

Greener Partners

Connecting communities through food, farms & education

Seed to Snack

Seed to Snack is an educational program run by the non-profit organization, Greener Partners. Seed to Snack is designed to help youth think about the origins of their food and to expose them to foods that are grown seasonally and locally. Your child participates in programs that feature fruits and vegetables from Hillside Farm in Media. We hope that by demonstrating how to use local produce to make nutritious snacks, students will get excited about trying new foods.

Veggie Facts

Root vegetables love cooler weather, so fall is a good time to cook with roots such as potatoes, beets, rutabaga and more. Try roasting or baking a variety of potatoes such as Fingerling, Purple Potatoes, and Sweet Potatoes. Sweet potatoes are rich in fiber, beta carotene, vitamin A, and vitamin C. When Columbus first came to America in 1492, Native Americans were already growing sweet potatoes here. Sweet potatoes come in a variety of colors ranging from white, to yellow, to orange, to deep purple. This holiday season, try different varieties of sweet potatoes to see which one you like best.



Recipe

Sweet Potato Dip:

2 cups baked sweet potato
½ cup maple syrup
1 tsp cinnamon
1 tsp vanilla

Preheat oven to 400.° Prick sweet potatoes with a fork, place on a baking sheet, and bake for 1-1.5 hours, until potatoes are soft. Remove from oven, allow to cool, and then scoop out the soft potato, leaving the skin behind. Blend all ingredients in a food processor. Dip fresh fall apples or crackers into the dip for a perfect November snack!

Learn more about Greener Partners by visiting our website at www.greenerpartners.org.