

**the
DIRECTOR'S CHAIR**

notes from Food for Thought Executive Director,
Lori Hamor

Ojai's school cafeterias are part of the nationwide USDA-run National School Lunch program that feeds over 31 million children every school day. I've been learning how this incredibly complicated program works and what it means for our kids here in Ojai through a steady diet of conferences, meetings, site visits, books, articles and blogs. But my greatest source of information and insight has come from spending many hours with Ojai's Nutrition Services Director, Suzanne Lugotoff.

Suzanne and I work together on the OUSD Green Team, collaborate on the *Harvest of the Month* program, attend workshops together and meet regularly to discuss the shared goals of Nutrition Services and *Food for Thought*. I look forward to continuing our partnership with her department.



Food for Thought is leading the charge to get healthy, fresh, scratch-cooked meals into the cafeterias throughout Ojai's schools. Jamie Oliver, take note!

We still have a way to go to meet our fundraising goals for this year, but a steady stream of donations continues to show up in our mailbox in response to our fall appeal. We hope many of you will support San Antonio 6th grade teacher Kevin White's upcoming row from Anacapa Island to raise funds for *Food for Thought* (see article this issue). Meanwhile, thank you to our most recent donors whose generous support is very much appreciated:

Kathryn & David Allen
Emily & Tony Ayala
Briana & Steve Beebe
Steve Bennett & Leslie Ogden
John Betz
Marshall Bissett
Leslie Clark
David Dolan in memory of Starrett Kreissman
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The Salimbaceous Trust
Karen Schmidt & Cullen Robertson
Peter Shore
Tony & Anne Thacher
Kathryn & Roger Wachtell
Susan & Blake Wilson
Rosalie Zabilla
Katherine Zackham

FIELD DISPATCH

from David White,
Food for Thought School Garden Coordinator

WE'RE COOKING!

The school gardens are alive with winter crops planted by students in the fall. Peas, carrots and broccoli are our student's favorites while they show an amazing willingness to try less familiar foods like kale and rocket, most especially as they have planted and harvested these themselves.

The *Food for Thought* garden clubs at Topa Topa and Meiners Oaks schools are thriving and cooking is happening in the garden! At Meiners Oaks Adam Newman, a professional chef and 2nd grade parent of Chiya in Mrs Plott's class is coming out for our Wednesday lunchtime club and making tasty garden harvest stir fry treats for our eager students. His gourmet skills shine as he includes ginger and celery root in the recipes. Thanks Adam!



Parent volunteer Adam Newman serves up stir-fried veggies fresh from the ground to an avid culinary panel at the Meiners Oaks garden club.

At Topa Topa's Thursday club, Garden Assistant Cullen Robertson has been flexing his wok to produce stir fry taste tests from the produce grown in the garden. We've been sautéing onions, carrots, then kale, peas and broccoli. It is really amazing to see kids in the garden drop the tools and run to the kitchen area exclaiming "The kale is ready!"

Visit the garden club (better yet, lend a hand – we can always use more helpers) at Meiners Oaks on Wednesday lunchtimes or Topa Topa on Thursday lunchtimes. If you have a child in kindergarten, 1st or 5th grade, ask them to show you the garden bed they planted this year. Chances are you'll find a healthy snack waiting for you there – maybe even a gourmet radish and kale sandwich!

Meiners Oaks 4th-grader Eva Beebe shows off the hit new garden club invention - radish and kale sandwiches. In the immortal words of Food for Thought president Jim Churchill, "Whoda thunk it?"


**FOOD FOR THOUGHT
SCHOOL GARDEN**
Wish List
Meiners Oaks

- Garden help
- Seed Money \$50
- Redwood lumber for outdoor classroom & worm bin

Topa Topa

- Seed Money \$50

San Antonio

- Seed Money \$50

Mira Monte

- Wheelbarrow

Summit

- Garden help
- Seed Money \$50
- Single burner camp stove

SAVE the DATE

Ojai's
Earth Day Celebration:

Earth Play 2011

Saturday April 23rd

11am - 4pm

Oak Grove School

brought to you by

Food for Thought

Ojai Valley Green Coalition

Ojai Valley Land Conservancy

Oak Grove School

NIBBLE on this:

from Food for Thought Kitchens To You

Here's a tasty and healthy topping for those noodles our kids seem to live on. This recipe is brought to you by Food for Thought friend Eliza Moses of Holistic Nutrition. Enjoy!

Spaghetti Meat Sauce with Broccoli

1 lb. lean ground beef or buffalo
1/2 yellow onion, diced
24 oz. jar tomato sauce
1 bunch broccoli heads, chopped very small, without stems
Celtic Sea Salt
Pepper

In a sauce pan, sauté diced onion with beef on medium heat. Cook until beef is medium and then drain the liquid. Add the jar of tomato sauce and broccoli, and stir. Simmer sauce on low, covered for 15 minutes stirring occasionally. Add salt and pepper to taste. Enjoy the sauce over your favorite pasta.

Makes enough sauce for 6-8 servings

Do you have a kid-pleasing recipe for getting fresh and healthy foods into the lunchbox? Please share them with us at:

info@foodforthoughtojai.org.

We'll post them on our Facebook page, and feature the best offerings in upcoming issues of Nibbles.