What is Food Day?

“Food Day is a celebration of healthy, affordable, and sustainably produced food. It builds all year long and culminates every year in October.”

In Indiana, schools celebrate Food Day any day during the month of October, which aligns with National Farm to School Month, to accommodate Indiana’s growing season and different school calendars.
What’s in the Food Day Toolkit?

Find everything you need to create a great Food Day event!

- FOOD DAY theme
- FOOD DAY vision and priorities
- FOOD DAY organizer’s checklist
- FOOD DAY in the school garden
- FOOD DAY in the cafeteria
- FOOD DAY in the classroom
Vision and Priorities: Focus on Food Education

- Schools are ideal sites for food education.
- Instilling healthy and appropriate eating habits in children will impact their health as adults.
- In addition, balanced and healthy school meals improve school performance and behavior.
- Introducing kids to new fruits, vegetables, and whole grains can put them on track to becoming good eaters.
Celebrating Food Day in Indiana

Every year the Indiana Farm to School Network (IFSN) steering committee meets in January to choose a food item theme for the current year.
And this year, we chose radishes!
5 Varieties are highlighted

- Easter Egg Radish
- Black Radish
- German Giant Radish
- Cherry Belle Radish
- Watermelon Radish
Our theme is...

RAH, RAH, RADISH!
Tell Me More

Radish Basics

• Radishes come in a wide range of shapes, sizes, colors, and flavors. They can be the size of a hazelnut or a carrot, and range in color from bold reds, pinks, and purples to starker white and black.

• **In Season:** Radishes are available year-round, but are at their peak from April through July.

• **What to Look For:** Choose those that are plump, firm, smooth, and free of cracks and blemishes. If you plan on serving radishes raw as a snack, buy them with the leaves still attached; they should be bright green and fresh.
Checklist for Event Organizers

- Identify support staff and volunteers to help plan and execute the event
- Pick a date in October for your Food Day event
- Establish a timeline
- Make plans for a summer or fall garden
- Plan your menu/test recipes
- Plan classroom activities
- Purchase radishes for your Food Day event
Sample Food Day Timeline
Batesville’s timeline from Food Day 2014

It’s never too early to start planning...

In April, all partners met to discuss timeline. A farmer was recruited to grow turnips and participate in Food Day activities. Margaret Mary Health (MMH) provided administrative support (copying and supplies). A MMH representative communicated with all of the partners to assure the timeline was being met.

- **April** - partners meeting, curriculum ideas developed for teachers
- **May** - farmer selected
- **Mid-July** - turnips planted by farmer
- **August** - turnips planted in containers by students with help of farmer
- **August** - email to teachers describing program
- **August** - food service staff determine which recipes to sample. Staff prepared recipes for tasting.
- **September** – MMH sponsors Food Day at the local farmers market on the second Saturday of September.
- **September** - Hold tasting. Students vote on their favorite recipe. Farmer and or chef visit school.
- **Mid-October** - Harvest turnips from school gardens
- **October 21 & 28** – Food Day activities at Batesville Intermediate School
- **October 21 & 28** – Food Day activities at Batesville Primary School
Food Day at the Batesville Farmer's Market: 5 years of fun at the market!

Sponsored by the Batesville School Corporation and Margaret Mary Health (MMH).

Each year in mid-September, MMH selects a Saturday to invite all the local elementary students in grades k - 5 to come to market with their families.

The students in the schools all get $2 coupons that can be used to purchase any fresh food (no cookies) from any of the market vendors. All area home schooled and private school students are invited too. They can ask for a coupon when they arrive at the market. The students give their coupon to the vendor and then a market representative collects the coupons from each farmer at the end of the market day and reimburses them for the coupons they received.

MMH pays for the coupons.

In the spring, the farmers are all notified of the Food Day item of the year and asked to make special plans to try to have this food available for sale at the market. But the students can use the coupons to buy anything, though we are promoting the Food Day item through all kinds of activities.
Food Day at the Batesville Farmer's Market:
5 years of fun at the market!

Hospital dietitians, school teachers, cafeteria managers, principals and staff are all at the market that day to greet the families. Each year we have special activities for the students. These have included:

1. market scavenger hunts
2. art projects
3. side walk art
4. live music
5. principals doing a cooking demonstration
6. costumes
7. games
8. prizes

Approximately 100 families participate each year. This is an additional 100 families coming to the market on that Saturday. The farmers are thrilled, the students are thrilled and the dietitians and educators are thrilled to see the students go home with vegetables!
Food Day in the School Garden
Planting Tips
Radish Planting Tips

• When preparing the soil, avoid fresh manure and organic materials or fertilizers high in nitrogen. An overly rich soil will encourage lush foliage at the expense of crisp, tasty roots.
• Remove all rocks and sticks from the soil and break it up so it is somewhat loose and fine.
• Radishes are a cool season crop and don’t do well during the middle of summer when the ground is really warm. Therefore, plant them early in the spring, or early in the fall for the best radishes.
• Plant seeds outside (early in the spring), 1/2-inch deep and 1 inch apart in a row.
Radish Planting Tips

• When the radish seedlings are about 2 inches tall, thin the plants to 3 inch spacings. If not thinned, you’re likely to end up with shriveled, inedible roots.

• Mulch the radishes with compost, leaves, mulch or straw. This helps the soil retain moisture that could mean the difference between perfect and pitiful radishes.

• Keep your garden free of weeds. Weeds rob your radishes of nutrients as they grow, and you won’t have good radishes if you allow weeds to take over your garden.
Radish Planting Tips

• Water in moderation. If the soil is too dry, radishes will bolt and become pithy and too pungent to eat. If too wet, the roots will split and rot. Never let the soil dry out, but don't keep it mucky, either.
• Radishes are fast-growing and most varieties are ready to harvest in 3 to 4 weeks.
• Harvest when the plant leaves are about 4 inches long. You can start harvesting them right away at this point because the radishes are best when young and tender.
Garden Activities

Radishes are perfect for new and especially young gardeners. For impatient kids looking for quick rewards, radishes are as close as they can come to instant gratification.

Radishes are so fast growing your children will be pulling the succulent roots in as few as 21 days from sowing!

Some gardeners wouldn't think of picking up a hoe without putting a packet of radishes in their shirt pocket. Dropping seeds among slower growing vegetables means double harvests—radishes first, broccoli later.
For FREE radish seeds and additional planting tips, contact:

Ginny Roberts
Urban Garden Program
Purdue University Cooperative Extension
Marion County Office
Indiana State Fairgrounds Discovery Hall, Ste 201
1202 E 38th St,
Indianapolis, IN 46205
Office: 317-275-9284
vrrobert@purdue.edu

Within the subject line, please title the email “Food Day Seeds”.

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Food Day in the Cafeteria

Raw, with and without tops, bunches, icicle, shredded, shaved thin, sliced, coins, quartered, whole, and organic…

- Use a scrub brush to clean radishes
- Trim the bottom off a radish to make it stable for slicing
- Slice radishes in half for veggie platters and roasting
- Grated radish
- Radish sticks
- Sliced radish

...and organic…
Can food grown in school gardens be served in the cafeteria?

**YES!** For more information on procuring food from school gardens and using school food service funds to support garden activities, check out this USDA fact sheet:

School Gardens: Using Gardens to Grow Healthy Habits in Cafeterias, Classrooms, and Communities
Can I use local foods in the cafeteria?

YES! Food service directors use locally grown school produce in the cafeteria every day.

At a minimum, producers must be registered with the Indiana State Department of Health and receive Good Agricultural Practices (GAP) training prior to selling to schools.

- List of Registered Farmers/Producers
- 10 Facts About Local Foods in the Child Nutrition Program
USDA Fact sheets

- Local Procurement Decision Tree
- 10 Facts About Local Food in Schools
- Using DOD Fresh to Buy Local
- Geographic Preference: What It Is and How To Use It
- Selling Local Food to Schools: A Resource for Producers
- USDA Foods: A Resource for Buying Local
Promoting Radishes on Food Day

Feature radishes in your cafeteria using one or more of the following ideas. Kids are more likely to try a food that you promote.

- Try a new recipe
- Set up a radish display in the cafeteria
- Guess how many days it takes for a radish to grow
- Introduce your students to a chef
- Open house or harvest celebration

We recommend taste tests!!!
https://vtfeed.org/resources/guide-taste-testing-local-foods-schools
Promoting Radishes on Food Day

Feature radishes in your cafeteria using one or more of the following ideas:

- As students come through the serving line, point out the radish dishes. Offer praise and encouragement to students who take the vegetable dish.

- Invite a gardener or farmer to lunch.

- Survey students—Ask students how to prepare radishes that will be most appealing to them prior to serving the vegetable on the cafeteria line.
Rad Radish Recipes

Give radishes a chance! Thinly sliced or finely grated, a small dose of this spicy little veg adds big zip to salads and tacos.

Cucumber and Radish Tzatziki (use as sandwich dip, veggie dip, chicken dip, serve with pita bread, etc.)

Crispy Roasted Radishes

Corn Salad with Radishes (easy for salad bars or for a taco topping)

Asian Cucumber and Radish Salad with Cilantro
Where to purchase Indiana-Grown radishes?

1. Recruit a farmer to grow radishes for you
2. Grow radishes in your school garden
3. Purchase from your produce distributor
Procurement Guide

Click here for:

[Procuring Local Foods for Child Nutrition Programs](#)
Will your Food Day purchase qualify for the micro purchase method?

Use it when:
- The aggregate value of your purchase falls below micro purchase threshold of $3,500

Micro purchases enable schools to:
- Purchase supplies or services without soliciting competitive quotations if the school considers the price reasonable

When using the micro purchase option, schools must:
- Distribute micro-purchases equitably among qualified suppliers
- Develop written specifications and required terms, conditions and contract provisions
- Document all purchases
Food Buying Guide

How Much do you really need?

Food Buying Guide [Calculator] for Child Nutrition Programs

USDA Food Buying Guide

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Radishes

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Food Day in the Classroom
Food Day in the Classroom
Food Day in the Classroom

Rad Resources

Vermont Harvest of the Month
- Radish Tidbits for the Cafeteria section of the Toolkit:
Visit FoodLink

- FoodLink is the resource for anyone who has ever stood in front of produce and wondered, “What is that?” or “What do I do with that?” Scan the FoodLink QR codes on fresh fruits and vegetables to learn more about them, including how to select, prepare, and care for them.
- Visit Purdue Extension’s FoodLink Website for food and cooking information on radishes.
- **This video demonstrates helpful tips for cutting radishes.**
- **Radishes:**
Garden Based Literature

• **Radishes in literature:** In the novel ‘Gone with the Wind’ it was after attempting to eat a radish – the only food she could get – that a starving Scarlett O’Hara declared, “As God is my witness, I’ll never be hungry again.”

• **Peter Rabbit – a naughty radish fan:** Our very own Peter Rabbit enjoyed his radishes and famously ate a rather long variety known as the Long Scarlet in an illustration from the Beatrix Potter book.
Rad Radish Celebration Ideas
Fun Facts about Radishes

• **Night of the Radishes:** In Oaxaca in Mexico, December 23rd is known as “The Night of the Radishes” (Noche de Rabanos). The festival features depictions of all kinds of subjects, including nativity scenes – all carved from radishes!

• **Hot weather, hot radishes!** If it’s a long, hot summer, you get hotter radishes and similarly when it’s milder you get cooler radishes.
More Fun Facts about Radishes

• **Ancient Wages:** Radishes, onions and garlic were paid as ‘wages’ to the Ancient Egyptian laborers who built the Pyramids.

• **Giant radishes:** Some varieties of radish can grow up to 3 ft. long, weighing 100 lbs. Needless to say, you’re unlikely to see these in your local supermarket!
Radishes **not your thing**…

Check out our previous Food Day toolkits and plant something different.

- [2014 Turnips](#)
- [2015 Kale](#)
- [2016 Squash](#)
- [2017 Brussels Sprouts](#)
Visit our NEW Indiana Farm to School Website

https://www.purdue.edu/dffs/farmtoschool/
Indiana’s Core Partner Contact for the National Farm to School Network

Ginny Roberts
Urban Garden Program Manager
National Farm To School Network – Core Partner Lead
IN Farm to School Network – Education
Purdue University Cooperative Extension Service
Marion County Office
Indiana State Fairgrounds
Discovery Hall, Ste 201
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