



UW Extension

Eau Claire County

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Kids, fruits and vegetables: Increase the love



Grow it

Join the summer school-aged youth garden programs begin June 12 Monday, Tuesday or Wednesdays from 9-10 AM at North River Fronts Park. Kids grow, pick and taste the produce. Call (715)839-4712 to find out more.

Visit the Farmers' Market

See the beautiful fruits and vegetables at the market. Talk about produce and how it grows. Let your child choose a fruit or vegetable.

Put kids in charge

Let kids arrange raw veggies or fruit into a fun shape or design. Have them name their creations.

For more ideas [Kid-Friendly Veggies & Fruits](#)

Catch FNV at Eau Claire Grocery Stores



Visit the Eau Claire Downtown Farmers Market. Use the Market Match program



- For every \$1 of tokens purchased by FoodShare participants with their QUEST card receive an additional \$1, up to \$10 per QUEST card per week
- Use tokens to buy healthy, local, and fresh food at the market
- For more information visit ecdowntownfarmersmarket.com

Bean Dip

Ingredients:

- 1 cup kidney or pinto beans (cooked or canned)
- 1 cup black beans, (cooked or canned)
- ½ cup salsa
- ½ cup shredded cheese

Step by Step:

1. Drain and rinse beans, Mash beans in a bowl
2. Add salsa and cheese
3. Serve warm or cold
4. Use as a dip with raw vegetables, tortilla chips or crackers.

More recipes at USDA ["What's Cooking"](#) .