



# December 2018

## Orange County CCSA Meals



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Bran flakes*, oranges, milk  Homemade cheese pizza, lima beans, tropical fruit salad, milk  Animal crackers, sliced peaches	<b>4</b> Bagels (Eng. muffins)*, kiwis, milk  Spanish rice* w/ beef, spinach, Mandarin oranges, milk  Tuna salad sandwiches*, cucumber coins	<b>5</b> Banana muffin squares*, apples (oranges), milk  Chicken salad, wheat bread*, potato wedges, collard greens, milk  Pita wedges*, sweet potato hummus	<b>6</b> Special K, bananas, milk  Fish tacos w/ cheese & whole wheat tortillas*, lettuce & tomato (brocc), new potatoes, milk  Cheese & crackers, tangerines	<b>7</b> Whole grain waffles*, mango pieces , milk  Vegetarian chili w/ beans & vegetables, French bread*, apple wedges (oranges), milk  Granola muffin squares, sliced peaches
<b>10</b>	<b>11</b>	<b>12</b> English muffins, sliced pears, milk  Cheese quiche, turnip greens, applesauce, milk  Cheez-its*, apples (bananas)	<b>13</b> Cornflakes, diced peaches, milk  Beef, black bean & sweet potato chili, hush puppies, pears, milk  Graham crackers with yogurt fruit dip	<b>14</b> Pancakes*, pineapple tidbits, milk  Chicken and noodles*, broccoli, orange wedges, milk  Sweet potato muffin squares, applesauce
<b>17</b> Toasted oats*, diced pears, milk  Breaded fish filet sandwich*, cooked cabbage & apples, carrot salad, milk  Homemade Chex mix, oranges	<b>18</b> French toast, applesauce milk  BBQ turkey meat loaf, wheat rolls*, mashed potatoes, green beans, milk  Yogurt and homemade granola*	<b>19</b> Banana apple loaf*, Mandarin oranges, milk  Spaghetti* w/ meat sauce, tossed salad (carrots), tangerines, milk  Carrot chips (cucumber coins), cream cheese & yogurt dip	<b>20</b> Hard boiled eggs, wheat bread*, bananas, milk  Macaroni* and cheese, pickled beets, spinach, milk  Orange zucchini cranberry muffin squares, applesauce	<b>21</b> Crispix, Mandarin oranges, milk  Cheese sandwich*, vegetable soup w/sweet potatoes & beans, apple wedges (oranges), milk  Crackers w/ sunflower seed butter, sliced grapes
<b>24</b> CCSA Kitchen Closed for the Holidays until Wednesday, January 2 <sup>nd</sup> .	<b>25</b>	<b>26</b> 	<b>27</b>	<b>28</b> * designates whole grain rich products.
<b>31</b>				

## Mashed Sweet Potatoes in Your Kitchen

*This month your child will be eating sweet potato at school. Try this recipe to have sweet potato at home!*

3 sweet potatoes (thyme, sage, or  
parsley)  
3 Tbl butter  
3 Tbl brown sugar 1/2 tsp salt  
Black pepper to  
taste  
1/2 tsp dried herbs



1. Poke sweet potatoes with a fork and place on microwave-safe dish.
2. Cook on high for 4-5 minutes or until soft, flipping half-way through cooking time.
3. Scoop out sweet potato, add remaining ingredients and mash until smooth.

# Sweet Potatoes



### Sweet Potato Fun Facts!

- Sweet potatoes are the official vegetable of North Carolina
- Sweet Potatoes are roots, regular potatoes are tubers
- George Washington grew sweet potatoes on his farm in Mount Vernon, Virginia.

### How to Grow Sweet Potatoes at Home

What you need: glass of water x 2, sweet potatoes, toothpicks, pot, potting mix

#### Activity

1. Pierce the middle of a sweet potato with four toothpicks distributed evenly all around.
2. Figure out which is the blunt end and which is the pointy end of the sweet potato.
3. Sit the sweet potato, pointy end down, into a glass of water, with the toothpicks holding half of it out of the water.
4. Over time, the sweet potato will start to sprout and grow roots.
5. Gently twist the sprouts off and place the base of those in another glass of water.
6. These sprouts will also grow roots.
7. Plant these seedlings into a pot with potting mix and water regularly.

You will soon have established sweet potato plants that you can transfer into the garden.

Notes: This will take a while to complete. Be patient and watch the magic happen.



# Homemade Gifts

The holidays are a time for sharing.

Small children are often thinking about what gifts they will receive during the holiday season. Children also need to feel the joy of giving gifts to others.

Help your child learn the  
true meaning of the holidays.

Make gifts for family and friends. Deliver the gifts to their homes. Share the joy of the holiday season.

## Healthy Snack Jar

Fill a clear, covered container with a healthy snack mix. Try this Homemade Granola. Add other ingredients family and friends like such as nuts or dried fruits. Write the recipe on a card. Tie the recipe card to the top of the container.

## Homemade Granola

- 4 cups old fashioned oats
- ¼ cup wheat germ
- ½ cup coconut
- 1 teaspoon ground cinnamon
  
- 2 Tbsp butter or margarine
- 2 Tbsp vegetable oil
- ¼ cup honey
- 1 teaspoon vanilla extract

Melt butter with oil, stir in honey and vanilla. Meanwhile, mix together oats and other dry ingredients in a large bowl. Combine all ingredients well, and spread on a baking sheet. Bake at 300 degrees for 25 to 35 minutes until lightly browned, stirring occasionally.

Cool completely. Store in a covered container.



## Red Oven Mitt

Stuff a red oven mitt with popular kitchen utensils - wooden spoons, vegetable peeler, small grater, whisks and spatulas

## Family Mixing Bowl

Fill a large mixing bowl with homemade muffins or bread, a wooden spoon, measuring cups and spoons and pretty kitchen towels. Include some of your favorite recipes. Families with small children will create many happy memories with their mixing bowl!

## Fruit Bowl

Fill a colorful bowl with apples, oranges, grapefruit, tangerines, bananas, pineapple, kiwi, canned fruits, and dried fruits.

## Family Cookbook

Create a cookbook with your children. Write your favorite recipes in a journal. Let your children draw and color on some of the pages. Grandparents, aunts and uncles love homemade gifts from children!

