

Fresh produce promotes healthy eating



Sprout MN

Riverwood staffers Vicki Breun and Elaine Wegner talked with Jessica Woudsma of Sprout MN at the new fresh produce market that opened June 27 in Riverwood's parking lot.

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The public can now enjoy the convenience of just-picked fruits and veggies at a new location in Aitkin. Sprout MN is now selling fresh produce at a stall in the support services wing parking lot of Riverwood Healthcare Center in Aitkin. The market will be open Thursdays from 1-3 p.m. through the summer. The market opened June 27.

"Riverwood is partnering with Sprout MN to provide convenient access to fresh fruits and vegetables that support healthy eating and wellness," said Lisa Kruse, wellness coordinator. "While this is not a true farmers' market as we are only working with just one vendor, each week there will be a great selection of fresh produce from the Farm on St. Mathias and other farmers in the Brainerd area."

CSA option

Those who prefer to have an assortment of fresh fruits and vegetables prepackaged, may consider a community supported agriculture (CSA) share.

Each week, CSA shares an oversized grocery bag with items such as fresh fruits, veggies and herbs.

Contact 218-822-3281. Bags of CSA produce may be picked up at the market stall each Thursday 1-3 p.m. *SPROUT MN, LLC is based in Brainerd. It coordinates farm to school for two central Minnesota districts and provides restaurants with local foods from 25 local farmers.*

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Aitkin Independent Age
Phone number: 320-676-3123
E-mail: kevina@millelacsmessage.com
Address: PO Box 26
Isle, MN 56342