



January

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.



Golden Bear Farm is a certified organic farm located near Kiel, Wisconsin that produces all-natural, 100% grass-fed beef and Berkshire pork. Animals raised at Golden Bear Farm graze on certified organic, naturally fertilized pastures and have access to fresh air and water, sunshine and plenty of space to exercise. Golden Bear Farm enjoys giving farm tours, and welcomes school field trips and groups of all ages to come learn about their sustainable farming practices.

For more information:
Visit www.slofarmersco-op.com
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Winter is a great time to use robust fruits and vegetables that are stored from fall. Eat healthy and fight off winter sickness with cabbage, garlic, and pears this month. Historically they were all used as medicine!

Ways to Cabbage, Garlic, and Pears

- Make a rainbow slaw with shredded red and green cabbage, carrots, and apples
- Roast garlic in foil with a drizzle of olive oil. Squeeze out the cloves when soft and add to mashed root veggies for a ton of added flavor.
- Winter is a great season for preserved foods! Try fermented cabbage, also known as sauerkraut. It contains probiotics, great for digestive health.
- Pears go great with cheese! "Pair" with cheese and crackers, or add slices to grilled cheese or quesadillas!
- Substitute apples for pears and make a warm spiced pear crisp



Buy Fresh, Buy Local Shopping Tips

- Select heavy, solid heads with few, loose wrapper leaves. The wrapper leaves should be clean and flexible and not limp.
- Varieties of cabbage include green, red, and savoy. Purple cabbage has higher levels of vitamin C while savoy cabbage has more vitamin A, calcium, iron and potassium.
- Choose garlic that is plump, dry, and firm. It should be white or off-white in color.
- Pears ripen once they are picked. Store unripened pears in a paper bag at room temperature and "check the neck" daily by applying pressure to stem end. Refrigerate when soft.



KIDS CORNER

How did the farmer fix his jeans?
With a cabbage patch!

Cook Together

Cabbage Roll Casserole

- 1 small onion, chopped
- 2 cloves garlic, chopped
- 1 tsp olive oil
- ½ head cabbage, cut into 1" squares
- 1 14oz. can crushed tomatoes
- 1 Tbsp. tomato paste
- ¾ lb. ground turkey
- 3 cups cooked brown rice

In a large skillet over medium heat, sauté onion and garlic in oil until onion is almost soft. Add turkey and brown, breaking up as needed. Drain fat. Add tomatoes, tomato paste and cabbage. Cover and simmer until cabbage is soft, stirring occasionally. Stir in rice and heat through. Season with salt and pepper if desired*.

Serves 4 a as main dish.



*nutrition info doesn't include salt and pepper

Nutrition information per serving: 333 calories, 4 g fat, 50 g carbohydrates, 28 g protein, 7 g fiber, 233 mg sodium.

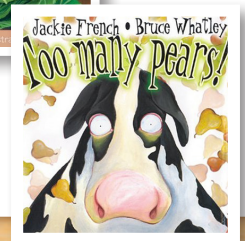
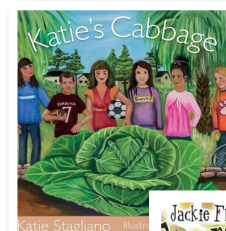
January Harvest Word Scramble

Unscramble the **BOLD UNDERLINED>** words to complete the fall harvest facts. Answers at the bottom of the page.

- Growing _____ **BCGABEA** dates back to Greece in 600 B.C. It was primarily used as medicine to treat stomach problems, deafness, and headache.
- _____ **LGIACR** contains allicin, which gives it its strong smell and also boosts your immune system to fight off colds and the flu!
- The entire "head" is called a garlic bulb, while each segment is called a _____ **LCEOV**. There are about 10-20 of these in a single bulb.
- _____ **RAEPS** contain lots of fiber and are one of the most easily digested foods; that's why even babies can eat them.

Read Together...

- **Katie's Cabbage**
by Katie Stagliano and Michelle H. Martin
- **Too Many Pears!**
by Jackie French and Bruce Whatley
- **Onions and Garlic: An Old Tale**
by Eric A. Kimmel



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(a) PEARS (b) CABBAGE (c) GARLIC (d) CLOVE

Word Scramble Answers:



In Wisconsin, FoodShare assists low-income families and individuals to buy nutritious food. Visit access.wisconsin.gov or call 1-800-362-3002.

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