



Monona Grove Farm to School



November Calendar

Local food Thursday's -- roasted butternut squash purchased from a Wisconsin farmer

Local food cafeteria taste testing & classroom lessons

- Some MG21 students will be learning about edible insects and their role in global food culture, and sustainable agriculture!

American Indian Heritage Month

Continue reading to learn more about the history and ways to celebrate

**Thank you to everyone
who attended our first
Community Dinner! It
was a huge hit!**

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Harvest of the Month

Eat School Meals on Thursday!

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

This month we are featuring:

Winter Squash





Harvest of the Month Highlight

Celebrate American Indian Heritage Month by eating winter squash!



Map shows Tribal Lands circa 1800 in Wisconsin. The white dots and squares indicate present-day Native Nations.



In Native American, Aztec, Incan, and Mayan cultures, squash varieties were grown with corn (maize) and climbing beans -- creating the traditional “Three Sisters” companion planting.

Visit

<https://wisconsinfirstnations.org/>
to learn more about American Indian history and resources!



Butternut, pumpkin, acorn, and spaghetti squashes are just a few types!



Did you Know?

There are over **16 varieties** of winter squash! The term “winter squash” refers to the tough rind on the outside, protecting them longer & lasting throughout winter.

Nutrition facts: 1 cup of most winter squashes have moderate to high amounts of vitamin C, vitamin A, and vitamin B6. These vitamins aid in immune and brain function as well as skin, bone and eye health.

October Community Dinner

MG Nutrition Dept. Farm to School Program hosted our first Community Dinner at Cottage Grove School. **Nearly 200 people ate a free meal with us!** It was a great way to connect with our community and celebrate sourcing local ingredients.

Thank you REAP Food Group for partnering with us and bringing the UpRoot Food Truck

Thank you to Nutrition Dept team members for helping make and serve our food for the event

Thank you CG admin staff for all your help and allowing us to use your spaces

Thank you CG custodial staff for your clean up efforts

and THANK YOU families for joining us at dinner! We hope to see you all at our next dinner coming soon





October Snapshots



Students taste tested 3 local apple varieties in classroom lessons and picked their favorite kind. Honeycrisp, Fuji & Jonomac!



Local Foods & Farms Map

Thank you to our local farmers!



Apples

Door Creek Orchard
Cottage Grove, WI

Blue Corn Tortilla Chips

Blue Farm Chips
Jansville, WI

Cabbage & Shredded Carrots

Olden Organics
Ripton, WI

Cilantro

LoveFood Farm
Stoughton, WI

Ground Beef

Wisconsin Meadows
Viroqua, WI

Shredded Cheddar Cheese

Marigold Dairies, Elkhorn, WI
(Vern's Cheese - Chilton, WI)

Map of all the local farmers we sourced our ingredients from for our Community Dinner



Winnequah Garden Group hosted a Fall Fest in the garden. We cleaned up the garden & compost, had coffee & pumpkin bars & flower pressing craft!



The Great Apple Crunch at lunch on Th. 10/10 was so fun!

