

FoodWise Nutrition

May 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.

University of Wisconsin-Madison Division of Extension Ashland, Bayfield, Iron County FoodWise Nutrition Team

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FOOD RESOURCES

It's beginning to be garden season in the north country. Time to choose our vegetable seeds and plants for the summer ahead. Gardening is a great way to add fruits and vegetables to our diets. You can choose to grow the things you like to eat as well as try new veggies that you are curious about like kohlrabi. Plus, you can't beat the taste of home grown produce - such as a freshly picked juicy ripe tomato. The great taste comes from picking produce at the peak of ripeness and plant what we like to eat.



Written by Darrin Kimbler, Extension Iron County Agriculture Educator and owner of Taiga Farm & Vineyards.

Gardening also helps to get us outside and active. Planting, weeding and harvesting are great sources of low impact physical exercise. Being active and outside also feeds our mental health. Between the extra vegetables we are eating and the exercise we get from growing them, gardening is a great way to get into or stay in physical and mental shape.

IRON COUNTY MOBILE FOOD PANTRY

The next Iron County Mobile Food Pantry takes place on Monday, 24th from 12:00-1:00 pm. **Which is one week earlier due to Memorial Day.**

For more information, contact Extension Iron County office manager, Rebecca Holm at 715-561-2695 or email rebecca.holm@wisc.edu.

RED CLIFF BOYS AND GIRLS CLUB

Here are upcoming dates for food box giveaways:
May 13th and May 27th from 8:00 a.m. until 3:00 p.m.

The address is: Boys & Girls Club, 89645 Youth Center Drive, Bayfield, WI 54814. It is open to anyone who is hungry. People are allowed to pick up boxes for other families as well. Rain or shine!

RECIPES OF THE MONTH

FLAVORED WATER

INGREDIENTS

- 1 Lime
- Mint leaves (5 optional)

DIRECTIONS

1. Wash all produce.
2. Collect, slice, and measure all ingredients before starting to prepare the recipe.
3. Add all ingredients plus enough cold water to fill a 2-quart pitcher. Chill overnight in the refrigerator for the most flavor, and store in the refrigerator until ready to drink. The fruit will stay fresh in the water for up to 48 hours after being prepared.
4. After you drink the water, you can eat the fruit or blend it into a smoothie!

NOTES

Try these refreshing flavor combinations, or create your own!

Watermelon Lime

- 1 cup watermelon
- 1 lime
- 5 mint leaves (optional)

Pineapple Grape

- 1 cup canned diced pineapple
- Pineapple juice from can
- 1 cup grapes

For more flavor combinations, visit: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/flavored-water>



BACKYARD BUG SNACKS

Here is a fun recipe idea that is sure to be a hit with your children or grandchildren! What a great way to add fruits and vegetables into your little ones diet.

INGREDIENTS/DIRECTIONS

For Butterflies

- Celery sticks
- Peanut butter
- Mini pretzels
- Candy eyes

Rinse and cut your celery into 3-4 inch slices. Apply peanut butter into the middle and insert two mini pretzels. Then add two candy eyes.

For Caterpillar

- Grape
- Wooden skewers
- Candy eyes
- Icing gel or edible black marker

Rinse and dry about 20 grapes. Carefully skewer the grapes. Using the icing gel, draw a smile. Then add two candy eyes.

For Lady Bug

- Crackers
- Cheese
- Grape tomatoes
- Black olives
- Candy eyes
- Icing gel or edible black marker



Use your cracker as a guide to size your cheese. Place the cheese on top of the cracker. Cut grape tomato almost in half, leaving a tiny connection at one end. Open and lay flat on the cheese. Cut a black olive in half and place upside down at top of the tomato. Place the eyes inside the black olive and add the spots with icing gel.

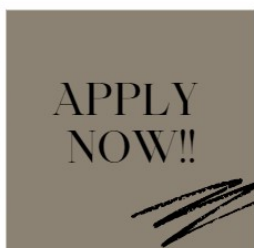
If you would like to read more about this recipe, visit: <https://www.thecraftingchicks.com/back-yard-bug-snacks>.

FOODWISE IS HIRING—JOIN OUR TEAM!

FoodWise is on the lookout for someone to join the Ashland, Bayfield, Iron County team as their newest Nutrition Educator!

Nutrition Educators are peer educators who adapt teaching to honor cultures and experiences. We engage people from the diverse communities of Wisconsin to adopt healthy food and physical activity habits. This position is a part of the Division of Extension Institute of Health and Well-Being and the FoodWise Program.

For more details visit: <https://iron.extension.wisc.edu/2021/04/20/foodwise-ashland-bayfield-iron-county-hiring-nutrition-educator/>



Free

StrongBodies Virtual Strength Training Class

Lifting Wisconsin to Better Health



STRONGBODIES

Sign Up Today!

New Classes run May 4th-June 24th

Tuesdays and Thursdays from 9:00 am –10:10 am

Join us from the comfort of your home

New Participants Register at:

<https://go.wisc.edu/745t99>

Returning participants do not need to re-register

Limited exercise equipment available for participant use

Benefits of Strength Training:

Reduced risk for chronic disease

- ◆ Diabetes
- ◆ High Blood Pressure
- ◆ Heart Disease
- ◆ Osteoporosis
- ◆ Arthritis
- ◆ Some Cancers

Increased

- ◆ Strength
- ◆ Muscle mass
- ◆ Bone density
- ◆ Ability for daily physical activity

Questions? Contact your local FoodWise Program

(Douglas County) Julie 715-395-1427 or email julie.montgomery@wisc.edu

(Douglas County) Tarah 715-395-7443 or email tarah.nichols@wisc.edu

**(Ashland/Bayfield/Iron County) Stephanie Bakker 715-682-7017 or
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**Offered as a free service by UW-Madison FoodWise Division of Extension -
Ashland, Bayfield, Douglas & Iron Counties**



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Ramps

Nutritional Benefits

Ramps are a wonderful source of vitamin A, and iron. As part of the allium family, ramps are rich in several sulfurous compounds, which help our bodies detoxify and offer us anti-inflammatory. Bonus tip: Sulfuric acid is what makes you cry when you cut onions.

How to Select & Store

Ramps are often foraged for, and can commonly be found in our region. Some stores, like the co-op, also sell these when they become in season during the spring. You can often identify a patch of ramps by they're oniony smell. Ramps have two leaves that grow from a bulb below ground similar to that of a green onion. You can also tell a ramp by their red stems. Store cleaned ramps in the fridge, with the bulbs submerged in water. Ramps will only last about 3-5 days and their leaves will start to wilt.

Preparation and Flavor

Ramps taste like a cross between garlic and leeks. They are a great addition to anything you normally add garlic or onions to. Once you cut the roots off, every part of the plant is edible from bulb to leaves.

Did you know?

- ✓ Ramps have many names! They are also commonly known as wild leeks, wood leek, ramson, and wild garlic.
- ✓ Ramps are most often found in cool shaded areas of deciduous woods with rich soil.
- ✓ The city of Chicago was named after a patch of ramps. The plant's indigenous name is shikaakwa (chicagou). And is also why Chicago's nickname is the wild onion.
- ✓ You don't want to harvest too many ramps, as they are becoming harder to find. In Canada, they are a protected species.

Brought to you by the
Healthy CHANGE Coalition



HARVEST OF THE MONTH

Ramping it up!



A great way to keep ramps for longer is to pickle them!

Pickled Ramps

- 1 pound ramps
- 2 cups distilled white vinegar
- 1 1/2 cups water
- 1 1/2 cups sugar
- 1/4 cup salt (or to taste)
- 3 bay leaves
- 1 tablespoon yellow or brown mustard seeds
- 6 whole allspice berries
- 1 tablespoon crushed red pepper flakes

1. Trim the tops from the ramps and reserve for another use. Pack the ramps into a wide-mouth jar with lid.
2. Combine remaining ingredients in a saucepan. Bring to a boil, whisking until sugar and salt are completely dissolved.
3. Pour hot brine over ramps, pushing them down so they are covered by the brine.
4. Place the lid on the jar and allow to cool to room temperature.
5. Refrigerate for 1-2 weeks before consuming.



Cooking Corner

Ramp Butter



Ingredients

- 1 lb unsalted butter at room temperature
- 15 - 20 large ramps (6-8oz total)
- 1 tablespoon lemon juice
- 2 teaspoons lemon zest
- Salt (to taste)
- Fresh ground black pepper

Preparation

Trim the root end and wash ramps very thoroughly. Bring a pot of salted water to a boil, and set aside a bowl of very cold water with lots of ice. Blanch ramps in boiling water for just 30 seconds then remove them and plunge them in the ice water to stop the cooking. Drain and squeeze out as much water as possible. Spread ramps out on paper towel to allow to dry a bit more.

If you are using a food processor, roughly chop the ramps and add them to the bowl along with the butter, lemon zest and juice. Process until they reach the texture you want.

If you are not using a processor, chop the ramps finely and place in a bowl with butter, lemon zest and juice. Mix until well combined (you could also use a stand mixer with the paddle attachment). Add salt and pepper, tasting as you go.

You can pack compound butter into air-tight containers or even ramekins and store them in the refrigerator for about a week. The traditional method is to roll the butter into logs, either in parchment or plastic wrap, so they can be chilled and sliced. You can freeze the rolls for months and just slice off what you need and re-wrap well.

Serving Suggestions

- Toss with pasta and add parmesan
- Mix in with scrambled eggs
- Rub on an ear of corn
- Let melt over grilled vegetables, chicken, fish, or steak
- Keep it simple, and spread on your favorite bread

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