

FARM TO SCHOOL NEWSLETTER

SPONSORED BY WAUPACA COUNTY UW-EXTENSION & DATCP AMERICORPS



The Fruit and Veggie News!

This week we tried cabbage! Cabbage can be found in either red or green varieties. Although the red looks a bit more like purple, it is still called red cabbage. Cabbage is a leaf, just like lettuce



but it has a different flavor. It is a bit spicier. Cabbage can be used in many different recipes and a popular use is within stews. If you let cabbage ferment, you can make sauerkraut, a popular topping for other foods!

Sautéed Cabbage Recipe!

Ingredients: 1 head of green cabbage cut into strips

2 tablespoons of butter

1 teaspoon of salt and black pepper

Melt the butter in a pan and then toss in cabbage strips, stirring often for 10-15 minutes until cabbage strips start to turn brown. Serve as a side dish.

Source: <http://www.foodnetwork.com/recipes/ina-garten/sauteed-cabbage-recipe.html>

Joke Time!

What is a taxi drivers favorite vegetable?

A cab-bage!

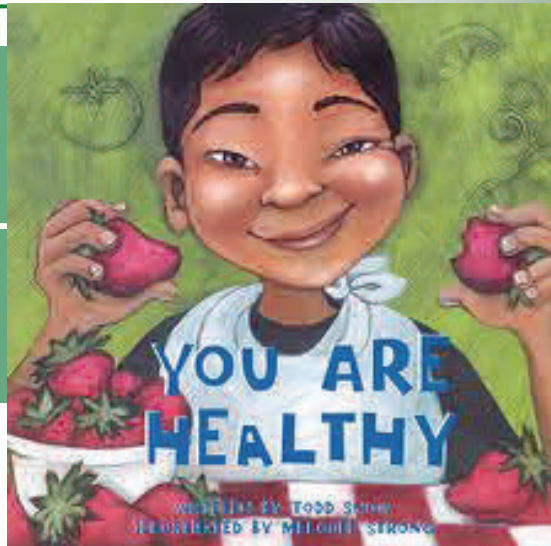


Why Farm to School?

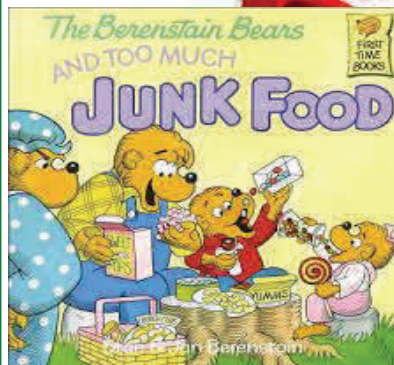
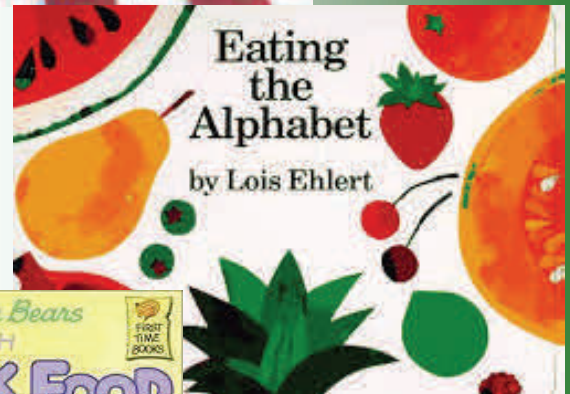
It's good for your kids - Fresh, locally grown fruits and vegetables taste great and help keep your child healthy!

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 eating!



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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