

FRESH FRUIT & VEGETABLE PROGRAM

OCT 1

**Pineapple
Chunks**

OCT 2



**Green
Peppers**

OCT 3

No School

OCT 8

Pears

OCT 9

Baby Carrots

OCT 10

Strawberries

OCT 15

**Cantaloupe
Chunks**

OCT 16

Snap Peas

OCT 17

No School

OCT 22



**Golden-
berries**

OCT 23

**Orange
Grape
Tomatoes**

OCT 24



**Honeycrisp
Apple**

OCT 29

Blueberries

OCT 30

**Orange
Cauliflower**

OCT 31

Grapes

FARM TO SCHOOL MONTH

Oct 2: Green Peppers!



Vine Valley Farms Inc. is a 3rd generation family farm, with over 30 years of vegetable growing experience! Located an hour west of Saint Paul, Vine Valley Farms uses many sustainable farm practices whenever possible to limit the use of fertilizers, pesticides, and herbicides, promoting healthier locally grown produce.

Oct 24: Honeycrisp Apples!



Honeybear Brands started life in the 1970s in Elgin Minnesota when the founder Robert "Doc" Wescott planted a small orchard and farmed it with his 13 children. They are still on that same land. Honeybear Brands has grown into one of the leading developers, growers and suppliers of premium apple varieties across North America.

