



# Celebrating Seasonality

Wisconsin-Grown  
Recipes *for the*  
Early Childhood Setting



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# Celebrating Seasonality

Wisconsin-Grown Recipes for the Early Childhood Setting

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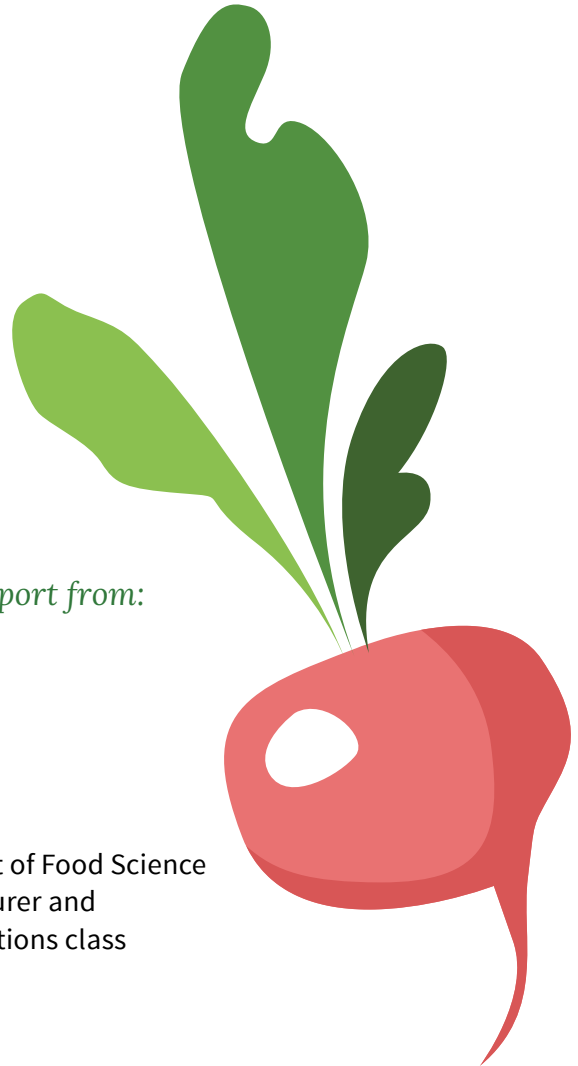
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# Introduction

**Celebrating Seasonality: Wisconsin-Grown Recipes for the Early Childhood Setting** is a collection of twelve child-friendly recipes for the ECE setting that feature Wisconsin-grown fruits and vegetables. These breakfast, lunch, and snack recipes are designed to promote the use of more local, seasonal produce in all ECE settings. A breakfast, lunch, and snack recipe for each of the four seasons highlights a Wisconsin-grown fruit or vegetable during its 'peak season' in Wisconsin. Recipes are scaled for 8 and 25 servings and include serving sizes for different age groups and CACFP crediting information.

*Celebrating Seasonality* also includes information to help you find and purchase more local foods, a seasonality chart of Wisconsin crops, interviews with Wisconsin farmers, and stories from Wisconsin ECE sites serving local foods. You'll also find suggestions to incorporate more farm to ECE activities.

## What is Wisconsin Farm to Early Care and Education?

Any and all sites or programs serving kids ages 0-5—including preschools, group child care centers, family child cares, Head Start, Early Head Start, and 4K programs in K-12 school districts—can engage in farm to ECE activities. Wisconsin Farm to Early Care and Education (WI Farm to ECE) increases access to locally-






grown and nutritious foods, gardening opportunities, and food-based activities for children ages 0-5 in the early care environment. Farm to ECE can enhance the quality of education in all ECE settings by encouraging and supporting:

- Buying, preparing, and serving local foods in meals and snacks
- Hands-on learning and play in food, nutrition, and agriculture
- On-site gardens
- Engaging families in health and wellness

Farm to ECE activities support the whole child approach to education and are a natural fit for kids ages 0-5. These strategies offer a variety of benefits for little eaters as they develop a lifetime of taste preferences and eating habits. Farm to ECE activities increase access to nutritious foods through meals and snacks, provide gardening experiences to little learners, and increase family engagement opportunities—all while supporting our local farmers! This evidence-based approach nurtures everyone from the farm to the fork—including kids, families, and farmers—to grow thriving and resilient communities.

## Why feature Wisconsin-grown fruits and vegetables?

The early care setting is ripe for engaging children in learning about food, nutrition, and agriculture. Incorporating peak-of-season Wisconsin-grown foods into meal time, taste tests, and formal and informal classroom activities improves meal quality and nutrition, and is perfect for children exploring the world and new foods through the five senses. As young learners develop a lifelong relationship with food, serving local foods can:

-  Increase children's access to nutritious, flavorful foods
-  Develop the whole child
-  Celebrate connections between food and culture
-  Support Wisconsin farmers
-  Grow healthy communities

For more information read "Digging Into Farm to ECE" in English and Spanish on the Rooted website: [www.rootedwi.org](http://www.rootedwi.org)

## When can I use Wisconsin-grown produce?

All year long! Local fruits and vegetables are available year-round in Wisconsin, even when the ground is covered with snow. Each season provides unique flavors and textures, many of which are only available for short periods of time. What does it mean for a food to be 'in-season'? Just as each of the four seasons of the year—spring, summer, fall, and winter—have their own weather and character, so do our fruits and veggies. Each fruit and vegetable has favorite conditions for growing.

Serving foods grown close to home all year is a great way for kids ages 0-5 to explore new flavors. Spring brings fresh, leafy greens and fruits like rhubarb. Summer brings robust and juicy flavors like cucumbers, tomatoes, watermelon, berries, and cherries. The harvest abundance of fall brings apples, sweet corn, broccoli, and other crops that need a long time to grow and mature. And we can even eat local treats and veggies all winter with long-lasting storage crops like winter squash, onions, dry beans, beets, and sweet potatoes. Use the "Seasonal Availability of Wisconsin Vegetables" chart from The University of Wisconsin-Madison Division of Extension FoodWise program on pages 6 and 7 to discover when local products are available in your area.

## childcare profile

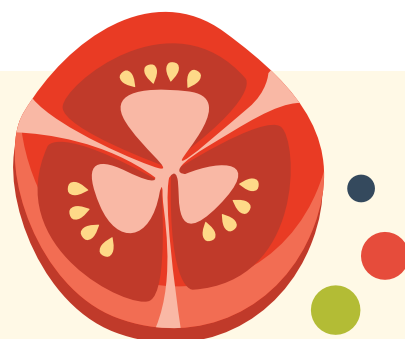
### Mother and Daughter Child Nurturing Center



**Type of site:** Non-profit group child care in Milwaukee, Wisconsin

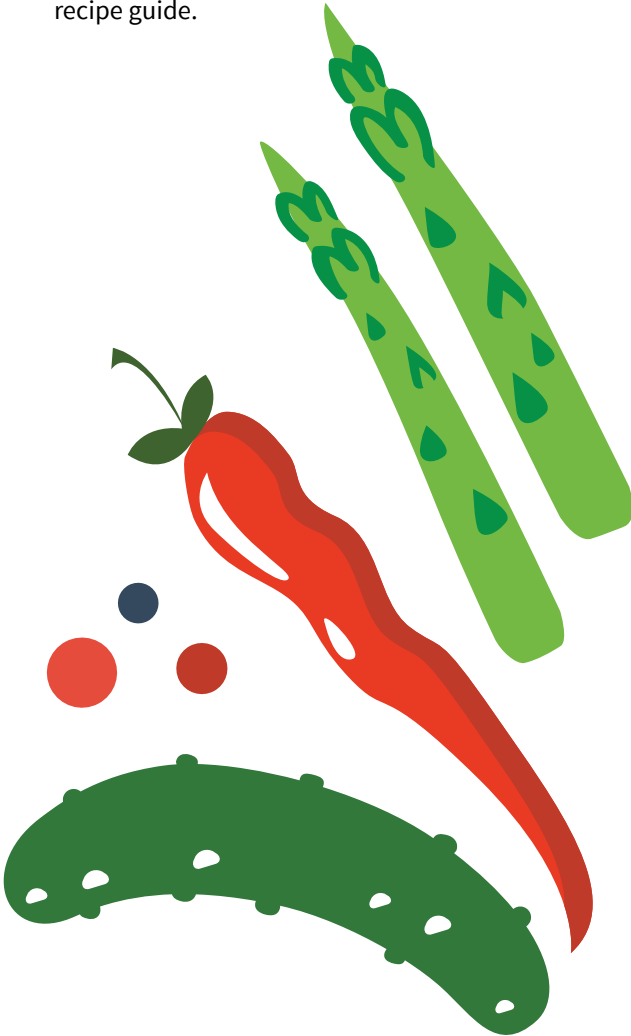
**Population:** Maximum capacity of 78 children. This child care center works with children in the age range of 4 weeks - 12 years old.

**Connections to farm to ECE:** Mother and Daughter Child Nurturing Center receives produce through a Community Supported Agriculture (CSA) share from the Fondy Farmers' Market in Milwaukee, WI. The children love cooking with the vegetables and help make salsa, fried cabbage, greens, zoodle salad, a lot of salad with homemade dressing, applesauce, veggie pizza, spaghetti sauce, potato soup, stone soup, beets l'orange (the kids loved saying that), cucumber tea sandwiches, veggie tacos, and broccoli stuffed potatoes! The children also help to grow and harvest the produce used in meals and snacks.



## How to Find & Buy Wisconsin-Grown Produce

Wisconsin is full of farms that grow a diverse array of fruits and vegetables. Many of them even sell products directly to customers like you through farmers' markets, Community Supported Agriculture (CSA), and farm stands, or at grocery stores and co-ops. It's easier than you think to find local products or to buy directly from a farmer. Here are some tips to help you buy the local fruits and veggies featured in the Celebrating Seasonality recipe guide.



**For family child care providers or small group centers** that prepare a small number of meals, try these strategies:

- Purchase directly from a farmer
- Visit a farmers' market
- Stop at a farm stand
- Purchase a weekly produce box through a Community Supported Agriculture (CSA) farm
- Ask your local grocer or co-op if they carry produce from Wisconsin farmers

**For large group centers and 4K programs,** use the strategies above or access local fruits and vegetables in larger volumes:

- Purchase large quantities directly from a local farmer
- Check if your distributors or vendors offers Wisconsin-grown products
- Ask your caterer about local ingredients or indicate a preference for local foods in your contract

**For more tools,** directories, or to find farmers see the “Resources” section at the end of this guide. For more information about using local foods read “How to Buy, Prepare, and Serve Local Foods” in English and Spanish on the Rooted website: [www.rootedwi.org](http://www.rootedwi.org)

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## About this project

*Celebrating Seasonality* is a partnership of Rooted and the Center for Integrated Agricultural Systems (CIAS) at UW-Madison, with support from the Wisconsin Department of Public Instruction Community Nutrition Team. These free recipes are available as a printed Recipe Guide and online as a PDF or as individual recipes to print at the Rooted website: <https://www.rootedwi.org/recipes>

## childcare profiles

### Anthony's Bilingual Preschool



**Type of site:** Verona, Wisconsin (Dane County)

**Population:** Serves up to 8 children at each of three different home sites ranging from ages 3 months to school age.

**Connections to farm to ECE:** Anthony's Bilingual Preschool partners with Los Jalapeños Farm as a CSA (Community Supported Agriculture) member. Rather than getting a box of seasonally available vegetables delivered to the school (as in a traditional CSA membership), Anthony's Bilingual Preschool uses an option called a "market share". With a "market share" preschool staff shop at the Los Jalapeños farm stand and pick out the produce items they want in the amounts they will use.

The favorite produce that they like to buy is carrots and green beans. They use it to make salads for the children. They like working with the local farm because Anthony's believe that fresh vegetables from Los Jalapeños is a good way to support a Community Farm and also to have fresh vegetables during the season and frozen vegetables during the winter.

### Davis Child Care Center



**Type of site:** Non-profit Child Care Center in Oshkosh, Wisconsin (also hosts 4K in partnership with the Oshkosh Area School District)

**Population:** Approximately 85 children attend the center (6 weeks old to school age).

**Connections to farm to ECE:** Davis Child Care Center took baby steps to grow farm to ECE activities over several years. In 2014, they started with watermelons grown in an old plastic swimming pool, and then added three tote gardens, followed by five raised vegetable beds. Partnering with Oshkosh North High School in 2017, they added strawberry beds, peach trees, and native pollinator plants. In 2019, they planted grapes and herbs.

Students start seeds in classrooms, transplant outside in the garden, and lessons are incorporated into garden visits for young children to water, weed, and harvest produce. These outdoor experiences help students foster a sense of connection to nature, encourage imaginative play, give opportunities for hands-on learning experiences, and increase fruit and vegetable knowledge and consumption.

The garden produce is used in the Center's weekly menu and offered to families to take home. The center purchases produce from Olden Organics, a local farm, which is incorporated into the menu plan and used for taste tests monthly.

*"I liked playing in the [mud] kitchen and watering the plants."*

— Student, age 6













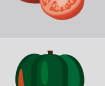

# Seasonal availability of Wisconsin vegetables

**ZONE 3, NORTHERN WI**

**ZONE 4, CENTRAL WI**

**ZONE 5, SOUTHERN WI**

Visit <https://hort.extension.wisc.edu/maps/> to determine the zone where you live. The bars represent average dates of harvest and availability which can vary with such factors as weather conditions, farm location, varieties grown, and season extension.

Vegetable	Zone 3 (Northern WI)		Zone 4 (Central WI)		Zone 5 (Southern WI)		
	Start	End	Start	End	Start	End	
<b>GREEN LEAFY</b>	 ARUGULA	JUN	JUL	AUG	SEP		
		MAY	JUN	AUG	SEP		
		APR	MAY	JUN	JUL	AUG	SEP
	 BROCCOLI			JUL	AUG	SEP	OCT
				JUL	AUG	SEP	OCT
			JUN	JUL		SEP	OCT
	 CHINESE CABBAGE				AUG	SEP	
					AUG	SEP	OCT
					AUG	SEP	OCT
	 COLLARD GREENS			JUL	AUG	SEP	
		JUN	JUL	AUG	SEP	OCT	
MAY		JUN	JUL	AUG	SEP	OCT	
 KALE			JUL	AUG	SEP	OCT	
		JUN	JUL	AUG	SEP	OCT	
	MAY	JUN	JUL	AUG	SEP	OCT	
 LETTUCE non-iceberg			JUN	JUL	AUG	SEP	
		MAY	JUN		AUG	SEP	
		MAY	JUN		AUG	SEP	OCT
 MUSTARD GREENS			JUL	AUG	SEP		
		JUN		AUG	SEP	OCT	
	MAY	JUN			SEP	OCT	
 SPINACH			JUL	AUG	SEP	OCT	
		JUN	JUL		SEP	OCT	
	MAY	JUN			SEP	OCT	
<b>RED / ORANGE</b>	 CARROTS			JUL	AUG	SEP	OCT
				JUL	AUG	SEP	OCT
		MAY	JUN	JUL	AUG	SEP	OCT
	 RED CHILI PEPPERS				AUG	SEP	
					AUG	SEP	
					AUG	SEP	
	 RED/ORANGE PEPPERS				AUG	SEP	
					AUG	SEP	
					AUG	SEP	
	 SWEET POTATOES /YAMS					SEP	
				AUG	SEP		
					SEP	OCT	
 TOMATOES			JUL	AUG	SEP		
			JUL	AUG	SEP		
			JUL	AUG	SEP		
 WINTER SQUASH acorn, butternut					SEP	OCT	
					SEP	OCT	
				AUG	SEP	OCT	



Vegetables are categorized by USDA vegetable subgroups.

Category	Vegetable	Month											
		APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC	JAN	FEB	MAR
STARCHY	SWEET CORN				JUL	AUG	SEP						
					JUL	AUG	SEP						
					JUL	AUG	SEP	OCT					
STARCHY	GREEN PEAS			JUN	JUL		SEP	OCT					
			MAY	JUN			SEP	OCT					
STARCHY	POTATOES				JUL	AUG	SEP						
					JUL	AUG	SEP						
OTHER	ASPARAGUS			JUN	JUL	AUG	SEP	OCT					
			MAY	JUN	JUL								
		APR	MAY										
OTHER	BEANS green and yellow				JUL	AUG	SEP						
					JUL	AUG	SEP						
					JUL	AUG	SEP						
OTHER	BEETS			JUN	JUL	AUG	SEP						
				JUN	JUL	AUG	SEP	OCT					
OTHER	BRUSSEL SPROUTS					AUG	SEP	OCT					
						AUG	SEP	OCT					
OTHER	CABBAGE green and red					AUG	SEP	OCT					
				JUN	JUL	AUG	SEP	OCT					
OTHER	CAULIFLOWER					AUG	SEP	OCT					
					JUL	AUG	SEP	OCT					
OTHER	CUCUMBERS & PICKLES					AUG	SEP						
				JUN	JUL	AUG	SEP						
OTHER	ONIONS				JUL	AUG	SEP						
					JUL	AUG	SEP						
OTHER	PEPPERS green, purple and yellow					AUG	SEP						
					JUL	AUG	SEP						
OTHER	RADISHES		MAY	JUN									
			MAY	JUN									
			MAY	JUN				SEP	OCT				
OTHER	ZUCCHINI SQUASH				JUL	AUG	SEP						
					JUL	AUG	SEP						
				JUN	JUL	AUG	SEP						



# Fall

## *farmer profile*

## Los Abuelos Farley Farm & Los Jalapeños CSA



**Location:** Verona, Wisconsin (Dane County)

**Owner:** Juan Gonzales Torres

**Markets:**

Over 250 members in the farm's Community Supported Agriculture (CSA), multiple farmers' markets in Dane County, a farm stand at El Sabor de Puebla market in Madison, and direct sales to Centro Hispano, local restaurants, Mexican grocery stores, Madison Metropolitan School District, and Second Harvest Foodbank.

**Bio:**

Juan Gonzalez Torres owns Los Abuelos Farley Farm and Los Jalapeños CSA, which he started in 2011 at the Gene and Linda Farley Center for Peace, Justice, and Sustainability.

He learned the art of farming as a boy in Puebla, Mexico and grows a wide variety of vegetables and herbs from Mexico like pepiche, calabacitas, epazote, and flores de calabaza, and he grows produce common to the Midwest.

Juan collaborates with his sister Reyna, who owns the restaurant and catering business El Sabor de Puebla, and together their family businesses support many employees and partner with organizations to bolster the local food and agriculture economy.

Juan enjoys connecting with local consumers by selling food directly through the markets described above. He also donates produce to food pantries to support local residents in need.

## PICO DE GALLO SALSA WITH CHIPS

INGREDIENTS	8 SERVINGS		25 SERVINGS	
	Measure	Weight	Measure	Weight
Tomatoes, diced	4 cups	2 lbs	11 cups	5.25 lbs
Cilantro, finely chopped	1/3 cup	0.5 ounce	1 cup	1.5 ounces
Green onions, finely chopped	1/2 cup	5 ounces	1 2/3 cups	15.5 ounces
Lime juice	3 Tbsp		1/2 cup	
Salt	1/2 tsp		1 1/2 tsp	
Pepper	1/4 tsp		3/4 tsp	
Whole Grain Chips	48 chips		150 chips	



**Meal Type:**  
Fall snack

**Food components:**  
Vegetables, grain

**Specialty crop:**  
Tomatoes, cilantro, onions

## directions:

1. If food processor is available, roughly chop vegetables, add lime juice, salt and pepper and pulse until desired consistency.
2. If food processor is not available, dice tomatoes and finely chop cilantro and green onions. Mix together in a bowl with lime juice, salt and pepper.
3. Serve with whole-grain tortilla chips to meet the grain component.

**tip!**

Serve half portions as garnish on other dishes such as chicken fajita or beef nacho plate.

AGE GROUP	SERVING SIZE
Ages 1-2	1/2 cup salsa + 6 whole-grain tortilla chips
Ages 3-5	1/2 cup salsa + 6 whole-grain tortilla chips

**Note:** The number of servings is based on 1/2 cup salsa + 6 whole-grain tortilla chip portions for Ages 3-5; the number of servings may increase or decrease based on the ages of the children served and the amount served. This recipe provides 1/2 cup of vegetables and approximately 13 grams (0.5 oz) of grains per portion.

# APPLE OAT MUFFINS



INGREDIENTS	8 SERVINGS		25 SERVINGS	
	Measure	Weight	Measure	Weight
Rolled oats	1 1/3 cups	3.2 oz	4 cup	
All-purpose flour	1/2 cup	2.5 oz	1 1/2 cups	
Whole wheat flour	1/2 cup	2.15 oz	1 1/2 cups	
Brown sugar	1/4 cup		2/3 cup	
Baking powder	1/4 tsp		4 tsp	
Baking soda	1/3 tsp		1 tsp	
Salt	1/3 tsp		1 tsp	
Cinnamon	2/3 tsp		2 tsp	
Yogurt	1/3 cup		1 cup	
Skim milk	1/3 cup		1 cup	
Vegetable oil	1 1/3 Tbsp		4 Tbsp	
Egg, medium-large	1		2 ct	
Shredded apples	1 cup	0.75 lbs 3 medium*	3 cups	3 lbs 9 medium*

\* A medium size apple is about the size of a tennis ball

## directions:

1. Shred apples with a cheese grater or a food processor with a grating blade.
2. In a large bowl, mix together the oats, flours, sugar, baking powder, baking soda, salt, and cinnamon.
3. In a medium bowl, whisk together the skim milk, yogurt, oil, egg(s). Last, stir in the shredded apples.
4. Stir the wet apple mixture into the dry mixture until just moistened. The batter will be lumpy.
5. **To Bake:** Preheat the oven to 400°F. Grease 12 standard-muffin cups or line with paper liners. Portion the batter into the muffin cups. Fill each cup 2/3 full. Bake until the muffins are brown and a toothpick inserted in the center comes up clean, about 20 to 25 minutes.
6. Remove the muffins from the pan and cool on wire racks.

— Recipe created by Beth Dooley of Beth Dooley's Kitchen

**Meal Type:**  
Fall breakfast

**Food components:** Grain

**Specialty crop:** Apples

### *Ingredient substitutions*

1. Replace rolled oats with the same amount of instant oats.
2. If yogurt plus milk is not available, substitute buttermilk OR 1 cup milk plus 2 table-spoons vinegar/lemon juice.

AGE GROUP	SERVING SIZE
Ages 1-2	1/2 muffin
Ages 3-5	1 muffin

**Note:** The number of servings is based on 1 muffin portions for Ages 3-5; the number of servings may increase or decrease based on the ages of the children served and the amount served. This recipe provides 1/4 cup of fruit and 0.9 oz equivalent of grains per portion.



## SQUASH MAC & CHEESE

INGREDIENTS	8 SERVINGS		25 SERVINGS	
	Measure	Weight	Measure	Weight
Butter or oil	1 Tbsp		3 Tbsp	
Skim milk, warm	2 cups		6 1/4 cups	
Cottage cheese	2 cups		6 1/4 cups	
Cheddar cheese, grated	1.5 cups		4 3/4 cups	
Butternut squash, peeled, cubed	4 cups	1.5 lbs	12.5 cups	4.5 lbs
Whole wheat elbow macaroni, dry		.5 lbs		1.75 lbs
Salt	1/2 tsp		1.5 tsp	
Black pepper	1/2 tsp		1.5 tsp	



**Meal Type:**  
Fall lunch/supper

**Food components:**  
Vegetable, grain, meat/  
meat alternate

**Specialty crop:**  
Butternut squash/  
pumpkin

## directions:

### To prepare the squash:

1. Cut off the ends of squash and peel squash skin with a sturdy peeler or paring knife.
2. Cut the squash lengthwise into two halves and scoop out seeds using a spoon. Discard or compost the seeds.
3. Cut the squash into quarters and be sure to cut 1/2 inch or smaller cubes.

### To make squash mac & cheese:

1. Heat conventional oven to 375°F (350°F if using a convection oven).
2. Grate block cheese.
3. Oil a 9-inch round or square baking pan.
4. In a blender or food processor, puree cottage cheese, milk, salt and pepper.
5. Reserve 1/2 cup (1 1/3 cup for 25 servings) of grated cheddar cheese for topping.
6. In a large mixing bowl, combine the remaining grated cheddar cheese, milk mixture, uncooked pasta, and cubed (uncooked) butternut squash.
7. Pour into the prepared baking pan, cover tightly with foil and bake 45 minutes.
8. Uncover pan, stir gently, sprinkle with reserved cheese. Bake uncovered for an additional 30 minutes, until the top is browned.
9. Let cool at least 15 minutes before serving.

AGE GROUP	SERVING SIZE
Ages 1-2	1 cup
Ages 3-5	1 cup

**Note:** The number of servings is based on 1 cup portions for Ages 3-5; the number of servings may increase or decrease based on the ages of the children served and the amount served. This recipe provides 1/4 cup of vegetables, 1.5 oz eq of meat/meat alternate and 1 oz equivalent of grains per portion.

tip!

You can also use frozen, cubed squash to save on time.



# Winter

*farmer profile*

## Badger Organics



*Home of Two Good  
Farms CSA and  
Emerald Meadows  
Family Farm*

**Location:**

Columbus & Rio, Wisconsin (Columbia County)

**Owners:**

Tim Zander and Becky Breda

**Markets:**

Community Supported Agriculture (CSA), farmers' markets, and wholesale to early care sites, schools, restaurants, and more

**Bio:**

Started in 1994, Badger Organics is a family-owned farm growing certified organic herbs, vegetables, and fruits from June through October each year.

Together, Tim, Becky, and the large crew farm a total of 168 acres, with about 25 acres growing market vegetables that might end up on your lunch plate.

The farm's most popular items include strawberries, heirloom tomatoes, sweet corn, peppers, and green beans.

You can find this delicious produce at a farmers' market or by purchasing a Community Supported Agriculture (CSA) 'share' from the farm to get produce all summer long.

## VEGGIE STICKS

INGREDIENTS	8 SERVINGS		25 SERVINGS	
	Measure	Weight	Measure	Weight
Carrots, peeled, chopped into “sticks”	4 cups	2 lbs	12 1/2 cups	6.5 lbs
Chickpeas, canned, drained	2 cups		6 1/4 cups	
Greek yogurt, plain	1 cup		2 1/2 cups	
Lemon juice	1 1/2 Tbsp		6 Tbsp	
Paprika	2 tsp		2 1/2 Tbsp	
Garlic powder	2 tsp		2 1/2 Tbsp	
Olive oil	1 Tbsp		3 1/2 Tbsp	
Garlic clove	1 clove		3 cloves	



**Meal Type:**  
Winter snack

**Food components:**  
Vegetables,  
meat/meat alternate

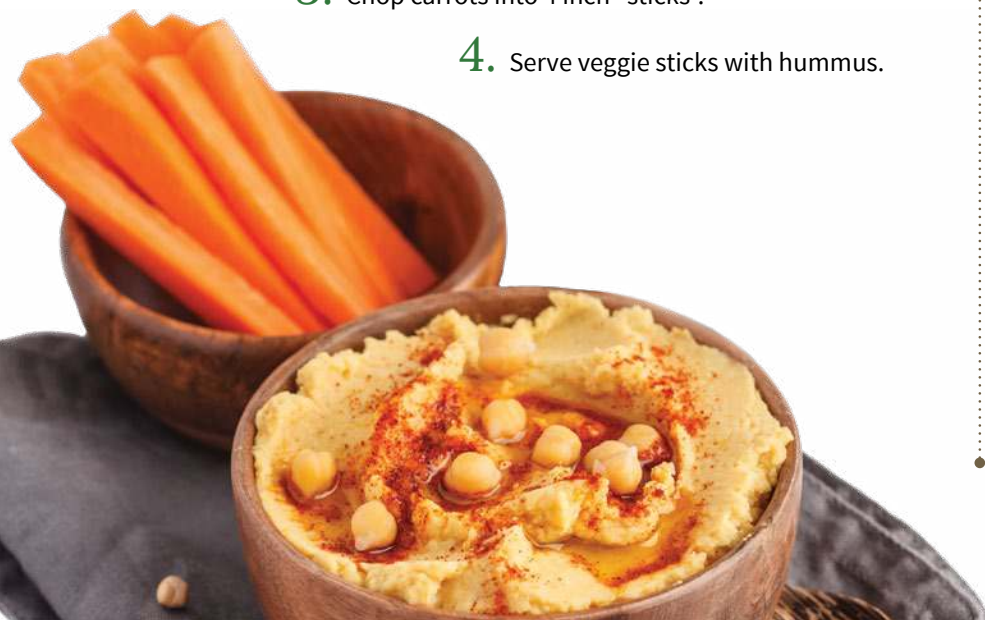
**Specialty crop:**  
Carrots

## directions:

1. Combine chickpeas, yogurt, lemon juice, olive oil, paprika, garlic powder and cinnamon into a blender or food processor.
2. Pulse for 30 seconds. Check consistency and mix with a spatula. If needed, pulse for 15 more seconds.
3. Chop carrots into 4 inch “sticks”.
4. Serve veggie sticks with hummus.

AGE GROUP	SERVING SIZE
Ages 1-2	1/2 cup vegetable “sticks”, 1/4 cup hummus
Ages 3-5	1/2 cup vegetable “sticks”, 1/4 cup hummus

**Note:** The number of servings is based on 1/2 cup vegetable sticks + 1/4 cup hummus portions for Ages 3-5; the number of servings may increase or decrease based on the ages of the children served and the amount served. This recipe provides 1/2 cup of vegetables and 1/4 cup meat/meat alternate per serving.



## BREAKFAST SWEET POTATO WEDGES



INGREDIENTS	8 SERVINGS		25 SERVINGS	
	Measure	Weight	Measure	Weight
Unpeeled sweet potatoes		2.5 lbs		7.75 lbs
Canola oil	3 Tbsp		1/4 cup	
Ground cinnamon	1/3 tsp		1 tsp	
Granulated sugar	1-2 Tbsp		1/4 cup	
Ground nutmeg	2/3 tsp		2 tsp	
Ground allspice	1/3 tsp		1 tsp	

**Meal Type:**  
Winter Breakfast

**Food components:**  
Vegetable

**Specialty crop:**  
Sweet potatoes

## directions:

1. Cut sweet potatoes in half both ways, then cut into 1-2 inch wedges.
2. Combine cut sweet potatoes, oil, cinnamon, sugar, nutmeg, and allspice in a large bowl. Mix to combine evenly.
3. Place spiced sweet potatoes on a sheet pan (18" x 26" x 1").  
For 8 servings, use 1 pan. For 25 servings, use 2 pans.
4. **Bake:** Conventional oven: 450°F for 35 minutes.  
Convection oven: 425°F for 25-30 minutes.

AGE GROUP	SERVING SIZE
Ages 1-2	1/2 cup
Ages 3-5	1/2 cup

**Note:** The number of servings is based on 1/2 cup portions for Ages 3-5; the number of servings may increase or decrease based on the ages of the children served and the amount served. This recipe provides 1/2 cup of vegetables per serving.





## BEANS AND VEGGIE CHILI

INGREDIENTS	8 SERVINGS		25 SERVINGS	
	Measure	Weight	Measure	Weight
Olive oil	2 tsp		2 Tbsp	
Onions, raw, diced	$\frac{3}{4}$ cups	0.33 lbs	$2\frac{1}{4}$ cups	1 lb
Carrots, raw, diced	$\frac{3}{4}$ cups	0.25 lbs	2 cups	0.6 lbs
Garlic powder	1 tsp		2 tsp	
Red bell pepper, raw, diced	$1\frac{1}{2}$ cups	0.25 lbs	$4\frac{3}{4}$ cups	1 lb 10 oz
Chili powder*	2 tsp		2 Tbsp	
Potatoes, raw, diced	2 cups	1 lb	6 cups	2 lbs 8oz
Corn kernels, frozen	$1\frac{1}{4}$ cups		4 cups	
Tomatoes, diced (no salt added, canned, undrained)	2 (14.5 oz) cans		5 (14.5 oz) cans	
Beans, black (low-sodium, canned, undrained)	2 (15.5 oz) cans		5 (15.5 oz) cans	
Cumin, ground	2 tsp		2 Tbsp	
Oregano leaves, dried	1 tsp		1 Tbsp	
Basil, dried	1 tsp		1 Tbsp	
Salt	1 tsp		1 Tbsp	
Cheese, shredded (optional for ages 1-2)*	$\frac{1}{2}$ cup	4 oz	$1\frac{1}{2}$ cups + 1 Tbsp	12.5 oz



**Meal Type:**  
Winter lunch/supper

**Food components:**  
Vegetable, meat/  
meat alternate

**Specialty crop:**  
Legumes, tomatoes, onions

AGE GROUP	SERVING SIZE
Ages 1-2	1 cup Chili + 2 Tbsp Cheese
Ages 3-5	1 cup Chili + 2 Tbsp Cheese

**Note:** The number of servings is based on 1 cup chili + 2 Tbsp cheese portions for Ages 3-5; the number of servings may increase or decrease based on the ages of the children served and the amount served. This recipe provides 1 cup of vegetables and 1.5 oz equivalent meat/meat alternate (beans + chili) per serving.

## directions:

1. Heat oil in large stock pot or steam kettle over medium heat.
2. Add onions, carrots, and garlic powder. Saute until tender.
3. Stir in red pepper, potatoes, and chili powder. Cook until vegetables are tender.
4. Stir in frozen corn and cook for 10 minutes.
5. Stir in undrained tomatoes, undrained black beans, cumin, oregano, basil, and salt.
6. Bring to a boil, then reduce to medium heat. Cover and simmer for 20 minutes, stirring occasionally.
7. Serve 1 cup of chili (1.00 oz eq meat/meat alternate) topped with 0.50 oz or 2 Tbsp of shredded cheese.

tip!

McCormick brand  
chili powder is  
not spicy.



# Spring

## farmer profile

### SG Vang Farm



**Location:**

Oregon, Wisconsin (Dane County)

**Owner:**

Sue Vang

**Markets:**

Farmers' markets, from the farm, and to Second Harvest Foodbank during the COVID-19 pandemic.

**Bio:**

Sue Vang started SG Vang Farm in 1992, after owning grocery stores and supermarkets in Wisconsin and California.

The farm produces a wide variety of vegetables, some fruits like strawberries and rhubarb, herbs, and traditional Hmong produce like bitter melon, long beans, mustard greens, and bok choy.

Sue's favorite part of being a Wisconsin farmer is helping people by growing delicious food for them to eat.

## DRIED CRANBERRIES & CHERRIES WITH CHEERIOS



INGREDIENTS	8 SERVINGS		25 SERVINGS	
	Measure	Weight	Measure	Weight
Whole grain cheerios	2 <sup>2</sup> / <sub>3</sub> cups		8 <sup>1</sup> / <sub>4</sub> cups	
Dried cranberries	1 cup	0.5 lbs	3 <sup>1</sup> / <sub>4</sub> cups	1.5 lbs
Dried cherries	1 cup	0.5 lbs	3 <sup>1</sup> / <sub>4</sub> cups	1.5 lbs

**Meal Type:**  
Spring snack

**Food components:**  
Fruit, grains

**Specialty crop:**  
Cranberries, cherries

## directions:

1. Combine dried cranberries and dried cherries in a bowl.
2. In a separate bowl measure out cheerios. Serve according to table below.

AGE GROUP	SERVING SIZE
Ages 1-2	<sup>1</sup> / <sub>4</sub> cup dried fruit + <sup>1</sup> / <sub>4</sub> cup cheerios
Ages 3-5	<sup>1</sup> / <sub>4</sub> cup dried fruit + <sup>1</sup> / <sub>3</sub> cup cheerios

**Note:** The number of servings is based on <sup>1</sup>/<sub>4</sub> cup dried fruit + <sup>1</sup>/<sub>3</sub> cup cheerios portions for Ages 3-5; the number of servings may increase or decrease based on the ages of the children served and the amount served. This recipe provides <sup>1</sup>/<sub>2</sub> cup of fruit and <sup>1</sup>/<sub>3</sub> cup grain per serving.



# SPINACH EGG BAKE



INGREDIENTS	8 SERVINGS		25 SERVINGS	
	Measure	Weight	Measure	Weight
Spinach, fresh, chopped	3.75 cups fresh	1 lb 8 oz frozen	11 cups fresh	4 lbs 9 oz frozen
Eggs, fresh	8 large or 1 <sup>3</sup> / <sub>4</sub> cups		25 large or 5 <sup>1</sup> / <sub>4</sub> cups	
Feta cheese, crumbled	1/8 cup	1 oz	1/4 cup	2 oz
Onions, chopped (for flavor)	1/4 cup		3/4 cup	
Black pepper	1/6 tsp		1/2 tsp	
Salt	1/6 tsp		1/2 tsp	
Nonstick cooking spray	1 spray		1 spray	

**Meal Type:**  
Spring breakfast

**Food components:**  
Vegetables, meat/  
meat alternate

**Specialty crop:**  
Spinach

## directions:

1. Preheat oven to 350 °F in a conventional oven.
2. Wash and chop spinach into small pieces.
3. Whisk eggs in a large mixing bowl.
4. Add feta cheese, onions, salt, and black pepper. Mix well.
5. Lightly coat steam table pan(s) (12" x 20" x 2 1/2") with nonstick cooking spray. *Any size pan that works for your facility will suffice. Hotel pans are a great option for making this egg bake. Spread spinach evenly on the bottom of the pan.*
6. Top each pan of spinach with the egg mixture, mix well to ensure no spinach is uncovered.
7. Place steam table pan(s) in the oven.
8. Bake for 30 minutes or until set.
9. Broil on high for 2 minutes or until the eggs are set and the top is a light golden brown. Remove immediately to prevent burning.
10. **Critical Control Point: Heat to 160 °F or higher for at least 15 seconds.**
11. Cut each pan 5 x 5 (25 pieces per pan). Serve 1 piece (2" x 3 3/4").
12. **Critical Control Point: Hold at 140 °F or higher.**

— Recipe adapted from Child Nutrition Recipe Box.

AGE GROUP	SERVING SIZE
Ages 1-2	1 piece (2" x 3 3/4")
Ages 3-5	2 pieces (2" x 3 3/4")

**Note:** The number of servings is based on 2 (2" x 3 3/4") pieces portion for Ages 3-5; the number of servings may increase or decrease based on the ages of the children served and the amount served. One serving of this recipe provides 2 oz. equivalent meat/meat alternate and 1/4 cup vegetable.

tip!

Consider leaving apples unpeeled to save on time.

## SPRING RAINBOW WRAPS

INGREDIENTS	8 SERVINGS		25 SERVINGS	
	Measure	Weight	Measure	Weight
Brown rice, instant, dry	2/3 cups		2 cups	
Spinach, fresh, whole leaves	2 1/2 cups	0.25 lbs	7 1/2 cups	1 lb
Carrots, fresh, grated	1 cup	0.5 lbs	3 cups	1.75 lbs
Radish, fresh, grated	1/2 cups	0.25 lbs	1 1/2 cups	0.75 lbs
Peas, fresh	1/4 cups	0.1 lbs	3/4 cups	0.5 lbs
Wisconsin cheese of your choice, sliced (28 g/slice)	12 slices		38 slices	
Whole grain tortilla (6" diameter)	4 tortillas		12.5 tortillas	



**Meal Type:**  
Spring lunch/supper

**Food components:**  
Vegetables, grains, meat/meat alternate

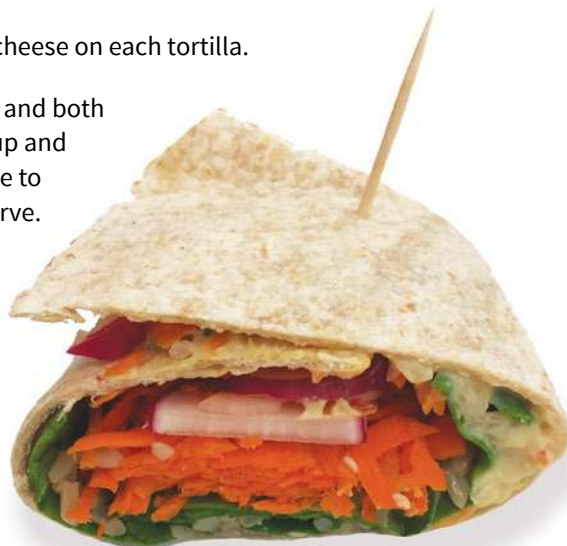
**Specialty crop:**  
Radish, spinach, peas

AGE GROUP	SERVING SIZE
Ages 1-2	1/2 tortilla wrap
Ages 3-5	1/2 tortilla wrap

**Note:** The number of servings is based on 1/2 tortilla wrap portions for Ages 3-5; the number of servings may increase or decrease based on the ages of the children served and the amount served. This recipe provides 1/2 cup of vegetables, 1/2 oz whole-grain and 1/2 oz meat/meat alternate per serving.

## directions:

1. Cook rice as directed on box.
2. Wash spinach. Divide evenly and place in the middle of the tortilla.
3. Divide rice evenly and place on top of spinach in the tortilla.
4. Grate carrots and radishes.
5. Add peas to grated carrot and radish mixture.
6. Combine these and divide mixture equally to be put on rice.
7. Place 3 slices of cheese on each tortilla.
8. Fold the bottom and both sides of tortilla up and roll from one side to the other and serve.



tip!

You can also serve your tortilla with 2 oz of hummus for dipping instead of cheese.

Hummus recipe included with veggie sticks.

# Summer



## *farmer profile*

### Raleigh's Hillside Farm



#### **Location:**

Brodhead, Wisconsin (Rock County)

#### **Owners:**

Lauren and Kyle Rudersdorf

#### **Markets:**

Community Supported Agriculture (CSA), wholesale sales to restaurants and institutions.

#### **Bio:**

Lauren and Kyle nurtured their vision to grow a small, diverse farm business connecting people directly to their food.

Just out of college, with degrees in soil science and rural sociology, the pair formed Raleigh Hillside Farm in 2012 on a half-acre of land rented from family.

Although neither ever considered a career in farming separately, together it felt right as the best way to share their love of vegetables, food, community, and agriculture.

The story of this diversified vegetable farm is one of growth since the start: from 1/2 to 8 acres, from 8 to 400 CSA shares, at least 12 wholesale accounts and schools, and even getting married too!

## GARDEN BITES WITH HERBED YOGURT DIP

INGREDIENTS	8 SERVINGS		25 SERVINGS	
	Measure	Weight	Measure	Weight
Cherry tomatoes, halved	2 cups	1 lb	6 1/4 cups	2.5 lbs
Cucumbers, sliced	2 cups	1 lb	6 1/4 cups	2 lbs



## HERBED YOGURT DIP

INGREDIENTS	8 SERVINGS	25 SERVINGS
	Measure	Measure
Plain Greek yogurt	2 cups	6 1/4 cups
Finely chopped fresh mint	3 Tbsp	1/2 cup
Finely chopped fresh parsley	3 Tbsp	1/2 cup
Finely chopped fresh dill	1 Tbsp	3 Tbsp
Grated garlic	2 cloves	6 cloves
Lemon juice	1 Tbsp about 1/2 lemon	3 Tbsp about 1 1/2 lemons
Lemon zest	zest of 1/2 lemon	zest of 1 1/2 lemons
Salt	1/2 tsp	1 1/2 tsp
Pepper	1/4 tsp	3/4 tsp

**Meal Type:** Summer snack

**Food components:** Vegetables, meat/meat alternate

**Specialty crop:**  
Cucumbers, tomatoes, herbs

AGE GROUP	SERVING SIZE
Ages 1-2	1/2 cup vegetables (heaped) + 1/4 cup yogurt dip
Ages 3-5	1/2 cup vegetables (heaped) + 1/4 cup yogurt dip

**Note:** The number of servings is based on 1/2 cup vegetables (heaped) + 1/4 cup yogurt dip portions for Ages 3-5; the number of servings may increase or decrease based on the ages of the children served and the amount served. This recipe provides 1/2 cup of vegetables + 1/4 cup meat/meat alternate per serving.

## directions:

### Garden bites:

Cut cherry tomatoes in half and cucumbers into 1/4" thick slices. Peel (or partly peel) cucumbers if they have tough outer skin.

### Herbed yogurt dip:

1. Combine the yogurt, herbs, garlic, lemon juice and zest, and seasonings in a bowl and mix well. If available, use a food processor or immersion blender to finely chop herbs and combine ingredients and save on time.
2. Cover with plastic wrap and refrigerate until serving.

tip!

Substitute herbs with whatever you have available.

# BERRY BONANZA BOWL



**Meal Type:**  
Summer breakfast

**Food components:**  
Fruit, grains

**Specialty crop:**  
WI apples, berries,  
dried cherries

INGREDIENTS	8 SERVINGS		25 SERVINGS	
	Measure	Weight	Measure	Weight
Old-fashioned rolled oats (dry)	1 cup		3 1/8 cups	
Vanilla yogurt, non-fat	1 cup		3 1/8 cups	
Milk 1% (low-fat)	6 Tbsp		1 1/5 cups	
Apples, peeled, and diced	1 1/2 cups	0.5 lbs	4 1/2 cups	1.5 lbs
WI Blueberries (other WI berries)	1 cup	0.5 lbs	3 cups	1.5 lbs
WI dried cranberries	1 cup	0.25 lbs	3 cups	0.75 lbs

## directions:

1. In a medium bowl, mix old-fashioned rolled oats, yogurt and milk.
2. Cover and refrigerate for 6 to 12 hours (overnight is best). Meanwhile thaw berries (if frozen).
3. Peel, core and dice apples. Combine apples, berries and dried cranberries and mix gently.
4. Scoop oat mixture into small dishes, top with fruit and serve.

AGE GROUP	SERVING SIZE
Ages 1-2	1/4 cup oats + 1/4 cup fruit
Ages 3-5	1/4 cup oats + 1/2 cup fruit

**Note:** The number of servings is based on 1/4 cup oats + 1/2 cup fruit portions for Ages 3-5 portions; the number of servings may increase or decrease based on the ages of the children served and the amount served. This recipe provides 1/2 cup of fruit + 1/4 cup of grains per portion.

**tip!**

May consider leaving apples unpeeled to save on time and for added nutrition.





## RATATOUILLE

INGREDIENTS	8 SERVINGS		25 SERVINGS	
	Measure	Weight	Measure	Weight
Fresh garlic, minced	1 clove		3 cloves	
Yellow onion, sliced	2/3 cups	0.25 lbs	2 1/4 cups	0.5 lbs
Eggplant, cubed	1 1/2 cups	0.25 lbs	6 cups	1 lb
Green Peppers, cubed	1 cup	0.25 lbs	4 cups	1 lb
Tomatoes, chopped	1 cup	0.66 lbs	3 1/2 cups	1.25 lbs
Zucchini, cubed	1 cup	0.5 lbs	4 cups	1.25 lbs
Olive oil	2 tsp		2 Tbsp	
Oregano, dried	1/4 tsp		3/4 tsp	
Basil, fresh, minced	2 tsp		1 Tbsp	
Thyme, dried	1/8 tsp		1/2 tsp	
Parsely, fresh, minced	1 tsp		1 Tbsp	
Salt	1/4 tsp		3/4 tsp	
Black pepper	1/4 tsp		3/4 tsp	



**Meal Type:**  
Summer lunch

**Food components:**  
Vegetables

**Specialty crop:**  
Tomatoes, summer squash, eggplants

AGE GROUP	SERVING SIZE
Ages 1-2	1/8 cup
Ages 3-5	1/4 cup

## directions:

1. Preheat conventional oven to 350° F (325° F for convection oven) and wash all vegetables.
2. Crush and mince garlic.
3. Quarter and slice onion, cube eggplant and zucchini, and coarsely chop peppers and tomatoes into 1/2 inch chunks.
4. Mince basil and parsley.
5. Place cut vegetables in roasting pan or hotel pan. Drizzle with olive oil.
6. Add garlic, herbs, salt and pepper.
7. Cook in a conventional oven for 30 minutes (25 minutes for a convection oven), stirring once or twice, until softened.
8. Remove from oven, stir gently and serve or place in container to freeze.



**Note:** The number of servings is based on 1/4 cup portion for Ages 3-5; the number of servings may increase or decrease based on the ages of the children served and the amount served. This recipe provides 1/4 cup of vegetables per serving.

## tip!

Puree and serve as a pasta or pizza sauce, over brown rice, with beans for protein, or use in chili or stew.

# Resources

## for Wisconsin Farm to Early Care and Education

Learn more about Wisconsin Farm to ECE and using local foods in the following resources from Rooted and partners. These tools will help you find local farmers, purchase Wisconsin-grown produce, and incorporate more farm to ECE activities into your programming.

- **Rooted Farm to ECE Webpage**  
<https://www.rootedwi.org/for-educators/farm-early-care-education>
- **Wisconsin Department of Public Instruction, Community Nutrition Team**  
<https://dpi.wi.gov/community-nutrition/cacfp/farm-2-ece>
- **National Farm to School Network**  
<http://www.farmtoschool.org/our-work/early-care-and-education>

### Tools for finding local farmers and Wisconsin-grown foods

- **Wisconsin Farm Fresh Atlas**  
<https://farmfreshatlas.org>
- **FairShare CSA Coalition Farm Search**  
<https://www.csacoalition.org/farm-search>
- **Wisconsin Farmers' Market Association**  
<http://www.wifarmersmarkets.org/find-a-farmers-market.aspx>
- **Wisconsin Berry & Vegetable Growers Association**  
<http://wisconsinfreshproduce.org>
- **Wisconsin Apple Growers Association**  
<https://wisconsinapplegrowers.org>

### Tools for buying and preparing local foods

- **Chop! Chop! Culinary Skills for Wisconsin-Grown Produce in School Meals**  
Free training videos to support food service staff use more fresh, Wisconsin-grown fruits and vegetables in meal programs by introducing new foods, recipes, and culinary skills.  
Center for Integrated Agricultural Systems, UW-Madison: <https://cias.wisc.edu/chopchop>

- **Eating with the Seasons / Comer con las estaciones**  
Fun, illustrated, and bilingual seasonality chart from the Farm Fresh Atlas to support ECE providers, kids, and families in learning more about local foods and what's in season. A great resource for the kitchen, classroom, or to send home. (Spanish and English).

Farm Fresh Atlas:  
<https://farmfreshatlas.org/seasonality-chart>

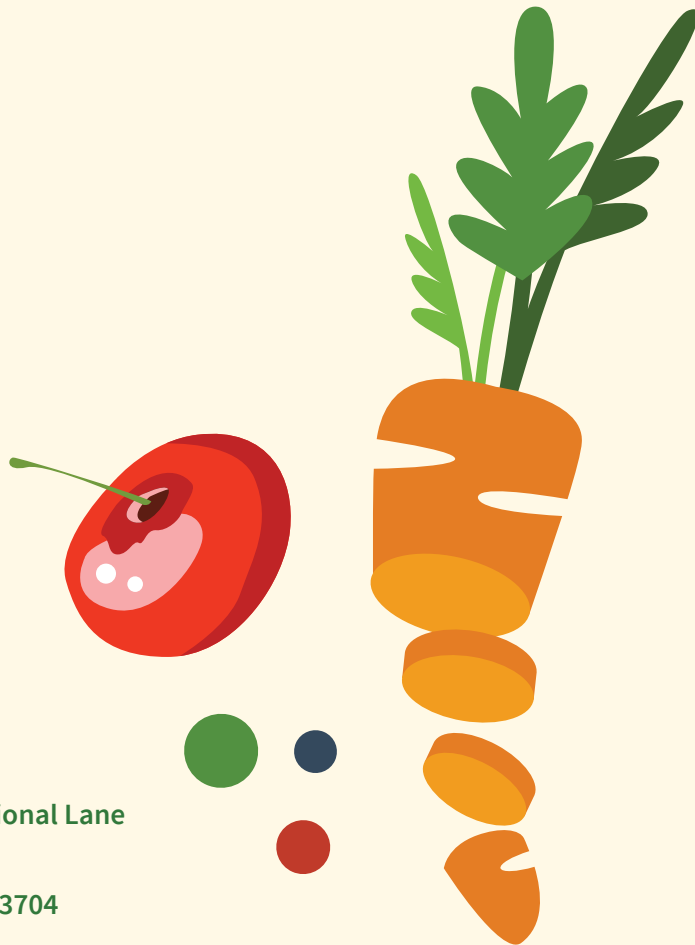
- **Local Food for Little Eaters: A Purchasing Toolbox for the Child and Adult Care Food Program**  
Step-by-step instructions for purchasing from a variety of local food sources and success stories from purchasing initiatives across the country.  
Center for Regional Food Systems, Michigan State University: <https://www.canr.msu.edu/resources/local-food-for-little-eaters>

- **Community Supported Agriculture (CSA) and Your Early Care and Education Program**  
Information on how to buy local food directly through the Community Supported Agriculture (CSA) model for your ECE site.  
Rooted: <https://www.rootedwi.org/for-educators/farm-early-care-education>

### Tools for teaching and exploring local foods with children

- **Wisconsin Harvest of the Month**  
A statewide campaign encouraging students and children to eat more fruits and vegetables. Showcase a seasonal, Wisconsin-grown fruit or vegetable each month, and encourage children to taste, explore, and learn about new foods. Ready-to-use materials and a flexible framework make Harvest of the Month easy to bring to your site.  
FoodWise, University of Wisconsin-Madison Division of Extension: <https://healthyliving.extension.wisc.edu/programs/harvest-of-the-month>
- **Let's Go to the Farmers' Market!**  
FAQs for early care & education sites interested in visiting a farmers' market for learning and exploration.  
Rooted: <https://www.rootedwi.org/for-educators/farm-early-care-education>





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