



For January's Growing Healthy event, CitySprouts and the Cambridge Food Service served 60 lbs. of fresh broccoli in four school cafeterias. Prepared by Dan Evans in the central kitchen at Kennedy-Longfellow, the broccoli was blanched, cooled and delivered to the schools where it was served. A side of ranch dressing (2 T or less) was offered as a dipping sauce. The broccoli was served on the cafeteria "line" with the hot lunch, and also offered to children and teachers already seated so that children who brought their lunch from home were included. Read what students (and teachers) had to say about broccoli:



Haggerty School Monday, January 31
(186 served)

"Nicely cooked." Teacher
 "I t's nutritious." 2nd grader
 "This broccoli is great!" 4th grader
 "I ate the broccoli and I don't even like broccoli" Haggerty cafeteria staff
 "I can't wait to have broccoli from the garden again" 1st grader
 Thanks to Haggerty cafeteria staff Carol Sheehan and James Scoby

Morse School Tuesday, February 1
(375 served)

Assistant Principal Mili demonstrates how to eat broccoli to a table of seventh grade boys, several of whom are impressed enough to try a bowl themselves.

"Broccoli's the bomb!" 4th grader
 Thanks to Morse cafeteria staff Robert Scott, Stacey Dottin, Francyne Reddick, and Marie Hercule, and CitySprouts volunteer Nanci Anderson

King Open School Wednesday, February 2 (280 served)

"I t's my favorite vegetable." 3rd grader
 "Thank you for the broccoli. I t was good." 1st grader
 "I hate broccoli, but I'll take some of those carrots!" 4th grader
 "Where's the broccoli?? I want broccoli!" (Overheard after the broccoli was gone)
 Thanks to King Open cafeteria staff Lena Braga and Walter Reyes

Peabody School Thursday, February 3 (425 served)

"Oh yummy—this is my favorite." 1st grader
 "Best broccoli I ever had." 1st grader
 A 'thumbs up' from a student reluctant to try it at first
 "They should work this into the menu." Peabody cafeteria staff
 Thanks to Peabody cafeteria staff Claude Lathan, Joyce Egleston, Sylvia Bacai and Barbara Ladny

Growing Healthy featured vegetable events are made possible through a partnership between CitySprouts and the Cambridge School Food Service and funded by The Carol White Physical Education for Progress (PEP) grant.