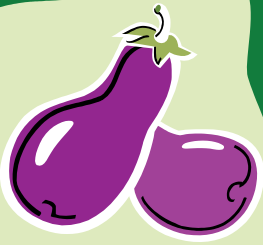


# FARM TO SCHOOL NEWSLETTER

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## The Fruit and Veggie News!

This week we tried eggplant! Eggplant has a beautiful deep purple color and a white inside with seeds. However, did you know that eggplant can also be green, light purple, orange, or white?



It is often found in Indian and Asian recipes and is considered the “King of the Vegetables” in India. In France they use eggplant in the dish “Ratatouille”, as featured in the famous film of the same name!

### Disney Ratatouille Recipe!

#### Ingredients

- 1 can of tomato paste
- 1/2 onion, chopped
- 1/4 cup minced garlic
- 1 tablespoon olive oil
- 3/4 cup of water
- 1 small eggplant thinly sliced
- 2 zucchini thinly sliced
- 1 red bell pepper thinly sliced
- 1 yellow bell pepper thinly sliced
- 1/4 cup thyme leaves
- 3 tablespoons of marscapone cheese

#### Directions:

- Preheat the oven to 375 degrees
- Spread tomato paste on the bottom of a baking dish, sprinkle with onion and garlic and stir in one tablespoon of olive oil and water until thoroughly combined, season with salt and black pepper.
- Arrange alternating slices of zucchini, eggplant, red bell pepper and yellow bell pepper starting at the outside of the dish and working towards the center.
- Drizzle the veggies with olive oil and sprinkle with thyme leaves and salt and pepper
- Bake in the oven until veggies are tender (about 45 minutes), serve with dollops of marscapone cheese

Joke Time!

What do chickens grow on?

Eggplants!

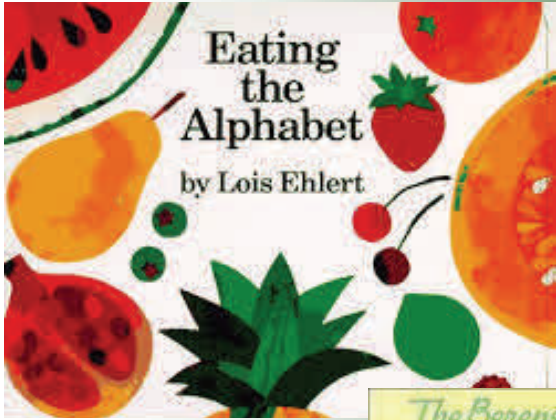


# Why Farm to School?

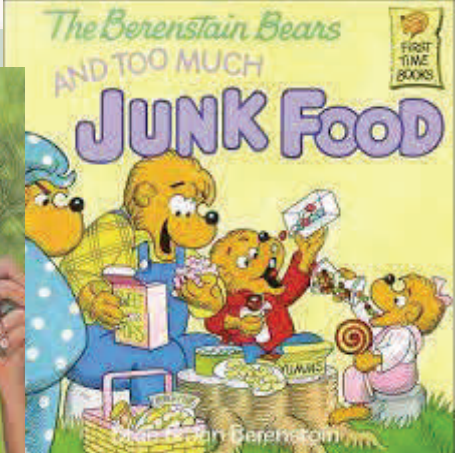
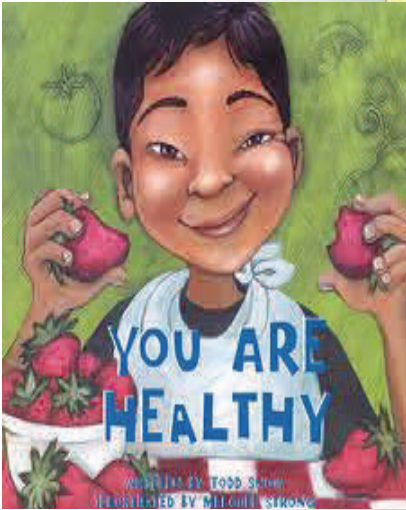
**It's good for your kids** - Fresh, locally grown fruits and vegetables taste great and help keep your child healthy!

**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:**

Connie Abert, [connie.abert@ces.uwex.edu](mailto:connie.abert@ces.uwex.edu)  
Waupaca County UW-Extension Waupaca, WI

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