Thank you for visiting us on the farm! We hope your students learned a little more about where their food comes from. Your students participated in a Harvest Meal and we would like to give students the opportunity to share that healthy, delicious meal with family and friends!

Attached are two pages, the first is for students to write and/or draw a response to questions related the harvesting process and the creation of the meal.

The second is to create a recipe card for some of the components of the Harvest Meal, the salad dressing and tomato sauce. Students should draw their favorite memory of the farm or a representation of the recipe on the back of the card to make it their own. They can then be taken home and used to recreate some aspects of the Harvest Meal in their own kitchens.

Thank you for your continued support,

The Rogue Valley Farm to School Team
2nd-3rd Grade

Draw or write one clue that a fruit or vegetable is ready to harvest?

Draw or write one way we can be safe when preparing food in the kitchen.
2nd-3rd Grade

Tasty Tomato Sauce

**Ingredients:**
- 10 whole tomatoes
- 4 garlic cloves
- 1 onion
- 3 bell peppers
- 1 eggplant
- Fresh Basil
- Olive Oil
- Salt
- Pepper

Blanch tomatoes in boiling water until skin is soft and peeling, about 5 minutes. Transfer to cold water and let cool.

While tomatoes are cooling, peel and mince garlic and onion. Add to a large skillet with olive oil and sauté on med-low heat until transparent.

Chop eggplant and bell peppers into small pieces, add to skillet.

Once tomatoes are cool, peel skin off and squeeze tomatoes into a bowl until liquid (some chunks are okay). Add to skillet with veggies and bring to boil. Add salt and pepper to taste. Turn heat to low and simmer for 1 to 1.5 hours or until smooth, stirring occasionally.

Add fresh basil to serve. Use on pizza or pasta and enjoy!

Sensational Salad Dressing

**Ingredients:**
- 2 TBSP Honey
- ½ cup Balsamic Vinegar
- ½ cup Olive Oil
- Salt
- Pepper

Whisk together honey, balsamic vinegar and olive oil, until smooth. Add salt and pepper to taste. Serve over your favorite salad or refrigerate covered until ready to use.

**Salad Suggestions:**
- Romaine Lettuce
- Bell Peppers
- Kale
- Fresh Herbs: basil, cilantro, fennel
- Radish
- Cherry tomatoes
- Cucumber
- Carrots
- Grated beets
- Anything other veggies you like!