




































# Nutrition - Fall Harvest

**CHALLENGE:** Try at least 15 new fruits and vegetables in October. Cross off what you have tried. Turn in your final card to Amy Herber, RN to [amy.herber@bellin.org](mailto:amy.herber@bellin.org) by November 7<sup>th</sup> to be eligible for the prize!

Name:

Total:

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Plum	 Kohlrabi	 Cauliflower	 Beets	 Cabbage	 Ground Cherries	 Squash
 Melon	 Tomato	 Eggplant	 Parsnips	 Brussels Sprouts	 Mushrooms	 Leeks
 Ginger	 Cucumber	 Corn	 Peas	 Grapes	 Sweet Potato	 Bean Sprouts
 Cherries	 Avocado	 Rutabaga	 Radishes	 Green Beans	 Raspberries	 Bok Choy
 Kale	 Nectarine	 Beans	 Carrots	 Broccoli	 Pomegranate	 Pumpkin

# 2018 Northeast Wisconsin Farmers Markets



## SUNDAY

- **Algoma, Huntington Bank Parking Lot:**  
9 am-12 pm (June 24-Oct 28)
- **Baileys Harbor:**  
9 am-1 pm (May 20- Sept 23)
- **Darboy, Festival Foods:**  
7 am-1 pm (starts June 10)
- **Fond du Lac, Festival Foods:**  
7 am-1 pm (starts July 8)
- **Sheboygan, Festival Foods:**  
7 am-1 pm (Starts July 29)
- **Suamico, Festival Foods:**  
7 am-12 noon (Starts July 15)

## MONDAY

- **Pulaski, Ullmer Manufacturing Parking Lot:**  
4-7 pm (June 18-Sept 24)

## TUESDAY

- **De Pere, Festival Foods:**  
7 am-12 pm (Starts July 10)
- **Howard, Village Center:**  
4 pm-7 pm (June 12-Sept 25)
- **Jacksonport, Lakeside Park:**  
9 am-1 pm (May 15-Oct 30)
- **Manitowoc, Downtown:**  
12 noon-6 pm (June 5-Sept 25)
- **Marinette, 1609 Main St:**  
Mornings (June – August)
- **Oshkosh, Festival Foods:**  
7 am-1 pm (starts July 10)

## WEDNESDAY

- **Appleton, Festival Foods Northland Ave., Appleton:** 8 am-1 pm (starts June 6)
- **Fish Creek, The Settlement Shops:**  
9:30 am-1:30 pm (June 6-Oct 10)
- **Green Bay, Broadway:**  
3-7 pm (May 30-Sept. 26)
- **Greenville, Corner of 76 and Parkview:**  
3-7 pm (June-Sept)
- **Oshkosh, South Park, Shelter #1:**  
3-7 pm (starts July 18)
- **Two Rivers, Central Park:**  
1 pm-5:30 pm (May 23-Oct 17)

## THURSDAY

- **Allouez, Bellin Health Plaza on Libal St:**  
3:30 pm-6:30 pm (June 21-Oct 4)
- **Brillion, Main Street:**  
2-6:30 pm (Starts Late June)
- **Clintonville, Community Center:**  
3:30 pm-7 pm (June 14-Oct 11)
- **Crivitz, Across from Village Hall:**  
8 am-4 pm (May 24-Aug 30)
- **De Pere Broadway Street:**  
4-12 pm (Starts July 21)
- **Gillett, Community Square:**  
4 pm-6 pm (June 7-Oct 4)
- **Green Bay, Market on Military:**  
3-7 pm or Dusk (June-Oct)
- **Menasha, Downtown:**  
2-6 pm (June 14-Oct 25)
- **Omro, Scott Park:**  
4-7 pm (Starts June 7)
- **Oneida, Water Circle Pl:**  
12 noon-6 pm (June to Oct)

## FRIDAY

- **Chilton, Eagles Club:**  
11 am-4 pm (June 15-Oct 19)
- **Egg Harbor, Harborview Park:**  
9 am-1 pm (May 25-Oct 5)
- **Marinette, 1609 Main St:**  
Mornings (June-August)
- **Seymour, Across from the Outagamie County Fairgrounds:** 2-6 pm (June 15-Oct 19)

## SATURDAY

- **Appleton, downtown:**  
8 am-12:30 pm (June 2-Oct 27)
- **Brillion, Main St:**  
8 am-12 noon (Mid-July-Oct)
- **Green Bay, downtown:**  
7 am-12 noon (May 26-Oct 27)
- **Kaukauna, downtown:**  
7:30 am-12 noon (June 16-Oct 13)
- **Luxemburg, Stodola's IGA parking lot:**  
8 am-12 noon (July 7-Oct 27)
- **Manitowoc, downtown:**  
8 am-2 pm (May 5-Oct 27)
- **Marinette, 1609 Main St:**  
Mornings (June-August)
- **Neenah, Shattuck Park:**  
8 am-12 noon (Starts June 16)
- **Oconto, Copperfest Park:** every other Saturday  
9 am-3 pm (June 23-Oct 20)
- **Oshkosh, downtown:**  
8 am-12:30 pm (June 2-Oct 27)
- **Sister Bay, Corner of the Past Museum:**  
8 am-12 pm (June 16-Oct 6)
- **Shawano, Franklin Park:**  
8 am-12 noon (June 16-Oct 6)
- **Stockbridge, Post Office:**  
8 am – 12 noon (June 16-October 23)
- **Sturgeon Bay, Market Square:**  
8:30 am-12 noon (June 2-Oct 27)
- **Two Rivers, Central Park:**  
8 am-1 pm (May 26-Oct 20)
- **Waupaca, downtown:**  
9 am-2 pm (June 2-Oct 13)

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