

CALIFORNIA SPECIALTY CROPS



A Guide to Their Use in
School Lunch

California Specialty Crop Guidebook: A Guide to Their Use in School Lunch

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Administered by
Yolo County
Department of Agriculture
John Young,
Agricultural Commissioner

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Design and Artwork courtesy of YoloArts

Cover photo: "Tomatoes #2" acrylic on canvas 36" x 24"
Artist: Jennifer Maier (2013)

Foreword

By Karen Ross, Secretary,
California Department of Food and Agriculture

Yolo County is a stone's throw across the Sacramento River from the state's capital, Sacramento, where I work. The county has long been an agricultural powerhouse in California. Home to the University of California at Davis and to generations of family farmers, over 500 of whom grow California Specialty Crops, Yolo County is known for innovation in agriculture. This guidebook, based on the county's experience in bringing specialty crops to the school lunch plate, provides a roadmap for us all.



From its grapevine and cattle-filled rolling hills to its laser-flat fields of processing tomatoes, rice, and hay, to its canopied orchards of walnuts and almonds, Yolo County has a lot of food to bring to the table. Over the past 40 years pioneering farmers have created an organic production that now numbers six out of ten top Yolo crops in value. In 2012, county farm gate receipts totaled \$645,766,504, an all-time high.

During a three-year period of professional development provided by this grant, more than 50 school food service staff in Yolo County cooked the recipes in this guidebook. I hope you will as well.

Yet, how much of this food production makes its way to the school lunch table so that its 38,000 students, over half of whom are eligible for meal subsidies, grow up with a healthy knowledge of the vast working landscape by which they are surrounded? Creating a distribution and culinary system to support increased fresh, local produce in school lunches requires a change in thinking as well as behavior – a large change.

When my department, which administers the USDA Specialty Crop Block Grant Program in California, had the opportunity to support the Yolo County Department of Agriculture's request for a Yolo County Farm-to-School Planning and Implementation grant, we said "yes." Building on strong policy support within the county's 2030 General Plan for a countywide farm-to-school program and 12 years of practical experience within two of the five school districts, we knew Yolo County would

bring together a world class team to support farmers, educators, and school food service directors in confronting the challenges that come with change of this magnitude.

This guidebook provides California county agricultural commissioners and school food service directors with a set of "tools" to deliver a "California-grown" school lunch utilizing the specialty crops of the state. The guidebook contains 40 new recipes reflecting California Specialty Crops, which are presented both in family style and batch-cooking style for 50 and 100 servings. These two versions of the recipes bridge the gap between what is on the school lunch plate and the dinner plate at home.

During a three-year period of professional development provided by this grant, more than 50 school food service staff in Yolo County cooked the recipes in this guidebook. I hope you will as well. The recipes have been tested throughout California's schools.

I trust this guidebook, along with new partnerships between California's agricultural commissioners and school food service directors, will contribute to the long-term sustainability and growth of farm-to-school efforts in California and the nation.



California agriculture is proud to be a part of the community which values children, health and good food, and the joy of eating around the table together at school as at home.

Day at the Market Artist: Linda Walsh | Oil on linen board 30 x 24 in. |
2011 YoloArts Art & Agriculture Project Public Art Commission

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California Department of Food and Agriculture

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Introduction

By John Young, Yolo County Agricultural Commissioner

The connection between agriculture and our school lunch programs is essential to a healthy future adult population and to sustaining agriculture throughout California. This guidebook represents the best of what we in Yolo County have learned about how to use California Specialty Crops in our school districts and Head Start lunch programs. I hope the guidebook will encourage other county agricultural commissioners to launch similar programs.



As I have spoken about the Yolo Farm-to-School Program to my colleagues in agriculture departments throughout California, to the legislature, and at state and national conferences focused on childhood obesity, I am invariably asked why I took on this program when it is not part of the agricultural commissioner's duties under state law. My answer always is: it's the fun part of what I do and the Board of Supervisors assigned it to me in both the Yolo County 2030 General Plan and the Three-Year Tactical Plan.

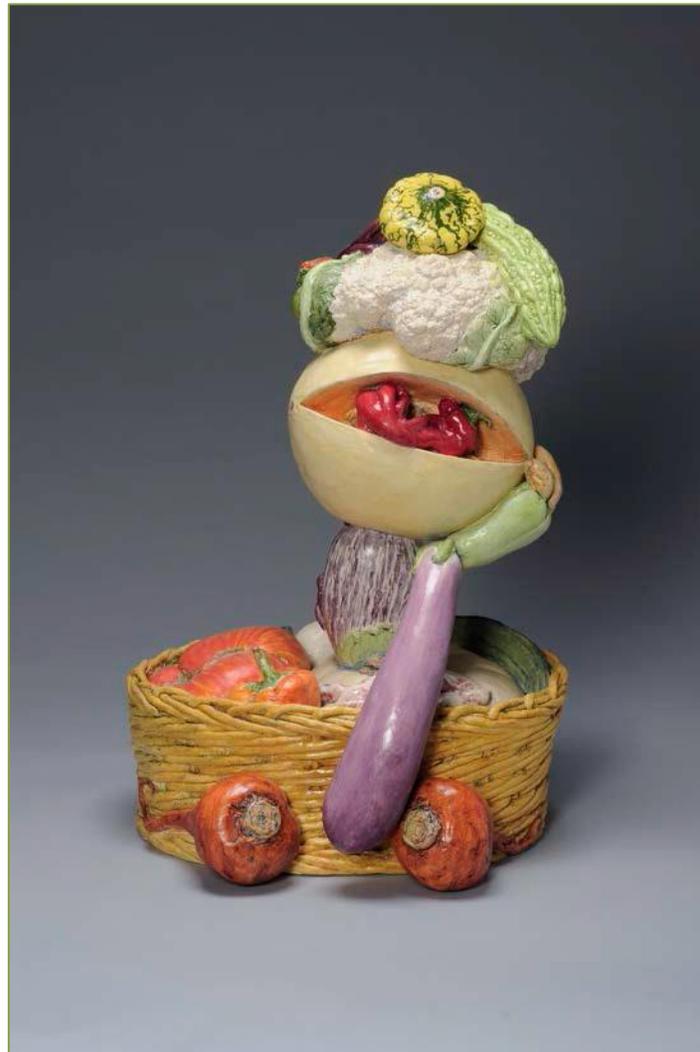
The policies in the 2030 General Plan underscore the reason we have undertaken this ambitious program – “to promote the use of foods and products from Yolo County to strengthen the local economy, improve health, and connect residents with the agricultural community.” Specifically, my office is tasked with “creating an effective farm-to-school program to bring fresh, locally grown and produced food to school meals and provide farm education programs.”

Specifically, my office is tasked with “creating an effective farm-to-school program to bring fresh, locally grown/produced food to school meals and provide farm education programs.”

This guidebook covers the story of Yolo County, yet it is a methodology that can be replicated in any county. The importance of early groundwork, such as strategic planning and budgeting, creating partnerships for policy development with the health and education leadership, and convening a community advisory committee is emphasized and explained. Early in the process, I met with farmers and distributors and I conducted on-site visits to the production kitchens of every school district to meet with key district staff to gain their support.

This guidebook is based on the needs expressed by three key groups: farmers, distributors and food service directors, which we learned at those early and subsequent regular meetings. The heart of the guidebook is found in the section: Seasonal School Lunch Menus Featuring California Specialty Crops, written for family style service. I hope this will

inspire families to cook at home and school districts to create their own menus with recipes that feature California Specialty Crops. The Appendices list resources, including those available on the county's website: HarvestHubYolo.org, that can provide more specifics on getting a farm-to-school program started as well as the family style recipes scaled to 50 and 100 servings for school food service use in a USDA National School Lunch Program-approved format.



"The Dreamer" Artist: Linda S. Fitz Gibbon | Ceramic |
2011 YoloArts Art & Agriculture Project Public Art Commission

Art and Agriculture

By Danielle Whitmore, YoloArts executive director

Here in Yolo County we have created a lasting connection between artists, farmers, and food

through The Art & Ag Project. The Art & Ag Project cultivates a dialogue between artists, farmers, and the community to raise awareness of the importance of preserving farmlands, local foods, and the visual arts in our area. This project gives the farming community an opportunity to understand the artistic experience in the same way that the artists gain an appreciation for farming during their visits to the farm.



The Art & Ag Project supports YoloArts mission to connect our artists to the local economy while complementing an overall county-wide vision of economic development. Art & Ag has been nationally recognized by the National Endowment of the Arts as a model program for "creative placemaking" - and has earned an ArtPlace America grant for using the arts to "increase community vibrancy". We are planting the seeds for continued creativity in our rural world.

In fact, our Seeding Art for Change program does just that. Through this next generation of the Art & Ag Project, K-12th grade students are now connecting to their agricultural heritage and learning the importance of land preservation and healthy eating in the context of creative experiences. The program residency includes a classroom visit to a farm and up to 12 weeks of art instruction led by a professional teaching artist. This arts program is designed to meet California content standards for Visual and Performing Arts as well as core subjects such as history, social sciences, sciences, and language arts by grade level.

The Art & Ag Project's association to agriculture and food has also strengthened our partner connections. In addition to our seven year collaboration with Yolo Land Trust and Yolo Farm to Fork, we have an exceptional connection to our county office of agriculture and our commissioner, who we came to find out, is an artist himself (see [John in action shot](#)). The fruits of these connections have increased the awareness in the arts community of California Specialty Crops, many of which are grown right here in Yolo County.



Throughout this guidebook I hope you enjoy the images of original artwork - much of it commissioned by YoloArts - and *all* of it inspired by the land and bounty that is Yolo County. The creative reflection found in each work of art emphasizes what is uniquely Yolo County: Art, Agriculture, Food, Wine and Community.

Yolo County Agricultural Commissioner John Young at an Art and Ag Project farm visit to Bogle Vineyards

Yolo County, California

One County's Story



The immediate story of building Yolo County's farm-to-school program began in 2011. John Young, Yolo County

Agricultural Commissioner, started working with consultants to create a far-reaching plan and scope for the design and implementation of a countywide farm-to-school program that would be instrumental in putting more local, fresh food on students' plates. The goal? To increase the purchase of local crops and develop relationships among the county's school food service directors and farmers.

Farm-to-School Yolo however, was not a start-up program in 2011. It was an objective specifically called out in the Yolo County 2030 General Plan, adopted in November of 2009. It was also built on the successful, three-year Yolo County Agricultural Marketing Initiative, completed in 2009 by local food, food policy and marketing experts Georgeanne Brennan and Ann M. Evans. Moreover, it used as its foundation, a long-time, nationally recognized farm-to-school model program started in Davis, California at one of five school districts in Yolo County.

The five school districts in Yolo County, plus the Yolo County Office of Education Head Start Program, participate in Farm-to-School Yolo. Collectively, they offer school lunch to more than 38,000 students daily, of which 51.8 % are eligible for free and reduced school lunch. Additionally, the University of California at Davis has more than 33,000 students, and while not a formal member of Farm-to-School Yolo, it has a fully developed sustainability program for school meals with an emphasis on locally grown foods that dovetails well.

Prior to seeking program funding, a three-year plan was developed with a corresponding budget and timeline. This was shared with a wider community to gain support of the initiative and to seek funding for implementation.

One of the first steps taken by John Young and his consultants was to meet directly with the five school districts' food service directors, plus the Yolo County Head Start Program staff, to ascertain their needs relating to a farm-to-school program. Specifically, questions were asked related to purchasing, preparing and menuing fresh, local produce; and their participation in a countywide program was enlisted.

The goal is to increase the purchase of local crops and develop relationships among the county's school food service directors and farmers.

Each school district superintendent attended the meetings as well, to ensure administrative support for district participation in any grant or other funded programmatic endeavor. These meetings were followed by a countywide meeting of school food service directors to discuss the practical constraints and primary needs of integrating California Specialty Crops into their menus.

Two main points emerged from that meeting that would direct the emphasis of Farm-to-School Yolo:

- Staff professional development with cooking classes and food education about handling and cooking with fresh produce topped the list; and
- Ease and convenience of ordering and receiving local product was also essential.

Based on the needs of the food service directors, a three-year grant proposal was developed, and submitted to the California Department of Food and Agriculture Specialty Crop Block Grant, a program of the United States Department of Agriculture (USDA), Agricultural Marketing Service. In the grant proposal, funding was

requested for three years of professional development cooking classes to be held three times a year in each school district. Funding was requested for farmer trainings for each year to facilitate purchasing and increase the understanding of both the farmers and food service directors.

The students of Yolo County are beginning to get a taste education about the agriculture around them, about healthy eating, and about where their food comes from.

The grant included an evaluation component to be administered by the University of California Sustainable Agriculture Research and Education Program (UC SAREP) and the development of a virtual food hub through the website HarvestHubYolo.org, in partnership with the innovative Ag and Art program of Yolo Arts, which would facilitate the buying and selling of crops to school districts and others. The grant also requested funding for the research and development of this

guidebook. Additional funding was requested for a part-time farm-to-school coordinator to perform outreach and oversee the grant.

As part of the grant proposal, a detailed three-year budget was developed that would become a road map for the program. The three-year grant of approximately \$400,000 was awarded in October 2012. Once the grant was secured, implementation began. A 60-member, multi-stakeholder Advisory Task Force was created. The task force, now chaired by Delaine Eastin, former California Superintendent of Public Instruction, meets annually as called by the Agricultural Commissioner. The task force is in place to facilitate program implementation, oversight and growth.

Outside of the grant, but a key to the success of the education component for school food service directors, staff, educators and students, was Harvest of the Month Yolo, a Network for a Healthy California nutrition education program. It was developed specifically for Yolo County crops with input from local farmers and school food service directors. Capay Organic, a large, vertically integrated farming and distribution company, became a major player and assisted in marketing materials, grower aggregation and in developing a delivery schedule for the Harvest of the Month products. During the first year of the grant one produce item was selected per month to be featured in school lunches across the county. Due to the initial success of the program food service directors chose to expand the program to two items per month, one fruit and one vegetable, in year two.

Professional development classes, developed and delivered by school lunch consultants Ann M. Evans and Georgeanne Brennan of Evans & Brennan, LLC, were launched countywide in November 2012 with a series of seasonal recipes and fruits and vegetable tastings provided by Capay Organic, Gail Feenstra and Jeri Ohmart. Evaluators from UC SAREP attended all the classes and talked with participants and the food service directors and compiled evaluations. Based on these, customized classes - always focused on purchasing and serving more local, fresh specialty crops - were developed and delivered in the final two years.

The students of Yolo County are beginning to get a taste education about the agriculture around them, about healthy eating, and about where their food comes from.



"Yolo Flatlands" Artist: Alejandro Rubio | Oil on canvas | 48 x 60 in.
2011 YoloArts Art & Agriculture Project Public Art Commission

How to Use This Guidebook

This guidebook offers school food service directors, agricultural commissioners and interested parties, such as community groups, a pathway emphasizing local, fresh, California Specialty Crops in the school lunch menus. The family style recipes in the guidebook have been tested in school districts throughout California. The scaled up versions of these recipes, for 50–100 servings, indicate what component of the USDA school lunch regulations are met and can be found on HarvestHubYolo.org.

Many of the fresh fruit and vegetable requirements can be met with a salad bar. However, this guidebook introduces fruits and vegetables into the diet by integrating them into the whole meal experience. These recipes range from soups and salads to hot entrées and wraps.

The seasonal menus are intended to inspire school food service directors and community groups with ideas about how to plan for seasonal dishes throughout the school year, incorporating fresh fruits and vegetables in season. They are not meant to be USDA National School Lunch Program templates for meeting monthly requirements. For that purpose, every school food service director will want to create his or her own menu, using these and other favorite recipes.

Using the California Crops - What's in Season section, as a quick reference to the classic seasons experienced in California, provides guidance when looking to buy fresh, seasonal produce in its peak season. Many California crops, of course, are available year-round; nevertheless, many have a season when they are at the peak of flavor. That is the time that students are most likely to have a positive taste experience when being introduced to a new fruit or vegetable.

Key to a positive school lunch experience is a school kitchen staff that works with fresh fruits, vegetables, and tree nuts, and that likes and endorses, or “cheerleads” as some staff say, for the healthy food being prepared and served. To accomplish this, Evans & Brennan (co-authors, *Cooking with California Food in K-12 Schools*, Center for Ecoliteracy) developed professional development cooking classes that were used throughout school district kitchens in Yolo County. The recipes in this guidebook were used during those classes.



“The program is a welcomed opportunity by my staff to learn and open their culinary senses. The revitalization my staff feels after each class is priceless which is a direct benefit to our students”

Dominic Machi, Director
Student Nutrition Services
Davis Joint Unified School District

THE COOKING CLASS

These professional development cooking classes can easily be replicated. The purpose is to encourage the staff to prepare and cook with fresh fruits and vegetables in a variety of family-size recipes, taste the dishes together and discuss how those dishes can fit into the school meal program. This experience expands the food knowledge, confidence and expertise of the staff, and helps them become positive role models for students as they encourage young people toward healthy eating habits.

These classes were found to be instrumental in the menuing of additional California specialty crops in the school districts of Yolo County. Here are the essential components of the class format:



"We have been applying the material taught in the cooking lessons in different ways. When we have a class, we are thinking 'Oh, we can do this in our schools' – the lessons make us open our minds."

Rita Harvey, Kitchen Manager 2
Harper Junior High School
Davis Joint Unified School District

Prior to the class:

- The school food service director, or the designee, selects up to 15 staff members to participate in a two-hour, hands-on cooking class. These may be on in-service days, 'minimum day' school days or after the regular work hours. They may require extra funding (see Resources).
- Two weeks prior to the class, the school food service director, their designee or an outside culinary consultant, chef or other food professional with culinary expertise, select four to six seasonally appropriate family-size recipes (there are 40 in this guidebook that can be used and have been tested with school food service staff) and prepare a shopping list for the ingredients needed.

Some will be pantry items, such as cumin, chili, soy sauce or extra-virgin olive oil; others will be fresh fruits and vegetables. Many of the USDA food products already available to school food service can be used.

- The shopping is done prior to the class.
- Copies of all selected recipes are put in packets to be given to each participant.

"My staff, which is largely Hispanic, has learned a lot about different international flavor profiles such as Asian and American. A lot of them have told me they've taken the recipes home to try out on their families – and half the family liked it and half didn't, but they all tried something new."

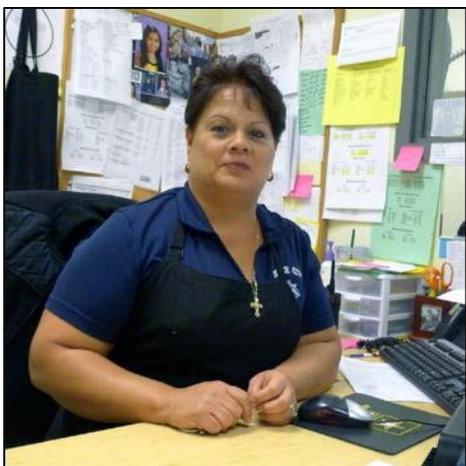
Stacie Velazquez, Director
Food Service
Esparto Unified School District



The class:

- Ingredients to be used, with the exception of meat and dairy, are attractively displayed.
- The food service director, his or her designee, or an outside culinary consultant, (chef or other food professional) who will be leading the cooking, discusses the ingredients focusing on any new or unusual items, such as persimmons for example, and offers tastes where appropriate.
- The recipe packets are handed out.
- The class leader goes over the recipes with the group, explaining that participants will be cooking in teams of two or three people.
- Recipe assignments are made and participants begin gathering ingredients and go to cooking stations.
- Thirty to 40 minutes before the end of the class, participants will finish their dishes and be asked to plate them attractively.
- The completed dishes are set out on a table or counter with plates, bowls and utensils provided for tasting. The class leader asks each team to introduce its dish and explain how it was made and to share any other comments the team might have.
- Once all the dishes have been presented, the staff samples the dishes and discusses, with guidance, how and where the dishes or other similar ones might fit into the school meal program.

Finally, the guidebook provides resources as well as an annotated listing of California specialty crops, by season for easy reference.



"I love the classes. I've gone home and tried every recipe we've made here – then I take the less time consuming ones and use them in my cafeteria. I've made a lot of the stuff we make in our lessons with the kids -- the orange chicken, butternut squash 2 ways – one mixed with carrots and one steamed – the salad dressings and some of the soups. I scale up the recipes from family style, no problem. I'm always cooking and I love to cook."

Rosie Huizar, Cafeteria Manager 2
River City High School
Washington Unified School District
(West Sacramento)

California Crops – What’s in Season

California is the largest agricultural state in the nation. It is a major producer of specialty crops which are defined by the USDA as fruits and vegetables, tree nuts and dried fruits, culinary herbs and spices, medicinal plants, floriculture, nursery, and horticulture crops.

Listed below are the most common specialty crops grown in California by season. Many crops will overlap seasons and increasingly, crops are available year-round and grown in different parts of the state depending upon weather and geography. The list below indicates their traditional peak of season.

Spring (March-April- May)

Fruits

Spring has an abundance of fruits and vegetables that can be incorporated into school lunch salad bars, breakfasts and snack times. Strawberries are extremely popular with students, and kiwis, which come into season in winter, carry through early spring. Oranges are a perennial favorite with students if they are cut into easy-to-eat wedges, and grapefruits can be introduced in the same way. Lemon slices, or wedges served at the salad bar, are familiar to Hispanic cultures, and are squeezed over other fruits and vegetables

Blackberries

Early Cherries

Grapefruit

Kiwi

Kumquats

Lemons

Oranges

Raspberries

Strawberries

Vegetables

Spring vegetables offer a wide range of choices not only for school lunch salad bars but also for entrée items or side dishes for lunch and dinner. Many can be incorporated into breakfast as well, such as adding asparagus or chopped spinach to omelets or egg scrambles. Chard, spinach and kale are all very versatile in the school kitchen and can be used as components in mixed salad bases. Finely chopped, they can be added to such dishes as Sloppy Joe's or chili beans. Asian greens of all kinds are useful in light soups and for rice bowls.

Artichokes
Asian Greens
Asparagus
Beets
Bok Choy
Broccoli
Collard Greens
Cabbage
Carrots
Celery

Chard
Cress
Endive
Fava Beans
Fennel
Green Garlic
Kale
Leeks
Lettuces
Mushrooms

Mustard Greens
Nettles
Onions
Potatoes
Radicchio
Radish
Spinach
Turnips

Herbs

Spring offers those dainty and light green herbs that provide the delicate flavor and fragrance of freshness. Add them at the end of cooking for optimum flavor. Often in the spring, herbs can be used leaf, stem and all as the stem is more tender than in summer. Chives offer a mild, herbal onion flavor that is delicious with spring vegetables such as potatoes, asparagus and leeks. Marjoram is a sweeter, milder cousin of oregano that is especially nice with Latin American dishes such as black beans or it can be sprinkled over pizza along with rosemary. Tarragon has an anise-like flavor and goes well with chicken, egg and mushroom dishes.

Cilantro
Chives
Marjoram
Mint

Oregano
Parsley
Rosemary
Tarragon

Sage
Summer Savory
Thyme
Winter Savory

Summer (June-July- August)

Fruits

Summer is the prime season for fresh California stone fruits, some of which school children are not familiar with, such as apricots, pluots and even peaches. These may require tasting, offering pieces of the fruit on toothpicks for students to sample while waiting in line. In one Yolo County school, striped Panache figs proved to be a top favorite item with elementary children once they were sampled. It is important to serve only ripe, fully flavored fruits to encourage children. Under-ripe and hard fruits, or mealy over-ripe ones will be rejected.

Apricots
Apples
Asian Pears
Blackberries
Blueberries
Cherries

Figs
Grapes
Melons
Nectarines
Peaches
Pears

Plums
Pluots
Raspberries
Strawberries

Vegetables

The bumper crops of summer vegetables start appearing in June and many carry over into early fall. Summer is high season for tomatoes of all kinds, and students eat cherry tomatoes like candy, especially the small Sungold or similar super-sweet varieties. Fresh corn can be sprinkled across pizzas, as can sautéed okra which is much appreciated in African American communities. Summer squash, thinly sliced or shredded, can be made into salads or added to any rice bowl dish, soups or even wraps. Cactus pads, known as nopales, chopped and cooked are the base of a popular Hispanic salad.

Arugula
Asian Greens
Beans (green, wax)
Beets
Broccoli
Cabbage
Cactus Pads
(nopales)
Carrots
Celery
Chard
Corn
Cress

Cucumbers
Eggplant
Fava Beans
Fennel
Garlic (new crop)
Kale
Kohlrabi
Leeks
Lettuces
Mushrooms
Okra
Onions
Peppers, Sweet

Peppers, Chili
Potatoes
Radicchio
Radish
Rhubarb
Shallots
Spinach
Squash, Summer
Tomatillos
Tomatoes, Standard
Tomatoes, Heirloom

Herbs

The spring herbs carry over into summer. Basil makes its big debut in summer, however. Basil is the backbone of pesto and the Caprese Salad. It is flavorful in pastas with summer vegetables such as summer squash and goes well on pizza or in a marinara sauce. At the Davis Unified School District Central Kitchen, basil was processed into pesto in the summer and frozen to be used during the rest of the school year. Parsley, both Italian flat and curly, is plentiful in the summer.

They get chopped fine and become the basis for Tabbouleh – a bulgur wheat salad with cucumbers, tomatoes and lemon. Mint is often used in Tabbouleh as well.

Basil
Cilantro
Chives
Marjoram
Mint

Oregano
Parsley
Rosemary
Tarragon
Sage

Summer Savory
Thyme
Winter Savory

Fall **(September-October-November)**

Fruits

Some of summer's fruits carry over into fall, making the back-to-school salad bar and fruit offering exceptionally varied. Fall is when the apple crop is harvested and Gala, Fuji, Granny Smith, and Cripps Pink (also known as Pink Lady) are the major varieties produced in California. Persimmons may be new to many students, but once cut into slices and sampled they prove to be popular. At the Davis Joint Unified School District, persimmons were added to prepared salads. Melons and watermelon are available at back to school time and students can't seem to get enough of them. They make a good breakfast item, a snack, or an addition to the salad bar. Late fall also sees the first of the tangerines, another favorite with children.

Apples
Asian Pears
Blackberries
Fresh Chestnuts
Dates
Figs
Grapefruits

Grapes
Kumquats
Lemons
Melons
Oranges
Pears
Persimmons (Fuyu)

Pomegranates
Plums
Raspberries
Strawberries
Tangerines

Vegetables

Early fall still has a good supply of summer vegetables such as corn, summer squash, tomatoes, and sweet peppers which always add a burst of color to pizzas, bean and rice salads and entrées such as chicken. As fall gets deeper,

the early crops of cauliflower, broccoli and spinach appear ready for both the salad bar and entrées. Broccoli, mixed with raisins and a little light dressing, makes a composed salad, but also can be offered raw in florets like cauliflower, with ranch dressing for dipping. Winter squash and sweet potatoes are harvested in fall and both make excellent soups, which students appreciate on cold days.

Arugula	Eggplant	Pumpkins and
Asian Greens	Endive	other Winter
Basil	Escarole	Squash (Acorn,
Beans (green and wax)	Fennel	Butternut,
Beets	Garlic	Hubbard)
Bok Choy	Kale	Radicchio
Broccoli	Kohlrabi	Radish
Cabbage	Leeks	Rapini (Broccoli Raab)
Carrots	Lettuces	Shallots
Cauliflower	Mushrooms	Spinach
Celery	Mustard	Squash, Summer
Chard	Okra	Sweet Potato
Collards	Onions	Tomatillos
Corn	Peppers, Sweet	Tomatoes
Cress	Peppers, Chili	Turnips
Cucumbers	Potatoes	

Herbs

Summer herbs carry over into fall, notably basil from which you can still make pesto for the back-to-school salad bar pasta salads. Many school districts feature chicken dishes, and rosemary goes very well with a lemon chicken or chicken cooked with a tomato sauce which gives a Mediterranean flavor profile. Sage is frequently used around Thanksgiving, in turkey, bread and onion stuffing for example, along with parsley, rosemary, and thyme.

Basil	Oregano	Summer Savory
Cilantro	Parsley	Thyme
Chives	Rosemary	Winter Savory
Marjoram	Tarragon	
Mint	Sage	

Winter (December-January-February)

Fruits

In California, winter fruits mean citrus. The state is a major producer of citrus, and orange trees can be found in backyards from Riverside to Cloverdale. Blood oranges, or as some food service directors prefer to call them, purple or raspberry oranges, are relatively new to California. Once children taste their sweet raspberry flavor, they come back for more. Many different varieties of mandarins and tangerines are available into early spring and are easy for children to eat out of hand. Using fresh orange juice instead of concentrate for orange sauces, such as that used in Orange Chicken, increases the fresh flavor of dishes.

Avocados	Grapefruit	Oranges
Apples	Kiwi	Pomegranates
Blood Oranges	Lemons	Pomellos
Dates	Mandarins	Tangerines

Vegetables

Winter is rich in greens, root vegetables, and winter squash, enhancing just about any basic item. Shredded carrots make a good salad base and also a creamy soup. To the soup, add a little ginger or curry, or chopped apple. Apple or raisins could be added to the salad. A hearty dish of beans with greens and a little ham added, warms up students on a cold day. A ground turkey dish with some chopped greens added and served over mashed sweet potatoes or pumpkin, makes a simple but filling entrée item.

Arugula	Escarole	Pumpkins and other
Asian Greens	Endive	Winter Squash
Beets	Fennel	(Acorn, Butternut,
Bok Choy	Kale	Hubbard)
Broccoli	Kohlrabi	Radicchio
Cabbage	Leeks	Radish
Carrots	Lettuces	Spinach
Celery	Mushrooms	Sweet potato
Celery Root	Mustard Greens	Watercress
Chard	Onions	Turnips
Collards	Potatoes	

Herbs

The list of herbs is shorter for the winter, but those that are available fresh go so well in stews, soups and savory dishes, that school districts serve more of in the cold winter months. Chervil is related to parsley, but more delicate. Add it in to season mild-flavored dishes such as glazed carrots, poultry, seafood or salads.

Rosemary
Sage
Thyme

Cilantro
Parsley
Chives

Chervil

The California Pantry

These are California Specialty Crop items that are available year round and can be stored in school kitchens either in freezers, refrigerators or in dry storage. Extra-virgin olive oil and other nut oils can be stored for up to a year and can be used for cooking, in salad dressings, and finishing foods. Walnuts and almonds can be used to make pesto or can be added to salads, trail mixes, or breakfast cereals. They can also, like pistachios, be added to salads. Raisins and other dried fruits are useful in salads as well, and can also be used in rice and other whole grain dishes, trail mixes, and breakfast cereals. Dried beans are a staple, economic way to cook a meatless protein alternative and can serve as the base for salads, spreads, and main dishes.

Almonds
Walnuts
Pistachios

Dried fruits such
as Apricots,
Peaches, Pluots

Raisins

California-grown dried beans include baby limas, pinks, blacks, large limas and dark and light red kidney beans.

"I think these classes are fabulous. I've learned a lot. I bring these recipes home and cook them, to give my family different tastes and to teach them about how to eat healthy. I give my director a bad time, because I love these classes so much, even after I've already spent nine hours in the kitchen."

Cindy Fulton, Nutrition Supervisor 1
Gibson Elementary School
Woodland Joint Unified School District



Seasonal School Lunch Menus



Featuring California Specialty Crops

These seasonal menus are intended to inspire school food service directors and community groups with ideas about how to plan for seasonal dishes throughout the school year, incorporating fresh fruits and vegetables in season. They are not meant to be USDA National School Lunch Program templates for meeting monthly requirements.

For that purpose, every school food service director will want to create his or her own menu, using these and other favorite recipes.

“The professional development on seasonality (specialty crops) has been invaluable. The staff receiving this training comes back with vigor to try to entice our students with new options. The classes are always well received and have opened staff’s eyes to new ways to encourage students to try more locally grown produce. We appreciate this opportunity to learn and share our new found knowledge and recipes with our students at Washington Unified School District.”

Karri Pina, Director
Food Service
Washington Unified School District
(West Sacramento)



The art images on the following menu pages
are sections of the ceramic mural
“From the Ground Up.”



“From the Ground Up” Artist: Susan Shelton | Ceramic | 8' x 16'
2013 YoloArts Art & Agriculture Project Public Art Commission

Created by Yolo County Artist, Susan Shelton, and installed at the entrance of Yolo County's administration building, the mural was commissioned by YoloArts' Art and Ag Project and presented as a gift to the county in 2013.

The Art and Ag Project brings together artists and farmers in a unique collaboration that reflects the county's agricultural heritage.

The mural was made possible with a grant from ArtPlace America.

SPRING (MARCH-APRIL-MAY)

Menus and Recipes

Week 1

Soup of the Week: Asian Greens and Tofu Soup

Entrées:

- Monday– Asparagus and German Butterball Potato Bake
- Tuesday – Crispy Fish Taco with Southern Style Slaw
- Wednesday – Paella Style Chicken and Fresh Peas
- Theme Bar Thursday – Cooks' Choice
- Friday Pizza Day – See Spring Suggestions

Week 2

Soup of the Week: Leek and Potato Soup

Entrées:

- Monday – Cactus Salad with Radishes
- Tuesday – Chinese Chicken Salad*
- Wednesday – Roasted Asparagus, Parmesan Cheese and Ham Pasta
- Theme Bar Thursday – Cooks' Choice
- Friday Pizza Day – See Spring Suggestions

Week 3

Soup of the Week: Curried Carrot Soup*

Entrées:

- Monday – Mushroom, Snow Pea and Parmesan Cheese Pasta
**(1)
- Tuesday – Slivered Zucchini, Shredded Chicken and Cheese with Ranch Wrap
- Wednesday – Red Bean, Spinach, and Beef Rice Bowl *
- Theme Bar Thursday – Cooks' Choice
- Friday Pizza Day – See Spring Suggestions

Week 4

Soup of the Week: Spring Vegetable Soup*

Entrées:

- Monday – Asian Noodles with Lime Chili Sauce and Spring Vegetables*
- Tuesday – Zucchini Feta Cheese Salad with Grilled Chicken*
- Wednesday – Tuna Salad with Celery, Radishes, Green Onions, and Baby Spring Lettuce Wrap
- Theme Bar Thursday – Cooks' Choice
- Friday Pizza Day – See Spring Suggestions

*For this recipe, please see Resources, CEL Link

**Recipe Variation: See Asparagus, Parmesan Cheese and Ham Pasta

Spring Salad Bar

Recipes:

- Cactus Salad
- Carrot, Raisin and Almond Salad

Suggestions:

Classic Spring Vegetables

- Asparagus
- Carrots
- Radishes
- Baby Turnips
- Sugar Snap Peas
- Snow Peas

Classic Spring Fruits

- Mandarins
- Strawberries
- Early cherries (May)

Spring Pizza Toppings

- Asparagus (Asparagus Tips with Three Cheeses)
- Green onions (Sautéed Green Onions, Black Olives and Queso Fresco)
- Leeks (Caramelized Leeks with Kalamata Olives)
- New Potatoes (Sliced Potatoes with Cheddar Cheese and Bacon)

ASIAN GREENS AND TOFU SOUP

California Specialty Crops Featured
Green Onions, Baby Bok Choy

Nutrikids
50 & 100
servings

There is a plethora of Asian greens available in California in the spring including baby bok choy, sometimes called Shanghai or green bok choy. Virtually any Asian green or combination of greens can be used to make this soup.

3 tablespoons toasted sesame oil

2 tablespoons peeled and minced fresh ginger

1 cup roughly chopped green onion, white and tender green (about 1/2 inch long)

8 cups low-sodium chicken stock

1 to 2 teaspoons soy sauce

2 cups sliced baby bok choy (4 or 5 heads, about 8 ounces)

6 to 8 ounces firm tofu, cut into 1/2 inch cubes

In a large pan or soup pot, over medium high heat, warm the sesame oil. When it is hot, add the ginger and sauté, stirring frequently, for 2 minutes. Add the green onions, stock, and the soy sauce, cover, and reduce the heat to low. Simmer for 30 minutes to blend the flavors.

Add the bok choy and simmer until easily pierced with the tines of a fork, 5 to 10 minutes. Add the tofu. Taste and adjust the seasonings if desired.

Serves 8 to 10



LEEK AND POTATO SOUP

California Specialty Crops Featured
Leeks, Onions, Potatoes, Chives

Nutrikids
50 & 100
servings

Leeks are a member of the onion family distinguished by their mild, sweet flavor.

- 5 large leeks**
- 1 large yellow onion, diced**
- 4 tablespoons butter or extra-virgin olive oil**
- 4 cups chicken broth or vegetable broth or water**
- 4 medium potatoes, cubed (peeling optional)**
- 1/2 teaspoon kosher salt or sea salt**
- 1/4 teaspoon freshly ground black pepper**
- 1 cup whole milk**
- 2 tablespoons chopped fresh chives**

To prepare the leeks, trim off the root end. Cut off the dark green, upper one-third or so of the leaves and discard, or save to use in making stock. Cut the leek in half lengthwise and rinse thoroughly. Slice the leeks crosswise into 1/2 inch pieces.

In a large saucepan, over medium heat, warm the butter or olive oil. When the butter has melted or the oil is hot, add the onion and leeks. Cook, stirring until the onion and leeks are soft, about 5 minutes.

Add the broth (or water) and potatoes, salt and pepper. Simmer partially covered until the potatoes are easily pierced with the tines of a fork, about 30 minutes.

Add the milk and simmer another 5 minutes to heat the milk. Using a standing or immersion blender, puree the mixture. Alternatively, if a rough texture is preferred, mash with a potato masher. Taste and adjust seasoning. Reheat if necessary and garnish with the chives.

Serves 6 to 8

CACTUS SALAD

(Ensalada de Nopales)

California Specialty Crops Featured
Carrots, Celery, Parsley, Raisins, Almonds, Olive Oil, Lemons

Nutrikids
50 & 100
servings

This is a popular salad in Hispanic communities, and is easy to make.

- 3 cups diced nopales, preferably fresh*, or canned**
- 1/2 cup white onion, minced**
- 1/2 cup diced radishes**
- 1 teaspoon fresh oregano or 1/2 teaspoon dried oregano**
- 2 tablespoons extra-virgin olive oil**
- 1 teaspoon kosher salt or sea salt**
- 1/2 cup finely chopped cilantro leaves**
- 1 serrano chile pepper, minced, with seeds**
- Juice of one lime**
- 1/2 cup crumbled queso fresco (fresh Mexican cheese)**

If using canned nopales, drain and rinse well prior to using and place in a bowl. Add the onion, radishes, oregano, olive oil, salt, cilantro, serrano chile and lime juice. Mix well and top with the queso fresco. Serve as a side dish with beef, pork, or chicken, or with rice and beans.

* If using fresh nopales cactus oval stems (called paddles), first clean the cactus paddles. Using a knife, scrape off the spines. Cut off the edges of the cactus paddles then cut them into 1/3 inch wide strips, about three inches long. Place the strips in a saucepan of boiling water with 1 teaspoon salt and 1 clove peeled garlic. Reduce heat to low and simmer until tender and dark green, about 15 minutes. Drain the strips in a colander and then rinse with cold water to remove any mucilaginous substance and pat dry.

Serves 4 to 6



CARROT, RAISIN and ALMOND SALAD

California Specialty Crops Featured
Carrots, Celery, Parsley, Raisins, Almonds, Olive Oil, Lemons

Nutrikids
50 & 100
servings

Raisins and almonds add an extra crunch to this classic salad of carrots and celery. Shredded apples could also be added, and walnuts substituted for the almonds. The goal here is a balance between sweet and tart. Shred the carrots just before using for a sweeter, fresher flavor.

For the dressing:

- 5 to 6 tablespoons extra-virgin olive oil**
- 1/3 cup fresh lemon juice**
- 1 teaspoon Dijon mustard**
- 1/2 teaspoon kosher salt or sea salt**
- 1/2 teaspoon freshly ground black pepper**

For the salad:

- 4 large carrots, grated**
- 3 stalks celery, strings removed and finely chopped**
- 1/2 cup coarsely chopped flat leaf parsley**
- 1/2 cup raisins**
- 1/4 cup toasted almonds, chopped**

To make the dressing, in a large bowl mix the olive oil and lemon juice with a fork until the mixture is thick, about 1 minute. Add the Dijon mustard and continue mixing. Add salt and pepper to taste. Adjust seasoning as desired.

Add the carrots, celery, parsley, and raisins and turn to mix well. Remove to a serving bowl and garnish with the almonds.

Serves 6 to 8



PAELLA CHICKEN and PEAS

California Specialty Crops Featured
*Extra-virgin Olive Oil, Thyme, Onion, Garlic, Tomatoes,
Rosemary, Peas, Sugar Snap Peas, Olives, Lemon*

Nutrikids
50 & 100
servings

Paella is a traditional rice dish in Spain and there are many variations. It is cooked over a grill, stovetop or in an oven in a wide, shallow pan. An ovenproof frying pan can be used as well. Classically, the well-seasoned dish includes meat or seafood or even both, and a selection of seasonal vegetables. For this spring version, artichoke hearts, asparagus, or fava beans could be included.

8 chicken thighs or drumsticks

1/4 cup extra-virgin olive oil plus 2 tablespoons

1/2 teaspoon kosher salt or sea salt

1/2 teaspoons freshly ground black pepper

1 teaspoon sweet Spanish paprika

1 teaspoon fresh thyme leaves

1 large onion, chopped

2 cloves garlic, minced

4 tomatoes, peeled, seeded and chopped, or 4 cups canned tomatoes, chopped, with their juice

4 to 5 cups low-sodium chicken broth, heated

1/2 teaspoon saffron threads (crushed and soaked in 2 tablespoons heated broth) or 1/2 teaspoon ground turmeric

1 pound fresh peas, shelled

1 pound sugar snap peas

1 tablespoon fresh minced rosemary leaves

1/4 pound bacon, cut into 1/4 inch wide pieces

2 1/2 cups Arborio or short grain rice

1/2 cup sliced or pitted California black olives

8 lemon wedges

Preheat an oven to 350° F.

Place the chicken in a bowl and add 2 tablespoons of the olive oil. Sprinkle with the salt, pepper, paprika, and thyme and turn to mix well. Place the seasoned chicken on a baking sheet and into the preheated oven. Cook, turning once or twice, until the thickest part of the meat is easily pierced with the tines of a fork, about 25 to 30 minutes. Remove and set aside.

Place a paella pan or large frying pan over medium high heat. Add the olive oil and when it is warm, add the onion, garlic, and tomatoes. Cook, stirring occasionally, until the onions are soft, 3 to 4 minutes. Add the cooked chicken,

broth, saffron or turmeric, peas, sugar snap peas, rosemary, bacon and rice. Stir well, taste for salt and adjust if needed, then place in the oven.

Cook uncovered without further stirring until much of the liquid is absorbed and the rice is tender to the bite, about 20 minutes. Fold in the black olives and remove from the oven. Cover with foil and let rest 5 to 10 minutes before serving.

Serve hot, garnished with lemon wedges.

Serves 6 to 8



ROASTED ASPARAGUS and HAM PASTA

California Specialty Crops Featured
Asparagus, Extra-virgin Olive Oil

Nutrikids
50 & 100
servings

Roasting asparagus brings out its natural sweetness and produces crispy, golden brown tips that add a crunch to the dish. For a vegetarian version, the ham can be omitted. The final dish is lightly tossed with extra-virgin olive oil and Parmesan cheese.

- *Meatless Monday spring variation: Substitute seasoned sautéed snow peas and mushrooms for the asparagus and ham*
- *Summer variation: Substitute fresh basil leaves, and halved cherry tomatoes for the asparagus*
- *Meatless Monday fall variation: Substitute seasoned, sautéed chopped spinach and sliced mushrooms for the asparagus and ham*

20 spears fresh asparagus

2 to 3 tablespoons extra-virgin olive oil

3 teaspoons kosher salt or sea salt

1 pound ham, cut into ½ inch cubes

¾ pound whole-wheat pasta such as corkscrew or fettuccini

¼ cup freshly grated Parmesan cheese plus 2 tablespoons

½ teaspoon freshly ground black pepper

Preheat an oven to 425° F.

Prepare the asparagus to insure you cook only the most tender part of the spear. Holding both ends, gently bend the spear until it naturally snaps in your fingers. Discard the woody lower part of the spear and neatly trim the upper part just above the break, then cut the spears into 1 inch lengths.

Place the asparagus pieces on a baking sheet, drizzle with 1 tablespoon of the olive oil and ½ to 1 teaspoon of the salt. Turn asparagus several times to coat and spread them in a single layer. Set aside.

On another baking sheet, spread the cubed ham in a single layer.

Bring a large pot of water to a boil over high heat. When boiling, add 1 teaspoon of salt and the pasta. Cook until tender to the bite, about 12 minutes. Drain well.

While the pasta is cooking, place the asparagus in the oven and roast until the tips are slightly golden and the asparagus stalks are just tender when pierced with the tines of a fork, about 5 minutes. Do not overcook.

Place the baking sheet of cubed ham in the oven as well and cook to heat through and brown slightly, turning once or twice, about 3 to 5 minutes.

To serve, toss the asparagus, ham, and pasta together in a bowl, and add the $\frac{1}{4}$ cup of Parmesan, the $\frac{1}{2}$ teaspoon of remaining salt, pepper, and 1 tablespoon of the remaining olive oil. Taste and adjust seasonings as desired. Sprinkle with the remaining Parmesan cheese.

Serves 4 to 6



ASPARAGUS and POTATO BAKE

California Specialty Crops Featured
Asparagus, Potatoes, Extra-virgin Olive Oil

Nutrikids
50 & 100
servings

Spring is not only the time for fresh, local asparagus, it is also the time when early new potatoes are being dug up, including the buttery types like German Butterball and Yukon Gold. These are especially good in this simple baked dish but other potatoes could be used as well.

- *Summer variation: Substitute seasoned, sautéed crookneck or other summer squash for the asparagus*

1 pound German Butterball Potatoes, quartered
1½ teaspoons kosher salt or sea salt
2 pounds asparagus
¼ teaspoon freshly ground black pepper
1 tablespoon extra-virgin olive oil
1 tablespoon butter
1 cup grated Mozzarella cheese

Preheat an oven to 425° F.

Put quartered potatoes in a medium size saucepan and cover with 1 inch of water. Bring to a boil over medium-high heat. Reduce the heat to medium and add ½ teaspoon of salt. Continue to cook until tender when pierced with the tines of a fork, about 15 minutes. Drain.

Prepare the asparagus to insure you cook only the most tender part of the spear. Holding both ends, gently bend the spear until it naturally snaps in your fingers. Discard the woody lower part of the spear and neatly trim the upper part just above the break, then cut the spears into 1 inch lengths.

Place the asparagus pieces on a baking sheet, drizzle with one tablespoon of olive oil, 1 teaspoon of salt, turn the asparagus several times to coat, and spread in a single layer. Place the asparagus in the oven and roast until the tips are slightly golden and the asparagus is just tender when pierced with the tines of a fork, about 5 minutes. Do not overcook. Remove and set aside.

Lightly grease an 8-inch square baking dish with the butter. Place the potatoes in the baking dish and coarsely chop. Add the asparagus and sprinkle all with the pepper. Top with the grated cheese.

Reduce the oven to 400° F. Bake until the cheese melts and bubbles, 10 to 15 minutes. To serve, spoon from baking dish.

Serves 4 to 6.

ZUCCHINI and CHICKEN WRAP

California Specialty Crops Featured
Zucchini, Extra-virgin Olive Oil

Nutrikids
50 & 100
servings

The zucchini, although squeezed dry, adds moisture to the wrap, as does the ranch dressing. If prepared too far in advance, the tortilla will soak up some of the moisture and may become soggy. For a little extra crunch, add several tablespoons of chopped romaine to this simple wrap. Homemade ranch dressing is easy to make (recipe included below).

- *Summer Variation: Substitute 2 cups bell peppers for the zucchini*
- *Fall Variation: Substitute slivered crookneck squash for the zucchini*
- *Winter Variation: Substitute finely chopped cabbage for the zucchini*

2 tablespoons extra-virgin olive oil

1 pound stir fry chicken, or fajita strips

1/2 -1 teaspoon kosher salt or sea salt

1/2 to 1 teaspoon freshly ground pepper

3 cups grated zucchini, about 2 medium size zucchini, squeezed dry

1 cup grated cheddar cheese

6 tablespoons ranch dressing

6 flour tortillas, burrito size (11 inches in diameter)

In a medium size frying pan, over medium high heat, heat the olive oil. When hot, about 1 minute, add the chicken. Sprinkle with salt and pepper. Stir until chicken is browned and cooked through, about 5 minutes. Remove from heat. Coarsely shred or chop the chicken into bite size pieces.

Ranch Dressing

1/2 to 3/4 cup regular mayonnaise

1/2 cup low-fat sour cream

1½ teaspoons lemon juice

1 teaspoon onion powder

1/2 teaspoon garlic powder

2 teaspoons Dijon mustard

1/2 teaspoon dried dill weed

1/2 teaspoon dried parsley

1/2 teaspoon kosher salt salt or sea

In a bowl, combine all the ingredients and stir to mix well. Refrigerate before serving. Add more mayonnaise if dressing needs to thicken. It will keep refrigerated for up to 5 days. Makes about 1½ cups.

To make a wrap, lay out the flour tortilla. Spread 1 tablespoon ranch dressing in the middle of the tortilla. Place 4 tablespoons of the squeezed dry zucchini, 3 tablespoons grated cheese, 1/3 cup chopped chicken on the tortilla, then fold three sides and roll into a wrap. Repeat with remaining filling and tortillas.

Serves 6

TUNA PITA SANDWICH with VEGGIES

California Specialty Crops Featured
Celery, Radish, Green Onion, Lettuce, Lemon

Nutrikids
50 & 100
servings

This quick and easy to make wrap can go in a flour tortilla, a pita pocket, or, as we suggest here, lavash. Lavash, a thin flatbread, made with flour, water, and salt, is popular in Iran, Iraq, Turkey and throughout the Middle East. Use the soft variety for wrap rolling.

- 6-ounce can of tuna, preferably packed in olive oil, drained**
- 4 radishes, finely chopped**
- 1 green onion, minced**
- 1 stalk celery, finely chopped**
- 2 tablespoons fresh lemon juice**
- 3 tablespoons regular mayonnaise**
- 1/4 teaspoon kosher salt or sea salt**
- 1/4 teaspoon freshly ground pepper**
- 1½ cups baby lettuce leaves**
- 2 pita pockets (whole wheat)**

In a medium sized bowl, combine the tuna, radishes, onion, celery, lemon juice, mayonnaise, salt and pepper. Mix well.

To make the pita sandwiches cut off 1/3 of the pita pocket and slip the small portion into the larger portion to reinforce it. Put half the lettuce into the pita. Add half the tuna salad.

Serves 2



CRISPY FISH TACOS with SLAW

California Specialty Crop Featured
Green Cabbage

Nutrikids
50 & 100
servings

Many types of greens are integral to meals in the southeastern United States, such as turnip, kale, collards, and cabbage to name a few. Cabbage is frequently served as a salad known as coleslaw, or slaw. In the southeast, the dressing for slaw is typically vinegar based, rather than mayonnaise based. Every region has their specialty slaw. This recipe is based on Eastern North Carolina slaw, which has cabbage, no carrots or onions. The slaw is a spicy one that is often served with pork barbeque or fried fish.

1/4 cup apple cider vinegar

1/4 cup distilled white vinegar

1/4 cup light vegetable oil, such as safflower or canola

1 tablespoons sugar

1 teaspoon hot pepper sauce

1/4 teaspoon red pepper flakes

1/2 teaspoon kosher salt or sea salt

1/8 teaspoon freshly ground black pepper

1 small head green cabbage (about 1 1/2 pounds), cored and grated, about 4 cups

2 pounds pre-cooked crispy or other firm, white fish fillet pieces such as cod

16 6-inch corn tortillas

In a small bowl, whisk together the two vinegars, vegetable oil, sugar, hot pepper sauce, red pepper flakes, salt, and pepper creating a sauce. Set aside.

Core and finely grate the cabbage. Put the grated cabbage in a large bowl and stir in half of the vinegar sauce. Let stand for 10 minutes, then taste for seasoning, adding salt and/or more sauce as needed.

Warm the fish in the oven if precooked, or bake according to instructions if frozen. For fresh fish, preheat oven to 350° F. Place the fish on a baking sheet lined with parchment and sprinkle with corn oil. Bake the fish fillets for 25-30 minutes, until the fish flakes easily with a fork.

Warm tortillas to soften them. Place 1/4 cup slaw and a 2-ounce piece of cooked fish to each tortilla.

Serves 8 (2 tacos per serving)

SUMMER (JUNE-JULY-AUGUST)

Menus and Recipes

Week 1

Soup of the Week: Summer Minestrone**(3)

Entrées:

- Monday – Fresh Corn and Summer Squash Sauté with Cherry Tomatoes Wrap
- Tuesday – Old-Fashioned Tamale Pie
- Wednesday – Barbequed Pork, Sweet Pepper and Onion Wrap
- Theme Bar Thursday – Cooks' Choice
- Friday Pizza Day – See Summer Suggestions

Week 2

Soup of the Week: Creamy Cucumber Gazpacho

Entrées:

- Monday - Basil-Walnut Pesto with Whole Wheat Rigatoni*
- Tuesday – Spicy Tomato and Pepper Stew with Meatballs
- Wednesday – Sautéed Sweet Pepper, Shredded Chicken, Cheddar Cheese, and Ranch Wrap**(1)
- Theme Bar Thursday – Cooks' Choice
- Friday Pizza Day – See Summer Suggestions

Week 3

Soup of the Week: Fresh Corn Chowder

Entrées:

- Monday – Cheese Enchiladas with Tomatillo Sauce*
- Tuesday – Barbequed Pork, Sweet Pepper and Onion Wrap
- Wednesday – Roasted Mushrooms, Ground Turkey, and Eggplant Rice Bowl**(2)
- Theme Bar Thursday – Cooks' Choice
- Friday Pizza Day – See Summer Suggestions

Week 4

Soup of the Week: Classic Spanish-Style Gazpacho

Entrées:

- Monday – Soba Noodles with Eggplant, Tofu, and Thai Basil*
- Tuesday – Old-Fashioned Tamale Pie

- Wednesday – Basil, Cherry Tomato and Parmesan Cheese Pasta**(4)
- Theme Bar Thursday – Cooks' Choice
- Friday Pizza Day – See Summer Suggestions

*For this recipe, please see Resources, CEL Link

**Recipe Variation:

- (1) See Zucchini and Chicken Wrap Recipe
- (2) See Turkey and Mushrooms with Brown Rice Recipe
- (3) See Minestrone Recipe
- (4) See Roasted Asparagus and Ham Pasta Recipe

Summer Salad Bar

Recipes:

- Tomato, Basil and Fresh Mozzarella Salad
- Fresh Corn and Cherry Tomato with Oregano and Chunky Monterey Jack

Suggestions:

Classic Summer Vegetables

- Cherry Tomatoes
- Heirloom Slicing Tomatoes
- Cucumbers
- Sweet Peppers
- Eggplant

Classic Summer Fruit

- Cherries
- Apricots
- Peaches
- Nectarines
- Pluots
- Berries
- Watermelon

Summer Pizza Toppings

- Fresh Tomatoes (Tomatoes and Fresh Corn with Mozzarella Cheese)
- Summer Squash (Zucchini with Crumbled Sausage)
- Sweet Peppers (Red, Yellow and Orange Peppers with Pepperoni)
- Okra (Fried Okra with Fresh Corn and Marjoram)

CLASSIC SPANISH-STYLE GAZPACHO

California Specialty Crops Featured
Tomatoes, Cucumber, Bell Pepper, Garlic

Nutrikids
50 & 100
servings

Gazpacho is a tomato based soup served chilled throughout Spain and varying from region to region. The spiciness can be adjusted by using more or less garlic, and by using a Poblano pepper instead of bell pepper. It can be served garnished with croutons and chopped cucumber, if desired. Use only ripe, juicy, in-season tomatoes. The soup will not be successful otherwise.

6 to 8 ripe, juicy tomatoes, coarsely chopped to make about 6 cups

1 small cucumber, or 1/2 large, peeled or unpeeled

1 green bell pepper or 1/2 to 1 Poblano chile, stemmed, seeded and coarsely chopped

3 to 5 cloves minced garlic

1 to 2 tablespoons balsamic vinegar

1/4 cup extra-virgin olive oil

1 to 1½ teaspoons kosher salt or sea salt

1/2 teaspoon freshly ground black pepper

4 to 5 slices dried bread, torn into pieces

Puree the tomatoes in a food processor or blender. Add the cucumber and bell pepper or Poblano pepper and puree again. Add garlic, vinegar, olive oil and puree again. Add salt and pepper to taste. Adjust seasonings as desired. Add the bread and puree again.

Serve chilled or at room temperature, garnished with extra croutons and cucumbers, if desired.

Serves 6



CALIFORNIA CUCUMBER GAZPACHO

California Specialty Crops Featured
Cucumber, Garlic

Nutrikids
50 & 100
servings

This California version of gazpacho is white and combines cucumbers with a broth base enriched with yogurt. If a vegetarian soup is desired, use vegetable broth instead of chicken broth.

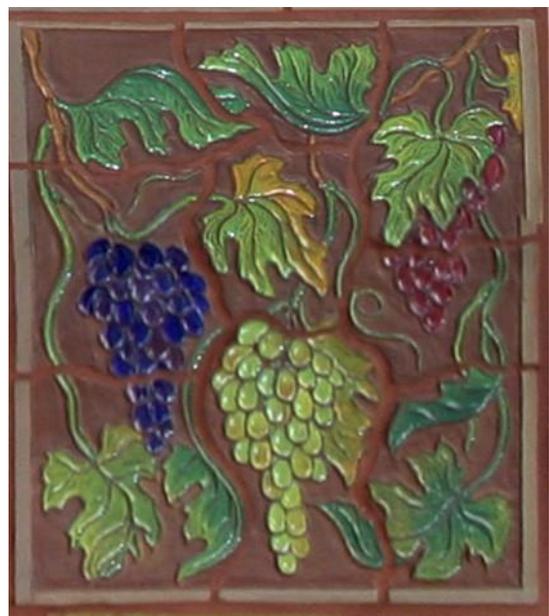
- 4 medium cucumbers, peeled and seeded**
- 2 ½ cups low sodium chicken broth (or vegetable broth)**
- 2 cups plain, whole milk yogurt**
- 3 tablespoons Champagne vinegar**
- 1 medium clove garlic, minced**
- 1½ teaspoons kosher salt or sea salt**

Place cucumbers and 1 cup broth in a food processor and process until the cucumber is mostly pureed, but with just a little texture left, 2 to 3 minutes. Leaving some texture in the cucumber will ensure the soup has some crunch to it.

Pour the mixture into a large mixing bowl and add the remaining broth, yogurt, vinegar, garlic and salt. Stir to combine ingredients thoroughly, about 2 or 3 minutes.

Place mixture in refrigerator and chill until cold, about 2 hours. Stir before serving. Serve chilled.

Serves 8



FRESH CORN CHOWDER

California Specialty Crops Featured
Corn, Onion, Bay Leaf, Rosemary

Nutrikids
50 & 100
servings

Corn chowder is full of the taste of summer. Keeping the chowder as simple as possible allows the flavor of the corn to dominate. Adding the “milk” from the corn and a few of the cobs increases the corn flavor.

6 ears white or yellow corn, or a mixture, husks and silk removed
2 tablespoons unsalted butter
1/2 cup minced yellow onion
5 cups whole milk
1 bay leaf
1 fresh rosemary sprig, 6 inches long
1/2 teaspoon kosher salt or sea salt
1/2 teaspoon freshly ground black pepper

Working with 1 ear of corn at a time, hold the corn, tip down, in a large, wide bowl. Using a sharp knife, cut straight down between the kernels and the cob, cutting as close to the cob as possible without including the fibrous base of the kernels. Rotate the ear about a quarter turn after each cut.

When all of the kernels have been removed, run the back of the knife along the length of the stripped ear to capture any remaining corn milk in the bowl. Repeat with the remaining ears.

Break 2 cobs in half and set aside for the soup. Discard the remaining cobs. Drain the corn kernels in a sieve placed over a bowl and set aside the milk and kernels separately.

In a heavy saucepan over medium high heat, melt the butter. When it foams, add the onion and sauté until soft and nearly translucent, 2 to 3 minutes. Add the corn milk, whole milk, bay leaf, rosemary, reserved corn cobs, salt and pepper and bring to just below a boil. Reduce the heat to low and simmer, uncovered, for about 30 minutes to allow the milk to absorb the flavors. Remove and discard the cobs.

Add half of the corn kernels and simmer over low heat until just tender, about 5 minutes. Using an immersion blender, coarsely puree the soup. Add the remaining corn kernels and cook just until tender, 4 to 5 minutes.

Ladle the soup into warmed bowls.

Serves 4 to 6

SWEET BASIL and MOZZARELLA SALAD with TOMATOES

California Specialty Crops Featured

Nutrikids
50 & 
servings

This simple salad is also called Capri or Caprese Salad, or in Italy, where it originated, *insalata caprese*. Fresh mozzarella cheese, made from either cow's milk or water buffalo's rich milk, is soft and usually sold packed in liquid. The tomatoes must be fresh and full of flavor for this salad to be at its best. This can be used in a salad bar or as part of a composed salad.

- 4 large fresh mozzarella balls, drained**
- 4 large ripe tomatoes, any color**
- 24 fresh basil leaves, removed from the stems, rinsed and dried**
- 1 teaspoon kosher salt or sea salt**
- 1/4 cup extra-virgin olive oil**

Slice the fresh mozzarella balls into 4 slices.

Remove the core and a very thin slice from the bottom of the tomatoes. Using a serrated knife, slice each tomato into 4 slices.

On a large platter or on a serving tray, alternate slices of mozzarella, tomato, and fresh basil. Just before serving, drizzle with olive oil and sprinkle with salt. Serve at room temperature.

Serves 8



CORN SALAD with MONTEREY JACK

California Specialty Crops Featured

Corn, Tomatoes, Extra-virgin Olive Oil, Oregano

Nutrikids
50 & 100
servings

When corn is at its seasonal peak, it is so sweet it doesn't even need to be cooked, so it can be used directly in salads, like this one. This salad can be served on its own, or as part of a composed salad with Romaine lettuce leaves and grilled chicken.

4 ears fresh, sweet corn, shucked

2 cups cherry tomatoes, any color, cut in half

3 tablespoons extra-virgin olive oil

1 teaspoon kosher salt or sea salt

1 tablespoon chopped fresh oregano leaves or 1 to 2 teaspoons dried oregano

1 pound Monterey Jack cheese, cut into ½-inch cubes

Working with 1 ear of corn at a time, hold the corn, tip down, in a large, wide bowl. Using a sharp knife, cut straight down between the kernels and the cob, cutting as close to the cob as possible without including the fibrous base of the kernels. Rotate the ear about a quarter turn after each cut. Repeat with the remaining ears.

In a bowl, combine the corn kernels, cherry tomatoes, olive oil, salt, oregano and toss to mix well. Serve.

Serves 4



SPICY TURKEY MEATBALLS with TOMATO SAUCE

California Specialty Crops Featured
Extra-virgin Olive Oil, Onions, Tomatoes, Bell Peppers

Nutrikids
50 & 100
servings

This thick, flavorful sauce to serve over rice, pasta, or polenta is reminiscent of the flavors of classic stuffed peppers. Fresh, ripe, juicy tomatoes could be peeled and cooked to replace the canned whole tomatoes. Using whole tomatoes to start, then coarsely crushing them as they cook provides the distinctive texture to the sauce. The meatballs here are made with ground turkey, but ground pork or beef or a combination could be used as well.

For the sauce:

- 2 tablespoons extra-virgin olive oil**
- 4 tablespoons minced onion**
- 2 green bell peppers, seeded and cut into 1 -inch squares**
- 2 cloves garlic, minced**
- 1 teaspoon fresh minced rosemary leaves**
- 2 teaspoons fresh oregano leaves**
- 1½ teaspoons kosher salt or sea salt**
- 1/2 teaspoon freshly ground black pepper**
- 1 28-ounce can whole peeled tomatoes with their juice**

For the meatballs:

- 1 pound ground turkey**
- 2 large eggs, slightly beaten**
- 1/2 cup minced yellow onion**
- 1/2 cup fine dried bread crumbs**
- 1 cup grated Parmesan cheese**
- 1 to 2 teaspoons kosher salt or sea salt**
- 1/2 teaspoon freshly ground black pepper**
- 2 to 3 tablespoons extra-virgin olive oil**

To make the sauce:

In a saucepan over medium high heat, heat 2 tablespoons of the olive oil. When it is hot, add the onion and bell peppers and sauté until the peppers are slightly limp, about 5 minutes. Add the garlic, rosemary, and oregano, 1/2 teaspoon of salt and stir. Add the tomatoes and their juice, crushing the tomatoes with a fork. Add the remaining salt and pepper. Reduce the heat to

medium, cover and simmer until the flavors are blended and the peppers are tender to the bite, about 20 minutes.

While the sauce is cooking prepare the meatballs:

In a large bowl, combine the turkey, eggs, onion, bread crumbs, ½ cup of the cheese, 1 teaspoon of salt and some pepper. Mix well. Moisten your hands with water and shape the mixture into small, bite-size balls. Place on a plate.

Preheat an oven to 350° F.

Drizzle olive oil in a baking sheet, then add the meatballs. Roll the meatballs several times to coat with oil, then place in the oven. Bake until lightly golden and nearly cooked through, about 15 minutes.

Using a slotted spoon, carefully add the meatballs to the simmering sauce. Simmer gently over low heat until the meatballs are cooked through, about 10 minutes. Taste and adjust the seasoning.

Serve the meatballs and the sauce sprinkled with the remaining cheese, on its own, or over rice, pasta, or polenta.

Serves 6



OLD FASHIONED TAMALE PIE

California Specialty Crops Featured
*Extra-virgin Olive Oil, Onion, Bell Pepper, Chile Pepper,
Tomatoes, Corn, Olives, Garlic*

Nutrikids
50 & 100
servings

This long time favorite embodies the flavors of California and the Southwest all in a single dish.

For the filling:

- 2 ears fresh corn (2 cups frozen corn can be substituted)**
- 1 tablespoon extra-virgin olive oil**
- 1 cup chopped onion**
- 1 pound lean ground beef**
- 1 green bell pepper, seeded and finely chopped**
- 2 Anaheim chilies, seeded and finely chopped**
- 5 cups canned whole tomatoes with the juice, chopped**
- 1 4-ounce can pitted California ripe olives, drained**
- 1 cup kidney beans, rinsed and drained**
- 2 cloves garlic, minced**
- 1 teaspoon kosher salt or sea salt**
- 1/2 teaspoon freshly ground black pepper**
- 3 teaspoons chili powder**
- 1 cup grated sharp Cheddar cheese**

For the crust:

- 1 cup yellow cornmeal**
- 1 tablespoon all-purpose flour**
- 1/4 teaspoon kosher salt or sea salt**
- 1½ teaspoons baking powder**
- 1 large egg, lightly beaten**
- 1/2 cup milk, whole or 2 %**
- 2 tablespoons extra-virgin olive oil**

Preheat an oven to 375° F.

For the filling:

Working with 1 ear of corn at a time, hold the corn, tip down, in a large, wide bowl. Using a sharp knife, cut straight down between the kernels and the cob, cutting as close to the cob as possible without including the fibrous base of the

kernels. Rotate the ear about a quarter turn after each cut. Repeat with the remaining ear. Set the kernels aside.

In a large frying pan over medium high heat, heat the olive oil. When it is hot, add the onion and the ground beef and sauté until the meat is lightly browned, about 5 minutes. Add the bell pepper and chilies and continue to sauté, stirring often, until the peppers have softened, 3 to 5 minutes. Add the corn and sauté until the kernels glisten, about 1 minute.

Stir in the tomatoes, olives, kidney beans, garlic, salt, pepper, and the chili powder. Simmer uncovered, stirring occasionally, until the flavors have blended and the sauce thickened, about 20 minutes. Taste and adjust seasonings if desired.

Stir in 2/3 cup of the cheese, stirring until just melted. Remove from the heat.

For the crust:

In a bowl, combine the cornmeal, flour, salt, and baking powder and stir. Add the egg, milk, and olive oil. Stir just enough to mix the ingredients. Do not over mix the batter.

Pour the meat mixture into a baking dish approximately 8" by 14" and 2 "deep. Spread the crust batter evenly over the top of the meat mixture and sprinkle with the remaining 1/3 cup grated cheese.

Place in the oven and bake until the top is golden and slightly puffed and the filling is bubbling, about 20 to 25 minutes.

To serve, spoon from the baking dish.

Serves 6 to 8



BBQ PORK and PEPPER FAJITA

California Specialty Crops Featured
*Red, Yellow and Orange Sweet Peppers,
Yellow Onions, Green Cabbage*

Nutrikids
50 & 100
servings

This quick and easy to make wrap is versatile. Pureed beans, crumbled ground beef, or chunks of roasted pork can be added. The vegetables can be served over rice or other grains, instead of in a wrap.

4 ears fresh corn

1 to 2 tablespoons extra-virgin olive oil

1/2 yellow onion, minced

1 clove garlic, minced

**1 pound summer squash such as zucchini, patty pan, crookneck, cut into
1 inch cubes**

1/2 teaspoon kosher salt or sea salt

1/2 teaspoon freshly ground black pepper

1/2 teaspoon ground cumin

4 cups cherry tomatoes, any kind, halved

8 ounces queso fresco, coarsely grated

1/2 cup cilantro leaves

8 burrito-size whole wheat tortillas

Working with 1 ear of corn at a time, hold the corn, tip down, in a large, wide bowl. Using a sharp knife, cut straight down between the kernels and the cob, cutting as close to the cob as possible without including the fibrous base of the kernels. Rotate the ear about a quarter turn after each cut. Repeat with the remaining ears. Set aside.

In a frying pan, over medium high heat, heat 1 tablespoon of the olive oil. When it is hot, add the onion and sauté for 1 to 2 minutes. Add the garlic and summer squash cubes, season with the salt and pepper. Add cumin and sauté until the squash is lightly golden and tender when pierced with the tines of a fork. Do not overcook.

Remove from the heat and add the corn, turning to coat, adding more oil if needed to hold together. Taste and adjust seasonings if desired.

To make a wrap, lay out the flour tortilla. Place about ½ cup of mixture on the tortilla, add some cherry tomatoes, some of the cheese, and cilantro leaves. Fold three sides and roll into a wrap. Repeat with remaining filling and tortillas.

Serves 8

The pork in this recipe can be either stir-fried or pulled from a roasted boneless butt roast. The thick barbeque sauce gives the pork a spicy, tangy taste. The peppers add moisture and color. If you wish, add shredded green cabbage for additional color and crunch.

For the filling:

1 pound stir fry pork (thin strips of pork about ¼ inch thick and 2 inches long)
1/4 teaspoon kosher salt or sea salt
1/4 teaspoon freshly ground black pepper
2 tablespoons vegetable oil
4 cups sliced sweet peppers (red, yellow, orange), stems and seeds removed, sliced lengthwise, about 3 peppers
2 large yellow onions, cut in half and sliced vertically
1 package flour tortillas, wrap size (11 inches diameter)
1 cup finely shredded green cabbage (optional)

For the sauce:

1 tablespoon Canola or other vegetable oil
2 tablespoons minced yellow onion
2 cloves garlic, minced
1/2 cup tomato ketchup
1 tablespoon Dijon mustard
1 tablespoon dark brown sugar
1 tablespoon red wine vinegar
2 teaspoons Worcestershire sauce
1/2 teaspoon red pepper flakes
1/2 teaspoon freshly ground black pepper

For the filling:

Preheat an oven to 325° F.

Place the pork strips on a baking sheet. Sprinkle with salt and pepper. Bake until it is opaque and cooked through, 10 to 15 minutes. Set aside.

In a medium frying pan over medium heat, heat 2 tablespoons of the oil. When hot, add the peppers and onion. Stir frequently until the onions are slightly caramelized, about 15 minutes. Set aside.

To make the sauce:

In a medium frying pan over medium heat, heat 1 tablespoon of oil and when hot add the onion and sauté until translucent, 2 to 3 minutes. Stir in garlic and sauté briefly. Add ketchup, mustard, brown sugar, vinegar, Worcestershire sauce, red pepper flakes, and black pepper. Stir to mix well. Combine with the pork and mix well.

To make a wrap, lay out the flour tortilla. Place about 3 tablespoons of pork with sauce on the tortilla, add 3 tablespoons onion/pepper mixture, and cabbage (if using). Fold three sides and roll into a wrap. Repeat with remaining filling and tortillas.

Serves 6



Fall (September-October-November) Menus and Recipes

Week 1

Soup of the Week: Split Pea Soup with Carrots and Potatoes**(1)

Entrées:

- Monday – Roasted Corn, Sweet Peppers, and Jicama with Romaine Wrap
- Tuesday – Chili Verde*
- Wednesday – Eggplant and Polenta Lasagna
- Theme Bar Thursday – Cooks' Choice
- Friday Pizza Day – See Fall Suggestions

Week 2

Soup of the Week: Pozole with Summer Squash and Greens

Entrées:

- Monday – Vegetable Biryani with Garbanzo Beans*
- Tuesday – Black Beans, Kale, and Butternut Squash with Ground Turkey Wrap
- Wednesday – Slivered Crookneck Squash, Shredded Chicken, Cheese with Ranch Wrap**(2)
- Theme Bar Thursday – Roasted Sweet Potato with Cheddar Cheese and Broccoli
- Friday Pizza Day – See Fall Suggestions

Week 3

Soup of the Week: Minestrone

Entrées:

- Monday – Spinach, Mushroom and Parmesan Cheese Pasta**(3)
- Tuesday - Roasted Mushrooms, Ground Turkey and Sweet Peppers
- Wednesday – Whole Wheat Penne Salad with Tuna and Capers*
- Theme Bar Thursday – Cooks' Choice
- Friday Pizza Day – See Fall Suggestions

Week 4

Soup of the Week: Gumbo*

Entrées:

- Monday – Chili Beans with Sweet Peppers and Greens

- Tuesday – Curried Chicken Salad Pita*
- Wednesday – Italian Meatballs with Whole Wheat Penne*
- Theme Bar Thursday – Cooks' Choice
- Friday Pizza Day – See Fall Suggestions

*For this recipe, please see Resources, CEL Link

**Recipe Variation

(1) See [Curried Yellow Pea Soup](#)

(2) See [Zucchini and Chicken Wrap](#)

(3) See [Roasted Asparagus and Ham Pasta](#)

Fall Salad Bar

Recipes:

- Mixed Melons and Cucumber with Chili, Lime and Cotija Cheese
- Carrot Salad with Raisins and Toasted Walnuts

Suggestions:

Classic Fall Vegetables

- Jicama
- Sweet Peppers
- Tomatoes

Classic Fall Fruit

- Apples
- Grapes
- Fuyu Persimmons
- Pomegranates
- Melons
- Pears

Fall Pizza Toppings

- Eggplant (Grilled Eggplant, Cherry Tomatoes and Fresh Mozzarella)
- Tomatoes (Tomatoes and Fresh Oregano)
- Sweet Potato (Roasted Sweet Potato, with Barbeque Pork and Black Beans)
- Squash (Crookneck Squash and Feta Cheese with Red Onions)

CHILI KIDNEY BEANS

California Specialty Crops Featured
*Kidney Beans, Bay Leaves, Rosemary, Garlic, Chile Peppers,
Yellow Onions, Extra-virgin Olive Oil, Tomatoes,
Sweet Peppers, Kale, Tomatoes*

Nutrikids
50 & 100
servings

Sweet peppers all begin as green peppers but when mature in the late summer and early fall they turn red, orange, yellow, or purple. The fresh, sweet peppers are a compliment to the chili powder, made from dried red chilies. Adding greens, such as kale, chard, or spinach adds another layer of flavor to this hearty dish.

- 1½ cups dry kidney beans or 3-15 ounce cans of kidney beans**
- 4 cups vegetable broth or water**
- 2 bay leaves**
- 1 sprig of fresh rosemary, 4 inches**
- 4 cloves garlic, whole and peeled (if cooking dry beans), plus 4 cloves garlic, minced**
- 2 fresh red chile peppers, such as Serrano or Jalapeno (if cooking dry beans)**
- 4 tablespoons extra-virgin olive oil**
- 1 large, yellow onion, diced**
- 2 sweet peppers, any color or mixed**
- 1 bunch kale, chopped finely**
- 1 tablespoon cumin seeds**
- 1/2 teaspoon ground cinnamon**
- 1 teaspoon red chili powder**
- 4 cups vegetable broth or water**
- 1 28 ounce can tomatoes, crushed**
- 1½ teaspoons kosher salt or sea salt**
- 1 cup grated cheddar cheese**

If using dry beans, first rinse them until clean, then place in a large bowl and cover them with boiling water to soak them before cooking. Let stand 1 hour. Drain the beans in a colander. Place the soaked beans in a large pot with a lid. Add the vegetable broth or water, 1 bay leaf, rosemary, whole garlic, and the fresh chiles.

Place the pot, uncovered, over medium high heat and bring to a boil. Reduce the heat to low and cover. Cook until tender, 30 to 45 minutes. Set beans and liquid aside and discard the herbs and peppers.

If using canned beans, place them in a colander and rinse them with cold water several times and set aside.

In a large Dutch oven, over medium heat, add the olive oil. When olive oil is warm, add onion, sweet peppers and kale and sauté until onion and peppers are slightly softened, about 5 minutes. Add the minced garlic, cumin seeds, cinnamon, 1 bay leaf and chili powder. Toss mixture to warm the spices. When fragrant, about 5 minutes, add the cooked beans and 4 cups of broth (from the cooked beans or if using canned, add broth or water). Turn up heat to medium. Mix thoroughly. Bring liquid to a simmer, about 5 minutes.

Stir in the tomatoes. Add the salt. Simmer mixture until peppers are tender, about 10 to 15 minutes. Taste and adjust seasonings as desired. Serve hot, garnished with the grated cheese.

Serves 6



PORK and CHICKEN POZOLE with GREENS

California Specialty Crops Featured
Summer Squash, Garlic, White Onion, Oregano, Chili Powder,

Nutrikids
50 &
servings

Pozole (or posole) is a traditional soup in Mexico full of pork, chicken and hominy. Typically, the simple soup is made with a pig's head and feet and served with additional fresh vegetable garnishes on the side, such as avocado, radish, cabbage and white onion, for people to add to their own soup bowl. This is a quick version of the traditional soup with additional greens and summer squash. Fresh lime brings out the soup's flavor.

- 1 ½ pounds boneless pork shoulder, cut into 1-inch pieces**
- 2 (14 ½ ounce) cans reduced sodium chicken broth, or house made chicken broth**
- 12 garlic cloves, peeled**
- 1 large white onion, chopped**
- 1 teaspoon dried oregano**
- 1 tablespoon ground cumin**
- 1 tablespoon chili powder**
- 1 teaspoon kosher salt or sea salt**
- 3 cups water**
- 6 chicken thighs (about 2 ½ pounds, skinned)**
- 1 (30-ounce) can white hominy, drained and rinsed**
- 1/2 small head cabbage, core removed and finely sliced (about 4 cups)**
- 4 green onions, finely chopped**
- 1 pound summer squash (about 3 small zucchini, patty pan or yellow crookneck), chopped**
- 1 large avocado, cut into ½ inch dice (optional)**
- 8 radishes, thinly sliced**
- 1/2 cup chopped cilantro**
- 3 limes, quartered**

In a large pot, combine pork, chicken broth, garlic, onion, oregano, cumin, chili powder, salt and 2 cups of water. Bring to a boil over medium high heat, about 10 minutes. Reduce heat to medium low. Cover and cook for 10 minutes.

Add chicken thighs and cook until the meat is tender, 30 to 40 minutes. Remove thighs. When cool, remove meat from bones (as well as skin if not removed previously). Discard bones and return meat to the soup.

Add hominy, cabbage, scallions, summer squash, and simmer over low heat for 10 minutes to blend flavors and cook greens and squash. Add avocado, cilantro, and radishes to the soup before serving, or serve them on the side as a garnish. Serve accompanied by lime wedges.

Serves 12

MINISTRONE SOUP

California Specialty Crops Featured
Extra-virgin Olive Oil, Onion, Carrots, Celery, Potatoes,

Nutrikids
50 & →
servings

Minestrone is the classic Italian vegetable soup, thick and rich with a multitude of vegetables. In Italy, the flavors and ingredients of the soup vary, depending upon the region. Some include pastas, others don't. Some include rice or beans, or simply rely on vegetables alone. Regardless of the versions, all concur that the soup must always be thick and hearty, never thin. It is easy to make and different vegetables can be added according to seasonal availability.

- 1/4 cup extra-virgin olive oil**
- 2 tablespoons unsalted butter**
- 1 onion, thinly sliced or diced**
- 2 carrots, peeled and diced**
- 3 stalks celery, diced**
- 3 small potatoes, peeled and diced**
- 2 medium zucchini, diced**
- 1/2 pound green beans, diced**
- 1 small head Savoy or other green cabbage, shredded**
- 3 stalks kale, chopped**
- 2 cups vegetable or low sodium chicken broth**
- 4 cups water**
- 1 teaspoon kosher salt or sea salt**
- 1 cup canned, chopped tomatoes with their juice**
- 1½ cups cooked white or kidney beans, drained and rinsed if canned**
- 4 sprigs fresh thyme**
- 4 sprigs fresh parsley**
- 1/2 cup freshly grated Parmesan cheese**

In a large saucepan or soup pot, over medium heat, heat the olive oil and butter. When the butter foams, add the onion and sauté until translucent, 2 to 3 minutes. Add the carrots, celery, potatoes, zucchini, and green beans, stirring until the vegetables glisten, about 5 minutes. Add the cabbage and kale and continue to cook, stirring, until the cabbage and kale are limp, about 5 minutes more. Add the broth, water, salt, tomatoes, thyme, and parsley, and stir several times. Bring to a boil over medium high heat. Reduce the heat to medium low, cover and simmer until all the vegetables have softened and blended to make a thick soup, about 2 ½ hours. Stir in the cooked beans and simmer for 15 minutes.

To serve, remove the thyme and parsley sprigs and taste for seasoning, adding more salt if desired. Stir in half the Parmesan cheese and garnish with the remainder.

Serves 8 to 10

MELON and CUCUMBER SALAD

California Specialty Crops Featured
Watermelon, Melons, Cucumbers, Lemons

Nutrikids
50 & 100
servings

Late summer and fall is the most bountiful period for melons of all kinds and colors, including watermelon. The seedless watermelons are the easiest ones to use for this colorful salad.

- 1/2 small seedless yellow or red watermelon, rind trimmed and flesh cut into 1/2-inch cubes (about 3 cups)**
- 3 cucumbers, peeled if the skin is thick or bitter and cut into 1/2-inch cubes (about 2 cups)**
- 1/2 small cantaloupe or other melon, rind trimmed and flesh cut into 1/2 cubes (about 2 cups)**
- Zest of 1 lime, removed in wide strips**
- Juice of 1 to 2 limes (about 1/4 cup)**
- Juice of 1 lemon (about 1/4 cup)**
- 1/2 to 3/4 teaspoon kosher salt or sea salt**
- 1/4 to 1/2 teaspoon pure chile powder such as ancho or New Mexico**
- 1/2 cup crumbled Cotija cheese**

In a large serving bowl, combine the watermelon, cucumbers, and cantaloupe. Chop the lime zest into 1/4-inch pieces and add to the salad. Add the lime and lemon juices and toss to coat evenly. Add the salt and 1/4 teaspoon of the chile powder and toss again. Cover and refrigerate for at least 1 hour or up to 3 hours before serving. Taste and add more chili powder if desired. Serve chilled, garnished with the cheese sprinkled on top.

Serves 8 to 10



CARROT RAISIN SALAD with WALNUTS

California Specialty Crops Featured:
Carrots, Raisins, Walnuts

Nutrikids
50 & 100
servings

California walnuts are harvested in the fall, as are new crop carrots. In this quick and easy salad, the walnuts are toasted, deepening their flavor and aroma.

4 cups peeled, grated carrots (about 8 large carrots)

1½ cup raisins

1 cup walnuts, toasted and coarsely chopped

1/2 - 1/3 cup regular mayonnaise

1/2 - 1/3 cup 2% or nonfat milk

2-3 teaspoons red wine vinegar

Peel and grate the carrots. Combine them in a bowl with the raisins and walnuts.

In another bowl, mix together the mayonnaise, milk, and vinegar to make a dressing. Pour this over the carrot mixture in the bowl and turn to coat well. Taste. The salad should be a combination of sweet and tart. If the carrots are not sweet, to create this taste, add 1 to 2 teaspoons of sugar.

Serves 4



CORN, PEPPERS, and JICAMA WRAP

California Specialty Crops Featured

*Corn, Sweet Peppers, Jicama, Romaine Lettuce,
Extra-virgin Olive Oil, Oregano, Limes*

Nutrikids
50 & 100
servings

This wrap is a contrast of soft and crunchy, seasoned with the flavors of Mexico. Slightly caramelizing the corn adds extra flavor.

- 1 cup peeled, matchstick pieces of jicama**
- 4 tablespoons lime juice**
- 1 teaspoon chili powder**
- 4 tablespoons extra-virgin olive oil**
- 2 ears fresh corn or substitute 2 cups frozen corn**
- 2 teaspoons dried oregano**
- 1 red sweet pepper, stemmed, seeded and cut into ½ inch cubes**
- 1 yellow or orange sweet pepper seeded and cut into ½ inch cubes**
- 1/2 teaspoon kosher salt or sea salt**
- 1/2 teaspoon freshly ground black pepper**
- 6 tablespoons Mexican crema or substitute sour cream**
- 3 cups shredded romaine lettuce**
- 1½ cups crumbled Cotija cheese**
- 6 burrito size flour wraps**

In a bowl, combine the jicama with the lime juice and ½ teaspoon of the chili powder. Set aside.

Working with 1 ear of corn at a time, hold the corn, tip down, in a large, wide bowl. Using a sharp knife, cut straight down between the kernels and the cob, cutting as close to the cob as possible without including the fibrous base of the kernels. Rotate the ear about a quarter turn after each cut. Repeat with the remaining ear. Set aside.

In a frying pan over medium heat, heat 2 tablespoons of olive oil. When it is hot, add the corn, oregano and the remaining ½ teaspoon chili powder. Reduce the heat to medium and cook, stirring until the corn slightly caramelizes, about 5 minutes. Set aside.

In another frying pan over medium high heat, heat 2 tablespoons of olive oil. When it is hot add the sweet peppers, salt, and pepper and cook, stirring occasionally until the peppers are soft, about 5 minutes.

To make a wrap, lay out the flour tortilla. Spread a tablespoon of crema down the middle, add 3 tablespoons of romaine, 2 tablespoons of the peppers, 3 tablespoon of corn, 2 tablespoons of the jicama and 2 tablespoons of the cheese. Fold three sides and roll into a wrap. Repeat with remaining filling and tortillas.

Serves 6

BLACK BEAN WRAP

California Specialty Crops Featured
*Black Beans, Kale, Butternut Squash,
Extra-virgin Olive Oil, and Yellow Onion*

Nutrikids
50 & 100
servings

Cooked butternut squash can be used in many ways, including as a spread, which is how it is used for this wrap. The spices provide a Latin American flavor profile, and the kale provides color and texture.

- 1 butternut squash, halved lengthwise and seeded**
- 4 tablespoons extra-virgin olive oil**
- 1 teaspoon kosher salt or sea salt**
- 1 teaspoon freshly ground black pepper**
- 1 bunch kale**
- 1½ cups coarsely chopped yellow onion, about 2 onions**
- 1 tablespoon cumin seed**
- 1½ teaspoons chile powder**
- 1 teaspoon ground cinnamon**
- 1/2 pound ground turkey**
- 1/3 cup water**
- 1 package flour tortillas, wrap size (11 inches diameter)**
- 1 15 ounce can black beans, drained and rinsed**

To prepare the squash:

Preheat an oven to 400° F.

Place butternut squash cut side up on a baking sheet. In the middle of each squash, place 1 tablespoon of olive oil. Season each squash half with ½ teaspoon each of the salt and pepper. Roast until tender and easily pierced with the tines of a fork, about 35 minutes. Set aside to cool. When cool enough to handle, scoop the flesh into a bowl and mash it.

Prepare the kale by removing the coarse stems and discarding. Roll the leaves, several at a time into a cigar shape, and cut crosswise into 1/8-inch strips. Set aside.

To prepare the filling:

In a frying pan over medium heat, heat the remaining 2 tablespoons of olive oil. When hot, add the onion, cumin seeds, chile powder, and cinnamon. Stir, allowing the flavors to develop, about 2 minutes. Add the turkey and sprinkle with the remaining ½ teaspoon of salt and pepper. Cook, stirring occasionally

to prevent sticking, until the turkey is opaque and lightly browned, about 10 minutes. Add the water and scrape the bottom of the pan to loosen any clinging bits. Add the kale, and simmer until the kale is tender to the bite, about 2 minutes.

To make the wraps, lay out a tortilla. Spread the wrap down the center with about 3 tablespoons of the mashed squash, top with about $\frac{1}{3}$ to $\frac{1}{2}$ cup of the turkey mixture, and finish with 2 to 3 tablespoons of the beans. Fold three sides then roll into a wrap. Repeat with the remaining filling and tortillas.

Serves 6



SWEET POTATOES with BROCCOLI and CHEDDAR

California Specialty Crops Featured
Sweet Potatoes, Broccoli, Extra-virgin Olive Oil

Nutrikids
50 & 100
servings

Sweet potatoes, with their natural, nutty sweetness, lend themselves to a variety of savory toppings, including other vegetables. Here, broccoli and cheddar cheese are featured, but it could also be black beans, pulled pork, feta cheese, roasted sweet peppers, chopped celery or Ranch dressing. In the United States, the term sweet potato is given to the light tan skinned variety with yellow flesh. Sweet potatoes with dark red skin and orange flesh are called yams or American yams, though they are actually a sweet potato. The latter are denser and slightly sweeter than the yellow-fleshed types. True yams belong to a different botanical family and may grow up to 7 pounds or more.

6 sweet potatoes

4 tablespoons extra-virgin olive oil

1 head of broccoli or 1 package pre-cut frozen broccoli florets

1/3 pound cheddar cheese, grated

Preheat oven to 350° F. Wash the sweet potatoes and rub with 2 tablespoons of the olive oil and place on a baking sheet. Roast until tender when pierced with a fork, about 1 hour.

While the potatoes bake, clean and chop the broccoli. If using pre-cut broccoli florets, follow instructions on package. In a frying pan over medium heat, add 2 tablespoons of the olive oil. When hot, add the broccoli, turn the heat to medium. Sauté in the olive oil until soft, about 5 minutes.

When the potatoes are done, cut them in half. Serve topped with the broccoli and grated cheese.

Serves 6 with a whole potato or 12 with half potato



EGGPLANT and POLENTA LASAGNA

California Specialty Crops Featured
Eggplant, Tomatoes, Oregano, Extra-virgin Olive Oil

Nutrikids
50 & 100
servings

In this recipe, polenta is cooked ahead and cooled, then cut into strips or squares to replace traditional lasagna noodles. Although purchased tomato sauce can be used, it is often quite salty. The polenta and eggplant can be prepared a day ahead, as can the sauce.

6 cups water
3½ teaspoons kosher salt or sea salt
1 cup polenta
1 large eggplant
3 tablespoons extra-virgin olive oil
3 cups tomato sauce
2 tablespoons fresh thyme
2 tablespoons fresh oregano
3 cups grated Mozzarella cheese
2 tablespoons freshly grated Parmesan cheese

For the polenta:

In a saucepan over medium high heat, bring the water to a boil. Add 1 teaspoon of salt. Add the polenta in a very, very, slow, steady stream, stirring as you pour to prevent lumps. Reduce the heat to low and cook, stirring from time to time, until the polenta pulls away slightly from the edge of the pan, 30 to 40 minutes. Pour the mixture into a foil-lined pan to a 1-inch deep thickness and let cool until firm enough to cut, about 1 hour or overnight, refrigerated.

Preheat an oven to 400° F.

Cut the eggplant lengthwise into ½-inch thick slices. Grease a baking sheet with 1 tablespoon of olive oil. Place the eggplant slices on the baking sheet and brush the exposed side of the eggplant with another tablespoon of olive oil. Sprinkle with 1 teaspoon of salt.

Place in the oven and roast until the bottom side is golden, and the eggplant has softened, about 15 minutes. Turn and roast until the other side is lightly golden and the eggplant is very soft. Remove and set aside.

Preheat an oven to 350° F.

Grease a 9 inch by 12 inch, 2 - 3 inch deep baking dish. Cut polenta to fit one layer of the dish. Top with the tomato sauce, a sprinkle of the thyme and oregano, half the eggplant slices and 1/3 of the cheese. Add another layer of polenta and top with sauce, herbs, the remaining eggplant, and 1/3 of the cheese. End with a layer of polenta. Top with a little sauce, the remaining mozzarella and the Parmesan cheese. Bake until the cheese has melted, about 20 minutes.

Serves 4 to 6



TURKEY, MUSHROOMS, and SWEET PEPPERS with BROWN RICE

California Specialty Crops Featured
*Mushrooms, Extra-virgin Olive Oil, Onions, Garlic,
Sweet Peppers, Parsley*

Nutrikids
50 & 100
servings

Roasting the mushrooms before adding them to the meat and vegetable combination gives the dish a deep, robust flavor that is surprising for such a simple dish. It can be served over polenta, black beans or kidney beans, rice or pasta, or on its own.

For the mushrooms:

- 1/2 pound medium button mushrooms**
- 1 tablespoon extra-virgin olive oil**
- 1/2 teaspoon kosher salt or sea salt**
- 1/2 teaspoon freshly ground black pepper**
- 1/2 teaspoon chili powder**

For the meat and vegetables:

- 1 tablespoon extra-virgin olive oil**
- 1 teaspoon cumin seeds**
- 1/2 cup minced onion**
- 2 cloves garlic, minced**
- 1 pound ground turkey**
- 1 teaspoon kosher salt or sea salt**
- 1/2 teaspoon freshly ground black pepper**
- 1/2 teaspoon chili powder**
- 1/2 large yellow sweet pepper, seeded and diced**
- 1/2 large red sweet pepper, seeded and diced**
- 1 cup chopped fresh parsley**

For the brown rice:

- 2 cups water**
- 1/2 teaspoon salt**
- 1 cup short grain brown rice**

Preheat an oven to 350° F.

For the rice:

Bring water to a boil in a medium saucepan over high heat. Stir in rice and salt. Bring to a boil. Reduce heat to low, cover. Simmer until all liquid is absorbed, about 45 minutes. Remove from heat and let stand, covered, 5 minutes. Fluff with a fork.
Makes 3 cups.

For the mushrooms:

Trim the stem end of the mushrooms, then cut the mushrooms into quarters. Place them in a bowl, and add the olive oil, turning to coat. Add the salt, pepper, and chili powder. Turn again to coat well. Place mushrooms in a single layer on a baking sheet and bake until tender, about 20 minutes. Remove and set aside.

For the meat and vegetables:

In a frying pan over medium high heat, warm the olive oil. When it is hot, add the cumin seeds, onion, and garlic and stir until the onions are soft, about 2 minutes. Crumble the turkey into the pan, sprinkle with the salt, pepper, and chili powder. Stir, cooking until the meat is no longer pink, about 6 minutes. Add the sweet peppers and continue to cook, stirring occasionally, until the peppers are soft, about 5 minutes. Add the mushrooms and cook, stirring just to heat them through, about 3 minutes. Stir in the parsley. Serve over rice.

Serves 4 to 6



Winter (December-January-February) Menus and Recipes

Week 1

Soup of the Week: Butternut Squash Soup with Green Herbs

Entrées:

- Monday – Tostada Salad with Black Beans, Shredded Vegetables and Mandarin Oranges
- Tuesday – Spicy Cajun Beef Sauté with Chard
- Wednesday – Chili Beans with Ground Beef**(1)
- Theme Bar Thursday – Cooks' Choice
- Friday Pizza Day – See Winter Suggestions

Week 2

Soup of the Week: Curried Yellow Pea Soup

Entrées:

- Monday – Black Eyed Peas with Chard Rice Bowl*
- Tuesday – Fideo Pasta with Chorizo and Kale*
- Wednesday – Thai Chicken with Napa Cabbage and Mandarin Orange Salad
- Theme Bar Thursday – Cooks' Choice
- Friday Pizza Day – See Winter Suggestions

Week 3

Soup of the Week: Coconut Mandarin Soup*

Entrées:

- Monday – Indian-Style Curried Broccoli and Potato Pockets
- Tuesday – Chinese Orange Chicken
- Wednesday – Spicy Cajun Beef Sauté with Chard
- Theme Bar Thursday – Cooks' Choice
- Friday Pizza Day – See Winter Suggestions

Week 4

Soup of the Week: Soup of Winter Vegetables, Turkey and Hominy**

Entrées:

- Monday – Roasted Mushrooms, Marinated Tofu, and Winter Greens Rice Bowl**(2)
- Tuesday – Shredded Red Cabbage, Cilantro, Oranges, and Fajita Chicken Wrap

- Wednesday – Spicy Sausage with Braised Cabbage Wrap*
- Theme Bar Thursday – Cooks' Choice
- Friday Pizza Day – See Winter Suggestions

** For this recipe, please see Resources, CEL Link

*** Recipe Variation

(1) See Chili Kidney Beans

(2) See Turkey and Mushrooms with Brown Rice

Winter Salad Bar

Recipes:

- Cauliflower and Caper Salad
- Black Bean and Kale Salad

Suggestions:

Classic Winter Vegetables

- Broccoli
- Cabbage
- Cauliflower
- Winter Hard Squash (Butternut, Acorn, Hubbard, etc.)

Classic Winter Fruit

- Apples
- Kiwi
- Oranges
- Mandarin Oranges
- Dates

Winter Pizza Toppings

- Broccoli (Broccoli, Black Olives, and Red Pepper Flakes)
- Brussels Sprouts (Crispy Brussels Sprouts and Bacon)
- Butternut Squash (Squash with Pepperoni and Pineapple)
- Cauliflower (Cauliflower with Three Cheeses)

BUTTERNUT SQUASH SOUP

California Specialty Crops Featured
Butternut Squash, Shallots, Thyme, Chives,

Nutrikids
50 & 
servings

This straightforward version of butternut squash soup focuses on the rich, sweet flavor of the squash itself. One of the meatiest of the winter squashes it is harvested in early fall, and is stored over the winter. A sprinkling of fresh green herbs, such as chives, parsley, or tarragon, enhances the bright orange color of the soup and its flavor. Yellow onions may be substituted for shallots if needed.

1 to 2 butternut squashes, to total about 5 pounds
1 teaspoon extra-virgin olive oil
2 tablespoons unsalted butter
1/4 cup minced shallots
6 cups low-sodium chicken broth
1 teaspoon fresh thyme leaves
1/4 teaspoon kosher salt or sea salt
2 tablespoons minced fresh chives

Cut the squash in half lengthwise. Scoop out and discard the seeds and stringy threads of the seed cavity. Drizzle the olive oil over each half. Place squash halves, cut side down, on baking tray lined with parchment paper. Bake until soft, about 1½ hours. Remove from oven and let cool. Remove skin and set squash aside.

In a large saucepan or soup pot over medium high heat, melt the butter. When it foams, add the shallots. Reduce the heat to medium and sauté until translucent, but not browned, about 2 minutes. Add the squash and stir for five minutes to caramelize. Add chicken broth and thyme, increase the heat to medium high and bring to a boil. Remove from the heat and puree using an immersion blender. Alternatively, puree in batches in a blender or food processor. Taste and add salt if desired. Return to heat if necessary.

Serve hot, garnished with the chives.

Serves 6 to 8

CURRIED YELLOW PEA SOUP

California Specialty Crops Featured
Split Peas, Onions, Garlic, Cilantro

Nutrikids
50 & 100
servings

In Indian cooking, split peas, either green or yellow, can be substituted for dal. Dal is a split chickpea or garbanzo bean. Although the chickpea is also a legume, but not actually a pea, they taste quite similar. Dals, or thick soups such as this, are served as a staple in India at most meals, often accompanied with a curry, bread and rice, and spicy chutney.

- 2 tablespoons unsalted butter**
- 1 cup chopped yellow onion**
- 2 large garlic cloves, minced**
- 1 tablespoon minced fresh ginger**
- 1 teaspoon kosher salt or sea salt**
- 1 teaspoon turmeric**
- 1 tablespoon cumin seeds**
- 1/2 teaspoon ground coriander**
- 1/8 teaspoon cayenne pepper**
- 1/2 teaspoon yellow mustard seed**
- 1½ cups dry, yellow split peas**
- 3 cups vegetable broth or water**
- 1/2 cup fresh cilantro, chopped**

In a medium saucepan over medium heat, melt the butter. Add the onion and sauté until translucent, about 3 minutes. Add the garlic and stir briefly, 30 seconds. Add remaining spices and stir until fragrant and cumin and mustard seeds pop, about 1 minute. If mixture starts to stick to pan, add about ¼ cup water.

Add dry peas to mixture and stir to coat. Add water or vegetable broth. Turn heat to high and bring to a boil. Once boiling, reduce to low. Cover and simmer until the peas are no longer absorbing water and a thick soup has formed, about 50 minutes. During the cooking time, check periodically to ensure that peas are not sticking, adding a little more water if necessary.

Serve hot garnished with cilantro.

Serves 6 to 8

THAI CHICKEN NAPA CABBAGE SALAD

California Specialty Crops Featured

Napa Cabbage, Mandarins, Cilantro, Lemongrass, Limes, Garlic, Carrots, Green Onions, Extra-virgin Olive Oil, Jalapeño

Nutrikids
50 & 100
servings

This spicy, crunchy Asian dish, topped with chicken, makes an excellent entrée salad, full of fruit, vegetables and flavor. Use either a poached chicken breast or cooked stir-fried chicken strips. The mandarins add sweetness and color to this salad. For a more intense flavor, add 2 tablespoons of Thai fish sauce.

For the dressing:

- 5 tablespoons fresh lime juice, about 3 limes**
- 2 tablespoons soy sauce**
- 2 large cloves garlic, minced**
- 1 jalapeño pepper, stemmed, seeded, and minced**
- 1 tablespoon kosher salt or sea salt**
- 2 inch length lemongrass, coarse outer leaves removed, minced**
- 1 tablespoon sugar**
- 2 tablespoons unseasoned rice vinegar**
- 1 tablespoon canola or other vegetable oil**
- 2 tablespoons Thai fish sauce (optional)**

For the salad:

- 1 bone in chicken breast, about 1 1/3 pounds or 2 cups cooked chicken strips**
- 7 to 8 cups thinly sliced Napa cabbage, about 2 pounds**
- 2 cups peeled and grated carrots**
- 1/2 cup cilantro leaves**
- 2 green onions, minced**
- 2 mandarin oranges, peeled and segmented**

To prepare the dressing: in a small bowl, combine the lime juice, soy sauce, garlic, jalapeño, salt, lemongrass, sugar, rice vinegar, and vegetable oil. Mix well. Add mandarin segments. Toss. Set aside.

To prepare the salad: If using bone-in chicken breast, place it in a pan and cover with 2 inches of water. Place the pan over medium high heat and bring the water to a boil. Reduce the heat to low and cover. Simmer until the chicken is opaque and cooked through, about 20 minutes. Remove the chicken from pan and let cool. When it is cool enough to handle, remove the meat from the bone by cutting or tearing into small strips.

In a medium sized mixing bowl, combine the cabbage, carrots, cilantro leaves, green onions and half the chicken. Pour the dressing over the salad and toss. To serve, divide into 4 equal servings and top each with the remaining chicken.

Serves 4.

BLACK BEAN TOSTADA SALAD

California Specialty Crops Featured
*Lettuce, Onions, Carrots, Cabbage, Spinach, Radishes,
Olives, Mandarins, Extra-virgin Olive Oil, Beans*

Nutrikids
50 & 100
servings

Crispy tostadas make an ideal base for an assortment of vegetables and fruits. As the seasons change, so can the toppings, making this concept an easy one to integrate throughout the year. Crispy fish, chicken strips, or a crumble of ground beef can be added as well.

- 1½ tablespoons extra-virgin olive oil**
- 3 teaspoons fresh lime juice**
- 1/2 to 1 teaspoon kosher salt or sea salt**
- 1/2 teaspoon chili powder**
- 2 cups shredded romaine lettuce**
- 1/2 red onion, thinly sliced**
- 2 cups refried black beans**
- 4 crispy tostada shells**
- 2 cups shredded red or green cabbage or a mixture**
- 2 cups finely chopped spinach**
- 1 cup shredded carrots**
- 1/2 cup sliced California ripe olives**
- 1/2 cup coarsely chopped cilantro leaves**
- 1/2 cup crema (Mexican sour cream)**
- 12 radishes, quartered**
- 2 Mandarin oranges, peeled and segmented**

In a large bowl, combine the olive oil, lime juice, salt, and chili powder. Mix well. Add the lettuce and onions and turn to coat well. Set aside.

Heat the beans and divide them equally among the tostada shells, spreading them across the surface of the shells.

Top each with one-fourth of the lettuce, then one-fourth each of the cabbage, spinach, carrots, and olives. Drizzle with the crema. Sprinkle with the cilantro, and garnish equally with the radish and Mandarin orange segments.

Serves 4

CAULIFLOWER and CAPER SALAD

California Specialty Crops Featured
*Butternut Squash, Shallots, Thyme, Chives,
Extra-virgin Olive Oil*

Nutrikids
50 & 100
servings

For this very simple salad of few ingredients, a fresh, firm head of cauliflower and a good quality extra-virgin olive oil are necessities. The cauliflower head can be steamed whole if preferred, then cut into florets.

1 head cauliflower, cut into florets
3 tablespoons extra-virgin olive oil
1/2 teaspoon kosher salt or sea salt
2 tablespoons capers

In a steamer, steam the cauliflower until just tender when pierced with the tines of a fork, about 6-8 minutes. Do not overcook. Drain and rinse with cold water to stop the cooking.

Place the cauliflower florets in a bowl or on a serving platter. Drizzle with olive oil, sprinkle with salt and capers. Serve warm or at room temperature.

Serves 4



CURRIED POTATO and BROCCOLI PITA

California Specialty Crops Featured
Potatoes, Broccoli, Cilantro

Nutrikids
50 & 100
servings

This wrap has a Latin American flavor with the cumin-lime vinaigrette. Citrus is ripe in the winter in California, and this recipe calls for both Navel oranges and limes. The oranges add color to the otherwise purple and green salad while the lime adds a tang to the dressing.

- 1 medium head red cabbage**
- 1 cup cilantro, coarsely chopped**
- 3 Navel oranges, peeled and chopped**
- 1 Serrano pepper, seeded and minced**
- 1 pound prepared fajita chicken**

Cumin-Lime Vinaigrette:

- 3 tablespoons white wine vinegar**
- 3 tablespoons fresh lime juice**
- 1/2 teaspoon ground cumin**
- 1/4 cup extra-virgin olive oil**

- 8 to 10 whole-wheat flour tortillas – 12 inch**

Preheat oven to 350° F.

Remove and discard tough outer cabbage leaves. Cut cabbage into quarters and remove the core. Shred the cabbage and put it in a large bowl with the cilantro, chopped oranges, and Serrano pepper and set aside.

In a small bowl combine the vinegar, lime juice, cumin and olive oil and mix well.

Place the fajita chicken strips on a baking sheet and heat in the oven until hot, about 10 minutes. When the chicken is hot, remove and place in a bowl. Pour the vinaigrette over the chicken and let stand 5 minutes. Add all ingredients to the bowl with the cabbage and turn well to mix all the ingredients.

To make a wrap, lay out the flour tortilla. Place about ½ cup of mixture on the flour tortilla. Fold three sides then roll into a wrap. Repeat with remaining filling and tortillas.

Serves 8 to 10

CURRIED POTATO and BROCCOLI PITA

California Specialty Crop Featured
Potatoes, Broccoli, Cilantro

Nutrikids
50 & 100
servings

Indian cooking uses many different spices to infuse its curries. Typically the spices are warmed together in ghee, clarified butter, or oil, to bring out the fragrance of the spices. Here butter is used. The five or six spices used create a blend of spices, rather than using a pre-blended curry powder. In this way each cook controls his or her own style of curry.

- 3 tablespoons butter**
- 1 teaspoon kosher salt or sea salt**
- 1 teaspoon cumin seeds**
- 1/2 teaspoon yellow mustard seeds**
- 1 teaspoon turmeric**
- 1 teaspoon ground coriander**
- 1/2 teaspoon cayenne pepper**
- 6 medium potatoes, diced**
- 2 cups water**
- 1 head broccoli, cut into florets, about 2 cups**
- 1 cup plain yogurt**

Yogurt Sauce:

- 1 cup plain yogurt**
- 1/4 teaspoon kosher salt or sea salt**
- 1/4 cup chopped cilantro leaves**

6 whole wheat flour pita breads

In a large Dutch oven or other heavy-bottomed pan, over medium heat, melt the butter. When it foams, add the salt, cumin, mustard, turmeric, coriander and cayenne. Stir until fragrant and cumin seeds begin to pop, about 2 minutes.

Stir in potatoes coating each piece with spice mixture. If they start to stick, add 1/4 cup of the water.

Add 2 cups of water, reduce the heat to low. Cover and simmer until the potatoes are almost tender, about 20 minutes. Check mixture periodically and add a little more water if needed to prevent sticking. Add the broccoli and cook until the stems are tender when pierced with the tines of a fork, about 10

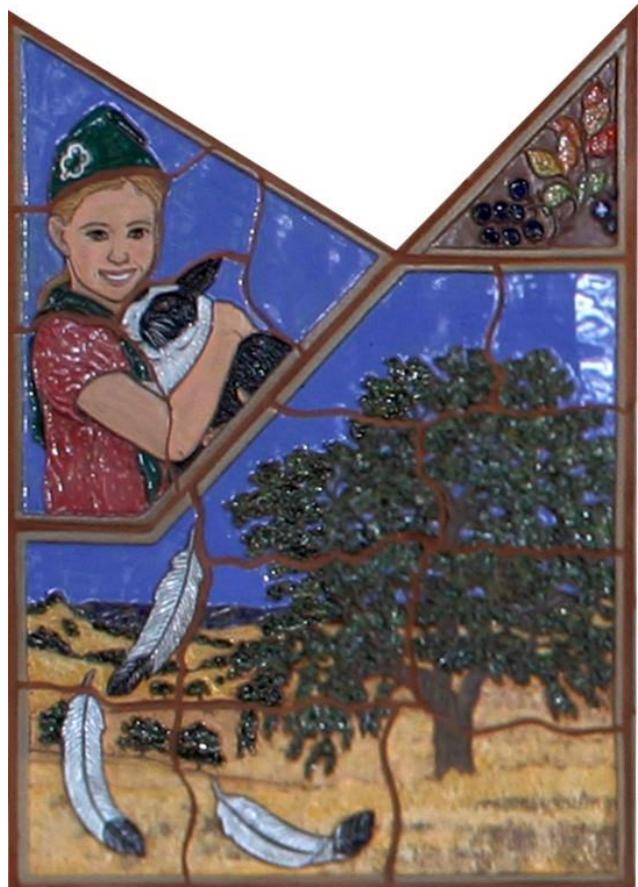
minutes. Add the yogurt, stir and continue to simmer to mingle flavors, about 5 minutes. Set aside.

To make the yogurt sauce:

In a bowl, combine the yogurt, salt, and cilantro. Stir to blend. Set aside. Keep chilled until ready to use.

To assemble the curried broccoli and potato pocket, cut each pita pocket in half, with one half slightly larger than the other. Loosen the larger one with a finger and insert the smaller one inside. Loosen it. Stuff mixture inside pita pocket, garnish with cilantro and a little yogurt sauce.

Serves 6



BLACK BEAN and KALE SALAD

California Specialty Crops Featured
*Black Beans, Extra-virgin Olive Oil, Lemons,
Kale, Red Bell Pepper*

Nutrikids
50 & 100
servings

The nutrient rich kale provides a very dark green color and makes a pretty contrast to the black beans and red bell pepper in this crunchy wrap.

- 2 cups black beans, canned, rinsed and drained**
- 1/2 teaspoon salt**
- 2 tablespoons extra-virgin olive oil**
- 4 tablespoons fresh lemon juice**
- 1/2 teaspoon Dijon mustard**
- 1 bunch kale, stems removed, finely chopped (about 4 cups)**
- 1/2 cup chopped red bell pepper**
- 10 whole-wheat tortillas, - 12 inch**

In a large bowl, mix together the salt, olive oil, lemon juice and mustard. Add the beans. Stir to coat. Add the kale and sweet pepper. Mix gently but thoroughly to integrate the kale into the salad.

Warm the tortillas to soften. To make a wrap, lay out the flour tortilla. Place about ½ cup of mixture on the flour tortilla. Fold three sides then roll into a wrap. Repeat with remaining filling and tortillas.

Serves 10



SPICY CAJUN BEEF SAUTÉ

California Specialty Crops Featured
Onions, Garlic, Carrot, Chard, Extra-virgin Olive Oil

Nutrikids
50 & 100
servings

Cajun cooking, found in the rural areas of Louisiana in the southeastern United States, originated with the Acadians, French colonists who settled in the Acadia region of Canada, and eventually settled in the bayous of southern Louisiana. Their cuisine was rustic and simple, based on what foods were in season and easily available. Cajun cooking is often based on the "holy trinity:" onion, celery and bell pepper. Much of the seasoning is provided by garlic, paprika and cayenne. Here chard is introduced, its ribs included, which have a crunchy texture and celery-like flavor.

2 tablespoons extra-virgin olive oil
1/2 cup chopped yellow onion
1 tablespoon minced garlic
1 large carrot, peeled, and chopped
1 pound lean ground beef
1 teaspoons sweet paprika
1 teaspoon kosher salt or sea salt
1/4 teaspoon cayenne pepper
1 bunch chard, about 4 leaves including the ribs, trimmed and finely chopped

In a frying pan over medium high heat, warm 1 tablespoon of the olive oil. When it is hot, add the onions, garlic, and carrot. Cook, stirring until the onions are translucent and the carrot slightly softened, about 3 minutes. Add the beef and the sweet paprika, salt, and cayenne pepper. Cook, stirring until lightly browned, about 5 minutes. Stir in the chard, continuing to cook until the chard is soft and cooked through, about 5 minutes. Taste and adjust seasonings as desired. Finish with the remaining tablespoon of olive oil.

Serve hot over rice, or with roasted or mashed potatoes, polenta, or pasta, or on its own.

Serves 4

THREE VEGETABLE CASSEROLE

California Specialty Crops Featured

Broccoli, Cauliflower, Spinach, Walnuts, Extra-virgin Olive Oil

Nutrikids
50 & 100
servings

Broccoli and cauliflower combined with spinach or other greens in a light sauce mixed with toasted walnuts makes a hearty vegetarian dish. Roasted peppers or California black olives can be added for extra color. Adding a little ranch dressing provides a familiar flavor to the dish.

- 3 cups broccoli florets**
- 3 cups cauliflower florets**
- 4 cups spinach leaves**
- 2 tablespoons unsalted butter**
- 2 tablespoons flour**
- 1/2 teaspoons kosher salt or sea salt**
- 1/2 teaspoons freshly ground black pepper**
- 1/4 teaspoon cayenne pepper**
- 2 cups milk plus 1 tablespoon ranch dressing**
- 1 teaspoon extra-virgin olive oil**
- 1/2 cup walnut pieces, toasted**
- 1/2 cup grated cheddar cheese**

Preheat an oven to 400° F.

Place the broccoli and cauliflower in a steamer and steam until the stems are just barely tender when pierced with the tines of a fork, about 10 minutes. Do not overcook. Rinse in cold water and coarsely chop. Set aside.

In a saucepan over medium heat, bring a pot of water to a boil. Add the spinach and cook just until it turns bright green, about 2 minutes. Drain, rinse, squeeze dry and chop. Set aside.

Over medium high heat, melt the butter. When it foams, remove from the heat and whisk in the flour, salt, pepper, and cayenne to make a smooth paste. Return to the heat and slowly pour in the milk, whisking. Reduce the heat to low and simmer until a medium thick sauce forms, about 15 minutes. Taste and adjust for seasonings if needed.

With the olive oil, grease a baking dish just large enough to hold the mixture. Add the chopped broccoli, cauliflower, spinach and walnuts. Turn several times to mix together. Pour the sauce over the vegetables and top with the grated cheese.

Bake until bubbling and the top has formed a golden crust, 15 to 20 minutes.

Serves 4 to 6

CHINESE ORANGE CHICKEN

California Specialty Crops Featured
Green Onions, Navel Oranges, Cilantro

Nutrikids
50 & 100
servings

A popular dish at contemporary Asian-style family restaurants, orange chicken is typically flour and cornstarch dusted chicken bits deep-fried and served in a sweet and spicy orange flavored sauce over rice. This version bakes, rather than deep fries the chicken and uses fresh orange juice in the sauce rather than relying entirely on sugar for sweetness. For a less spicy version, use less chili flakes and fresh ginger. The sauce, although it has many ingredients, is quick and easy to make.

For the chicken:

- 2 teaspoons light vegetable oil such as safflower or canola**
- 1/2 teaspoon kosher salt or sea salt**
- 1 teaspoon freshly ground black pepper**
- 1/2 teaspoon chili flakes**
- 1 teaspoon powdered ginger**
- 3 tablespoons flour**
- 2 pounds boneless, skinless chicken, cut into 1 1/2 inch pieces**

For the sauce:

- 1 1/2 tablespoons soy sauce**
- 2 tablespoons water**
- 3 tablespoons sugar**
- 3 tablespoons white vinegar**
- 3 tablespoons fresh orange juice**
- Zest of 2 navel oranges, minced**
- 1 tablespoon light vegetable oil such as safflower or canola**
- 1 tablespoon fresh minced ginger**
- 1 teaspoon minced garlic**
- 1/2 teaspoon chili flakes**
- 1/2 cup chopped green onions**
- 1 tablespoon rice wine vinegar**
- 1/2 cup water mixed with 1 teaspoon cornstarch**
- 1/2 cup fresh chopped cilantro leaves**
- 4 navel oranges, cut into wedges or slices for garnish**

Preheat an oven to 350° F.

With 1 teaspoon of the corn oil, grease a baking sheet or pan.

In a paper bag, combine the salt, pepper, chili flakes, ginger, and flour and shake well. Add the chicken pieces and shake again to coat the chicken.

Place the chicken in a single layer on the baking sheet or pan and bake until tender, about 20 minutes. Drizzle with the remaining oil, stir, and set aside.

In a small bowl, combine the soy sauce, 2 tablespoons of water, sugar, white vinegar, orange juice and the orange zest. Set aside.

In a wok or frying pan, heat the 1 tablespoon of corn oil. When it is hot, add the ginger and garlic. Cook, stirring until fragrant, about 10 seconds. Add the ½ teaspoon chili flakes and the green onions, stirring and cook about 10 seconds. Add the vinegar, to the bowl with the soy sauce mixture, and the mixed water and cornstarch. Stir well. As the sauce begins to thicken, add the chicken and stir to coat.

Serve hot over rice, garnished with the cilantro and orange wedges or slices.

Serves 6 to 8



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- John Young, Yolo County Agricultural Commissioner

Yolo County Leadership

- Yolo County Board of Supervisors
- Patrick Blacklock, Yolo County Administrator
- Dr. Jorge O. Ayala, Superintendent, Yolo County Office of Education
- Constance Caldwell, M.D., Yolo County Health Officer

Education Leadership: School Districts and UC Davis

- Rafaelita Curva, Davis Joint Unified School District (former)
- Dominic Machi, Davis Joint Unified School District
- Becky Jacobs, Esparto Unified School District (former)
- Stacie Velazquez, Esparto Unified School District
- Karri Pina, Washington Unified School District
- Cathy Olsen, Winters Joint Unified School District
- Zan Wimberly, Woodland Joint Unified School District (former)
- Spencer Springer, Woodland Joint Unified School District
- Stephanie Gray, Yolo County Head Start
- Dani Lee, UC Davis – University Dining Services by Sodexo (former)
- Linda Adams, UC Davis – University Dining Services by Sodexo

Community Leadership: The Advisory Committee

Chair, Delaine Eastin,
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The Team

- Project Coordination – Yolo County Agriculture Department, John Young, Kristy Levings, and Nicole Sturzenberger (former coordinator)
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- Evaluation – University of California, Davis, Sustainable Agriculture and Education Project, Gail Feenstra and Jeri Ohmart
- Website and Guidebook Design – YoloArts, Danielle Whitmore, executive director and Carol Souza Cole, consultant

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APPENDICES

Resources:

Nutri-Kids Recipes scaled for 50 – 100 servings

These are available on HarvestHubYolo.org. Each recipe in this guidebook contains a link to the scaled up recipes.

Farm to School

[California Department of Education Nutrition to Grow On](#) - An innovative curriculum for grades four through six that offers teachers a direct link between the garden and nutrition education.

[California Department of Food and Agriculture \(CDFA\)](#) - CDFA oversees the Specialty Crop Block Grant Program. They have a farm to school office.

[California Farm to School](#) - California Farm to School has publications that cover such topics as procurement and geographic preference, and program evaluation. They offer a network for community groups and school districts developing farm to school programs.

[Center for Ecoliteracy \(CEL\)](#) - CEL has various workshops, programs and materials related to “Rethinking School Lunch.”

[Community Alliance with Family Farmers \(CAFF\)](#) - CAFF oversees a farm to school program and cochair the CA Farm to School Task Force.

[Harvest Hub Yolo](#) - A website connecting local products with the people of Yolo County.

[National Farm to School Network](#) - The National Farm to School Network includes national staff, eight regional lead agencies, and leads in all 50 states. They provide free training and technical assistance.

[United States Department of Agriculture \(USDA\)](#) - They have tools for starting up a farm to school program and updates relative to the school lunch program, funding Farm to School webinars and information about finding farmers through their “Know Your Farmer Know Your Food” program.

University of California Cooperative Extension (UCCE) Yolo County - Yolo County Harvest of the Month activities and materials for teachers and parents

UC Davis Agricultural Sustainability Institute - This site provides information on school gardens and their connection to growing food in a school setting.

UC Sustainable Agriculture Research and Education Program (SAREP) - UC SAREP offers case studies of schools featuring farm to school programs.

Yolo County Dept. of Health/WIC - A county wide agency utilizing state and federal funding to design unique nutrition education curricula teaching students and families about food and farms.

Yolo Food Bank - Ensures that children throughout the county have enough to eat using innovative programming in schools such as the Kids' Farmers Market.

School Food Transition to Increased Use of Cooking

"Cooking with CA Foods in K-12 Schools" by Georgeanne Brennan and Ann M. Evans, published by the Center for Ecoliteracy. Free, downloadable in English and Spanish. Provides professional development guidelines for school food service as well as recipes, salad bar descriptions, and an in-season guide for a strategy based on six dishes students know and love, five ethnic flavor profiles and four seasons.

"School Meals Featuring California Food" by the Center for Ecoliteracy, is a downloadable collection of recipes, scaled and tested for quantities of 50 and 100. Includes meal plan contributions, NutriKids nutrition analysis, serving size, and recipe yields.

Jamie Oliver's Food Revolution – The site has information on bringing back food education and cooking, fundraising, and school food.

"Lunch Money" by Kate Adamick, is a workbook for finding solutions in a school district for converting to food service that prepares healthy, scratch-cooked meals from whole, fresh foods.

School Food Focus – Funded by the Kellogg Foundation this is a national collaborative that works with large school districts to create healthier school meals from regionally sourced, sustainably produced foods. See their Resources and Publication section for cleaning up ingredients, procurement change, etc.

Smarter Lunchroom Movement- www.SmarterLunchrooms.org

National School Lunch Program

California Department of Education, Nutrition Services Division (CDE/NSD) - oversees the National School Lunch Program in California for the United States Department of Agriculture. They have both regulatory and food program information, as well as nutrition education and healthy eating resources.

National Food Service Management Institute, University of Mississippi - offers trainings, web seminars, USDA recipes (including whole grains), videos on food preparation techniques, etc.

United States Department of Agriculture, Food and Nutrition Services Division - oversees the National School Lunch Program (NSLP) through the Food and Nutrition Services Division. USDA's Agricultural Marketing Service oversees the purchase of commodities for the NSLP and has resources such as "A Guide to Buying and Serving Locally-Grown Produce in School Meals." They oversee the Specialty Crop Block Grant Program.

Nutrition Education Resource Dairy Council of California

Dairy Council of California is your partner in building a comprehensive farm to school program. When fully implemented, farm to school programs make healthy eating easier by bringing locally sourced and produced foods to school cafeterias while incorporating food literacy and nutrition education. Dairy Council of California provides free grade-specific nutrition education programs to California teachers that are proven to increase students' knowledge and consumption of healthy foods from all five food groups and are aligned to the new Common Core State Standards. The *Mobile Dairy Classroom* is a fun, interactive agricultural assembly teaching K-6th grade students about the anatomy of a cow, how milk goes from a cow to their refrigerator and the agricultural technology used, all while giving students the chance to meet a cow up close! Language Arts, Math, and Science are integrated into the assembly lesson as well as healthy food and activity choices and agriculture's contribution to the food supply.

Growing Healthy Students With Farm to School: Working Together to Feed Our Future

California's year-round growing season and rich agricultural heritage make it the ideal state where farm to school programs can flourish and grow! Farm to school programs improve the health of children and communities while supporting local farmers, local agriculture and local economies.

California Farmers

#1
agricultural
state

81,500
farms operate
in California.



Help to Fill USDA's MyPlate



Choose **MyPlate.gov**

Getting started is easy.

Commonly produced products in California include¹:

Dairy Cheese Milk	Vegetables Asparagus Broccoli Carrots Kale Spinach	Fruits Apricots Berries Kiwi Nectarines Peaches	Grains Barley Rice Wheat	Protein Beefs Chicken Eggs
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In California Schools



6.2 million
students are enrolled in California schools



50%
eat school lunch each day²

And Local Economies See Positive Results

California schools spent
\$48 million
on local purchases
in 2011-2012³



1. California Department of Food and Agriculture, California Agricultural Statistics Review 2012-2013
2. California Department of Education Annual Child Nutrition Program Participation Data, School Nutrition Programs 2011-12.
3. www.fns.usda.gov/farmtoschool/annual/state/ca, October 2013

For nearly a century, Dairy Council of California has been leading farm to school through the support of California dairy farmers and processors under the authority of the California Department of Food and Agriculture.



California Specialty Crops In the USDA School Meal Pattern

Colors and categories as established by the USDA for 2012 New Meal Patterns

Dark Green Vegetables

- Bok choy
- Broccoli
- Collard greens
- Dark green leafy lettuce
- Kale
- Mesclun (note: mesclun is not a vegetable but a salad mix that classically includes ingredients such as arugula, radicchio, red romaine, butter lettuce, green romaine, etc.)
- Mustard greens
- Romaine lettuce
- Spinach
- Turnip Greens
- Watercress

Other Vegetables

- Artichokes
- Asparagus
- Avocado
- Bean Sprouts
- Beets
- Brussels Sprouts
- Cabbage Cauliflower
- Celery
- Cucumber
- Eggplant
- Green Beans
- Green Peppers
- Iceberg lettuce
- Mushrooms
- Okra
- Onions
- Parsnips
- Turnips
- Wax Beans
- Zucchini

Red and Orange Vegetables

- Acorn squash
- Butternut squash
- Carrots
- Hubbard Squash
- Pumpkin
- Red Peppers
- Sweet Potatoes
- Tomatoes
- Tomato Juice

Starchy Vegetables

- Cassava
- Corn
- Fresh cowpeas, filed peas, or black-eyed peas
- Green Bananas
- Green Peas
- Green Lima Beans
- Plantains
- Potatoes
- Taro
- Water Chestnuts

Beans and Peas

- Black beans
- Black eye Peas
- Garbanzo beans
- Kidney Beans
- Lentils
- Navy Beans
- Pinto Beans
- Soy Beans
- Split Peas
- White Beans

California Specialty Vegetable Crops not on any of the 4 vegetable lists

- Chard
- Red Leaf Lettuce
- Green Leaf Lettuce
- Bibb Lettuce
- Red Romaine
- Fava beans
- Fennel
- Leeks
- Radicchio
- Endive
- Escarole
- Radishes
- Celery Root
- Kohlrabi
- Garlic
- Bean sprouts



"Pepper Harvest" oil on canvas 12" x 16"
Artist: Elizabeth Caceres (2013)