



Monona Grove Farm to School



Why Farm to School?

- Encourages healthy eating choices through educational F2S activities
- Develops stronger communities through events and local food purchasing
- Improves the school food environment

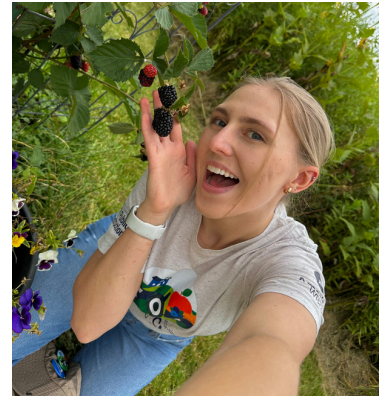
Some F2S Activities

- Nutrition education lessons
- Menuing local foods & increasing scratch-cooking
- Community Events
- Building & enhancing School Gardens
- Student Garden activities
- Local food taste tests

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Welcome Back Miss. Kori!



Kori is a Registered Dietitian returning to MG again as our AmeriCorps Farm to School Specialist!

I'm super passionate about connecting to the community and teaching kids about food!



Harvest of the Month

Join Us on Thursday!

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

This month we are featuring:

Apples



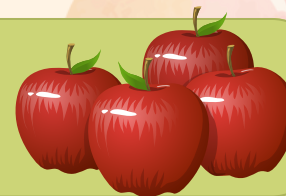
F2S Events Calendar



October is National Farm to School Month!!

October Thursday's -- Local Apples at School Lunch

Provided by Pleasant Springs Orchard in Stoughton, WI



Sat, Oct. 5 -- Winnequah Garden Fall Fest

from 8:30-10 am

Pumpkin treats from the garden and fall crafts!

Hosted by the Winnequah Garden Friends.

Winnequah Garden Fall Fest

October 5, 8:30-10:30

WQ Garden Treats and Warm Drinks

Fall Clean Up and Plant Bulbs

Kids Fall Garden Craft

Plan Garden Ideas for Next Year

Childcare Available



Thurs, Oct. 10th -- Great Apple Crunch Day

Celebrate farm to school local purchasing efforts while encouraging healthy eating by biting an apple with friends/family/colleagues at noon!

Statewide campaign by UW Extension, learn more [here](#)!



Oct. 14-18th -- National School Lunch Week

Participate in School Lunch and thank your school nutrition staff this week!



**Wed, Oct. 16th -- First Community Dinner
at Cottage Grove School from 5:00-6:30 pm**
(more info to come) ft. Door Creek Apple Orchard



Farmer Highlight

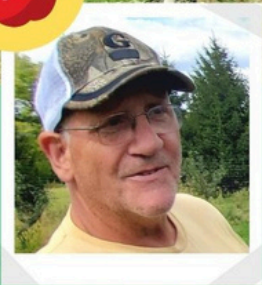
LOCAL FARMER FEATURE

Pleasant Springs Orchard

Stoughton, WI



Avg. distance from
our schools:
only 9 miles!



Warren Ravenscroft
Owner/Farmer

Pleasant Springs Orchard is a family-owned Orchard and Farm, located just outside of Madison, WI.
Fresh Apples are their Specialty!
They grow more than 70 different varieties!

Monona Grove will be featuring their apples in October on our school lunch menu and for the Great Lakes Apple Crunch!



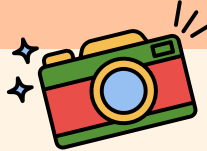
www.pleasantspringsorchard.com

Did you Know?



Apples can float in water because 25% of their volume is made of air! AND apples are made of about 86% water -- contributing to their juiciness.

Nutrition facts: 1 medium apple has about 4-5 grams of fiber (aides in digestion) and is high in vitamin C (aides in immune function & is an antioxidant). Their high water content can also aid in hydration!



September Snapshots



Miss. Kori visited the apple orchard we sourced lunch apples from for October!



"Daisy" the pet pig!



Miss. Kori tended the Taylor Prairie Garden & planted Spinach seeds with 4K Wrap students



4K Wrap students picked this Zucchini in the school garden! WOW!



Our 1st cafeteria taste test at Cottage Grove! Students tried homemade ranch & local bell peppers that were on the serving line in September!



Big thumbs up on the ranch from the majority of students! Can't wait for the next taste test day!

