



December

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.



Full Circle Farm is located between Seymour and Pulaski in Shawano County. The 240 acre farm has been owned by three generations of the Adamski family since 1900. Full Circle was certified organic in 2003. Up until 2014 the farm primarily focused on dairy production. Now that managed grazing is the foundation, Full Circle farm raises custom organic cattle for Waseda Farms and has a herd of their own cattle for direct marketing of organic, grass-fed beef. Only a small percentage of the farm is used for small grains and other crops. This year that acreage is being used to grow organic sunflowers for Century Sun Oil.

For more information:
Visit www.slofarmersco-op.com
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**Stock up on root vegetables for the winter!
Most root vegetables can last for a few months when stored in a cool, dark place.**

Ways to Eat Root Vegetables

- Make sweet potato fries by cutting them into strips, drizzling with olive oil and roasting them until crisp.
- Cut young turnips into slices and eat raw dipped in peanut butter.
- Shred parsnips and potatoes together and make them into hash browns for brunch.
- Boil rutabagas, sweet potatoes, and parsnips and then mash together with some seasoning.
- Get creative! Add sliced or canned beets to a green salad.



Buy Fresh, Buy Local Shopping Tips

- Avoid buying potatoes that are wrinkled, have sprouts, or a green coloring.
- Choose sweet potatoes that are firm, dry and smooth without wrinkles, bruises or dark spots.
- If the tops are still attached to turnips when purchasing, make sure they are fresh and green.
- Select heavy, smooth and round rutabagas.
- Look for smooth, hard, round beets that are free of cuts and bruises.



KIDS CORNER

Why did the potatoes argue?
BECAUSE THEY
COULDN'T SEE EYE
TO EYE!

Cook Together

Over Roasted Sweet Potato Fries

- Olive oil, for tossing
- 4 sweet potatoes, sliced
- 1 teaspoon salt
- ¼ teaspoon pepper
- ¼ teaspoon garlic powder
- ½ teaspoon paprika

Preheat oven to 450 degrees F. Line a sheet tray with parchment paper or spray with non-stick cooking spray. In a large bowl, toss sweet potatoes with just enough oil to coat. Sprinkle with salt, pepper, garlic powder and paprika. Spread sweet potatoes in single layer on prepared baking sheet, being sure not to overcrowd. Bake until sweet potatoes are tender and golden brown, turning occasionally, about 20 minutes. Let cool 5 to 10 minutes before serving. Makes 4 servings.



Nutrition information per serving: 143 calories, 3.5 g fat, 26.5 g carbohydrates, 2 g protein, 4 g fiber, 650 mg sodium.

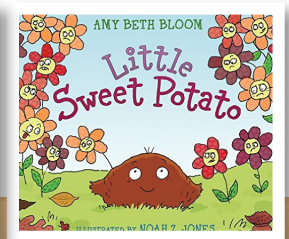
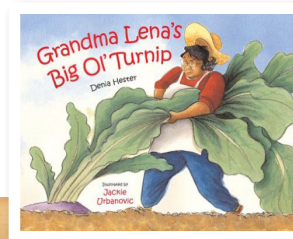
December Word Scramble

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

- AOTESOPT** _____ were the first vegetable to be grown in space.
- The juice from red **SETBE** _____ is used for red food coloring in tomato sauces.
- ASRPIPNS** _____ were used to sweeten jams and cakes before sugar was widely available.
- EWSET AOOTPETS** _____ are actually tropical vegetables, and they grow best in warm climates.

Read Together...

- **Grandma Lena's Big Ol' Turnip** by Denia Lewis Hester
- **Little Sweet Potato** by Amy Beth Bloom
- **Eat Rutabagas** by Jerry Apps



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WORD SCRAMBLE ANSWERS: A) POTATOES B) BEETS C) PARSNIPS D) SWEET POTATOES