



October

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.



Twin Elm Gardens is located just outside of Pulaski, Wisconsin. Here you will find a wide assortment of fresh fruits and vegetables, green houses to extend their growing season, multiple compost piles, high quality organic fertilizer for the farm provided by earthworm castings, a flock of free-range chickens and pasture-raised meat chickens. Twin Elm Gardens is dedicated to providing healthy, naturally grown foods to people in the greater Green Bay area. The Pulaski Community School District will feature produce from Twin Elm Gardens in their cafeteria as part of their Farm to School program.

For more information:
Visit www.slofarmersco-op.com
'Like' SLO Farmers Co-op on Facebook



Help celebrate Farm to School Month by eating seasonal items like apples, bell peppers, broccoli and cauliflower.

Ways to Eat Fall Fruits & Veggies

- Slice apples and dip in your favorite yogurt or nut butter.
- Cut up green bell peppers and use them as a topping for sub sandwiches.
- Dehydrate hot peppers to use later in your favorite Mexican dishes or chili.
- Sprinkle oven-roasted broccoli or cauliflower with parmesan cheese for a tasty side.
- Instead of mashed potatoes, make mashed cauliflower. It's delicious and more nutritious!



Buy Fresh, Buy Local Shopping Tips

- Apples can be stored for up to three months in the refrigerator.
- Dice bell peppers and freeze them to use in soups throughout the winter.
- Look for broccoli that has a firm stem and tight, dark green, compact florets.
- If a cauliflower has brown spots on the florets, it means it's about to go bad. Choose one that is uniformly white.



Cook Together

Slow Cooker Stuffed Pepper Soup

- 1 lb. extra-lean ground beef or turkey
- 1 cup diced onion
- 14 oz. can diced tomatoes with roasted garlic and onions
- 2 cups green and/or red peppers, chopped
- 15 oz. can tomato sauce
- 3 cups beef broth
- ½ teaspoon dried basil
- ½ teaspoon dried oregano
- 1 cup cooked rice

Brown the beef or turkey and onions in a skillet over medium heat. Drain the meat and add to the slow cooker (ask an adult for help with this step). Add the tomatoes, peppers, tomato sauce, broth, spices and rice. Cover crock pot and cook on low for 6-8 hours. Makes 8 servings.



Nutrition information per serving:
219 calories, 3 g fat, 26.5 g carbohydrates,
19.5 g protein, 2.5 g fiber, 331 mg sodium.

KIDS CORNER

What flower is white and barks?
A COLLIE-
FLOWER!

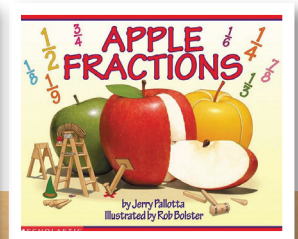
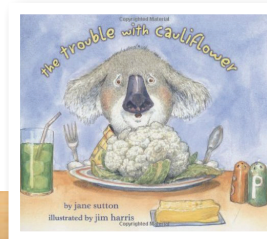
Fall Harvest Word Scramble

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

- CRICOBLO** _____ is a good source of folate, which helps us make healthy red blood cells.
- Spanish explorers are said to have brought **EPRPSEP** _____ into the U.S. in 1583.
- If a **UILCOARWFEL** _____ head is exposed to sun during the growing season, it turns green.
- George Washington liked to spend time pruning his **PLAPE** _____ trees.

Read Together...

- **The Boy Who Loved Broccoli** by Sarah A. Creighton
- **The Trouble With Cauliflower** by Jane Sutton
- **Apple Fractions** by Jerry Pallotta




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) BROCCOLI B) PEPPERS C) CAULIFLOWER D) APPLE