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Heritage Foods USA



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UPCOMING NEWS/EVENTS

- Food Kamas Projects is happy to announce the fourth annual **Pig Island!** Showcasing the best of New York State local farmers, chefs, brewers and vintners all dedicated to bringing home the bacon, Pig Island will be coming to Red Hook, the home of our exclusive beer provider, Sixpoint Craft Ales, on Saturday, September 7th from 11:30 a.m. – 4:30 p.m.
- Join Astor Center and Heritage Foods USA in our third annual celebration of **No Goat Left Behind: Goatober**. As part of a project to promote eating seasonal and sustainable meats, we are excited to bring Matthew Rudofker of Momofuku Ssäm Bar to prepare and demonstrate a series of dishes featuring – you guessed it – goat! [Learn more here!](#)
- Join us at the Old Stone House on Saturday August 24th as we commemorate the

Radio (IM)
6:30-7:00 - [Let's Get Real](#)

WEDNESDAY
10:00-10:30 - [In The Drink](#)
11:00-11:30 - [Taste Matters](#)
12:00-12:45 - [Chefs Story](#)
1:00-1:25 - [Evolutionaries](#)
4:00-4:30 - [The Speakeasy](#)
5:00-5:30 - [the business of The Business](#)
6:30-7:15 - [Nothing Urgent](#)

THURSDAY
11:00-11:30 - [After the Jump](#)
12:00-12:30 - [A Taste of the Past](#)
1:00-1:30 - [The Farm Report](#)
6:00-6:30 - [U Look Hungry](#)
7:30-9:00 - [Gunwash](#)
9:30-10:30 - [Full Service Radio](#)

FRIDAY
4:00-4:30 - [Cutting the Curd](#)

SPECIAL PROGRAMS
[HRN Prime](#)

[HRN Community Sessions](#)

[Wholesome Wave Presents: It's More Than Food](#)

[My Welcome Table by Jessica B. Harris](#)

[GrowNYC Market Update](#)

[Rooftop Farming Update](#)

PROGRAMS ARCHIVES ABOUT US CONTACT MEMBERSHIP

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Feeding the Future - Episode 3 - Veggiation

First Aired - 05/27/2013 12:00PM
[Download MP3 \(Full Episode\)](#)

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Give your kids some Veggiation! This week on Feeding the Future, Orianna Cosentino is joined in the studio by Lisa Suriano, the creator of Veggiation. Veggiation is an initiative that brings healthy eating curriculum into schools, and teaches kids of all ages the benefits of vegetables. Hear about Lisa's commitment to health, and how she was inspired by her father's career as a chef. Learn how certain techniques like 'the two bite rule' help children learn to really taste and like vegetables. How successful has the program been in New York City schools? Orianna shares one of the Veggiation recipes, and how it fared in the Toddler Test Kitchen. This program has been sponsored by Rolling Press. Thanks to SNOWMINE for today's music.



"We wanted to span all sorts of flavor profiles, because food is love... I wanted these recipes to appeal to all cultural palates." [8:05]

"Once you get kids involved in a hands-on way, it empowers them because it becomes their recipe." [20:00]

-- Lisa Suriano on *Feeding the Future*

Zucchini, Tomato & Parmesan Bake

(from Veggiation.com)

2 medium zucchini, sliced into 1/4-inch rounds

2 plum tomatoes, sliced into 1/4-inch rounds

1 garlic clove, minced 1/2 tsp oregano

2 tbsp olive oil

1/4 cup flat leaf parsley, chopped salt and pepper to taste

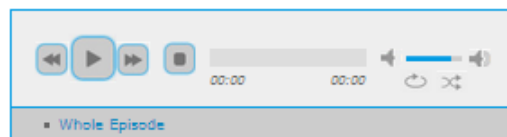
1/4 cup grated Parmesan cheese

• Preheat oven to 350 degrees.

• In a bowl, toss the zucchini and tomatoes with the garlic, oregano, olive oil, parsley, salt and pepper.

• In an oiled baking dish, arrange the zucchini in overlapping rows. Then arrange the tomatoes on top of the zucchini.

• Sprinkle the Parmesan cheese on top of the tomatoes. Bake for 35 minutes.



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