Something new and exciting is coming this summer: a Farmers’ Market Challenge! This challenge is a three-part scavenger hunt series that runs from May 1st to July 31st. You or your family can choose to participate in one, two, or all three parts of the challenge. When you complete each monthly challenge and turn in your log, you will be eligible to win one of five $20 farmers’ market gift cards! Winners will be selected each month.

Farmers’ Market Challenge Info
Part 1: Facts about your farmer & market, running May 1st-31st
Part 2: Strange fruits & vegetables, running June 1st-30th
Part 3: Growing fruits and vegetables, running July 1st-31st

Directions: Complete all 5 activities in the scavenger hunt and write the answers on the map.

Drop off: Turn your challenge map into the Cameron Park Farmers’ Market booth during market hours or mail your log to the La Crosse County Health Department – Nutrition Division. 300 4th St. North La Crosse, WI 54601.

Due date: To be eligible for prize drawings, logs must be submitted by the following dates:
Part 1: Due June 10th
Part 2: Due July 10th
Part 3: Due August 10th

Click Here for Farmers’ Market locations!
Click Here to download and print part 1!

Questions? Contact Abbie Loos
Worksite Farmers’ Market Coming Soon!
When? Every Tuesday starting April 26th through the end of the market season.
What Time? 11:00am-4:30pm
Who? The market is open to all county employees AND the public!
Where? Health & Human Services front parking lot
(Grassy area at intersection of 4th & Vine Streets, by the sculpture. Look for the white tent!)

What do I need to bring?
- Cash, small bills preferred
- Checks also accepted—write out to Xong Lee Vue
- Shopping list
- Reusable bag, if you have them
- Umbrella for rainy weather

Market will be open rain or shine!

What products will I find at the Farmers’ Market this year?
Asparagus, Leeks, Lettuce, Herbs, Berries, Potatoes, Tomatoes, Rhubarb, Carrots, Beans, Flowers, and MORE!

Meet the Farmer!
Xong Lee Vue is a Holmen resident, and has been living in the La Crosse area for 30+ years. Xong is retired and has 9 children and 4 grandchildren that she enjoys spending time with. Xong has been gardening for most of her life. She also enjoys attending many local Hmong community events. She enjoyed selling her produce last year to employees, and is looking forward to another great year!

WIC & Senior Farmers’ Market nutrition vouchers ARE accepted!

Check your email each week to find recipes and tips to use Farmers’ Market foods!
A Farmers’ Market Challenge is starting May 1st! CLICK HERE for more information!
There is still time to QUIT!

The benefits of quitting smoking can begin as soon as 20 minutes after you quit.

- Within **20 minutes** after your last cigarette, your heart rate will begin to drop back toward normal level.
- After **two hours** without a cigarette, your heart rate and blood pressure will be close to normal levels again. Your blood circulation will also improve. The tips of your fingers and toes may start to feel warm.
- **12 hours** after you quit, the carbon monoxide in your body decreases to lower levels. In turn, the amount of oxygen in your blood increases to normal levels.
- **24 hours** after you quit, your risk of coronary artery disease will already begin to reduce.
- **48 hours** after you quit, your nerve endings will start to regrow and your ability to smell and taste will improve. You’ll soon start to better appreciate the finer things in life.

**Quitting isn’t easy, but it is definitely worth the struggle.**

Did you know that La Crosse County has resources available to help you quit?

The Health Department has nicotine products (gum/patch) to help you QUIT. Want more information?
Contact Maichor Lee to set up your appointment today!

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**Upcoming Wellness Events**

**May 6-8: Festival Foods Grandad Half Marathon**

This is a three-day celebration of active events, fabulous scenery and must-see landmarks in the Coulee Region! There are events for participants of all ages, including a health and fitness expo on Friday, May 6. [Click Here](#) for more information.

**Sunday, May 8th: Moms Play Free Children’s Museum**

Moms get free admission to the Children’s Museum on Mother’s Day, so bring your little ones and enjoy a day of affordable play!

**Saturday, May 21st: Riverside Family Fun Fair Riverside Park**

Stop by Riverside Park for an afternoon of fun, including a carnival, games, food and exhibits for all ages! Plus, win great prizes too!

[CLICK HERE](#) to see more local wellness events!
Square Foot Gardening

Looking for a fun and affordable way to grow your own fruits and vegetables? Try square foot gardening! **Square foot gardening is growing fruits and vegetables in a raised garden bed that has been divided into small squares.** Square foot gardening is a great method for beginners!

**How to make your own square foot garden:**
1. **Build a box.** This can be built from any non-treated, 6-inch wide lumber or other similar material. Just be sure that you put down a weed mat or landscape fabric below your bed to prevent weeds from growing! The best size frame is no wider than 3-4 feet, to ensure that you (and even your kids) can reach all your veggies.
2. **Fill box with potting soil or compost.**
3. **Add a grid.** This should use the same lumber that you used for the frame. The grid is what makes your raised bed a Square Foot Garden! The grid is one of the most important things to include while following a Square Foot method. A tomato or green pepper plant needs one per square. While radishes and carrots need 16 per square.

There are four spacing guidelines for your grid:
- **Extra Large** – one per square for 12 inch spacing
- **Large** – 4 per square for 6 inch spacing
- **Medium** – 9 per square for 4 inch spacing
- **Small** – 16 per square for 3 inch spacing.

For much more information, including recipes, [click here](#) to visit My Square Foot Garden or [click here](#) to visit the Square Foot Gardening Foundation website!