

Hello families!

Taste tests are back! In January students tried summer sausage from Otto's Meats in Luxemburg. It was a big hit, so if you're looking for a protein-filled snack for your kids, try some summer sausage!

I also wanted to include an update on the hydroponic tower at Pioneer. Emily has been growing marigolds! Certain marigold varieties are an edible garnish, and the kids love seeing the bright, beautiful flowers.

Next month, in lieu of a taste test, Pioneer will be participating in the Wisconsin Chili Lunch. Participating schools and organizations across the state will serve chili made with as many local ingredients as possible. We'll report back on how many local ingredients we manage to use!

Until next month,  
Anna & Emily



P.S. The harvest of the month is one of my favorite foods! I love to roast them at 425 with olive and salt until they're tender. Easy and delicious!



## Beets are The Harvest of the Month!

### Add beets to your favorite family meals:

- Add grated raw beets to salad.
- Mix cooked beets into mashed potatoes for a pop of color.
- Add raw or leftover cooked beets to canned vegetable beef soup and simmer until tender.

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

**Select** – Choose beets with firm, smooth skins and crisp leaves. Smaller beets are more tender.

**Store** – Remove greens leaving about 1 inch of stem. Store beets in a plastic bag in the refrigerator for up to 2 weeks.

**Prepare** – Rinse beets under cool running water and scrub with a vegetable brush. Beets can be eaten raw or cooked. You can eat the beet greens too!

### Did you know?

Most of the beets grown in Wisconsin are red beets, but there are also pink, purple, white, and yellow beets. Try a rainbow of beet colors!



Nutritious, Delicious, Wisconsin!  
#WItharvestoftheMonth



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