Farmers’ Markets: Enjoy the taste of eating fresh!

Do you know where you can find the most fresh and local food? Look no further than your local farmers’ market! Shop Farmers’ Markets for Wisconsin’s best local produce. La Crosse County WIC is offering $17 vouchers to spend at local Farmers’ Markets. Talk to your WIC staff or call the WIC office if you would like to receive them!

Need more reasons to check out the Farmers’ Markets? Check out our Top 5 List.

1 Freshly picked ripe food is at its peak flavor and nutrition. Taste and see for yourself!

2 Farmers’ Markets are everywhere and easy to find. Ask your WIC Staff if you need a list of the local markets!

3 Try a new fruit or vegetable! Farmers often have good suggestions on how to prepare the foods that they grow. La Crosse County WIC has recipe books with ideas too! Ask your WIC staff if you would like a Farmers’ Market recipe book.

4 Need a cure for a picky eater? Get your kids involved. Let them pick something new to try, and use a new recipe to have them help prepare a meal or snack.

5 Connect with where your food comes from! Many foods in the grocery store travel thousands of miles before they hit your shopping cart. Farmers’ Market foods typically are grown within a few miles of La Crosse!
FREE Child Car Seat Checks
First and Second Thursday of each month
April-September
3:00pm-7:00pm

Car seat checks are available on the **first Thursday of the month** at Brenengen Chevrolet (990 Hwy 16 West Salem) or the **second Thursday of the month** at Brenengen Chevy Cadillac (531 Theatre Rd Onalaska).

Stop in and have a Certified Child Passenger Safety Technician fit your seats or boosters.
It’s **FREE** and **No appointment is necessary**!

**Farmers’ Market Veggie Pattie Recipe**

**Ingredients:**
1 cup shredded carrots
1 cup shredded zucchini
1 cup shredded potatoes
1/2 cup thinly sliced onion
2 tablespoons chopped parsley
2 eggs
1 cup bread crumbs
1 teaspoon salt
1/4 teaspoon black pepper

**Step 1:** Combine all the ingredients together in a bowl.
**Step 2:** Form vegetable mixture into small flat patties.
**Step 3:** Heat 1 tablespoon oil in a skillet. Cook patties on both sides over medium heat, for about 8 minutes.

**Taco Filling Recipe with a Twist**

**Ingredients:**
1/2 lb lean ground beef
3 bell peppers, diced
1 can black beans (drained)
1 onion, diced
1 packet taco seasoning
1/2 cup water

**Step 1:** Brown beef in a large pan. Set aside.
**Step 2:** Saute peppers and onions until tender. Add cooked beef, water, taco seasoning, and black beans. Continue cooking until water is evaporated.
**Step 3:** Serve with desired taco toppings: lettuce, shredded cheese, avocado, tomatoes, whole wheat tortillas, etc.

Questions or Concerns?
Contact Us!
608-785-9865

This institution is an equal opportunity provider.