmed using organic practices since 1985 and is certified by CCOF. Farm owners Andrew Brait, Judith Redmond, Paul Muller, Dru Rivers, Jenna Muller, and Amon Muller, along with 80 employees, produce a great diversity of vegetables, herbs, nuts, flowers, and fruits year-round. The farm has a flock of chickens and sheep, goats, and several cows. Full Belly is home to many outreach activities, including educational tours, school group visits, and the annual Hoes Down Harvest Festival. Owners Dru Rivers and Paul Muller (above) are keynote speakers at the upcoming Sustainable Food and Farm conference in Grass Valley, February 7-10, 2019, foodandfarmconference.com



If your student is eligible for free/reduced school meals, you likely qualify for CalFresh, which can help you afford healthy and nutritious food:

C4Yourself.com



La Cosecha del Mes

Red para una California Saludable



Zanahoria



La cosecha del mes está patrocinada por



¡7100 estudiantes en Western Nevada County tomarán muestras de zanahoria este mes a través del Programa Farm to School de Sierra Harvest!



Ideas para servir:

- Coloque una aceituna en un palito de zanahoria para los "dedos de bruja"
- Sirva palitos de zanahoria con hummus, mantequilla de nuez, pesto o guacamole
- Agregue zanahorias ralladas a los muffins o panqueques
- Triture en sándwiches o burritos
- Asar zanahorias con un poco de aceite y sal a 400 ° 15 minutos

Ensalada de Zanahoria y Repollo

Mezclar en una licuadora:

- 1/4 taza de jugo de limón fresco
- 1/4 taza de miel
- 1 cucharada de jengibre fresco picado
- 1 cucharada de chiles serranos picados
- 1½ cucharaditas de ajo
- 1 cucharadita de salsa de soja
- ½ cucharadita de sal
- ½ cucharadita de pimienta negra
- ½ taza aceite de oliva

Mezcle con:

- 2 tazas de zanahorias ralladas
- 2 tazas de repollo rallado
- 3/4 tazas de cebollas verdes
- 1/3 tazas de cilantro picado

Receta por Roberta DesBouillons

Las zanahorias de la cosecha del mes se cultivan en Full Belly Farm, una granja orgánica de 400 acres ubicada en el Valle de Capay. Full Belly ha sido cultivada usando prácticas orgánicas desde 1985 y está certificada por CCOF. Produce una gran diversidad de verduras, hierbas, nueces, flores y frutas durante todo el año. La granja tiene una bandada de pollos y ovejas, cabras y vacas. Full Belly propociona muchas actividades para el público, que incluyen visitas educativas, visitas a grupos escolares y el festival anual "Hoes Down Harvest Festival". Los propietarios Dru Rivers y Paul Muller (arriba) son oradores principales en la Sustainable Food and Farm Conference en Grass Valley, February 7-10, 2019, foodandfarmconference.com



Si su estudiante es elegible para recibir comidas en la escuela gratuitas o reducidas, es probable que califique para CalFresh, un programa de asistencia para comprar alimentos saludables y nutritivos:

www.getcalfresh.org/?new_locale=es

