

OCT

# FRESH FRUIT & VEGETABLE PROGRAM

2017

# FARM TO SCHOOL MONTH

NATIONAL  
**FARM to  
SCHOOL**  
MONTH



## October is National Farm to School Month!

National Farm to School Month was designated by Congress in 2010 to demonstrate the growing importance of farm to school programs. Eating local helps to improve our nutrition, support local farms and businesses, and educated us about the origins of the foods we eat.

### CLASSROOM DISCUSSION/ACTIVITY

**Describe what your favorite vegetable is without naming it see if others can guess what it is. What shape is it? What color is it? What does it taste like? Does it grow below or above the ground?**

### How to Grow Your Own Indoor Herb Garden

Items needed: Quart Mason jars, small rocks or gravel, potting mix, herb plants or seeds and jar labels.

Step 1: Place approximately 2" of rocks, gravel or even marbles in bottom of jar. This prevents roots from damage from excess water.

Step 2: Fill jars with potting mix to 2-3" below the jar rim.

Step 3: Scatter or sow seeds on top of potting mix, cover with an inch or so of additional potting mix and lightly water.

Step 4: Label jars.

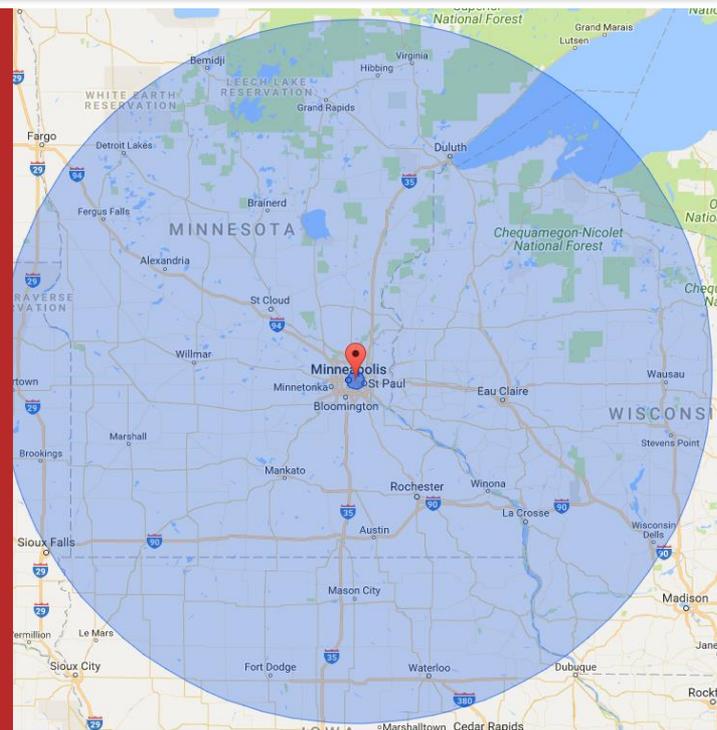
Step 5: Place jars in a location that receives at least 6 hours of sunshine each day. Keep herbs watered, but do not overwater.

Step 6: Harvest your kitchen crops as needed to add flavor to whatever is on the menu.

What does "LOCAL" mean?

Merriam-Webster dictionary defines the word LOCAL as "relating to, or characteristic of a particular place; not general or widespread."

Nutrition Services defines food as local when it is grown or raised within 200 miles of Saint Paul. To the left is a map that shows our local 200 mile radius.



FFVP  
2017-18

**Joke: What is a scarecrow's favorite fruit?  
Answer: Straw-berries!**

FFVP  
2017-18

# OCTOBER 2017

M	T	W	T	F
 <p>Vine Valley Farms Stewart, MN</p> <p>Founded as a traditional farm in 1946, John and Wendy Tanata now dedicate their 550 acres to growing only vegetables. Vine Valley Farms practices sustainable farming by managing weed control by crop rotation, cultivating and hoeing. Enjoy their butternut squash cubes on the 18<sup>th</sup>!</p>	<p>3 Watermelon Chunks</p>	<p>4 Local Green Beans Foley, MN</p>	<p>5 Mango Spears</p>	<p><b>Minnesota State Fruit</b></p> <p>Did you know that the Honeycrisp Apple is the official Minnesota state fruit? The Honeycrisp apple is a cross of Macoun and Honeygold apples and was developed at the University of Minnesota. The first seedling was planted in 1962 and the Honeycrisp apple became our official state fruit in 2006.</p> 
	<p>10 Green Pepper Slices</p>	<p>11 Local Apple Slices Richland Center, WI</p>	<p>12 Jicama Sticks</p>	
	<p>17 Cantaloupe Chunks</p>	<p>18 Local Butternut Squash Cubes Stewart, MN</p>	<p>19 No School</p>	
	<p>24 Cantaloupe, Honeydew and Red Grape Mix</p>	<p>25 Local Zucchini Coins Foley, MN</p>	<p>26 Kiwi Wedges</p>	
	<p>31 Honeydew Chunks</p>			