

FARM TO SCHOOL FALL NEWSIE

CVSU FARM TO SCHOOL

Happy Harvest Season!

Happy Fall!

We have had such a fun start to the school year with FTS! While our staff and students have had the challenge of combating flu and cold season, we have still managed to have a fun time harvesting, cooking, and sharing food together.

We want to thank all those that donated and volunteered their time to support the Harvest Dinner at Northfield Elementary! Including La Panciata Bakery, Drift Farmstead, Carrier Roasting, Northfield Pharmacy, Kenyon's Hardware, Josh Axelrod Photography, O'Maddy's, Community Harvest of Central VT.

Eat well. Be well. Learn well.

From Your Farm to School Friends,
Misse & Anne



FTS Highlights!

**HARVEST DINNER AT NORTHFIELD
ELEMENTARY:
PRE-K STUDENTS HARVESTED KALE
FOR THE KALE PESTO
1ST-5TH GRADERS CHOPPED LEEKS
AND POTATOES FOR SOUP**

**WILLIAMSTOWN ELEMENTARY
SCHOOL HAS BEEN BUSY
HARVESTING AND COOKING OVER
THE FIRE!**

**WEEDED GARDENS AND HARVESTED
DELICIOUS MINT
AT WASHINGTON VILLAGE SCHOOL**

**NORTHFIELD STUDENTS TOOK A
FIELD TRIP TO DRIFT FARMSTEAD
WHERE WE HARVESTED POTATOES
AND MADE CORN CAKES OVER AN
OPEN FIRE**



Corn Cakes

Makes about 12 Corn Cakes

INGREDIENTS

- 2 ears of fresh corn, shucked
- 1 cup flour
- 1 cup cornmeal
- 3 teaspoons sugar
- 2 teaspoons baking powder
- 1 teaspoon Kosher Salt
- 1 1/4 cup milk
- 6 tablespoons melted butter
- 1 egg, beaten
- 1 tablespoon olive oil

DIRECTIONS

1. Grill or boil the corn, cut kernels off of the cob.
2. Combine the dry ingredients including one cup of the corn kernels (you can use the remaining kernels as a garnish or reserve for another dish).
3. Add the milk, 2 tablespoons of melted butter, and beaten egg to the dry ingredients. Mix the ingredients until fully combined.
4. Heat a pan on medium-high, add olive oil and fry cakes using about 1/4 cup of batter for each cake. Serve with maple syrup & butter!

Vermont Farm Highlight:

Field Stone Farm Northfield, VT

