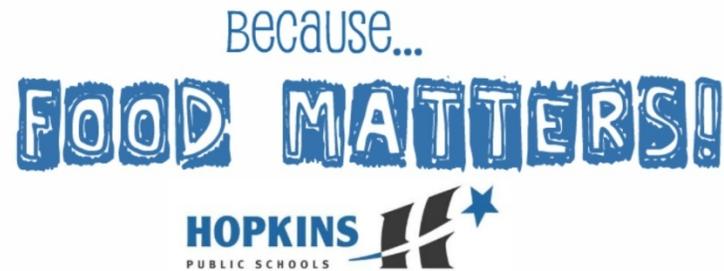
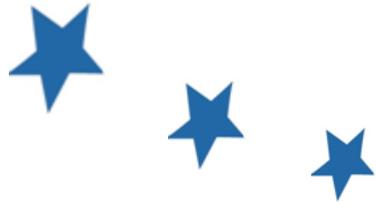


**THE MANY FACES OF
KNOW YOUR FARMER,
KNOW YOUR FOOD:**

A LOCAL/REGIONAL FOOD SYSTEM CONFERENCE



by Barb Mechura, Director of Student Nutrition Services



Our Mission:

We provide school meal programs that nourish our students of Hopkins Public Schools. What we eat becomes the cells that make up our brains, our organs – our very body! If we want a happy, healthy body, we must feed it well! Indisputable science and research results tell us that in order to be healthy and happy we need the following:

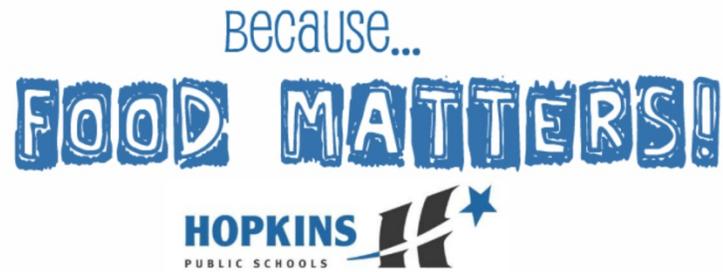
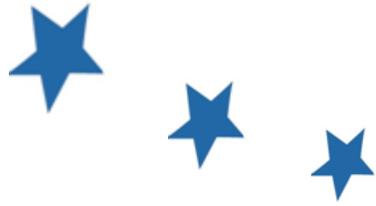
1. Whole foods – minimally processed
2. Plant-based Diet
3. Regular Physical Activity
4. Healthy Relationships

These are all vital for both our physical and mental wellness! Food is one of the most important influences on everyday brain skills from concentration, to memory, to your mental health.

A variety of services are offered under the guidance of the nutrition department. Breakfast and lunch programs, a [restaurant quality menu](#), a la carte lines, a catering & concessions service and student wellness/education resources represent the major services.

Breakfast and lunch programs are offered at all schools. All meals served in school cafeterias must meet patterns established by the U.S. Department of Agriculture.





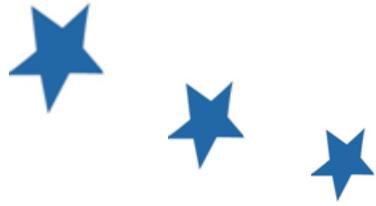
We focus on creating scratch recipes for our menus

- High School is currently at 90% scratch food
- Elementary & Junior High Schools are at 70% scratch

We focus on eliminating....

- High Fructose Corn Syrup
- Artificial food dyes
- Foods high in sugar





BECAUSE...

FOOD MATTERS!



We believe...

**“... THE ONLY THING THAT
WILL CHANGE KIDS MINDS
ABOUT WHAT TO EAT IS BY
CHANGING WHAT YOU
OFFER THEM.”**

Arthur Pruneda, a health consultant & parent



Basil – 5 lbs

Beets - 30 lbs

Carrots – 125 lbs

Celery – 20 lbs

Greens – 256 bunches

◦Collards

◦Arugala

◦Lacinto Kale

◦Mizuna

◦Red & Green Mustard Greens

◦Senposai

◦Yukina Savoy 3 bunches

Connecticut Field Pumpkin – 192 lbs

Cucumbers – 30 lbs

Eggplant – 24 lbs

Muskmelon – 270 lbs

Okra - 10 lbs

Peppers -75 lbs

◦Red, Yellow, & Green

◦Jalapeno

◦Smoked Cherry Bomb

Potatoes - 2000 lbs

Radishes 220 lbs

◦Cherriette

◦Daikon

◦French Breakfast

◦Watermelon Radish

◦Turnips

Rapini (Broccoli Rabe) – 24 lb

Squash - 400 lbs

◦Butternut

◦Delicata

◦Kabocha (Red & Grey)

◦Rouge Vif D'Etampes

◦Winter

◦Musque de Provence

Tomatoes

◦Grape Tomatoes

◦Orange Tomatoes

◦Heirloom tomatoes

Watermelon – 90 lbs

Zucchini – 150 lbs



This is our farm...



Hopkins Public Schools, Hopkins,
Minnesota

This is our farmer...



Hopkins Public Schools, Hopkins,
Minnesota

These are his field hands digging our potatoes



Hopkins Public Schools, Hopkins,
Minnesota

...clipping our kale...



Hopkins Public Schools, Hopkins,
Minnesota



Hopkins Public Schools, Hopkins,
Minnesota



...our basil...

Hopkins Public Schools, Hopkins,
Minnesota

...and zucchini & yellow
squash



Hopkins Public Schools, Hopkins,
Minnesota

This is
our
cook
choppin
g the
kale



...and baking “Kale Chips”



Hopkins Public Schools, Hopkins,
Minnesota

...and eating “Kale Chips”



Hopkins Public Schools, Hopkins,
Minnesota



One of our chefs making Zucchini Tomato Sauté

Hopkins Public Schools, Hopkins,
Minnesota

...and here's our "Zucchini
Tomato Sauté"



Hopkins Public Schools, Hopkins,
Minnesota



Here's a
cook
preparing
our local
chicken

Hopkins Public Schools, Hopkins,
Minnesota

...and here's our "Local
Roasted Chicken Leg"

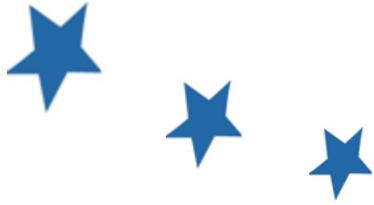


Hopkins Public Schools, Hopkins,
Minnesota

...and local
“Garlic Mashed Potatoes”



Hopkins Public Schools, Hopkins,
Minnesota



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Arthur Pruneda, a health consultant & parent



Roasted Delicata Squash



Roasted Radishes in Brown Butter with Sautéed Spinach & Onions



Rapini



Pickled ...

Turnips



Cauliflower



Beets



Roasted Okra



Hopkins Public Schools, Hopkins, Minnesota



Farm 2 School Trading Cards



Dr. Evans - Becker



Principal of Meadowbrook Elementary

Where were you born?
Did you grow up in the city, on a farm, or in the country?
What is your favorite local food?
What is your favorite recipe from that local food?
When was your first memory with "local" food?

Meet Farmer Devin



Farm To School Fun with Riverbend Farms

1. Where were you born? Knoxville, Tennessee
2. Favorite fruit? 2 way tie - Peaches & Mango
3. Favorite vegetable? Another Tie - Asparagus, corn on the cob, beets
4. Why do you choose to work on a farm? It's amazing to see what mother nature and the earth is able to produce. It's great to know that I'm helping bring socially responsible produce into peoples lives

Mrs. Kofski



Tanglen Elementary Kindergarten Teacher

What is your favorite garden food to eat raw?
Cherry Tomatoes
Do you can or freeze garden fruits or vegetables?
Yes, I freeze tomatoes and have frozen green beans
What advice do you have for kids who want to learn about gardening? Find a mentor-someone who can teach you about gardening

Sue Kistner



Picking Tomatoes From Meadowbrook Garden

What is your favorite local food? Tomatoes or Raspberries
Where were you born? Minneapolis
Did you grow up in the city, on a farm, or in the country? Country
What is your favorite garden food to cook? Green Beans

Meet Farmer Greg



Farm To School Fun with Riverbend Farms

1. Where were you born? Anoka, Minnesota
2. Favorite fruit? Harrelson Apples
3. Favorite vegetable? Peppers (actually a fruit)
4. Longest day you've worked on the farm? 24 hours
5. Why do you choose to work on a farm? It was something I had wanted to do since I was in high school
6. Favorite thing to harvest? Tomatoes

School Gardens



Hopkins Public Schools, Hopkins,
Minnesota



Typical fresh fruit & vegetable bars”



Hopkins Public Schools, Hopkins,
Minnesota

But... Do they eat it?



Hopkins Public Schools, Hopkins,
Minnesota

Let's make it the right food...

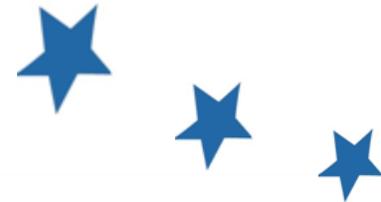


Food is
**one of the most
important
influences on
our everyday
brain skills**

From
concentration to
memory.

BECAUSE...
FOOD MATTERS!

HOPKINS
PUBLIC SCHOOLS



Barb Mechura

barb.mechura@hopkinsschools.org

952-988-4063

952-988-4063