

Hello families!

This is Anna Enderle and Emily Cowles, your school district's AmeriCorps Farm-to-School members this year. The Farm-to-School program focuses on teaching kids about nutrition and getting healthy, local food in the school lunches. Anna has taught for several years and currently works part-time on a veggie farm, while Emily is a registered dietitian. We're excited to be here in Ashwaubenon!

We have lots of exciting plans for this school year, including nutrition lessons with a hydroponic tower, fresh food in the lunchrooms from the hydroponic farm, and regular taste tests! Our first taste test will be next month - we're testing some new types of apples as part of the Great Apple Crunch, where schools around the country bite into some local apples.

If you have any comments, questions, or concerns about the Farm-to-School program, or if you'd like to get involved, please reach out! Our emails are [aenderle@ashwaubenonk12.org](mailto:aenderle@ashwaubenonk12.org) and [ecowles@ashwaubenonk12.org](mailto:ecowles@ashwaubenonk12.org). We would love to hear from you.

We've also included a Harvest of the Month article in your newsletter. These resources from Wisconsin's FoodWise program showcase a Wisconsin food that's in season this month, and also give you some recipes to try!

Happy eating!  
Anna and Emily



- Select** – Choose firm apples with smooth and shiny skin.
- Store** – Refrigerate in a plastic bag for up to 3 weeks.
- Prepare** – Eat whole or sliced. Leave on the skin for extra nutrients!

## Apples are the Harvest of the Month!

### Add apples to your favorite family meals:

- Mix apple chunks into your hot cereal.
- Pair apple slices with cheese.
- Add thin apple slices to chicken salad or peanut butter sandwich.

*Make meals and memories together. It's a lesson kids will use for life.*

### Did you know?

There are over 7,500 varieties of apples grown across the world. Some Wisconsin favorites include Gala, McIntosh, Golden Delicious, Honey Crisp, and Cortland.



Nutritious, Delicious, Wisconsin!  
#WIHarvestoftheMonth



This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs.