





2018

FFVP

FARM
FRESH
FRIDAY

M T W T

OCTOBER

1 HONEYDEW MELON	2 CUCUMBER SLICES	3 STRAWBERRIES	4  KOHLRABI	5  BROCCOLI
8 GREEN PEPPERS	9 CANTALOUPE	10 JICAMA STICKS	11 GREAT LAKES APPLE CRUNCH LOCAL APPLE	12  RAINBOW CARROTS
15 PINEAPPLE	16 GRAPE TOMATOES	17 18 19 <i>No School</i>		
NATIONAL SCHOOL LUNCH WEEK				
22 NO FFVP	23 MELON MEDLEY	24 CELERY BITES	25 MANGO SLICES	26  DAIKON RADISH
29 BANANA	30 CARROTS	31 CANTALOUPE	NATIONAL FARM to SCHOOL MONTH	



OCTOBER

Get to know your Food & Farmers!



October is Farm to School Month in celebration of local foods and farmers! All month long, let's learn about and celebrate the farmers who grow us fresh food!

KOHLRABI



Farmer Ariel, Seed to Seed Farm

Location: Balsam Lake, WI

Farm Size: 9 acres

Favorite Veggie to Eat: Brussels Sprouts

Did you know? *Kohlrabi* (pronounced kohl-rah-bee), comes from the German names for cabbage, *kohl*, and turnip, *rabe*.

CARROTS



Farmers Ben & Erin, Open Hands Farm

Location: Northfield, MN

Farm Size: 15 acres

Favorite Veggies to Eat: kale, spinach and winter squash

Did you know? The first carrots originated in Middle Asia about 5,000 years ago and had yellow and purple roots!

**DAIKON
RADISH**



Farmer Phenli Thao, Minnesota Hmong Agriculture Cooperative

Location: Northfield, MN

Farm Size: 4 acres

Favorite Veggie to Eat: Zucchini

Did you know? Daikon radishes originated in Japan. Daikon means "great root" in Japanese (*dai*=large, *kon*=root).

Celebrate the Great Lakes Apple Crunch on October 11th with schools across the region!

Here's how you can use your FFVP local apples to do an **APPLE CRUNCH COUNTDOWN** at your school:



- 1) Distribute your FFVP apples
- 2) Start a countdown over the loudspeaker or in the lunchroom, assembly, or classroom
- 3) **CRUNCH** into the apples together!
- 4) Use your senses: What flavors did you taste in the apple? Tangy, sweet, sour, tart? What was the texture? Crisp, crunchy, juicy, soft? What noise did the **CRUNCH** remind you of?



For more FFVP and Great Lakes Apple Crunch information, videos, and educational resources, visit cws.mpls.k12.mn.us/ffvp

