Pear Tasting @ Cobbet
This past month, we visited Cobbet Elementary School for a pear tasting, highlighting October’s Harvest of the Month produce item. Pears are currently in season making them cheaper, tastier and fresher! Students were able to grab a pear to munch on, as well as snag some fun prizes like stickers and pear word searches. Cobbet was our first tasting stop for the school year, where we will continue to visit one school every month, with a tasting focused on the highlighted Harvest of the Month or new featured recipe items.

November’s Local Harvest
During the month of November our secondary schools will be serving fresh potatoes sourced from Young Family Farm in Little Compton, RI. Look forward to having home fried potatoes on November 6th and fresh baked potatoes on November 8th during lunch time. Potatoes are an excellent source of fiber and complex carbohydrates, making them a great vegetable choice which gives us energy throughout the day.

Farm to School Month Highlights
Farm to school month was in full swing during October! Students celebrated Harvest Days at Ingalls where they had the chance to harvest a variety of vegetables that they planted the previous year, including beets, carrots and shell beans, all from their local school garden. After harvesting, students sampled recipes that used these harvested vegetables, making this a great seed to table experience. As a follow up celebration for farm to school month, students in two of the 2nd grade classrooms had the chance to plant their own basil plant in milk cartons. Students learned fun facts about basil, such as it being an excellent source of vitamin K, which plays an important role in healing cuts and scrapes. We are excited to see what starts sprouting from their carton gardens in a couple of weeks!

Kale Autumn Salad
(yields 5 servings)

**INGREDIENTS**
- 4 ¼ cups spring salad mix
- 4 ¼ cups fresh kale, chopped
- 1 ½ tsp lemon juice, fresh
- ½ cup cold water
- 1 lb granny smith apples, cored
- 1 ¼ cup cherries, dried
- 1 ¼ cup shredded carrots, fresh
- ¾ cup honey mustard

**STEPS**
1. Mix together salad mix and kale in a large bowl.
2. Prepare apples by dicing into medium cubes and tossing with a light lemon juice/water mixture for 3 minutes to help avoid any browning. Drain well and discard lemon juice.
3. Add apples, cherries and carrots to salad/kale mixture and toss together.
4. Add in dressing and mix all ingredients thoroughly.
5. Serve and enjoy!

**Tip:** To help remove the bitter taste from raw kale, ‘massage’ dressing into the kale to help break the leaves down.