



# March

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.



Flying Tractor Farm LLC in Sturgeon Bay was established in 2013. The land is currently being prepped to grow a variety of vegetables and a small orchard. The barn is being rehabbed to house meat animals, egg-laying hens and ducks, and part is even being re-modeled into a hydroponics room to grow year-round salad greens. The farm is currently operating an on-farm and farmers' market farm-stand. As a founding member of the SLO Farmers Co-op, Flying Tractor Farm is also dedicated to becoming an educational forum as part of Door County's agritourism setting.

### For more information:

Visit [www.slofarmersco-op.com](http://www.slofarmersco-op.com)  
'Like' SLO Farmers Co-op on Facebook



Flying Tractor Farm

This is a great time of year to enjoy dried beans and fruit. They are both great foods for long term storage!

## Ways to Eat Dried Beans and Fruit

- Add beans to stews and chili for extra protein.
- Black bean burgers are a great substitute for a traditional burger. They are healthy and packed full of protein!
- Sprinkle beans or dried fruit on salads for a tasty topping.
- Make homemade trail mix using dried fruit and nuts.



## Buy Fresh, Buy Local Shopping Tips

- Canned beans are dried beans that have been rehydrated and cooked. Canned beans can contain a lot of sodium - look for low or no sodium varieties.
- All you need is a dehydrator to make dried fruit at home. When selecting fruit to dry, make sure they are fresh and free of blemishes.
- Dried beans can be stored for years in an airtight container.
- When preparing dried beans for a recipe, make sure to sort through them. Remove any rocks or soil and always rinse and soak beans before cooking.
- Dried fruit can be purchased in bulk in the natural sections of many grocery stores.



# KIDS CORNER

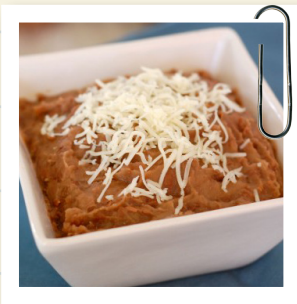
What happens to grapes that worry too much? THEY GET ALL WRINKLED AND TURN INTO RAISINS!

## Cook Together

### Slow Cooker Refried Beans

- 1 onion, peeled and cut in half
- 2 cups dried pinto beans, sorted and rinsed
- 2 cloves garlic, minced
- ¾ teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon cumin
- 6 cups water

Combine all ingredients in a slow cooker. Cook on high for 8 hours. Remove the large onion pieces and drain the excess water, reserve some to add back to the beans if they are too dry. Mash the beans with a potato masher; slowly add bean until desired consistency is reached. Serve with warm tortillas and shredded cheese or as a dip with veggies and tortilla chips. Makes 12 servings.



Nutrition information per serving: 117 calories, 0.5 g fat, 21.5 g carbohydrates, 7 g protein, 5.2 g fiber, 101 mg sodium.

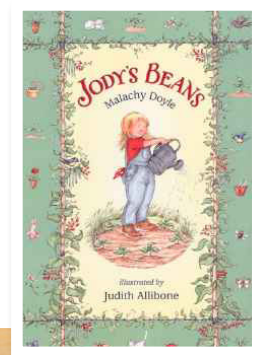
## March Harvest Word Scramble

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

- RTWEA** \_\_\_\_\_ is removed from fruit in the drying process.
- Canned beans are high in **IDSMOU** \_\_\_\_\_, so be sure to rinse before serving.
- ISSANR** \_\_\_\_\_ are the most popular dried fruit in the United States. Americans consume more of these than fresh grapes.
- Wisconsin produces over half of the world's **BCNSRAEEIR** \_\_\_\_\_!

## Read Together...

- **Jody's Beans**  
by Malachy Doyle
- **Anansi and the Pot of Beans**  
by Bobby & Sherry Norfolk
- **Apricot ABC**  
by Miska Miles




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WORD SCRAMBLE ANSWERS: A) WATER B) SODIUM C) RAININS D) CRANBERRIES