

# Farm to CACFP Spring Newsletter



## WHAT'S GROWING?

Asparagus, Beets, Leafy Greens, Herbs, and Strawberries.



## WHAT'S HAPPENING?

**April: Georgia Farm to School and Early Care and Education Virtual Summit**

April 27-May 1  
[Register here!](#)

Learn and share best practices for encouraging kids, families, and communities to grow, eat, and learn about local food. Hosted by Georgian organizations, but applicable to us in Virginia! Ticket price is offered on a sliding scale: \$10-\$40.

**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

## LETTUCE CRUNCH!

Spring has sprung and lettuce is a great seasonal vegetable to explore with your participants. The different varieties come with their own flavors, textures, and even vary in color. They're fun to pick directly from the garden, and grow well in both small containers and in larger garden beds.

We recommend providing multiple varieties for a taste-test snack! Remember: raw, leafy greens credit at half the volume of vegetables served in the CACFP.

To learn more about growing lettuce, [Virginia Cooperative Extension has you covered.](#)



## FROM THE FIELD

The children at Jackson Child Care in Northern Virginia are getting ready to decorate their garden this Spring. During CACFP Week, they painted garden stones with the color green to represent one of the garden colors, and paired it with a lesson on spinach. To conduct this activity in your center or home, check out the [Grow It, Try It, Like It! free toolkit!](#)



## SPRING RECIPE



Add your local lettuce to this tasty wrap! Find the full recipe in the [Child Nutrition Recipe Box here.](#) Recipe and photo courtesy of [theicn.org](#)

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/](http://virginiacacfp.com/farmtocacfp/)!



GARDENING



FOOD & NUTRITION EDUCATION



LOCAL PROCUREMENT

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