

House Education
Jen Kravitz
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Cornwall School Farm to School

We have integrated Farm to School as an essential component in students time at Cornwall School. They experience Farm to School aspects in the written and taught curriculum of their classes; as a part of community building in the class, school, and town; and in the food they eat.

Farm to School allows our students to learn more deeply about themselves, the curriculum, their classmates, and about the world. To see more on our Farm to School Curriculum Work, check out: <https://youtu.be/dtbBBenJXaQ> - a product of intensive interdisciplinary learning for the 3rd and 4th graders this past fall. This work was made possible by our Farm to School Grant.

The taste test you have today comes from our Cooking Class, an after school activity that was also made possible by our Farm to School Grant. This class has allowed 12 4th-6th graders a two month chance to learn different aspects of cooking. On Tuesday (2/6), the class created this dip and pita chips. If you like the dip, the recipe is below.

Balsamic and White Bean Dip

2 Tablespoons Olive Oil
2 cloves Garlic, minced
1 large Onion, sliced thinly
1 1/2 cups Balsamic Vinegar
2 Tablespoons Brown Sugar
3 cans White Beans, drained
Zest and juice of 1/2 Lemon
Pinch of Kosher Salt

Simmer balsamic vinegar in sauce pan with the brown sugar until reduced to the consistency of molasses, stirring frequently.

Heat oil in sauté pan, add garlic and onion. Cook until onions are deeply caramelized, adding small amounts of water and allowing to cook off as needed.

Combine beans, caramelized onions, lemon zest and juice in a food processor. Blend until smooth. Add salt and balsamic reduction a little at a time until desired taste and consistency is reached.

If you have questions about Cornwall School's Farm to School or would like to visit, connect with Jen Kravitz (jkraivitz@acsdvt.org, 802.462.2463).