



**Community  
FoodBank**  
OF NEW JERSEY

FOOD • HELP • HOPE



## *Kids Cafe Programs visit America's Grow-a-Row Funded By Morgan Stanley*

This summer, more than 500 children from Community FoodBank of NJ's (CFBNJ) Kids Cafe Programs will visit America's Grow-a-Row farm located in Pittstown, NJ.

While at the farm, children have the opportunity to pick fresh peaches, nectarines, green beans, corn or tomatoes. Children get to bring home the produce they pick to share and enjoy with their families.

The Grow-a-Row staff also provides fun nutrition activities and games for the children to

participate in before they return home.



In addition to visiting the farm, volunteers from Morgan Stanley will visit Kids Cafe Programs to conduct nutrition and exercise activities throughout the summer and fall.

During the school year, Grow-a-Row will bring the farm to the Kids Cafe Programs and conduct two nutrition activities to further enhance lessons learned over the summer. Students participate in blind taste tests and sample fresh produce.



**RECIPES INSIDE**

**Green Beans**

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## *America's Grow-a-Row*

America's Grow-a-Row's mission is to positively impact as many lives as possible through a volunteer effort of planting, picking, rescuing, and delivering free fresh produce. America's Grow-a-Row :

- Provides fresh, healthy produce to those in need
- Educates people of all generations about hunger and ways to help

- Introduces our youth to farming and healthy eating
- Cultivates tomorrow's leaders to give back
- Contributes to the sustainability of agriculture

*For more information on America's Grow-a-Row visit:*

[www.americasgrowarow.org/](http://www.americasgrowarow.org/)

## *Green Beans– Green Beans with Lemon Sauce*



**Storage Tip:**  
Refrigerate green beans in plastic bag, use within 1 week.

**Serves: 6**

**Ingredients:**

- 2 teaspoons parsley
- 2 tablespoons lemon juice
- 1 tablespoon plain low fat yogurt
- 2 teaspoons chopped chives
- 2 1/2 tablespoons olive oil
- 1 pound fresh green beans, trimmed
- 1/2 cup red peppers, cut into strips

**Directions:**

1. Combine parsley, juice, yogurt, chives and oil into a jar. Put lid

on and shake. Chill in refrigerator.

2. Boil water in a pot. Put green beans in a pot for 4 minutes.
3. Remove and place in cold water immediately for a few seconds. Then, move to a separate bowl. This is called blanching.
4. Toss green beans with jar of yogurt sauce.
5. Serve and enjoy!

**Time Saving Tip:**

Prepare yogurt sauce the day ahead so it is ready to be combined with green beans.

## *Corn– Spicy Cilantro Corn on the Cob*



Have leftover corn on the cob? Make corn relish with corn, chopped red onion, chopped red and green peppers, pinto beans and tomatoes.

**Serves: 4**

**Ingredients:**

- 4 ears of corn, husks removed
- 2 tablespoons extra virgin olive oil
- 2 tablespoons fresh cilantro, chopped
- 1 teaspoon spicy paprika
- salt and ground pepper

**Directions:**

1. Preheat the oven to 350 degrees.

2. Lay the corn out on a big sheet of aluminum foil.
3. Drizzle the olive oil around the corn. Coat the corn with the chopped cilantro, paprika, and season with salt and pepper. Lay a few sprigs of cilantro over the top if desired.
4. Fold up the aluminum foil around the corn. Place on a baking sheet and roast in the oven for about 30 minutes, or until the corn is tender.
5. Remove from the foil and serve.

## *Nectarines– Spinach & Nectarine Salad*



*Get creative with summer salads and add whatever ingredients your family enjoys. Dress with extra virgin olive oil, white balsamic, plain white vinegar, or lemon juice.*

blueberries, oranges, apples or dried fruit such as cranberries

- Goat cheese, blue cheese crumbles, sliced mozzarella
- Black beans, kidney beans or chickpeas

Get your children involved in cooking. Have them pick out their favorite ingredients to add to the salad. Then let them help prepare it by mixing the ingredients together.

### **Ingredients:**

- Spinach or Romaine
- Nectarine slices
- Grilled Chicken
- Parmesan Shreds
- Almond slices

### **Additional options:**

- Fresh fruit such as strawberries,

### **Directions:**

1. Wash lettuce and fruit.
2. Cut nectarines into slices or chunks.
3. Add remaining ingredients to bowl.
4. Toss salad together.
5. Add dressing and toss again to coat salad.

## *Peaches– Baked Cinnamon Peaches*



Toss fresh or frozen peaches into a blender with some low-fat yogurt (or milk), bananas, and ice. Then blend

**Serves: 4**

### **Ingredients:**

- 2 peaches, cut in half
- 2 tbsp. butter, melted
- 1 tbsp. brown sugar
- 1/2 tsp. ground cinnamon

### **Directions:**

1. Preheat the oven to 350 degrees.
2. Place peaches, cut side up in a pan with water slightly covering the bottom.
3. Mix half the melted butter, brown sugar, and cinnamon in a bowl.
4. Coat the peaches with the mixture.
5. Place in the oven and bake for approximately 20 – 30 minutes.
6. Mix the remaining melted butter, brown sugar, and cinnamon.
7. Pour over the baked peaches and enjoy!

# Tomatoes- Spinach, Tomatoes and Corn



Have tomatoes that are very ripe? Make a tomato vinaigrette. In a blender, combine 1 chopped tomato, 2 Tbsp of vinegar, 1 Tbsp olive oil, 1/2 tsp dijon mustard, and basil or thyme.

**Serves: 6**

## Ingredients:

- 1 pack fresh or frozen spinach
- 2 medium tomatoes, diced
- 1 can or frozen corn
- 3 cups water
- 1 Tbsp olive oil
- salt & pepper to taste

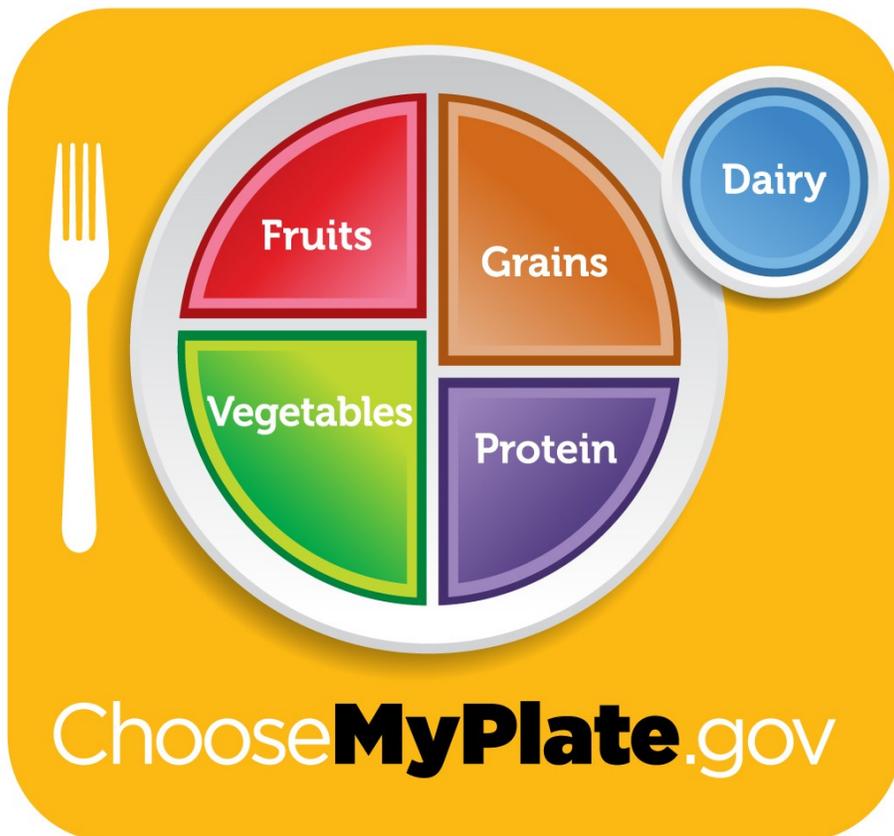
## Directions:

1. Wash fresh spinach and tomatoes.
2. Place all ingredients in a saucepan and cover.
3. Heat for about 10 minutes.

4. Add salt and pepper to taste.

This recipe can be eaten as a side dish or tossed with whole wheat pasta, orzo or rice and served warm or cold. Add kidney or cannellini beans to add some protein or chop up some onion and zucchini for additional flavor.

If you enjoy as a side dish and have leftovers, add to an omelet the next morning for breakfast!



## **Half of your plate should be filled with fruits and vegetables.**

Here are some delicious ways to add more fruits and vegetables to your meals:

1. Make homemade pizzas with family favorite veggie toppings.
2. Make a smoothie with fruit, yogurt and ice. Think of creative combinations like avocado and strawberries.
3. Bake homemade muffins with shredded carrots, zucchini or apples.
4. Add shredded carrots, spinach, peppers or mushrooms to lasagna or tomato sauce.

