

WCCUSD & CONSCIOUS KITCHEN

2021/22 SCHOOL YEAR

Certified organic for the students of WCCUSD

WEEK 11: OCTOBER 25- 29

ORGANIC OFFERINGS OF THE WEEK

TUESDAY, 10/26

Lunch: Mac n Cheese

WEDNESDAY, 10/27

Supper: Bagel with Cream Cheese

FRIDAY, 10/29

Lunch: BBQ Chicken and Rice

SNACKS: Stonyfield blueberry strawberry vanilla yogurt, RW Garcia BBQ corn chips, Edison Grainery sunflower seeds, Organic Valley string cheese, Annie's cheddar bunnies, Annie's bunny grahams.



WITH SUPPORT FROM OUR TEAM OF ORGANIC FARMERS AND SUPPLIERS:

Pasta ... Sfoglini
Cheese ... Marin Cheese
Chicken ... Mary's Chicken
Bagel ... Alvarado Street Bakery
Rice ... Lundberg Farms
Apples ... Nana Mae's Farm
Pears ... Pacific Rim Produce

THIS WEEK'S RECIPE: ROASTED GARLIC POTATOES

Ingredients:

- 2 lbs baby potatoes
- 3 tbsp olive oil
- 8 garlic cloves, minced
- 2 tbsp fresh parsley (optional)
- Salt & pepper to taste



Procedure

1. Preheat oven to 400°F. Cut the potatoes in half or quarters, and place in a mixing bowl with the olive oil, minced garlic, parsley, salt & pepper.
2. Toss everything together until well coated.
3. Transfer the potatoes to a sheet pan and spread evenly. For an extra crispy side, make sure they're cut side down on a baking sheet. Roast the potatoes for 45-55 minutes, flipping halfway through.
4. Top with extra parsley, if using, and enjoy!





GARLIC FUN FACTS



Garlic, like onions and shallots, is a member of the Lily family

Garlic has antimicrobial and antifungal properties



Olympic athletes in Ancient Greece were given garlic to boost performance



The culinary garlic we eat today originated in Central Asia



Garlic is rich in Vitamins C and B6



California produces 90% of the nation's total garlic

YOUR LOCAL FARMERS MARKETS

Richmond Farmers Market

Time: Fridays 7am-5pm

Place: 24th and Barrett Avenue, Richmond, 94804

El Cerrito Plaza Farmers Market

Time: Tuesdays & Saturdays 9am-1pm

Place: 3060 El Cerrito Plaza #215, Parking Lot S/W corner, El Cerrito, 94530

Pinole Farmers Market

Time: Saturdays 9am - 1pm

Place: 798 Fernandez Ave, Pinole, CA 94564



HEALTHY HALLOWEEN CRAFTS FOR THE FAMILY



Jack-o-lantern fruit cups instructions:

1. Get a large orange.
2. Cut off the top of the orange
3. Cut a little off the bottom so it can rest flat.
4. Carve out a face on the orange.
5. Scoop out the oranges from inside and keep to eat!
6. Fill the hollowed out orange with your favorite fruits.

Banana ghosts instructions:



1. Peel bananas and cut them in half.
2. Place chocolate chips into the banana to make eyes and a mouth!
3. Extra yummy bonus: melt the leftover chocolate chips to dip your bananas into!