

Healthy Headlines

The Gouverneur cafeterias has served approximately 1600 pounds of locally grown, picked & processed apple slices and unprocessed apples, 250 pounds of each salsa mix, diced onions and diced green peppers and we are just starting to receive our butternut squash, in the first month of this school year. We have started using corn on the cob and green beans that have been flash frozen allowing us to have them throughout the entire school year. The fruits & vegetables are grown and harvested by local farmers in St. Lawrence County. Next, they are processed and packaged in the Harvest Kitchen at the Cornell Cooperative Extension in Canton, NY. Then the apples, salsa mix, onions and green peppers are delivered to Gouverneur and neighboring school districts each week by St. Lawrence-Lewis BOCES staff.

Artie Frego, Director of Food Service at St. Lawrence-Lewis BOCES said, "This program is mutually beneficial for farmers, school districts, our local economy and most importantly, the students we serve each day. We utilize available resources to develop a systemic approach to processing crops in a way that each district can procure and emulate."



FARM-TO-SCHOOL

Background
A three-way partnership forged in 2018 between St. Lawrence-Lewis BOCES, Cornell Cooperative Extension of St. Lawrence County and Big Spoon Kitchen.

Mission
Increase the consumption of locally grown vegetables and fruits in area public schools by generating fresh-cut produce in the Harvest Kitchen at the Extension Learning Farm.

Accomplishments
Supported area growers by purchasing over 30,000 pounds of produce to process in 2018 and 2019.
Expanded from 1 to 3 processing shifts per week throughout the school year, to supply fresh-cut produce to 21 school districts. Students are now enjoying apple wedges, carrot coins, diced butternut squash, coleslaw mix and diced salsa ingredients.

Cornell Cooperative Extension
St. Lawrence County

Pictured above is the Harvest Kitchen at CCE St. Lawrence where the butternut squash is peeled and cut into cubes and the apples and carrots are sliced. A wonderful time saver for our Gouverneur kitchen staff.

Photo Credit: CCE St. Lawrence

We are also using local potatoes to make Homemade French Fries. More exciting products we are using is fresh beef and pork products that are sourced locally.

We are very excited to be able to offer these vegetables and fruits to our students and we are currently working on offering more products in the future.