

FARM TO SCHOOL NEWSLETTER

SPONSORED BY WAUPACA COUNTY UW-EXTENSION & DATCP AMERICORPS



The Fruit and Veggie News!

This week we tried spinach! We like to call spinach a super green because it has so many vitamins and nutrients in its little leaves! What is your favorite leaf to eat?



Spinach can be eaten raw on a salad or cooked in lots of different stir fry dishes. Growing spinach takes cool weather, spinach plants can grow best in the spring or fall when it is cool.

Spinach and Blueberry Salad Recipe!

Ingredients

One bundle of spinach, stems cut off
Pint of blueberries
Brick of feta cheese
1/2 cup of pecans
Raspberry vinaigrette dressing

Directions:

Wash spinach and blueberries
Cut stems off spinach
Combine spinach, blueberries, feta cheese crumbles, pecans and dressing in bowl
Serve chilled!
Enjoy!

Joke Time!

Why did the grape stop in the road?

Because he ran out of juice!!

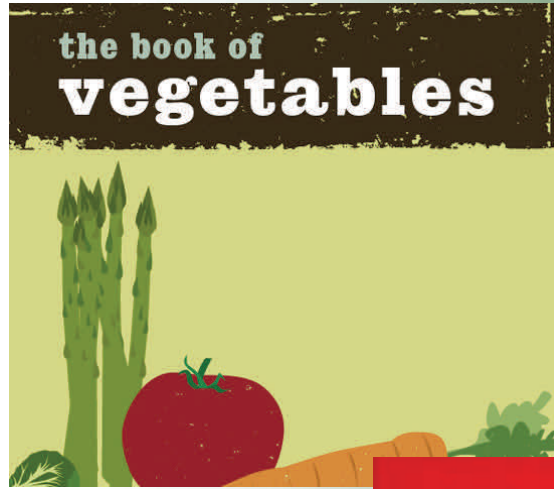


Why Farm to School?

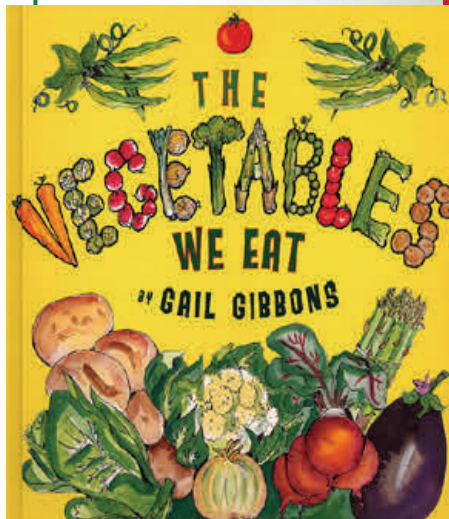
It's good for your kids - Fresh, locally grown fruits and vegetables taste great and help keep your child healthy!

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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We Teach, Learn, Lead, and Serve



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