



# 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](http://www.slofarmersco-op.com)  
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**Golden Bear Farm**  
Organic Pasture-Raised Berkshire Pork  
& 100% Grass-fed Beef

Root vegetables are important ingredients in many winter recipes. They are available all winter and can be used in everything from soups to casseroles!

## Ways to Eat Root Vegetables

- Sauté onions and use as a topping for burgers or steaks.
- Put roasted garlic in mashed root vegetables for an added layer of flavor.
- Slice carrots into sticks and dip in hummus for a healthy afternoon snack.
- Carrots, onions, and garlic can be added to many soups and stews.
- Shred carrots and add them to your favorite recipes for an extra serving of veggies.



## Buy Fresh, Buy Local Shopping Tips

- Carrots come in many different colors, such as orange, purple, yellow, white and red.
- Carrots are always in season. They can be found fresh, frozen or canned.
- Avoid buying carrots that feel limp, they should be crisp and firm.
- Onions should be firm and without cuts or blemishes.
- Choose garlic bulbs that are dry, plump, firm and without blemishes.



# KIDS CORNER

What did one snowman say to the other?  
IT SMELLS LIKE CARROTS TO ME

## Cook Together

### Carrot Applesauce Muffins

- 1 1/2 cups whole wheat flour
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 1/4 teaspoon ground ginger
- 1/2 teaspoon salt
- 2 tablespoons butter, melted
- 1/2 cup honey
- 1 egg, lightly beaten
- 1 teaspoon pure vanilla extract
- 1 cup unsweetened applesauce
- 3/4 cup finely shredded carrots (about 2-3 medium carrots)

Preheat the oven to 350 degrees F. Line a 12-cup muffin tin with paper liners or coat with cooking spray. In a large bowl whisk together the flour, baking soda, cinnamon, nutmeg, ginger, and salt. Make a small well in the center of the dry ingredients and add the butter, honey, egg, vanilla, and applesauce. Stir ingredients together until just combined and there are still some spots of flour remaining. Fold in the shredded carrots just until combined (don't over mix or the muffins will be dense). Distribute the batter evenly throughout muffin tin. Bake for 18-20 minutes until a toothpick inserted in the center of a muffin comes out clean. Remove from tin and cool completely. Freeze or cover muffins at store at room temperature for 2-3 days. Makes 12 servings.



Nutrition information per serving: 135 calories, 3 g fat, 25 g carbohydrates, 3 g protein, 2 g fiber, 230 mg sodium.

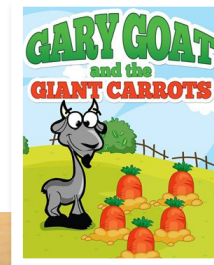
## January Harvest Word Scramble

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

- Just one medium **TRCSROA** \_\_\_\_\_ gives your body twice the amount of vitamin C it needs in a day!
- The yellow **INONO** \_\_\_\_\_ is the variety grown most in the U.S.
- The first carrots were actually **LPERUP** \_\_\_\_\_ not orange.
- In addition to flavoring, **LACGRI** \_\_\_\_\_ has been used throughout history as a way to treat illness and infections.

## Read Together...

- ***Gary Goat and the Giant Carrots*** by Jupiter Kids
- ***Where are my Onions?*** by Paulette Sarmonpal
- ***Onions and Garlic: An Old Tale*** by Eric A. Kimmel




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WORD SCRAMBLE ANSWERS: A) CARROTS B) ONION C) PURPLE D) GARLIC