



FARM to SCHOOL NORTHWEST MICHIGAN

Traverse Heights Elementary

Recent & Upcoming Farm to School Activities:

March 5- Michigan bean history lesson March 19- Germination lesson

Prepare a bean dip in class

Making bean necklaces

Kale Chip Cafeteria Taste Test

Tasting a bean salad



Featured Food: Dry Beans!

Michigan is the 2nd largest producer of dry beans in the United States.



This month's farm to school activities will feature dry beans from Carlson-Arbogast Farm in Howard City, MI

- Dry edible beans are a low-cost source of lean protein and dietary fiber. They are also low in sodium, which is important for school meals. Cooking with dry beans (instead of canned) allows you to control the amount of sodium per serving!
- Originally domesticated in Central and South America over 7,000 years ago, dry beans moved northward through Mexico and spread across most of the United States. These beans were commonly grown with corn and sometimes squash. Students learned about companion planting with our lesson on the Legend of the Three Sisters last fall!
- It's easy to substitute dry beans for canned! Just prepare dry beans according to the recipe provided on this sheet, and use 1 3/4 cup cooked beans for every can a recipe calls for!

Farm to School in Action:

- On February 5th, students in kindergarten through fourth grade learned about natural dyes, painted Valentine's cards with beet juice and beet stamps, and tasted raw beets! Students in Mrs. Rhem and Mrs. Dungjen's classes did an experiment using beet juice as an indicator for the pH level of vinegar and baking soda.

Farm to School Quote of the Week:

"It's a ticket straight to Tastetown!"

February Taste Test Results:
Roasted Heart Beets

115 "loved it", 11 "tried it" 21 "liked it"

Lunch Menu Highlight:

Kale Chips served on Monday,
March 17th!

Three-Bean Chili Recipe

recipe adapted from [The Mayo Clinic](#)



Serves 8

Ingredients

3/4 cup each dried red kidney beans, black beans and pinto beans picked over and rinsed, soaked overnight, and drained
4 cups water
1 bay leaf
1 1/2 teaspoons salt
2 large red bell peppers
1.5 cups fresh or frozen corn kernels
3 tablespoons olive oil or canola oil
1 yellow onion, chopped
4 cloves garlic, minced
1 tablespoon chili powder
1 tablespoon dried oregano
2 teaspoons ground cumin
1/2 teaspoon red pepper flakes
4 tomatoes, seeded and diced
1/3 cup chopped fresh cilantro
6 tablespoons shredded Monterey Jack cheese (for serving)
2 green onions, thinly sliced (for serving)

Directions

In a large saucepan over high heat, combine the beans, water, bay leaf and 1/2 teaspoon of the salt. Bring to a boil. Reduce the heat to low, cover partially and simmer until the beans are tender but still firm, 60 to 70 minutes. Drain and discard the bay leaf.

When the beans are cooked, coarsely chop the bell peppers and set aside. In a large saucepan, heat the oil over medium heat. Add the chopped yellow onion and sauté until soft and lightly golden, about 4 minutes. Stir in the garlic, chili powder, oregano, cumin, red pepper flakes and the remaining 1 teaspoon salt. Cook until fragrant, 1 to 2 minutes. Add the bell peppers, cooked beans, tomatoes and cilantro and cook until the tomatoes are heated through, 5 to 6 minutes. Ladle the chili into individual bowls and sprinkle with the cheese and green onions.

BEAN MATH

1 cup of dry
navy beans=3
cups cooked

1 pound (2 cups)
dry navy beans=6
cups cooked

1 pound cooked
beans will serve
6-8 people

1 serving of
cooked beans=
3/4 cup



Cooking with Dry Beans at Home:

To bring out their natural goodness and flavor, dry beans need to be soaked before cooking. The process is simple and ensures great taste and beautiful beans! The first step is to sort through the beans to pick out any shriveled or broken beans, stones or debris. Then there are two methods for soaking beans:

The Traditional Method: In a large pot, add 3 cups of cold water to each cup of beans (or 6 cups for each pound.) Soak 8 hours or overnight in the refrigerator. Drain and rinse the beans.

The Quick Method: In a large pot, add 3 cups of hot water to each cup of beans (or 6 cups for each pound.) Bring to a boil and cook the beans at medium heat for 2 minutes. Cover the pot and let the beans stand for 1 hour. Drain and rinse the beans.

After either method of soaking, to fully cook the beans simmer them for 1 to 2 hours or until tender. To prevent foam or froth while cooking, add 1 tablespoon of vegetable oil to simmering water.

For more information on TCAPS farm to school programming [click here](#) or visit: www.tcaps.net and go to the Food and Nutrition Services department site

Volunteer with Farm to School!

Sign up for the Farm to School volunteer newsletter by sending an email to:
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