

FoodWise Nutrition

October 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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STAFF HIGHLIGHT—Deborah Leonard

Let's get to know FoodWise Educator, Deb Leonard.

How long have you been a Nutrition Educator for Extension Iron County?
16 years

Who are your main partners that you provides education to?
Mercer and Hurley schools, Hurley Head Start, Senior Dining Centers and community events.

What are your favorite veggies?
Summer - zucchini
Fall - spaghetti squash
Winter - broccoli
Spring - asparagus

What is your favorite fruit?
Blood orange

Favorite part of being with FoodWise?
I enjoy bringing food samples to share with learners and listening and watching their reactions to tasting a new food. The joy that learners share about tasting and talking about their favorite foods always brightens my day!

Favorite physical activities?
Bicycling, cross-country skiing, paddle boarding, dancing (not in any particular order)!



Pictured above: Deb and Boudicca, an orphaned lamb from Taiga Farm, which is owned and operated by Extension Iron County Agriculture Educator, Darrin Kimbler.

IRON COUNTY MOBILE FOOD PANTRY

The next Iron County Mobile Food Pantry takes place on Monday, October 25 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.



Pictured right: FoodWise Nutrition Educator, Marisa Perlberg and FoodWise Coordinator, Stephanie Bakker lent a hand at last month's Iron County Mobile Food Pantry on August 30, 2021.

RECIPES OF THE MONTH

PEAR CRISP

INGREDIENTS

- 8 ripe, firm, pears, cored & copped
- 2 tablespoons lemon juice
- 1 1/2 tablespoons, plus 1/2 cup packed brown sugar
- 1/4 cup whole-wheat flour
- 1/4 cup chopped walnuts
- 1/2 cup old-fashioned rolled oats
- 1/2 teaspoon cinnamon
- 1/4 teaspoon salt
- 1/4 cup butter, cut into small pieces
- 1/4 cup canola oil



DIRECTIONS

Preheat oven to 350F. In a large bowl, mix the chopped pears with the lemon juice and 1 TBS of sugar. Transfer to a 9"x13" baking dish. In a medium bowl, mix the 1/2 cup of sugar with the flour, oats, cinnamon, salt, and walnuts. With a fork, thoroughly mix the butter and oil. Sprinkle the crumble evenly over the top of the pears. Bake until the topping is browned and the pears are tender, 50-60 minutes.

SAVE HERBS FOR COOLER SEASONS

Fresh herbs add flavor and presentation to different dishes during the summertime. Carry those great flavors past the lifespan of your plants by drying your excess herbs. Harvest the herbs in the early morning when they are at their maximum flavor, and prepare them by rinsing with cool water, and shaking off the excess moisture. Herbs can be dried in different ways:



- **DEHYDRATOR**—The best practice to dehydrate herbs is with controlled temperature and air circulation. Preheat dehydrator to between 95– and 115-degrees F. Place herbs in a single layer on dehydrator trays and dry between 1-4 hours. Be sure to read your dehydrator instruction manual.
- **AIR DRYING**—To air dry, tie sturdy herbs like rosemary, thyme, parsley and sage together into small bundles and hang them to air dry. Tender leaf herbs (such as basil, oregano, and mint) should be hung inside paper bags to dry due to higher

EASY TO MAKE—CROCKPOT APPLESAUCE

INGREDIENTS

- 10 apples, peeled & sliced
- 1/2 cup water
- 1/2 cup sugar (optional)
- Sprinkle of cinnamon



DIRECTIONS

Add all ingredients to a crockpot. Slow cook on high for 4 hours. You may use an emersion blender/handheld mixer to make smooth, or you can leave chunky.

MARK YOUR CALENDARS!

When: Thursday, October 14, 2021

What is the crunch?

Celebrate National Farm to School Month by collectively purchasing and crunching into locally and regionally grown apples at NOON on Thursday, October 14, 2021. Then share photos from your Crunch on social media. Everyone is welcome to participate in the Great Apple Crunch!



Who: K-12 schools, early care and education sites, hospitals, universities, farms, state and local agencies, non-profit organizations, local businesses, groups, and even households can register to Crunch this year! Anyone who wants to show support for local farmers and school food can join.

Where: Anyone from across Minnesota, Wisconsin, Illinois, Indiana, Michigan, and Ohio can register to Crunch in 2021.

To learn more about National Farm to School Month and farm to school initiatives across the Great Lakes Region, visit: www.FarmToSchool.org

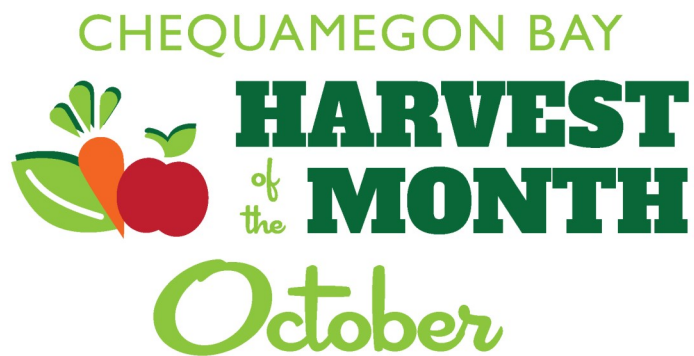
moisture content since they can mold easier. Tear holes in the sides of the bag, suspend the bunch in the middle, and close the top with a rubber band.

- **MICROWAVE DRYING**—Only use to dry 1-2 cups of herbs at a time. Herbs should be single layered in between two paper towels and dried for 1-4 minutes depending on the wattage of the microwave. Check every 30 seconds to prevent scorching.

Herbs are dry when leaves are crispy and crumble easily between the fingers. Store whole or crumpled herbs in an airtight container. They are good for up to 3 months in the cupboard and up to 1 year in the refrigerator or freezer. When substituting dried herbs for fresh herbs in recipes, use 1/4 to 1/3 of the listed amount.

Source: National center for Home Preservation. 2014. "Drying." <https://nchfp.uga.edu/how/dry/herbs.html>

HARVEST OF THE MONTH



WINTER SQUASH

One of the oldest cultivated foods in the Western Hemisphere, squash seeds have been dated back to 8,000 BCE in Mexico. In both North and South America, the seeds and flesh of squash were an important part of the pre-Columbian Indian diet.

Native Americans dubbed squash one of the “Three Sisters” (the siblings are beans and corn) and relied on it for food as well as containers and utensils, thanks to the fruit’s hard shell.

Today, winter squash is commercially grown in Mexico and Costa Rica and, in the U.S., in California and Florida. But you’re likely to have local growers of this easy-to-grow vegetable no matter where you live.

The exact nutrients in a winter squash depend on its variety. In general, we can count on winter squash being low in fat and calories and a good-to-excellent source of vitamin A (in the form of beta carotene, an antioxidant), vitamin C, fiber, magnesium and potassium. It also provides niacin, folate and iron. The darker the orange color of the flesh, the more beta-carotene the squash provides.

When it comes to winter squash, we’re talking a wide variety of fun and quirky-looking produce, from knotty hubbards to smooth butternuts and outrageous turbans. Come fall, there’s no better table decoration than an assortment of winter squash!



Did you know?

- ✓ The carotenoid antioxidants in winter squash may aid in cancer prevention.
- ✓ You can eat the seeds from winter squash, just like pumpkin seeds. Squash seeds contain two healthy oils, linoleic acid and oleic acid.
- ✓ Winter squash is loaded with vitamin A (good for eye health) and vitamin C.
- ✓ There is some evidence that properties in winter squash make it an excellent anti-inflammatory food.
- ✓ Evidence suggests that polysaccharides in winter squash may help regulate blood sugar.

Brought to you by the
Healthy CHANGE Coalition



HARVEST OF THE MONTH

Choosing Your Squash

With a dozen common varieties readily available, choosing a winter squash to prepare can be confusing. Here are descriptions of common varieties, as well as some handy tips for selecting the right squash for you and plenty of delicious squash recipes you'll love.

General selection tips

Winter squash are harvested late summer through fall, then "cured" or "hardened off" in open air to toughen their exterior. This process ensures the squash will keep for months without refrigeration. Squash that has been hurried through this step and improperly cured will appear shiny and may be tender enough to be pierced by your fingernail. When selecting any variety of winter squash, the stem is the best indication of ripeness. Stems should be tan, dry, and on some varieties, look fibrous and frayed, or corky. Fresh green stems and those leaking sap signal that the squash was harvested before it was ready. Ripe squash should have vivid, saturated (deep) color and a matte, rather than glossy, finish.

Acorn

This forest green, deeply ribbed squash resembles its namesake, the acorn. It has yellow-orange flesh and a tender-firm texture that holds up when cooked. Acorn's mild flavor is versatile, making it a traditional choice for stuffing and baking. The hard rind is not good for eating, but helps the squash hold its shape when baked.

Blue Hubbard

Good for feeding a crowd, these huge, bumpy textured squash look a bit like a giant gray lemon, tapered at both ends and round in the middle. A common heirloom variety, Blue Hubbard has an unusual, brittle blue-gray outer shell, a green rind, and bright orange flesh. Unlike many other winter squashes, they are only mildly sweet, but have a buttery, nutty flavor and a flaky, dry texture similar to a baked potato.

Butternut

Butternut squash are named for their peanut-like shape and smooth, beige coloring. Butternut is a good choice for recipes calling for a large amount of squash because they are dense—the seed cavity is in the small bulb opposite the stem end, so the large stem is solid squash. Their vivid orange flesh is sweet and slightly nutty with a smooth texture that falls apart as it cooks. Although the rind is edible, butternut is usually peeled before use.

Delicata

This oblong squash is butter yellow in color with green mottled striping in shallow ridges. Delicata has a thin, edible skin that is easy to work with but makes it a poor squash for long-term storage; this is why you'll only find them in the fall. The rich, sweet yellow flesh is flavorful and tastes like chestnuts, corn, and sweet potatoes.

Heart of Gold/Festival/Carnival

These colorful, festive varieties of squash are all hybrids resulting from a cross between Sweet Dumpling and Acorn, and are somewhere between the two in size. Yellow or cream with green and orange mottling, these three can be difficult to tell apart, but for culinary purposes, they are essentially interchangeable. With a sweet nutty flavor like Dumpling, and a tender-firm texture like Acorn, they are the best of both parent varieties.

Kabocha (Green or Red)

Kabocha can be dark green with mottled blue-gray striping, or a deep red-orange color that resembles Red Kuri. You can tell the difference between red Kabocha and Red Kuri by their shape: Kabocha is round but flattened at stem end, instead of pointed. The flesh is smooth, dense, and intensely yellow. They are similar in sweetness and texture to a sweet potato.

Pie Pumpkin

Pie pumpkins differ from larger carving pumpkins in that they have been bred for sweetness and not for size. They are uniformly orange and round with an inedible rind, and are sold alongside other varieties of winter squash (unlike carving pumpkins which are usually displayed separately from winter squash). These squash are mildly sweet and have a rich pumpkin flavor that is perfect for pies and baked goods. They make a beautiful centerpiece when hollowed out and filled with pumpkin soup.

Red Kuri

These vivid orange, beta carotene-saturated squash are shaped like an onion, or teardrop. They have a delicious chestnut-like flavor, and are mildly sweet with a dense texture that holds shape when steamed or cubed, but smooth and velvety when pureed, making them quite versatile.

Spaghetti

These football-sized, bright yellow squash are very different from other varieties in this family. Spaghetti squash has a pale golden interior, and is stringy and dense—in a good way! After sliced in half and baked, use a fork to pry up the strands of flesh and you will see it resembles and has the texture of perfectly cooked spaghetti noodles. These squash are not particularly sweet but have a mild flavor that takes to a wide variety of preparations.

Cooking Corner

ROASTED SQUASH & CRAISIN SALAD



Ingredients

- 2 cups winter squash, peeled, seeded and cubed
- 2 Tbsp balsamic vinegar
- 1 Tbsp honey
- 1 Tbsp maple syrup
- 1 clove minced Garlic
- 1 tsp Dijon-style mustard
- 4 oz. fresh spinach or other greens
- 1/4 cup dried cranberries
- 2 Tbsp roasted winter squash seeds, toasted
- olive oil, salt, and pepper

Preparation

Spread squash evenly on baking sheet and drizzle with olive oil; season with salt and pepper. Bake at 400°F 15-20 minutes or until tender. Add cranberries to pan for last 5 minutes. Mix balsamic vinegar, honey, maple syrup, garlic, mustard and in small bowl. Whisk in 1 Tbsp olive oil; season with salt and pepper, to taste. Set aside. Combine spinach, squash, cranberries and squash seeds in large bowl. Drizzle with vinaigrette; toss to coat.

Created for the Healthy CHANGE COALITION by the Chequamegon Food Co-op. Questions? Contact the co-op at 715-682-8251 or outreach@cheqfood.coop.

