



# MINNESOTA

## Farm to Early Care

### Recipes and Tips from Providers

#### What recipes or activities have you tried with your kids?



- “We make butter!” - Patty
- “We also taste the buttermilk, and even make ice cream so kids can see all the things that start with cream” - Nancy
- “Gardening has been a hit - we planted potatoes, and the kids were amazed when we harvested them!”



#### What veggies do your kids enjoy?

#### What serving tips have helped?

- “If I have my veggies pre-prepped for the week, the kids see them in the fridge, they know what to expect and are more likely to ask for it” - Kim
- “When I first offered raw veggies, I offered ranch dressing - now they don’t even need the ranch. Positive peer pressure is awesome, they see other kids eating it and are more willing to try it’ -Patty
- “The kids love frozen peas - they eat them like crazy!”



#### Zucchini Pizza

2.5 c zucchini,  
squeezed dry  
2 eggs  
1/4 c flour  
1/2 c mozzarella,  
shredded  
Salt to taste  
Toppings!

1. Preheat oven to 450. Mix crust ingredients together, form on baking sheet.
2. Bake 13-16 minutes, until golden brown and set.
3. Reduce oven to 400, top with sauce and toppings, return for 10-13 minutes.

<https://therecipecritic.com/zucchini-crust-pizza/>

#### How about zucchini?

- “Zucchini bread is always popular” -Patty
- “I have a zucchini pizza recipe that uses zucchini as the crust” -Connie
- “I add shredded zucchini to hot dishes, it’s a great addition” - Nancy