



Farm to School-Fort Vannoy Farms

Fort Vannoy Farms was formed in the early 1920's by Walt and Marion Crouse. The farm is still in the family and daily operations are now managed by Bob and Barbara Crouse. This award winning dairy farm, & major local food producer is farming over 250 acres.

There are 27 acres currently planted with an amazing variety of vegetables, melons, winter and summer squash, cucumbers and much more including everything from asparagus to zucchini! As one crop goes out of season there are many others that replace it.

Since 2017, Three Rivers Food Services has worked to expand the presence of Rogue Valley products served in our schools. In conjunction with local, state and federal farm-to-school purchasing opportunities Fort Vannoy Farms' products can be found in our cafeterias throughout the district.

Visit: <http://www.fortvannoyfarms.com/>



Bob Crouse-Owner



Erin-Master Gardener



Nancy-Master Gardener

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I had an opportunity to visit Fort Vannoy Farms during harvest season. I arrived at the farm at 6:30 am. A full moon was shining bright. The farm was already hustling and bustling, getting ready to pick their fresh produce for the farmers' market and our 14 schools. I asked Erin the master gardener if I was too early to take pictures. She assured me that the sun would come out in 15 minutes. Lo and behold 15 minutes later, the first rays of sun started to peek through the mountains.

Bob Crouse gave me a private tour of his farm where I was able to meet his wonderful hardworking staff. All produce is carefully handpicked every morning by Felicia Chen, Bryant Perry and many others.

This year alone, we purchased close to **4,700 pounds** of fresh fruit and vegetables from the farm.

Our food services warehouse staff Wren Murphy– Sheldon, Sarah Biggs, Brian Richardson and I have been working hard sorting and delivering fresh delicious produce from the farm to schools across our district .



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THIS YEAR'S PRODUCE LIST

- banana peppers
- basil
- broccoli
- cabbage
- carrots
- cherry tomatoes
- color bells
- corn
- crookneck squash
- cucumbers
- honeydews
- jalapenos
- onions
- patty pan squash
- potatoes
- radishes
- snack peppers
- tomatoes
- watermelons
- zucchini



Applegate	Fort Vannoy	Illinois Valley	Madrona	North Valley
Evergreen	Fruitdale	Lincoln Savage	Manzanita	Williams
Fleming	Hidden Valley	Lorna Byrne	MAC	



Nutrition Corner & Recipe

Fact 1. The butternut squash is interchangeable with the pumpkin in Australia, causing them to call it the butternut pumpkin.

Fact 2. Though it may not taste good, the skin of the squash is edible! The seeds are as well and are best roasted.

Fact 3. Eating butternut squash can improve lung health and studies have shown decreased incidents of lung cancer.

Fact 4. This vegetable is often used as one of the first foods for babies, since they are tolerated by children because of the taste.

Fact 5. It grows on a vine and when the vegetable turns to a deep orange, it becomes sweeter, richer and more ripe.

Fact 6. They are often regarded as the winter squash, but are never grown in the winter. They are picked in the fall.

Fact 7. This particular variety of squash was developed at the Waltham Experiment Station in Massachusetts.



WINTER SALAD WITH BUTTERNUT SQUASH

- 1/3 CUP and 1 3/4 tsp roasted butternut squash
 - 1 Tbsp. onions (chopped)
 - 1/2 Tbsps. parsley (chopped)
 - 1/2 CUP spinach
 - 3/4 CUP and 3 1/2 Tbsp. romaine lettuce (chopped)
 - 1 Tbsp. whole dried sliced cranberries
1. Prepare squash according to recipe.
 2. Dice onions.
 3. Wash parsley and pat dry. Pull leaves from stem and roughly chop.
 4. In a mixing bowl, combine cooled squash, onions, parsley, spinach, lettuce and cranberries. Toss well.



My name is Marina Mudry and I am the Director of Nutrition Services for the Three Rivers School District. I love working for Sodexo and supporting their values as I also work alongside the TRSD Team and enrich the lives of our student body, staff and community.

Feel free to reach out to me with any questions!

Office: 541-476-4183

Email: marina.mudry@threerivers.k12.or.us