

FoodWise Nutrition

November 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

A global pandemic highlights the importance of fresh, local foods to nourish local communities. While Bayfield's students were at home this growing season, the School District of Bayfield's AmeriCorps



Farm to School member, Katherine Rakowski, worked with CORE Resources volunteers to share school garden grown produce with the Bayfield—Red Cliff communities. They harvested Bayfield School Garden grown fruits and vegetables for Bayfield Food Pantry and students' summer meals at Red Cliff Food Distribution. This school year, students even saw lemon and slicing cucumbers from the garden in their bagged lunches. Thus far, over 200 pounds of foods have been donated including, carrots, kale, spinach, wild greens, nasturtiums, broccoli, cauliflower, cucumbers, squash, peas, tomatoes and herbs.



The Bayfield School Garden holds a high tunnel to extend the growing season. As of October, tomatoes were continuing to ripen! Spinach and kale planted in the fall will offer a spring-time harvest. They hope to increase perennial

garden spaces for both pollinators and people. To get involved in the garden next year, contact Katherine Rakowski at krakowski@bayfield.k12.wi.us.

The AmeriCorps Farm to School Program is administered by the Wisconsin Department of Public Instruction. The program is funded by DPI, individuals host sites, and the Corporation for National and Community Service through Serve Wisconsin.



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RECIPE OF THE MONTH

MAPLE DELICATA SALAD

Colorful and nutrient-rich fall salad! Maple Roasted Delicata squash tossed with a simple spinach salad.



Ingredients

4 Delicata squash, sliced into rings, seeds removed
4 tbsp 100% pure maple syrup
2 tbsp olive oil
salt/pepper
10 cups baby spinach
1/2 cup dried cranberries
1/2 cup toasted pecan pieces

Dressing:

1/2 cup extra virgin olive oil
1/4 cup balsamic vinegar
1/4 cup 100% pure maple syrup
2 tbsp Dijon mustard
2 garlic cloves, minced
1/4 teaspoon pepper
1/8 – 1/4 tsp salt



Make the Squash:

Preheat oven to 400°F. Toss squash with 2 tbsp. maple syrup, 1 tbsp. olive oil and salt/pepper. Place on a baking sheet and roast for 30 minutes until soft and slightly caramelized. Remove from oven and let cool slightly.

Make the Dressing:

Combine all ingredients together, except for the olive oil, and blend together. I do this in my magic bullet or food processor. Slowly drizzle in the olive oil until thick, emulsified, and creamy. Taste for seasoning. It may need more salt depending on your taste.

Make the Salad:

In a large bowl toss together the spinach, cranberries, pecans and 1/2 cup dressing. Plate, top with roasted squash. Drizzle with extra dressing. Serves 8 as a side dish

FOOD SAFETY & COVID-19

The FDA has the following tips for grocery shopping during a pandemic. To help protect yourself, grocery store workers, and other shoppers, it is important to keep a few things in mind:

1. Prepare a shopping list in advance. Buy just 1 to 2 weeks-worth of groceries at a time. Buying more than you need can create unnecessary demand and temporary shortages.
2. Wear a face covering or mask while you are in the store. Some stores and localities may require it. Check your state, county or city guidelines for any other requirements.
3. Carry your own wipes, or use one provided by the store to wipe down the handles of the shopping cart or basket. If you use reusable shopping bags, ensure they are cleaned or washed before each use.
4. Practice social distancing while shopping – keeping at least 6 feet between you, other shoppers, and store employees. Keep your hands away from your face.
5. Wash your hands with warm water and soap for at least 20 seconds when you return home and again after you put away your groceries.



As always, it is important to follow these food safety practices to help prevent foodborne illness:

6. Again, there is no evidence of food packaging being associated with the transmission of COVID-19. However, if you wish, you can wipe down product packaging and allow it to air dry, as an extra precaution.
7. Before eating, rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. Scrub firm produce with a clean produce brush. For canned goods, remember to clean lids before opening.
8. When unpacking groceries, refrigerate or freeze meat, poultry, eggs, seafood, and other perishables—like berries, lettuce, herbs, and mushrooms—within 2 hours of purchasing.
9. Regularly clean and sanitize kitchen counters using a commercially available disinfectant product or a DIY sanitizing solution with 1 tablespoon unscented liquid chlorine bleach to 1 gallon of water or 1 teaspoon of bleach per quart of water. Be sure not to use this solution or other disinfecting products directly on food surfaces!
10. Always keep in mind the basic 4 food safety steps — clean, separate, cook, and chill.

To learn more about Food Safety & COVID-19

please visit: <https://fyi.extension.wisc.edu/safefood/2020/08/17/food-safety-covid-19-do-we-need-to-worry-about-food-packaging/>



HARVEST OF THE MONTH

November

CHEQUAMEGON BAY



**HARVEST
of the
MONTH**



Potatoes

Nutritional Benefits

When it comes to comfort food, potatoes lead the vegetable pack. They're also the number one vegetable crop in the United States, according to the USDA, so it may not be surprising that the average American consumes almost 125 pounds of spuds each year.

How to Select and Store

While the ever-popular russets are harvested August through October, other potato varieties are harvested at other times, so you'll find potatoes year round in the produce section.

Choose firm, relatively smooth potatoes that are free of decay. There should be no moisture or dry rot and no sprouting. (Especially look for signs of moisture if you're buying potatoes in plastic bags instead of individually.) Avoid potatoes with any green coloration; this signals that the potato contains solanine, a toxic compound naturally produced by potatoes to defend against insects, disease and predators. Eating green potatoes can cause digestive discomfort.

Store potatoes in a cool, dry, dark cabinet with some air flow. Potatoes will sprout at higher temperatures. Don't store them near onions (the gases each emit will degrade the other), and don't put them in the refrigerator, or the starch will turn to sugar, changing the taste.

When ready to use, rinse potatoes well, scrub to remove dirt (but try not to break the skin) and cut off any sprouts.

Did you know?

- ✓ There are about 100 varieties of potatoes of various sizes, shapes, colors, starch content and flavor.
- ✓ Avoid cooking your potatoes in aluminum or iron pots; these can cause the potatoes to discolor.
- ✓ Much of a potato's nutrition is contained in the skin, so consider eating potatoes "with their jackets on."
- ✓ If you plan to cook whole potatoes together (baking, for example), choose potatoes that are about the same size, so they'll be ready at the same time.



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

HARVEST OF THE MONTH

All About Potatoes



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Despite a little bad press - it was once thought poisonous and to cause leprosy - the potato has long been an important food staple. The Peruvian Incas were the earliest cultivators; they grew potatoes beginning around 2,000 BC. And the Irish suffered so tragically from the Potato Famine - in which a blight ruined most of the potato crop in 1845 - because the potato had become such a staple food source.

The main potato producers today are Russia, Poland, India, China, and the United States. In the U.S., the top growers are Idaho, Washington, Wisconsin, North Dakota, Colorado, Minnesota, Oregon, Maine, California and Michigan.



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Cooking Corner

Scalloped Potatoes



Ingredients

3 pounds potatoes, thinly sliced
1/2 onion, thinly sliced
9 tablespoons flour, divided
6 tablespoons butter, diced and divided
1 Pinch each of salt and ground black pepper
3 cups whole milk, or as needed

Preparation

Heat the oven to 375°F and grease a 9x13-inch baking dish. Spread about 1/3 of the potato slices into the bottom of the prepared baking dish. Top with about 1/3 of the onion slices. Sprinkle 3 tablespoons flour over the potato and onion. Arrange 2 tablespoons butter atop the flour. Season the entire layer with salt and pepper. Repeat layering twice more.

Heat milk in a saucepan until warm. Pour enough warm milk over the mixture in the baking dish so the top of the liquid is level with the final layer of potatoes.

Bake in preheated oven until potatoes are tender, 45 to 60 minutes.

Nutritional Information

396.1 calories
9.9 g protein
55 g carbohydrates
42.7 mg cholesterol
170.7 mg sodium

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