



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 our feature is a bit different, but another important local product served in our schools.

This month we are featuring:

Beef!



F2S IN THE CLASSROOM

Some of our 2nd-3rd grade students have been learning about the **variety of fruits and vegetables** that grow in WI. This included a taste test of many different root vegetables in the classroom.

What is your favorite root veggie?

TRY IT TUESDAY

All of our learners at the Taylor Prairie school were able to taste test fruits and vegetables (many local!) as part of this month's activities.

Check out some pictures from the event below.

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!



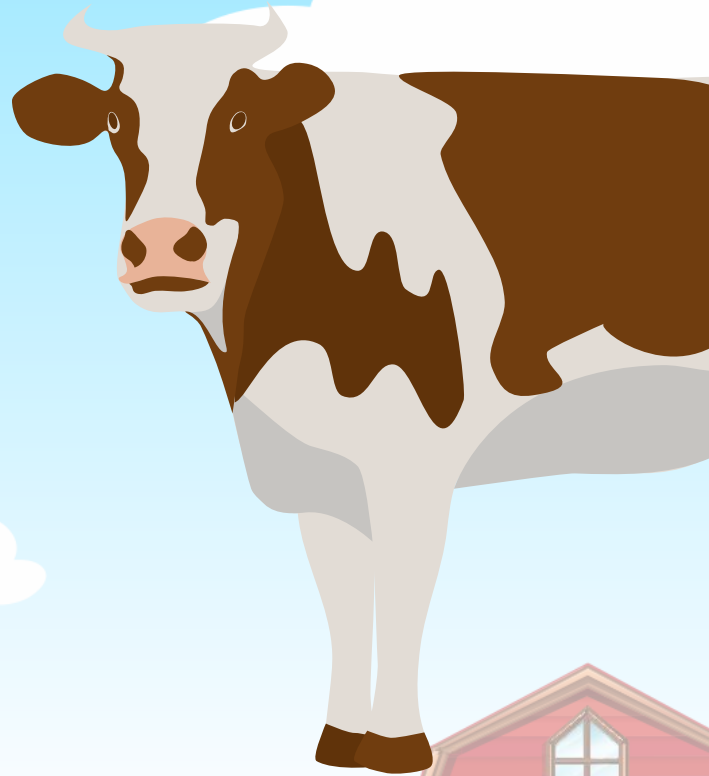
Visit the [Monona Grove Website](#) to apply for **free/reduced** meals!



Help out our F2S program by filling out a quick parent survey!

Beef Facts

- ✓ The U.S. produces 25% of the world's beef!
- ✓ Argentina residents each eat about 140 pounds of beef per year! That is more than twice the average American.
- ✓ According to the U.S. Department of Agriculture, there are approximately 800,000 cattle farmers in the country. Additionally, more than 97% of beef cattle farms are owned and operated by a single family.
- ✓ Three ounces of lean beef can provide a person with 10% of the daily recommended value of vitamin B12, vitamin B6, iron, protein, selenium, zinc, choline, phosphorous, niacin, and riboflavin



Farm to School Joke Corner

What do you call a steak that's been to the doctor?

Cured meat!

What happened to the lost beef shipment?

Nobody's herd.

What do you call a cow in the snow?

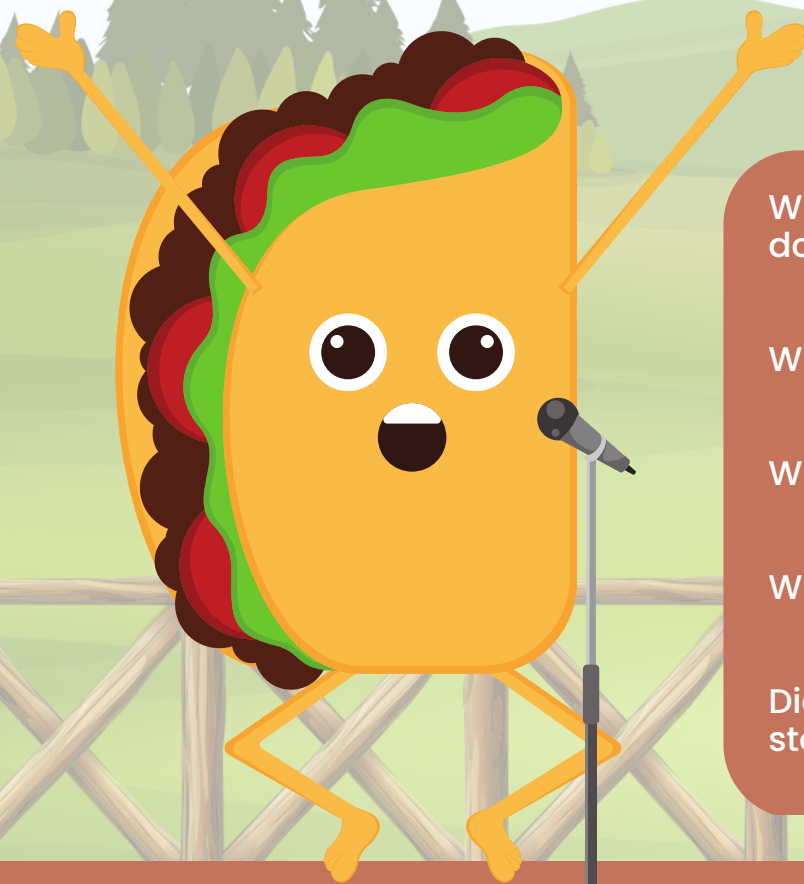
Chili Beef.

What does the ghost like on its roast beef?

Grave-y

Did you hear about the burger that couldn't stop making jokes?

It was on a roll!





In early May you can transplant these crops into your garden: broccoli, head lettuce, early cabbage onions, cauliflower, parsley



Some Non-meat protein sources:

- eggs
- nuts
- quinoa
- seeds
- beans
- peas
- lentils
- dairy

May Nutrition Lesson

Beef is part of the Protein Group.

The amount of protein foods we need is a bit different for everyone, and can range from 3oz-7oz a day. Visit [MyPlate](https://www.myplate.gov) for specific recommendations.

1 ounce of Protein =

1 ounce of meat, poultry or fish
 $\frac{1}{4}$ cup cooked beans
1 egg
1 tablespoon of peanut butter
 $\frac{1}{2}$ ounce of nuts or seeds



Health Benefits of Protein

- ✓ Proteins function as building blocks for bones, muscles, cartilage, skin, and blood.
- ✓ Varying your protein food choices can provide your body with a range of nutrients designed to keep your body functioning well.
 - ✓ B vitamins help build tissue and aid in forming red blood cells.
 - ✓ Magnesium helps build bones and supports muscle function.
 - ✓ Zinc can support your immune systems.



If you are unable or choose not to eat meat, there are lots of options for high protein containing food!



Does your family like to
try new fruits and
vegetables?



Taste Tests



Part of the **Farm to School** program involves conducting taste tests of local foods with our students. We partnered with Taylor Prairie School during April (Month of the Young Child), to share some local fruits and vegetables with our 4K/KG learners. We tried 6 foods using all 5 of our senses and rated how we liked them.

Check out pictures on the next page!



2nd and 3rd grade students across 3 of our schools are also taking part in a taste test of 5 local root vegetables between April and May.

Our taste test items came from:

Olden Organics -
Ripon, WI

Warm Belly -
Fort Atkinson, WI

Pleasant Springs Orchard -
Elk Mound, WI

Tipi Produce -
Evansville, WI

Harmony Valley Farms -
Viroqua

Is anyone in your family a
very adventurous eater?



Try it Tuesday (and Wednesday)



Almost EVERY learned tried at least one small bite of each food!



May Harvest of the Month Ideas: DIY Ground Beef Seasoning

Our school lunches will be featuring local ground beef every Thursday this month. This ingredient is very versatile and part of students' favorite dishes. Many ground beef recipes used premade seasonings from a can or pack. Try out some home made versions of these with your family! When you make these yourself, you have total control of the added ingredients.



Taco Seasoning

1/2 c. chili powder
1/4 c. ground cumin
2 Tbsp. smoked paprika
4 tsp. freshly ground black pepper
4 tsp. garlic powder
4 tsp. kosher salt
4 tsp. onion powder
2 tsp. dried oregano

Store in airtight container and add to taste!

Sloppy Joes

3 Tbsp. brown sugar
1 Tbsp. minced onion
1 Tbsp. smoked paprika
1 tsp. ground cumin
1 tsp. garlic powder
1 tsp. salt
1 tsp. pepper

15 oz. can tomato sauce
1/2 cans of water
1 Tbsp. mustard
2 1/2 Tbsp. cider vinegar

Add to 1 lb of cooked ground beef!



Beef and Veggie Burgers

Use ground beef, but add some shredded (and squeezed to remove moisture) veggies like carrots, zucchini, onion, and garlic. Mix with 1 egg to bind, and season with salt pepper and Worcestershire. Form into patties. Grill or bake and serve on a whole grain roll!





Beef

Harvest of the Month Resources

Check out this resource from the USDA!

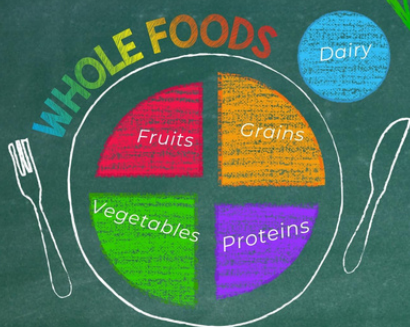
BEEF

A Power Protein

Beef is an important part of a healthy, balanced diet and no other protein source offers the same mix of essential nutrients.¹

High-quality proteins, like lean BEEF, act as building blocks for growth, repair and maintenance of all body tissues and support the immune system.²

FUEL YOUR FUN!



Choose **MyPlate.gov**

Pairing lean meats, like beef, with whole grains, colorful fruits & vegetables and getting at least an hour of exercise every day helps your body stay healthy and strong. Use MyPlate to help you eat a from variety of food groups.

BEEF.
IT'S WHAT'S FOR DINNER.[®]
Funded by Beef Farmers and Ranchers

For tasty recipes and more information visit
www.BeefItsWhatsForDinner.com or scan the QR code.



1. U.S. Department of Agriculture, Agricultural Research Service, FoodData Central. 2019. [fda:ndb.usda.gov](https://ndb.nsl.usda.gov).
2. U.S. Department of Agriculture. MyPlate.gov Website. Washington, DC: Protein Foods: Health Benefits. <https://www.myplate.gov/eat-healthy/protein-foods>. Accessed April 20, 2021.
ARMS# #042021-09



Send a Recipe!

and Local Produce

Send a Recipe

Keep your eyes out for a collaborative cookbook created by all of the AmeriCorps Farm to School members!

There will also be a Spanish language version!

If you have any favorite summer dishes to share for our last newsletter send them to Wes!



Local Produce

Our spinach in April came from:

Olden Organics-
Ripon, WI

Our beef in May is coming from:

Wells Farm-
Rio, WI

A note from Wes!

Thanks for checking out the F2S newsletter. Your support is what will sustain our program.

As this school year comes to a close, what else would you would you like to know about Farm to School?

What would you like to see next year?



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

