



Harvest of the Month is Chili!

Make chili with as many local ingredients as you can find! Add local meats, cheese, yogurt, or green onions to level up your chili game. Have leftovers? Serve it over fries or a baked potato!

The Wisconsin Chili Lunch Challenge is Feb. 22!

Celebrate Wisconsin-grown foods and farm to institution efforts by participating in the 2024 Wisconsin Chili Lunch. Join K-12 schools, early care and education programs, hospitals, colleges, and more by cooking and serving a chili recipe made with local ingredients on National Chili Day!

In 2023 Wisconsin Chili Lunch participants served up 6,023 bowls of local chili at 46 different cafeteria sites across the state! Let's gather together at even more sites in 2024 to share our bowls of Wisconsin-grown goodness this winter!

Fun Facts!!

- Some states add pasta to their chili!
- Chili was popularized during the Gold Rush of the mid-1800s. Cowboys and prospectors combined dried beef, fat, pepper, salt and chili peppers together into stackable rectangles or "chili bricks" that were then dumped into boiling water
- In 1977, chili was proclaimed the official state food of Texas.



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HARVEST OF THE MONTH NEWSLETTER FEBRUARY 2024



Recipe of the month

Farm2School Chili

Serves 11

Ingredients:

- 1 Tbsp. extra virgin olive oil
- 1 cup diced onions
- 3/4 cup diced carrots
- 3/4 cup diced celery
- 1 tsp. granulated garlic (or garlic powder)
- 1 Tbsp. chili powder
- 1 cup diced green bell pepper
- 1 cup diced red bell peppers
- 1 1/2 cups diced mushrooms
- 1 3/4 cups frozen corn
- 2 (14.5 ounce) cans diced tomatoes, undrained
- 1 (15 ounce) can black beans, undrained
- 1 (15 ounce) can kidney beans, undrained
- 1 Tbsp. ground cumin
- 1/2 Tbsp. dried oregano
- 1/2 Tbsp. dried basil
- 1/2 tsp. salt
- shredded cheddar cheese and ground beef (optional)

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!

Per serving: 145 calories, 2g fat, 2g protein, 25g carbohydrate, 4g fiber, 480mg sodium

Source: laxf2s.org



Coulee Region Farm to School is a partnership between UW-Madison Division of Extension, LaCrosse County Health Department, Mayo Clinic Health System-Franciscan Healthcare, Gundersen Health System, and the School Districts of Bangor, LaCrescent-Hokah, Holmen, LaCrosse, Onalaska, and West Salem.