

MONONA GROVE FARM TO SCHOOL

HARVEST OF THE MONTH

Wisconsin Harvest of the Month is a statewide campaign that encourages kids and families to eat more fruits and vegetables. Each month schools showcase one seasonal, Wisconsin-grown fruit or vegetable.

This month we are featuring:

Lettuce!

GARDENS

The F2S program helps build and maintain school gardens along with staff and volunteers.

Garden work has begun at a number of our schools, and we hope to have volunteers maintain them during the summer!

Check out pictures and more information below!

SURVEYS



Support and feedback is essential for sustainign the Farm to School program here at Monona Grove!

Help out our F2S program by filling out a quick parent survey!

LOCAL THURSDAYS

Join us!

Plan on School Lunch!

Our amazing school nutrition staff is hard at work to provide delicious and nutritious foods for our students every day.

Check out our **school meal menus** to see what exciting items we have this month!



Harvest of the Month

Lettuce!

Since the start of our WI growing season typically happens in May, some fast growing vegetables can be harvested this month! Lettuce is one of the most common early summer crops in WI.



Select – Choose lettuce with fresh, crisp leaves.

Store – Keep lettuce in a plastic bag with small holes. Store in refrigerator for up to 1 week.

Prepare – Rinse carefully under cool running water and allow it to dry well.

Lettuce is The Harvest of the Month!

Add lettuce to your favorite family meals:

- Serve tuna, chicken, or egg salad on a bed of lettuce.
- Use lettuce instead of a bun for a burger or sandwich.
- Ran out of tortillas? Use a large leaf as a taco shell for leftover fillings.

Make meals and memories together. It's a lesson kids will use for life.

Did you know?

The four main types of lettuce include butterhead (Boston, bibb), crisphead (iceberg), looseleaf (red leaf, green leaf) and romaine. Lettuce leaves that are darker in color contain more vitamins and minerals than the paler color varieties.



Nutritious, Delicious, Wisconsin!
#Wltharvestofthemoth



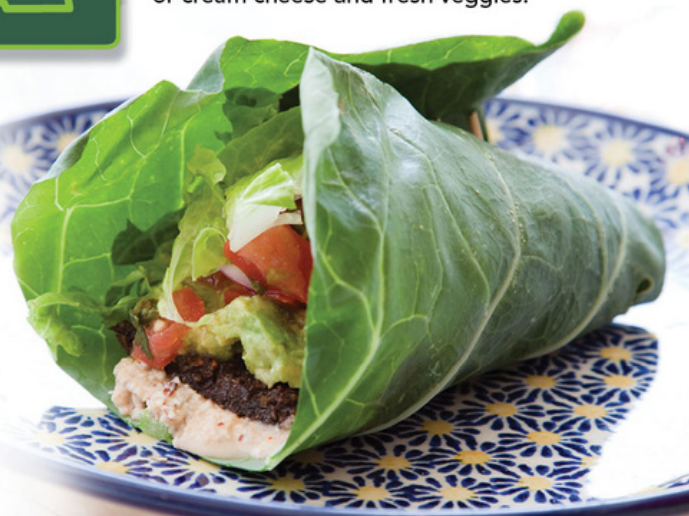
Extension
UNIVERSITY OF WISCONSIN-MADISON

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LETTUCE WRAPS

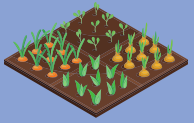
Use a leaf of lettuce as a fresh and healthy wrap. Scoop in your favorite fillings like chicken or egg salad, fajitas, or cream cheese and fresh veggies.



FOOD WISE
Healthy choices, healthy lives.

UW-MADISON EXTENSION

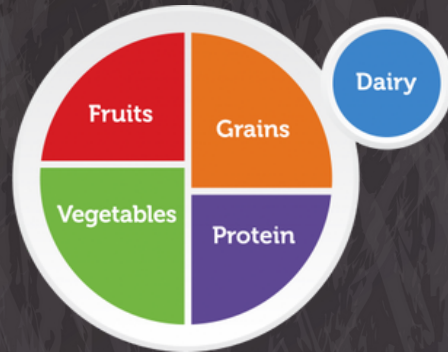
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Some other WI crops that are available for harvest in June: green onions, asparagus, radishes, kale, rhubarb, and peas

Each month we have been covering the different food groups in detail. Take a look back at previous months for more in depth information about each of them!

June Nutrition Lesson

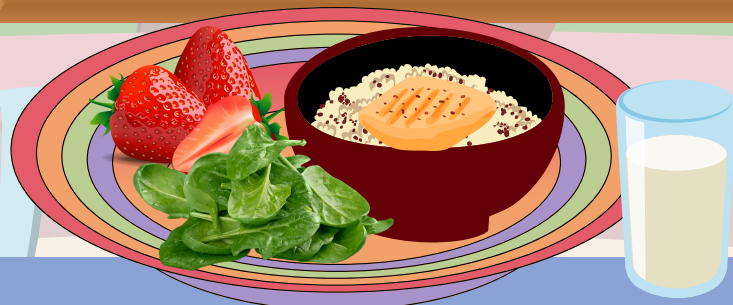


*A sample balanced meal using MyPlate:
for an average 8 year old*

*4 large strawberries
1.5 cups of raw leafy greens
1 cup of quinoa
1.5 oz cooked chicken
1 cup of milk*

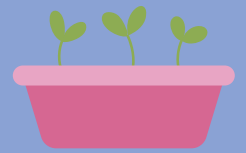
Visit myplate.gov

Daily recommendations are different for everyone!





Get Involved with Our Gardens



Summer Garden Support

Many of our students helped fill our garden spaces with a variety of plants this year, and we hope they are able to enjoy the fruits of their labor this fall!

[Sign up here](#) to help with some maintenance and watering at our Winnequah Elementary this summer!

If you are interested in helping at our Taylor Prairie, Cottage Grove Elementary, or MG21 gardens [send an email to Wes!](#)



Some of our school gardens were able to receive hundreds of donated plants from the horticulture program at Oakhill Correctional Institution in Oregon, WI.!



Get Involved with Farm to School!



There are lots of ways to get involved with Farm to School as we continue to build the program at Monona Grove!



Volunteer!

Throughout the year there will be opportunities for parents and families to get involved at our schools. In the spring there may be some new gardens popping up at select schools. Volunteers are also needed for some of our in school activities and special events.

If you would like to get onto the F2S volunteer list please fill out [this form](#)!



Contribute!

If you have a recipe you would like to share, a resource, or are interested in suggesting topics related to food contact Wes!

Do you know any local farmers or producers? We are always looking to make more local connections to our food through classroom engagements with farmers, local taste tests, and getting more local foods onto our students' trays.

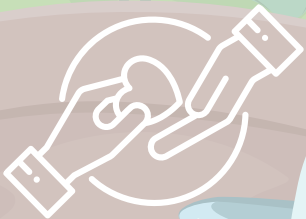


Don't forget to **check lunch menus** and have your student's **take school lunch**! Supporting the school lunch program will allow us to continue to grow!

Donate!

The farm to school program is brand new and will continue to expand throughout the year. We are working to securing additional funds and supplies for projects currently through grant applications and upcoming fundraising events. As we work to build or expand garden areas at our schools for example, donations of garden supplies and materials from our community could greatly enhance the students access to and the impact of garden activities!

If there are farm to school components you are interested in donating to please reach out to Wes!



Contact **Wes** to get involved or to ask any questions.



Harvest of the Month

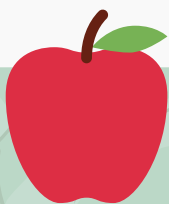
MG F2S

Harvest of the Month

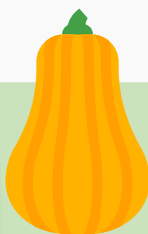
MID-YEAR
RECAP

This year we have been featuring a local and seasonal food product every month as part of our **Harvest of the Month** campaign. When moving towards purchasing locally, our seasons determine what items are available locally. Here are the items we have featured during the '22-'23 school year.

Oct '22



Nov '22



Dec '22



Jan '23



Feb '23



Mar '23



Apr '23



May '32



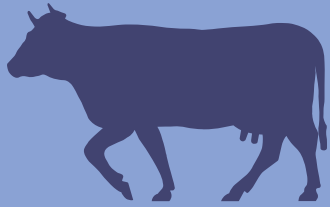
June '22



Which local/seasonal foods should we try next year?



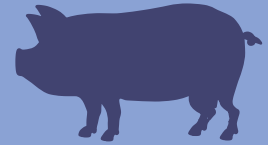
Local Produce



Local Foods

Our beef in May came from:

Wells Farm- Rio, WI



Check out pictures of some MG21 students visiting the farm!



Our lettuce in June is coming from:

Lovefood- Stoughton, WI



A note from Wes!

Thanks for checking out the F2S newsletter. Your support is what will sustain our program. Keep an eye out for Farm to School next year!

Follow the Monona Grove SD Facebook and Instagram pages for more updates, pictures, and events. Reach out to **Wes** with questions and suggestions!

Contact: **Wes** MG F2S Specialist - weston.broske@mgschools.net

