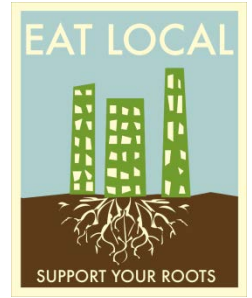


Students Learn About Locally Grown Fruit and Vegetables

Students in Ms. DeVries-Polman's Family and Consumer Science class at the Wisc. Rapids Area Middle School (WRAMS) were introduced to local fruit and vegetables with our guest Americorps-Farm to School nutrition educators, Megan Rheaume-Brand and Alex Maves. They learned about the local radish crops from "Red Door Family Farm" in Athens, WI. Radishes studied include the watermelon radish and bravo radish. Students participated in a game of radish bingo, and received a packet of seeds for their own garden.



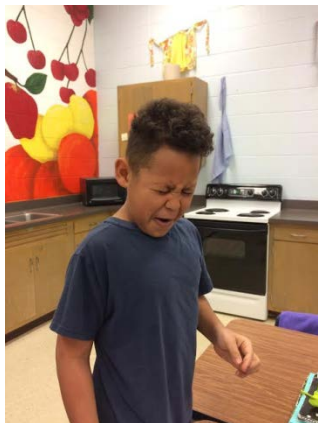
Students shared the following facts they learned about radishes:

- They can grow big and can have a bright color.
- They are a root vegetable.
- Radishes are high in fiber, and fill you up fast.
- Radishes can be not only small and spicy, but also big, sweet, and mild.
- Radishes contain antioxidants to help prevent cancer.
- Radishes help your gallbladder produce bile for digestion.

They also tasted unsweetened dried cranberries that were provided from a local farm named "Honestly Cranberries" right here in Wisconsin Rapids. Students tried the berries on their own, (some thought they were tart) and also in a yogurt parfait. Following are some facts they learned about cranberries:



- They help with UTI's.
- Native Americans used them as medication for cuts.
- They can be tart.
- You do not have to eat a lot of unsweetened cranberries to get the good stuff, only 15.



the
tartness!

