

# Harvest of the Month



**December**



**Cheese**



## **Pick:**

•There are many different types of cheese, including: cheddar, mozzarella, Swiss, parmesan, feta, and many more! Each type of cheese tastes a little different.

## **Store:**

- Make sure to wrap cheese in plastic prior to refrigerating.
- Typically, the harder the cheese, the longer it will keep.

## **Prepare:**

- Cheese can be shredded, sliced or diced.
- Mold generally can't penetrate far into hard and semisoft cheeses, such as cheddar, Colby, Parmesan and Swiss. So you can cut away the moldy part and eat the rest of the cheese.

## **Nutrition Info**

One slice of cheddar cheese provides 120 calories, 8 grams of protein and 200 mg of calcium.

## **Fun Facts**

Most cheese is made from cow's milk, but some are made from goat's or sheep's milk.

It takes 10 pounds of milk to produce just 1 pound of cheese!

Wisconsin is home to more than 600 varieties, types and styles of cheeses that are crafted by more than 100 Wisconsin cheesemakers.

## **Uses**

Looking for something to bring for the holidays? Make your own cheese and fruit platter. Cheese pairs nicely with apples, grapes and berries or even with dried fruit such as raisins and apricots.

Try a gourmet grilled cheese sandwich! Here are a few ideas: pesto, mozzarella cheese and tomatoes; avocado, pepperjack and bacon; or ham, apple butter and Swiss cheese.

## **Farm2School Updates**

Farm2School Chili debuted on the menus of all 33 public schools in La Crosse and La Crescent last month! Also participating in the roll out of our first Farm2School entrée were both Gundersen Health System and Mayo Clinic Health System-Franciscan Healthcare along with People's Food Co-Op and select childcare and Head Start sites.

This dish is minimally processed and delicious and is made with hearty beans and local veggies that were frozen during their peak season. The recipe has been released - find it on the back page and give it a try at home!

## Farm2School Chili

Serves 4

### Ingredients:

1 Tbsp. extra virgin olive oil	1 ¾ cups frozen corn
1 cup diced onions	2 (14.5 ounce) cans diced tomatoes, undrained
¾ cup diced carrots	1 (15 ounce) can black beans, undrained
¾ cup diced celery	1 (15 ounce) can kidney beans, undrained
1 tsp. granulated garlic (or garlic powder)	1 Tbsp. ground cumin
1 Tbsp. chili powder	1/2 Tbsp. dried oregano
1 cup diced green bell pepper	1/2 Tbsp. dried basil
1 cup diced red bell peppers	1/2 tsp. salt
1 ½ cups diced mushrooms	shredded cheddar cheese

### Directions:

Heat olive oil in a large pot over medium heat. Add onions, celery and carrots and sauté until tender. Stir in the bell peppers, garlic powder and chili powder. Cook about 6 minutes. Stir in the mushrooms and frozen corn. Cook about 5 minutes and test to make sure all vegetables are tender. Add cooking time if needed. Stir in tomatoes, kidney and black beans. Season with oregano, cumin, basil and salt. Bring to a boil and reduce heat to medium. Cover and simmer for 20 minutes, stirring occasionally. Serve warm, topped with shredded cheddar cheese!

### Nutrition Facts (per 1 cup serving):

150 calories, 2 g fat, 7 g protein, 27 g carbohydrate, 7 g fiber, 275 mg sodium

Color  
Cheese!

