

FoodWise Nutrition

June 2021 Newsletter



Healthy Choices, Healthy Lives

WHAT IS FOODWISE?

FoodWise is federally funded statewide by the Supplemental Nutrition Assistance Program-Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP). We advance healthy eating habits, active lifestyles and healthy community environments for Wisconsin residents with limited incomes through nutrition education at the individual, community and systems levels.

University of Wisconsin-Madison Division of Extension Ashland, Bayfield, Iron County FoodWise Nutrition Team

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FOOD RESOURCES

FIND TASTY, FRESH, LOCAL PRODUCE NEAR YOU THIS SEASON!

Are you looking for nutritious, healthy, in-season, great-tasting food this summer? Farmers markets are a great place to shop! There are **7 farmers markets in Ashland and Bayfield Counties** to choose from! From Port Wing to Ashland, Cornucopia to Cable, you can find fresh, locally grown produce, meats, cheeses, honey, pickled vegetables, and other delicious, value-added products near you. Support your local farmers and your local community by shopping where you live and purchase food that will keep your family healthy all season long.



Where can you find more information on farmers markets and local food businesses? Check out the Feast by the Bay website for hours, locations, and more: <http://www.feastbythebay.org/farmers-markets.html>

ADDITIONAL RESOURCES FOR LOCAL FOOD

Farms with CSA shares and online ordering:
<http://www.feastbythebay.org/csas.html>

Farm-to-Table Restaurants:
<http://www.feastbythebay.org/farm-to-table-restaurants.html>

Local Food Retailers:
<http://www.feastbythebay.org/local-food-retailers.html>

This section was written by Sarah DeGraff, Agriculture/Horticulture Educator for Ashland and Bayfield Counties.

IRON COUNTY MOBILE FOOD PANTRY

The next Iron County Mobile Food Pantry takes place on Monday, June 28th from 12:00-1:00 pm.

For more information, contact Extension Iron County office manager, Rebecca Holm at 715-561-2695 or email rebecca.holm@wisc.edu.

RECIPE OF THE MONTH

Grilled Veggie Packets

Ingredients:

- 2 zucchini, small (sliced)
- 2 yellow squash, small (sliced)
- 4 red potatoes, (scrubbed and sliced)
- 1/2 red onion (sliced)
- 1/2 bell pepper (seeded and sliced)
- 1/4 cup Italian salad dressing, light
- salt and pepper (optional, to taste)



Source: MyPlate.gov

Try different vegetables- Tomatoes, green beans, sweet potatoes, mushrooms, broccoli, carrots, corn or your favorites.



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Choose MyPlate Activity Sheets

Did you know that you can print fun activity sheets, including word scrambles, grocery store bingo, flash cards, activity sheets and much more, for your children or grandchildren through the WIC Works Resource System website?

For more information, visit:

<https://wicworks.fns.usda.gov/resources/myplate-activity-sheets-kids>

M U F W P R O T E I N R A M W
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N V C U D S G R A I N S E P B

WORD LIST

BALANCE
DAIRY
ENERGY
ENJOY
EXERCISE
FOOD
FRUITS
GRAINS
GROUPS
HEALTH
MYPLATE
NUTRITION
PROTEIN
VEGETABLES
WATER

May 2021—School Garden Day



Wisconsin School Garden Day honors and celebrates educators, students, families, community leaders, and all people who have made garden-based education a reality and an asset in communities throughout the state! Wisconsin School Garden Day brings recognition to our state's hundreds of garden programs at schools, early care and education sites, after school programs, organizations, and more. Additionally, this year we recognize the families who are engaging their children in garden-based learning during school closures.

The Ashland/Bayfield/Iron County FoodWise program celebrated school gardens throughout the month of May.

On May 4, Nutrition Educator Deb Leonard partnered with Ms. Linda at Hurley Head Start to celebrate School Garden Day with their youth. She invited Extension Iron County Agriculture Educator, Darrin Kimbler, to speak to the youth about gardens and how they are a great place to get healthy foods. He also introduced the class to his 1-week old Icelandic lamb. Deb even read everyone a book about vegetables and the group sang a song about carrots.

On May 19, FoodWise Coordinator, Stephanie Bakker partnered with Katherine Rakowski (AmeriCorps Farm to School Specialist for Bayfield School) and Lorie Erickson (Bayfield School ECSE/4K Coordinator) to provide a virtual school garden day learning experience for Bayfield School 4K students. These students were from the Red Cliff Early Childhood Center and the Bayfield Family Forum Head Start. Students were introduced to the school garden that many of them will be involved with the following year when they enter Kindergarten. They also participated in some garden activities and received seed packets to grow their own plants at home.

To learn more about the Ashland/Bayfield/Iron County FoodWise program, please contact Stephanie Bakker (contact information on front page).





Stone Fruit *Did you know?*

Nutritional Benefits

Stone fruits are generally a good source of antioxidants like vitamin C which help to promote a strong immune system. Many stone fruits are high in vitamin A which supports your eyesight. Stone fruit are an excellent source of fibre which promotes smooth digestion and keep you feeling fuller longer.

How to Select & Store

Most stone fruit, once ripe will be quite fragrant. At this point they can be quite tender, so be gentle as you don't want to accidentally bruise them. Once ripe, store in the fridge. If you buy these unripe, you can let them sit out until fragrant. Placing them in a paper bag can speed up ripening and keep out fruit flies.

Preparing Stone Fruit

About the only thing to keep in mind when eating stone fruit is the pit! The pits inside of stone fruit are hard and unusually easy to separate from the fruit. The skins of most stone fruit are edible (I wouldn't suggest eating mango skin). Stone fruit are sweet, nutritious, and versatile!

- ✓ In botany, stone fruit is termed a "drupe" which is characterised by a fleshy out part surrounding a single shell/pit.
- ✓ The average cherry tree has around 7,000 cherries on it!
- ✓ Dates are a great alternative sweetener and can be used to substitute sugar in many recipes.
- ✓ Dates are considered one of the oldest cultivated fruits dating back to Egypt and Mesopotamia as early as 6,000 B.C.

Brought to you by the
Healthy CHANGE Coalition



HARVEST OF THE MONTH

Peaches



Nectarines

Cherries



Types of Stone Fruit

Here are some of the most common types of stone fruit you will find. If there are any you haven't tried, you're in for a sweet treat!

Plums



Apricots



Dates



Mangos



Cooking Corner

Stone Fruit Crisp



recipe from katiebirdbakes.com

Ingredients

- 3 pounds ripe peaches, nectarines, plums or apricots (or a combination of all)
- 1/2 cup brown sugar (packed)
- 2 tablespoons cornstarch
- 1/2 teaspoon cinnamon
- Pinch nutmeg
- 2 teaspoons lemon juice
- 1/2 cup unsalted butter
- 1/2 cup brown sugar (packed)
- 1 cup all-purpose flour
- 1 cup rolled (old-fashioned) oats
- 1 teaspoon cinnamon
- 1/2 teaspoon salt
- 1/2 cup pecans, sliced almonds, or walnuts

Preparation

For the stone fruit filling:

- Preheat your oven to 350 degrees F. Halve, pit, and slice the fruit into 1/2-inch wedges. You don't need to bother peeling them unless you want to.
- Place the sliced fruit in a 9x13 or 3 qt baking dish.
- Sprinkle brown sugar, cornstarch, cinnamon, nutmeg, and lemon juice over the sliced fruit.
- Gently toss it all together until evenly combined.

For the oat topping:

- In a large microwave-safe bowl, melt the butter
- Whisk in brown sugar, cinnamon, and salt. Stir in the flour, oats, and nuts (if using).
- Scatter the oat topping evenly over the fruit. Bake for 55-60 minutes, or until the topping is golden brown and you can see the fruit filling bubbling up the sides.
- Let cool for a few minutes before serving warm with vanilla ice cream. See how long it lasts.

Created for the Healthy CHANGE COALITION
by Chequamegon Food Co-op. Questions?
Contact outreach@cheqfood.coop.