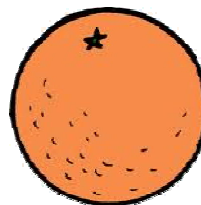


## FARM TO PRESCHOOL PROGRAM RECIPES JANUARY

### Week 1: Citrus Slice-O-Rama

#### Ingredients

- 3-4 Oranges
- 2-3 Grapefruits
- 3-4 Tangerines or Mandarins
- 3-4 Tangelos
- 1 Pomelo
- 2 Lemons
- 2-3 Limes



#### Directions:

1. Try to find as many varieties of fresh locally grown citrus fruits as possible!
2. Wash all fruit.
3. Peel and cube the fruit. Serve each fruit type one at a time.
4. Allow each child to taste the different varieties and describe what they taste. Is it sweet, sour, juicy, soft etc. Write down class observations about each fruit on a Citrus Fruit taste test chart.

Makes 20 Taste Tests

Recipe developed by: Tiana Kamen, Farm to Keiki Director

### Week 2: Silly Citrus Salad

#### Ingredients:

- 4 Oranges
- 2 Grapefruits
- 4 Tangerines or Mandarins
- 4 Tangelos
- 1 Lemon (for juice)
- 4 Tbsp Honey
- Coconut Flakes and or Granola (honey sweetened only) (optional)
- 1 large container of Greek or Plain Yogurt (no sugar)

#### Directions:

1. Wash all fruit.
2. Peel and Chop the Grapefruits, Tangerines, Tangelos and Oranges. Try to have all varieties if possible!
3. Add all of the fruit in a large mixing bowl and toss well with the lemon juice and honey.
4. Place  $\frac{1}{4}$  cup of the fruit mixture into each cup or plate
5. Top the salad off with 1 tablespoon of yogurt and shredded coconut/granola

Makes 20 Taste Tests

Recipe developed by: Sita Lidner, Farm to Keiki Intern

## FARM TOPRESCHOOL PROGRAM RECIPES JANUARY

### Week 3: Fresh vs. Mainland O.J.

#### Ingredients:

- 10 Local oranges or tangelos for juicing
- ½ Gallon orange juice
- Citrus juicer or fruit reamer (preferable)

#### Directions:

1. Wash all fruit and slice into halves (if you have a citrus juicer or fruit reamer) or quarters (if you do not). Place one half or two fruit slices on each student's plate.
2. Have each student squeeze his/her orange/tangelo on the juicer (or help them use a fruit reamer). If you do not have a juicer, have each student squeeze their fruit slices into a cup.
3. Pour ¼ cup of store bought orange juice for each student to taste.
4. Have the students taste and compare the flavors.

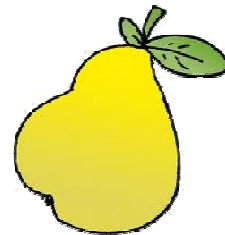
Makes 20 Taste Tests

Recipe developed by: Tiana Kamen, Farm to Keiki Director

### Week 4 Lemon Granita/Lemonade!

#### Ingredients:

- 4½ cups water
- 6-7 juicy local lemons
- Honey or agave to taste
- A few sprigs of thyme or mint for garnish



#### Directions:

1. Dissolve the honey or agave in warm water.
2. Juice lemons in a juicer, with a fruit reamer or squeeze them into a bowl.
3. Add the lemon juice to the warm honey/agave water and stir. Taste and add more lemon, honey/agave, or water as needed.
4. Put the mixture in a shallow pan and freeze it.
5. Scrape out the lemon ice with a fork and portion it into individual cups. Serve with fresh mint or Thyme.

Note: If you do not have a freezer you can simply make lemonade and top it with fresh herbs from the garden.