



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
'Like' SLO Farmers Co-op on Facebook



Eat root vegetables to help reach the goal of eating five servings of fruits and vegetables each day!

Ways to Eat Winter Vegetables

- Blanch and freeze winter squash cubes and add to soups and stews.
- Try new toppings for loaded baked potatoes: salsa, grilled chicken and BBQ sauce, turkey chili, plain yogurt and chives, roasted broccoli and cheese.
- Mince or grind dehydrated onions and use them in recipes throughout the year.
- Boil and mash potato and carrot cubes together for orange mashed potatoes.



Buy Fresh, Buy Local Shopping Tips

- If you are choosing vegetables to can, freeze or dehydrate at home, make sure they are as fresh and free of blemishes as possible.
- Support local farms by purchasing their preserved items at winter farmers' markets.
- Select winter squash with dull skin that feel 'heavy' for their size.
- Avoid potatoes that are shriveled, bruised or have sprouts or green coloring.



KIDS CORNER

Why did the potato cross the road?
HE SAW A FORK UP AHEAD

Cook Together

Healthy Mac and Cheese

- 2 cups uncooked elbow macaroni
- 1 tablespoon butter
- 1 small yellow onion
- 1 small butternut squash (4-5 cups cubed)
- 5 cups chicken or vegetable broth
- ¾ cup milk
- 1 teaspoon salt
- ¾ cup shredded cheese
- Salt and pepper to taste

Cook the macaroni according to package directions. Drain and set aside. Heat the butter in a large skillet over low heat, add chopped onion and sauté until fragrant and golden, about 20 minutes. Meanwhile, remove the skin and the seeds from the squash. Cut the flesh into small cubes. Bring the broth to a boil and add the squash. Cook for 5-7 minutes or until fork tender. Drain, reserving ½ cup broth, and transfer squash to the blender. Add the onions, milk, salt, and reserved broth and puree until completely smooth and creamy. Pour the pureed sauce over the cooked noodles and add the shredded cheese. Stir to melt the cheese; add water or milk to adjust consistency as needed. Season with salt and pepper to taste and serve. Makes 4 servings.



Nutrition information per serving: 369 calories, 11 g fat, 53 g carbohydrates, 15.5 g protein, 4.5 g fiber, 836 mg.

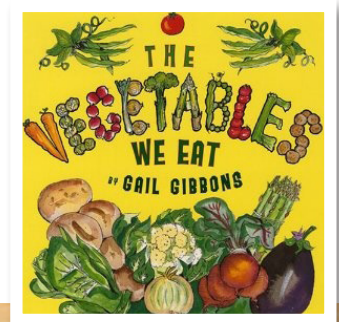
February Harvest Word Scramble

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

- The **TASUAARBG** _____ was the original jack-o'-lantern before the pumpkin.
- Wisconsin is one of the top **ATORCR** _____ growing states in the country.
- Frozen **USASQH** _____ is an excellent source of vitamin A, which is important for healthy bones, immune system, and eyesight.
- ESBTE** _____ need cool weather to survive and grow, so they are a great source of nutrients in the winter!

Read Together...

- ***The Vegetables We Eat*** by Gail Gibbons
- ***Garden to Table*** by Katherine Hengel



Get Involved!

LIKE us on Facebook.com/Live54218

FOLLOW us @Live54218 on Twitter

FOLLOW us on Pinterest.com/Live54218

VISIT us at Live54218.org

WORD SCRAMBLE ANSWERS: A) RUTABAGA B) CARROT C) SQUASH D) BEETS