

Family Newsletter - template

Today your child tried <<fruit or vegetable>> from <<Farm name>> in <<Town>>. Here are just a couple locations near <<Town>> where you can buy fresh, local fruits and vegetables.

<<Insert local vendor here>> <<Insert local vendor here>> <<Insert local vendor here>>

Take home challenge:

<<Insert>>

Helpful tips:

<<Insert>>

Recipe:

<<Insert>>

Family Newsletter - example

Today your child tried farm fresh carrots from The Green Scene Farm in Walker. Here are just a couple locations near Red Lake where you can buy fresh, local fruits and vegetables.

Red Lake Farmers Market

Red Lake Hospital Complex

Hours: Fridays – 2pm-6pm

Phone: 218-679-3316; 218-368-4765; 218-368-4765

The Green Scene

708 5th St. South Walker, MN

Phone: 612-963-9318

Phone: 218-556-3980
<http://walkergreenscene.com>

Bemidji Area Farmers Market

200 Paul Bunyan Drive South
(Pamida/Subway parking lot)

Hours: Sun 11-4, Tues 9-5, Thur
12-6 & Sat 9-3 (July-Oct)

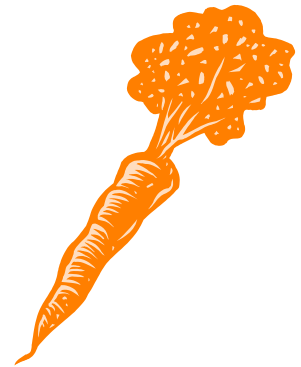
Phone: (800) 251-1689
<http://bemidjifarmersmarket.com>

Take home challenge:

Bring your child to the Farmers Market and let them pick the fruits and vegetables for the week!

Helpful tips:

Did you know that your child may try a new fruit or vegetable 12 times before they begin liking it? That means they may soon like the fruits and vegetables you put on their plate. Keep trying...if they don't like it raw, try it baked, steamed, or stir-fried!



Recipe:

Carrot-Raisin Salad (Number of portions: 10 Size of portion: 1/4 cup)

- 3 cups grated raw carrots
- 1/2 cup seedless raisins
- 1/2 cup milk
- 1/3 cup mayonnaise or similar salad dressing
- 1/8 tsp. salt

Directions:

1. Combine milk, salad dressing or mayonnaise, and salt in a large bowl.
2. Add carrots and raisins. Mix lightly.
3. Refrigerate salad; serve cold. Mix lightly before serving