

# FARM TO SCHOOL NEWSLETTER

SPONSORED BY WAUPACA COUNTY UW-EXTENSION & DATCP AMERICORPS



## The Fruit and Veggie News!

This week we tried bell peppers! Bell peppers are a terrific summer vegetable and can be eaten raw or cooked in many different dishes. Bell peppers can be colored green, red, yellow, purple,



white, and brown. They are not as hot as other peppers because they don't produce capsaicin, the chemical that makes foods spicy! Can you find and eat all the colors of bell peppers?

### Stuffed Bell Peppers Recipe!

#### Ingredients

- 4 large green bell peppers
- 1 cup of cooked brown rice
- 1 lb 93% lean ground turkey
- 2 garlic cloves
- 1/2 cup chopped onion
- 1 can diced tomatoes (with italian seasoning is better)
- tomato sauce - enough to cover the bottom of a casserole dish
- 2 tbsp canola oil
- Pinch of salt and pepper

#### Directions:

- Preheat oven to 400 degrees F.
- Cut bell peppers in half lengthwise; discard seeds and membranes. Place in a casserole dish - the bottom of the dish should be covered with a thin layer of tomato sauce.
- In a pan, add canola oil and sautee the onions until translucent (5-7 minutes). Add minced garlic and cook for 2 minutes. Then add the ground turkey and brown.
- In a large bowl, combine the cooked ground turkey, brown rice, and diced tomatoes. Add salt and pepper to taste. Scoop mixture into each bell pepper half. Bake, covered, for 30 minutes.

#### Joke Time!

What vegetable is a sailors enemy?

Leeks!

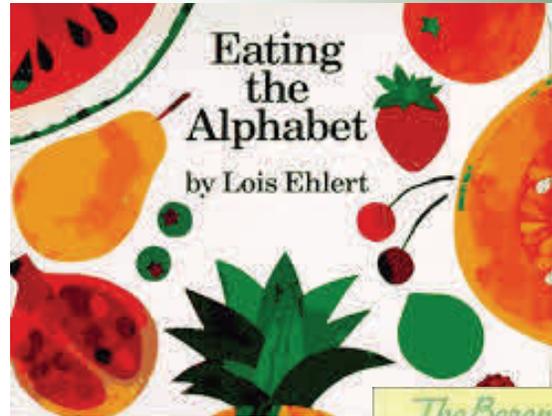


# Why Farm to School?

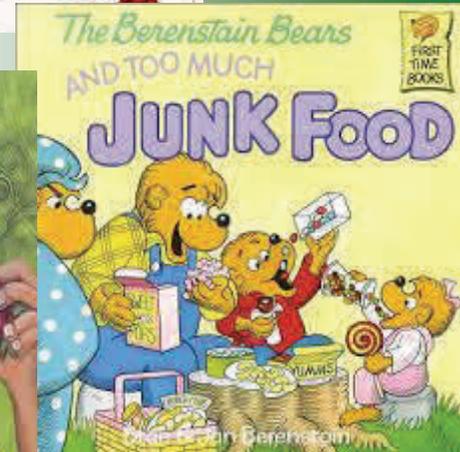
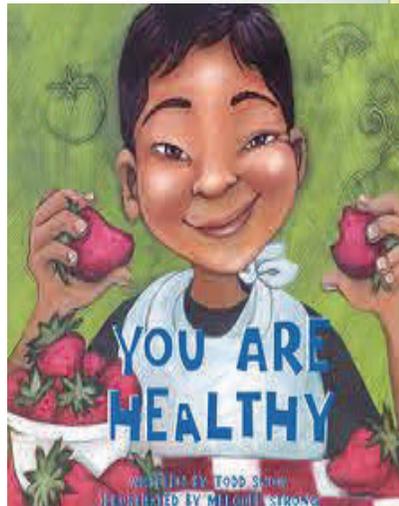
**It's good for your kids** - Fresh, locally grown fruits and vegetables taste great and help keep your child healthy!

**It's good for schools** - School meal participation increases when farm-fresh food is served, thus bringing in more funding to school lunches.

**It's good for local farmers** - Schools provide local farmers with a new or expanded market.



Try out these books about healthy foods!



## Who Are We?

We are the DATCP AmeriCorps Farm to School representatives in Waupaca County. The goal of the AmeriCorps Farm to School program is to provide an innovative approach to promoting healthy eating habits in students and increasing access to local foods in schools. **For questions contact:**

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