



## What's Growing On... Rhode Island Farm to School

June 2010



### What's Sprouting in Rhode Island?

#### Strawberries

from Quonset View Farm,  
Jaswells, Schartner Farms,  
and Salisbury Farm

Available Now!

*Also available through DOD Fresh!!!*

#### Asparagus

from Jaswell's and Schartner  
Farms

Available Now through early June!

#### Lettuce

from Nonquit Salad Farm and  
Schartner Farm

Available Now!

#### Apple Cider

from Jaswell's Farm  
Available Year Round!

#### "Planting" Ahead

*These RI Grown items are only available for a very short time in September. Kids First can help make sure schools get to take advantage of the bounty with some early planning*

**Peaches**

**Plums**

**Nectarines**

**Pears**

**Blueberries**

**Tomatoes**

**Peppers**



#### Dave Cotta

of Quonset View Farm in one of his strawberry fields. *Dave's berries will be available through the DOD Fresh program starting next week!*

### DOD Fresh Program to offer more RI Grown!

Kids First has been working closely with AT Siravo, contractor for USDA commodities DOD Fresh, to expand the number of RI farms supplying that program. AT Siravo has always purchased produce from RI farms, including Pippin Orchards, Michael Perugino and Sons, and Confreda Farms. With the advent of USDA's new "Know Your Farmer, Know Your Food" initia-

tive though, this list has been encouraged to grow. It will soon include Quonset View Farm, Schartner Farm and hopefully many more! Food service providers who take advantage of the DOD Fresh program should start seeing a listing for local strawberries in their FFAVORS catalog this week. Quonset View Farm will be the first to supply product, as that farm is the first in the

state to offer wholesale berries. Based on orders, trucks from AT Siravo can pick up from the farm on Mondays and deliver to schools on Tuesdays, or pick up from the farm on Wednesdays and deliver to schools on Thursdays. If you have questions about this arrangement, feel free to call Kimberly Sporkmann at Kids First, 401 751-4503, or Eddie Andrews or David, AT Siravo. 401 275-5800.

#### Strawberry Yogurt Parfait

16 four oz portions  
32 oz. Vanilla Yogurt  
1 lb. frozen strawberries  
1 pint fresh strawberries

Place 1 oz. of yogurt on the bottom of a clear, 4 oz. cup.

Top each with ¼ cup of defrosted strawberries

Add another 1 oz. of yogurt to each cup.

Top with a beautiful fresh berry

*Schartner Farm has frozen strawberries available year round. They are a great way to offer this delicious fruit without worrying about how perishable it is!*

For Farm to School programs and technical assistance, contact Farm to School Specialist Kimberly Sporkmann at Kids First 401 751-4503

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