



Franchesca's Friends

Farm Fresh Texas Produce Recipe Contest

Calling all fourth and fifth graders

Do you like to cook? You can help your school to win an aeroponic garden by entering the Franchesca's Friends Farm Fresh Texas Produce Recipe Contest! Simply submit a recipe that includes Texas Fresh Produce. One winner will be selected from each participating school. Each school that has a participant can win an aeroponic garden for their campus.

Complete the following entry form and return it to your cafeteria manager.

Email Chef Bland-Johnson with any questions:

franchesca.bland@gccisd.net.



Entries will be accepted October 9th through November 17th. Winners will be announced the week of December 8th.



Franchesca's Friends

Farm Fresh Texas Produce Recipe Contest Rules

Franchesca's Friends Recipe Contest is open to all fourth and fifth grade students in Goose Creek CISD. One winning recipe will be chosen from each participating school. That student will be recognized at their school where they will receive a special gift. Contest winners will be invited to share their recipe with the Goose Creek School Board on a date to be determined.

All recipes must be turned in the by the end of the school day on Friday, November 17th.

Contest Rules & Tips for Success

- ✓ Use at least one fresh Texas produce item from the list below.
- ✓ Recipes cannot include any tree nuts or peanuts due to the allergy restrictions.
- ✓ Pre-made products can be part of an overall recipe but be specific on how they are used in your recipe.
- ✓ Recipes must be submitted on the official form provided. Don't forget the second page!
- ✓ Include a photo of your prepared recipe.
- ✓ **Students should enter the competition as an individual and not as a team**

Texas Produce		
Apples	Beets	Bell Pepper
Broccoli	Cabbage	Cantaloupe
Carrots	Celery	Cucumbers
Field Peas	Grapefruit	Green Beans
Greens	Herbs	Honeydew Melon
Lettuce	Mushrooms	Oranges
Pumpkin	Radishes	Spinach
Squash	Sweet Potatoes	Tomatoes

All produce listed is seasonal for November. This list is taken from the Texas Department of Agriculture's Farm to School site: www.squaremeals.org

