**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.

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| **Red Lake Farmers Market**Red Lake Hospital ComplexHours: Fridays – 2pm-6pmPhone: 218-679-3316; 218-368-4765; 218-368-4765 | **The Green Scene**708 5th St. South Walker, MNPhone: 612-963-9318Phone: 218-556-3980 [http://walkergreenscene.com](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