

Gitigaan News



Boozhoo/Aaniin! Winter is in full effect and we're staying busy with nutrition lessons and planning for Spring and Summer!

The AmeriCorps Farm-to-School program works with students in each grade level to receive at least five nutrition lessons. We have almost reached our goal in Elementary with half the year remaining .

This month students celebrated the new year making pizzas in the earth oven on a sunny day; how lucky are we?!

We have less than two months before we start getting our hands dirty in the garden. Interested in volunteering? Reach out to:

pmartinson@bayfield.k12.wi.us
llarson@bayfield.k12.wi.us

IN THIS ISSUE

- NADF Field Trip
- Earth Oven Pizza
- Upcoming Winter Camp
- Maple Roasted Carrots Recipe



Around the World in 80 Trays

"Around the World in 80 Trays is a state-wide event with the purpose of increasing global flavors in USDA School Meals Programs! DPI would like to acknowledge that food can do more than just nourish the body, but it can offer an invitation to explore the diverse cultures of Wisconsin students" (DPI)



This month the Bayfield School District is participating in "Around the World in 80 Trays." During the week of January 16th, we get to try recipes from around the world and taste a bit of culture from the Philippines, Nigeria, Cuba, South Korea & Mexico.

Miigwech to our amazing food service team for providing these amazing meals!



Around the **WORLD** in 80 Trays



Happy New Year!



Farm Highlight Local Carrots -

The harvest of this month celebrates local carrots. Carrots enjoyed in the cafeteria this January come from Driftless Organics in Crawford County. Our Food Service Director, Karen Boutin, has enjoyed working with these root vegetables and hopes to see more local ingredients on our menu!

In December & January, students came up to the Earth Oven in the Gitigaan to make 5 Food Group Pizzas! Ingredient options included crust (grains), mozzarella (dairy), pizza sauce and spinach (vegetables), pepperoni (protein), and pineapple (fruit). What a beautiful day in the garden!

Students (pictured below) in Technology, Agriculture and Indigenous Sciences finished the unit on Snow Snakes by building a trough to race them! We debarked an aspen log & hammered it in the snow to make the depression on the track. Madeline Island hosts a Snow Snake Festival on **Saturday, February 11th.**



JANUARY



Winter Events



Biboon Gabeshiwin

Winter Camp 2023 is **February 20-26**. Bayfield School students will be at Camp for two days this year! We look forward to connecting with students, families and community. Winter Camp hosts a variety of winter games and activities at LW.

Bayfield School District will host a feast at school to celebrate the start of sugarbush season. See you for the feast on **February 22!**

UPCOMING

Snow Snake Festival
Winter Camp

Chaga Harvest

Sugar Bush

Seed Starting



Recipe of the Month

Maple Roasted Carrots

SERVINGS - 4

INGREDIENTS

2 lb. medium carrots, tops trimmed, cleaned

6 tbsp. unsalted butter, cut into pieces

$\frac{1}{3}$ cup (packed) light brown sugar

$\frac{1}{2}$ cup pure maple syrup

$\frac{3}{4}$ tsp. crushed red pepper flakes

Kosher salt

Flaky sea salt (optional)

INSTRUCTIONS

Step 1) Preheat oven to 400°. Line a rimmed baking sheet with 3 sheets of foil (you'll need it!). Cut carrots on a diagonal into 3" pieces (halved or quartered lengthwise if large).

Step 2) Spread out carrots on foil. Evenly top with butter, brown sugar, syrup, and red pepper flakes. Season with kosher salt and toss to combine.

Step 3) Bake carrots, tossing every 20 minutes, until tender and browned around the edges, 50-60 minutes. Transfer to a platter (with syrup, if desired). Sprinkle with sea salt.

