

Food Day 2014

Guide for School Organizers



What is Food Day?

Food Day is a nationwide celebration and a movement for healthy, affordable, and sustainable food.

Why?

 Fewer than 1 in 10 Americans over age 12 consume the recommended levels of total fruits and vegetables.

 29 million Americans (~9%) live in urban and rural food deserts, according to a 2013 USDA

 Policies aimed at promoting healthy lifestyles in kids have led to promising drops in obesity rates in New York City and Los Angeles.

 Getting food to our tables eats up 10 percent of the total U.S. energy budget, uses 50 percent of U.S. land, and swallows 80 percent of freshwater consumed in the United States. Yet, 40 percent of food in the United States today goes uneaten because of waste in the system.

 On average, kids in the U.S. get just 3.4 hours of food and nutrition education per year.

 On average, about one third of a pound of fertilizer, 1,900 gallons of water, and seven pounds of grain are required to produce one pound of grain-fed beef.

Celebrating Food Day

In 2013, Food Day was celebrated with over 4,700 events in all 50 states.

To make this happen, Food Day partners with hundreds of national and local groups and thousands of individuals.

With your involvement, we can make Food Day 2014 an even bigger success!

Celebrating Food Day 2014 in Indiana Schools



Because Food Day is at the end of October, Indiana schools can pick any day during the month of October to celebrate.

Sweet Potato Pride

Last year, Batesville Intermediate School and Batesville Primary School in Indiana organized their celebration around sweet potatoes.

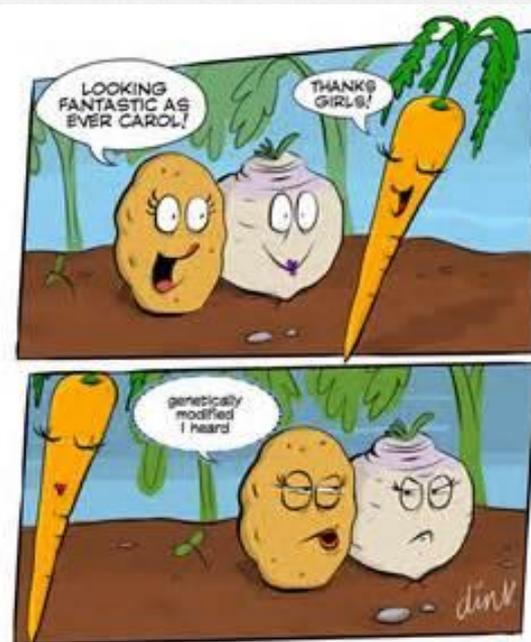
- The students watched sweet potatoes grow in their garden,
- participated in taste tests to determine their favorite sweet potato recipes; and
- on Food Day, students were served their favorite recipe using potatoes grown by a local farmer
- Sergeant Sweet potato, a hand painted potato, was the mascot



Turning Up Turnips

This year, local farmers will be growing turnips for Batesville's Food Day 2014 celebration.

- The students will watch turnips grow in their garden.
- Participate in taste tests to determine their favorite turnip recipes.
- On Food Day, the cafeteria will serve their favorite recipe using turnips grown in the school garden or by a local farmer.



How?

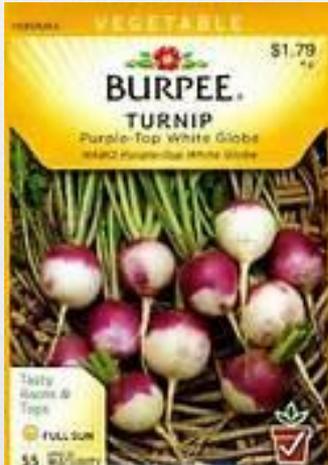
Here are ways you can get involved depending on your time, interest and resources:

- Host an event or organize an activity in your school. Visit www.foodday.org for ideas.
- Join schools across Indiana and take part in Food Day
 - Determine where you will get your turnips (local farmer, whole sale distributor, school garden)
 - Build partnerships with the Indiana Farm to School network, teachers, parents, school nutrition services, and local farmers
 - Make plans for planting a fall garden
 - Decide how you will promote Turning up Turnips in your school

More Turnip Humor



Food Day in the School Garden



Food Day in the School Garden

- Plant turnip seeds in August to harvest during the month of October
- Host an event on the site of an upcoming garden
- Take pictures of the site “before” and the next year with the “after” pictures
- Hold a class on vegetable gardening or cooking to demonstrate recipes using turnips
- Plant a classroom container garden

Instructions for Growing Turnips

1. The first step to successfully planting and growing turnips is to make sure the soil is loosened and mostly level.
2. Make small furrows or rows about a half inch deep. The rows should be about 12 inches apart from each other. Scatter the turnip seed in the rows and fill in the rows with soil so the ground is mostly level again.
3. Water daily to keep the soil moist until the seeds sprout. Sprouting should occur in about seven days.
4. Two weeks after sprouting, thin the turnips to four or five inches apart by simply pulling out by hand. The turnips should be fully mature in 50-55 days.
5. After sprouting, watering about an inch a week will keep the turnips growing.
6. A mature turnip should be about the size of a tennis ball.
7. The best time of year to plant turnip seeds is early spring (mid-April) and late summer (mid-August).
8. Fall weather is ideal growing conditions for turnips with warm days and cool evenings.

Instructions provided by Mike Kocher (Peaper Brothers) <http://peaperbrothers.com/>

Food Day in the Cafeteria

Activities:

- Introduce taste and food education activities in the cafeteria to encourage kids to eat new healthier choices
- Use Food Day to start a Salad Bar in your cafeteria
- Urge food service directors to serve a special Food Day cafeteria meal featuring local foods (turnips) and highlight the farmer that provided the turnips

Resources:

- Recipes
- Procurement Guidance
- New School Meal Patten Guidance
- Let's Move Salad Bars to School:
<http://saladbars2schools.org/>
- Preparing and Serving Turnips:
http://www.wafarmtoschool.org/Content/Documents/9-1_Sample_Prep_Serving_Protocol_-_Turnips.pdf



Recipes

- **Who could believe that the roots of plants could taste so sweet and good?**
- That is what we found out when we tasted the roasted root vegetables, which we call "**Underground Candy**", because they grow underground and they are incredibly sweet, like candy.
- The unusual flavor combination of rutabagas, turnips, parsnips, carrots, and sweet potatoes are very complimentary in this side dish! **Our chef serves these to her kids as a snack, and they think these veggies are the greatest!**

Recipes

Underground Candy *Ingredients 50 servings*

raw carrot, diced	2.75 cup/1 lb 2 oz
raw parsnip, diced	4 cups 1.5 oz/2 lb
raw sweet potato, diced	2 qt 2.5 cups/6 lb 4 oz
raw turnip, diced	4 cups 1.5 oz/2 lb
raw rutabaga, diced	4 cups 1.5 oz/2 lb 8 oz
olive or vegetable oil	7 oz
salt	1 Tbsp 1 1/8 tsp
tsp pepper	1 Tbsp 1 1/8 tsp

Preparation

Cut vegetables into 1/2 inch pieces. Toss with olive or vegetable oil and season with salt and pepper. Spread in a single layer on a sheet pan and bake at 300 degrees for 20-30 minutes or until roasted and soft. May be served hot or cold. (Tastes sweeter when it is roasted and then refrigerated.) Serve 1/2 cup per serving.

Recipes

Parmesan Garlic Mashed Turnips *Ingredients for 20 kid size servings*

3 lb turnips, peeled and diced into 1 inch cubes {about 8 C}
1 small potato
1 T salt
1 tsp. onion powder
4 cloves of garlic or garlic powder
1 tsp of black pepper
2 T butter
1/2 C milk
1 C shredded Parmesan

- Continued on next page



(continued from previous page) Parmesan Garlic Mashed Turnips

- Use a vegetable peeler and remove the skins from the turnips, dice and place in a large pot. {Some turnips come with a waxy coating that will come off when peeled.} Place the potato in with the turnips. This will get rid of the bitter taste of the turnips while they are cooking. Add garlic cloves to the saucepan and cook with the potato and turnips (the garlic will add sweetness).
- Cover the turnips with cool water and place on the stove. Add the salt and bring to a boil. Reduce heat to medium and cover. Cook for about 15 minutes or until turnips are tender when pierced with a fork.
- Add the milk and stir to combine. This will serve as the cream in the mash. Let the milk simmer, stirring often.
- When the turnips are finished cooking, drain and remove potato. Pour turnips back into pot and mash with potato masher. Stir in the milk a little at a time, then add butter. You may not need all of the milk. Gently stir and add in the Parmesan. Serve warm.
- I added parsley as a garnish.

Recipes

Roasted Turnips *Makes 10-12 servings*

3 lbs. turnips peeled and cut into wedges

Olive oil

Salt free seasoning blend

Toss turnip pieces into olive oil. Turn onto baking sheets.

Season well with seasoning blend.

Roast at 425° F. for 20-25 minutes or until tender like French fries.

When tender; remove from oven allow to cool slightly and serve warm.

Note: I combine wedges of carrot and sweet potatoes with the turnips to make a 'root' fry medley. I also serve them with honey mustard and BBQ sauces.

Recipes

Savory Oven-Roasted Turnips

Servings: 6-8

3 lbs turnips, peeled, quartered and thinly sliced (1/8th in)
1 small yellow sweet onion, thinly sliced (such as maui or walla walla)
2 -4 garlic cloves, minced (I use 4 (or more)
butter-flavored cooking spray
2 teaspoons dried basil
2 teaspoons dried thyme
2 teaspoons dried parsley
1 teaspoon dried oregano
1 teaspoon dried rosemary
1/2 teaspoon red pepper flakes (can leave out if you don't like heat)
kosher salt and pepper

Turnips are an “Other Vegetable”

How much per week?

List of “Other Vegetables”

- Turnips are an “Other Vegetable:
 - 1/2 cup (K-8) & 3/4 cup (9-12) per week (but you can always serve more!)
 - Minimum serving 1/8 cup
- **Turnip greens are a dark green vegetable**
- What Foods are in the Vegetable Group?

<http://www.fns.usda.gov/tn/food-buying-guide-school-meal-programs>

- Artichokes
- Asparagus
- Avocado
- Bean sprouts
- Beets
- Brussels sprouts
- Cabbage
- Cauliflower
- Celery
- Eggplant
- Green beans
- Green peppers
- Iceberg (head) lettuce
- Mushrooms
- Okra
- Onions
- **Turnips**
- Wax beans
- zucchini

New Meal Pattern Requirements

Vegetables (Lunch)

	Lunch Meal Pattern		
	Grades K-5	Grades 6-8	Grades 9-12
Meal Pattern	Amount of Food Per Week (Minimum Per Day)		
Vegetables (cups)	3.75 (0.75)	3.75 (0.75)	5 (1)
• Dark green	0.5	0.5	0.5
• Red/Orange	0.75	0.75	1.25
• Beans/Peas (Legumes)	0.5	0.5	0.5
• Starchy	0.5	0.5	0.5
• Other	0.5	0.5	0.75
Additional Veg to Reach Total	1	1	1.5

Informal Procurement Method less than \$150,000

- When procuring goods and services for the Child Nutrition Programs, a school food authority must determine whether they must use an informal or formal procurement method. It is important to understand and then identify which method best meets the needs of your individual school food service operation. Informal procurement occurs when a school food authority's purchases fall at or below the Federal, State, or local small purchase threshold (whichever is more restrictive). The informal procurement method is commonly referred to as procurement under the small purchase threshold or simplified acquisitions. Although this method is permitted when the amount of a purchase falls at or below the most restrictive small purchase threshold, a school food authority could choose to use the formal procurement method (see below for more information) rather than the informal procurement method. The following steps are typically involved in an informal procurement:
 - Develop specifications in writing;
 - Identify sources eligible, able, and willing to provide products;
 - Contact at least three sources;
 - Evaluate bidders' response to your written specifications; and
 - Determine most responsive and responsible bidder at lowest price.

Specifications for Purchasing Turnips

Specifications

- 25 lbs bulk medium bag
purple top turnip
- 25 lbs bulk large bag
purple top turnip

Available at:

- Piazza Produce, Inc.
- Indianapolis Fruit
- Caito Foods
- Peaper Brothers

Peaper Brothers Turnips

‘growing turnips in Indianapolis for 130 years’

- Peaper Brothers Turnips have smaller tops and tap roots with a more defined purple top and whiter bottom. Their mild taste is the result of a combination of several factors including the favorable growing conditions of the Indiana soil and the temperate Midwest climate vs. that of a more arid area of the country.
- The tops and roots of Peaper Brothers Turnips are left intact to keep the moisture content higher in order to maintain the crisp, fresh taste. Leaving the vegetable intact also protects the top and root of the vegetable from becoming vulnerable to bacterial infection which can lead to the premature discoloration of the vegetable.

Peaper Brothers Turnips

- All Peaper Brothers Turnips are hand-harvested to reduce bruising and scarring.
- Peaper Brothers Turnips are put into temperature-controlled cold storage within hours of being harvested to remove the field heat which increases the longevity of the vegetable.
- To maintain quality, Peaper Brothers Turnips are kept in storage until ordered. Once an order has been received the turnips are removed from storage and washed in a chlorinated bath to kill bacteria.
- Peaper Brothers Turnips are then hand-graded so that only the turnips of premium size, shape and color are selected.

Peaper Brothers Turnips

- Peaper Brothers Turnips are packaged by weight in 25 lb. bulk bags, 25 lb. bulk medium or large turnip bags
- Peaper Brothers Turnips are typically available June through February.
- Crops are sown on a regular basis and the length of the growing season is weather-dependent.

Classroom Ideas



Turnip Jack-o'-Lanterns



Pumpkins aren't the only vegetables worthy of carving!

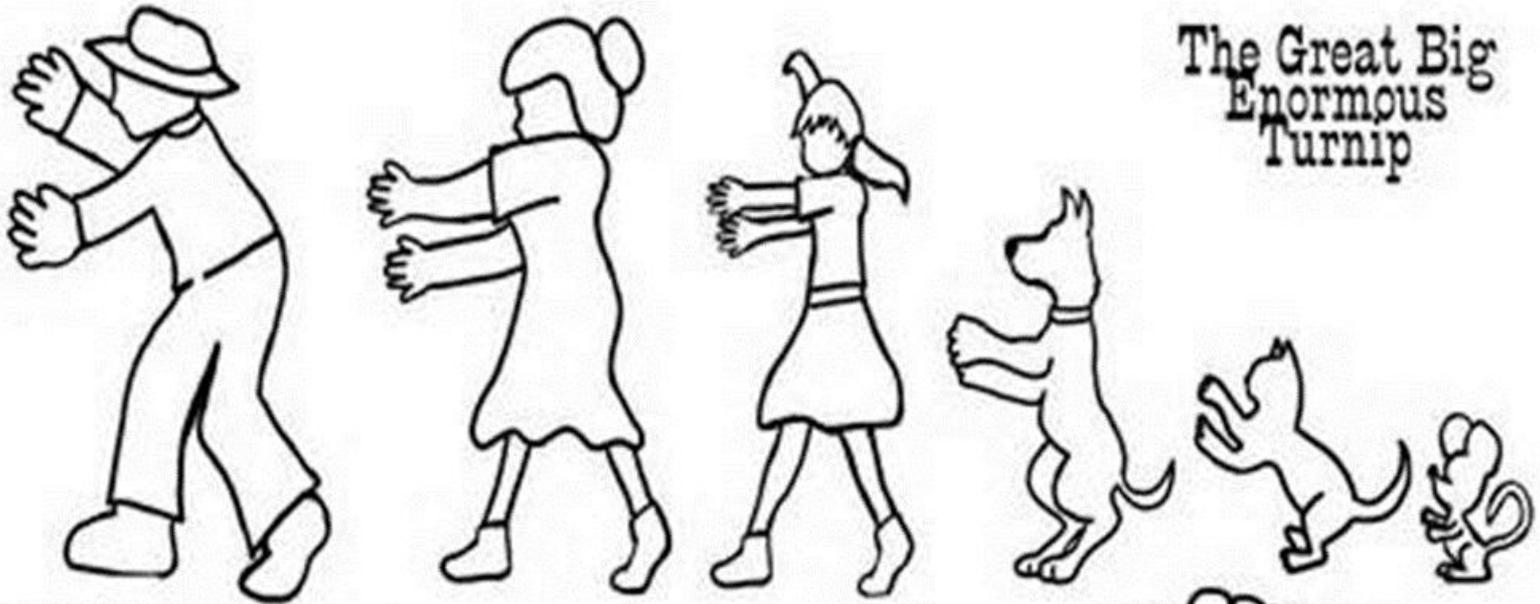
How to link:

<http://www.marthastewart.com/272904/turnip-jack-o-lanterns>

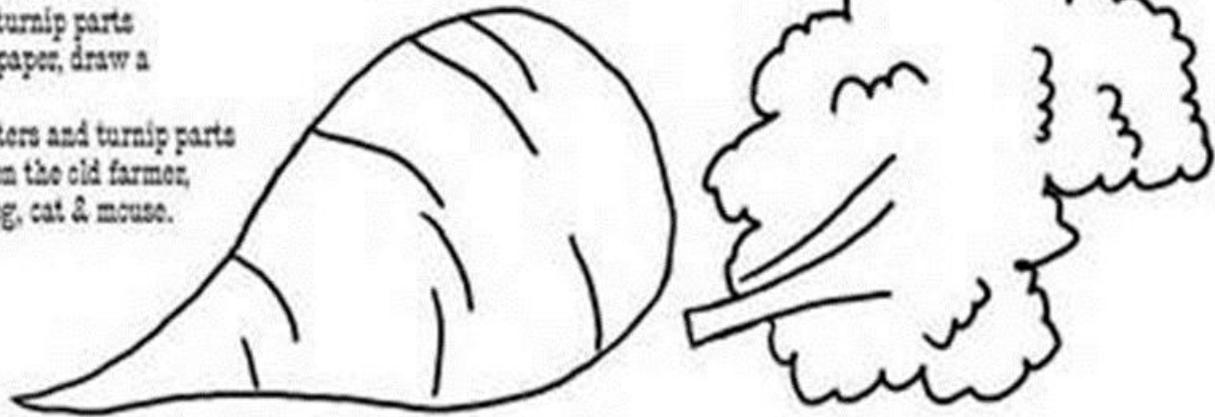
The Great Big Enormous Turnip



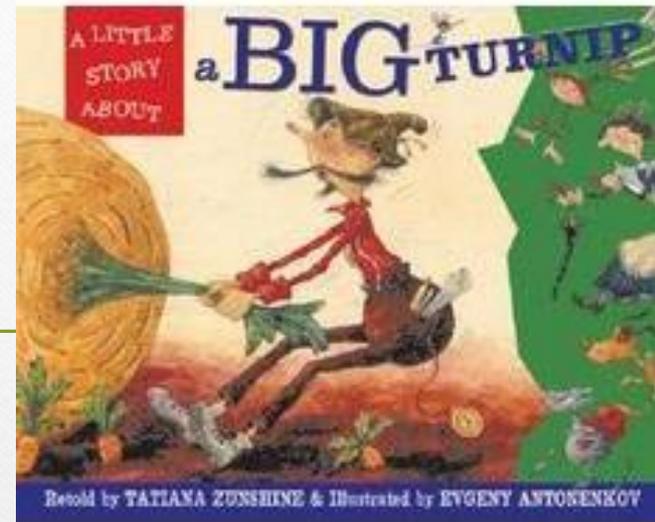
The Great Big Enormous Turnip



1. Draw faces on the characters
2. Color them and the turnip parts
3. On another piece of paper, draw a background
4. Cut out the characters and turnip parts
5. Paste the turnip then the old farmer, wife, granddaughter, dog, cat & mouse.



A Big Turnip



Overview

Children love *A Little Story about a Big Turnip*, by Tatiana Zunshine. I like to read it along with other variations of this classic Russian folk tale featuring "big" potatoes, carrots, and cabbage. Children love comparing the books, as well as the humor. In this lesson, students will "retell or dramatize traditional literature." --*Massachusetts English/Language Arts Curriculum*

Framework

Objective

Students will "retell or dramatize traditional literature." --*Massachusetts English/Language Arts*

Curriculum Framework Subjects:

Arts and Crafts, Guided Reading, Compare and Contrast, Story Elements, Reading Response, Opposites and Contrasts

Skills: Compare and Contrast, Listening Comprehension: Duration: 3 Hrs

“Turnip” the page on a good book

- Ladybird Tales: The Enormous Turnip, Pages: 48
- Grandma Lena's Big Ol' Turnip, Pages: 32
- Mr Wolf and the Enormous Turnip, Pages: 40
- Musgrove and the Giant Turnip, Pages: 15
- The Tale Of The Turnip, Pages: 32
- Grow, Little Turnip, Grow Big, Pages: 24
- Elvis the Turnip, Pages: 64
- Digger Pig and the Turnip, Pages: 24
- Repka- The Great Turnip, Pages: 10, Written in Russian

Resources

- **Household USDA Foods Fact Sheet**

http://www.fns.usda.gov/sites/default/files/HHFS_TURNIPS_FRESH_Dec2012.pdf

- **National Farm to School Network**

<http://www.farmentoschool.org/>

- **Kids Gardening**

<http://www.kidsgardening.org/>



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