



Monona Grove FARM TO SCHOOL

Meet the NEW AmeriCorps Farm to School Specialists for the 2023-24 School Year at MGSD!

Kori



Inez



We are both so excited to serve your school & community!



Highlights

Join Us Every Thursday at School Lunch!

Each month we partner with new local producers to menu locally grown foods.

Can you spot the local menued items on the [School Lunch Calendar??](#)

This month: lettuce

What is Farm to School?

- Encouraging healthy eating choices with educational activities for students and families
- Improving the school food environment
- Building stronger communities by increasing community involvement and connecting with local farms and businesses



Wisconsin **harvest of the month**

LETTUCE

keep reading to learn more!

This School Year :

What to Look Forward To and What to Look Back On

Farm to School in the Classroom



Some of our 1st and 3rd Grade students will be learning more about MyPlate, plant growth, and unfamiliar fruits and vegetables this month!



What is your favorite fruit or vegetable??

Activities



- Wisconsin School Garden Day 5/16
- Planting at Winnequah Garden

... and more as we continue planning end-of-year activities

WQ community:
Contact us to
volunteer or get
your kids involved!



Harvest of the Month

Recap of Local Produce at School Lunch This Year

 September Tomatoes	 October Apples	 November Kale	 December Cranberries	 January Potatoes	 February Cabbage	 April Dry Beans
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Local yogurt **daily** at School Breakfast!



Have an idea for Farm to School activities or want to get involved?

Contact: farmtoschool@mgschools.net

Harvest of the Month

Lettuce



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.

LET US EAT LETTUCE



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!
#WitharvestoftheMonth



Extension
UNIVERSITY OF WISCONSIN-MADISON

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What do
you like to
eat with
lettuce?



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.



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Harvest of the Month

Lettuce



The start of Wisconsin growing season typically happens in May. This means that some fast growing vegetables can be harvested next month!

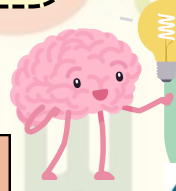


Lettuce is one common early summer crop in WI.

We just learned that there are many different lettuce variations. What is one you are unfamiliar with?

Lettuce is a popular source of **Vegetables** in the United States.

Typically used as a topping or in a salad.



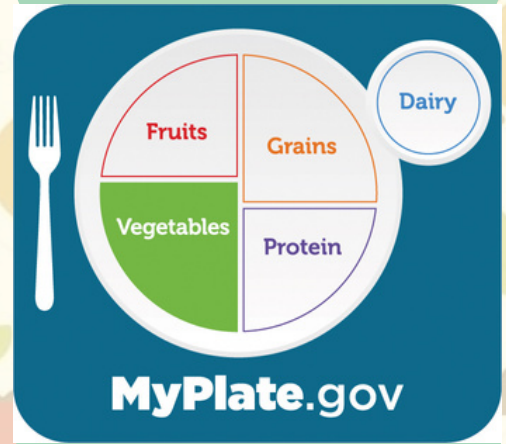
Nutrition Information

Lettuce is generally low in nutrients and choosing darker-leaved variations will hold more vitamins and minerals.

However...

Most lettuce is made up of about 95% water! WOW!

Water is important in keeping us hydrated. It aids in digestion, transferring nutrients from the blood into cells, maintaining body temperature and more!



Strive to have a quarter of your plate with vegetables to create a balanced meal.



What other vegetable can you pair with lettuce at your next meal to achieve this?

Thank you for reading the May 2024 Farm to School Newsletter! - Kori and Inez

