CHEQUAMEGON BAY

Harvest of the Month

Growing Healthy Students

March

Did you know...?

- ✓ Honey stored in air-tight containers never spoils. Sealed honey vats found in King Tut's tomb still contained edible honey--2000 years after they were placed there!
- ✓ Bees have to fly over 55,000 miles and visit approximately 2 million flowers to make 1 pound of honey.
- ✓ Samuel Johnson's 1755 dictionary defined oats as "A grain, which in England is generally given to horses, but in Scotland appears to support the people." The Scotsman's retort to this was, "That's why England has such good horses, and Scotland has such fine men!"
- ✓ Quaker Oats, in Ceder Rapids, Iowa, is the largest cereal company in the world.

Oats/Daataagwa'igan & Honey/Aamoo-ziinzibaakwad

Nutritional Benefits of Honey
Honey is a source of simple carbohydrates, providing fuel to working muscles at 64 calories per tablespoon. Honey also contains small amounts of a wide array of vitamins, minerals, amino acids and antioxidants such as niacin, riboflavin, calcium, copper, iron, magnesium, potassium and zinc. Just as the color and flavor of honey varies by floral source, so does the vitamin, mineral, antioxidant and amino acid content.

Ways to Use Honey
Instead of sugar, spoon honey into your tea, oatmeal, or cold cereal each morning, mix with oil and vinegar to make a tasty salad vinaigrette, and when baking, substitute ¾ cup honey for 1 cup white sugar, reduce the liquid in the recipe by about 3 tablespoons, and lower the oven temperature by 25°.

Nutritional Benefits of Oats
Oats almost never have their bran and germ removed in processing, so if you see oats or oat flour on the label, you're virtually guaranteed to be getting whole grain. Oats are also higher in protein and healthy fats, and lower in carbohydrates than most other whole grains, loaded in dietary fiber (containing more than any other grain) and have a range of healthy cholesterol-lowering properties. Early introduction of oats in children's diets may even help reduce their risk of asthma.

Ways to Use Oats
Oats are mostly commonly eaten as oatmeal or in breads, cookies, or granola bars, but they can also be an ingredient in dinner recipes, such as mixing oats into ground meat for burgers or meatloaf.

AMERICORPS A FARM TO SCHOOL

BUY LOCAL

Coco's Café & Bakery Washburn, WI
Noreen Ovadia (715) 373-CAKE
Hours: Mon-Sat 6:30am-7pm, Sun 7am-4pm
http://www.coconorth.com/
"Grown Locally" and "Made from Scratch" are not just words at Coco's but the culmination of a lifetime of eating, tasting, cooking and baking delivered to our customers with the love and respect that such carefully chosen recipes and ingredients deserve.

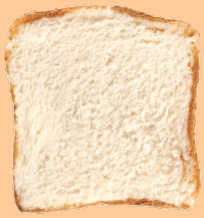
Starlit Kitchen Bayfield, WI
Kathy Presnell (715) 779-0175
Sold at the Chequamegon Food Coop, Ashland WI year-round
& the Bayfield Farmer's Market, Saturdays June-Oct, 8:45am-Noon
Our customer-approved selection embraces all things baked from breads and pastries to snacks and granolas heartfully crafted from scratch sourcing locally produced grains, fruits, berries, herbs and ferments. Our baked goods are always vegan, as local and organic as possible.

Play with your food

Draw a heart on your favorite grains and grain products. The items on the left are made with Whole Grains. To keep your heart and body healthy at least half of the grains you eat each day should be whole grains.

Popcorn

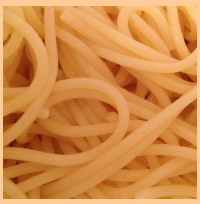
Wild Rice



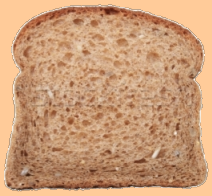
White Bread

Whole Wheat Tortillas

Brown Rice



Pasta



Quinoa

Whole Wheat Bread

White Rice

Toasted Oat Cereal

Oatmeal

Crackers

Cooking Corner

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Honey-Oat Granola Bars

Ingredients

- 4 cups quick-cooking oats
- 1 cup packed brown sugar
- 1 cup chopped nuts and/or coconut flakes
- 1 cup or dried fruit and/or chocolate chips
- ½ cup sunflower kernels
- ¾ cup butter, melted
- 2/3 cup honey
- 1 tsp vanilla extract

1. **Combine** the oats, brown sugar, nuts, dried fruit or chocolate chips, and sunflower seeds in a large bowl. Stir in the butter, honey and vanilla until combined (mixture will be crumbly).
2. **Press** into a greased parchment paper-lined large (15" x 10" x 1") baking pan.
3. **Bake** at 350F for 15-20 minutes or until browned and bubbly. Cool for 15 minutes on a wire rack. Cut into squares. Cool completely before removing from pan.