

FARM TO SCHOOL NEWSLETTER

SPONSORED BY WAUPACA COUNTY UW-EXTENSION & DATCP AMERICORPS



The Fruit and Veggie News!

This week we tried cherry tomatoes. Cherry tomatoes are a great snack to eat plain, or can be found in many different recipes! They are bright red and color and have a sweet flavor. They are al-



so a very easy addition to any garden. They are a great topping to any salad. We know that we should try to eat the colors of the rainbow of fruits and veggies, this is a great way to get our red colored veggies!

Cherry Tomato Salsa Recipes!

Ingredients:

- 12 c. roughly chopped cherry tomatoes, stems removed
- 3 c. diced onions
- 1 c. tightly packed chopped cilantro
- 15 cloves of roughly chopped garlic
- 6 fresh cayenne chilis (or whatever you have)
- 1/4 c. fresh lime juice
- 1 tbs. sea salt

Combine all the ingredients in a big pot. Cook on medium heat for about 20 minutes, until everything is simmering and tender. Puree with an blender. Feel free to leave the salsa a little chunky if you like.

Source: <http://growitcookitcanit.com/2012/09/23/lazy-cherry-tomato-salsa/>

Joke Time!
What did the fast tomato say to the slow tomato?

Can you please ketchup?



Why Farm to School?

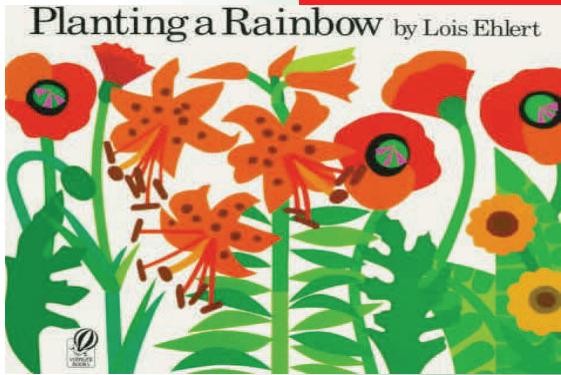
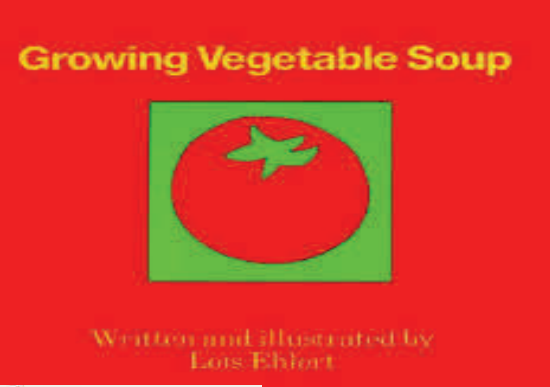
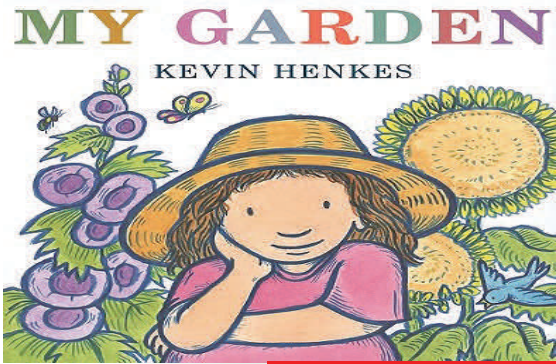
It's good for your kids - Fresh, locally grown fruits and vegetables taste great and help keep your child healthy!

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 gardening!



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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We Teach, Learn, Lead, and Serve



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