



Monona Grove Farm to School



December Calendar

Classroom Lessons and F2S Activities will take a pause in December

Local food Thursday's -- fresh cranberries purchased from a Wisconsin farmer

School Board Recognition Meeting on 12/11

Why should my student participate in the School Meal Program at MG?

School meals are designed to meet nutritional needs, encourage healthy eating habits, and support equity & access to healthy food.

More details to come in our next newsletter!

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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:

Cranberries



Harvest of the Month Highlight



Cranberries are Wisconsin's state fruit!
They are also an indigenous food

Did you Know?



About 60% of cranberries grown in the United States come from Wisconsin! Cranberries are the top fruit crop in Wisconsin & state fruit.

Nutrition facts: 1 cup of raw (fresh) cranberries have moderate to high amounts of water, vitamin C, antioxidants, and fiber. These vitamins aid in immune function, and fiber aids in digestion.



Growing Facts:

Cranberries are NOT grown in water!

Cranberries actually grow on vines in bogs/marshes. Once ready to harvest, farmers flood the bog to allow cranberries to float for easier harvesting.

Raw Cranberries have air pockets inside, allowing them to float on water

Cranberries are available to buy as fresh (raw), frozen, canned, dried, and as 100% fruit juice



Traditional dried cranberries have added sugar in them for flavor. If interested, look for "unsweetened" or "less added sugar" labels to decrease added sugar content.

CRANBERRY

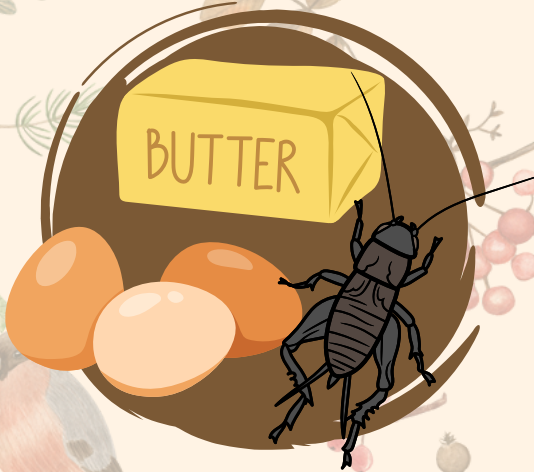
Hoocąke / Piakemenan / Mashkiigimin / O'nunátsyal / Bokmenen
Ho-Chunk / Menominee / Ojibwe / Oneida / Potawatomi

Besides eating them, cranberries have been used by American Indians for their medicinal properties, and dyes for fabric from their bright red juice!

November Snapshots

This month was all about learning & celebrating different cultures!

3rd grade classes at Granite Ridge and Middle Campus students at MG21 learned about entomophagy : the practice of eating insects!



To truly indulge in the experience, students were able to taste test chocolate chip cookies made with **cricket powder**! We connected US culture and world culture by using WI local butter and eggs in the cookies.



Students had SO much fun with this lesson! (I did too)



over **2 Billion** people around the world regularly eat insects

Seasoned, whole, Chapulines (grasshoppers) were also offered! Purchased from Santa Maria Grocery in Madison



November Snapshots

This month was all about learning & celebrating different cultures!



3 Sister's Stew celebrates Native American Heritage Month in November.

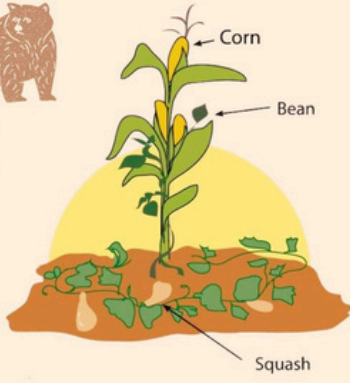
Students taste tested 3 Sister's Stew during lunch and learned about its significance!





NOVEMBER: NATIVE AMERICAN HERITAGE MONTH

HONORING INDIGENOUS IDENTITY
AND CULTURE



THREE SISTERS STEW



- The Three Sisters: Beans, Squash, & Corn
- Grown all together to provide nutrients & moisture to each plant
 - Practiced in North America by indigenous cultures for over 5000 years!
 - Originated with the Haudenosaunee people



See Wisconsin's 6
Federally-
Recognized Tribes:
Ojibwe, Potawatomi, Oneida,
Stockbridge-Munsee,
Menominee, and Ho-Chunk



Maybe this will be
coming onto the
lunch menu?