

# FoodWise Nutrition

## February 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.

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### FOOD RESOURCES

This month we are highlighting food security resources in Iron County.

#### MONTREAL

**Iron County Food Pantry & Treasure House**  
72 Michigan Avenue,  
Montreal, WI 54550  
Phone: 715-561-4450  
Email: [joewal@centurytel.net](mailto:joewal@centurytel.net)  
Hours: Mondays, 9:00 a.m.—4:00 p.m.

*\*Food pantry is available to Iron County residents. Must provide proof of residency by showing current utility bill. The Treasure House is available to anyone (no requirements).*

#### MERCER

**Mercer Area Food Pantry**  
2657 Railroad Street,  
Mercer, WI 54547 (Town Hall building)  
Phone: 715-476-7655  
Email: [minisanlouise@yahoo.com](mailto:minisanlouise@yahoo.com)  
Facebook: [facebook.com/mercercityareafoodpantry](https://www.facebook.com/mercercityareafoodpantry)  
Hours: Tuesday & Friday, 11-1:00

*\*Food pantry shopping hours available to Mercer, Springstead, Manitowish, Winchester, and Oma residents only. Must provide proof of residency. Also offers USDA, DATCP & Farm 2 Home box distributions, which is available to everyone (no requirements). Follow Mercer Area Food Pantry's Facebook page for distribution announcements.*

#### HURLEY

**Iron County Mobile Food Pantry**  
606-607 3rd Ave  
Hurley WI 54534 (location each month)  
Phone: 715-561-2695  
Email: [rebecca.holm@wisc.edu](mailto:rebecca.holm@wisc.edu)  
Hours: Last Monday of the month, 1:00—4:00 p.m.

*\*Available to Iron County residents. Call or email the contact information above to see if you qualify. Registration can be done over the phone. The next Iron County Mobile Food Pantry takes place on Monday, February 22, 2021.*



## RECIPES OF THE MONTH



### Wisconsin Chili Lunch

Celebrate all Wisconsin Farm to School has to offer by participating in the Wisconsin Chili Lunch on February 25th, 2021 or any day this coming February!

This event is all about increasing child and student access to nutritious foods and supporting Wisconsin farms by increasing their access to local institutions.

Join the festivities with schools, hospitals, colleges, business campuses, community organizations or as an individual or family. We've included a great chili recipe in this newsletter to get you started!

## GARDEN CHILI

### INGREDIENTS

- 3/4 pound ground beef (lean, 10% fat)
- 1/2 cup green pepper (chopped)
- 1/2 onion (large, chopped)
- 1/2 cup celery (chopped)
- 2/3 cup kidney beans (canned, drained and rinsed)
- 1/2 cup corn (sweet)
- 1 can tomato sauce (8 oz)
- 1 cup tomatoes (chopped fresh)
- 1 dash black pepper
- 1/2 teaspoon garlic powder
- 2 teaspoons chili powder



### DIRECTIONS

1. Wash your hands and work area.
2. Place ground beef in a skillet sprayed with non-stick cooking spray. Brown meat over medium-high heat, stirring occasionally to break it into pieces. Drain fat and blot meat with paper towels. Transfer beef into a colander and rinse with very hot water to further remove fat.
3. Add green pepper, onion, and celery. Cook until softened.
4. Add beans, corn, tomato sauce, chopped tomatoes, pepper, garlic and chili powder.
5. Cook mixture over low heat for 20 minutes.
6. Serve hot in bowls. Or serve as a dip with baked tortilla chips or on a bun.
7. Cover and refrigerate leftovers within 2 hours.

## SOUL-HEALTHY CORNBREAD

Serve this sweet cornbread with your favorite savory entrée.



### INGREDIENTS

- 1 cup cornmeal
- 1 cup flour (all purpose)
- 1/2 cup sugar
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1 cup low-fat buttermilk
- 1/2 cup applesauce, unsweetened
- 4 egg whites (1/2 cup)
- 2 tablespoons vegetable oil

### DIRECTIONS

1. Preheat oven to 400 degrees. Lightly spray and 8 inch square pan with vegetable oil cooking spray.
2. Mix dry ingredients in a medium-sized mixing bowl.
3. Add the rest of the ingredients and mix well by hand.
4. Pour the batter into the sprayed pan and shake to make it level.
5. Bake until a toothpick inserted in the center comes out clean, about 25 minutes.
6. Allow to cool, then cut into 12 squares.

## 3-CAN CHILI

With almost no cooking required to prepare this chili, just open cans of beans, corn, and tomatoes, and heat everything together in a pan!



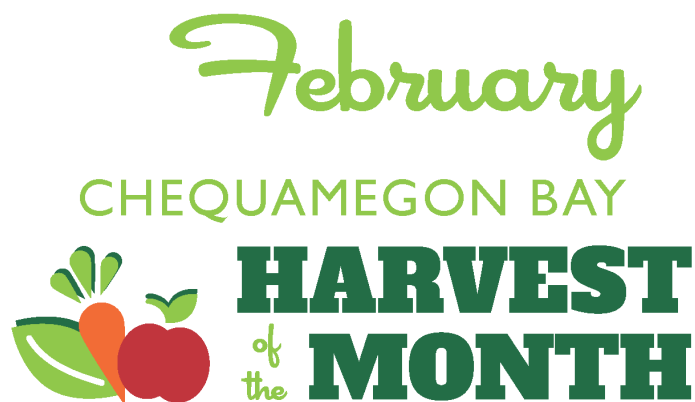
### INGREDIENTS

- 1 can beans, low-sodium undrained (pinto, kidney, red, or black 15.5 ounces)
- 1 can corn, drained (15 ounces, or 10-ounce package of frozen corn)
- 1 can crushed tomatoes, undrained (15 ounces)
- chili powder (to taste)

### DIRECTIONS

1. Place the contents of all 3 cans into a pan.
2. Add chili powder to taste.
3. Stir to mix.
4. Continue to stir over medium heat until heated thoroughly.
5. Refrigerate leftovers.

## HARVEST OF THE MONTH



# CABBAGE

### Nutritional Benefits

Cabbage is high in beta-carotene, vitamin C and fiber, and may help in reducing the effects of some kinds of cancer.

### How to Select

Select cabbages that are solid, heavy and unsplit -- wrapper leaves should be clean and flexible but not limp.

### How to Store

Fresh cabbage can be stored up to two weeks in the refrigerator but needs to be covered loosely with a plastic bag or in a perforated bag. Cabbage should only be washed just prior to using — extra moisture in storage will accelerate deterioration.

### How to Eat

To prepare cabbage, cut the head into quarters. Place one of the cut edges of the cabbage on the cutting board and slice to the desired thickness. Cabbage can be used in cole slaw, stir fry, soups and stews, or fermented.

### Did you know?

- ✓ Cabbage has been cultivated for centuries and dates back to Greece in 600 B.C.
- ✓ Varieties include green, red, and savoy or crumpled leaf cabbage.
- ✓ Wisconsin ranks #1 in the nation in cabbage production for sauerkraut.
- ✓ The World Record for the Heaviest Cabbage weighed in at 138.25 pounds at the 2012 Alaska State Fair.

Brought to you by the  
Healthy CHANGE Coalition





## HARVEST OF THE MONTH

### Buy Local

Every year **Spirit Creek Farm** in Cornucopia, WI buys over **10 TONS** of cabbage from local farms for their sauerkraut and other high-quality fermented foods. Find Spirit Creek products at the following area retail locations:

- Chequamegon Food Co-op in Ashland
- Ehler's General Store in Cornucopia
- Leino's Gas Station in Washburn
- Washburn IGA
- White Winter Winery in Iron River

Learn more at [www.spiritcreekfarm.com](http://www.spiritcreekfarm.com)

### What is Kimchi?

Kimchi is another fermented cabbage product, and is a traditional Korean side dish. Kimchi typically uses napa cabbage instead of a regular head of green cabbage.



Many people either love or hate Kimchi, as it has a very distinct and pungent taste, as does sauerkraut. Along with the cabbage, radishes, ginger, green onion are often added.



What makes Kimchi so unique is the seasonings, which consists of a mixture of gochugaru (Korean chilies), scallions, garlic, ginger, and your choice of salted seafood. Extra fish sauce, ginger, garlic, salt, pepper, and scallions are often added for personal preference. Spirit Creek Farm also makes Kimchi that is sold at the co-op!



### Cooking Corner

#### HOMEMADE SAUERKRAUT



#### Ingredients

- 6 heads cabbage, shredded
- 1 quart water
- 1 cup salt
- 1 pint vinegar
- 12 quart jars and canning lids

#### Preparation

1. Heat water, salt, and vinegar.
2. Pack shredded cabbage into jars as tight as you can. Pour hot liquid over making sure to "burp" out any air bubbles. Wipe rim of jar and put lid on.
3. Store in a cool, dark place. It will take 6 to 8 weeks to ferment.

Created for the Healthy CHANGE COALITION by Sara Beadle, Chequamegon Food Co-op. Questions? Contact Sara at (715) 682-8251 or [sarab@cheqfood.coop](mailto:sarab@cheqfood.coop).