

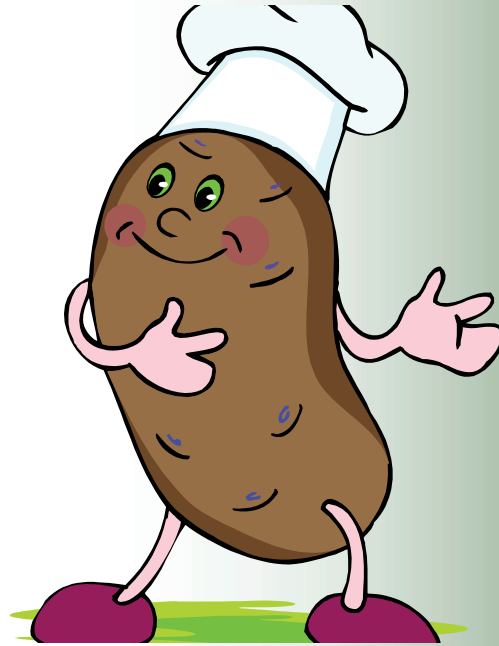
FARM TO SCHOOL NEWSLETTER

SPONSORED BY WAUPACA COUNTY UW-EXTENSION & DATCP AMERICORPS



The Fruit and Veggie News!

This week we tried raw sweet potato! Sweet potato cut into sticks and served raw tastes awesome! It is a great way to eat your share of orange foods during the day! Sweet potatoes grow



great in Wisconsin and are super fun to eat! They are just like potatoes except they have orange color on the inside and taste sweeter. Try substituting sweet potatoes for regular potatoes in your favorite dish!

Baked Sweet Potato Sticks Recipe!

Ingredients

1 tablespoon of olive oil
1/2 teaspoon of paprika
4 sweet potatoes, sliced length wise into quarters

Directions:

Preheat oven to 400 degrees and grease a baking sheet
Mix olive oil, paprika, and sweet potato sticks in bowl
Bake 40 minutes in the oven

Joke Time!
Why can't you tell secrets in a corn field?

Too many ears!

Source: <http://allrecipes.com/Recipe/Baked-Sweet-Potato-Sticks-2/Detail.aspx?evt19=1>

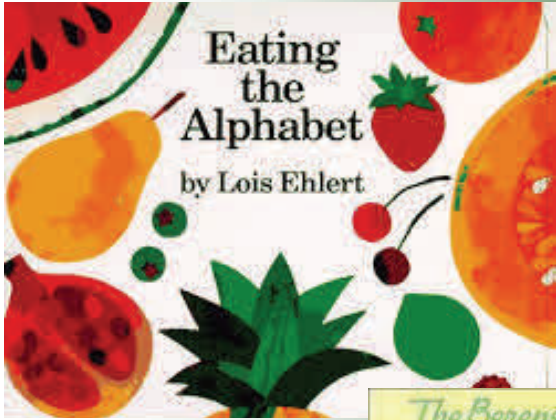


Why Farm to School?

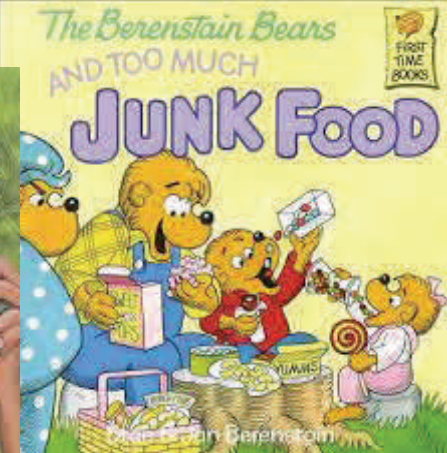
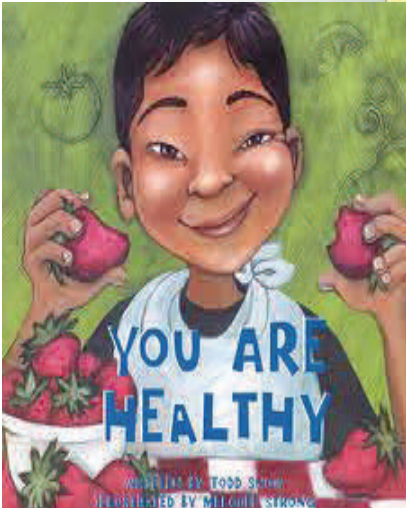
It's good for your kids - Fresh, locally grown fruits and vegetables taste great and help keep your child healthy!

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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We Teach, Learn, Lead, and Serve



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