

# Farm to School: Highlighting Local Fruits & Vegetables



# May

Materials to inspire your USDA Fresh Fruit & Vegetable Program

## Use these Vermont products in your snack program this month:



◀ Asparagus  
Leafy Greens  
Parsnips ▶  
Radishes  
Rhubarb  
Scallions  
Spinach



*Farmers store root crops year-round. If you need assistance locating these products, see the Resource section.*

## Celebrating...

# NATIONAL SALAD MONTH



**C**elebrate the greening and unfurling of spring by treating your taste buds to a variety of fresh and healthy salads. Lettuce is often the go-to base for a salad, but try to think outside the lunch box and experiment with creative new recipes and combinations of ingredients. There are endless ideas for how to toss together a salad and different cultures/cuisines offer their own unique twists to this type of dish. A salad doesn't have to sit on the side – make it the main course by including healthy proteins and grains along with fresh vegetables. And while you're in the salad groove, make your own dressings as well. Mix it up, toss it up and enjoy a month of salad sampling!

## Other May Celebrations

- Teacher Appreciation Week  
[teacher-appreciation.info](http://teacher-appreciation.info)

## Salads are not just green!

- 🍴 Pasta Salad
- 🍴 Tuna or Chicken Salad
- 🍴 Rice Salad
- 🍴 Bean Salad
- 🍴 Fruit Salad

## FUN FOOD FACTS

Did you know that the word “salad” comes from the Latin “herba salta” which means “salted herbs”? Long before the fork was invented, people called their salads salted herbs because they consisted of bits of leafy herbs dressed with salty oils.



# ACTIVITIES for NATIONAL SALAD MONTH



★ **“Eat a Rainbow”** by making a colorful salad using fresh fruits and vegetables from as many colors as possible.

★ **“Write Posy Poetry”** by first placing different types of greens throughout a room with assigned numbers. Explain to students that nature and plants have long inspired artists, writers, and poets. Have students write down their first impressions of each green in a word or a phrase and choose one to write a poem about.

Ask other students to guess which green inspired the poem.

★ Check out **“Plant Part Salad”** activity at [edibleschoolyard.org/resource/plant-part-salad-activity](http://edibleschoolyard.org/resource/plant-part-salad-activity).

See the **Education Activities & Connections Page** for more ideas.



See **RECIPES** for more ideas

## RESOURCES

More ideas for celebrating **National Salad Month**:

- [menuplanningcentral.com/articles/national-salad-month.html](http://menuplanningcentral.com/articles/national-salad-month.html)
- [gone-ta-pott.com/national\\_salad\\_month.html](http://gone-ta-pott.com/national_salad_month.html)

## SNACK bites

*Great ways to get kids excited about salads:*

- Let them choose the ingredients.
- Make a salad and then wrap it up!
- Add varied, colorful toppings like dried cranberries, strawberries, seeds, nuts, croutons.
- Try salad greens plain before they are dressed. Then, add different dressings to give variety to simple tossed salads.

