

# FoodWise Nutrition

## March 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 two Bad River food programs, FRTEP, the Federally Recognized Tribal Extension and the Bad River Food Sovereignty Program.



FRTEP, The Federally Recognized Tribal Extension, has worked to stay connected with Bad River youth through virtual education during the past year of COVID.

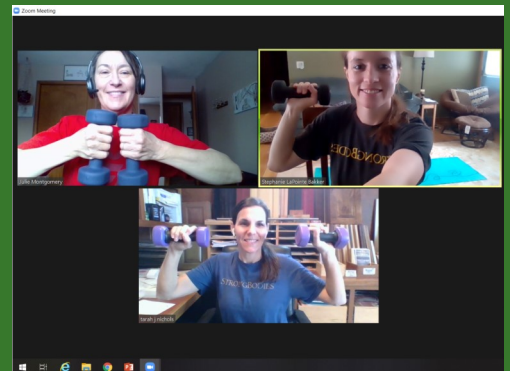
Joy Schelble, FRTEP Educator, has taught a number of Zoom classes and provided video instruction on plant identification, container gardening, healthy food preparation, and physical activity.

All of the FRTEP lessons include some regional and culturally relevant content as well as a chance to practice Ojibwemowin, the Ojibwe language. FRTEP has partnered with Mashkisibi Boys and Girls Club, Mashkiizibii Youth Services, Bad River Food Sovereignty, Bad River Daycare families, and Great Lakes Indian Fish and Wildlife Commission, Ashland County SPARK, Ashland County 4-H, and Ashland County FoodWise to bring this programming to kids and families in Bad River.

*Continue to page 2 for information on the Bad River Food Sovereignty program.*

### PROGRAM HIGHLIGHT

Ashland/Bayfield/Iron/Douglas County FoodWise is just finishing up an 8-week virtual StrongBodies strength training program, which was offered to Douglas, Bayfield, Ashland and Iron County residents 18 years of age or older.



Participants learned about the benefits of strength training, such as reducing risk for chronic disease and increasing muscle mass and bone density. FoodWise hopes to offer this program again in the future.

## FOOD RESOURCES (continued)

The Bad River Food Sovereignty Program is a Tribal Initiative to expand its ability to build a sustainable food system to address the nutritional needs of the Bad River Community and to build an appreciation of the health benefits of growing our own food. The program provides training on gardening, processing the food harvested, and supplementing the tribal food economy by bartering and/or selling member excess foods at a tribal Farmer's Market. Further, the program undertakes wild harvests of traditional medicinal plants and foods.

I have been in the position of Program Coordinator for almost three years and had volunteered in the program for at least three years prior. The Food Sovereignty Program has been a learning experience and provided many opportunities to educate community members in a variety of ways that have proved enjoyable and exciting.

In 2015, the Food Sovereignty Program obtained two high tunnels each of which contain four rows of garden beds approximately 8' by 4'. Another high tunnel was donated in 2020, by the Bad River Housing Authority. It is currently under construction and will be used to increase the varieties and amount of produce: potatoes, cabbage, tomatoes, peppers, onions, garlic, celery, spinach, lettuce, carrots, beets etc.; herbs are grown on site in containers: basil, dill, marjoram, thyme, parsley, and cilantro. There are three garden areas that contain teas: Spearmint, Lemon Balm, Peppermint, Bee Balm, Calendula, Mullein and Anise Hissop. In addition to the three high tunnels there are plans for four community gardens throughout the Reservation, two of which are in current production. One of which is a garden that attempts to supplement food for the Elderly Feeding Program and another that provides teas and perspective for the Bad River Recovery House. Wild harvests of Sumac, Mullein, Blue Vervain, Dandelion Root, Wild Leeks, and other plants is one important activity for the program. Other activities include making maple syrup and annual pruning of apple trees in the small tribal orchard. Many of these activities have been done in partnership with FRTEP and other tribal programs. Ojibwemowin, the Ojibwe language is used in connection with many of Food Sovereignty activities.

In partnership with Joy Schelble of FRTEP, Food Sovereignty (Food Sov.) has been successful in organizing and holding Dine & Learns. Food Sov. arranges for a host with a food related skill who will teach and provide a demo of their work. Food Sov. serves a meal made of food grown on site or locally sourced organic food. These events have been highly informative and entertaining e.g. the first Dine & Learn was the rendering of Bear Fat for use in future events to make medicinal salves, beauty products: sugar scrubs, lip balm and for use in cooking; others include making tamales using venison, egg rolls with elk meat, wontons with lake fish and dried leeks/wild onions and so on.

The program is further expanding its efforts to bring more nutritional food to the community by growing produce at an offsite farm about 20 miles from the reservation. This farm land measures almost 20 acres and was previously donated by a sheep farmer. One field will be mowed, tilled, planted, food harvested and processed in the spring/summer/fall of 2021.

It is the vision for the program that a significant number of tribal members decide to take on the humbling task of growing their own food in their own garden or a community garden; that they engage in the harvest of wild plants to obtain the benefit(s) of the medicines in the plants; that they reap of benefits of better health from the food grown themselves and the work involved therein.

Lastly, the Food Sovereignty Program has been the recipient of myriad donations including organically raised pigs that have been processed and distributed to community members, other programs that purchase kitchen supplies and equipment such as meat grinders, and funds from private individuals to purchase supplies and equipment that otherwise could not be obtained. The Food Sovereignty Program is deeply indebted to all those individuals whose kindness and support motivate them to attend our events; volunteer their labor; and provide spiritual support and much needed guidance.

Food Sovereignty Director  
Loretta Livingston

## FOOD FACTS-TIPS TO AVOID FOOD WASTE

Food waste is a major concern. Wasted food is a huge challenge to our natural resources, our environment, and our pocketbooks. 30 to 40 percent of food in the United States goes uneaten—as much as 20 pounds of food per person a month. That means Americans are throwing away the equivalent of \$165 billion in food each year. Below are some tips to help your family avoid food waste.

- Be aware of how much food you throw away.
- Don't buy more food than can be used before it spoils.
- Plan meals and use shopping lists.
- Avoid impulse and bulk purchases, especially produce and dairy that have a limited shelf life.
- While eating out, be more of a mindful eater by eating a smaller portion and bringing your leftovers home.
- Check the temperature settings of your fridge. Make sure your refrigerator thermometer is at 40° F or below to keep foods safe. Your freezer should be

0° F or below.

- Avoid overpacking your refrigerator to allow air to circulate, which keeps your food properly chilled.
- Wipe spills immediately, which reduces growth of bacteria and helps prevent cross contamination.
- Refrigerate peeled or cut veggies for freshness and to keep them from going bad.
- Use your freezer! Freezing is a great way to store most foods to keep them from going bad until you are ready to eat them.
- Check your fridge often to keep track of what you have and what needs to be used. Eat or freeze items before you need to throw them away.
- To keep foods safe while entertaining, remember the 2-Hour Rule: don't leave perishable foods out at room temperature for more than two hours, unless you're keeping hot foods hot and cold foods cold. If you're eating outdoors and the temperature is above 90° F, perishable foods shouldn't be left out for more than one hour.

If you would like to read more about this topic, visit: <https://www.fda.gov/media/101389/download>

## RECIPES OF THE MONTH

Quiches and soups are a great way to reduce food waste by using up foods in the fridge, throw any extra vegetables or protein that you have left over into recipes. Check out this month's recipes below!

### BASIC QUICHE

#### INGREDIENTS

- 1 pie crust (baked, 9-inch)
- 1 cup vegetables (chopped broccoli, zucchini, or mushrooms)
- 1/2 cup cheese (shredded)
- 3 eggs (beaten)
- 1 cup milk (non-fat)
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 1/2 teaspoon garlic powder



#### DIRECTIONS

1. Preheat oven to 375 degrees.
2. Chop vegetables until you have 1 cup of chopped vegetables.
3. Cook the vegetables until they are cooked, but still crisp.
4. Add vegetables and shredded cheese into a pie shell.
5. Mix the eggs, milk, salt, pepper, and garlic powder in a bowl.
6. Pour the egg mix over the cheese and vegetables.
7. Bake 30-40 minutes or until knife inserted near the center comes clean.
8. Let quiche cool for 5 minutes before serving.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/basic-quiche>

### GARDEN VEGETABLE SOUP

#### INGREDIENTS

- Non-stick cooking spray
- 2 carrots, sliced
- 1 small onion, chopped
- 1/4 teaspoon garlic powder (or 1/2 garlic clove, minced)
- 3 cups broth (beef, chicken or vegetable)
- 1 cup chopped green cabbage
- 1 can green beans, undrained (14 ounces)
- 1 can diced tomatoes, undrained (14 ounces)
- 1/2 teaspoon Italian seasoning
- 1 zucchini, chopped



#### DIRECTIONS

1. In large saucepan sprayed with non-stick cooking spray, sauté carrots, onion, garlic over low heat for 5 minutes.
2. Add broth, cabbage, green beans, tomatoes, and Italian seasoning; bring to a boil.
3. Cover, lower heat. Simmer about 15 minutes or until carrots are tender.
4. Stir in zucchini and heat for 3-4 minutes. Serve hot.
5. Refrigerate leftovers.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/garden-vegetable-soup>

## HARVEST OF THE MONTH

# March

CHEQUAMEGON BAY



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



# KOLRABI & TURNIPS

### Nutritional Benefits

Kohlrabi and turnips are high in fiber and an excellent sources of Vitamin C.

### How to Select

When purchasing kohlrabi, look for small bulbs with fresh tops and thin rinds. Turnips should be unblemished and smooth. Larger bulbs of either vegetable have a tendency to be woody and tough.

### How to Store

For best results, store kohlrabi and turnips in the refrigerator to keep them cool and moist. Produce bags can keep kohlrabi and turnips fresh for over a month. It is not recommended to freeze these vegetables, as it changes their texture.

### How to Eat

The main edible part of kohlrabi is the rounded, enlarged stem section. Kohlrabi taste best peeled and it can be boiled, baked, steamed, fried or eaten raw. The large bulb is the most commonly eaten part of the turnip, although the greens can be steamed too. Turnips can be prepared just like kohlrabi but oven roasted might be the most delicious.

### Did you know?

- ✓ Kohlrabi is a German word meaning “cabbage turnip.”
- ✓ In Ireland, before pumpkins were introduced, Jack o Lanterns were carved from turnips for Halloween.
- ✓ Kohlrabi and Turnips are members of the brassica family and are related to broccoli, cabbage, kale, cauliflower, brussel sprouts and rutabagas, which are also known as swedes.

Brought to you by the  
Healthy CHANGE Coalition





## HARVEST OF THE MONTH

### On the Garden

It's never too early to start planning your garden.

Kohlrabi and turnips grow well in cool climates, which means they are perfect vegetables for the Chequamegon Bay!

Sow seeds directly in the ground in early spring as soon as the soil is workable. For an earlier harvest, seeds can be started indoors 4-6 weeks before transplanting outdoors. For a continuous supply of fresh vegetables throughout the harvest season make small plantings every 2-3 weeks. Plants are cold-tolerant and will survive in the garden long after frost.

Place seeds ¼-½" deep and thin the seedlings to 2-5" apart (or more if you are growing one of the huge varieties). Abundant moisture will prevent them from becoming tough and woody.

Harvest kohlrabi when the bulb is a diameter of two to four inches in size. You do not want the bulb to become too large, because then it becomes woody and less desirable in taste.

### Play With Your Food

Draw a funny face on all of the vegetables that are part of the *brassica family*



Answer: Kohlrabi, Cauliflower, Green and Red Cabbage, Brussels Sprouts, Kale, Broccoli, and Turnips are all in the brassica family



### Cooking Corner

## Kohlrabi Au Gratin



#### Ingredients

4 small kohlrabi, thinly sliced  
½ cup thinly sliced kohlrabi leaves  
2 tbsp finely chopped onion  
½ cup shredded Parmesan  
½ cup heavy cream  
¼ tsp salt  
¼ tsp pepper  
3 Tbsp seasoned bread crumbs

#### Preparation

1. Layer half the slices on the bottom of a buttered shallow 1 qt casserole dish, then half the onions, 3 Tbsp cheese, half the kohlrabi leaves, half the salt, and half the pepper.

2. Repeat and top with the remaining cheese and bread crumbs.

3. Bake covered for 30 minutes and uncovered for 15 minutes at 300 F.

Created for the Healthy CHANGE Coalition by Sara Beadle, Chequamegon Food Co-op.  
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