



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



May 2010

### **What's Sprouting in Rhode Island?**

#### **Asparagus**

from Jaswell's and Schartner Farms

available now!!!!

#### **Lettuce & Spinach**

from Schartner Farm

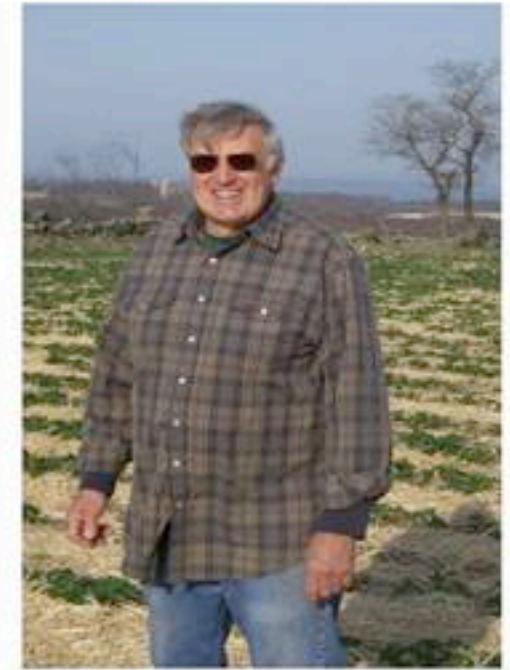
available now!!!!

#### **Strawberries**

from Quonset View Farm,  
Schartner Farms, Jaswell's  
and Salisbury Farm

starting in early June (we hope!)

*...frozen strawberries are available  
anytime from Schartner Farms!*



**Farmer Dave Cotta**  
of Quonset View Farm in  
one of his strawberry fields

#### *Farm Field Trips*

for Food Service Managers  
and Workers are in the plan-  
ning stages. If you are inter-  
ested in taking your staff to a  
farm this summer, contact  
Kimberly Sporkmann

at 401 751-4503

#### **"Planting" Ahead**

For the Fresh Fruit & Veggie Program and September school lunch menu, consider these fruits and vegetables. If we start planning now, we can make sure RI farmers plant crops especially for RI school kids. Call Kids First and we will connect you with a farmer

**Peaches**

**Plums**

**Nectarines**

**Pears**

**Blueberries**

**Tomatoes**

**Peppers**

### **First Come, First Served**

#### **For the first time ever, RI Grown Asparagus served in West Warwick!**

RI Farm to School Harvest 2010 was officially launched in West Warwick last Thursday when 65 pounds of Jaswell's Farm asparagus were served for the first time ever in school lunch. Students from Masie Quinn Elementary had made a special request to General Manager Donna Walker during a lunch she hosted for them in March. Students were asked to share their opinions on

school lunch. During a discussion about fresh fruits and veggies, one student asked if they could have asparagus some time. "Why not?" was Donna's response, and the vegetable was put on the menu for May 6. Perfect timing for the appearance of Rhode Island's first crop of the season. The cooks prepared the vegetable by simply roasting it with olive oil,

salt and pepper. The students, including many who had never tried the vegetable, loved it! There were even some grown-ups who tried it for the very first time. RI Farmer Trading Cards and RI Grown stickers were handed out to all elementary school children who participated in school lunch that day. A great time, and a great lunch, was had by all!

If you are interested in serving RI Grown at your school, we will help you source it. Call us!



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