

Celebrate Taste Washington Day on Oct. 5

Let us help you connect with local farms!

[Sign up online](#)

What is Taste Washington Day?

On Wednesday Oct. 5, schools around the state serve meals from food grown on local farms or produced in Washington. Students also learn about and celebrate the farms that feed us through activities, promotion and events.

Who organizes it?

[Taste Washington Day](#) is organized by **Washington School Nutrition Association** (WSNA) and the **Washington State Department of Agriculture** (WSDA) to celebrate Washington agriculture and promote good nutrition in our schools. Lots of local non-profits, parents, volunteers, and community partners (and of course, Washington farmers!) also work to support Taste Washington Day.

How can our school participate?

First, [sign up](#) or email WSDA at ciberle@agr.wa.gov. Then...

✓ **Put local food and farms on your menu on Oct. 5**

The primary way to participate is to serve and highlight Washington's harvest on Oct. 5! WSDA's Farm to School team will help match your school with participating farms and facilitate purchasing, or help you find Washington-grown foods through your current distributor. Use WSNA's Taste Washington Day menus below, or create your own.

✓ **Celebrate local food & farms with activities beyond lunch**

Schools across the state have many creative ways to celebrate Taste Washington Day: farm posters and salad bar displays, participating in the [Washington Apple Crunch](#), farmer visits to the school, or Future Farmers of America offering tastings of Washington-grown produce. See other great examples from [past Taste Washington Days](#)! WSDA can help with posters for your cafeteria, inviting a farmer to lunch, or scheduling a visit to a farm, school garden, or farmers market.

If you are planning a Taste Washington Day event, [sign up online](#)

Whether you need help connecting to local farms, or have already planned your event, we'd like to add you to our list of participating schools. Contact Chris Iberle at ciberle@agr.wa.gov or (206) 256-1874

What should we serve on Taste Washington Day?

WSNA has suggested [four terrific menus](#) for Taste Washington Day. Or, you can develop your own creative menu based on what's available from farms in your area. WSDA provides a list of participating farms, and can help with alternate recipes or sourcing ingredients. Use peppers instead of carrots as a fresh Washington veggie, or to make a local beef taco an entree. Whole wheat dinner rolls or other breads made with Washington grains are always a hit. If you're participating in the USDA Pilot Project for Unprocessed Fruits and Vegetables, we encourage you to buy direct from a Washington farmer or locally through a distributor using the program!

Two of WSNA's sample menus to get your mouth watering:

SAMPLE MENU 1:

SAMPLE MENU 2:

Winner Chicken Dinner

- Glazed Chicken Drumstick
- [Rosemary Red Potatoes](#)
- Whole Wheat Dinner Roll
- Fresh Kale Salad with carrots, tomatoes, and cucumbers
- Seasonal Washington Fruit (like apples, pluots, pears, berries, peaches, melons, plums, apricots, or grapes)
- Low Fat Milk

Greek Feast

- [Greek Turkey Pita](#)
- [Tabouleh Salad](#)
- Fresh Washington Veggies (like carrots, celery, radishes, peppers, cucumbers or cherry tomatoes)
- [Roasted Red Pepper Hummus](#)
- Seasonal Washington Fruit
- Low Fat Milk

Taste Washington Day Resources

We want Washington's kids to spend Taste Washington Day learning about the farmers who grow their food and about the tasty, healthy items you bring to their plate. We'd like to help you bring that to life!

Find recipes, tell people about your food and farmers, and add flair to your event with cafeteria signage and education activities:

- [WSDA Taste Washington Day resources](#), including [recipes](#), printable [flyers](#), [table tents](#), [posters](#) and more
- [Farm to School Cookbooks](#)

To learn which vegetables, fruits and herbs are available from local farms in any month of the year, visit these links:

- [Washington State Seasonality Chart: Vegetables](#)
- [Washington State Seasonality Chart: Fruit & Herbs](#)

You can calculate the quantity of fresh, whole produce you need to purchase based on serving size:

- [Produce Calculator](#) (Thanks, Oklahoma Farm to School for developing this tool!)

Taste Washington Day Inspiration: Coupeville and South Whidbey

Two Island County school districts shared these great stories from 2015, where they offered great activities, school garden produce, and local farmer visits to bring the Taste Washington Day menu to life.

In South Whidbey School District, the elementary school cafeteria served butternut squash and "garden pizza" topped with fresh tomatoes, basil pesto and kale crumbles. Students also sampled roasted carrots and beets. All the vegetables were grown at the South Whidbey School Farm or the Langley Middle School Garden.

In Coupeville, all middle school science classes did local salad tastings, and learned about good nutrition and the importance of "eating your colors" in fruits and vegetables. At Coupeville Elementary, Rosehip Farm and Garden set up a farmer's market display of Washington grown vegetables, and handed out samples during the lunch period. All the salad bars in the district served only Washington-grown produce, and students tasted delicious roasted Coupeville-grown Hubbard squash from Sherman's Pioneer Farm!



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