During Farm to School Month, we celebrate all the activities that help kids learn where their food comes from: recipe preparation, taste tests, and learning to grow through school gardens or in-class growing activities. This helps us appreciate the farmers for their hard work, and also creates a sense of community when we source locally raised and grown foods.

Thank you FARMERS!

Carrots can grow in crazy shapes! Check out this 1 min video of funny carrots.


If carrots are left in the ground to grow a second season, they will produce a flowering plant that will produce seeds!

This funny chef describes fun facts about rainbow carrots!

- Purple and white carrots are the original carrots- orange carrots are newer.
- The pigments that give carrots their color also have different nutrients for your body.
- Carrots do not have seeds in them, so where do the seeds come from?

Did you ever notice that sometimes cooked broccoli looks bright green and sometimes it looks dark, brownish green? That's because as broccoli is cooked, the chlorophyll that gives broccoli it's bright green color gives off carbon dioxide gas. As that gas sits and lingers around the broccoli, it starts to break down the chlorophyll, causing that unpleasant color.

Broccoli has an abundance of Vitamin C and chlorophyll is also a germ fighter so give broccoli a try!

My little one has wandered off. Has anyone seen my calf?

I guess that makes her de-calf-inated!

ouch
**FRESH FRUIT AND VEGETABLE PROGRAM**

**Apple- How Does It Grow?**  
(Hint: not just a seed in the ground)  
https://youtu.be/UWLmEh1HIBw.

**TUESDAY**

4 McIntosh Apple*
11 Celery Sticks
18 Green Apple Slices
25 Kiwi Wedges

**WEDNESDAY**

5 Multi-Color Carrot Coins
12 Orange Wedges
19 Carrot/Celery Combo
26 Broccoli Buds

**THURSDAY**

6 Red Grapes
13 Cucumber Slices
20 Pineapple

**McIntosh apples** were discovered in Canada, on the farm of John McIntosh.  
- First produced in 1811.  
- Your apples are from Westcott Orchard in Elgin, MN.  
- The MN River Valley area has especially fertile soil for producing delicious apples!

**Q: How do you make an apple turnover?**  
**A: Roll it down a hill.**

FRESHA CARROTS: View a video of this MASSIVE carrot farm in Morris, MN. They have a tractor that can pick and process the carrots at the same time!