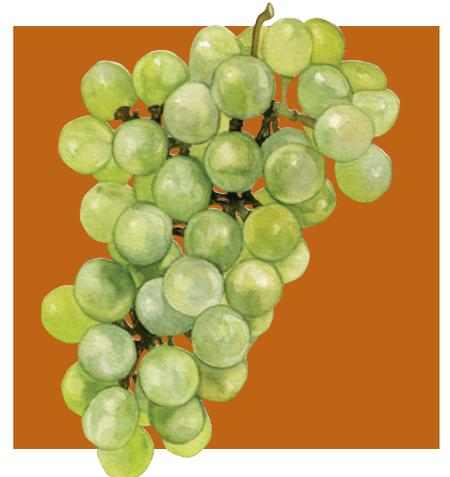


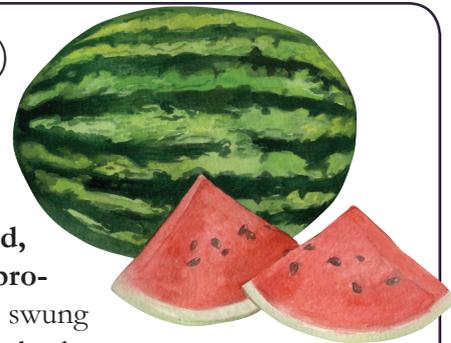
# HARVEST *of the* MONTH

## FRESH PRODUCE HANDLING & SERVING GUIDE

### FOR SCHOOL FOOD SERVICE



Community Alliance with Family Farmers (CAFF) has been advocating for family farmers and sustainable agriculture since 1978.



The Farm to School movement has been growing and gaining speed, forging strong connections between local farms and school meal programs. School food is also starting to come full circle. The pendulum has swung from scratch cooking to heat and serve entrees and is now making its way back to incorporating more fresh, whole, local products into school meals. This is a journey full of many challenges: lack of equipment and space, meager budgets, rising food and labor costs, staff training, and uncertain student participation among them. Despite these challenges many districts are venturing into Farm to School with support from community partners and local farms. Starting small and featuring a local produce item once a month, like purchasing strawberries from a local farmer in May, is a great way to begin.

CAFF created this local produce handling and serving guide to help school food service departments purchase, prepare, and serve more locally grown fruits and vegetables from California farms. The recipes included are a next step beyond serving hand-held fruit or cutting celery for the salad bar. Some foodservice operations will have the capability to do just a few of these recipes; some may try many of them. **Most importantly, we hope this guide will help you purchase and serve more California grown fruits and vegetables from local farms to make the farm to school connection for students.**

#### Acknowledgements:

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Editors: Kathryn Spencer, Megan Sabato and Diana Abellera of CAFF.

CAFF's Farm to School Program and the Buy Fresh Buy Local Campaigns connect communities with local food and farming. Since 2001, CAFF has been a leader in Farm to School in California. CAFF supports Food and Nutrition Service Directors in purchasing from local farms, assists with marketing in the cafeterias, and provides nutrition and agricultural education to students. CAFF operates programs throughout California, with regional offices in Davis, Humboldt, Santa Clara Valley, the Bay Area, North Coast and the Central Coast.

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*"Growing food, growing farms, growing communities"*



# INTRODUCTION



**This guide provides information on peak season, storage and handling, and what to expect from a local farm for 34 Harvest of the Month produce items, as well as recipe ideas to use in school meal programs.** The Network for a Healthy California selected these produce items to represent the diversity of seasonal produce grown in California and has created educational materials to support student nutrition education in schools.

This guide is organized by Harvest of the Month item, grouped through the four seasons. It starts with the beginning of the school year and the bounty of fall produce, moves into the cold season crops of winter that give rise to delicate varieties of spring produce, and ends in summer with the potential to use warm season produce in summer feeding programs.

Buying in season can help cut down food costs due to items being in abundance from local farms and will also help ensure that taste and quality of fruits and vegetables are at their peak. Food grown in the local region hasn't traveled as far or been stored as long as fruits and vegetables from out of state. **Locally grown fruits and vegetables are fresher and more flavorful—something students appreciate.**

To help serve these local fruits and vegetables to students in the cafeteria, CAFF has collaborated with food service directors and chefs to create recipes for school food service highlighting Harvest of the Month produce items. **Each recipe provides servings of fruits or vegetables that are aligned with the new National School Lunch Program meal pattern for grades K-5.** The meal components have been checked against the updated USDA Buying Guide. As with any new recipe, it is prudent to “test” it and run it through the steps needed for standardizing for use in your own kitchen.

## **Recipe contributors:**

### **Cathy Giannini of Soquel Union Elementary School District**

Cathy Giannini has worked for Soquel Union Elementary School District since 1988, where she is currently the Supervisor of Child Nutrition Services for the district. Cathy grew up on a farm in Georgia where she learned to grow, prepare and preserve the different fruits and vegetables her family ate. They even had a smoke house where they would cure hams and bacon for their meals. Cathy has always loved to cook, and over the years it has grown from one of her hobbies into a career.

### **Jenny Huston, MA, CEC, CDM, CFPP**

A native of San Francisco, Jenny Huston has 30 years of wide ranging experience in the restaurant and food services industry. She operated J. Huston Catering and consulted for 17 years, while earning academic degrees from San Jose State University in Dietetics and Food Sciences, and Management and her Masters from New York University in Food Economics, Policy, and Food Systems, to support her work on issues of food equity, nutrition, and social justice.

### **Chef Jamie Smith, SNS, C.D.C**

Jamie Smith joined the Santa Cruz City Schools as Senior Manager of Food Services and Nutrition in August 2009. Jamie's wealth of experience as a Chef of both Restaurant and Corporate/University Dining Facilities, coupled with his commitment to local foods and seasonal, healthy cooking, has invigorated the District's Food Service program with fresh new flavors and healthy, scratch cooked menu options. Jamie currently provides culinary, operational, and financial consulting, technical assistance and hands on cooking classes for schools and organizations to further their efforts in local and seasonal procurement and scratch cooking.

# FALL



Fall is a time of great bounty in California. It is also the time that school food service have the opportunity to tap into the end of the summer harvest. Melons, cucumbers, stone fruit, and summer squash are still widely available into September and October. Apples, tomatoes, and peppers are at the height of their season adding to the rich variety of the autumn season. One family farm that specializes in the fall bounty is Gizdich Ranch, known widely for the 16 varieties of apples that they sell into school meal programs across the central coast of California.

## GIZDICH RANCH WATSONVILLE, CALIFORNIA



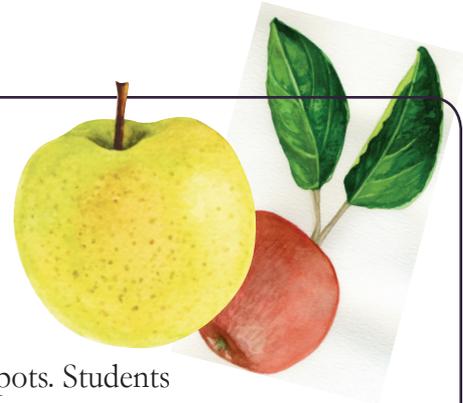
The big red barn at Gizdich Ranch in Watsonville, CA.

The farm produces 16 varieties of apples, strawberries, raspberries, ollalieberries, blackberries, winter squash, and fresh apple juice. Gizdich Ranch prides itself on the quality of their harvest, and loves to sell their apples to local school meal programs. You can visit their farm, pie shop, and you-pick stand in Watsonville, CA and find more information about the farm at [www.gizdich-ranch.com](http://www.gizdich-ranch.com).

Gizdich Ranch has a family farming history stretching back into the early 1930s. When Vince Gizdich's grandfather bought the original 10-acre farm in Watsonville, CA he focused on growing apples for processing, knowing that they grew well in the area. It wasn't until the 1960s that his parents really got involved on the farm and changed its direction and concept.

The Gizdich family chose to focus on retail and direct community relationships: they opened a retail shop on the farm where community members can buy fresh

# APPLES



**Peak season:** August to December

**Storage:** Apples can store for up to 6 months, refrigerated at 33°F.

**Ideal serving conditions:** Apples should be free from bruising or soft spots. Students love to have their apples cut and cored, but how do you keep them from browning? Try mixing 1 cup pineapple juice (from tidbits) with 1 cup lemon juice, plus 1 cup water. Toss cut apples in a bowl with some of the juice mixture and serve. The apples will stay bright white.

**What you get from a local farm:** Most apples served in school meal programs come from Washington State, but there are many different types of apples grown in California.. A great way to start a purchasing relationship with local apple farmers is to ask for smaller apples that might not have a market outside of schools. Venture away from the waxy Red Delicious apple and try ordering Fuji, Pippin, Jonagold, Mutsu, Pink Lady or other varieties that offer a range of sweetness, tartness and color. Ask for a sample box to try some unique varieties and let your students vote for their favorite.

## COLESLAW WITH APPLES AND RAISINS

BY JENNY HUSTON, MA, CEC, CDM, CFPP

Yield: ~100 servings	Veg: 1/8 cup RO, 1/2 cup Other	Fruit: 3/8 cup
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### Slaw

4 lb green cabbage, cored and shredded  
4 lb red cabbage, cored and shredded  
3.25 lb carrots, washed, trimmed and grated  
15 bunches green onions, trimmed and thinly sliced  
6.25 cups golden raisins or regular raisins  
7lb Fuji or Pink Lady apples, 125-138 ct.

### Dressing

3 1/3 cups apple cider vinegar  
2 1/2 cups honey, or 1 3/4 cup sugar  
3 Tbs. kosher salt, or to taste  
3 Tbs. black pepper, freshly ground, to taste

1. Place all the vegetables and raisins in a bowl and toss together.
2. Place all the dressing ingredients in a separate mixing bowl and mix until the sugar dissolves.
3. Dice the apples into 1/4 - inch cubes, immediately dress with some of the dressing, this will keep the apples from browning.
4. Mix the apple into the cabbage mixture, then toss well with the dressing and refrigerate for 10 minutes, then toss again and serve.

# COOKED GREENS



**Peak season:** November to March

**Storage:** Greens should be stored unwashed in refrigeration at the coldest temperatures possible (32°F -36°F preferred). At higher temperatures greens will keep for only 3 days.

**Ideal serving conditions:** The greens should have stiff stems, and dark green leaves that are not droopy. Tough stems and center ribs of greens can be cut or torn out and discarded. Then use the leaves whole, cut up, torn in bite-size pieces or shredded.

**What you get from a local farm:** There are many varieties of greens like Swiss chard, rainbow chard, dino kale, collard greens, beet greens, mustard greens and turnip greens. Although size may vary among varieties, greens are typically bunched together, and volume packed by the dozen in waxed cardboard boxes.

## CHARD WITH TOASTED GARLIC

BY JENNY HUSTON, MA, CEC, CDM, CFPP

Yield: ~100 servings	Veg: ¾ cup DG
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1¼ cups olive oil	3⅓ cup vegetable broth or water
10 cloves garlic, chopped (optional)	2½ tsp. kosher salt
32 lb baby chard untrimmed, or	1½ tsp. freshly ground black pepper
32 lb mature chard, stems trimmed to bottom of leaves and roughly chopped	

1. Heat the oil in a large pan or tilt skillet over medium high heat, sauté garlic if using until it begins to soften and become fragrant- do not burn! Add chard and cook for 3 minutes, stirring.
2. Add the vegetable broth or water and cook until the chard leaves are tender.
3. Add the salt and pepper to taste.
4. Serve immediately with entrée or as a side in a hot bar.

Note: If you don't have a tilt skillet, you will need to cook the chard in batches, so divide it evenly based on the size of your pan.

# DRY BEANS

**Peak season:** Planted in the spring, harvested in the fall, available year-round.

**Storage:** Dry storage

**What you get from a local farm:** California farmers generally grow “specialty beans,” including baby limas, garbanzos, pinks, black-eyed, large limas, and dark and light red kidney beans. Dry beans are typically sold in 25lb -100 lb sacks.

## PINTO BEANS

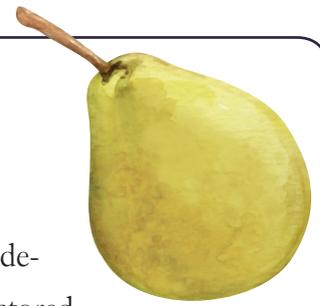
BY CHEF JAMIE SMITH, SNS, C.D.C.

Yield: 100 servings	M/MA: 2 oz., equiv.,
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25 lb dry pinto beans  
4 gallons water  
4 ea. onions, halved  
½ cup salt, kosher  
3 Tbs. paprika  
¼ cup chili powder  
¼ cup cumin, ground

1. Rinse beans well and drain and then soak at least 2 hours or overnight.
2. Drain the beans and put the beans in a big pot and cover them with the 4 gallons of water. Bring to a boil and skim off the foam that rises to the top and discard.
3. Cook the beans on a low simmer for about 1.5 hours, testing for doneness. The beans should be soft but not mushy. Remove the onions, add the salt and the spices and stir, and cook 10 more minutes until thick and saucy. Remove beans from heat and cool over an ice bath or in a blast chiller.
4. Pour or ladle the beans into 4 inch hotel pans and cool in a blast chiller until 41°F or below, per HACCP.
5. Store covered, labeled and dated for up to 3 days, or freeze for a future use. Note that if frozen, the beans will leach out some water as they defrost, which can be reincorporated by stirring or bringing to a boil.

# PEARS



**Peak season:** September to October

**Storage:** Most pears are shipped unripe, as they do not ripen on the tree. To reach desired ripeness, leave pears out at room temperature for 2-4 days. Ripe pears can be stored between 35°- 45°F, and will keep for 1 to 2 weeks. Only the Bartlett, Red Bartlett, and Starkrimson pears varieties will significantly change color as they ripen. The Bartlett's skin will turn from bright green to golden yellow, and the Red Bartlett and Starkrimson change from dark red to bright crimson red. Other pear varieties (Green and Red Anjou, Bosc, Comice, and asian pears) do not dramatically change color as they ripen.

**Ideal serving conditions:** Pears are quick to show scuffing, bruising and stem punctures. Avoid serving fruit that has severe bruising, shriveling, or mold around the stem. Some blemishes are expected.

**What you get from a local farm:** Asian pears are rounder than a European pear, and are crispier and juicy with a tang of tartness near the core. European pears are soft, juicy and have a more mellow taste. Many different varieties of both Asian and European pears are grown in California. Conducting pear tastings with students can be an effective way to have them learn about and try multiple kinds of pears. California pear sizes range from 70 count (large) to 150 count (very small).

## USDA Buying Guide: Fruits and Vegetables

Food As Purchased (AP)	Purchase Unit (PU)	Servings Per Purchase Unit	Serving Size Per Meal Contribution	Purchase Units for 100 Servings	Additional Information
<b>Pears, fresh</b> 150 count Whole	Pound	4.10	1 whole, raw pear 24.4 (about 1/2 cup fruit)	24.4	1 lb AP = 0.92 lb ready-to-cook or- serve raw, unpared pears
<b>Food As Purchased (AP)</b>	<b>Purchase Unit (PU)</b>	<b>Servings Per Purchase Unit</b>	<b>Serving Size Per Meal Contribution</b>	<b>Purchase Units for 100 Servings</b>	<b>Additional Information</b>
<b>Pears, fresh</b> 120 count Whole	Pound	3.30	1 whole, raw, medium pear (~ 3/4 cup Fruit)	30.4	1 lb AP = 0.78 lb ready-to-cook or -serve raw, pared
	Pound	7.10	1/4 cup raw, pared, cubed fruit	14.1	
<b>Food As Purchased (AP)</b>	<b>Purchase Unit (PU)</b>	<b>Servings Per Purchase Unit</b>	<b>Serving Size Per Meal Contribution</b>	<b>Purchase Units for 100 Servings</b>	<b>Additional Information</b>
<b>Pears, fresh</b> 100 count D'Anjou or Bosc or Bartlett, Whole	Pound	2.29	1 whole, raw pear 43.7 (about 1-1/4 cups fruit and juice)	43.7	1 lb AP = 0.94 lb (about 3 cups) ready-to-cook or -serve raw, cored, wedged pear

# PERSIMMONS

**Peak season:** October to December

**Varieties:** Fuyu persimmons are shaped like a flattened tennis ball and are ripe when firm. They are not astringent when they are firm. Hachiya persimmons are more pear shaped and pointed at the bottom. They should be eaten when very soft and have lost their bitterness.

**Storage:** Fuyu persimmons will keep at room temperature up to 2 weeks. Fuyus are chilling-sensitive between 41°F and 59°F, and will exhibit flesh browning and softening. Do not store in refrigeration.

**Ideal serving conditions:** When ripe, Fuyu persimmons are orange in color and firm to the touch. Fuyus are an alternative hand-held fruit and can be eaten like an apple. Hachiyas can only be eaten when very soft and squishy and are best used in baked goods.

**What you get from a local farm:** Fuyu persimmons are a perfect fall hand-held fruit and are increasing in cultivation in California. Persimmons are typically packaged by count in 1-Layer Tray Pack (8-10lb), 2-Layer Tray Pack or 25lb Volume Fill boxes.

## FALL PERSIMMON “PUDDING” MUFFINS

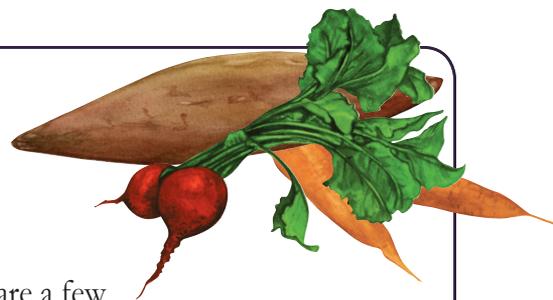
BY CHEF JAMIE SMITH, SNS, C.D.C.

Yield: 40 servings	B/G Whole Grain Rich: 2 oz. eq	Fruit: ¼ cup
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6 cups persimmon pulp (see note below) from Hachiya persimmons	1 tsp. salt
12 ea eggs (or sub 6 eggs and 8 whites, beaten)	1½ Tbs. cinnamon
3 cups sugar	1½ tsp. nutmeg
4 tsp. baking soda	1 cup applesauce
5 cups AP flour, USDA	1 cup walnuts, chopped (optional)
3.25 cups whole wheat flour, USDA	2 cups oats, rolled, USDA
	2 cups raisins, USDA (sub USDA dried fruit mix if desired)

1. Wait until Hachiya persimmons are very ripe (they should feel like a full water balloon). Hold persimmon over a bowl and squeeze out the pulp. Discard skins.
2. Whisk the eggs, and whites if using, and the sugar together in a large bowl. Then whisk the persimmon pulp with the baking soda in another bowl. Then whisk the flours, salt, cinnamon and nutmeg together in a third bowl. Mix the persimmon pulp and applesauce into the egg mix, then fold in the dry ingredients, and stir until no flour streaks remain. Fold in the nuts, oats and the raisins. Pour or scoop 4 oz batter into well oiled muffin pans and bake at 325°F until the muffins are set. Serve warm. Cool and keep extra muffins refrigerated, covered. Reheat to serve.

# ROOT VEGETABLES



**Peak season:** November to March

**Varieties:** Rutabagas, turnips, parsnips, jicama, carrots, beets and radishes are a few of the many root vegetables available during the fall and winter months.

**Storage:** Keep root vegetables in refrigeration for longer-term storage, or in a dark, dry, cool place if using within a few days.

**Ideal serving conditions:** Choose root vegetables that don't have any obvious decay or soft spots. The color and texture of the skins will vary in different types of root vegetables.

**What you get from a local farm:** Farms that grow root vegetables can offer a variety of alternatives to potatoes and other common starchy vegetables. Root vegetables may come in different packs: you may receive beets and turnips with their edible greens still attached, topped carrots and parsnips packed in 25lb, 30lb or 50 lb sacks or rutabagas in waxed cases or sacks.

## ROASTED ROOTS MEDLEY

BY CATHY GIANNINI OF SOQUEL UNION ELEMENTARY DISTRICT

Yield: 100 servings	Veg: ½ cup R/O
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30 beets, peeled and cut into wedges (use gloves)	2 cups olive oil
45 carrots, peeled and cut into 1 inch slices or batons	4 Tbs. salt
15 butternut squash, peeled, seeded and cut into chunks or large slices	pepper, fresh ground to taste
15 sweet potatoes, peeled and cut into chunks or slices	10 oranges
15 yellow onions, peeled and cut into 8 wedges	10 Tbs. chopped fresh herbs (rosemary, sage, thyme, parsley or a mix)

1. Heat oven to 400°F.
2. Toss all the vegetables except the beets in a large bowl with ¼ cup of the oil and season with salt and pepper. Lay them on a sheet pan lined with parchment paper. Save some room at one end for the beets. Toss the beets in the bowl and season lightly, and lay them in the space on the sheet tray, so they do not bleed all over the other veggies.
3. Bake for 30-35 minutes, rotate pan and turn them occasionally until cooked and slightly crisped.
4. Zest and juice the oranges and mix with the remaining oil and toss the veggies with the vinaigrette and sprinkle the chopped herbs on top and serve immediately.

# TOMATOES



**Peak season:** July to October

**Storage:** Store tomatoes unwashed and outside of refrigeration in a cool, dark place. Tomatoes are chilling-sensitive at temperatures below 55°F. If tomatoes are ripe, they will hold for 2-4 days. If they are still firm, they should last up to 7-10 days.

**How to Ripen:** If tomatoes are not quite ripe (do not give to pressure), store them at slightly warmer temperatures (58-60°F).

**Ideal serving conditions:** Tomatoes should be somewhat firm with good coloring.

**What you get from a local farm:** There are more than 4000 varieties of tomatoes that come in an array of shapes, sizes and colors. The most common shapes are round (Beefsteak and Globe), pear-shaped (Roma) and the small cherry-sized (Cherry and Grape). Local farms tend to specialize in colorful heirloom varieties that have great flavor and texture. Tomatoes are typically packaged by size, or sold in 10 and 20 lb flats, and 25 lb loose cartons. Cherry tomatoes are usually packed in 12 pint flats.

## SALSA FRESCA

BY JENNY HUSTON, MA, CEC, CDM, CFPP

Yield: ~100 servings	Veg: ¼ cup R/O
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13.5 lb ripe tomatoes, stemmed and diced  
2 lb red onion, medium, peeled, trimmed and finely chopped  
40 medium green onions with tops, trimmed and thinly sliced  
1½ Tbs. finely chopped garlic  
10 small hot serrano peppers or jalepeno peppers, trimmed, seeded and finely chopped, optional  
2½ cups finely chopped cilantro leaves  
1¼ to 2½ cups fresh lime juice

1. Place all the ingredients in a bowl and mix well, let stand for at least 20 minutes before serving.

# WINTER

Even as the days grow very short and cold, California farms are still growing a wide variety of produce. Some gems only make their main appearance in the winter months, like mandarins, other citrus, and kiwis. Mainstays like broccoli, carrots and lettuce are still widely available from local farms. As the colorful array of fall produce wanes, look for the hidden bounty of nutrition that winter fruits and vegetables provide. Root crops like beets, turnips and tubers like sweet potatoes add to the nutritional powerhouse of the winter fruits and vegetables rich in vitamins and minerals.

## OLD GROVE ORANGE INC. REDLANDS, CALIFORNIA



**Farmer Bob Knight**

**Wintertime means moving the bounty of fiery orange and gold citrus from the Inland Empire into local schools for 4th generation Redlands farmer Bob Knight.** Knight is the founder and director of Old Grove Orange Inc., an entity which works with a collaborative of over thirty San Diego and Riverside county farmers who supply produce to dozens of local school districts.

Knight was born in the heart of old grove citrus country in the Inland Empire of southern California. But as a restless teenager, his family's orange groves were the last place he wanted to be. After graduation he headed to New York City, and then spent the bulk of 20-odd years overseas working as a telecom executive with AT&T and Lucent. In 2002 Knight ended up back in the Inland Empire managing his family's citrus business and raising his own family amidst the orange groves.

Dismayed by how quickly old citrus groves were disappearing in southern California, Knight founded the Inland Orange Conservancy. This group is dedicated to saving old groves through developing stable markets for their citrus and supplying local communities with their harvest. Through this effort, the Old Grove Orange Inc. was born as an entity to help small local farmers connect with the school markets, keep the farms in operation, and provide quality local fruit for school meals. While citrus has been the mainstay of produce that flows into southern California schools from Old Grove Orange Inc; kiwi, apples and other fruits also brighten up the fall and winter menus of school cafeterias.

Knight and the family farmers of the Inland Orange Conservancy are proud to sell to school districts and are looking to expand their offerings so students can have greater access to locally grown foods in their cafeterias, all the while keeping the Inland Empire old groves in production.

# BEETS



**Peak season:** Virtually year-around, production peaks in the cold season

**Storage:** Bunched beets with greens still attached should be served within 3 days if using beet greens.

Beets with tops removed can be stored up to 10 days. Both types should be held at 41-45°F.

**Ideal serving conditions:** Beets should be firm and well-shaped. Tops should be fresh and not wilted.

**What you get from a local farm:** There are hundreds of colors and varieties of beets. Think of mixing colors (red and gold) or asking for specialty beets such as Chioggias that is striped like a candy cane. Beets are typically packaged in bunches of 3-5 beets per bunch, tops still on. There will be 12 or 24 bunches per box. Beets can also come packaged loose, without tops. Those will be packaged in 25lb plastic bags.

## ROASTED RED & GOLD BEETS

BY JENNY HUSTON, MA, CEC, CDM, CFPP

Yield: ~100 servings | Veg:  $\frac{3}{4}$  cup Other

13 lb medium golden beets, without tops\*

14 lb medium red beets, without tops

2½ tsp. kosher salt

2½ tsp. freshly ground black pepper

1 cup to 2¼ cups white wine vinegar

### White Wine Vinaigrette

10 shallots, finely chopped, about 1 cup

½ cup Dijon mustard

2½ cups white wine vinegar

3⅓ cups olive oil

2½ tsp. kosher salt, to taste

2½ tsp. black pepper, freshly ground, to taste

1. Preheat the oven to 350°F. Trim the beets top and root, place the red beets and gold beets cut side down in separate 4" deep hotel pans with ½" of water. Cover with a lid and then again tightly with aluminum foil to ensure that the beets steam, for about 45 min to 1¼ hours, depending on the size of the beets, until tender.
2. When the beets are tender, remove them from the oven and let them cool until they can be handled.
3. Place all the salad dressing ingredients, except the oil, in a medium size-mixing bowl, and mix well with a wire whisk. Slowly drizzle the oil into the dressing mixture, while constantly whisking. Adjust the vinegar, salt and pepper as needed.
4. When the beets are cooled, but still warm, gently slip beets between your hands and the skins will slip off\*\*. Cut the beets into quarters, and place the red beets in one bowl and the yellow beets in another bowl, and drizzle White Wine Vinaigrette Dressing. Toss both bowls together and serve. Note on dressing: Start with a little, you can always add more, but you can't take it back!

*\* Beet greens can be cooked in the same way that chard or collard greens are cooked. For this recipe, simply lightly chop the greens, cook in a small amount of olive oil and toss with the beets. \*\*Beet skins are edible, therefore the beets do not need to be completely peeled.*

# BROCCOLI



**Peak season:** Grown year round with dip in availability in December

**Storage:** Storing broccoli between 33-36°F is ideal, and if these lower temperatures can be maintained, broccoli should keep for 7-10 days. If stored at higher temperatures broccoli will not keep as long.

**Ideal serving conditions:** Good quality broccoli should have dark or bright green closed florets, and the head should be compact (firm to hand pressure), with a cleanly cut stalk. The stalk of the broccoli is also edible if peeled.

**What you get from a local farm:** Local farms can offer interesting heirloom varieties of broccoli that vary in flavor and color. Whole broccoli from a local farm will typically be packed as two or three heads bunched together with a rubber band, with 14-18 bunches per 20 to 24 lb “half carton” container.

## USDA Buying Guide: Fruits and Vegetables

Food As Purchased (AP)	Purchase Unit (PU)	Servings Per Purchase Unit	Serving Size Per Meal Contribution	Purchase Units for 100 Servings	Additional Information
<b>Broccoli, fresh Untrimmed</b>	Pound	9.80	1/4 cup raw vegetable spears	10.3	1 lb AP = 0.81 lb ready-to-cook broccoli 1 medium spear = about 1/4 cup
	Pound	9.40	1/4 cup cooked, drained vegetable spears	10.7	
	Pound	10.2	1/4 cup cut, cooked, drained vegetable	9.9	

# CABBAGE

**Peak season:** Mostly year round, with dip in availability December to February

**Storage:** Refrigerated at 33°- 41°F cabbage can keep for 2-3 weeks. Keep at proper temperatures as cabbage and leafy greens are particularly susceptible to wilting from high temperatures.

**Ideal serving conditions:** Cabbage heads should be compact and firm. Yellowed or damaged outer leaves should be removed.

**What you get from a local farm:** There are many types of cabbages grown in California: Green, Red, Napa and Savoy (crinkled leaf), even Bok Choy and Brussels Sprouts are considered cabbages. A mature head of cabbage generally weighs from 3-5 lbs, depending upon variety. Cabbages are generally packed in 50 lb fiberboard cartons.

# CHICKEN CHOW MEIN

BY CHEF JAMIE SMITH SNS, C.D.C.

Yield: 100 portions	M/MA: 2 oz. eq	Veg: ¼ cup R/O, ¼ cup DG, ⅓ cup Other	B/G: 1 oz. eq
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## Ingredients:

- 12.5 lb chicken, USDA, cooked, diced
- 4.75 gallon Chow Mein Vegetables (see sub recipe below)
- 3.125 gallon spaghetti noodles, whole grain, USDA, cooked and cooled
- 2.25 gallon Chow Mein Sauce (see sub recipe below)

## Method for Retherm:

1. Mix vegetables and noodles together and put into food pails, then put chicken on top and ladle sauce over, heat to 165°F and hold for service. Serve hot.

## Method for Batch Cook:

1. Mix veg and chicken together and sauté in a pan or a wok, then ladle sauce over, add spaghetti and heat to 165°F and portion equally for service. Serve hot. Alternately, cook spaghetti and drain and place directly into food pails or trays and ladle chicken, veggies and sauce on top, and serve.

## Chow Mein Vegetables Method:

- 7.5 lb cabbage, sliced
- 10 lb peeled and sliced carrots or, carrot coins, USDA IQF
- 10 lb broccoli, stems peeled, florets and stems chopped
- 5.25 lb bell peppers, red, diced large

1. Mix all together cold and store covered labeled and dated. Use within 3 days. Yields approx. 10 gallons, or 100 7/8 cup cup servings.

## Chow Mein Sauce Method:

- 1 gallon soy sauce
- 2 gallons water
- 1 cup sesame oil
- 1 quart pineapple juice, strained from pineapple tidbits
- 1 lb brown sugar
- 3 Tbs. black pepper
- 2 cups corn starch slurry ( 1 cup corn starch + 1 cup water )

1. Whisk or mix all ingredients together and keep covered, labeled and dated for up to 1 month.

# GRAPEFRUIT

**Peak season:** January to April

**Storage:** Grapefruit can keep at room temperature for up to 5 days and for 2 weeks in refrigeration. Handle with care as grapefruits can bruise easily.

**Ideal serving conditions:** Grapefruits should be heavy for their size, and free of soft spots. Skin blemishes are typical and not a quality concern.

**Typical Packaging from Farm:** California grown grapefruits typically fall into 3 categories of pulp color: white/yellow, pink, and red, with more than 20 varieties of grapefruit grown commercially. Grapefruits are typically packed by count; the larger the count, the smaller the size of the fruit.

## MIXED GREENS WITH GRAPEFRUIT

BY JENNY HUSTON, MA, CEC, CDM, CFPP

Yield: ~100 servings	Veg: $\frac{3}{4}$ cup DG
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### Salad

75 cups, or 3.5 lb baby mixed greens or mesclun mix  
30 medium pink grapefruit

### White Wine Vinaigrette

10 shallots, finely chopped  
1  $\frac{1}{4}$  cup Dijon mustard  
3 cups white wine vinegar  
3 cups olive oil  
1  $\frac{1}{4}$  tsp. kosher salt, to taste  
1  $\frac{1}{4}$  tsp. black pepper, freshly ground

1. Peeling the Grapefruit: Wash the grapefruit in cold water. Trim the stem end and top end, exposing the grapefruit flesh.
2. Place one of the cut ends down on the cutting board, using a paring knife cut from where the white pith begins, cutting down the fruit removing the pith and skin. Work your way around the fruit removing all the pith and skin.
3. Turn the grapefruit, so it rests on the other cut end and remove any remaining pith.
4. Cut the fruit from top to bottom into  $\frac{1}{3}$  – inch thick rounds, then cut the rounds into sixths.
5. Vinaigrette: Place all the vinaigrette ingredients, except the oil, in a medium size mixing bowl, mix well with a wire whisk. Slowly drizzle the oil into the dressing mixture, while constantly whisking. Adjust the vinegar, salt and pepper as needed.
6. Place the mixed greens in a large mixing bowl, scatter the grape fruit over the greens and drizzle with the vinaigrette. Gently toss the salad and serve immediately.

# KIWIFRUIT

**Peak season:** December to February

**Storage:** Ripe kiwifruit will keep 5-7 days at 32-36°F. Firm kiwifruit will keep in the refrigerator for up to one month or longer held at low temperatures.

**Ideal serving conditions:** Fruit should feel tender to the touch. It should give just slightly when squeezed. If fruit arrives too firm to serve, leave out at room temperature to ripen. Once fruit is at desired ripeness, refrigerate if not serving immediately.

**What you get from a local farm:** Kiwis are a great winter fruit, and a growing number of farms are cultivating them to fill out their growing season. Kiwis can be packed by volume in 20 lb-22 lb cartons. They also are tray packed in layers by size. Common containers for kiwifruit include single layer trays, three layer cartons, 20 lb cartons lined with film bags, and 22 lb volume fill cartons.

## USDA Buying Guide: Fruits and Vegetables

Food As Purchased (AP)	Purchase Unit (PU)	Servings Per Purchase Unit	Serving Size Per Meal Contribution	Purchase Units for 100 Servings	Additional Information
<b>Kiwi, fresh</b> 33-39 count Whole	Pound	10.8	1/4 cup unpeeled fruit halves (about 2 halves or 3/4 of a whole kiwi)	9.3	1 lb AP = 0.99 lb ready-to-serve unpeeled kiwi halves
	Pound	10.6	1/4 cup unpeeled fruit chunks	9.5	1 lb AP = 0.99 lb (about 2-2/3 cups) ready-to-serve unpeeled kiwi chunks
	Pound	8.99	1/4 cup peeled fruit slices (about six 1/4-inch slices)	11.2	1 lb AP = 0.85 lb (about 2-1/4 cups) ready-to-serve peeled 1/4-inch kiwi slices
	Pound	11.6	1/4 cup unpeeled fruit slices (about six 1/4 inch slices)	8.7	1 lb AP = 0.99 lb (about 2-7/8 cups) ready-to-serve unpeeled 1/4-inch kiwi slices
	Pound	8.38	1/4 cup peeled fruit chunks	12.0	1 lb AP = 0.87 lb (about 2 cups) ready-to-serve peeled kiwi chunks

# ORANGES



**Peak season:** December to March

**Storage:** Unwashed oranges held at 45-48°F will hold up to two weeks.

If left at room temperature use within 5-7 days and periodically check for spoilage. Citrus is more durable than many other fruits, but does bruise easily.

Rough handling should be avoided and damaged fruit should be discarded.

**Ideal serving conditions:** Ripe oranges should smell good and be free of soft spots, shriveling, or white patches on the rind. Avoid serving pieces of fruit that are beginning to wither at the stem.

**What you get from a local farm:** California is the second largest producer of citrus fruit in the country. Citrus does not ripen off the tree, so oranges from local farms have most likely been “tree ripened” meaning they were left on the tree till their peak flavor was reached since they don’t have to travel as far to the consumer. Navel oranges, cara cara oranges, and even blood oranges with their deep red pulp are widely available through the winter months. By using a sectioner oranges can quickly and efficiently cut into wedges making them easier for students to eat.

## USDA Buying Guide: Fruits and Vegetables

Food As Purchased (AP)	Purchase Unit (PU)	Servings Per Purchase Unit	Serving Size Per Meal Contribution	Purchase Units for 100 Servings
<b>Oranges, fresh</b> 138 count Whole	Pound	3.40	1 orange (about 1/2 cup fruit and juice)	29.5
<b>Oranges, fresh</b> 125 count Whole	Pound	2.90	1 orange (about 5/8 cup fruit and juice)	34.5
<b>Oranges, fresh</b> 113 count Whole	Pound	2.80	1 orange (about 5/8 cup fruit and juice)	35.8

# MANDARINS

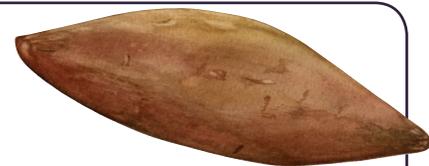
**Peak season:** December to January

**Storage:** Mandarins will store for up to 2 weeks at 41-46°F. The skin on mandarin oranges is easily damaged. Be careful not to stack too many boxes at a time or be too rough when moving boxes.

**Ideal serving conditions:** Mandarins should be free of soft spots and cuts.

**What you get from a local farm:** Mandarins that come from smaller farms will be hand harvested and packed, maybe even arriving with a stem still attached. Mandarins and other citrus do not ripen after harvest. Local farms tend to harvest mandarins at peak ripeness since they don’t have to travel long distances from farm to table, ensuring fruit that is fresh and full of flavor.

# SWEET POTATOES



**Peak season:** September to November

**Storage:** Do not store sweet potatoes in the refrigerator — the core will turn hard and lose sweetness. Store them in a dry, cool place, between 55 - 60°F. Do not wash sweet potatoes until you are ready to cook them, as the moisture makes them spoil faster. Most cured cultivars will keep for 1 week under these conditions.

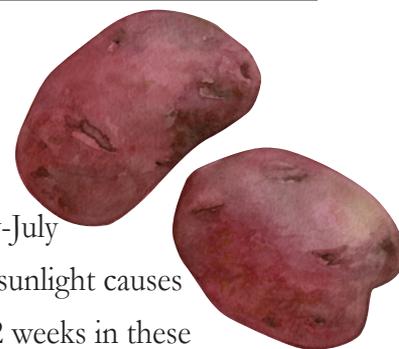
**Ideal serving conditions:** Sweet potatoes should be free from bruising and dark spots of rot.

**What you get from a local farm:** Sweet potatoes are often mistakenly called yams. Sweet potatoes have a smooth skin that ranges in color from pale yellow to bright orange, and the flesh is moist with a golden to dark orange color. Sweet potatoes are much more nutritious than yams, with very high levels of beta carotene that the body converts to vitamin A. Sweet potatoes are typically cured and then packaged in 50 lb cartons, crates and bushel baskets, or 40 lb cartons.

## USDA Buying Guide: Fruits and Vegetables

Food As Purchased (AP)	Purchase Unit (PU)	Servings Per Purchase Unit	Serving Size Per Meal Contribution	Purchase Units for 100 Servings	Additional Information
<b>Sweet Potatoes, fresh, Whole</b>	Pound	6.60	1/4 cup baked vegetable	15.2	1 lb AP = 0.61 lb baked sweet potato without skin

# POTATOES



**Peak season:** September to November, with early thin skinned potatoes May-July

**Storage:** Store potatoes in a cool, dark, well-ventilated area. Storing in direct sunlight causes potatoes to turn green and also causes a bitter taste. Potatoes will hold for 1-2 weeks in these conditions unrefrigerated, or several weeks at 45 - 50°F.

**Ideal serving conditions:** Potatoes should be free from bruising, rot or decay. There should be no sprout growth.

**What you get from a local farm:** California farms start offering “new potatoes” that are small and thin-skinned starting in May. Fall potatoes have been “cured” underground allowing their skins to toughen and hold up better in transport. Local farms are growing many interesting and colorful varieties of potatoes, ranging from golden orange to deep purple. Potatoes are typically packaged for institutional markets into 50 lb cardboard boxes with ventilation holes, or into 100 lb plastic bags with ventilation holes.

# ROASTED SWEET POTATO FRIES

BY JENNY HUSTON, MA, CEC, CDM, CFPP

Yield: ~100 servings | Veg: ½ cup R/O

22 lb sweet potato fries, wedge/steak cut\*  
1 cup olive oil  
1 Tbs. + 2 tsp. kosher salt  
1 Tbs. + 2 tsp. freshly ground black pepper  
1 Tbs. + 2 tsp. paprika

1. Heat oven to 425°F.
2. Place the sweet potatoes in a large bowl and drizzle the olive oil over the potatoes and toss to completely coat the potatoes.
3. Pour the potatoes onto a sheet pan and spread into a single layer. Roast for 15 minutes, gently turn the potatoes and roast another 15 minutes, or until tender and a bit caramelized.
4. Sprinkle the fries with salt, pepper and paprika, serve immediately.

\*Steak Fries, also called Wedge Fries.

1. Cut the sweet potato, lengthwise.
2. Then cut the potatoes into ½” x 2½” to 3” x 1” wedges.

Sectioners can also be used to wedge cut sweet potatoes, potatoes and other vegetables easily.

# ROASTED POTATO FRIES

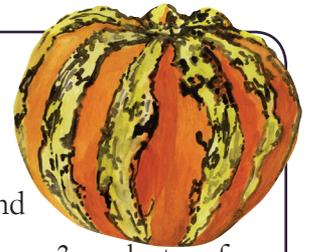
BY JENNY HUSTON, MA, CEC, CDM, CFPP

Yield: ~100 servings | Veg: ½ cup Starchy

21 lb potato fries, wedge/steak cut\*  
1 cup olive oil  
1 Tbs. + 2 tsp. kosher salt  
1 Tbs. + 2 tsp. freshly ground black pepper  
1 Tbs. + 2 tsp. paprika

1. Heat oven to 425°F.
2. Place the potatoes in a large bowl and drizzle the olive oil over the potatoes and toss to completely coat the potatoes.
3. Pour the potatoes onto a sheet pan and spread into a single layer. Roast for 15 minutes, gently turn the potatoes and roast another 15 minutes, or until tender and a bit caramelized.
4. Sprinkle the fries with salt, pepper and paprika, serve immediately.

# WINTER SQUASH



**Peak season:** Harvested September to November, stored and available nearly year round

**Storage:** Winter squash varieties stored in a cool, dry place (50-55°F is ideal) can last from 3 weeks to a few months. Do not refrigerate or wash before storage without thoroughly drying the squash.

**Ideal serving conditions:** Winter squash matures on the vine and develops an inedible, thick, hard rind and tough seeds. Choose firm squash that are heavy for their size and have a hard, tough skin that is free from injury, rot, or mold around the stem.

**What you get from a local farm:** Winter squash comes in a variety of shapes and colors, ranging from round, elongated, scalloped and pear-shaped with flesh that varies from golden-yellow to brilliant orange. Typical varieties include Butternut, Kabocha, Buttercup, Spaghetti, Delicata and Pumpkin. Winter Squash is typically packaged in 42 lb cartons. The number of squash per container depends on the variety. Acorn can be packed as many as 30 per carton, whereas Butternut will be 10-12. Larger squash, like pumpkins, will be sold 5-7 per carton.

## ROAST BUTTERNUT SQUASH WITH SAGE

BY JENNY HUSTON, MA, CEC, CDM, CFPP

Yield: ~100 servings | Veg: ½ cup R/O

17 lb butternut squash  
1 cup olive oil  
1 bunch italian sage, stems removed, chopped (optional)

2 ½ tsp. kosher salt  
2 ½ tsp. freshly ground black pepper

1. Heat the oven to 425°F.
2. Trim and peel the butternut squash, removing the skin and lighter portion of the squash, as this is part of the skin.
3. Cut the squash in half and scoop out the seeds, then slice the squash about ½ -inch thick and dice into ¾" to 1" cubes.
4. If you are using the sage, heat the olive oil in a small sauté pan and fry the sage leaves until they are crisp. Drain the oil off the sage, reserving the oil and sage leaves.
5. Place the butternut squash cubes in a bowl, sprinkle with salt and pepper and drizzle with the oil. Toss well to coat the squash with oil.
6. Place on a sheet pan in a single layer and roast for about 30 minutes, turning the squash twice during cooking to ensure even browning, cook until tender.
7. Remove the squash from the oven and scrape into a serving dish, sprinkle with the sage if using.

# SPRING

With the weather warming, new tender shoots can work their way out of the soil, allowing spring crops to emerge. Asparagus is a herald of spring, followed by the new season of carrots and tender greens, then the first of the snap peas in May. By the time the school year is winding down, berries start to make a colorful appearance.

## REFCOE FARMS HOLLISTER, CALIFORNIA

### **The Family behind REFCOE Farms:**

The Francionis specialize in one of the rising stars of spring, asparagus!

**Farm Location:** Hollister and the Salinas Valley

**Farm Size:** 700 acres, or about 700 football fields

**Harvest Timing for Asparagus:** March-June, picked almost every day.

**Farm to Table:** After harvesting the asparagus, the stalks are sent to a special warehouse where they are washed twice and packed into 1 lb bunches. REFCOE asparagus

is sold at local farmers' markets, to grocery stores all over the country, and as far away as Japan!

**What they love about farming:** The Francioni Family loves knowing that the fresh produce they grow is enjoyed by people all around the country and even the world. But the most rewarding experience for them is to meet people at the local farmers' markets who know them and their asparagus. Customers excitedly await the arrival of REFCOE Farms and their asparagus each spring.



Lili, Nicola, Elli, and Bethia Chasen helping with the asparagus harvest.

# ASPARAGUS



**Peak season:** March to May

**Storage:** Refrigerate asparagus at 36-40°F and serve within 3-5 days. Asparagus keeps best with high humidity, so retaining the wet packing pads or misting with water is advisable.

**Ideal serving conditions:** Look for bright green spears with closed, compact tips. If the tips are slightly wilted, freshen them up by soaking them in cold water before preparation.

**What you get from a local farm:** Asparagus is typically bundled into 1lb-2.5lb bunches. Depending on the stage of the season and the variety, the amount of spears per bunch can vary (12-15 spears per bunch is typical). Bunches are typically packed into 30lb crates, and a moist pad is placed at the bottom to prevent drying. Ask the farm or your distributor what sizes of asparagus are available and approximately how many spears per bunch.

## USDA Buying Guide: Fruits and Vegetables

Food As Purchased (AP)	Purchase Unit (PU)	Servings Per Purchase Unit	Serving Size Per Meal Contribution	Purchase Units for 100 Servings	Additional Information
Asparagus, fresh Whole	Pound	4.8	1/4 cup cooked vegetable	20.9	1 lb AP = 0.53 lb ready-to-cook trimmed, raw asparagus

## ROASTED ASPARAGUS

BY CHEF JAMIE SMITH SNS, C.D.C.

Yield: 100 servings | Veg: 1/2 cup Other

42 lb asparagus, whole, fresh

1/2 cup olive oil

1/4 cup salt, kosher

100 lemon wedges

### Method:

1. Trim the asparagus of its woody stems, right above where the white turns green, and place in large bowl or a large cambro container.
2. Brush 3 large sheet trays with some of the olive oil. Drizzle the oil over the asparagus and toss to coat evenly. Lay the trimmed asparagus spears out in a single layer, and sprinkle evenly with the salt.
3. Roast in a convection oven at 425°F for 6-7 minutes. Serve immediately in 1/2 cup portions with them lemon wedges on the side. Hint- 1/2 cup is about 2 large spears or 5 thin spears.

Note: Roasted asparagus is also good cold served with light mayo, ranch or your favorite vinaigrette.

# AVOCADOS



**Peak season:** April to September

**Storage:** A ripe avocado will rapidly develop rot, and should be consumed within 2-3 days if storing at room temperature. Ripe fruit can be stored in the refrigerator uncut for two to three days. Store at 41-55°F for unripe avocados and 36-40°F for ripe avocados.

**How to Ripen:** Avocados only start to ripen once they have been harvested from the tree. If the fruit is still hard, then leaving avocados at room temperature (65-75°F) for 2-5 days will help them ripen. Ripe avocados will yield to a gentle pressure when squeezed in your hand.

**Ideal serving conditions:** Avoid fruit with dark blemishes on the skin or over soft fruit. Note that cut avocados will quickly brown due to exposure to oxygen. Sprinkle all cut surfaces with lemon or lime juice or white vinegar to prevent discoloration during preparation.

**What you get from a local farm:** After harvest, avocados are placed into single layered cartons called flats or double layered cartons called lugs. Lugs have a consistent weight of 25 pounds. Avocado sizing and grading are similar to apples; the larger the count, the smaller the fruit and more per lug or carton.

## AVOCADO TURKEY SANDWICH BY JENNY HUSTON, MA, CEC, CDM, CFPP

Yield: 100 sandwiches	B/G: 2 oz. eq	M/MA: 2 oz. eq	Veg: 1/8 cup R/O, 1/8 cup DG, 1/2 cup Other
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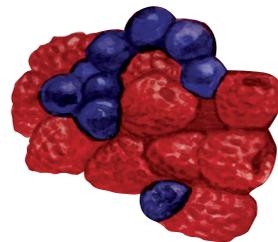
200 slices Whole Wheat bread  
 200 oz. M/MA eq. sliced deli turkey\*  
 18 Avocados, cut in half, pitted, peeled and thinly sliced into 16ths  
 6 lb Tomatoes, cored and sliced into 1/4 - inch slices

8 lb English Cucumber, or other thin skinned cucumber, sliced into 1/4 - inch thick rounds  
 2.375 lb dark green leaf lettuce

1. Lay half of the bread out on a large clean work surface, and place the appropriate measure of deli turkey (per CN label/ buying guide) on each slice to equal 2 oz. M/MA eq.
2. Lay 3 or 4 avocado slices on top of the turkey, then layer on 2 slices of tomato, 3 or 4 slices of cucumber, and then the leaf lettuce
3. Cover the sandwich with the other slice of bread and serve immediately with mustard and mayonnaise on offer.

\* Consult USDA Buying Guide for oz. equivalent for USDA Foods, and CN Labels for oz. equivalent for brand name deli turkey. .

# BERRIES



**Peak season:** May to June

**Storage:** Use fresh berries as soon as possible. Store unwashed berries in a dry container in the refrigerator. Blueberries can be stored for up to a week, boysenberries for 2 days, raspberries for 2-5 days.

**Ideal serving conditions:** Choose plump and uniform berries, which are firm, and solid in color. Remove berries from packaging, taking out any spoiled berries. Rinse well before serving.

**What you get from a local farm:** Berries ripen on the vine, so berries from local farms tend to be sweeter and riper than those that have to travel far. Berries tend to be packed in quart or pint size plastic or cardboard containers.

# STRAWBERRIES

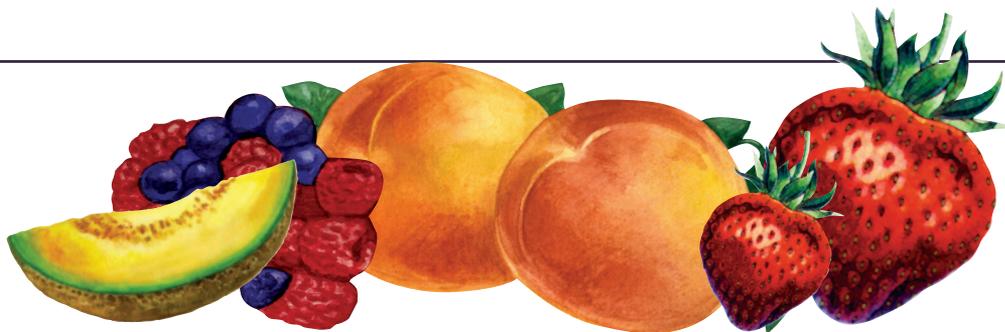


**Peak season:** April to June

**Storage:** Strawberries are highly perishable and should be stored away from moisture, which can cause them to deteriorate faster. They should be stored unwashed at 34°F and will not hold longer than 3-4 days.

**Ideal serving conditions:** Ripe strawberries should be firm, with a bright red color reaching all the way to the top of the green cap. Very careful handling is essential to maintaining quality, as even a small amount of rot can quickly spread throughout an entire package. Berries that have been cooled and then allowed to re-warm (causing moisture to condense on them) are extremely susceptible to decay and must be processed or consumed rapidly.

**What you get from a local farm:** Strawberries do not ripen after being picked, so purchasing from local farms will usually mean a more ripe and flavorful berry that hasn't had to travel as far. Strawberries are packaged into flats of 12 pints each. The most common carton for strawberries is an open-top, single-layer tray containing 8 1-quart or 12 1-pint containers. When berries are less expensive because they are in season, some schools buy in bulk and freeze them for later use.



## SUNRISE SMOOTHIES

BY CHEF JAMIE SMITH SNS, C.D.C.

Yield: 100, 16oz. cup servings	Fruit: 2½ cup servings	Milk: 1 serving
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Kids of all ages love smoothies. Here is a great way to use surplus local fruit like strawberries in season and USDA frozen and canned fruit in combination to make a great reimbursable breakfast (or lunch) smoothie. Note: you may not substitute yogurt for the milk by rule. Hint- we peel and trim bananas, apples and other fresh fruit that has begun to get too ripe, and freeze it for smoothies.

### Base Smoothie Recipe:

32 quarts pureed fruit\* (or about 40 quarts peeled, whole fruit)\*\*

100 cartons (cups) milk, non fat or 1%

32 cups ice

*\*USDA memo indicates fruit should be measured in pureed form for smoothies.*

*\*\*Fruit options include: bananas, canned peaches, strawberries, blueberries, frozen apples, but is not limited!*

### Method:

1. Combine fruit, milk, and ice in large tub. Puree until smooth.
2. May serve immediately or place in freezer and puree with immersion blender just before ready to serve.

### Easy Sunrise Fruit Mix Suggestion:

48 bananas, peeled and frozen

80 cups strawberries, washed, trimmed and frozen

4- 10 lb cans USDA peaches + liquid from 2 of the cans

32 cups blueberries, frozen

# CARROTS



**Peak season:** Grown year round, peak April to July

**Storage:** 32°F with high humidity are the ideal holding condition for carrots, and if kept in these conditions they can hold up to 3 weeks. If held between 32-41°F, unwashed carrots will hold for 7-10 days.

**Ideal serving conditions:** Carrots should be firm and break with a snap showing crispness.

**What you get from a local farm:** Local farms can offer carrots in a variety of colors: red, yellow, purple, white and of course orange. Carrots with tops on are sold in bunches; 4-6 carrots per bunch, packed in a 26 pound carton. The standard unit of pack is 24 bunches per box. Carrots without tops are packaged in 25 lb or 50 lb plastic bags.

## USDA Buying Guide: Fruits and Vegetables

Food As Purchased (AP)	Purchase Unit (PU)	Servings Per Purchase Unit	Serving Size Per Meal Contribution	Purchase Units for 100 Servings	Additional Information
<b>Carrots, fresh</b> <i>Without tops</i>	Pound	10.30	1/4 cup raw vegetable strips (about 3 strips, 4-inch by 1/2 inch)	9.8	1 lb AP = 0.70 lb ready- to-cook, or serve raw carrot sticks
	Pound	10.60	1/4 cup raw, chopped vegetable	9.5	1 lb AP = 0.70 lb ready- to-cook, or serve raw carrot sticks
	Pound	15.40	1/4 cup raw, shredded vegetable	6.5	1 lb AP = 0.83 lb (about 3-3/4 cups) trimmed, peeled, shredded carrot
	Pound	10.90	1/4 cup raw, sliced vegetable (5/16-inch slices)	9.2	1 lb AP = 0.83 lb (about 2-2/3 cups) trimmed, peeled, sliced carrots

# SALAD GREENS



**Peak season:** February to May, though available year round

**Storage:** Cut salad greens should be stored unwashed at 41°F unless very thoroughly dried.

at 41°F. Salad greens are extremely perishable and need to be handled delicately and eaten quickly.

**Ideal serving conditions:** Salad greens should be free of decay and wilting.

**What you get from a local farm:** Salad greens and mesclun mixes can include a number of varieties of lettuce and greens: baby romaine and other lettuces, mustard greens, chard, arugula, frisée, mizuna, and mâche (Lamb's Lettuce) are some examples of salad greens. These nutritious salad greens are more flavorful than iceberg and most count for the new dark green vegetable subgroup requirement.

# KUNG PAO CHICKEN WITH PEAS & CARROTS

BY CHEF JAMIE SMITH SNS, C.D.C.

Yield: 100 portions	M/MA: 2 oz. eq	B/G: ¾ cup
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Veg: ¼ cup R/O, ¼ cup DG, ⅛ cup Starchy, ¼ cup Other
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## Ingredients

6.25 lb cooked diced chicken, USDA (or sub tofu per buying guide for vegetarian)	12.3 lb peeled carrots, sliced
5 gallons brown rice, cooked	12.5 lb water chestnuts, drained and rinsed
10.5 lb snap peas or snow peas, trimmed	1.5 gallon Kung Pao sauce (see sub recipe on pg. 29)
10.5 lb broccoli, stems peeled, florets and stems chopped	3 lb peanuts, USDA (optional)

### Method #1 for Retherm Ovens:

1. Cook, fluff and cool the rice in a rice steamer.
2. Place a ¾ cup scoop of rice in the food pail. Lay the veggies on top of the rice. Scoop the chicken on top of the veggies and pour/ladle the sauce on top and sprinkle with an equal portion of the peanuts.
3. Seal the box and place in the retherm at 300°F for 30 minutes or until internal temperature of 165°F is reached.
4. Keep hot in holding drawers/cabinet for service.

### Method #2 for Oven Heat and Serve:

1. Cook the rice in the rice steamer and fluff. Keep hot.
2. Heat the chicken and veggies in the sauce in a hotel pan covered with foil until hot (165°F).
3. Scoop ¾ cup rice into the pails and place the veggies, the chicken and the sauce over the rice, sprinkle the peanuts over the top (if using) and hot hold for service.
4. Alternately, heat the chicken and veggies on the stovetop in a sauté pan or large wok, add the sauce and cook until hot and the sauce is thickened. Ladle equal portions over the rice and serve with the peanuts on top or on the side.

# KUNG PAO SAUCE

Yield: 1.5 gallons

- |                                      |                                       |
|--------------------------------------|---------------------------------------|
| 1½ cups corn starch                  | 1 cup rice vinegar (or white vinegar) |
| 1½ cups cold water                   | 2 cups brown sugar                    |
| 3 cups red chili paste (Sambal Olek) | ¾ gallon soy sauce                    |
| 12 oz. Sriracha (or sub ketchup)     | 1 qt. water                           |
| 1 cup ketchup                        |                                       |

**METHOD for Stove Top Use:** Whisk the corn starch and cold water together. Then blend all remaining ingredients together. Whisk well before using. Sauce will thicken when heated in wok or on stovetop.

**METHOD for Oven Heat and Serve or Retherm:** Whisk the corn starch and cold water together in a small bowl. Put all other ingredients in a pot and bring to a simmer, stirring. Whisk in corn starch mixture and cook until thickened. Cool and reserve.

# PEAS



**Peak season:** February to May

**Storage:** Keeping peas cold is critical for retaining quality. Store peas in the coldest part of the refrigerator (as close to 36°F as possible). In these conditions peas will hold for 3 days.

**Ideal serving conditions:** Look for peas that are firm, crisp, with a bright green color that look fresh.

**What you get from a local farm:** Peas come in two distinct categories: edible pods like sugar snap peas and snow peas, and inedible pods like English peas. Sugar snap peas and snow peas have been growing in popularity with students, and local farms are responding to the demand. Edible sugar snap and snow peas are typically packed in 10 lb cartons, and shelled English peas are marketed in 10-12 lb plastic bags.

## USDA Buying Guide: Fruits and Vegetables

Food As Purchased (AP)	Purchase Unit (PU)	Servings Per Purchase Unit	Serving Size Per Meal Contribution	Purchase Units for 100 Servings	Additional Information
<b>Peas, Chinese Snow, frozen</b> <i>Edible podded Whole</i>	Pound	11.40	1/4 cup cooked, drained vegetable	8.8	
<b>Peas, Sugar Snap, frozen</b> <i>Whole</i>	Pound	9.78	1/4 cup cooked, drained vegetable	10.3	1 lb AP = 1 lb (about 2-3/8 cups) cooked, drained peas

# SPINACH



**Peak season:** Abundant year round with dip in availability December to January

**Storage:** Hold spinach between 34-38° F, for best results. Spinach deteriorates rapidly at higher temperatures. Spinach is highly perishable and should be served within 5-7 days.

**Ideal serving conditions:** Spinach leaves should look fresh and be free of defects, decay or wilting.

**What you get from a local farm:** There are different types of spinach; Savoy varieties have a more crinkled leaf and arrow shaped leaf than the flat variety. Baby spinach will be packed differently than bunched spinach. Baby spinach can be purchased in loose pack by the pound. Bunched spinach is commonly packaged in 20 to 22-lb cartons packed 2 dozen each.

## SPINACH AND ORANGE SALAD

BY JENNY HUSTON, MA, CEC, CDM, CFPP

Yield: ~100 servings	Veg: ½ cup DG
----------------------	---------------

### Salad

8 lb baby spinach  
20 oranges, peeled and separated into segments  
5 red onions (optional), peeled, trimmed and thinly sliced and lightly chopped

### Vinaigrette

10 shallots, peeled, trimmed and finely chopped  
½ cup Dijon mustard  
3 Tbs. finely grated orange zest  
2½ cups fresh orange juice  
2½ cups white wine vinegar  
5 cups olive oil  
2½ tsp. kosher salt, to taste

1. Vinaigrette: Whisk shallot, mustard, zest, juice, and vinegar in a bowl. Let sit for 10 minutes to let flavors marry.
2. Slowly whisk in oil, in a steady stream, whisking all the while to emulsify.
3. Taste and adjust the vinegar, salt, and pepper, if necessary.
4. Place the orange segments in a bowl and toss with 2 to 3 Tbs. of the salad dressing.
5. Place the spinach, red onion and orange segments in a large mixing bowl, lightly dress with the orange vinaigrette, adjust the salt and pepper, and serve immediately.

# SUMMER

Summertime is peak season for some California fruits and vegetables, which mirror the imports we see from the Southern Hemisphere countries like Chile during our wintertime. Stone fruit and most berries dominate the produce landscape in the summer months, providing an opportunity for buying in bulk and processing for later use during the school year. Summer feeding programs also offer an opportunity to use warm season produce and try new recipes and experiment with cooking methods. One food service director has used BBQs as a way to draw families into their summer feeding site and to test different recipes using local summer produce.

## DWELLEY FARMS BRENTWOOD, CALIFORNIA



Brentwood has long been a popular destination for Bay Area city folks who are in search of good, fresh produce. The roads are dotted with signs for you-pick fruit, homemade pies, jams, and the like. Dwelley Farms has operated their farm stand in Brentwood since the early 1970s.

Now a third generation family farm with about 800 acres, the Dwelleys grow apples, apricots, pluots, almonds, cherries, beans, and lots of sweet corn. “The climate here is unique—perfect for sweet corn,” observes Mark Dwelley. Excellent soil and the cooling delta breezes are the most important local resources. Find out more about Dwelley Farms by visiting their Facebook page, or visit their lively farmstand and farm.

# CUCUMBER

**Peak season:** July to September

**Storage:** Cucumbers are chilling sensitive to temperatures below 50F° and will start to degrade in quality at temperatures above 59F°. Unwashed cucumbers will store for up to 7 days in refrigeration at 50F°- 59 F°. If stored at higher or lower temperatures, use within 2 days.

**Ideal serving conditions:** Cucumbers should be firm and free of yellowing or soft spots. When preparing cucumbers, be sure to wash well or peel skin if bitter or if a waxy coating is present.

**What you'll get from a local farm:** Local farms will be able to offer interesting varieties that are easy to slice and do not need to be peeled. Kirby, Persian, English, Japanese, and Armenian cucumbers have thin, sweet, and sometimes bumpy skins, while lemon cucumbers are the color and shape of lemons and have a tangy, crisp flavor.

## CUCUMBER AND DILL SALAD

BY JENNY HUSTON, MA, CEC, CDM, CFPP

Yield: ~100 servings	Veg: $\frac{3}{4}$ cup Other
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### Salad

7 lb English cucumber, trimmed and sliced into  $\frac{1}{4}$ -inch thick rounds (if the cucumbers are large cut the rounds in half)  
3 lb medium red onion, peeled, trimmed and thinly sliced into half moons  
2  $\frac{1}{2}$  cups finely chopped fresh dill

### White Wine Vinaigrette

10 shallots, peeled, trimmed and finely chopped (1 cup + 2 Tbs.)  
 $\frac{3}{4}$  cup Dijon mustard  
2 $\frac{1}{2}$  cups white wine vinegar  
3  $\frac{1}{3}$  cups olive oil  
2 $\frac{1}{2}$  tsp. kosher salt, to taste  
2 $\frac{1}{2}$  tsp. black pepper, freshly ground, to taste

1. Vinaigrette: Whisk shallot, mustard, and vinegar in a bowl. Let sit for 10 minutes to let flavors marry.
2. Slowly whisk in oil, in a steady stream, whisking all the while to emulsify.
3. Taste and adjust the vinegar, salt, and pepper, if necessary.
4. Place the cucumber, onion, and dill in a mixing bowl, lightly dress with the vinaigrette.

# GREEN BEANS



**Peak season:** Summer peak extending into the fall

**Storage:** Green beans stored at 40°F to 45°F will maintain quality for 7-10 days after harvest.

**Ideal serving conditions:** Beans should show no wilting or shriveling. Freshness is evidenced by a distinct, audible snap when the bean is broken.

**What you get from a local farm:** Green beans, also called snap beans, from local farms can come in a variety of colors: purple snap beans have a lovely purple color that turns back to green when cooked, and yellow wax beans hold their sunny color in all preparations. Green beans are typically packaged loose in a 25 lb box. Stems will still be attached to the top of the bean.

## GREEN BEAN AND CHERRY TOMATO SALAD

BY JENNY HUSTON, MA, CEC, CDM, CFPP

Yield: ~100 servings | Veg: ½ cup Other, ¼ cup R/O

15 lb Blue Lake green beans, stems removed  
11 lb small cherry tomatoes, stems removed and cut in half  
3 lb small red onion, peeled, trimmed and thinly sliced into half moons  
2½ cups basil leaves cut into thin strips, chiffonade\*

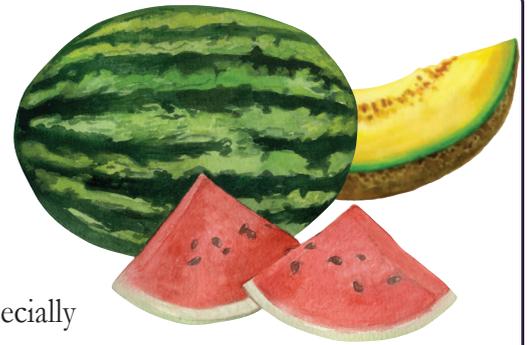
### Balsamic Vinaigrette

10 shallot, finely chopped, about 1 cup + 2 Tbs.  
½ cup Dijon mustard  
2½ cups balsamic vinegar  
1¼ cups fresh lemon juice  
3 ⅓ cups olive oil  
1½ tsp. kosher salt  
2½ tsp. freshly ground black pepper

1. Remove the stems from the beans and steam the beans until tender with a bit of a crunch, al dente, about 3 to 5 minutes. Immediately place the beans in a large bowl of ice water to cool. Drain, place in a single layer on a sheet pan lined with a clean kitchen towel, let dry, or pat dry with a kitchen towel. Cut the beans into 1 inch pieces.
2. Vinaigrette: Whisk shallot, mustard, lemon juice, and vinegar together in a bowl. Let sit for 10 minutes to let flavors marry. Slowly whisk in oil, in a steady stream, whisking all the while to emulsify, adjust the vinegar, salt, and pepper.
3. Place the beans and tomatoes in a bowl and toss with the balsamic dressing. Add the basil and gently mix.
3. Adjust the salt and pepper, serve immediately.

\* *Chiffonade*: take unblemished basil leaves, remove the stems, gently roll them into a 'cigar'; and thinly slice crosswise.

# MELONS



**Peak season:** July to September

**Storage:** Most melons are chilling sensitive at low temperatures, especially watermelons. Watermelons can be kept at room temperature for 7 days, or up to 14 days at 55°F. Other types of ripe melons should be stored between stored at 36-41°F and can be held up to 5-7 days.

**Ideal serving conditions:** Ripe muskmelons (most melons are in this category except for watermelons) should smell sweet, and their blossom end should give a little when pressed. If melons need to ripen, leave out at room temperature for a day or two. Watermelons do not ripen after being harvested, and might have a yellow spot from ripening on the vine at the farm. Melons should be firm, feel heavy for their size and be free of obvious soft spots on the rind, splits, or mold.

**What to expect from a local farm:** California farms grow a wide variety of melons including the usual cantaloupe and honeydew varieties, and other flavorful and colorful melons like crenshaw, casaba, canary, and yellow watermelon.

## MELON SALAD WITH MINT

BY JENNY HUSTON, MA, CEC, CDM, CFPP

Yield: ~100 servings	Fruit: ½ cup
----------------------	--------------

33 lb melon (1 lb whole melon is about 1 cup) seeds and rind removed, cut into 1-inch cubes

1 quart mint leaves cut into thin strips, chiffonade\*

1. In a large bowl place the melon cubes and sprinkle the mint chiffonade over the melon and mix well.

*\* Chiffonade: Remove unblemished mint leaves from the bunch, gently roll a handfuls of them into a 'cigar'; and thinly slice crosswise. Repeat until all mint leaves are processed.*

# PEACHES



**Peak season:** June to August

**Storage:** Unripe peaches can be stored in refrigeration for up to 2 weeks. Ripe peaches can be stored in the refrigerator for 3-5 days. Avoid low temperatures, as they will degrade the quality of ripe peaches.

**Ideal serving conditions:** A ripe peach will smell sweet and have a slight give to the flesh—neither rock-hard nor mushy. To ripen peaches, leave at room temperature for 1-3 days. Fruit should be relatively uniform in shape and be free of any bruising or scarring.

**What you get from a local farm:** There are many varieties of peaches: Yellow and white peaches are common, but now doughnut peaches, which are smaller and the perfect size for students, are making their way into the market. Ask your local farmer or distributor to try some of the different varieties. There are three common ways of packaging peaches; 1 layer tray pack, 2 layer tray pack and 25 lb volume fill box.

## OATMEAL WITH FRESH PEACHES & CINNAMON

BY JENNY HUSTON, MA, CEC, CDM, CFPP

Yield: ~100 servings	Fruit: $\frac{3}{4}$ cup	B/G: $\frac{1}{2}$ cup
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4.2 lbs rolled oats\*

2 qt. + 2 cups water

2 qt. + 2 cups 1% milk

2½ tsp. kosher salt

7 cinnamon sticks

50 peaches, washed

1 Tbs. + 2 tsp. finely grated fresh lemon zest

3 Tbs. + 1 tsp. honey, or to taste

1. Place the milk, water, cinnamon stick and salt in a large pot and bring to a boil. Slowly stir in the rolled oats. Bring the oat mixture up to a simmer and cook slowly stirring regularly to ensure it does not stick to the pot and burn. Cook the oats until they become creamy and have the desired thickness.
2. Slice the peaches into a bowl, add the lemon zest and drizzle with the honey. Mix the peaches and set aside until the oatmeal is done.
3. To serve the oatmeal, remove the cinnamon stick and serve with the peaches on top, drizzle each bowl with some of the peach juice. Serve immediately.

*\*For quick cooking oats use ratio of 1 cup water 1 cup 1% milk*

# PLUMS



**Peak season:** June to September

**Storage:** Ripe plums will yield to slight pressure and should smell sweet. Ripe plums should be stored in refrigeration and served within 3-5 days.

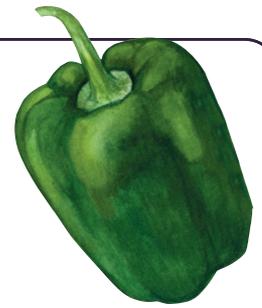
**Ideal serving conditions:** Ripe plums should be firm, but yield to slight pressure. Ripe plums naturally produce a waxy coating on the skin called a “bloom”. If the plums were harvested and packed by hand, as they most likely were if they were sourced from a local farm, they still might retain this harmless protective coating. Rinse fruit before serving.

**What you get from a local farm:** With over 3,000 varieties of plums grown in California from May to October, there are many different plums to sample and see which your students like best. Plums are typically divided into two categories: European or Japanese varieties. Try yellow plums like Shiro, Early Golden or the Mirabelle, or black plums with deep red flesh like the Friar or Black Beauty varieties. A two layer tray pack or 28 lb volume fill is a common pack for plums.

## USDA Buying Guide: Fruits and Vegetables

Food As Purchased (AP)	Purchase Unit (PU)	Servings Per Purchase Unit	Serving Size Per Meal Contribution	Purchase Units for 100 Servings	Additional Information
<b>Plums, fresh</b> Italian 1.5-inch by 2-inch Whole	Pound	9.32	1/4 cup quartered fruit (about 5 quarters)	10.8	1 lb AP = 0.93 lb (about 2-1/3 cups) ready-to-cook or -serve unpeeled, pitted, quartered, raw plum
<b>Plums, fresh</b> Purple, Red, or Black Size 45 & 50 2-inch diameter Whole	Pound	4.99	1 whole, raw plum (about 1/2 cup fruit and juice)	20.1	1 lb AP = 0.98 lb (about 2-2/3 cups) ready-to-cook or -serve unpeeled, pitted, raw plum
<b>Plums, fresh</b> Japanese or Hybrid Whole Size 60 & 65	Pound	6.40	1 whole, raw plum (about 3/8 cup fruit and liquid)	15.7	1 plum = about 1- 1/2 inch diameter

# PEPPERS



**Peak season:** August to November

**Storage:** Fresh peppers stored at 45° F – 55° F will hold well for 5-7 days.

Cooler storage temperature will cause peppers to pit, soften, and shrivel.

**Ideal serving conditions:** Look for red, green, yellow, orange, and other peppers with overall bright colors and shiny skin that is firm to the touch. Avoid peppers that have decay or soft spots.

**What you get from a local farm:** Local farms will specialize in a variety of peppers, some sweet, mild and also spicy. With hundreds of different types of peppers, heirloom varieties will be different in terms of size and shape from typical bell peppers.

## CHINESE CHICKEN SALAD WITH PEPPERS

BY CHEF JAMIE SMITH, SNS, C.D.C.

Yield: 100 portions	M/MA: 2 oz. eq	Veg: 1 cup DG, ½ cup Other, ¼ cup R/O	Fruit: ¼ cup
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12.5 lb cooked chicken breasts, sliced

7 lb red/orange bell peppers, chopped

4 lb napa cabbage, sliced

1.6 gallon Mandarin oranges, canned, drained

25 lb romaine, washed, dried and chopped

0.8 gallon crispy chow mein noodles

5 lb carrots, grated

1.5 gallon Chinese Ginger dressing (see below)

1. Mix the cabbage, romaine, carrots and peppers and divide among 100 salad containers. Place 2 oz. chicken on each and ¼ cup oranges around. Sprinkle 1/8 cup of the noodles on top and serve with a 2 oz. portion of dressing.

## CHINESE GINGER DRESSING

Yield: 2 gallons
------------------

2 cups ginger, fresh, chopped rough

3 cups rice vinegar (or cider vinegar)

2 cups lime juice, fresh or bottled

4 cups brown sugar (or honey)

2 cups onion, peeled and chopped

6 cups soy sauce

1.5 cups pickled sushi ginger

2 cups water

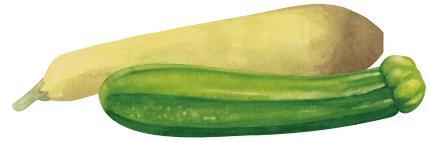
2 cups Dijon mustard

12 cups canola or vegetable oil

1. Put all the ingredients except the oil in a 2 gallon large cambro container and puree with an immersion blender. Slowly add the oil until the dressing is emulsified.

*\*This salad is great with the homemade dressing, but is equally good with a sesame ginger dressing from your supplier. Almost every supplier has a decent version, but none as good as this homemade version, which is easy and fun to make!*

# ZUCCHINI



**Peak season:** Available May through September, peaking in the summer months

**Storage:** Zucchini, like other summer squash are highly perishable and should be stored unwashed at 41°F to 50°F. Under these conditions zucchini should keep for 1 week.

**Ideal serving conditions:** Zucchini should be firm, the skin should be shiny, and free of any soft spots or rot. The size of zucchini depends on when it is harvested, if left on the vine long enough they can reach a few pounds in size! Smaller zucchini are ideal for students to eat raw, and can be treated like cucumbers. Larger zucchini yield more per squash and are preferable to use if being cooked in recipes.

**What you get from a local farm:** Zucchini is the most recognizable summer squash, though there are many different varieties that can also be used in its place. Ask your distributor or local farm about other varieties of summer squash they can deliver. Summer squash is often packed by the pound in crates that range from 10 lb to 41 lb.

## VEGGIE BEAN AND CHEESE BURRITO

BY CHEF JAMIE SMITH, SNS, C.D.C.

Yield: 100 servings	M/MA: 2 oz. eq	Veg: ½ Other	B/G: 2 oz. eq
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2.5 gallons pinto beans, cooked, drained (see sub recipe on page 7)

0.75 gallons salsa, USDA

100 ea. whole wheat tortillas, 10"

8 lb zucchini, halved and sliced thin

4 lb cabbage, sliced thin, or shredded

3.125 lb cheddar cheese, shredded, USDA

### Method:

1. Remove half of the beans from their container and smash the other half of the beans with a potato masher or with an immersion blender until chunky but not pureed. Then fold in the rest of the beans and salsa and mix well.
2. Mix the zucchini and the cabbage in a big bowl.
3. On a large clean work table, lay out the tortillas 20 at a time. Place a ½ cup scoop of bean mix in the center of each tortilla and press down to spread. Place a ½ cup of the veggie mix on top and then ½ oz of cheddar cheese (you can add more cheese for older kids or to increase calories for menu pattern).
4. Roll up each burrito and heat to 165°F in the center for service. Burritos can be made from scratch to order, or in batch cooking kitchens with beans that are hot. Hot hold above 140°F for service.

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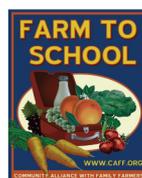
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# HARVEST *of the* MONTH

WHAT'S IN SEASON IN CALIFORNIA?



	WINTER	SPRING	SUMMER	FALL
Apples				
Asparagus				
Avocados				
Beets				
Berries				
Broccoli				
Cabbage				
Carrots				
Cooked Greens				
Cucumber				
Grapefruit				
Green Beans				
Kiwifruit				
Mandarins				
Melons				
Oranges				
Peaches				
Pears				
Peas				
Peppers				
Persimmons				
Potatoes				
Root Vegetables				
Salad Greens				
Spinach				
Strawberries				
Sweet Potatoes				
Tomatoes				
Winter Squash				
Zucchini				



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