

**MARK YOUR
CALENDAR!**

**All Crawford
County residents
are invited to a
free family fun
day at North
Crawford called
Spring it On!
9 am to Noon
on April 29th.**

Help Needed!

Crawford County's Farm to School program is looking for garden volunteers at the elementary schools. Just a few hours are needed through the summer. Duties will include watering and some weeding. Benefits include Vitamin D, light exercise and delicious produce! All ages are welcome! Please contact Danielle Sullivan @ sullydgirl@gmail.com or Julie Daskocil @ stoljr@gmail.com

Thanks!



**OUR STUDENTS HAVE GREEN
THUMBS!**

Students have been digging in the dirt and making things greener all around Crawford County! During the month of March they participated in growing Microgreens. What are Microgreens? They are a variety of plants that you harvest before they reach their mature size. We planted kale, lettuce, beets, cabbage, spinach, radish and some baby herbs such as basil. Microgreens are easy, only requiring daylight and some moisture and soil or a soil substitute .

These tiny greens pack a punch in a tiny package! Despite their size they are very nutritious, for example red cabbage microgreens have 6 times the Vitamin K and 69 times the amount of Vitamin C as their full size counterparts. The great part of planting microgreens is you only have to wait 2 weeks to harvest!

Kids In the Garden

Looking for something fun to do this summer? The Crawford County Master Gardeners are sponsoring a free gardening program at St. Feriole Island Memorial Gardens for kids ages 5-14. Class dates run **June 14th till August 16th** on Wednesday from 10 am to 11 am or 4 pm to 5pm. Topics range from planting a garden to learning about pollinators such as bees, butterflies, and hummingbirds. Activities include building a bug hotel and making seed bombs. Call **Donna Teynor @ 608-412-4661**



Look for the Harvest of the Month display in your local grocery complete with recipe cards provided by Crossing Rivers Health! This month's recipe is Italian Orzo Spinach Soup!

Every month, the AmeriCorps Farm to School program shares a "Harvest of the Month" presentation with students. They become familiar with different foods that are produced or grown in the area. They are also exposed to healthy, fresh foods and learn that it is fun to try new things. These foods will be incorporated into the lunchroom menu. For more information about this program please contact Jane Schaaf (jane.schaaf@ces.uwex.edu). Visit www.driftlesswisconsin.org for more information on local farms and foods. Funding for this newsletter was provided through a 3M community grant and Healthy Roots.

