

## Using Local Foods with the Blender Bike

Making snacks on the blender bike can provide opportunities to talk about where foods come from. Students will benefit from learning about how and where ingredients for their smoothies, salsa, or other recipes are grown or produced. Below is a list of items grown, raised, and/or processed in Ohio that can be used in blender bike recipes. If you are using the blender bike in another state, find out which fruits and vegetables are in season there and try some in a blender bike recipe. Many state-level departments of agriculture distribute seasonality charts that depict which produce items are harvested each month.

Look for locally grown and processed foods at farm stands, farmers markets, and grocery stores. To find a market in your area of Ohio, go to <http://ohioproud.org/farm-markets-all>.

### Smoothies

Yogurt	Many yogurt manufacturers are located in Ohio. Brands include, but are not limited to, Dannon, Snowville, and Smith's.
Fruit/Vegetables	Strawberries, blueberries, raspberries, and spinach (Use fresh or freeze local fruits for later use.)

### Salsa

Tomatoes	Buy fresh local tomatoes, or used canned tomatoes processed in Ohio. Brands include, but are not limited to, Tip Top, Dei Fratelli, and Hirzel.
Onion	Buy in-season at a farmers' market or local retailer.
Cilantro	Buy in-season at a farmers' market or local retailer.
Jalapeno pepper	Buy in-season at a farmers' market or local retailer.

### Promoting Your Use of Local Foods

- Be sure to let people know which ingredients are produced locally. Post signs or table tents near the blender bike that list the original of each ingredient.
- Highlight your efforts to purchase and serve local foods in newsletters and announcements. Feature local foods in taste test activities.
- Items grown in a school garden can be used in taste tests and blender bike recipes.
- Be sure to follow proper food safety and food handling procedures.

