



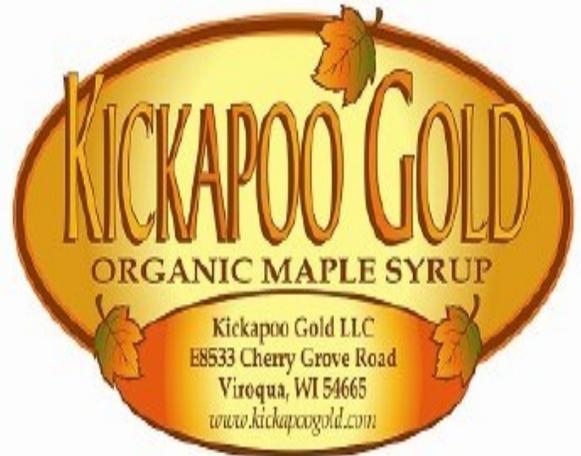
Did you know.....?

- Wisconsin is the fourth largest producer of Maple Syrup in the U.S.
- Native Americans were the first to recognize Maple Syrup as a source of nutrition and energy
- Maple Syrup has a higher nutritional value than all other sweeteners.

MARK YOUR CALENDAR!
All Crawford County residents are invited to participate in a free family fun day at North Crawford on April 29th.
Spring it On!

March is Maple Month

Students in Crawford County will be enjoying a **sweet** treat during Farm to School visits this month. We are making Maple Popcorn with maple syrup produced by Kickapoo Gold. On March 15th fourth and fifth grade students from Wauzeka will tour their facility and learn how maple syrup is made beginning by collecting the sap and following its journey as it is transformed into the delicious syrup we love!
www.kickapooGold.com



MAPLE POPCORN RECIPE

SERVES 4

- 3 TABLESPOONS COCONUT OIL
- 1/4 CUP REAL MAPLE SYRUP
- 3/4 CUP POPCORN KERNELS
- SEA SALT TO TASTE

IN A HEAVY BOTTOM POT ADD THE OIL, SYRUP AND SALT. ALLOW TO GENTLY BUBBLE OVER MEDIUM HEAT. ADD THE POPCORN AND COVER WITH TIGHT FITTING LID. IF THE LIQUID BEGINS TO BROWN REDUCE HEAT TO KEEP FROM BURNING. ONCE THE POPPING SLOWS DOWN REMOVE LID AND TRANSFER TO A METAL BOWL, ADD ADDITIONAL SALT IF DESIRED AND ENJOY!



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 Maple Pumpkin Spice Granola!

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.

