

Farm to CACFP Summer Newsletter



WHAT'S GROWING?

Green beans, cucumber, tomatoes, zucchini, blackberries, blueberries, eggplant, peaches, cantaloupe, sweet corn, watermelon



WHAT'S HAPPENING?

August: Shop at the Farmers Market Like a Pro
August 5, 2021 at 1:00
[Register here!](#)

Join us in celebrating National Farmers Market Week. We'll have tips and tricks to make sure you get the best out of your Farmers Market visit, so you can shop for your center with confidence!

October: Farm to CACFP Week— Save the Date!

October 18th-22nd

We have loved the activities and recipes you all have sent and are building an exciting toolkit to help you celebrate the week. Have any activity ideas or favorite Fall recipes you'd like to share? Email Brittany.thorp@vdh.virginia.gov



TOMATO TASTE TEST!

Did you know that there are over 10,000 varieties of tomatoes? They come in all shapes and sizes, and each variety has a unique flavor, color, and texture. Tomatoes grow on vines and love the heat. Now that it is consistently warm, you'll see plenty of tomatoes at your local farmers market. Pick up some different varieties for a taste test! Use all of your 5 senses to describe each tomato, and have students draw their favorite.

Be sure to add some delicious Hanover tomatoes into your taste test for a uniquely Virginian snack!

We love these [free resources](#) on tomatoes by Harvest for healthy Kids. Accessible by creating a free account.



WATERMELON PIZZA!



Our CACFP friends at Navy Regional Child Development Programs love Summer because it means their students get to create their own pizza...with watermelon! Using watermelon as the base, add some Greek yogurt for the sauce, and let the students add their own fruit toppings. Or, make it a savory snack by adding toppings like feta cheese, balsamic vinegar, and a few mint leaves.

Photo Credit: watermelon.org

FROM THE FIELD

Five years ago, a little tomato plant made its appearance outside of Fremont Street Nursery in Winchester (pictured above). As the students and teachers cared for the volunteer plant, they realized how beneficial one plant could be in students' lives. That inspired them to grow more. What was once a tiny plant is now a large educational garden, thanks to partnerships with their local Master Gardener, community members, and United Way. They use the produce for their CACFP creditable meals, give some to families to take home, and have donated over 500 pounds of food to their local food bank. To find a Master Gardener near you, reach out to [your local Virginia Cooperative Extension office!](#)

Are you incorporating nutrition or food education into your curriculum at your center or home? Do you talk about specific fruits or vegetables when they are in season, or even add them to your menu? Then you're conducting Farm to CACFP activities!

Farm to CACFP is a Virginia Department of Health initiative to increase gardening, nutrition education, and Virginia-grown food purchases among child and adult care facilities throughout the Commonwealth. Missed out on a past webinar or looking for free resources? Visit us at virginiacacfp.com/farmtocacfp!



GARDENING



FOOD & NUTRITION EDUCATION



LOCAL PROCUREMENT

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