



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



Winter squash, pumpkins and cabbage are great to have on-hand during the holidays.

## Ways to Eat Cabbage and Winter Squash

- Swap the spaghetti noodles for spaghetti squash to create a healthier meal.
- Dice butternut squash and add to soups.
- Cut acorn squash in half and add butter and maple syrup, then roast until soft.
- Make "rainbow" coleslaw with a mix of red and green cabbage.
- Make fish tacos and use shredded cabbage for a topping instead of lettuce.



## Buy Fresh, Buy Local Shopping Tips

- Winter squash can stay fresh for up to three months if stored in a dark, cool, dry place.
- There are many varieties of winter squash, including acorn, butternut, pumpkin, spaghetti and hubbard.
- Don't throw the seeds from squash away. They can be roasted with a little oil and seasoning for a healthy snack.
- Choose cabbage heads that are firm and heavy, and have tightly packed leaves.



In Wisconsin, FoodShare assists low-income families and individuals to buy nutritious food. Visit [access.wisconsin.gov](http://access.wisconsin.gov) or call 1-800-362-3002.

Made possible with funding from the Centers for Disease Control and Prevention and the Wisconsin Department of Health Services. Material adapted from Harvest of the Month produced by the CA Department of Public Health's Network for a Healthy California with funding from USDA SNAP.



# KIDS CORNER

If you throw a pumpkin into the air, what comes down?  
**SQUASH!**

## Cook Together

### Easy Butternut Squash Soup

- 1 teaspoon olive oil
- ½ cup chopped onion
- 1 teaspoon garlic powder
- 1 teaspoon dried sage (optional)
- ½ teaspoon salt
- ¼ teaspoon pepper
- 3 cups low-sodium chicken broth
- 1 ½ pounds butternut squash (peeled, seeded, cubed)

Add oil and onion to large stockpot over medium heat and sauté for 3-4 minutes. Add garlic powder, sage, salt, pepper, broth and squash and bring to a boil. Cover, reduce heat and simmer for 20 minutes (or until squash has a tender consistency). Puree soup in a food processor or blender and return to pot. Ladle into bowls and serve. Makes 6 servings.



Nutritional information per serving:  
71 calories, 1 g fat, 15 g carbohydrates,  
2.5 g fiber, 2.5 g protein, 234 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.

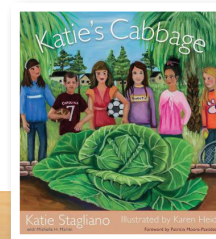
- USAQHS** \_\_\_\_\_ were originally grown for their seeds, not their flesh.
- BGCEBAA** \_\_\_\_\_ is a cruciferous vegetable, named because the four flowers resemble a cross.
- TRBUUTENT** \_\_\_\_\_ squash are rich in beta-carotene, an antioxidant that converts into vitamin A.
- Edible parts of squash include the flesh, seeds, and even the **LWRFOES** \_\_\_\_\_.

## Read Together...

• ***Katie's Cabbage***  
by Katie Stagliano

• ***Sophie's Squash***  
by Pat Zietlow Miller

• ***Pumpkin Soup***  
by Helen Cooper



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WORD SCRAMBLE ANSWERS: A) SQUASH B) CABBAGE C) BUTTERNUT D) FLOWERS