

FoodWise Nutrition

July 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

RED CLIFF FOOD DISTRIBUTION CENTER SUMMER FOOD PROGRAM

June 14—August 31, 2021

The Summer Lunch Program will be providing FREE lunches and snacks for children aged 0-18. The program starts June 14 and will go through August 31.

Lunches and snacks will be served from 11:00 AM—12:00 PM at the following pick up sites:

- Red Cliff Food Distribution
- New Housing Park
- Hillside Park
- Birch Bark Park

Please contact 715-779-3706 or 715-779-3700 with any questions.



IRON COUNTY MOBILE FOOD PANTRY

The next Iron County Mobile Food Pantry takes place on Monday, July 26th from 12:00-1:00 pm.

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



RECIPES OF THE MONTH

STRAWBERRY SMORES

No campfire required for these fruity graham cracker snacks!

INGREDIENTS

- 2 strawberries
- 1 graham cracker
- 1/8 cup yogurt, low-fat vanilla (2 tablespoons)



DIRECTIONS

1. Rinse the strawberries in water.
2. Slice the strawberries.
3. Add the yogurt and strawberries to 1/2 of graham cracker.
4. Top with the other 1/2 of graham cracker.
5. Enjoy immediately.

Recipe available at: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/strawberry-smores>

CUCUMBER DILL SALAD

Cool, delicious cucumber salad. For a pretty salad, peel only half of each cucumber, leaving strips of skin on each, then slice.

INGREDIENTS

- 4 cucumbers, thinly sliced
- 1 small white onion, thinly sliced
- 1 cup white vinegar
- 1/2 cup water
- 3/4 cup white sugar (adjust to preferred taste)
- 1 tablespoon dried dill, or fresh to taste

DIRECTIONS

Toss together the cucumbers and onion in a large bowl. Combine vinegar, water, and sugar in a saucepan over medium-high heat. Bring to a boil, and pour over the cucumber and onions. Stir in dill, cover, and refrigerate until cold. This can also be eaten at room temperature, but be sure to allow the cucumbers to marinate for at least 1 hour.



FOODWISE CELEBRATING WISCONSIN SCHOOL GARDEN DAY AT THE HURLEY SCHOOL GARDEN

The Hurley School District 4th grade students celebrated Wisconsin School Garden Day on May 20th, in the Hurley School garden with FoodWise Educator, Deb Leonard. Together, they engaged in garden-based activities by planting two varieties of potatoes, carrots, onions and radishes. Deb showed the students how to plant the various vegetables and how they will be harvesting them in the fall when they are 5th graders. They also discussed how veggies are a great source of nutrients. Students were very enthusiastic in using the new garden tools provided by FoodWise, to plant and water all the seeds. What a great way to teach the students about gardening!



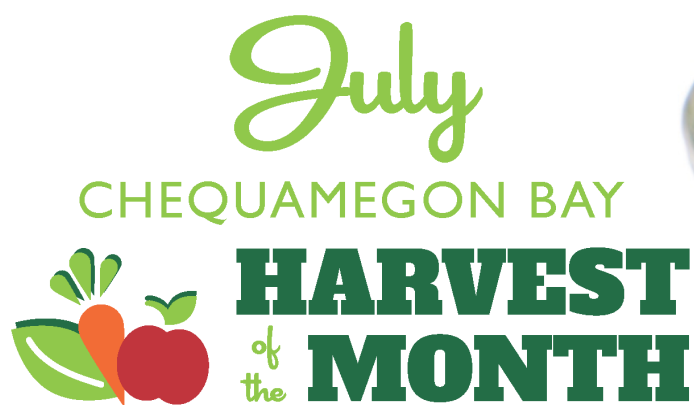
Pictured far left to right:

Hurley School District 4th grade students enjoyed learning about planting vegetables in the Hurley School garden on Wisconsin School Garden Day!

FoodWise is supplying fun tools to grow garden to table veggies, herbs and flowers.



HARVEST OF THE MONTH



Cucumber

Did you know?

Nutritional Benefits

Cucumbers are a low-calorie and fat free snack. A ½ cup of sliced cucumbers is a good source of vitamin K and a source of water, a vital nutrient for the body. The recommended daily amount of fluid is about eight cups per day, or 64-ounces total. Every cell, tissue, and organ in your body and nearly every bodily function needs water to operate. Water carries nutrients, helps maintain normal body temperature, lubricates joints, and helps get rid of waste products. Fruits and vegetables have water. Eating them can help you get the eight cups of fluid you need daily. Melons, tomatoes, and strawberries are other champion sources of water.

How to Select & Store

Look for cucumbers that are firm and rounded and aren't shriveled near the ends. Slender cucumbers typically have fewer seeds and those that bulge in the middle are likely filled with large seeds. The skin should be bright green and not yellow. You don't need to peel cucumbers prior to eating them, especially fresh, local cucumbers. In fact, most of the nutritional value is in the skin. Store uncut and unwashed cucumbers in the vegetable crisper in your refrigerator. Cut cucumbers should be wrapped in plastic and used within 2 days. Fresh cucumbers are available in Wisconsin from mid-July through September.

- ✓ The inside of a cucumber can be up to 20 degrees cooler than the exterior, hence the phrase "cool as a cucumber."
- ✓ Cucumbers belong to the group of vegetables known as cucurbits, which includes other vine crops such as melons, pumpkins, and squash.
- ✓ Cucumbers were first cultivated in India about 3,000 years ago and brought to America by European trappers, hunters, and explorers who traded with native tribes of the Great Plains and Rocky Mountains for squash seed.
- ✓ Cucumbers are 96% water by weight

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HARVEST OF THE MONTH

All About Cucumbers



“Cool as a cucumber” is an apt idiom—cucumbers have a water content of over 90 percent and an internal temperature that’s sometimes as much as 20 degrees cooler than the outside temperature. Actually a fruit with an enclosed seed, cucumber is in the same family as zucchini, pumpkin and watermelon. It was used for both food and cosmetics in ancient Egypt, Greece and Rome. The French cultivated cukes in the 9th century and the English in the 14th century. European trappers introduced Native American Indians to cucumbers in the 16th century, and in the 1800s colonial gardeners were growing many cucumber varieties.

Today, China is responsible for more than half of the global production of cucumbers, followed by Turkey, Russia, Iran and the U.S.

Cucumbers range in size and color from green to white, smooth or ridged, seedless or seeded, thinner skinned or thicker skinned.

Slicing varieties include Armenian (long, crunchy, thin skinned), English or Burpless (foot long, thin skinned, mildly flavored, easy to digest), and Persian (small, sweet and seedless, with very thin skin and mild flavor). Pickling varieties include Carolina (white spined and blocky), Gherkin (the smallest of the cukes), Kirby (short and bumpy, with yellow to dark green skin) and Lemon Cucumber (a small, round, pale yellow, sweet cuke). A thin-skinned variety called “c-thru-cucumber” was introduced in England in 2008.



Cooking Corner

Cucumelon Salad



Ingredients

- 1 small melon (about 1 pound), seeded and cubed (about 4 cups)
- 1 medium cucumber, cut in half lengthwise, seeded and sliced into half moons
- 1/4 cup chopped fresh herbs, such as basil, mint or tarragon
- Juice and zest of 1 lemon
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper
- Feta cheese, cubed (optional)

Preparation

Toss together all ingredients in a large bowl to combine. Eat as a snack or serve with yogurt or cottage cheese for a light and healthy lunch.

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