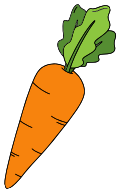
SUPERFOOD BAG

November 3, 2023

FamilyWorks + seattle FARM TO PRESCHOOL



Rainbow Carrots

Viva Farms - Mount Vernon, WA

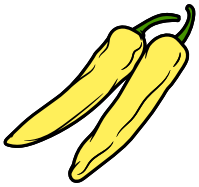
Store in a sealed container with a dry towel in the fridge. Store green tops separately.



Oranges

Aztec Imports - Kent, WA

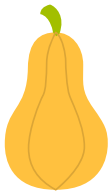
Store loose in the crisper drawer in the fridge.



Banana Peppers

Viva Farms - Mount Vernon, WA

Store loose in the crisper drawer in the fridge.



Golden Pippin Squash

Songbird Haven Farm - Woodinville, WA

Store loose in the cupboard or pantry.

TRY IT

Winter Squash Fries

Adapted from Eat Winter Vegetables

Turn your cute pippin squash into fries for a yummy side dish or snack for kids.

GET THE RECIPE:

Use your smartphone camera to view the QR code and link to the full recipe.

What Can Kids Do?

- Pick out some favorite spices to add to the fries
- Toss squash fries in oil and spices and lay them out on a baking sheet

Spotlight on: Golden Pippin Squash

Gill's Golden Pippin is an adorable and tasty single serving size squash that was originally bred in Oregon in the mid-20th century by the Gill Brother's Seed Company. With its pretty orange skin and acorn squash ribbing you might be tempted to use it for decoration, and that's ok temporarily. But these are so delicious that it would be a terrible waste if you didn't eat them! At room temperature, they will usually store well from Oct – January.

One of the easiest ways to cook winter squash is to cut them in half, take the seeds out, lay them cut side down on a baking sheet coated with a little olive oil and roast in the oven at 350 until tender (20-40min depending on the size of the squash). Once they are cooked you can drizzle with a variety of oils, herbs, nuts and spices. (Info from 47th Ave Farm).

The Seattle Farm to Preschool Program is supported by funding from the City of Seattle Sweetened Beverage Tax.

Do you have feedback about the Superfood Bag or this insert? Email tobeys@familyworksseattle.org