



# Northeast Iowa Farm to School 5th Season Workshop

Tuesday, August 10

9:00 am-1:30 pm

Hosted by: North Winneshiek Community School  
3495 North Winn Road | Decorah, IA 52101 | Phone 563-735-5411

---

All NE IA school food service employees are welcome!

## What is a 5<sup>th</sup> Season Workshop?

A 5<sup>th</sup> Season Workshop teaches food service how to prepare and store fresh local produce to be used throughout the school year. A vegetable mix called Ratatouille will be prepped at the workshop. Ratatouille can be frozen and used in calzones, stromboli, pizza, pasta sauce, soup, tacos, burritos, or quesadillas. The techniques taught at the workshop can be used with other local foods especially vegetables for stir-fries, carrots and zucchini for muffins, roasted garlic, basil into pesto, and tomatoes.

## Learn...

- how to make local foods more convenient and economical for schools
- how to integrate new vegetables into students' diets
- new culinary skills and network with area food service employees.

## Guest Presenter:

Monique Hooker, chef, teacher and author has lead several 5th Season workshops for food service employees in Wisconsin. She has operated a cooking school, catering company, restaurant, and now is focusing on revitalizing school lunches. Currently residing in De Soto, Wisconsin Monique is a great local connection.

\$100 stipends are available for food service staff on a first-come basis.

Space is limited. Lunch will be provided.

R.S.V.P. by Monday, August 2 to Rachel Wobeter

Email: [rwobeter@iastate.edu](mailto:rwobeter@iastate.edu)

Call: 641-485-1494

Sponsored by:

