



November

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



Groche Organic Farms is located in Suamico. This farm is owned by the Gronski family and specializes in organic vegetables and meat from pasture raised animals. They are dedicated to educating the community about sustainable agriculture practices and entertaining out at their farm. Groche Organic Farms actively participates in local Farm to School programs by hosting farm field trips for student groups.

For more information:
Visit www.slofarmersco-op.com
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It's time to harvest veggies from the ground! Stock up on root vegetables like carrots, beets, and potatoes for the holidays.

Ways to Eat Fall Fruits & Veggies

- Make colorful root veggie chips by thinly slicing potatoes, beets, and carrots and bake at 400° for 30 minutes or until crispy.
- Make a beta-carotene packed carrot and sweet potato mash instead of typical mashed potatoes! Simply boil and smash for a nutritious side.
- Wrap washed beets in foil and roast in the oven until tender. Peel and enjoy plain, or add sliced beets to salad greens and top with crisp apple slices!
- Thinly shave raw carrots with your veggie peeler, sauté until tender and top with spaghetti sauce for a twist on an Italian classic.



Buy Fresh, Buy Local Shopping Tips

- Remove leafy green carrot tops before storage so they do not suck moisture and nutrients from the carrots themselves. (Green tops are edible, and taste great in stir-fries and soups)
- Look for firm, fairly smooth potatoes without signs of sprouting or wrinkling. They can be stored in a cool dry place for 2-3 months.
- Beets are also a 2-in-1; the greens are edible too! Go for firm beets with smooth skins and non-wilted leaves. Smaller ones are tenderer.
- Go PURPLE! Purple root veggies like potatoes, carrots, and beets are packed with extra antioxidants, which prevent many diseases. Carrots used to be all purple until the 17th century!



KIDS CORNER

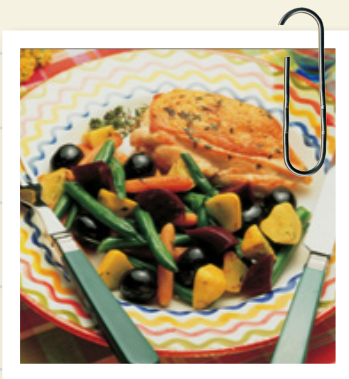
What's a vegetable's favorite martial art?
Carrotee!

Cook Together

Technicolor Vegetable Sauté

- 2/3 cup (1 large) beets, peeled and 1" diced
- 1 cup baby carrots (2" pieces)
- 1 2/3 cup sweet potatoes cut into thin wedges
- 1 2/3 cup green beans, fresh or frozen, cut into 2" pieces
- Cooking spray
- 2 Tbsp orange juice concentrate
- ½ tsp dried thyme
- ¼ tsp garlic powder
- 1 cup pitted black olives

Steam beets until crisp tender, about 5 minutes; set aside. Steam carrots and potatoes about 3-4 minutes, add green beans and continue steaming until crisp tender. Coat a skillet with cooking spray. Add juice, thyme, garlic powder and olives and heat over medium high heat. Stir in carrot mixture and heat through; sprinkle with beets and serve.



Nutrition information per serving: 105 calories, 4.4 g fat, 16g carbohydrates, 2 g protein, 5 g fiber, 330 mg sodium.

November Harvest Word Scramble

Unscramble the **BOLD UNDERLINED** words to complete the winter squash and cabbage facts. Answers at the bottom of the page.

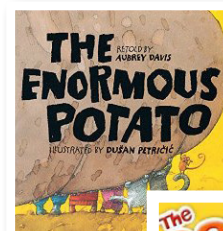
- The average American eats 10.5 pounds of fresh **AROCRTS** _____ every year!
- Since the 16th century, **TBEE** _____ juice has been used as a natural dye.
- In October 1995, the **OTPAOT** _____ became the first vegetable to be grown in space.
- Because they spend so much time in the ground, root **TSVEAGESLB** _____ absorb a great amount of nutrients like antioxidants, Vitamins C, B, A, and iron from the soil.

Did you know?

Did you know baby carrots come from a large carrot that has been rolled over blades and thrown around in a metal cage to be rubbed down to a short, round-ended baby carrot?

Read Together...

- **The Carrot Race**
by Sigal Adler, Abira Das, Rivka Strauss
- **Talia and the Rude Vegetables**
by Linda Elovitz Marshall, Francesca Assirelli
- **The Enormous Potato**
by Aubrey Davis




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WORD SCRAMBLE ANSWERS: A) CARROTS B) BEET C) POTATOE D) VEGATABLES