

J U N E 2 0 2 6

# Eagle Tales

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## Farewell 8<sup>th</sup> Graders!

Good luck to our 8<sup>th</sup> grade students who promoted in a graduation ceremony on Tuesday, May 19<sup>th</sup>.



**MISSOULA CHILDREN'S THEATRE**  
A COMMUNITY OF THE ARTS

**Save the Date!**

Elgin School's Missoula Children's Theatre Residency  
December 7th-12th  
The performance will be held on Saturday, December 12th at 6:00 PM

**Free Meals**  
for  
Kids & Teens 0-18

All summer long we are serving **free meals** to everyone 18 years and younger. There is **no cost** and **no registration** required.

*Fly High Eagles, Class of 2026!*

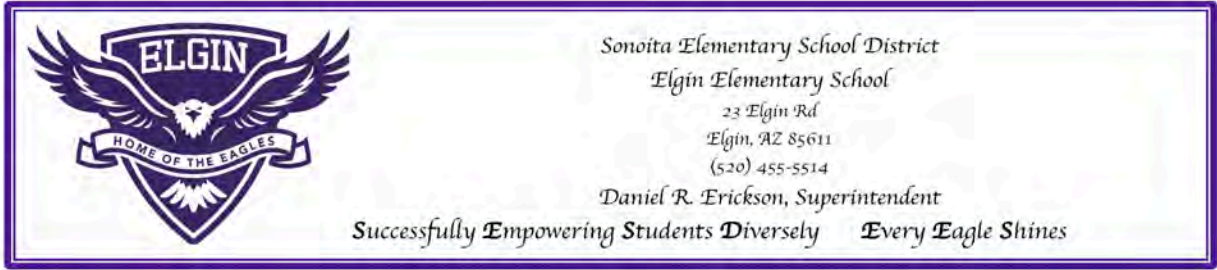


Scan me

For locations near you,  
visit [azhealthzone.org/foodsites](https://azhealthzone.org/foodsites)

This material was funded by USDA Supplemental Nutrition Assistance Program (SNAP) through the AZ Health Zone. This is not an official opportunity service.





June 1, 2026

Dear Elgin Elementary School Families,

As another wonderful school year comes to a close, I would like to take a moment to celebrate our students and thank our families for their continued partnership and support throughout the year.

First, congratulations to our Kindergarten and 8th Grade students on their promotions! These are important milestones and we are incredibly proud of all they have accomplished. To our kindergarten students, we are excited to watch you continue to grow and learn in the years ahead. To our eighth graders, congratulations on promoting to high school. We will miss you and wish each of you the very best as you begin this exciting new chapter.

I would also like to thank our seventh and eighth grade students who attended the Catalina Island Marine Institute (CIMI) trip. It was a fantastic experience that was enjoyed by everyone in attendance. The trip provided students with wonderful opportunities for learning, teamwork, leadership, and unforgettable memories. Thank you to all of the staff members and families who helped make this experience possible for our students. Special thanks to Ms. Ortiz and Coach Harper for all their efforts during the trip!

As we wrap up the school year, I want to thank everyone for continuing to Row the Boat together throughout the year. Our students, staff, and families have worked together to create a positive and successful school community, and I am grateful for the support shown every day.

A reminder that the first day of the new school year is July 27th. Families are encouraged to schedule any required immunizations or doctor appointments over the summer to ensure students are ready for the first day of school.

I hope everyone has a safe, restful, and enjoyable summer. Thank you for a fantastic school year, and we look forward to welcoming everyone back in July.

Sincerely,

Daniel R. Erickson  
Superintendent / Principal  
Sonoita Elementary School District / Elgin Elementary School

# Elgin School

## 2026-2027 Registration Information

### **GENERAL INFORMATION**

#### Registration Updates:

**Registration will be online via the ParentVUE portal.** The online portal will open in **mid-June**. Emails will be sent to the email addresses on file with directions and reminders. Please update your ParentVUE information or contact Ms. Paul at [mpaul@elgink12.com](mailto:mpaul@elgink12.com) or (520) 455-5514, ext. 300 with that information. Registration will need to be completed by July 23rd.

**ALL** registrations will be required to be completed online. If you do not have access to a computer or tablet, appointments will be available during the summer to utilize a school device for registration.

#### Withdrawing Students:

If your child will **NOT** be continuing at Elgin School for the 2026-27 school year, please notify the office so that an official withdrawal form can be completed. This form will be needed to register your child at their new school.

#### **Change of Address/Proof of Residency:**

If you have moved or will be moving to a new physical address please include the new address on your registration form and submit **updated Proof of Residency documentation with your new physical address.**

#### Immunizations-Sports Physicals:

Don't forget to have your child's immunizations updated this summer if needed. If you have a child in 4<sup>th</sup>-8<sup>th</sup> grades that will be participating in sports, an updated athletic physical must be submitted each year. Physical forms are located on our website or are available in the office.

# Elgin School Projects

Check out our Facebook page for all of our daily and weekly classroom projects!

**Elgin School**  
May 4 at 9:27 AM · 🌐

Thank you so much to Southern Arizona Adaptive Sports for coming out to Elgin last week! The students had fun while learning at the same time. The week long residency ended with a friendly basketball game between the 8th grade and staff members!  
[soazadaptivesports.org](http://soazadaptivesports.org)  
[@southernarizonaadaptivesports](https://www.facebook.com/southernarizonaadaptivesports)  
[#southernarizonaadaptivesports](https://www.facebook.com/southernarizonaadaptivesports) See less



**Elgin School**  
May 4 at 11:00 AM · 🌐

Another special treat for our students last week was a week long residency by Odaiko Sonora out of Tucson! Students spent the week learning this unique art form and performed for everyone at the Burger Burn last Thursday night! Special thanks to Mrs. Coleman for organizing this visit and to the Elgin School PTC for their fundraising efforts to off set the costs.  
[tucsontaiko.org](http://tucsontaiko.org) See less



**Elgin School**  
May 5 at 1:00 PM · 🌐

Our 2nd and 3rd graders were engineers this week!  
 We explored structures like Chichén Itzá, the Roman Colosseum, the Rialto Bridge, and the Egyptian pyramids through VR, then designed and built Lego models using the engineering process. See less



**Elgin School**  
May 5 at 3:05 PM · 🌐

1st graders gained hand-on experience as builders by following instructions to make their own bird houses. This project helps students learn about the needs of birds and the engineering design process, fostering creativity and problem-solving skills while connecting them with nature. See less



# Preschool Adventures - By Dr. Christine Clouse

This year at Preschool Story Time, we explored Kindergarten readiness skills through books, crafts, and play. Our little learners practiced important skills through hands-on activities to develop fine motor skills, phonological awareness, and number sense. Best of all, we had fun making friends, sharing stories, and discovering new things as a group. Thank you to all the families who joined us for a year full of imagination and learning!



# Empire Ranch Adventures - By Dr. Jerome Ramirez

On May 6, 2026, Elgin Middle School students had an unforgettable day at the Historic Empire Ranch for Legacy Day! From horses, roping, and braiding to learning about range management, our students experienced a fun-filled day of hands-on learning, teamwork, and western heritage.

A special thank you to Mrs. Coleman for organizing this wonderful event, as well as to all the instructors, volunteers, and organizers who made this amazing experience possible. Our students represented Elgin with great enthusiasm and respect — making memories that will last a lifetime!



# Catalina Island Marine Biology Trip - By Ms. Kyndra Ortiz

Our 7<sup>th</sup> & 8<sup>th</sup> grade students traded classrooms for the ocean and made memories they will never forget at the Catalina Island Marine Institute. From kayaking and snorkeling at night to see bioluminescence, to learning about marine mammals and spotting bright orange Garibaldiis, every day was filled with adventure, learning, and laughter.

There were escaped crabs, nonstop Gaga ball games, "giggle fish attacks," late-night cabin stories, tired feet, salty hair, and so many moments that reminded us how special these experiences are for kids.

Trips like this build confidence, friendships, curiosity, and memories that last long after students return home. We are so proud of our students and grateful to our staff, families, and CIMI for making this incredible experience possible.



# Public Safety Day - By Ms. Callie Mattus

On May 7, Elgin School proudly hosted its annual Public Safety Day, welcoming not only our students and staff, but also community members and students from Crossroads Christian Academy.

Students in grades K-8 had the opportunity to rotate through a variety of hands-on stations where they learned about safety, emergency response, public service careers, and the many resources available throughout Santa Cruz County and Southern Arizona. The students were able to interact directly with the professionals who serve and support our communities every day.

A huge thank you goes out to all of the organizations who participated and helped make the event such a success: Arizona DPS Highway Patrol & Motorcycles, Santa Cruz County Sheriff's Office, Arizona Rangers, Sonoita Elgin Fire District, Southern Arizona Rescue Association, Air Evac, U.S. Border Patrol & Customs, Patagonia Youth Enrichment Center, Sonoita Public Library, Friends of the Library, Project S.H.E.I.L.D., CASA of Santa Cruz County, and the Statewide Crisis Line.

Our students had an amazing time learning from these agencies and organizations, asking questions, exploring equipment, and gaining a better understanding of the important roles they play within our communities. We are so grateful for their partnership and for the opportunity to help connect students and families with the valuable resources available in our county.





# ELGIN SCHOOL

2026-2027

## OPEN ENROLLMENT

Applications for all grades are now being accepted and considered for any students who resides out of the district and would like to attend Elgin School.

### Why choose us?

- Outstanding Academics
- Experienced Certified Faculty
- National School Lunch Program
- Extra-Curricular Athletics

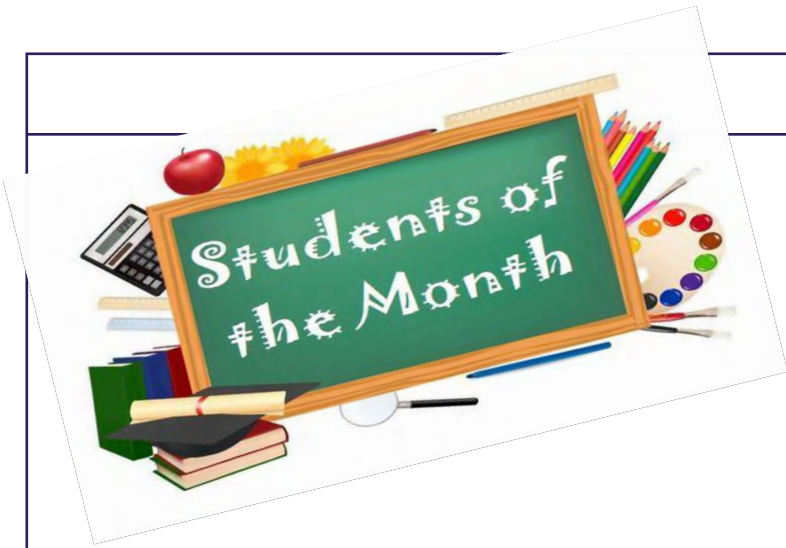


### APPLY TODAY

Complete the form online at  
<https://forms.gle/5Qn3kfXgi2jJsgEy5>

Contact the Registrar, Melissa Paul, with any questions at [mpaul@elgink12.com](mailto:mpaul@elgink12.com) or (520) 455-5514, ext. 300





Ryann Whitehead  
Kindergarten



Suzy Gallardo  
7th Grade


## Eagle Eye - Student of the Week

Recognizing elementary students who practice good character and citizenship



# IS YOUR CHILD PROTECTED?

Vaccinate on time to protect your child from 16 serious diseases.



<b>Birth</b>		HepB																
<b>2 Months</b>	RSV <sup>5</sup>	HepB	RV	DTaP	Hib	PCV13	Polio											
<b>4 Months</b>			RV	DTaP	Hib	PCV13	Polio											
<b>6 Months</b>		HepB	RV	DTaP	Hib <sup>1</sup>	PCV13	Polio	Flu <sup>2</sup>									COVID 19 <sup>3</sup>	
<b>12-24 Months</b>	RSV <sup>5</sup>			DTaP	Hib	PCV13	Polio	Flu <sup>2</sup>	MMR	VAR	HepA 2 doses	COVID 19 <sup>3</sup>						
<b>2-3 Years</b>								Flu <sup>2</sup>				COVID 19 <sup>3</sup> Annually						
<b>4-6 Years</b>				DTaP			Polio	Flu <sup>2</sup>	MMR	VAR		COVID 19 <sup>3</sup> Annually						

<sup>1</sup> Your doctor will let you know if this dose is needed.

<sup>2</sup> If a first flu vaccine for a child under the age of 8, two doses are given four weeks apart.

<sup>3</sup> The COVID-19 vaccine can be given at 6 months of age and older. It is a seasonal vaccine.

<sup>4</sup> Given at birth during RSV season unless mom received the RSV vaccine at least 2 weeks baby's before birth.

<sup>5</sup> For high-risk infants during RSV season. Talk to your health care provider for more information.

**Coronavirus/COVID (Co19)** - Fever, cough, difficulty breathing, fatigue, new loss of taste/smell, vomiting or diarrhea.

**Diphtheria (DTaP)** - A severe throat infection that makes it very hard to swallow and breathe.

**Haemophilus influenzae type b (Hib)** - Joint, eye, ear and lung infections and meningitis which can lead to brain damage.

**Hepatitis A (HepA)** - Causes liver disease, loss of appetite, stomach pain, dark urine and jaundice (yellowing of skin and eyes).

**Hepatitis B (HepB)** - Causes liver infection that can lead to liver damage, liver cancer or liver failure.

**Influenza (Flu)** - High fever, cough, sore throat, and extreme fatigue, and body aches.

**Measles (MMR)** - High fever, pinkeye and cold-like symptoms followed by rash. It can lead to diarrhea, ear infection, pneumonia, blindness, brain damage and death.

**Mumps (MMR)** - Painful swelling of the cheeks and jaw, headache and fever. It can lead to hearing loss or brain inflammation.

**Pertussis/Whooping Cough (DTaP)** - A cough that keeps getting worse. The strong coughing fits can cause breathing difficulties.

**Pneumococcal Disease (PCV)** - Pneumonia with cough and difficulty breathing; ear and sinus infections, fever, blood infection; and sometimes meningitis (infection of the lining around the brain and spinal cord).

**Polio (IPV)** - Can cause lifelong paralysis and deformity.

**Respiratory Syncytial Virus (RSV)** - Most common hospitalization for infants. Can cause severe infection in infants including inflammation of the lungs and pneumonia.

**Rotavirus (RV)** - Severe diarrhea, fever and vomiting leading to dehydration and hospitalization.

**Rubella/German Measles (MMR)** - Face rash that spreads to the whole body. A pregnant woman who gets rubella can lose her baby or have a baby with severe birth defects.

**Tetanus /Lockjaw (DTaP)** - Stiffness in neck, painful muscle spasms and breathing difficulties.

**Varicella (Chicken Pox)(VAR)** - Fever, tiredness and an itchy, blister-like rash. Infected blisters can cause serious illness.

## Vaccine Facts:



Combination vaccines have two or more vaccines in one shot. This decreases the number of shots our children get. Comforting them while they get a shot helps those moments go by much faster, for you and your child.



Following the recommended schedule is the best way to help your child's immune system do its job. If your child is behind on shots, they do not have to start over. Ask about the catch up schedule.



Disease protection that a mother passes onto her newborn baby will fade over time. Stay up to date on vaccines to help boost your child's own immune system to protect them from 16 diseases.

**Talk to your healthcare provider, state or local public health department about what vaccines are best for your child and your whole family.**



**WhyImmunize.org**





ELGIN SCHOOL  
STAFF  
**Underground  
Spirit Week!**



Thank you PTC!

## Elgin School PTC 2025-2026 YEAR IN REVIEW

TEAM  
PTC

PTC MEMBERS

26



STUDENTS  
SUPPORTED

113



STAFF  
SUPPORTED

29

### MEMBERS

- ARLANA ALCALA
- AYABEYE ROBINSON
- CALLIE MATTUS
- DONNA HUMPHREY
- HIRAM ALCALA
- JAIMEE CASS
- JAYCI WHITTINGTON
- JENN ZERBLE
- JESSICA ORONA
- KARREMMORTON-RODRIGUEZ
- KATHRYN LEAS
- KERRY NEWBERRY
- KIM PADILLA
- KYNDRA ORTIZ
- LACY BEYER
- LENA STEPHENS
- LINDSAY TAYLOR
- LINDSEY BEAL
- MARIE HAZEL BOHM
- MEGAN THOMAS
- MELISSA GUMMO
- REBEKAH ANGONA
- SABINA PETERSON
- SUMMER KIND
- TRACY LEASURE
- YANA CARTER

### What is PTC?

WE ARE A GROUP OF PARENTS AND STAFF WHO WORK TOGETHER TO IMPROVE THE SCHOOL EXPERIENCE FOR STUDENTS. PTC CAN HELP SCHOOLS WITH FUNDRAISING, ADVOCACY, AND OTHER TASKS. FOR EXAMPLE, A PTC MIGHT HELP FUND EDUCATIONAL PROGRAMS, EXTRACURRICULAR ACTIVITIES, OR SCHOOL RENOVATIONS. THEY MIGHT ALSO HELP TEACHERS AND STAFF GET SUPPLIES THAT AREN'T AVAILABLE THROUGH SCHOOL FUNDING. THE PTC CAN ALSO BE A WAY FOR PARENTS TO MEET OTHER PARENTS, FAMILIES, AND SCHOOL STAFF.

HOW WE  
RAISED  
\$15,356+

- Ugly Sweater
- Holiday Grams
- Spirit Wear
- Community Sponsorships
- Wine Club
- Donations
- Bake Sales

\*\*The Fall Book Fair is not included as income, but did provide a \$1,200.00 credit towards the purchase of new books for Love of Reading week as well as the Summer Reading Program



### STAFF SUPPORT - \$2,600

- STAFF WELCOME BACK GIFTS
- TEACHER APPRECIATION WEEK
- QUARTERLY "SUNSHINE" TREATS



### STUDENT ACTIVITIES - \$3,449

- 8<sup>TH</sup> GRADE GIFT CARDS
- 8<sup>TH</sup> GRADE T-SHIRTS
- MIDDLE SCHOOL HONOR ROLL GIFT CARDS
- INCOMING KINDER T-SHIRTS
- HONORS BREAKFAST
- 8TH GRADE PARTNERSHIP



### FAMILY & COMMUNITY EVENTS - \$7,096

- FALL FESTIVAL
- JUMP HOUSES
- LOVE OF READING WEEK
- COMMUNITY UGLY SWEATER PARTY
- SCHOOL SPIRIT SNACKS
- EEGEES
- MISSOULA
- TESTING SNACKS
- TAIKO DRUMMING
- VETERAN'S DAY SNACKS



### SCHOOL UPGRADE - \$654

- NEW BOYS VOLLEYBALL UNIFORMS

HOW WE  
SPENT  
\$13,799+





**Sonoita School District**  
**Elgin School**  
**Summer Office Hours**



May 26th - June 30th	Available by Appointment
July 1st-6th	District Closed
July 7th-16th	Available by Appointment
July 20th-23rd	TBD

Call or email to schedule an appointment:  
 (520) 455-5514, ext 300  
 mpaul@elgink12.com



**Childfind Screenings**


*If you have concerns about your child's development from ages 3 to 21 years of age in these areas:*

**VISION/HEARING \* SPEECH/LANGUAGE \* THINKING SKILLS  
 PHYSICAL DEVELOPMENT \* BEHAVIOR \*  
 NORMAL DEVELOPMENT**

Your school's CHILDFIND can help – with a free screening, and if needed, referral for diagnostic evaluation and/or early intervention programs (birth to three). If you have any concerns about your child's development, certain benefits are available through your local school district.

Screenings are available **by appointment**. To schedule your appointment or for more information please contact:

Christine Clouse– Student Services  
 455-5514 cclouse@elgink12.com



# Elgin School Meet the Teacher Night!

Thursday, July 23rd  
5:30-7:00 PM

- Find your classroom
- Meet your teacher
- Buy spirit wear and sign up for the PTC (Parent-Teacher Club)
- Turn in paperwork
- Athletic Information

# Elgin School Calendar 2026-27

Normal School Hours:  
**7:55 AM-3:00 PM**

July							4
S	M	T	W	T	F	S	
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	
26	27	28	29	30	31		

August							17
S	M	T	W	T	F	S	
							1
2	3	4	5	6	7	8	
9	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30	31						

September							17
S	M	T	W	T	F	S	
		1	2	3	4	5	
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30				

October							13
S	M	T	W	T	F	S	
				1	2	3	
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30	31	

November							12
S	M	T	W	T	F	S	
1	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30						

December							11
S	M	T	W	T	F	S	
		1	2	3	4	5	
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30	31			

January							15
S	M	T	W	T	F	S	
					1	2	
3	4	5	6	7	8	9	
10	11	12	13	14	15	16	
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	
31							

February							15
S	M	T	W	T	F	S	
	1	2	3	4	5	6	
7	8	9	10	11	12	13	
14	15	16	17	18	19	20	
21	22	23	24	25	26	27	
28							

March							15
S	M	T	W	T	F	S	
	1	2	3	4	5	6	
7	8	9	10	11	12	13	
14	15	16	17	18	19	20	
21	22	23	24	25	26	27	
28	29	30	31				

April							17
S	M	T	W	T	F	S	
				1	2	3	
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	26	27	28	29	30		

May							16
S	M	T	W	T	F	S	
						1	
2	3	4	5	6	7	8	
9	10	11	12	13	14	15	
16	17	18	19	20	21	22	
23	24	25	26	27	28	29	
30	31						

- July 20th-23rd Staff Returns/Professional Development
- July 27th First day for Students
- Sept. 7th Labor Day - No School
- Oct. 5th-8th Fall Break - No School
- Nov. 11th Veterans Day - No School
- Nov. 23rd-26th Thanksgiving Break - No School
- Dec. 21st-31st Winter Break - No School
- Jan. 4th Students Return
- Jan. 18th Civil Rights Day - No School
- February 15th Presidents' Day - No School
- March 15th-18th Spring Break - No School
- May 27th Last Day of School

*This calendar is subject to change.  
152 Instructional Days*

- Report Card Periods
- 1st Quarter - 7/27-10/1
  - 2nd Quarter - 10/6-12/17
  - 3rd Quarter - 1/4-3/11
  - 4th Quarter - 3/22-5/27

**152 Days**

- Teacher & Staff In-Service
- First & Last Days
- Vacation - No School
- Special Event Release

Resources for Families

# Cartwheel: Your Virtual Mental Health Care Provider



**Your child deserves to thrive. Cartwheel is here to help.**

## What is Cartwheel?

- ✓ Virtual therapy with licensed clinicians - and no waitlists
- ✓ Monday-Friday, 8am-8pm; Saturday 8am-5pm
- ✓ Multiple languages
- ✓ 55-minute weekly sessions for 2-6 months on average
- ✓ We are a medical practice that bills your insurance. Families with Medicaid or no insurance have \$0 out-of-pocket costs.

**95% of caregivers** would recommend Cartwheel to a friend or neighbor

**92% of students** say they feel better after working with a Cartwheel clinician

## Next steps:

- 1 With your consent, **school staff will refer** your child to Cartwheel.
- 2 Look out for a **text message from Cartwheel** (617-272-7439) with a "Get Started" link to provide availability and insurance details in our Welcome portal.
- 3 We provide you with a **cost estimate** and work together to **schedule your first session**.
- 4 Please **complete all intake forms** before the first session.
- 5 A parent/guardian **must be virtually present** for the first and last session.



## Questions?

If you're interested in a referral to Cartwheel, speak with a member of your school counseling team. After you've been referred - you can email [office@cartwheelcare.org](mailto:office@cartwheelcare.org) or call/text us at (617) 272-7439.



Learn more:  
[www.cartwheel.org](http://www.cartwheel.org)

## Cartwheel services:

Virtual therapy makes it easier for students and families to speak with licensed clinicians. All of our services are offered both in-home and in-school. Sessions are private and confidential and can be joined via computer, tablet, or smartphone.

### Direct referrals to:

- 1-1 evidence-based therapy (grades 3-12)
- 1-1 parent guidance (PreK-12)

### Internal referrals to:

- Psych consultations & medication management
- Family therapy
- Intensive outpatient and partial hospitalization partners

### Support services:

- Care coordination
- Webinars
- Referrals to other providers if needed

### Treatment designed for students who struggle with:

- Anxiety
- Stress
- Depression
- Loss and grief
- Identity
- Self-esteem
- Self-harm
- Anger
- Sadness
- Coping
- School avoidance
- Motivation
- Executive functioning
- Social difficulties
- Relationships
- Family issues
- Trauma
- Sleep issues
- Technology use
- And more...

### How much does Cartwheel cost?

- Cartwheel is covered by most insurance plans.
- Standard co-pays and deductibles apply.
- Great out-of-plan options available.
- Families with Medicaid or no insurance have \$0 out-of-pocket costs.
- Before your first appointment, our Care Coordination team will provide a cost estimate so you know what costs to expect.

## Questions?

If you're interested in a referral to Cartwheel, speak with a member of your school counseling team. After you've been referred - you can email [office@cartwheelcare.org](mailto:office@cartwheelcare.org) or call/text us at (617) 272-7439.



Learn more:  
[www.cartwheel.org](http://www.cartwheel.org)



# Local Produce in Arizona

## FIND LOCAL PRODUCE IN ARIZONA:

### BLUE SKY ORGANIC FARMS:

- Frozen, **WHOLE Strawberries**
  - (leaves removed)
- Frozen, **Trimmed Green Beans**
  - (cut in half)
- **Salad Mix**

### AGRITOPIA FARMS:

- **Spring Onions**

**2026**  
**Producer**  
**List**

Check out what Local Foods are available



## FROZEN LOCAL

- Blue Sky Organic Farms has been able to lightly process (wash, trim) and freeze **green beans** and **strawberries** so schools can store them for next school year! The items are harvested fresh and then frozen on site.

### Why Frozen?

- Shelf life: up to 12 months frozen vs. 3-7 days for fresh
- order ahead without waste risk
- Predictable yield, no prep loss No trimming, coring, or waste factor.

Connect with us! **SCHOOL INTEREST FORM**



## SPRING ONIONS - AGRITOPIA FARM AND BLUE SKY ORGANIC FARMS

Spring onions contain vitamin A to maintain healthy organ functioning, vitamin C to strengthen the immune system, and vitamin K to promote faster wound healing. The onions also provide calcium to protect bones and teeth, potassium to balance fluid levels within the body, antioxidants reduce inflammation.



Spring onions have a fresh, sweet, and subtly pungent flavor well suited for both raw and cooked preparations



## SALAD MIX, TRULOCAL FARM



- Lettuce shouldn't be stored near any ethylene-emitting fruits. Ethylene causes lettuce to ripen super fast and can decay rapidly!
- Lettuce is about 95% water.
- Dark green lettuce leaves are more nutritious than light green leaves.
- Lettuce is the second most popular fresh vegetable in the United States. (Potato #1)



To ensure food safety with **fresh produce** always thoroughly wash under running water immediately before cutting and eating.