**Meeting: Lori Fernandez Moderator-**

 **Chat- Jean**

 **Notes - Pam**

**Agenda:**

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| **Topic:** | **Discussion** | **Follow-up Items:** |
| **Welcome – Lori** | Meeting Recording is available at [this link](https://gwaar-my.sharepoint.com/%3Av%3A/g/personal/pam_vankampen_gwaar_org/EUDZ0CC_1bhOue9l2eD2-C0BGkxiW4GtMz0yTy6s-poiiw?e=RVnJEn). |  |
| **Guest Speaker** | Guest Speaker, Farmer Rick: [Produce with Purpose](https://www.producewithpurpose.com/)[www.producewithpurpose.com](http://www.producewithpurpose.com) How to develop a relationship with a local farmer: (Brown, Fond du Lac, Winnebago, Outagamie, Calumet)* He does 4 seasons. He does his own produce and also brings in other sources.
* This is their 10th Season. Started small and realized he found his passion in life and has continued to grow to his current 20 acres… which was too much so transitioned back down to 2 acres and working with more specialty items.
* Build a Box online that they have been doing for 4 years. People can choose what they want in the box which is nice and there is no commitment, you can 1 box, weekly, whatever you like. They also do a traditional CSA as well.
* People like the produce delivered to them.
* Before the pandemic, 75% of the business was to restaurants but then had to shift gears and get creative.
* Lori stated that our number of meals has increased.
* Looking to spring and our menus, Lori shared how she started working with a local farmer and developed a relationship for long-term purchasing.
* They usually send out an “availability” list and what’s in season.
* Now transitioning to the spring produce to start, they are currently between the winter crops and the spring items.
* Lori said he does an excellent job of storing beets, carrots, winter squash. Lori showed a photo of a “dragon” carrot and they also have a hybridized carrot called “Purple Elite”. Lori said if you want to add more color to your menus
* Lori shared the Spring Produce that he has available. Highlighted mushrooms that they are getting from the NW are very nutrient-dense. Mushrooms have been a big draw for them. A nice example of how they work with other growers.
* They have a network of foragers. Ramps, also known as wild leek, are available now, great pickled.
* If following the pattern
* Purple potato is very moist, but it tastes like a potato. Rick thinks it may be lower in glycemic index content.
* Lori encourages programs to start small with local farmers.
* The start date for farmers' markets will likely be early to mid-June.
* Different colored beets (Red, gold, candy cane with strips the gold and candy cane beets don’t bleed, and they taste less earthy). The gold beets are fast growing in popularity.
* The goal is to provide fresh produce 7 days a week, they are excited about the next growing season.
* They love to educate people on tomatoes, they grow several varieties.
* Fall and Spring Radishes and the watermelon and black Spanish (strong flavor some people like to slice up and have with a warm beer) and Daikon radishes are fall variety.
* He likes to provide food for diverse people.
* Rick is happy to answer any questions. Go to the website and there is Contact Us.
* He appreciates us supporting local foods, the quality and the freshness can help decrease waste. He loves to educate and help people eat better.
* Thank you so much for the excellent information and presentation!
 | Check with Sara about various colored produce like Purple Potatoes and carrots, and if they still count as Red/Orange or the current color categories. We have a list of local growers from around the state that we can share with you. Lori -ask Justin for the list of Local Farmers that he compiled, it’s great! Here are a couple of other WI sites:* <https://www.dhs.wisconsin.gov/wic/fmnp/food-chart.htm>
* <https://www.pickyourown.org/WIharvestcalendar.htm>

Ask Justin if he is working with Reinhart so they can get added to the GPO list so can purchase thru Reinhart. |
| **Food Safety** | <https://www.fightbac.org/food-safety-education/safe-produce/>Lori attended the national Food Safety Conference and she shared some of the tips. Food Safety tips we can borrow from industry giants.**McDonald's:** McDonald's always builds in food safety training for each station. Lori suggested that after the initial orientation, how can we build food safety tips into position-specific training? * They use a thermometer that is blue tooth enabled and it auto records, so you don’t have to write it down, it does it for you.
* What tools can we use to make temperature taking easier? One county has the driver call in temperatures to the office, so it is quicker for the driver.
* Whenever we are out and about, don't forget to prioritize food safety during visits so they know it is a top priority.

**Eco Lab:** Eco lab provides auto-fill dispensers that make sanitizing and cleaning easier. You can buy these dispensers from [Grainger](https://www.grainger.com/) also. Having the automated machines can help assure proper chemical amounts, but you also need to be sure to still double-check the concentration. * If it is hard to get out and inspect, can someone take and send a picture of everyone in hairnets, etc.

**Chipotle:** The top goal every year is food safety, not sales. They had a large outbreak a few years ago and made adjustments in their food safety training. * Do they have a short food safety training every quarter-; how can you add some food safety tips to your staff education?
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| **New Recipe sources** | Tips From Vermont Farm to School. The cookbook is divided into categories.[New School Cuisine: Nutritious and Seasonal Recipes for School Cooks by School Cooks | Vermont FEED (vtfeed.org)](https://vtfeed.org/resources/new-school-cuisine-nutritious-and-seasonal-recipes-school-cooks-school-cooks) Vermont & Massachusetts Farm to School Recipe Archives* <https://vtfeed.org/jrironchefvt/recipe-archive>
* <https://www.massfarmtoschool.org/guide-types/recipes/>
 |  |
| **Strawberry Salad** | [**Strawberry Salad**](https://www.massfarmtoschool.org/guide/strawberry-spinach-salad/)**Poll:** what do you add to side salads? Fruit, Tomatoes, cucumber, cheese other? Some people add beets and strawberries. Check to see if you can find a local farmer who grows them and add them.  |
| **Turmeric Cauliflower** | [Roasted Cauliflower with Turmeric](https://vtfeed.org/sites/default/files/imce/uploads/New%20School%20Cuisine%20Cookbook%20-%20Roasted%20Cauliflower%20with%20Turmeric.pdf)* Make sure to add pepper when using Turmeric
* When Lori worked in a fine dining restaurant they always roasted with pepper and garnished with added Maple Syrup and lime when the cauliflower is done roasting!
	+ Use ¼ maple syrup per head and 2 tsp of lime (it can be fresh squeezed or lime juice). Is this right Lori?
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| **<https://usapulses.org>****Burger****Lentil Brownies** |  Great Free Webinar from Today's Dietitian. [**Link to Webinar**](https://ce.todaysdietitian.com/AMMPulsesRecorded)Many resources, including these three downloadable books. (She highlighted 3 books from the slide Food Service Guide to Pulses, CIA ON, Pulses of Change (98 pages) I used two recipes from CIS Pulses.Lori made the [Beef, Lentil, and Sausage Burgers](https://www.lentils.org/recipe/beef-lentil-sausage-burgers/)- very moist, just a bit big. I would make it again.[Lentil brownies](http://www.ciaprochef.com/lentils/LentilBrownie/) were moist, flourless, and has 4 cups of cooked red lentils and Lori made them and loved them. They are not real sweet so you can add powdered sugar or frosting.  |  |
| **USA Pulses****Education and Recipes** | **Youtube education for staff?*** [**https://youtu.be/RNjH3sVFzXUht**](https://youtu.be/RNjH3sVFzXUhttps%3A/youtu.be/GYDWK3ibuL8)
* [**tps://youtu.be/GYDWK3ibuL8**](https://youtu.be/RNjH3sVFzXUhttps%3A/youtu.be/GYDWK3ibuL8)
* [**https://www.usapulses.org/consumers/resources**](https://www.usapulses.org/consumers/resources)
* [**https://youtu.be/S9Zl6glTgGI**](https://youtu.be/S9Zl6glTgGI)

Ellie Magnuson, UW Health Dietetic Intern, is putting together a ppt on pulses as Staff Education. **Recipes:** [Meatballs](https://www.usapulses.org/resources/1154-farmer-s-meatball-grinder/)* Muffins I didn’t know which muffin recipe specifically to add the link
* If you are looking for recipes for specific beans/lentils, you can type them into the [Recipe Finder](https://www.usapulses.org/tips/recipes)
* Roasted chickpeas I didn’t know which muffin recipe specifically to add the link
* Lentil Brownie I didn’t know which muffin recipe specifically to add the link is it this one? [Lentil brownies](http://www.ciaprochef.com/lentils/LentilBrownie/)

**What pulses do you put on your summer menu?** |  |
| **Spring Menu Ideas** | [French Spring Soup](https://www.allrecipes.com/recipe/50030/french-spring-soup/?utm_source=emailshare&utm_medium=email&utm_campaign=email-share-recipe&utm_content=20210215)- Asparagus, peas, spinach, and mostly broth. Tip: Cut back on the sodium in the recipe 😊[Wisconsin Cheese Spring ideas](https://www.wisconsincheese.com/recipes/search/-/31/-)[The Gourmet RD](https://thegourmetrd.com/) Spring Recipes. Example Spring Salad -radishes, peas, and fresh mint**Seasonal Produce Information:*** [Williams Sonoma Spring Produce](https://www.williams-sonoma.com/pages/recipe/spring-harvest-guide/?cm_type=lnav) Harvest Guide
* <https://www.seasonalfoodguide.org/>

**What are you planning on your Spring Menu?** |  |
| [**Farro Salad**](Farro%20Mango%20and%20Grape%20Salad%20Scaled.xlsx) | **Use whatever fruits are in season. Have you used Farro?** |  |
| **Desserts** | [**Frosted Sugar Cookie**](%EF%81%B5%09https%3A/lifemadesweeter.com/soft-lofthouse-style-frosted-sugar-cookies/)[**Strawberry Rhubarb Bars**](https://thegourmetrd.com/strawberry-rhubarb-crisp-bars/)[**Blueberry Date Muffins**](https://thegourmetrd.com/blueberry-date-muffins/)[**Three Berry Compote for Angel food Cake**](%EF%81%B5%09https%3A/www.foodandwine.com/recipes/angel-food-cake-three-berry-compote?utm_source=emailshare&utm_medium=email&utm_campaign=email-share-recipe&utm_content=20210329) |  |
| **Book Share** | [**The Flavor Thesaurus**](https://www.amazon.com/s?k=the+flavor+thesaurus&gclid=Cj0KCQjwmIuDBhDXARIsAFITC_6Hxo8pLfnfZGUjounxGZzKhMvsmIsvLakjTAN7ipdh5fzqe5z0gaYaAj_eEALw_wcB&hvadid=241646866441&hvdev=c&hvlocphy=9019313&hvnetw=g&hvqmt=e&hvrand=579216273926686284&hvtargid=kwd-19714840647&hydadcr=16180_10353388&tag=googhydr-20&ref=pd_sl_966z2m7flw_e)**Cost ~$20 several flavor combos go well together and once you know the combos that work, you can use them in a variety of ways.**  |  |
| **Closing** | Breakfast for Lunch Foods will be featured on the May call**, if you have recipes to share please send them to Lori.** What are you serving on your spring/summer menus?What would you like to see more of on the calls?More Recipes?Seasonal?Food Safety Tips each time?Kristi Cooley suggests I think it would be nice to have a vetted recipe that is for large qty cooking. The recipe needs to be in quantity of 50. Missy would like the quantity of 25. If the recipes are in 50 you can cut in half easily for 25 or double for 100.  | Please let Lori know what was great, what you want to see more of, and would like you all to share more to make your job easier?We will post the notes on the GWAAR Website. Add linkSend doodle poll for May Meeting Dates |