What’s in the FOOD DAY Guide?

Find everything you need to create a great FOOD DAY event:

- FOOD DAY theme
- FOOD DAY vision and priorities
- FOOD DAY organizer’s checklist
- FOOD DAY in the school garden
- FOOD DAY in the cafeteria
- FOOD DAY in the classroom
- HOW TO register your event
What is FOOD DAY?

“FOOD DAY is a nationwide celebration of healthy, affordable, and sustainably produced food. It builds all year long and culminates every year on October 24.”

In Indiana, schools celebrate FOOD DAY any day during the month of October to accommodate Indiana’s growing season and different school calendars.
Vision and Priorities: Focus on Food Education

- Schools are ideal sites for food education.
- In addition, balanced and healthy school meals improve school performance and behavior.
- Instilling healthy and appropriate eating habits in children will impact their health as adults.
- Introducing kids to new fruits, vegetables, and whole grains can put them on track to becoming good eaters.
Celebrating FOOD DAY in Indiana

Every year the Indiana Farm to School Network (IFSN) FOOD DAY planning committee meets in January to choose a food item and theme for the current year.
And this year, we chose Brussels sprouts
Our theme is: “Let’s Stalk About Sprouts”

Brussels sprouts form on the trunk of the plant from buds that grow between the stems.
Tell Me More

• Named after the city of Brussels, Brussels sprouts were first made popular in Belgium, where they’ve been grown since about 1200.

• The sprouts are buds that grow in the axils of each leaf. They look like tiny cabbages and are considered a type of wild cabbage.

• The plant itself looks like a small palm tree and the sprouts grow along the trunk-like stem.
Checklist for Event Organizers

- Identify support staff and volunteers to help plan and execute the event
- Pick a date in October for your FOOD DAY event
- Establish a timeline
- Make plans for a summer or fall garden
- Plan your menu/test recipes
- Plan classroom activities
- Purchase Brussels sprouts for your FOOD DAY event
- Register your event and connect your activities to Twitter and Facebook
Sample Food Day Timeline
Batesville’s timeline from FOOD DAY 2014

It’s never too early to start planning...
In April, all partners met to discuss timeline. A farmer was recruited to grow turnips and participate in FOOD DAY activities. Margaret Mary Health (MMH) provided administrative support (copying and supplies). A MMH representative communicated with all of the partners to assure the timeline was being met.

- **April** - partners meeting, curriculum ideas developed for teachers
- **May** - farmer selected
- **Mid-July** - turnips planted by farmer
- **August** - turnips planted in containers by students with help of farmer
- **August** - email to teachers describing program
- **August** - food service staff determine which recipes to sample. Staff prepared recipes for tasting.
- **Sept** - Hold tasting. Students vote on their favorite recipe. Farmer and or chef visit school.
- **Mid-October** - Harvest turnips from school gardens
- **October 21 & 28** - FOOD DAY activities at Batesville Intermediate School
- **October 21 & 28** - FOOD DAY activities at Batesville Primary School
FOOD DAY in the School Garden
For help growing Brussels sprouts, contact Purdue Extension.

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Earliest outdoor planting: Time your plantings so that overnight fall frosts will bring out the sprouts' sweetness. To determine the timing of planting, count back the number of days to maturity from your first fall frost—that's the date to set transplants in the garden.

Transplanting: Transplant in early summer to midsummer about the same time that you would plant late, long-season cabbage.

- Sow 2–3 seeds per cell, ¼ inch deep in seed flats.
- Seedlings should be ready to transplant in 4–6 weeks.
- Set transplants deeper than they grew originally, with the lowest leaves just above the soil. Firm the ground around the plants, and water well.
- Space 18–24" between plants, in rows 30–36" apart.
- When seedlings are 5 to 7 inches tall, space or thin them to 2 feet apart in rows 3 feet apart.

Maintenance: Apply one side-dress application of nitrogen fertilizer when the plants are 12 inches tall and water to keep the crop growing vigorously during the heat of summer.

Direct Seeding: About 4 months before expected fall frost, sow 3 seeds every 18", ¼–½" deep, in rows 30–36" apart; thin to 1 plant per spot.

Days to Maturity: 100 - 110 days

Watering: Provide at least an inch of water per week.

Pruning Tricks If any of the lower leaves of the plant show any yellowing, at once strip them off.

Brussels Sprouts are a cool weather plant that grow best at 60 ° - 65 ° F.
Harvest and Storage

**Harvesting:** Small sprouts (about 1-inch diameter) are the most tender.

- Harvest sprouts from the bottom up, which is how they mature.
- Remove sprouts by twisting or cutting them from the stem. Pinching off the plant tops forces sprouts to mature faster.
- Brussels sprouts taste better after they have been exposed to a few frosts. The frosts cause the sugars to become more concentrated in the Brussels sprouts.
- Brussels sprouts are one of the last crops left in the garden and can even survive through the winter.

**Choosing:** The best-tasting Brussels sprouts are small, firm, and bright green. The leaves should be tight and compact; otherwise, they're past their prime.

**Storage:** Wrap Brussels sprouts in a plastic bag and place them in the crisper of your refrigerator. Do not wash them first. Brussels sprouts will keep for about five to ten days in normal refrigerator temperatures.

Exposure to a few frosts enhances the flavor of the sprouts.
Garden Activities

- **Watch Your Garden Grow: Brussels Sprouts (link is external)**
  Web site contains in-depth information on Brussels sprouts including varieties, planting and growing as well as selection, storage, nutritional information and preparation techniques.

- **Plant a pollinator garden**
  Vegetables such as summer and winter squash, cucumbers, melons, peas, beans and tomatoes require pollinators to transfer pollen within flowers or between flowers. Plant these so students can observe the connection between pollinators and the foods we eat. Do Brussels Sprouts need pollination?

- **Invite a Gardener or Farmer to Lunch**
  Feature a local farmer or gardener as the VIP in the cafeteria. Connect with your school garden, community garden, gardening club or nonprofit to find your VIP. Invite him or her to eat school lunch with students or provide a presentation.
More Garden Activities

- Brussels sprouts not your thing...
  
  Check out one of our previous year FOOD DAY toolkits and plant something different

  - 2014 Turnips
  - 2015 Kale
  - 2016 Squash
Can food grown in school gardens be served in the cafeteria?

**YES! Food service directors use school garden produce in the cafeteria every day.**

- For more information on procuring from school gardens and using school food service funds to support garden activities, check out this NEW USDA fact sheet: [School Gardens: Using Gardens to Grow Healthy Habits in Cafeterias, Classrooms, and Communities](#)
FOOD DAY IN THE CAFETERIA
Promoting Brussels sprouts on FOOD DAY

- Feature Brussels sprouts in your cafeteria using one or more of the following ideas. Kids are more likely to try a food that you promote.
  - Try a new recipe
  - Set up a Brussels sprouts display in the cafeteria
  - Guess how many sprouts are on the stalk
  - Introduce your students to a chef
  - Open house or harvest celebration

We Recommend Taste Tests!!!
Promoting Brussels sprouts on FOOD DAY

- Feature Brussels sprouts in your cafeteria using one or more of the following ideas.
  - As students come through the serving line, point out the Brussels sprout dishes. Offer praise and encouragement to students who take the vegetable dish.
  - Invite a gardener or farmer to lunch.
  - Survey students—Ask students how to prepare vegetables to appeal to students.
Cooking with Brussels sprouts

Recipes

- **Pinterest:** [https://www.pinterest.com/recipes/brussel-sprouts/](https://www.pinterest.com/recipes/brussel-sprouts/)
- **Taste Tests:** [Vermont Farm to School Guide to Taste Testing](#)

Carving an X in the bottom of stems before steaming helps sprouts cook more evenly.
Food Buying Guide: How much do you really need?

- Food Buying Guide calculator for Child Nutrition Programs
- USDA Food Buying Guide
- Brussels sprouts
  - Vegetables by Subgroup – Other
    - see page 11-12
Where to purchase Indiana-grown Brussels sprouts?

- Recruit a farmer to grow Brussels sprouts for you
- Grow Brussels sprouts in your school garden
- Look for Brussels sprouts at your local farmers markets
- Ask your produce distributor if they will have Brussels sprouts in October—most of them substitute local Brussels sprouts when they are in season...if not, frozen Brussels sprouts may be available
- Purchase from a food hub or your food service distributor
  - Hoosier Harvest Market
  - This Old Farm
  - Piazza Produce
Will your FOOD DAY purchase qualify for the Micro Purchase Method?

- **Use it when:**
  - The aggregate value of your purchase FALLS BELOW MICRO PURCHASE THRESHOLD OF $3,500

- **Micro purchases enable schools to:**
  - Purchase supplies or services without soliciting competitive quotations if the school considers the price reasonable

- **When using the micro purchase option, schools must:**
  - Distribute micro-purchases equitably among qualified suppliers
  - Develop written specifications and required terms, conditions and contract provisions
  - Document all purchases
Procurement Methods:
Formal, Informal, & Micro Purchase

Procurement Methods

Federal Threshold = $150,000

Informal
Small Purchase
(Requires price quotes from at least 3 bidders)

Formal
Sealed Bids (IFBs)&
Competitive Proposals (RFPs)
(Requires public advertising)

Micro-Purchase
Noncompetitive Purchase
(Value of purchase may not exceed $3,500)
Procurement Guide

• Click on link for a copy of
  Procuring Local Foods for Child Nutrition Programs

• Want a hardcopy of this guide?
  Email Maggie
  (mschabel@doe.in.gov) to
  request your copy today
FOOD DAY IN THE CLASSROOM
Visit FoodLink

FoodLink℠ is the resource for anyone who has ever stood in front of produce and wondered, “What is that?” or “What do I do with that?” Scan the FoodLink℠ QR codes on fresh fruits and vegetables to learn more about them, including how to select, prepare, and care for them.

- Visit Purdue Extension’s FOODLINK Website for food and cooking information for Brussels sprouts: Click on link below:
- Brussels sprouts
  https://extension.purdue.edu/foodlink/food.php?food=Brussels
sprouts
Garden Based Literature

- **Growing Minds Children's Literature List**: a searchable Pre-k - 5th database of book titles
- **Growing Good Kids Book Award**: List of books selected by American Horticulture Society and Junior Master Gardeners
- **Super Kids Nutrition Book Review Corner**: list of children's books related to food and healthy eating
- **Harvest of the Month Literature Links**: Book lists for each seasonal crop
- **Life Lab's Favorite Children's Books**: related to gardening and food
Ideas for the Classroom

http://www.ode.state.or.us/wma/nutrition/snp/brussels-sprouts-classroom-connections.pdf

- Early Childhood and Lower Elementary: Everyone Wants to Eat!
- Upper elementary: Sibling Similarities
- Middle School: Planning the Planting Calendar
- High School: Pests and Produce
- The Chemistry of Brussels Sprouts

http://www.compoundchem.com/2014/12/04/brusselssprouts/

THE CHEMISTRY OF BRUSSELS SPROUTS

GLUCOSINOLATES

A family of compounds in cruciferous vegetables

Glucosinolates are a class of compounds found naturally in a range of green vegetables, including Brussels sprouts. They are broken down into compounds called isothiocyanates when the plant is damaged or cooked.

These isothiocyanates have similarities with the synthetic compounds PTC and PROP, which may taste like wasabi or garlic. However, they are not the same thing and it is complexly tasted. Although it is not the only factor in make of Brussels sprouts, ability to taste PTC and PROP and sensitivity to bitter vegetables appear to be strongly correlated, and have a notable genetic basis.

PRENATHYLCARINIDE

ISOTHYCYANATES

Breakdown products of glucosinolates

POTENTIAL BENEFITS OF SULFORAPHANE

One of the isothiocyanates that glucosinolates can be broken down into is sulforaphane. This compound is partly responsible for the bitterness of overcooked Brussels sprouts, but it is also being studied for its antioxidant properties. Additionally, it has been suggested that it could have a protective effect against neurodegenerative disorders, but more research is required to investigate this.
Fun Facts about summer Brussels sprouts

- Brussels sprouts look like miniature cabbages
- Brussels sprouts grow in cold, damp weather
- Each stalk can produce 2 to 3 pounds of Brussels sprouts
- The stalk on the plant can grow to over 2 feet in height
- They really are named after Brussels, the capital of Belgium, where they were a popular 16th century crop
- Grown for centuries but popularized by Thomas Jefferson, who introduced Brussels sprouts to America in the early 1800’s
- By the early 1990's, the little vegetable became an established commercial crop in California
- They are part of the Brassica family of vegetables, which also includes cabbage, broccoli, kale, and collard greens

A sulfur-like smell is a sure sign that Brussels sprouts have been overcooked.
Our Favorite Classroom Resources

- Learn more about Brussels sprouts at Food Link (Purdue Extension)
  https://extension.purdue.edu/foodlink/food.php?food=Brussels sprouts

- Find additional resources at Oregon Harvest for Schools,
  http://www.ode.state.or.us/search/page/?id=4349
  http://www.bethel.k12.or.us/nutrition/files/2017/02/brussels-sprouts-.pdf

- Summer Brussels sprouts Coloring sheet  English (PDF) | Spanish (PDF)

- Pinterest:  https://www.pinterest.com/pin/434175220308246106/
Register Your Event
Connect your activities to Twitter and Facebook

- Visit the FOOD DAY Website to register your event
- Share your photos, videos, and event highlights after FOOD DAY
  - http://www.foodday.org/share_food_day
  - Facebook @ https://www.facebook.com/pages/Indiana-Farm-to-School-Network/587300827955010
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