

FoodWise Nutrition

September 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

Stephanie Bakker, FoodWise Nutrition Coordinator
Extension Ashland, Bayfield, Iron Counties
Phone: 715-682-7017 (Ashland County office)
stephanie.bakker@wisc.edu

Deborah Leonard, FoodWise Nutrition Educator
Extension Ashland, Bayfield, Iron Counties
Phone: 715-561-2695 (Iron County office)
deborah.leonard@wisc.edu

Marisa Perlberg, FoodWise Nutrition Educator
Extension Ashland, Bayfield, Iron Counties
Phone: 715-682-7017 (Ashland County office)
mperlberg@wisc.edu



FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program - SNAP and Expanded Food and Nutrition Education Program - EFNEP. An EEO/AA employer, University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, the Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act.

FOODWISE STAFF UPDATE

This month we wanted to introduce our newest Ashland/Bayfield/Iron County FoodWise Nutrition Educator, **Marisa Perlberg!**

Marisa comes to us with a background in social work and graduated from the University of Wisconsin Superior. She is from the area and attended Hurley School District growing up. Her interests include her hobby farm filled with chickens and dogs, gardening, spending time with family, rock hunting, and self-growth.

Marisa will provide nutrition education in our counties that will empower Wisconsin residents with limited incomes to make healthy choices to achieve healthy lives and reduce health disparities.

Welcome Marisa!



Pictured above: Marisa Perlberg and Hurley Kids Club students harvesting green beans and herbs. Perlberg joined FoodWise educator, Deb Leonard as she wrapped up summer programming in the Hurley School Garden this month.

IRON COUNTY MOBILE FOOD PANTRY

The next Iron County Mobile Food Pantry takes place on Monday, September 27 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.

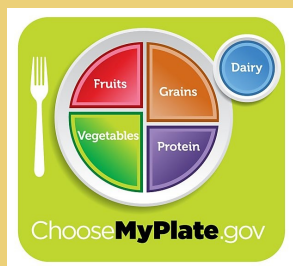
Pictured right: Second Harvest Northern Lakes Food Bank, Dan Wilson and Extension Iron County Community Development Educator and Iron County Mobile Food Pantry volunteer, Amy Nosal.



RECIPES OF THE MONTH

TURKEY BURGERS

Lemon juice give these zesty burgers a real treat for your next cookout. Serve with tomatoes, lettuce, onion, and a whole wheat bun to boost your veggie and whole grains for the day.



Makes: 4 servings

INGREDIENTS

- 1 pound turkey, ground (85% lean)
- 2 onion (medium)
- 3 tablespoons lemon juice (or 1 lemon juiced)
- 1/4 teaspoon Worcestershire sauce
- 1/4 teaspoon parsley (dried or fresh)

DIRECTIONS

1. Chop onions.
2. Combine onions, turkey, lemon juice, Worcestershire sauce and parsley. Mix well.
3. Shape mixture into four patties.
4. Fry in pan on medium heat or grill until internal temperature reaches 165 degrees F.

View this recipe and more at: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/turkey-burgers>

Free

StrongBodies Virtual Strength Training Class

Lifting Wisconsin to Better Health

Sign Up Today!

New Classes start September 14th, 2021

Tuesdays and Thursdays from 9:00 am – 10:15 am

Join us from the comfort of your home

Participants Register at:

<https://go.wisc.edu/745f99>

Limited exercise equipment available for participant use

Benefits of Strength Training:

Reduced risk for chronic disease	Increased
<ul style="list-style-type: none">• Diabetes• High Blood Pressure• Heart Disease• Osteoporosis• Arthritis• Some Cancers	<ul style="list-style-type: none">• Strength• Muscle mass• Bone density• Ability for daily physical activity

Questions? Contact your local FoodWise Program

Julie: 715-395-1427, julie.montgomery@wisc.edu - Douglas County

Stephanie: 715-682-7017, stephanie.bakker@wisc.edu - Ashland, Bayfield, Iron County

Offered as a free service by UW-Madison, Division of Extension, FoodWise Ashland, Bayfield, Douglas & Iron Counties

The University of Wisconsin-Madison Division of Extension provides affirmative action and equal opportunity in education, programming and employment for all qualified persons regardless of race, color, gender, creed, disability, religion, national origin, ancestry, age, sexual orientation, pregnancy, marital or parental, arrest or conviction record or veteran status. Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Please do so as early as possible prior to the program or activity so that proper arrangements can be made. In certain situations, information related to requests may be shared with staff or units necessary to help coordinate an appropriate accommodation.

PROGRAM HIGHLIGHT

FARM TO SUMMER AND THE CUCUMBER CRUNCH

To celebrate summer meals in Wisconsin, Governor Tony Evers recently issued a proclamation declaring July 26-30, 2021 as Summer Meals Week. The Cucumber Crunch is the perfect way to celebrate Farm to Summer in July. States around the Midwest also participated and crunched into locally grown cucumbers to celebrate.

The Ashland, Bayfield and Iron County FoodWise team celebrated with the Hurley Kid's Club in the Hurley School District garden on Wednesday, July 28, by crunching into cucumber slices. FoodWise educator, Deb Leonard, shared that when you take a bite out of a cucumber, the shape of the letter "C", for the word cucumber, shows. Pencil flags displayed a picture of cucumbers.

FoodWise coordinator, Stephanie Bakker, lead the groups in making a cucumber sandwich out of a slice of cucumber, a dollop of hummus and a piece of cheese. A refreshing drink of cool cucumber water finished their garden experience. Students were given a packet of cucumber recipes, fun puzzles and coloring pages to take home.



September

CHEQUAMEGON BAY



HARVEST of the MONTH



Pears

Nutritional Benefits

Pears provide us with potassium, vitamin C, and fiber. The edible skin of pears is an additional source of fiber. Pears offer a natural, quick source of energy, due largely to high amounts of two kinds of monosaccharides: fructose and glucose, plus Levulose, the sweetest of known natural sugars, found to a greater extent in fresh pears than in any other fruit.

How to Select and Store

Look for pears with a smooth unblemished skin and avoid fruits with bruises or cuts. Ripe ones will yield slightly to gentle pressure at the stem end. If pears are unripe, place them in a paper bag at room temperature for 2 to 3 days or store them in a ventilated fruit bowl in a cool, dark place, and refrigerate as soon as they ripen.

How to Eat

Toss chopped pears into a chicken, tuna, green, fruit, or cottage cheese salad. When roasting vegetables, add pear slices to the vegetable mix. Use pears where you would use apples, including as a simple and easy on the go snack.

Did you know?

- ✓ There are more than 3,000 varieties of pears worldwide.
- ✓ Pears ripen better off the tree and from the inside out.
- ✓ The wood of pear trees is one of the preferred materials in the manufacture of high quality woodwind instruments.
- ✓ Pears rank second to the apple as the most popular US fruit.



Brought to you by the
Healthy CHANGE Coalition



HARVEST OF THE MONTH

All About Pears

Pears have been much loved for centuries. In fact, they're referred to as a "gift of the gods" in Homer's *Odyssey*, and some historians date them clear back to the Stone Age.

A member of the rose family and related to apple, raspberries and quince, pear trees were first brought to America by early colonists in the east. While these trees didn't survive, those brought to the west by pioneers in the 1800s thrived. Today, the United States is the third largest pear producer in the world, after China and Italy. The trees still seem to prefer the west; eighty percent of the pears produced in the U.S. are grown in the Pacific Northwest, with Washington boasting the largest production.

There are over 3,000 varieties of pears worldwide—red, yellow, green, brown and stunning combinations of these colors. Most of the pears you'll find in the produce aisle belong to the European or French categories of pears; these are aromatic, sweet and buttery.

Asian pears tend to be milder than European- and French-type pears. Apple-shaped, with a gritty skin and crisp flesh, they're most often used for snacking and in salads.

Republished with permission from strongertogether.coop.

Play with your food

Draw a line to connect the name of each variety of pear to its picture.

Answers: 1) Bartlett 2) Bosc 3) Anjou 4) Seckel



Bartlett



Seckel



Bosc

Anjou



Cooking Corner

Pear Crunch Salad



Ingredients

- 4 stalks celery, trimmed and cut in half
- 2 Tbsp apple cider vinegar
- 2 Tbsp honey
- ¼ tsp salt
- 2 ripe pears, diced
- 1 cup finely diced Cheddar cheese or crumbled blue cheese
- ½ cup chopped pecans, or other nut
- freshly ground pepper
- 6 large leaves lettuce (optional)

Preparation

Soak celery in a bowl of ice water for 15 minutes, then drain, pat dry, and cut into ½ inch pieces. Toast pecans by cooking in a small dry skillet over medium-high heat, stirring constantly, until fragrant and lightly browned, 2-4 minutes. Whisk vinegar, honey and salt in a large bowl until blended. Add pears; gently stir to coat. Add the celery, cheese and pecans, stirring to combine. Season with pepper, and for an extra touch, scoop each serving onto a leaf of lettuce.

CHEQUAMEGON BAY



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