

# FoodWise Nutrition

## December 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

September 23, 2020 – The Boys and Girls Club of the Red Cliff Band of Lake Superior Chippewa have received a \$50K donation from an anonymous source with the intent of continuing meal programs for youth members.

**GREAT FUTURES START HERE.**



The Boys & Girls Club of America Native Services informed Division Administrator Rebecca Benton and Club Director Paige Moilanen of the donation that will greatly help youth in the community.



"We are very excited to receive this donation as it will allow the Club to provide meals to Club youth, and it will allow the Club to grow and continue to help the youth that come through our doors," said Moilanen. "It's always great to have donors like this to help during these tough times, and we would like to thank the donor for this generous gift."

Red Cliff Boys & Girls Club staff have been assisting the Food Distribution program with meal preparation and distribution for youth in the community since March. Club staff have recently started preparing and distributing meals for the Red Cliff Elderly program while also fulfilling Club duties of virtual programming and planning for the Club's relaunch.

"We really miss the kids and the Club, and we can't wait to get back in and open the doors," said Moilanen. "We want the Club kids to know the following: You are missed. You are important. You are loved. You R.O.C.K. You are Remarkable. Optimistic. Consistent. Kind."

Red Cliff is thankful for this opportunity to help continue to serve the youth in the community. Questions can be directed to Red Cliff Family Human Services at 715-779-3706.

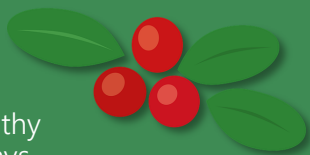
### DATES TO REMEMBER:

The **Iron County Mobile Food Pantry** will take December 21, 2020, which is one week earlier due to the holidays. If you are interested in learning more about this program, please call the Extension Iron County office at 715-561-2695.

## RECIPES OF THE MONTH

### CRANBERRY AND WILD RICE STUFFING

Here are some ways to use up any berries that you have in your freezer from the summer and to make a healthy dessert for the upcoming holidays.



#### Ingredients

1/2 cup Wild Rice, uncooked  
1 cup Water  
1/4 cup Raisins, dark or golden  
5 Green Onions (scallions), chopped  
1 tbsp Vegetable Oil  
1/2 cup Celery ~or- Fennel Bulb, chopped  
1 cup Cranberries, fresh or frozen  
1 teaspoon Orange Rind, grated  
1/2 tsp Dried Thyme

#### Directions

Put the wild rice in a saucepan. Add the water and raisins and cook over medium heat for 1 hour, or until the rice is tender. Drain. Sauté the onions and celery (or fennel bulb) in the oil until tender. Add the cranberries, orange rind, thyme and rice. Stuff into two Cornish hens or a 3-pound chicken, or use with turkey breast. Bake in a 350-degree oven for 1 hour, or until the poultry is done.

If you would like to see more recipes that include cranberries and wild rice, visit:

<http://nativefood.blogspot.com/2006/07/wild-rice-and-cranberries.html>

### Mawinzwaan Crisp (picked berries crisp)

#### Ingredients:

- 8 cups total of mixed fruit (*miskominan*-raspberries, *odatagaagominagaa-wanzhig*-blackberries, *mashkiigiminag*-cranberries, *ode'iminan*-strawberries, *zhiiwibag*-rhubarb, *mishiiminag*-apples)
- 3/4 cup whole grain flour
- 1/2 cup rolled oats
- 1/4 cup brown sugar-*ziinzibaakwad*
- 1/2 teaspoon salt
- 1 teaspoon cinnamon
- 1/4 cup maple syrup-*Anishinaabe-ziinzibaakwad*
- 1/4 cup butter, softened
- 1/4 cup sunflower- *ziinda'aaganag*-oil or vegetable oil
- 1/2 cup total of your choice of walnuts, almonds, sunflower-*ziinda'aaganag* - seeds



#### Directions:

1. Preheat oven to 350 degrees.
2. Measure and mix flour, oats, brown sugar, salt, and cinnamon in a bowl (a fork works great!).
3. Mix in 1/2 of maple syrup and all of the softened butter and oil to make a crumbly topping (cut in with fork and butter knife or use your clean hands).
4. Prepare fruit and place in the bottom of a 9x13 inch pan (smaller pans will work, add a little cook time if you use a smaller pan).
5. Drizzle the remaining maple syrup on fruit & top with crumbly topping.
6. Bake at 350 degrees for 50-60 minutes until fruit is bubbly and topping is brown OR cover with plastic wrap, label and freeze for later! If you bake a frozen crisp, add 10 minutes to baking time.

Enjoy!



## HOLIDAY CELEBRATIONS—THE HEATHY WAY

Try these fun action snacks during the holidays this year. Also be sure you are safe with holiday leftovers!

- **Shape it!** Cut fruit, veggies and sandwiches into fun holiday themed shapes. Try using a cookie cutter or melon baller. Use leftover pieces in smoothies, soups, or pasta sauces.
- **Dip it!** Dip fruit in low-fat yogurt or pudding; try veggies with ranch dressing or hummus!
- **Create it!** Make each plate a work of art. Arrange food to make a flower or funny snowman.
- **Build it!** Choose different toppings to make a healthy yogurt parfait, snack/trail mix or fruit kabobs.
- **Taste it!** Have a tasting party with fruits and veggies. Try tasting a rainbow of colors or compare varieties of apples or sample less familiar fruits and veggies.

Chill: You say 'leftovers,' I say 'planned overs.'

- **Remember the 2-hour rule.** Leftovers should not sit out, refrigerate within 2 hours.
- **Divide leftovers** into shallow containers for quick cooling in the refrigerator. Use shallow containers, no more than 3 inches deep.
- **Make sure there's room!** Clean out the refrigerator **before** the big day so there's room to **thaw** the turkey **and** for any leftovers.
- **Reheat to 165°F.** Properly handled, leftovers can be eaten cold or at room temperature. If reheated, aim for 165°F.





## HARVEST OF THE MONTH

CHEQUAMEGON BAY



**HARVEST  
of the MONTH**

December



# ORANGES

### Nutritional Benefits

Oranges, like other citrus fruits, are an excellent source of vitamin C as well as a source of many other nutrients, such as fiber, B-vitamins, thiamin, potassium, and folate. Folate is a B vitamin that helps make healthy red blood cells and lowers a woman's risk of giving birth to a child with certain birth defects.

### How to Select

Look for firm oranges that feel heavy for their size with bright, colorful skin. Avoid fruit with bruised, wrinkled, or discolored skin. Oranges with thin skin tend to be juicier than those with thick skin.

### How to Store

Oranges can be stored at room temperature or in the refrigerator for up to two weeks.

### How to Eat

- Slice oranges for a quick, healthy snack.
- Instead of soda, make a fruit spritzer by mixing 100% orange juice and sparkling water.
- Toss peeled orange segments into green salads for a citrus splash.
- Freeze 100% orange juice in a paper cup with a popsicle stick or spoon.

### Did you know?

- ✓ There are many varieties of oranges, but the most popular include the sweet orange, sour orange, and mandarin orange, or tangerine. The United States produces the sweet variety, including the Blood, Hamlin, Jaffa, Navel, Pineapple, and Valencia.
- ✓ After chocolate and vanilla, orange is the world's favorite flavor.
- ✓ Navel oranges got their name because the bottom looks like a belly button or navel.
- ✓ Unlike many fruits, citrus does not continue to ripen after being picked.



CHEQUAMEGON  
FOOD CO-OP

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

## HARVEST OF THE MONTH

### All About Oranges



Did you know that oranges aren't named for their color? "Orange" actually comes from the Sanskrit "naranga," or "fragrant."

The orange is a type of berry (hesperidia), an ancient hybrid, possibly between the pomelo and the tangerine. It grows on an evergreen with fragrant white flowers. While one evergreen can produce as many as 60,000 flowers, only one percent of them will turn into fruit.

Oranges originated in ancient Asia, and from there they spread to India. The Moors, Italian traders and explorers, and the Portuguese introduced sweet oranges into Europe around the 15th century, while orange trees were grown in the Caribbean after Columbus brought seeds there. Spanish explorers brought oranges to Florida in the 16th century, and Spanish missionaries delivered them to California in the 18th century.



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

### Cooking Corner

#### ORANGE PUMPKIN SMOOTHIE



##### Ingredients

1/2 cup cooked pumpkin  
puree, fresh or canned  
2 large seedless navel oranges,  
peeled  
1/2 teaspoon ground cinnamon  
1/2 cup coconut milk or  
yogurt, optional

##### Preparation

Puree the pumpkin, oranges  
and cinnamon in a blender.  
If desired, add coconut milk  
or yogurt and process; serve  
immediately.

##### Nutritional Information

96 calories, 0 g. fat, 0 mg.  
cholesterol, 149 mg. sodium,  
24g. carbohydrate, 5 g. fiber, 2  
g. protein

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