



# FARM to Early Care and Education

Boulder County Public Health

October 2023



## Free Trainings, Classes, and Field Trips

### Trainings for Staff

#### Preserving the Fall Harvest

Join Boulder County Public Health for the last Farm to ECE Learning Series training of 2023! Preserving the Fall Harvest will teach participants how to store and preserve all those fall veggies into the winter. This training will take place on Monday, October 16 from 12-1 p.m. on Microsoft TEAMS [here](#).

#### Free Exploring Fall Foods Webinar: Recipes & More!

The cool, crisp breeze means it's time for the fall harvest! Learn about 5 fabulous fruits and vegetables that are ready to be purchased from your local farmer, farmers' market, or grocery store. Get recipe ideas on how to incorporate these fall favorites into your menu and learn how to provide nutrition education related to them through engaging activities. Earn 0.5 CEUs for attending this Zoom webinar brought to you by the National CACFP Sponsors Association. Register [here](#).

### Classes and Field Trips for Children

#### Milk and Honey Farm's Farm Tour & Explore

Participants will spend their time exploring the fields, greenhouse, and all the fruits and veggies that grow there. Register [here](#).

#### Growing Gardens' Nutrition Education Lessons are Back for the Fall!

See attached flyer for more info. Email [rachel@growinggardens.org](mailto:rachel@growinggardens.org) to register.



#### Celebrate National Hispanic Heritage Month!

National Hispanic Heritage Month takes place between September 15 and October 15. Check out lots of fun, food-related resources to help you celebrate compliments of the USDA [here](#) and MyPlate [here](#).



## Peppers & Apples

Peppers and apples are this month's featured produce. Nearly 2,000 varieties of peppers are cultivated worldwide. They are commonly grouped into two

categories - hot/chili and sweet peppers. Hot peppers are named for their fiery taste, which is due to capsaicinoids – naturally occurring substances that feel hot in the mouth. As for apples, more than 2,500 varieties are grown in the United States, most of which are picked by hand. A fun fact about apples is they can be used to replace fat in baked goods. (Replace shortening or oils with an equal volume of applesauce plus one-third of the oil called for in the recipe.)

## October is Farm to Child Month

### Mountain Plains Crunch Off – October 2-6, 2023

In celebration of Farm to School Month, states throughout the Mountain Plains Region (CO, MT, MO, KS, NE, ND, SD, and WY) are competing to see which state can get the most local produce "crunches"! The Crunch Off invites all child care programs to crunch into a locally grown fruit or veggie during the week of October 2! Check out these resources to learn more – Colorado Crunch Off videos (in [English](#) or [Spanish](#)) and [2023 CACFP Crunch Off menu](#). And don't forget to [register](#) your crunch off event today.

### Colorado Proud Meal Day – October 3, 2023

The Colorado Departments of Agriculture and Education invites Colorado schools and child care programs to participate in the annual Colorado Proud School Meal Day on Tuesday, October 3, 2023. This is a day to celebrate Colorado agriculture and to educate kids about healthy eating. Please [fill out this form](#) to share how you are celebrating local farmers, producers, or ranchers at your child care program. For more resources to support your Colorado Proud meal day, visit the [CDA website](#).

## PARENTSCORNER™

### Sugary Drinks Community Survey

Help shape kids' menus at restaurants in Boulder County by filling out the [Sugary Drinks Community Survey](#). This short survey will help inform dining out and beverage consumption as it relates to children and families.

For more information about Boulder County's Farm to ECE program, visit [www.boco.org/Farm2ECE](http://www.boco.org/Farm2ECE)

