



# MONONA GROVE FARM TO SCHOOL

## WHAT IS FARM TO SCHOOL ALL ABOUT?

- Encouraging healthy eating choices through educational F2S activities for students and families.
- Developing strong communities by creating future community leaders/connecting schools with local farmers and food businesses.
- Improving the school food environment.

## ACTIVITIES AT SCHOOL:

- **Nutrition Education** lessons and activities
- **Menuing local foods** in our school meal programs
- **Community events** and volunteer opportunities
- **Farmer engagements** in the classroom
- Maintaining/building **school gardens**
- Local food **taste tests**

## MEET MR. WES



I am the Farm to School (F2S) specialist for Monona Grove this year. I will be in classrooms teaching about nutrition, running food taste tests, setting up events, sharing information like this newsletter, and much more. Check in each month to see what F2S is up to!



## October Calendar

National and Wisconsin Farm to School Month!

### Join us Thursdays!

Plan on School Lunch!

### Oct. 13th

Great Lakes Apple Crunch

### Oct. 20th

Chili Lunch

### October 27th

Taco Slaw with Local Ingredients for Nutritious, Delicious, Wisconsin Week

## HARVEST OF THE MONTH

Wisconsin Harvest of the Month is a statewide campaign that encourages kids and families to eat more fruits and vegetables. Each month schools showcase one seasonal, Wisconsin-grown fruit or vegetable.

This month we are featuring:

**Apples!**



Visit the [Monona Grove Website](#) to apply for **free/reduced** meals!



Pears are another Wisconsin Fruit in season now!

# Apple Facts

- ✓ Apples float in water because 25% of their volume is air!
- ✓ Apples are very popular. Each person eats around 65 apples per year!
- ✓ Wisconsin orchards produce over 49 million pounds of apples each year.
- ✓ It takes about 36 apples to create one gallon of apple cider.
- ✓ It takes the energy from 50 leaves to produce one apple.
- ✓ Archeologists have found evidence that humans have been enjoying apples since 6500 BC.



## Apples are the Harvest of the Month!

### Add apples to your favorite family meals:

- Mix apple chunks into your hot cereal.
- Pair apple slices with cheese.
- Add thin apple slices to chicken salad or peanut butter sandwich.

*Make meals and memories together. It's a lesson kids will use for life.*

**Select** – Choose firm apples with smooth and shiny skin.

**Store** – Refrigerate in a plastic bag for up to 3 weeks.

**Prepare** – Eat whole or sliced. Leave on the skin for extra nutrients!

### Did you know?

There are over 7,500 varieties of apples grown across the world. Some Wisconsin favorites include Gala, McIntosh, Golden Delicious, Honey Crisp, and Cortland.



Nutritious, Delicious, Wisconsin!  
#WIHarvestoftheMonth



This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees in its programs.



Don't forget vegetables!  
Some WI veggies in season now include:  
Broccoli, Leeks, Cabbage, Radishes, and Potatoes



## October Nutrition Lesson

Apples are part of the *Fruit Group*.

The amount of *fruit* you need to eat is a little different for everyone. In general, we need 1-2 cups per day.

visit [myplate.gov](http://myplate.gov)



1 cup of Apples =  
1 small or 1/2 large apple  
1 cup, sliced or chopped, fresh  
2/3 cup, baked  
1/2 cup, dried  
1 cup applesauce



## Health Benefits of Apples

- ✓ Rich source of antioxidants that protect cells in the body from disease
- ✓ High in fiber which makes us full and keeps our digestion moving. A lot of this fiber is in the apple skin!
- ✓ Vitamin C helps strengthen our immune system and prevents sickness
- ✓ Carbohydrates give us energy

### Nutrition Facts

Serving Size 1 large apple  
(242g / 8 oz.)

**Amount Per Serving**

**Calories** 130      **Calories from Fat** 0

**% Daily Value\*\***

**Total Fat** 0g      **0%**

Saturated Fat 0g      **0%**

Trans Fat 0g      **0%**

**Cholesterol** 0mg      **0%**

**Sodium** 0mg      **0%**

**Potassium** 260mg      **7%**

**Total Carbohydrate** 34g      **11%**

Dietary Fiber 5g      **20%**

Sugars 25g

**Protein** 1g

Vitamin A 2%      •      Vitamin C 8%

Calcium 2%      •      Iron 2%

\* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4





# Why Local Foods

and where to get them

## Why is local food important?

- Limiting shipping and storage times means fresher, more nutritious, and better tasting food.
- Reduced shipping, storage, and packaging is great for the environment.
- Buying local supports our regional economy.
- Knowing where your food is grown and who is growing it builds community.



## Where can I find local foods?

Check out your local and regional Farmer's markets. Wisconsin is home to over 300 markets with a large concentration in Dane county! Try joining a CSA!

Many of our local groceries and Co-Ops sell and label local products. Occasionally dine at restaurants who buy from local farms!

Where is your favorite place to buy local produce or restaurant to eat local food?  
Is eating local important to you and your family?

[Email Wes](#) to share in our next newsletter!



# Recipes

## and Local Farms



### Send a Recipe

Next month's Harvest item will be:

#### Winter Squash!

Send in your family's favorite recipe that features **squash** or share your favorite ways to eat **squash!** (email below)

If sharing a recipe, include a picture of the finished product and your family enjoying it!



### CINNAMON APPLE ROLLS

- ✓ 1 Apple – Cut into sticks  
Try one from a Local Orchard!
  - ✓ 2 Slices Whole Wheat Bread  
Crust removed, Use for croutons or breadcrumbs
  - ✓ 2 Tbsp Peanut Butter  
Substitute tahini or sunflower butter for allergies
  - ✓ 2 Tsp Honey  
There are many WI varieties available
  - ✓ Sprinkle of Cinnamon
- Spread the peanut butter onto the bread evenly
  - Place the apple sticks on top.
  - Drizzle the honey on top of the apples and sprinkle with cinnamon.
  - Roll the the bread up (like a cinnamon roll) making sure to press firmly so the bread sticks together.
  - Slice each roll into ~4 pieces and serve like sushi!



### Local Apples

Support our local **Apple** producers and get the freshest fruit!

[Pleasant Springs Orchard](#) - Family run Farm in Stoughton. Source for our Apple Crunch Apples!  
[Door Creek Orchard](#) - Cottage Grove farm featuring "Pick-Your-Own" on weekends (requires sign-up)  
[Eplegaarden](#) - Fitchburg

Check out Local **Farmers Markets** for more!

Follow the Monona Grove SD [Facebook](#) and [Instagram](#) pages for more updates, pictures, and events. Reach out to **Wes** with questions and suggestions!

Contact: **Wes** MG F2S Specialist - [weston.broske@mgschools.net](mailto:weston.broske@mgschools.net)

