

ROMOLAND'S JOURNEY TO TASTY ROOT VEGGIES

ABOUT THE DISTRICT

Romoland School District (Romoland) is located in Southern California's Riverside County. It has five transitional kindergarten-through-eighth grade schools serving 4,545 students, of which 71.3 percent were eligible for free and reduced-priced school meals during the 2022–2023 school year.

Romoland's Nutrition Services team had already started down the path of sustainable local purchasing and they were looking for the time and resources to create their own standardized recipes. Along came the Taste of California Standardized Recipe Challenge Grant (Taste of CA Challenge) and they decided to apply and start this journey.

ACTIVITIES

- Partnered with Fresh Point and Amy's Farms to purchase local root vegetables
- Hosted recipe taste-testing opportunities with students
- Promoted the new, local recipe on Instagram
- Provided nutrition education for students and the community through virtual cooking classes and farm tours
- Conducted training on recipe standardization

LOCAL INGREDIENTS

Romoland chose to feature root vegetables as their local ingredient. They reached out to Fresh Point, Amy's Farm, and many of the other neighboring farms to see what was growing and available.

From these conversations, they were invited to tour Amy's Farm, which helped them to select their featured vegetables. The Roasty Toasty Root Vegetables recipe that Romoland created used locally grown turnips, rutabagas, parsnips and carrots, along with rosemary and other herbs and spices.

RECIPE DEVELOPMENT

Romoland engaged both the students and staff as well as district administration in taste testing the recipe. This served to create real excitement about the project across the district. The Roasty Toasty Root Vegetables recipe received an 88 percent approval rating!

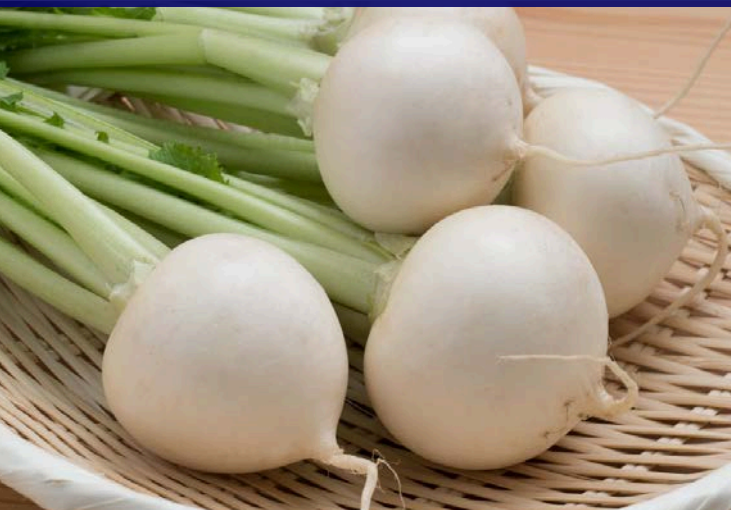
As they continue to work on incorporating this recipe into routine meal service, Romoland plans to pair this delicious side dish with turkey or chicken slices, gravy, and a roll for a delicious fall or winter lunch experience. They also plan to continue to feature local ingredients in their school recipes and expand opportunities for students to participate in the recipe development process.



Roasty Toasty Root Vegetables



Above: Romoland staff picking fresh vegetables at Amy's Farm;
Below: white turnips



NUTRITION EDUCATION

Chef Toby from Romoland created a virtual cooking class for families that featured a demonstration of how to prepare the Roasty Toasty Root Vegetables recipe. The recipe was adjusted for home use, encouraging students share a school meal favorite by cooking it with their families. The video also helped to shift perceptions that cooking healthy is too difficult or too expensive. Chef Toby's cooking videos are available on Romoland School District's YouTube channel.

Romoland students tasting and rating the Roasty Toasty Root Vegetables recipe



Romoland School District

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Recipe: Roasty Toasty Root Vegetables



This publication was created with funding from a 2021 U.S. Department of Agriculture Team Nutrition Grant awarded to the Nutrition Services Division (NSD) of the California Department of Education (CDE). The CDE awarded subgrants to school districts to develop standardized recipes and share their success stories. The CDE is an equal opportunity employer.

