

## Did You Know...?

- ◆ Wheat is part of the grass family. It's a whole grain!
- ◆ 100% whole wheat products contain the nutrient rich bran and germ, unlike products made with processed white flour.
- ◆ Wheat is grown in 42 states, being the 3rd largest crop produced in the US following corn and beans.
- ◆ There are 6 main classes of wheat: hard red winter, hard red spring, soft red winter, hard white, soft white and durum.
- ◆ Wheat is one of the most ancient foods still eaten today. Wheat contains many essential nutrients to sustain life including: protein, amino acids, healthy fats, thiamine, niacin, selenium, manganese, and iron.



*This month we will eating baked, whole wheat, cinnamon tortilla chips in our schools!*

## Mountain Lane Farm

Mountain Lane Farm of Wauzeka, Wisconsin is owned and operated by second generation farmers: Tom and Sharon Martin. Their farm has been in the Martin family since 1964, being passed down to them over 16 years ago. Mountain Lane Farm is known for their high quality grass fed beef and poultry. But in addition to raising happy, healthy animals, the Martin's also farm beans and wheat in the most natural, sustainable way!

Tom and Sharon truly pride themselves in being stewards of the land, following the natural rhythm of farming; allowing one crop to feed another and the animals to help enrich the soil. To help spread the love and appreciation for a holistic, sustainable approach to farming, Tom and Sharon have their five boys, Joshua, Jacob, Nathaniel, Zachary, and Gabriel, always engaged! This month we will be highlighting Mountain Lane Farm's wheat in our schools!



**For more information, please visit:**

[www.mountainlanebeef.com/index.html](http://www.mountainlanebeef.com/index.html)  
 Email: [contact@mountainlanebeef.com](mailto:contact@mountainlanebeef.com)



## Fun Fact

Ancient Egyptians were the first to invent sourdough bread by accidentally fermenting ground wheat in water. Fermented wheat, aka sourdough, is the easiest type of wheat for our bodies to break down and digest due to the fermentation process.

**Look for the Harvest of the Month display in your local grocery store, complete with recipe cards provided by Crossing Rivers Health!**

Every month, the AmeriCorps Farm to School program shares a "Harvest of the Month" presentation with students. They become familiar with different foods that are produced or grown in the area. They are also exposed to healthy, fresh foods and learn that it is fun to try new things. These foods will be incorporated into the lunchroom menu. For more information about this program please contact Jane Schaaf ([jane.schaaf@ces.uwex.edu](mailto:jane.schaaf@ces.uwex.edu)). Visit [www.driftlesswisconsin.org](http://www.driftlesswisconsin.org) for more information on local farms and foods. Funding for this newsletter was provided through a 3M community grant and Healthy Roots.

