



April

Family Newsletter

Local Farmer Highlight

The SLO Farmers Co-op is a group of Sustainable, Local, Organic farmers who aggregate and sell their products to schools and other wholesale markets in Northeast Wisconsin. Each month a SLO Co-op member will be featured.



Ledgeview Gardens is a family owned farm located in De Pere that specializes in growing pesticide free produce along with hydroponic tomatoes, cucumbers and lettuce. Ledgeview has been supplying the De Pere School District with local produce for over 3 years and has just started working with Green Bay and West De Pere.

For more information:
Visit www.slofarmersco-op.com
'Like' SLO Farmers Co-op on Facebook



Spring is a great time to find a local hydroponic farm growing leafy greens indoors!

Ways to Eat Leafy Greens

- Make a salad with mixed greens and top with your favorite veggies.
- Add leafy greens to sandwiches for a vitamin boost.
- Some greens, like kale and spinach, are good additions to soups.
- Try adding greens to your favorite smoothie.
- Make a wrap! Use a large lettuce leaf as the outer layer and add your favorite sandwich ingredients on the inside.



Buy Fresh, Buy Local Shopping Tips

- Salad greens can be grown hydroponically before the ground thaws. Hydroponics is a growing method that gives plants their nutrients through the water supply instead of soil.
- Wrap salad greens in damp paper towel and place in a plastic bag with holes for air.
- Greens can be stored in the refrigerator for up to one week.
- Look for dark green leaves or lettuce heads that are tight and firm.
- Rinse greens in cold water and gently pat them dry before using.



In Wisconsin, FoodShare assists low-income families and individuals to buy nutritious food. Visit access.wisconsin.gov or call 1-800-362-3002.

Made possible with funding from the Centers for Disease Control and Prevention and the Wisconsin Department of Health Services. Material adapted from Harvest of the Month produced by the CA Department of Public Health's Network for a Healthy California with funding from USDA SNAP.



KIDS CORNER

What is a penguin's favorite salad?
ICEBERG LETTUCE!!

Cook Together

Fruity Green Smoothies

- 2 cups fresh spinach
- ½ cup water
- ½ cup 100% orange juice
- 1 cup frozen strawberries
- 1 cup frozen blueberries
- 2 bananas, sliced

Blend spinach, orange juice and water until smooth. Add remaining ingredients and blend again until smooth. Place liquid of choice in a blender. Makes 2 servings.



Nutrition information per serving: 205 calories, 0.5 g fat, 50.5 g carbohydrates, 3.5 g protein, 7.5 g fiber, 28 mg sodium.

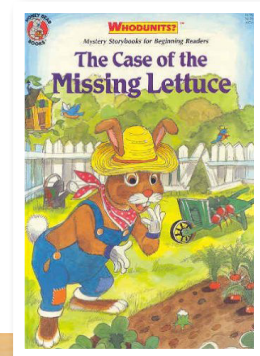
April Harvest Word Scramble

Unscramble the **BOLD UNDERLINED** words to complete the fall harvest facts. Answers at the bottom of the page.

- In the United States, **TEUTLEC** _____ is the most popular vegetable. Only potatoes are more popular.
- HNSCIPA** _____ was the first frozen vegetable to be sold in stores.
- LKAE** _____ grows very well in Wisconsin because it is a cool season crop that is not easily damaged by late spring frosts.
- KAREDR** _____ mixed green varieties contain more nutrients than lighter varieties like Iceberg.

Read Together...

- *The Case of the Missing Lettuce* by Jack Long
- *Sylvia's Spinach* by Katherine Pryor
- *How Does Your Salad Grow?* by Francie Alexander



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WORD SCRAMBLE ANSWERS: A) LETTUCE B) SPINACH C) KALE D) DARKER