

# FoodWise Nutrition

## October 2020 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.

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#### FOOD RESOURCES

Food resources are more important than ever during the COVID-19 pandemic. Each month we will highlight a great local program. This month we are highlighting: **The BRICK Ministries**.

The BRICK has four food shelf locations: Ashland, Cable, Cornucopia, and Mellen.

**Ashland Food Shelf:**  
420 Ellis Avenue, open  
9:00 am to 3:30 pm,  
Mondays through  
Wednesday, and  
Thursdays, 9:00 am to  
7:00 pm. Closed on  
Fridays.

**Cable Area Food Shelf:**  
13380 Spruce Street,  
open the 4th Thursday,  
January-October and the 3rd Thursday, November-December  
from 11:00 am to 6:00 pm.

**South Shore Food Shelf:**  
Town of Bell Community Center, Cornucopia, open 1st and 3rd  
Thursday, from 10:00 am to 3:00 pm.

**Helping Hands Food Shelf:**  
Mellen City Hall, lower level, open the third Thursday of each  
month, 11:00 am to 5:00 pm.

The BRICK continues to provide food distribution during their regularly scheduled hours at all four pantry locations throughout the pandemic without interruption.

*\*All services are non-contact. Consumers will be met in the parking lot by a volunteer/staffer.*



## RECIPES OF THE MONTH

### CARROT SOUP

This easy carrot soup recipe is a great way to use up a bag of carrots that were forgotten in your produce drawer. The carrots cook together with aromatics like onions, garlic and fresh herbs before being puréed into a silky smooth soup that's delicious for dinner or packed up for lunch.



#### Ingredients

- 1 tablespoon butter
- 1 tablespoon extra-virgin olive oil
- 1 medium onion, chopped
- 1 stalk celery, chopped
- 2 cloves garlic, chopped
- 1 teaspoon chopped fresh thyme or parsley
- 5 cups chopped carrots
- 2 cups water
- 4 cups reduced-sodium chicken broth, "no-chicken" broth or vegetable broth
- ½ cup half-and-half (optional)
- ½ teaspoon salt
- Freshly ground pepper to taste

#### Directions

##### Step 1:

Heat butter and oil in a Dutch oven over medium heat until butter melts. Add onion and celery; cook, stirring occasionally, until softened. 4-6 minutes. Add garlic and thyme (or parsley); cook, stirring until fragrant, about 10 seconds.

##### Step 2:

Stir in carrots. Add water and broth; bring to a lively simmer over high heat. Reduce heat to maintain a lively simmer and cook until very tender, about 25 minutes.

##### Step 3:

Puree the soup in batches in a blender until smooth. Use caution when pureeing hot liquids. Stir in half-and-half (if using), salt and pepper.

The recipes on this page can be viewed online at:

[www.eatingwell.com/recipe.249990/carrot-soup/](http://www.eatingwell.com/recipe.249990/carrot-soup/)

[www.barefeetinthekitchen.com/blueberry-carrot-top-smoothie/](http://www.barefeetinthekitchen.com/blueberry-carrot-top-smoothie/)

### BLUEBERRY CARROT TOP SMOOTHIE

Did you know that you can eat the green leafy carrot tops?

Simply toss the tops in a freezer bag and then include them in future smoothies. Plenty of fruit in a smoothie can hide plenty of greens.



#### Ingredients

- 1/2 cup orange juice, plus water or more juice if needed
- Green leafy tops from about 1/2 lb. of carrots (approximately one full handful)
- 2 small bananas
- 1 1/2 cups blueberries
- 1 tablespoon chia seeds (optional)

#### Directions

Layer the orange juice, carrot tops and bananas into the blender. Puree until completely smooth. Add the blueberries and blend again until smooth. Add chia seeds if desired and pulse to combine. Enjoy!

### What is the Crunch?

Celebrate National Farm to School Month by collectively purchasing and crunching into locally and regionally grown apples at NOON on Thursday, October 8. Then share photos from your Crunch on social media!

Everyone is welcome to Crunch! Although we aim for a regional Crunch on October 8, you are welcome to Crunch any day or time in October that works for you. For more information, visit:

[www/cias.wisc.edu/applecrunch/](http://www/cias.wisc.edu/applecrunch/)

### Speaking of apples...

Surrounded by family farms and orchards, an exploration of local food culture begins with a tour of the Fruit Loop, which winds its way around the city of Bayfield. What a perfect place to get locally grown apples! If you would like to learn more about farms & orchards in Bayfield, WI, visit:

[www.bayfield.org/what-to-do/orchards-berry-farms/](http://www.bayfield.org/what-to-do/orchards-berry-farms/)



## HARVEST OF THE MONTH

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CHEQUAMEGON BAY



**HARVEST**  
of  
the **MONTH**

October



# APPLES

### How to Select and Store Apples

Apples can bruise easily and should be gently picked. Apple skins should be smooth and reasonably bruise free. Apples kept in plastic bags in the refrigerator will keep for a lot longer than apples left on the counter. An apple at room temperature ripens 6-10 times faster.

### How to Eat Apples

You can get your apple a day in a number of ways—by eating them whole or cut into slices, as unsweetened applesauce, dried apples, or 100% apple juice. Apples can even be used to replace fat and butter in baked goods. (Replace shortening or oils in baking with an equal volume of applesauce plus one-third of the oil called for in the recipe.)

### Nutrition Benefits of Apples

Apples are low in calories and have no cholesterol. In addition to being an excellent source of pectin, fiber and bulk (aiding in digestion), apples are high in potassium and low in sodium. At 85% water and 0% fat – an apple makes a low (80) calorie contribution to the five-a-day recommendation from the US Department of Health and Human Services. Apples are best when eaten with the peel, as that is where most of the fiber and antioxidants are found.

### Did you know?

- ✓ About 2,500 apple varieties are grown in the United States and more than 7,500 are grown worldwide.
- ✓ Macintosh, Cortland, Honeycrisp, Honey Gold, Connell Red, Red Delicious, Greening, Sweet 16, Priscilla, Liberty, Wealthy, Fireside, and Spartan are some of the apple varieties grown in Bayfield.
- ✓ Pomology is the art and science of growing apples, and apples are part of the pome family— a fruit whose seeds are embedded in the core of the fruit.
- ✓ The average American eats 65 apples per year!



Created for the Healthy CHANGE COALITION  
by Chequamegon Food Co-op. Questions?  
Contact [outreach@cheqfood.coop](mailto:outreach@cheqfood.coop).

## HARVEST OF THE MONTH

### Buy Local Apples

Purchase local apples from these Bayfield orchards:

**Apple Hill Orchard** – (715) 779-5425

PYO & Pre-picked Apples, Pears, Plums

**Bayfield Apple Company** – (715)-779-5700

Pre-picked Apples, Cider, Pears

**Blue Vista Farms** – (715)-779-5400

PYO & Pre-picked Organic Apples, Cider

**Erickson's Orchard & Country Store** – (715) 779-5438

PYO & Pre-picked Apples, Cider, Fall Produce

**Hauser's Superior View Farm** – (715) 779-5404

Pre-picked Apples, Pears, Fall Produce

**North Wind Organic Farm** – (715) 779-3254

Pre-picked Organic Apples & Fall Produce, Cider

**Rabideaux's Bayfield Fruit Company** – (715) 779-5509

Pre-picked Apples, Cider

**Sunset Valley Orchards** – (715) 779-5510

PYO & Pre-picked Apples, Cider, Pears

For a weekly listing of availability throughout the fall, check out the Bayfield Chamber Berry Farm & Orchard Update at [bayfield.org/orchards](http://bayfield.org/orchards).

### The Story of the Bayfield Apple

Bayfield's location near Lake Superior and the Apostle Islands creates a unique micro-climate, which allows fruits and berries to flourish on the land surrounding the city. During the summer months, you can find fresh strawberries, sweet and tart cherries, raspberries, blueberries and blackberries at the downtown farmers market every Saturday morning and at roadside stands along the Fruit Loop.

As the temperatures start to cool, the apple orchards begin their harvest, offering apples of every size and flavor, including many heirloom varieties. Bayfield's berry farms and orchards also offer pick your own options all season long. Known as the Berry Capital of Wisconsin, Bayfield proudly supports its local farmers and orchardists.

Every autumn, the growing season culminates with a three-day celebration of the region's agricultural heritage, the Bayfield Apple Festival. Known locally as Applefest, the event features local foods, arts and crafts booths and live entertainment provided by the Blue Canvas Orchestra of Big Top Chautauqua.

It begins on the first Friday in October and is consistently rated as one of the top fall harvest festivals in the nation.

★ *FYI—2020 Bayfield Apple Festival is canceled due to COVID-19 pandemic.*

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

### Cooking Corner

## APPLE SLICES WITH PEANUT BUTTER



#### Ingredients

- 1 firm eating apple (like a Gala or Honey Crisp Apple)
- 2-4 tablespoons peanut butter (crunchy or creamy)

#### Preparation

Core and slice apple into wedges.

Divide the peanut butter evenly among the slices spreading along the inner edge.

Enjoy!

#### Nutritional Information

The combination of the healthy fats and protein in peanut butter will create the perfect snack. One tablespoon of peanut butter and one medium apple will give you four grams of protein and still be less than 200 calories! When choosing your peanut butter brand, make sure to check the nutritional information for added sugars.

CHEQUAMEGON BAY

