



## 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:

### Carrots!



## F2S IN THE CLASSROOM

Some of our K-3 students will be learning about **healthy habits** this month. Our lesson will emphasize the importance of choosing nutritious snacks and physical activity each day!

Do you have a favorite healthy family snack or physical activity you all do together?

## 2023 WI CHILI LUNCH!

We are registered for the WI Chili Lunch this year, where our nutrition staff serves a scratch made chili with lots of local ingredients.

Our event was postponed until March 2nd due to a snow day, so check back in next month for photos!

## LOCAL THURSDAYS

**Join us!**

Plan on School Lunch!

Our amazing school nutrition staff is hard at work to provide delicious and nutritious foods for our students every day.

Check out our **school meal menus** to see what exciting items we have this month!



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



Carrots are loaded with beta carotene. When you eat and digest carrots, that beta carotene is converted to Vitamin A.

## Carrot Facts

- ✓ Among all vegetables, carrots have the largest content of vitamin A (beta carotene)
- ✓ 30% of American Vitamin A intake comes from carrots
- ✓ Carrots are made up of 88 percent water
- ✓ Nearly 94% of American carrots are grown in California, Texas, Washington, Michigan, Florida, Colorado and **Wisconsin**.
- ✓ Carrots are the second most popular vegetable in the world, after potatoes.
- ✓ The typically orange vegetable can also be white, yellow, red, and purple.



bunny fact: In the wild, rabbits do not eat primarily carrots. They usually prefer grasses, leafy greens, and other wild plants

## Farm to School Joke Corner



What do you call a carrot with 4 sides?  
*A square root.*

Where do carrots eat their dinner?  
*At the vege-table.*

How do you catch a rabbit?  
*Hide behind a tree and make carrot noises.*

Why couldn't the carrot go to the party?  
*They were grounded.*

How do you know carrots are good for your eyes?  
*You never see a rabbit wearing glasses.*



Nuts are a great snack from the protein group!  
Here are just a few of the most nutritious:  
Almonds, Walnuts, Pistachios, Cashews, and Pecans



## February Nutrition Lesson

The **Protein group** includes all foods made from seafood, meat, poultry, eggs, beans, peas, lentils, nuts, seeds, and soy products.

Most of us should have about  
**3-7 ounces cups a day.**

(Check link below for age specific recommendations)

### **Vegetarian sources of Protein:**

- beans
- peas
- lentils
- nuts
- seeds
- soy products



1 ounce of **Protein**=

1 egg

6 tablespoons hummus

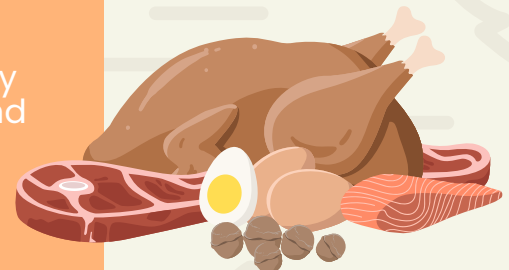
1 ounce cooked meat

1 tablespoon of nut butter

$\frac{1}{4}$  cup cooked beans

## **Health Benefits of Protein**

- ✓ Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins. Proteins are one of three nutrients that provide calories.
- ✓ Nutrients provided by various protein foods can differ. Varying your protein food choices can provide your body with a range of nutrients: **B vitamins** help build tissue and aid in forming red blood cells. **Iron** can prevent anemia. **Magnesium** helps build bones and supports muscle function. **Zinc** can support your immune systems.
- ✓ EPA and DHA are omega-3 fatty acids found in varying amounts in seafood. Eating 8 ounces per week of seafood may help reduce the risk for heart disease.



Choose lean meats for nutrient density and lower saturated fats.

# Get Involved with Farm to School!



There are lots of ways to get involved with Farm to School as we continue to build the program at Monona Grove!

## Contribute!

If you have a recipe you would like to share, a resource, or are interested in suggesting topics related to food contact [Wes](#)!

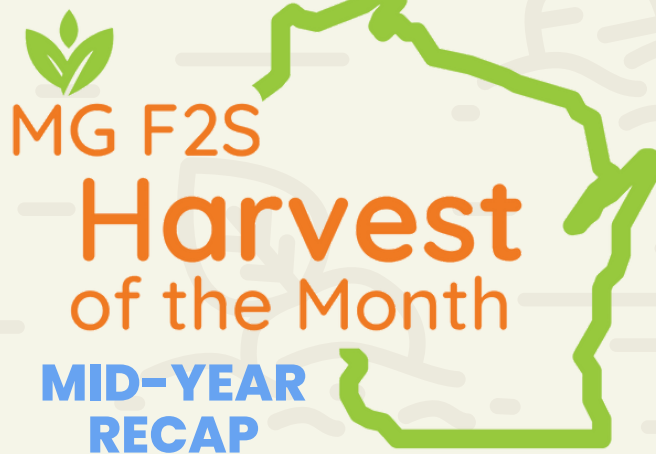
## Do you know any local farmers or producers?

We are always looking to make more local connections to our food through classroom engagements with farmers, local taste tests, and getting more local foods onto our students' trays.

## Do you own a local business or know someone who does?

Community support and partnerships are essential to the F2S movement. We would love to partner or collaborate to better serve our students.

Contact [Wes](#) to get involved or to ask any questions.



This year we have been featuring a local and seasonal food product every month as part of our **Harvest of the Month** campaign. When moving towards purchasing locally, our seasons determine what items are available locally. Here are the items we have featured so far!

Oct '22



Nov '22



Dec '22



Jan '23



Feb '23



Mar '23







## March Recipes

# Carrot side dishes!

Carrots are a delicious way to get your recommended amount of veggies in a meal. These dishes would be a great side for lunch, dinner, or as a healthy snack!



### Roasted Carrots

Roasted carrots are simple and the spices/herbs can be customized for any meal.

Cut carrots into uniform pieces.  
Toss carrots with olive oil, salt, pepper, and the spices of your choice.

Roast in an even layer on sheet pan at 400° for 20 minutes or until tender and browned.

Some spices and herbs that go especially well with carrots:  
dill, curry, garlic, rosemary, thyme

### Carrot Slaw

Substitute shredded carrots as the main veggie component of coleslaw! Add onion, cabbage, or other sliced veggies your family enjoys. Here is a simple dressing to toss with your shredded veggies:

- 2 tablespoons olive oil
- 2 tablespoons mayonnaise
- 2 tablespoons vinegar of your choice
- 2 teaspoons honey
- 1 lemon, juiced
- 1 teaspoon dijon mustard
- salt and pepper, to taste



### Carrot Ginger Soup

- 1 pound carrots, peeled and chopped
- 1 small onion, chopped
- 1-2 cloves garlic, minced
- 1 Tbsp fresh ginger, peeled grated
- 4 cups vegetable or chicken broth
- 1 Tbsp Olive oil
- Salt and pepper to taste
- Optional: cream or coconut milk



1. In a large pot sauté the onion and garlic in olive oil until they're soft and fragrant
2. Add the chopped carrots and grated ginger and stir
3. Pour in the broth and bring it to a boil. Then turn it down and let it cook for about 20-25 minutes until the carrots are soft.
4. Use an immersion blender or transfer the soup to a blender and puree it until it's smooth
  - You can use a potato masher or sturdy spoon to break up your carrots as well
5. Salt and pepper to taste
6. If you want the soup to be creamier, you can add a splash of cream or coconut milk



## Carrot

# Harvest of the Month Resources

Check out a couple resources from **UW Extension** and **Food Wise** about our Harvest of the Month!

### CRUNCH into CARROTS



**Select** – Choose smooth and firm carrots with a deep color and fresh, green tops.

**Store** – Remove green tops and refrigerate in a plastic bag for up to 2 weeks.

**Prepare** – Scrub under running water to remove dirt. Peel if desired.

## Carrots are the Harvest of the Month!

### Add carrots to your favorite family meals:

- Add shredded carrots to salads, slaw, or sandwiches.
- Roast carrots and serve as veggie fries.
- Bake with carrots! Add shredded or cooked and mashed carrots to muffins, cakes, and cookies.

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

### Did you know?

Carrots come in a rainbow of colors including purple, yellow, white, red, and orange. All carrots have many nutrients, but each color contains different phytochemicals. Phytochemicals act as antioxidants in our body and protect our cells from damage.



Nutritious, Delicious, Wisconsin!  
#WIHarvestoftheMonth



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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 and in its programs.



### VEGGIE FRIES



- Cut carrots into 1/4–1/2 inch segments
- Toss with olive oil, herbs, and seasonings
- Spread on a baking sheet and roast at 400°F for 20-30 minutes until crisp

*Enjoy with a healthy dip!*



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# Send a Recipe! and Local Produce

## Send a Recipe

Mr. Wes and other Farm to School members in Dane County are collaborating on a **cookbook** this spring! It will contain recipes that feature seasonal local items from schools and community members.

**If you have a recipe that you would like to share that can feature local products email Wes!**



## Local Produce

Our February Dairy came from:

**Weyauwega Cheese -**  
*Sun Prairie, WI*

**Klondike Dairy -**  
*Monroe, WI*



## Check out more information on the Official Farm to School Website!

Some things you will find:

- Seasonal produce storage tips, uses, and facts
- Food and nutrition resources
- Additional updates and photos!

Check it out [HERE](#)



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

