



_____ FOR _____
FARM TO SCHOOL MONTH

Farm to School Month Burger Battle Tool Kit

TABLE OF CONTENTS

I.	Overview of the Farm to School Month Burger Battle	Page 3
II.	Burger Battle Criteria	Page 3
III.	Farm to School Month Burger Battle Grading Rubric	Page 4
IV.	Step-by-Step Example of Building Your Local Burger	Page 5-6
V.	Example of the Flyer you will need to turn in to Submit your Burger	Page 7

I. Farm to School Month Burger Battle

Not many generations ago, our elders grew and preserved most of their food. Since then, we've lost touch with where our food comes from, as we now get it from bags or boxes. Fast food workers hand it out the window, and supermarkets offer food from around the world. We've lost sight of the farmers who produce fresh, high-quality local meats, fruits, and vegetables. For this competition, research local ingredients in your area and state, and design a burger using these items creatively.

II. Burger Battle Criteria:

- Include at least one local ingredient from your county
- Include at least one local ingredient from your surrounding county
- Include at least one Kentucky Proud ingredient from anywhere in the state.
- Your protein will need to be one of your local ingredients
- You may want to create a burger that combines different meats other than beef such as lamb, pork or even chicken
- Burger must include a patty, toppings and “bun” (this can take many forms and could include bread from a local bakery)
- Provide a detailed description that highlights each local product and how it was used on your burger. (include a list of farms or producers you used and what product you chose from each one)
- You will cook your burger and style it for the perfect picture to submit for judging like you’re showing it off on social media

How To Submit:

- Using your choice of media create a single page flyer that could be used as a table tent(example Page 7 below) that contains the following:
 - Student/s Name/s
 - School and District/County
 - Name Of Burger
 - Description of your Burger
 - Local Products used and Location Sourced(include if its from your county, a neighboring county or Kentucky)
 - A good quality picture of your Burger that highlights or shows the different ingredients
- Submit your burger for judging to KDA Chef Shannon Stevens
- shannon.stevens@ky.gov With Burger Battle in the Title of the Email
- The submission window begins October 1st and will close October 23rd
- The 4 top burgers will be chosen and one overall winner selected from those 4. All will be highlighted on KDA’s website.

III. Farm to School Month Burger Battle Grading Rubric

Scoring Element	Points Possible
Competitors included all 3 local ingredients as listed in criteria and where they were sourced.	10
Local Ingredient from your County	10
Local Ingredient from a surrounding County	10
Local KY Proud Ingredient	
Total	/30
Overall look and appearance of the submitted picture of your Burger .	10
Picture shows all local Ingredients	10
Picture is High quality and styled for publishing	
Total	/20
Burger Description Criteria	
Worded well and provides all relevant information.	15
Burger ingredients are utilized to complement each other's flavor	15
Total	/30
Overall Flyer Presentation	
Flyer Contains all parts of the required information	10
Flyer is aesthetically pleasing and ready for table top use in a restaurant setting.	10
Total	/20
Total Points Earned	/100

IV. Step-by-Step

Below is a step-by-step example from Chef Shannon to help guide you and your students through the FTS Month Burger Battle! There is also an example of a flyer that the students will make to turn in their entries.

- **Burger Battle Toolkit: A Sourcing Journey**
- The Burger Battle Toolkit guides participants through the process of building a locally inspired burger from start to finish. It encourages discovering local ingredients, embracing flexibility, and allowing inspiration to develop naturally through community connections.
- The journey begins small—often at your local farmers market. Start by exploring vendors in your county or surrounding counties. If you don't find exactly what you need, ask vendors for recommendations. Farmers and producers are deeply connected and can often point you in the right direction. County extension offices are another valuable resource, eager to provide guidance and local connections.
- Rather than starting with a fully planned recipe, let available ingredients shape your creation. In this example, the inspiration began with Holly from Hollow Springs Farm, a familiar market vendor known for her high-quality baked goods and welcoming presence. Her selection included Italian loaves, banana bread, blueberry quick bread, and fresh white sandwich bread. The white sandwich bread ultimately inspired the direction of the burger—leading to the idea of creating a patty melt.
- As conversations continued at the market, a visit with Mr. Wilson introduced heirloom green tomatoes and a fascinating lesson about beekeeping and honey production. While his honey was tempting, the savory direction of the burger took precedence. The green tomatoes, combined with previously purchased bacon from Summit Meats in Science Hill, sparked a new idea: a Fried Green Tomato BLT reimagined as a burger.
- With the concept forming, the next essential ingredient was cheese. A visit to Wildcat Mountain Farmstead Cheeses in East Bernstadt, Laurel County, led to Clara Patton, a small-batch cheesemaker known for her passion and craftsmanship. Her jalapeño cheddar became the perfect complement to the savory profile. Clara and her husband have even demonstrated their cheesemaking process on PBS's "The Farmer and The Foodie," further showcasing their dedication to local food production.
- To incorporate a trending Kentucky favorite, Dano's Seasoning was added to the mix. Known for its energetic branding and popular "Yum Yum Get You Sum" catchphrase,

Dano's Spicy (red top) was used to create a flavorful aioli that paired beautifully with the jalapeño cheddar.

- For the fried green tomatoes, Weisenberger Mill Fish Batter Mix provided a seasoned, crispy coating. Instead of using it as a wet batter, it was incorporated into a traditional breading process for added texture and flavor.
- Of course, every great burger needs exceptional beef. The Kentucky Cattlemen's Association sources beef from smaller farmers across the state, providing high-quality options. When local sourcing isn't available, retailers like Kroger offer an alternative.
- Preparation brought all the elements together. Bacon was cooked until crispy, and the rendered bacon grease was used to toast thick slices of white bread on the griddle. Green tomatoes were sliced, dredged in flour, dipped in farm-fresh eggs, coated in Weisenberger mix, and fried to golden perfection. A pre-pattied half-pound Kentucky beef patty was flattened slightly, seasoned, and grilled. The aioli was made from mayonnaise, spicy Dano's seasoning, and a splash of lemon juice. Lettuce was considered but ultimately left off to maintain the integrity of the patty melt.
- The result was both delicious and meaningful. Beyond creating a standout burger, the experience strengthened connections with local farmers and producers, reinforcing the importance of understanding where food comes from.

The Mount Vernon Melt: Two thick slices of farmers market white bread are hand-cut and griddled with melted jalapeño cheddar on each slice. Inside sits an 8-ounce Kentucky Cattlemen's beef patty layered with crispy Summit Meats bacon, golden fried heirloom green tomatoes, and a creamy spicy Dano's aioli. The Mount Vernon Melt celebrates Kentucky ingredients, community partnerships, and bold local flavor.



Farm to School Month BURGER BATTLE

The Mount Vernon Melt

By Chef Shannon

School: Rockcastle High | County: Rockcastle Date Submitted: October 10th



Local Ingredient Sources:

- ✓ **From My County:**
 - ➔ Hollow Springs Farm (White Bread)
- ✓ **From Nearby County:**
 - ➔ Summit Meats (Pulaski County Bacon)
- ✓ **Kentucky Proud:**
 - ➔ Wildcat Mountain Cheeses (Jalapeño Cheddar)

Local Ingredients Used:

- ✓ White Bread - Hollow Springs Farm
- ✓ Bacon - Summit Meats
- ✓ Beef Patty - KY Cattlemen's Assoc.
- ✓ Fried Green Tomatoes - Wilson Farm
- ✓ Jalapeño Cheddar - Wildcat Mountain Cheese
- ✓ Dano's Spicy Aioli - Kentucky Proud

What I Learned:

- ✓ Local food is fresher and tastes amazing.
- ✓ I enjoyed meeting Mr. Wilson, the tomato farmer.
- ✓ Next time, I'd add a new topping to try something different!

About My Burger:

My Mount Vernon Melt features an 8 oz. Kentucky beef patty, crispy Summit Meats bacon, fried green tomatoes from Wilson Farm, and melted jalapeño cheddar cheese on toasted white bread.

Topped with a zesty Dano's spicy aioli, every bite is a taste of Kentucky!



Kentucky Proud • Support Local Farms!