

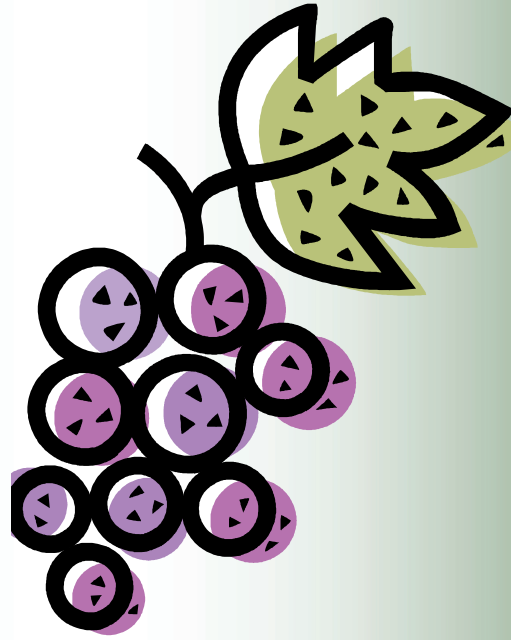
FARM TO SCHOOL NEWSLETTER

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The Fruit and Veggie News!

This week we tried red grapes! Red grapes are sweeter than green grapes and have a red-purple color. The grapes used to make dark grape juice are dark purple grapes. These red grapes are



best when you eat them raw! Grapes grow best in sunny warm climates like that of California, but some types of grapes can still grow in Wisconsin! Have you ever seen a grape vine before?

Avocado Grape Salsa Recipe!

Ingredients

- 1 and 1/2 cups of red seedless grapes
- 1 avocado peeled, pitted and diced
- 1/4 chopped red bell pepper
- 2 tablespoons chopped yellow bell pepper
- 2 tablespoons chopped sweet onion
- 2 tablespoons fresh cilantro
- 1 tablespoon lime juice
- 1/2 teaspoon of garlic salt

Directions:

Place all ingredients into a mixing bowl and stir until well mixed.

Refrigerate for 30 minutes

Serve cold with tortilla chips

Joke Time!

How did the farmer fix his pants?

A cabbage patch!

Source: <http://allrecipes.com/Recipe/Grape-and-Avocado-Salsa/Detail.aspx?evt19=1>

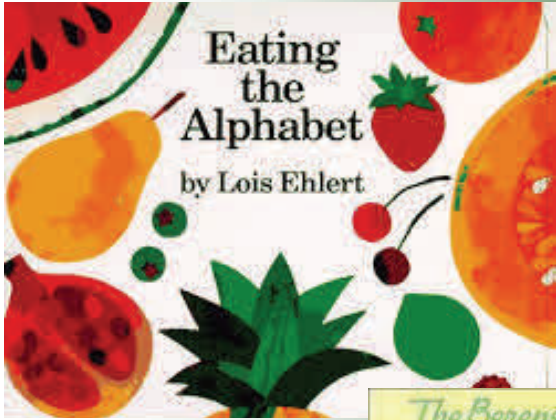


Why Farm to School?

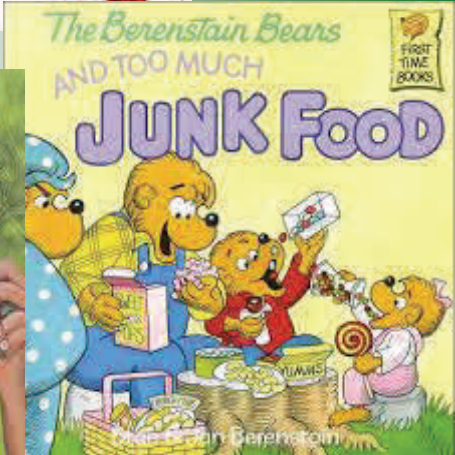
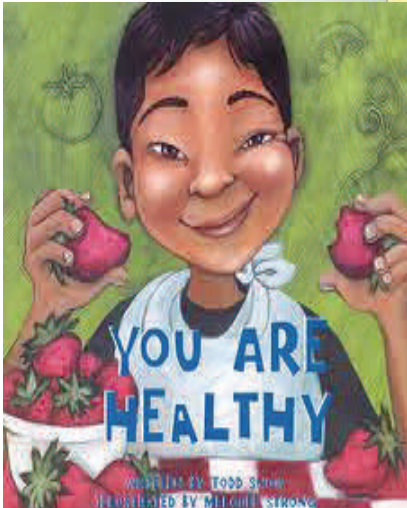
It's good for your kids - Fresh, locally grown fruits and vegetables taste great and help keep your child healthy!

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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