



February

Family Newsletter

Local Farmer Highlight

The SLO Farmers Co-op is a group of Sustainable, Local, Organic farmers who aggregate and sell their products to schools and other wholesale markets in Northeast Wisconsin. Each month a SLO Co-op member will be featured



Viola's Kitchen Garden began operation in 2014 on the Zipperer family farm near Francis Creek. Operated by Suzanne Zipperer, Viola's is named after Suzanne's grandmother who was born on the homestead and farmed there with her husband. Viola's Kitchen Garden specializes in three products – pastured chickens, fall raspberries and gem squash. In addition, a large garden offering vegetables and flowers is available in season on the farm. Crops are grown using sustainable farming practices, following rules of organic production.

For more information:
Visit www.slofarmersco-op.com
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Love your roots! Change up your veggies to include root vegetables like parsnips, rutabagas, and turnips to help reach the goal of eating five servings of fruits and vegetables each day!

Ways to Eat Unusual Root Vegetables

- Turnips have a zingy sharp/sweet flavor. Peel and slice, then dip in your favorite hummus, peanut butter, or low-fat dressing.
- Boil and mash rutabagas, sweet potatoes, and parsnips in place of mashed potatoes.
- Slice parsnips and turnips into sticks, toss with olive oil, salt & pepper and bake to make root veggie fries.
- Cube and roast root vegetables with olive oil cinnamon, ginger, and nutmeg.



Buy Fresh, Buy Local Shopping Tips

- Root veggies do not depend on the weather as much as summer vegetables so they can grow later in the season. They also soak up more nutrients from the soil!
- Select pearly, firm turnips without soft spots and leaves still attached. Smaller ones are sweetest.
- Rutabagas are a cross between cabbage and turnips. They are larger and sweeter, often waxed to prevent dehydration.
- Choose parsnips that are firm and dry without pits. They are sweetest after a frost!



KIDS CORNER

Joke Time!
 A: Why are you looking so glum?
 B: I've lost my root vegetable.
 A: Don't worry, it will turnip.

Cook Together

Root Vegetable Pancakes

- ¼ cup EACH grated root turnips, parsnips, carrot, sweet potato (or root veggie of your choice)
- 2 Tbsp. corn starch
- 2 Tbsp. Parmesan cheese
- 2 Tbsp. thinly sliced green onion
- ¼ tsp salt and pepper
- ½ tsp each chili powder and cumin
- 1 egg

Toss grated vegetables with corn starch until evenly distributed. Stir in remaining ingredients. Heat 1 tsp. olive oil in a large skillet over medium heat. Scoop up ¼ cup of veggie mixture and place in pan pressing down to form a small pancake. Repeat, filling skillet, but leaving 1 inch between pancakes. Cook for 2-3 minutes per side until golden brown. Makes about 4 pancakes. Serve with a bowl of fresh fruit!



Nutrition information per serving: 64 calories, 2 g fat, 9 g carbohydrates, 3 g protein, 1 g fiber, 218 mg sodium.

February Harvest Secret Message

Find the words below to reveal the hidden message!

R	C	E	A	T	L	P	O	C	A
O	O	A	L	V	A	Y	E	G	P
O	L	G	O	R	H	G	A	I	I
T	D	E	S	T	S	B	N	T	H
S	I	N	L	C	A	R	R	O	T
S	I	A	T	T	U	T	N	W	I
P	E	E	U	T	N	T	O	E	R
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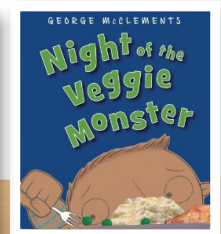
Word Bank

- BEEF
- CARROT
- COLD
- HEALTHY
- ONION
- PARSNIP
- POTATO
- ROOTS
- RUTABAGA
- TURNIP

Secret Message: _____

Read Together...

- **Eating Green** by Molly Aloian
- **Night of the Veggie Monster** by George McClements
- **Garden to Table** by Katherine Hengel



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