

# Wellness Wednesday: Minnesota Thursday Edition!

The week of October 19-23, MPS meal boxes include all the components for a locally-sourced, MN Thursday lunch at home. Take a closer look at what's on this week's MN Thursday menu with this week's Wellness Wednesday activity sheet. Then celebrate MN Thursday with MPS by eating your local lunch on Thursday, October 22!



### What's for #MNThurs lunch?

- **Free-Range Turkey Burgers** | Ferndale Market (*Cannon Falls, MN*)
- **Butternut Squash** | L&R Produce (*Kenyon, MN*)
- **Purple Daikon Radish** | Driftless Organics (*Soldiers Grove, WI*)
- **Apple** | Minnesota Harvest Apple Orchard (*Jordan, MN*)

### DID YOU KNOW?

Daikon is made up of two Japanese words, *dai* (large) and *kon* (root), which perfectly describe these large radishes! Some varieties of daikon radishes can grow to weigh up to 50 lbs. They are also known for growing in many different colors such as white, red, pink, purple, black, green, and yellow.

**ACTIVITY:** Match and write each stage in the radish harvest cycle underneath the picture below.



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**The Seed:** This part of the cycle is short. Once the seed is planted it grows into a seedling in about 3 -4 days.

**The Sprout (or seedling):** A young plant that grows out of the seed and is the beginning to show signs of growth.

**The Mature Plant:** In this part of the cycle, we are able to harvest the radishes.

**Flower:** If left untouched, the radish plant will grow flowers, which will turn into seeds and fall into the soil to recreate the process.

**ACTIVITY:** Can you find all the MN Thursday themed words in the word search below?

- APPLE
- RADISH
- TRUEFOOD
- HARVEST
- SQUASH
- TURKEY
- LOCAL
- THURSDAY

H Q S X G Q E T H N L O C A L  
 T K C B S L T A H S A U Q S H  
 R M A T P E R W E U K W Y Q S  
 U I M P F V W V R X R E V E I  
 E Y A F E F F X N U G S Q D D  
 F A E S M I E Q P L T M D U A  
 O Y T K E L G V X L Z U D A R  
 O W Q D R C B B D L E P I V Y  
 D F W I W U O W P F E G X A U  
 T Q L U Z M T T Q K L G J V Y