

Interested in more fun with food and becoming an even more adventurous eater?

Jacqui would love to help! Jacqui is a registered dietitian and owner of Jacqui Campbell Nutrition in Enfield, CT. Jacqui believes strongly in promoting a diet of whole foods and eating mindfully. She enjoys helping kids and adults alike find a healthy relationship with food. At her private practice in Enfield she works with individuals and families on everything from wanting to simply eat healthier, to managing chronic diseases like diabetes and digestive issues to treating eating disorders.

Most major insurance companies cover nutrition counseling, too! Please contact Jacqui for more information!



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Registered Dietitian

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**2018
ADVENTUROUS
EATERS CLUB
Farm Passport**



**OXEN HILL FARM &
JACQUI CAMPBELL
NUTRITION**

NAME:

Welcome!

Taste your way through the CSA season!

Each time you try something on the produce checklist, bring a picture of you trying the item or drawing of the item to pick-up for an Oxen Hill Farm stamp.

Collect a stamp for 15 out of the 20 items on the list to earn a special prize at the end of the season!

You don't need to try them in the order listed, and can certainly try more than one per week.

If you would like, you can share your adventure by posting a picture of the participant trying the new vegetable to social media with the hashtag

#oxenhillAEC

We'd love to hear your favorite way to enjoy our produce!

Connect with us!

Facebook: OxenHillFarm

JacquiCampbellNutrition

Instagram: oxenhillfarm

Jacqui.Campbell.Nutrition

Make sure to bring your passport with you to pick up each week to get your stamp!

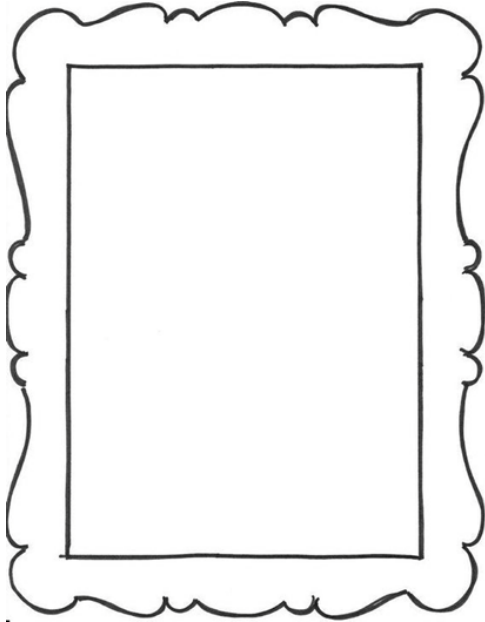
The Suffield Farm, 1434 Hill ST, Suffield CT , is our "home base" where you can Pick Your Own herbs and cherry tomatoes. All CSA members are welcome to come to the home farm for PYO and special events, regardless of where they regularly pick up their share.

Regular Summer CSA pick-up hours at the Suffield Farm are Tuesday and Thursdays from 2:00-6:30pm and Saturday mornings from 9:00am-12:30pm.

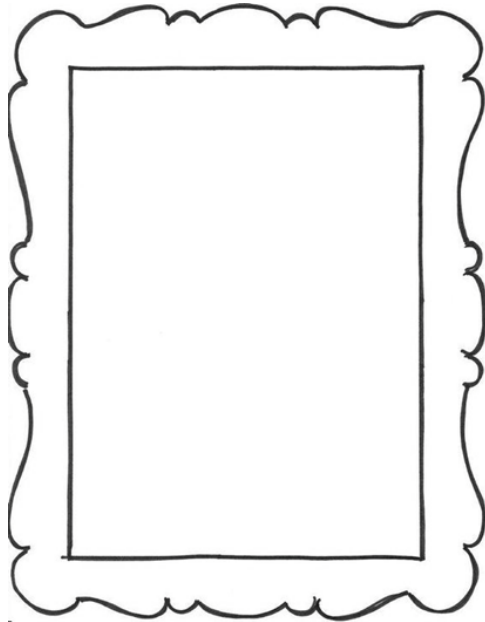
The East Granby pick up is held on Wednesdays from 3:00pm-6:00pm at the East Granby Public Library, at the western end of the town center area.

Longmeadow pick up time is on Tuesdays from 3:30pm-6:00pm in front of Longmeadow Montessori School and the First Church of Christ in Longmeadow (777 Longmeadow Street), at the corner of Longmeadow Street and Williams Street.

West Hartford pick up time is on Thursdays from 3:00pm-6:30pm in the First Church, West Hartford parking lot. The church is located on the corner of Main Street and Farmington Avenue



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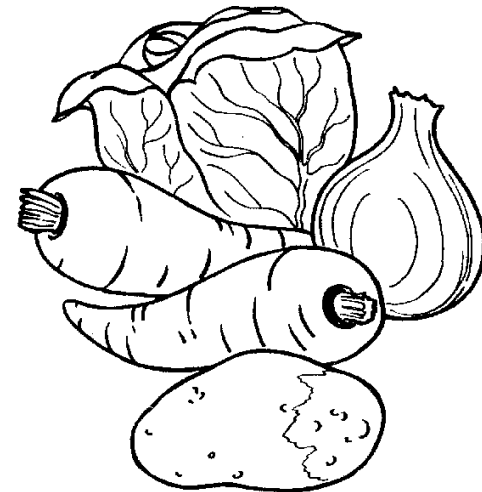


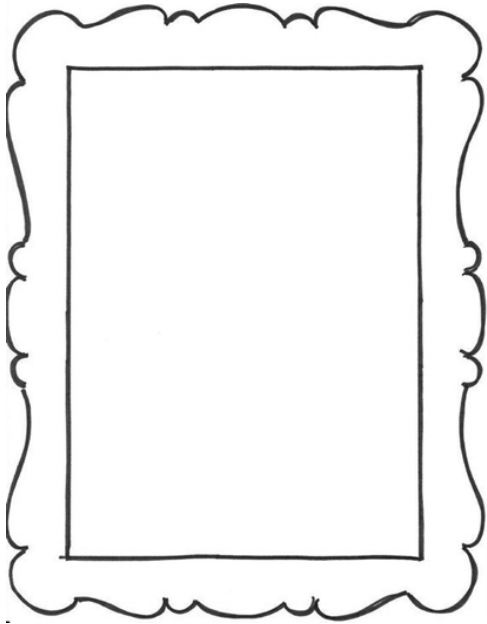
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Produce Checklist

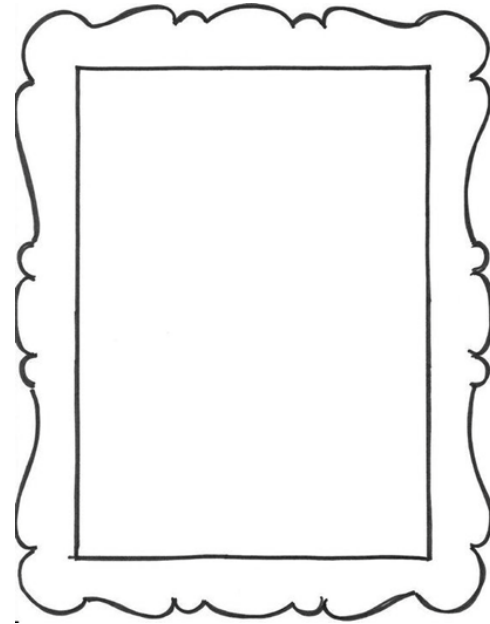
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|------------------|-------------------|
| 1. Bok choy | 11. String beans |
| 2. Kale | 12. Cabbage |
| 3. Swiss chard | 13. Beets |
| 4. Lettuce | 14. Cucumbers |
| 5. Radishes | 15. Sweet peppers |
| 6. Peas | 16. Tomatoes |
| 7. Kohlrabi | 17. Eggplant |
| 8. Summer squash | 18. Potatoes |
| 9. Salad turnips | 19. Sweet potato |
| 10. Broccoli | 20. Winter squash |

Bonus if you try an additional item not featured on the list!

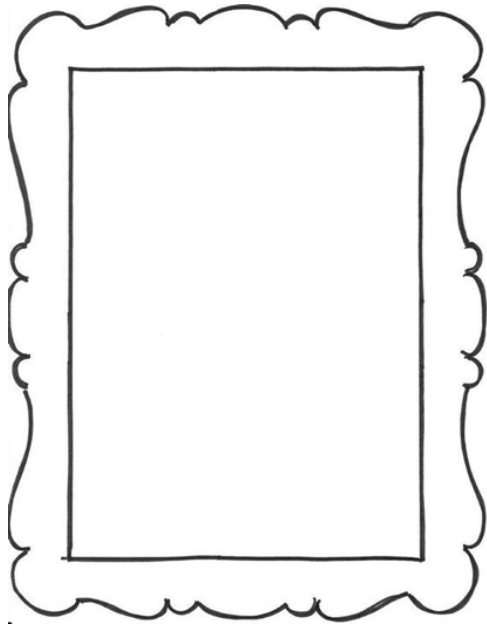




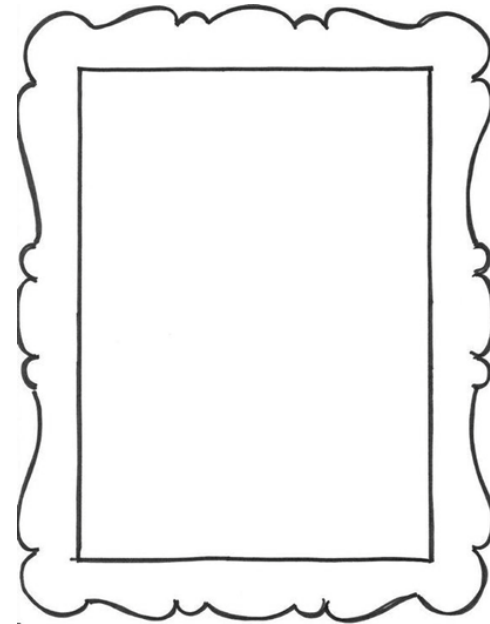
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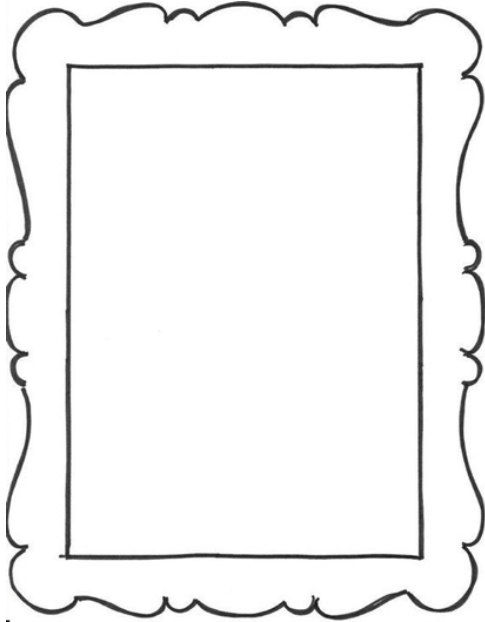
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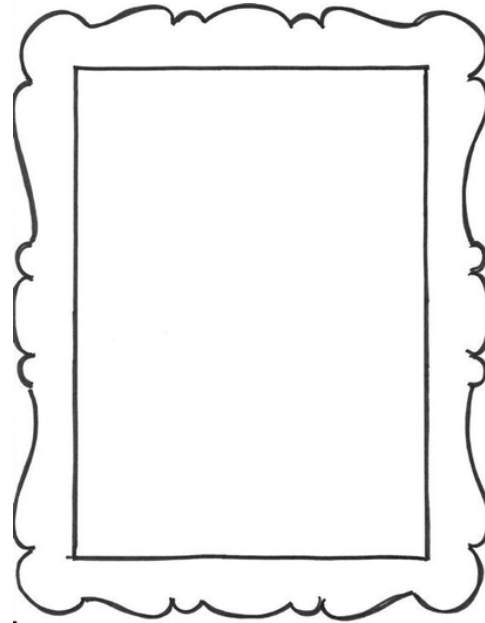
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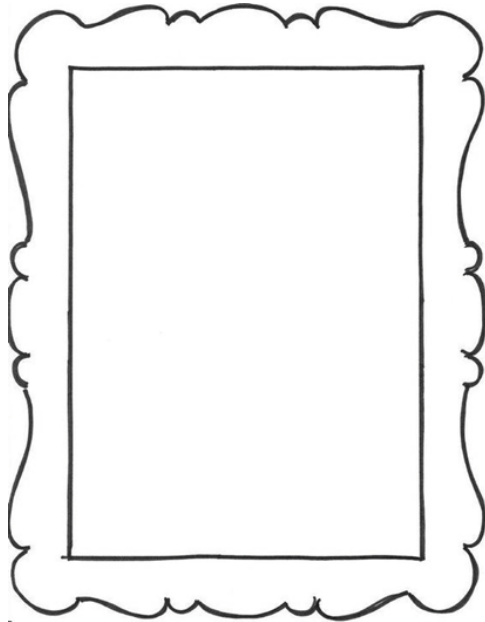
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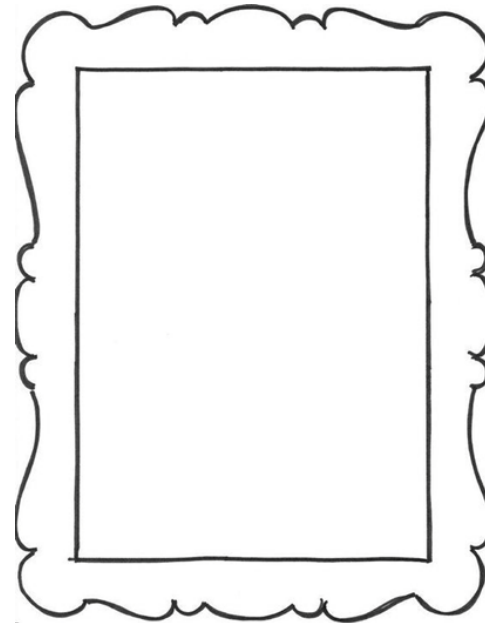
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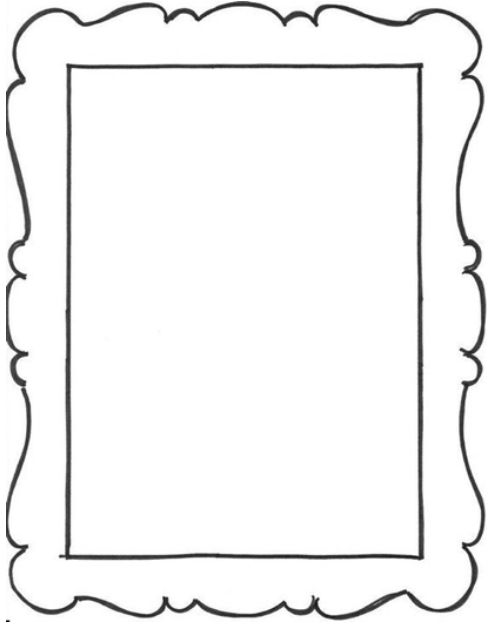
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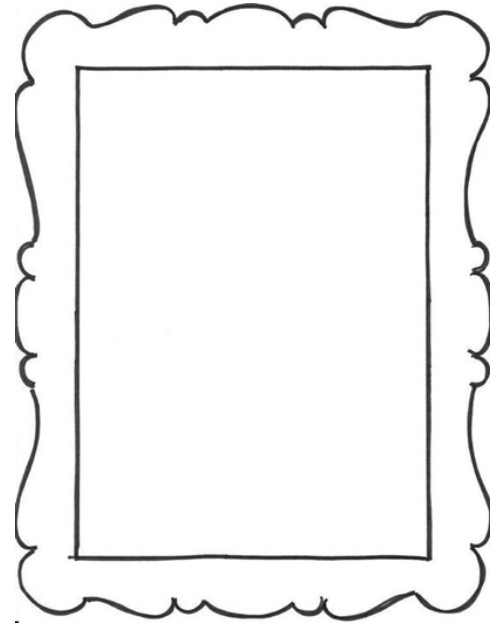
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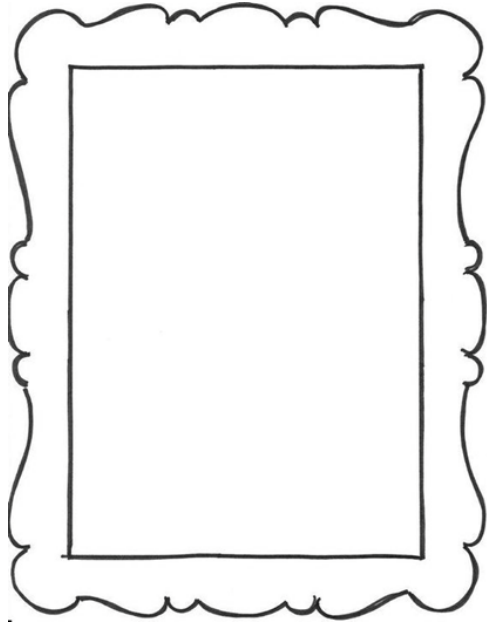
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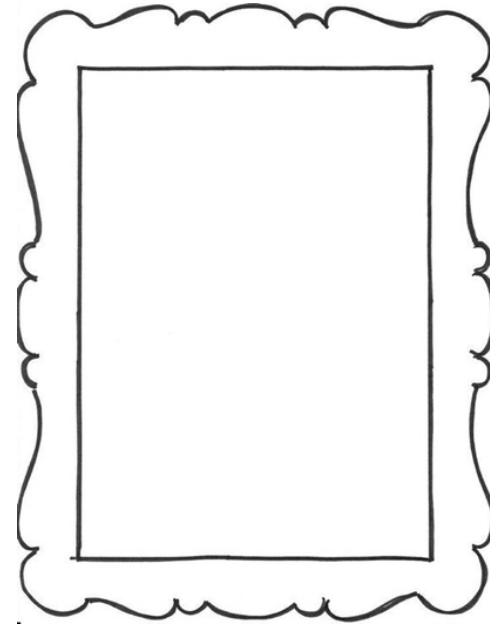
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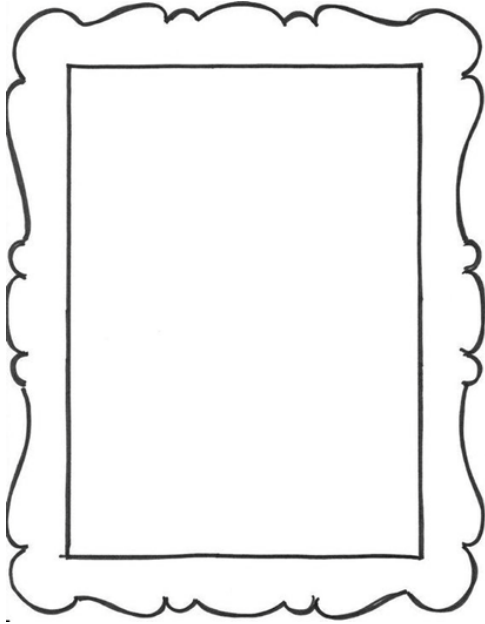
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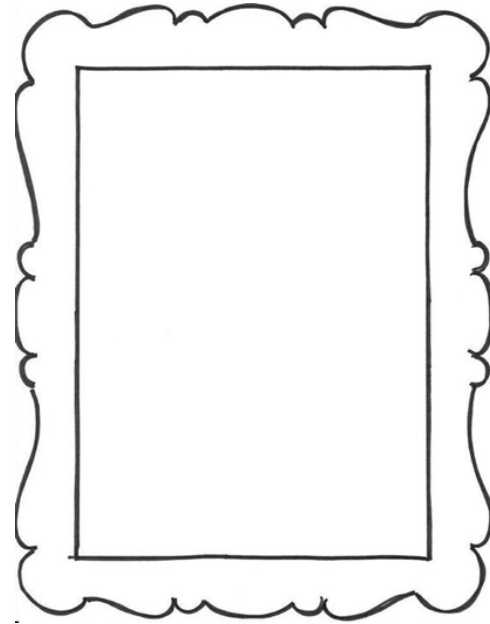
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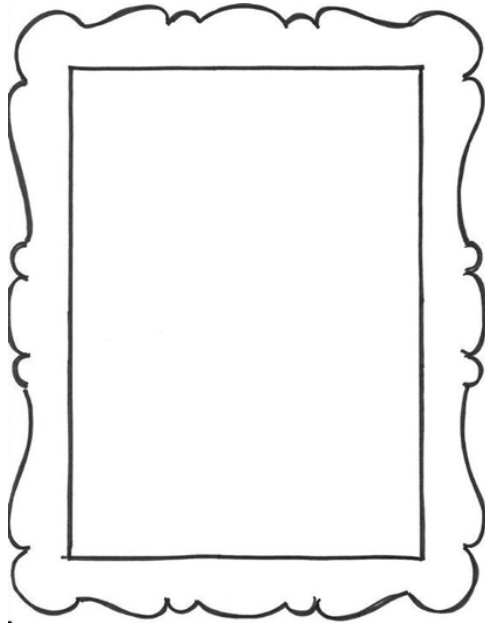
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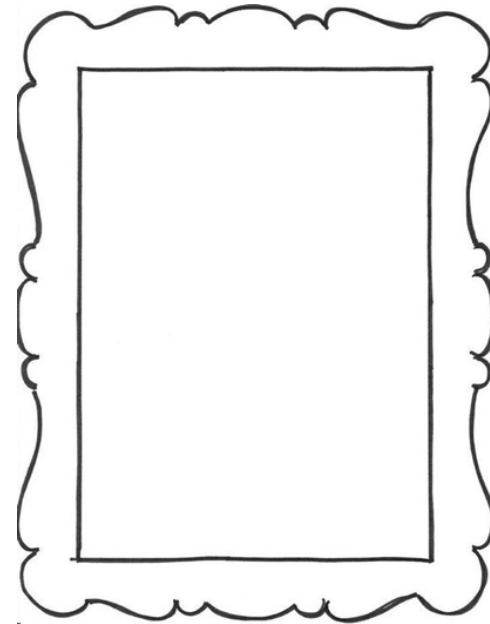
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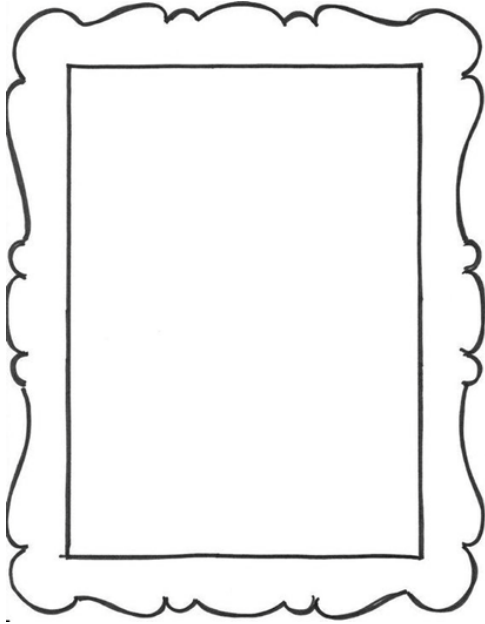
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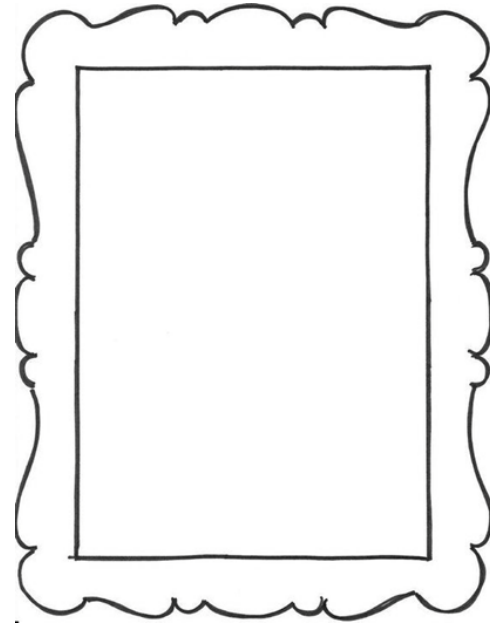
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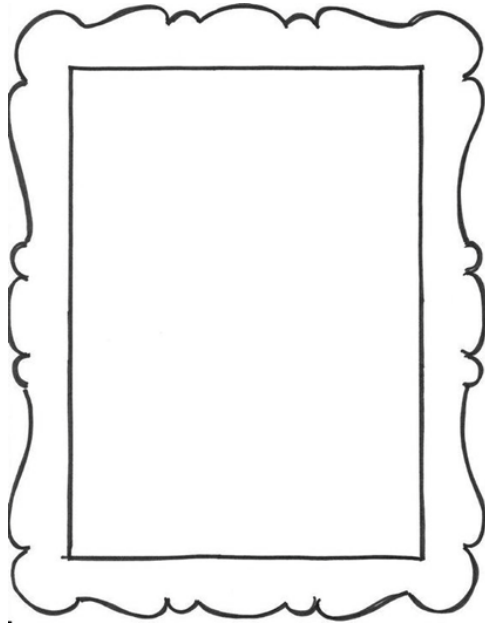
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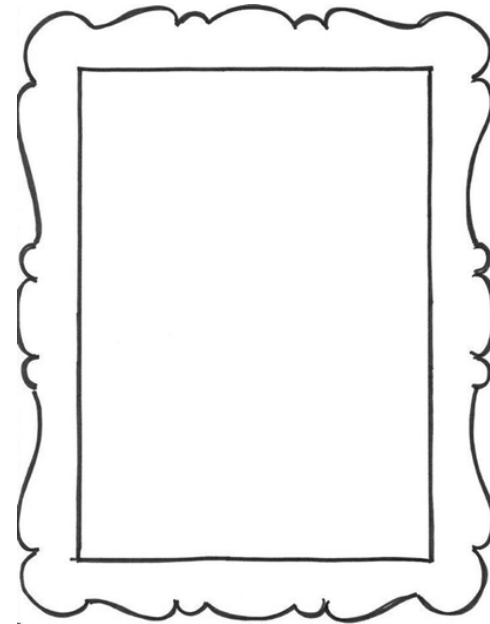
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