

# WHAT'S GROWING ON *at*



## Let Nature Take Its Course

Dear Families,

This week we will focus on Clearwater Farm as a whole system with many different parts that work together to sustain each other. For example, the plants we grow to feed ourselves and the animals are fertilized by the animals' own waste, creating a cycle of nutrients that reduces our need to purchase artificial fertilizers, which in turn protects our waterways. We also want to welcome Pam from The Yoga Place as she teaches us about yoga and its holistic approach to improving mind, body, and spirit. Don't forget to bring white clothing (t-shirt, bandana, socks) for next week's tie-dyeing activity.

*Make the best use of nature's abundance to reduce our consumptive behavior and dependence on non-renewable resources.*



THE **YOGA** PLACE

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renewable resources.

See you in the garden!

Sara & Amy

Thank you to our sponsors!



[www.clearwaterfarm.org](http://www.clearwaterfarm.org)

## Free Family Fun Night

Wednesday, August 16, 5:30-8:00 P.M.

5:45-6:30 Yoga by The Yoga Place

6:30-7:00 Cooking Demonstration by

Mayo Clinic Health System

Additional Activities:

Garden Tours, Beekeeping Demo, Live Farm Animals, Recycled Crafts, and More!

Harvest Celebration

## Baked Sweet potato



This spud is one of the most nutritious and inexpensive vegetables around, full of Vitamin A and natural sweetness, which makes it popular among kids. Simply wash, pierce with a fork, and bake at 375° F for about 45 minutes (or microwave on HIGH for 8-10 minutes, turning once) until tender. Then, serve like a baked potato topped with butter, cinnamon and sugar. Applesauce, brown sugar, and maple syrup also make good toppings.



## Baked Potato Bar

Did you know that one baked potato provides a healthy dose of magnesium, iron, potassium, fiber, and vitamin C?

Combine this with a variety of toppings to create a DIY buffet that is sure to satisfy the whole family. The possibilities are endless!

Here's the easiest and fastest way to bake a potato:

Scrub the potato. Pierce several times with a fork. Microwave on HIGH for 5 minutes on one side. Then turn the potato over and microwave for 5 more minutes or until tender. Cut the potato lengthwise and add toppings.

Toppings: Salt, seasoned salt, garlic salt, pepper, butter, sour cream, grated/crumbled cheese, cheese sauce, fresh herbs (basil, oregano, chives, cilantro, dill), crushed red pepper, chili, salsa, hot sauce, guacamole, steamed broccoli, onion, corn, ranch dressing, pulled pork, pepperoni, diced ham, etc.