

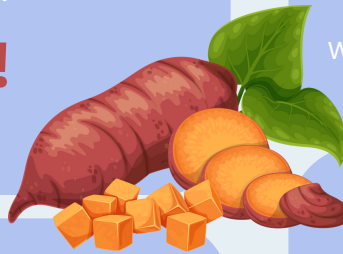


HARVEST OF THE MONTH

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:

Sweet Potatoes!



WHAT IS THE FARM TO SCHOOL PROGRAM UP TO IN DECEMBER?

Some of our K-3 students have been learning about **The food groups/MyPlate**.

MyPlate is a resource you can use to plan the amount of each food group you and your family should eat each day.

Involve the whole family in your meal planning!

What other food topics do you think are important for our students? Contact **Wes!**

FOOD SUBGROUPS

It is important to eat a variety within each of our food groups. The vegetable food group is made up of 5 subgroups:

Dark Green Vegetables

Red and Orange Vegetables

Starchy Vegetables

Beans and Peas (Legumes)

Other Vegetables

Which subgroup are sweet potatoes part of? (answer on page 3)

January Calendar

Happy New Year!

Join us Thursdays!

Plan on School Lunch!

Jan. 5th

Cinnamon Sweet Potato Fries

Jan. 12th

Roasted Sweet Potato

Jan. 19th

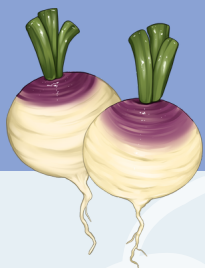
Sweet Potato Salad with Feta

Jan. 26th

Sweet Potato Salad



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



While harvested late in fall, turnips are another food that can last many months into the winter when stored properly.

Sweet Potato Facts

- ✓ We typically eat the root part of the sweet potato, but the whole plant is edible!
- ✓ George Washington Carver discovered new uses for the sweet potato including flour, ink, starch, rubber, tapioca, vinegar, glue, and 500 shades of textile dye.
- ✓ To take in the amount of vitamin A that is in one sweet potato you would have to eat 23 cups of broccoli!
- ✓ Sweet Potatoes can be white, yellow, red, purple, and orange.



POWER UP with SWEET POTATO



Select – Choose sweet potatoes that are firm and smooth.

Store – Store in a cool, dark place for 3-5 weeks.

Prepare – Rinse under cool, running water and scrub to remove dirt.

Sweet Potatoes are the Harvest of the Month!

Add sweet potatoes to your favorite family meals:

- Slice, toss with oil and seasonings, and bake to make sweet potato fries.
- Mash with butter and cinnamon for a sweet side dish.
- Bake whole and top with black beans & salsa or maple syrup & toasted pecans.

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

Did you know?

Sometimes people call sweet potatoes yams, but yams and sweet potatoes are different vegetables! Sweet potatoes are root vegetables that came from the tropical regions of Central and South America. Yams are large, starchy roots from Africa and Asia.



Nutritious, Delicious, Wisconsin!
#WIHarvestoftheMonth



Extension
UNIVERSITY OF WISCONSIN-MADISON

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.



Drying fruits and veggies is another way to preserve foods over the winter.



January Nutrition Lesson

Sweet Potatoes are part of the **Red and Orange Vegetable** subgroup.

The amount of **veggies** we need is a bit different for everyone, but in general we should eat 4-6 cups of **Red/Orange Veggies** a week.

Other Red and Orange Vegetables:

- winter squash
- carrots
- pimentos (cherry pepper)
- pumpkin
- red peppers
- tomatoes

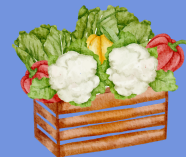
1 cup of Veggies =
1 large bell pepper
1 large sweet potato
12 raw baby carrots
~6 Grape Tomatoes
1 cup cooked squash

Health Benefits of Red and Orange Vegetables

- ✓ Great source of Vitamin A which helps our vision/eye health, immune system, and skin.
- ✓ Potassium helps your nerves to function and muscles to contract. It helps your heartbeat stay regular helps move nutrients into cells.
- ✓ These vegetables contain fiber. Fiber is important in helping move food through our digestive system, regulating blood glucose, and helping us feel full.



Resources and Recipes



Sometimes the cost of buying more fresh, local, or nutritious foods can seem overwhelming. It doesn't have to be!

- Find a grocery or market near you whose products best fit your budget. There are many in our area that have diverse options for reasonable prices.
- Eating nutrient dense foods now can save you money on health care costs later.
- As you introduce these foods to your family, you can meal plan with items they enjoy and reduce the amount of food you waste.
- There are many additional resources to ensure you and your family have access to nutritious food. (below)



Start at School!

Your student may be eligible for free or reduced meals at MG. These savings can leave room for extra spending at the grocery or market. Visit the [Monona Grove Website](#) to apply for **free/reduced** meals!

FoodShare

Some families may qualify for FoodShare Benefits. You can use these benefits at most stores. You also can use them at many farmers' markets, where you can buy fresh fruits and vegetables most months out of the year. Check the [FoodShare Website](#) to see if you qualify and apply today!

WIC

Wisconsin also offers additional support of women, infants, and children. Visit the [WIC Website](#) to see all of the benefits they provide and apply.

Contact [Wes](#) with any questions or for additional resources.



SWEET POTATOES: QUICK & EASY

- Slice, toss with oil and seasonings, and bake to make sweet potato fries
- Mash with butter and cinnamon for a sweet side dish
- Bake whole and top with black beans & salsa or maple syrup & toasted pecans



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Plenty of Sweet Potato Possibilities

Sweet potatoes are unique in the fact they can be the star of a sweet or savory dish! Here are a few ideas:

- Mashed
- Blended or chopped in Soup/Curry
- Fries
- Baked
- Puree with a Protein
- Casseroles
- Pies/Muffins



Roasted Rosemary Sweet Potatoes



This super easy and yummy dish makes a great nutritious snack or side to a meal! Get your kids in the kitchen to help or take the lead! **Make cooking a family activity!**



Ingredients

- Sweet Potatoes
- Rosemary
- Olive Oil (or Coconut Oil)
- Salt and Pepper



1. Preheat oven to 425°F
2. Cut sweet potatoes into cubes
3. Place cubes into a gallon bag with oil, freshly chopped rosemary, salt, and pepper
4. Seal bag and shake until evenly coated. Get a helper for this job especially!
5. Dump potatoes onto a parchment lined baking sheet.
6. Put into preheated oven and bake for 30-45 min.
7. Enjoy with your family!



Thanks to my sister Angel and her amazing junior chefs for sharing this recipe with us!

For a delicious dip on the side:

Add some fresh rosemary to you favorite Greek yogurt and drizzle with honey!

Do you want to be featured next month? Contact Wes - weston.broske@mgschools.net





Recipes and Local Produce

Send a Recipe

Next month's Harvest item will be Dairy!

Send in your family's favorite recipe that features dairy products or share your favorite ways to them!

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



Local Produce

Our December fresh and dried cranberries came from:

Honestly Cranberry - A family run cranberry farm in Wisconsin Rapids, WI.

Check out this Video by Wisconsin Foodie!

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!

