



Farm FRESH FOODS

July 2022

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Food Distribution Employee Spotlight



Tina

Tina is a native of Montgomery County, where she and her family reside on their 100-acre farm. She has been employed by the Kentucky Department of Agriculture for 15 years and is currently serving as a Branch Manager in the Foods Division. Her programs include Farm to School, the Senior Farmers Market Nutrition Program, Chefs in Schools and the Junior Chef program. She serves on the advisory boards of the Sterling Community Food Coalition, USDA South East Region Junior Chef and the UK Cooperative Extension Nutrition Education Program Advisory Board. Additionally, she is the state lead for the National Farm to School Network. When she isn't pursuing her passion of promoting local foods and supporting local farmers/producers, Tina enjoys horseback riding, hunting, gardening, reading and cooking. But most of all she enjoys spending time with her family and her four BEAUTIFUL grandchildren!!

Judy

Judy, a Lexington native, has been with the Kentucky Department of Agriculture for 5½ years as a Food Service Operations Manager II, and serves as the consulting chef with the Chefs in Schools program and the Junior Chef competition. She has worn her chef's jacket for over 30 years as owner and executive chef of Judy Catering, a Kentucky Proud farm to table boutique catering company. Judy is also in the process of converting her former equine boarding farm, Bittergreen Farm, located in eastern Montgomery County, to an Agri-tourism site. Judy was married for 26 years to retired Lexington Police Lt. Jack, who passed away from leukemia in 2003. Jack and Judy have two children; daughter Kira is an internationally recognized print, video, and voice artist and son, Jock, followed in his mother's footsteps, becoming a chef who trained in Ireland. When not in the kitchen, Judy enjoys spending time with her horses and also runs a self-funded basset hound sanctuary for rescued basset hounds.



Senior Farmers' Market Nutrition Program

The Senior Farmers' Market Nutrition Program (SFMNP) is designed to improve nutritional selections made available to qualified low-income seniors at local [Kentucky Farmers' Markets](#). Kentucky Department of Agriculture (KDA) staff diligently worked alongside the United States Department of Agriculture (USDA) to improve the Senior Farmers' Market Nutrition Program by not only increasing the grant funding by \$29,254, bringing the total amount available to \$529,483, but are now offering voucher cards and contact-free payment options. Each qualifying senior member is awarded \$48 to spend on fresh, locally grown fruits, vegetables, cut-cooking herbs, and honey at any of the participating 103 certified farmers' markets. The program runs from July 1, 2022, thru October 31, 2022. If you are a Kentucky resident over the age of 60 and want to participate in the SFMNP, please contact your local distributing agency, found [here](#), for an application and approval. For more information regarding the Senior Farmers' Market Nutrition Program or other programs offered by the KDA for eligible seniors, please visit our website or use the QR code shown:



<https://www.kyagr.com/consumer/division-of-food-distribution.html>



Upcoming Events

- August 18-28, 2022: Kentucky State Fair
- August 20, 22-25, 2022 Kentucky State Fair Jr. Chef competitions daily at 10:00 a.m. and 1:00 p.m with the final on August 26, 2022 at 1:00 p.m.

Farm to School



www.farmtoschool.org



The United States Department of Agriculture (USDA) alongside the Kentucky Department of Agriculture (KDA) bring healthy eating to a school near you. The [Farm to School](#) incentive program encourages the purchase of fresh, high quality KY proud products to be served within school programs such as the National School Lunch Program, Summer Food Service Program & Child/Adult Care Food Program. Integrating farm-fresh foods into the nutrition curriculum initiates learning far beyond the cafeteria. The Farm to School program generates knowledge on the importance of nutrition, healthy choices, and agriculture. A means for students to demonstrate their knowledge on nutrition is the Junior Chef Program, promoted by Farm to School. The Junior Chef program brings education and experience into the classroom, allowing students the firsthand involvement in creating a healthy, KY proud meal. Another source of education brought to school are Farm Fresh Fridays, a state campaign to include locally grown products into school lunch at least once per month. Encouraging students to actively participate in their nutritional choices while providing them educational information on where their food originates can help improve their health and understanding of the importance agriculture plays in their daily lives.

Junior Chef Competition



It's competition time in the Bluegrass! The Kentucky Department of Agriculture is proud to welcome back the Kentucky Farm to School Junior Chef competition. This event is scheduled for August 20th- 26th 2022 at the Kentucky State Fair in Louisville, KY. Students from 10 Kentucky schools will use locally grown ingredients to create a dish delicious and healthy enough to be served by school food services. The winner will have their dish incorporated into their local school menu and go on to compete in the USDA Southeastern Region Competition. There they will face off against seven additional outstanding state Jr Chef teams in May of 2023. Kentucky schools participating in the competition include Barren, Bath, Corbin, Cumberland, Greenup Raceland, Harlan, Henderson, LaRue, Montgomery, and Spencer. For more information on the Kentucky Farm to School Jr Chef competition please visit our website or use the QR code shown:

<https://www.kyagr.com/junior-chef/>



Kentucky Department of Agriculture

Food Division Contact List

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We're on the web!

www.kyagr.com

502-782-9231 Emergency Feeding Assistance Program (EFAP),
Commodity Supplemental Food Program (CSFP)

502-782-9212 Farm to School Lunch Program, Jr Chef Program,
Chefs in School

502-782-9222 National School Lunch Program (NSLP),
Processing for National School Lunch Program

502-782-9214 Senior Farmer's Market Nutrition Program
(SrFMNP)

Every newsletter needs something that makes it stick out! This newsletter will not only consist of interesting facts and points, as well as information, about the Kentucky Department of Agriculture Food Division, but will have one recipe every month, thanks to the students who participate in the Junior Chef program.



This month's Featured Recipe:

Colonel's Crazies Pork Burger

Henderson County High School

Ingredients:

Colonel's Crazies Pork Burger:

1 ½ lb. ground pork
6 slices Commodity Pepper Jack Cheese
6 slices Turkey Bacon
6 Breaded Onion rings
6 thin slices of Red Onion ¼ cup

Colonel's Crazies BBQ Sauce

¼ cup onion, minced
¼ cup green pepper, minced
¼ cup red pepper, minced
1 Tbsp. All Purpose Seasoning
1 tsp. black pepper
6 Wheat Buns

Directions:

1. Preheat oven to 400F.
 2. Gather equipment, then ingredients. Remove the ground pork from the refrigerator last to prevent time and temperature abuse. Spray a sheet pan with Canola pan spray. Place each red onion slice on the baking sheet. Combine ground pork, ½ cup Colonel's Crazies BBQ Sauce, minced onion, green pepper, red pepper, garlic, All Purpose Seasoning, and black pepper, mixing with gloved hands. Divide the meat mixture into 6 equal portions. Pat the portions into patties and place one patty on each onion slice, molding it to the onion.
 3. Bake in the preheated oven for about 30-40 minutes. Using a be-metallic thermometer, check the temperature of each burger at the thickest part. The burgers are done if the temperature in two areas of the patties reads 155 degrees.
 4. Place a wire rack on a sheet pan. Spray the rack with pan spray, coating well. Place the breaded onion rings on the rack and bake until golden brown. Once baked, keep warm.
 5. Fry the bacon in a skillet until crisp. Place on paper towel to drain any excess grease. Break each slice in half. 6. Brush buns with olive oil, then place buns in a skillet, heating until warm. Place the buns on a sheet pan.
 6. Assemble the burger by spooning Colonel's Crazies BBQ Sauce on the bottom and top of each heated bun. Add the burger, 2 pieces of the bacon (1 slice, total), pepper jack cheese, and onion ring. Drizzle Colonel's Crazies BBQ Sauce over the onion ring and burger. Top with bun and serve with Spicy Colonel's Slaw. Garnish the plate with green onion and radish slices
- Colonel's Crazies BBQ Sauce**
1. Combine all ingredients in a medium pan. Whisk together using a wire whisk until all ingredients are blended.
 2. Over medium heat bring the mixture to a boil. Reduce heat and simmer, stirring continuously, for 10-15 minutes or until the sauce has thickened. Cool the BBQ Sauce using the ice water bath method.
 3. Use ½ cup of the sauce in the Colonel's Crazies Burgers and reserve the remainder to put on the bun.