

FoodWise Nutrition

November 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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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.

RECIPE OF THE MONTH

In honor of Treaty Day that took place on September 30 and Indigenous Peoples' Day that took place on October 12, we wanted to share this Three Sisters Soup Recipe. For many Native American communities, three seeds - corn, beans, and squash represent the most important crops. When planted together, the Three Sisters, work together to help one another thrive and survive.



A true comfort recipe to warm you up year-round. Make it your own by using any vegetables or beans that you have on hand.

INGREDIENTS

- 1 1/2 tablespoons vegetable oil
- 3/4 cup diced carrot
- 1 cup chopped onion
- 4 cloves garlic, minced or 1 teaspoon garlic powder
- 2 cups diced summer or winter squash (fresh or frozen)
- 1 1/2 cups corn (fresh or frozen) or a 15-oz can (drained and rinsed)
- 1 1/2 cups cooked beans (any type) or a 15-oz can (drained and rinsed)
- 1 can (15 ounces) diced tomatoes or 2 cups diced fresh
- 3 cups low-sodium broth (any type)
- 1 teaspoon cumin
- 1/4 teaspoon black pepper

DIRECTIONS

1. Wash hands with soap and water.
2. Heat oil in a large pan on medium heat. Add carrot and onion and sauté until onions have begun to turn slightly brown, about 8 to 10 minutes.
3. Add garlic, squash and corn and continue to stir for another 3 to 4 minutes.
4. Add beans, tomatoes, broth, cumin and pepper.
5. Allow soup to come to a boil and then turn heat down to a simmer until all vegetables are tender to taste (15 to 30 minutes, depending on the vegetables used).

PROGRAM HIGHLIGHTS

GREAT LAKES GREAT APPLE CRUNCH

The Ashland, Bayfield and Iron County FoodWise team had a great time providing education during a favorite annual event, the Great Lakes Great Apple Crunch.

This event celebrates National Farm to School Month by collectively purchasing and crunching into locally and regionally grown apples at noon on Thursday, October 14.



FoodWise educator Deb Leonard (above) started the celebration early, decked out in a head to apple costume, with the Hurley Head Start class on Wednesday, October 13.

FoodWise educator, Marisa Perlberg and FoodWise Coordinator, Stephanie Bakker (left) celebrated with Bayfield School elementary, providing education in the school garden and crunching into a locally grown apple at the end—or mishiiimin in Ojibwe.



HURLEY SCHOOL GARDEN FALL HARVEST DAY

FoodWise educators, Deb Leonard and Marisa Perlberg, FoodWise Coordinator, Stephanie Bakker, and FoodWise Regional Program Manager, Jill Sanders, harvested potatoes, carrots, watermelon radishes, onions, green beans and herbs with the Hurley School

District 5th grade classes on Wednesday, September 29.

It was a beautiful fall day with a bountiful harvest that included 15 lbs. of potatoes, 8 lbs. of carrots and other miscellaneous fruits and vegetables! All of the produce was given to the students to take home to their families.



How to Store Leftovers



Keep foods out of the "danger zone".

This is a temperature where harmful bacteria can grow. Harmful bacteria can make you very sick.

Keep cold foods cold. Store in the refrigerator.
Below 40 degrees F

Keep hot foods hot when serving.
Above 140 degrees F



Store foods in clean, food-grade containers.

Cool leftovers in the fridge in a container less than 3 inches deep.

A standard 13 x 9 pan works well for cooling. Once cooled, you can repackage in clean containers and refrigerate or freeze.



After a meal, put leftovers in the refrigerator as quickly as possible.

Foods should be refrigerated within two hours.

Make sure you reheat foods well.

To 165 degrees F



On stovetop: soups, sauces and gravies should reach a rolling boil.







In microwave: cover and rotate foods for even heating.

Eat leftovers promptly.

Storage times for the fridge

Below 40 degrees F

	Raw meats like hamburger and chicken	1-2 days
	Soups, stews, cooked meats, salads, pizza and other leftovers	3-4 days
	lunch meat (opened packages)	3-5 days
	Bacon and hot dogs (opened packages)	1 week

For best guidance, look at food package dates. Unopened items that are kept cold should be good at least until the date marked on the package. Opened items may spoil more quickly and should be used promptly.

References:

"Storage Times for the Refrigerator and Freezer" [Foodsafety.gov](https://www.foodsafety.gov/keep/charts/storagetimes.html)
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Retrieved 9/8/2017

"Handling Leftovers Safely" Michigan State Extension
[http://msue.anr.msu.edu/uploads/recordings/pdfs/Handling_Leftovers_Safely_\(E3260\).pdf](http://msue.anr.msu.edu/uploads/recordings/pdfs/Handling_Leftovers_Safely_(E3260).pdf), Retrieved 9/8/2017

FoodWise education is funded by the USDA Supplemental Nutrition Assistance Program - SNAP and Expanded Food and Nutrition Education Program - EFNEP. SNAP/FoodShare helps families buy the food they need for good health. Visit access.wi.gov to learn how to apply.

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UW-MADISON EXTENSION



IRON COUNTY MOBILE FOOD PANTRY

The next Iron County Mobile Food Pantry takes place on Monday, November 29 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 above: Second Harvest Northern Lakes Food Bank, Extension Iron County staff and community volunteers pose for a photo at the September Iron County Mobile Food Pantry.

HARVEST OF THE MONTH

November

CHEQUAMEGON BAY



HARVEST of the MONTH



Cranberries

Did you know?

Nutritional Benefits

A serving of fresh cranberries is a good source of vitamin C and fiber; provides antioxidant polyphenols; and contains only 1 mg of sodium. Research shows consumption of cranberries may help prevent urinary tract infections, ulcers, gum disease, certain cancers and more.

How to Select and Store

Find fresh cranberries in the fall and frozen and dried cranberries ("craisens") year-round. Fresh cranberries should be shiny and plump and range in color from bright light red to dark red. Shriveled berries or those with brown spots should be avoided. Cranberries do not continue to ripen after harvest. Fresh cranberries may last up to 2 months in the refrigerator. Washed cranberries may be frozen for up to 1 year in airtight bags.

How to Eat

Because of their tart flavor, most people prefer cranberries cooked. Cook fresh and frozen cranberries only until they pop as overcooking may give them a bitter taste. Cranberries may be baked with a sweetener to make a topping or sauce, added to baked goods, such as muffins, and craisens make a great addition to trail mix.

- ✓ Cranberries are sometimes called bounce berries because they bounce when ripe.
- ✓ Wisconsin produces about 300 million pounds of cranberries every year, making our state the leading producer in the nation.
- ✓ Prior to the cranberryflower blossoming, the flower and stem resemble the neck, head and bill of a crane and early settlers knew it as the "craneberry" because of this image.
- ✓ Cranberries are used as ingredients in over 1,000 food and beverage products.

Brought to you by the
Healthy CHANGE Coalition



HARVEST OF THE MONTH

All About Cranberries

A native North American fruit, the vibrant juice of the cranberry was used as a dye by American Indians. The American Indians also used a poultice made from the berries to draw poison from arrow wounds, and they ate them, of course, cooked with honey or maple syrup, and often combined with deer meat to make pemmican (an early jerky of sorts). Dutch settlers called the fruit "craneberries" because of the resemblance of the pale pink blossoms to the heads of cranes that frequented the cranberry bogs.

Though it is still possible to harvest by hand, cranberry bogs are now usually flooded so that the berries float to the surface for easy scooping-up, typically by machines. Cranberry cultivation didn't begin until the late 1800s, though; before then the fruit grew wild in North America, as well as northern Europe and northern Asia. The berries are now cultivated on about 40,000 acres across the northern United States and Canada. Cranberry is the official state fruit of Wisconsin, its main U.S. producer. Other U.S. producers are Massachusetts, New Jersey, Oregon and Washington.

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Cooking Corner

Cran-merry Sauce



Ingredients

- 24 oz of fresh or frozen cranberries, about 3 cups (or substitute peeled and chopped apples for half of the cranberries for a milder cran-apple sauce)
- 1 cup apple cider or juice (or try orange juice for a tangier sauce)
- 1/3 cup maple syrup (can also use honey, but add in at the very end after cranberries have been removed from the stove)
- 1/2 tsp cinnamon (optional)
- 1/2 tsp allspice (optional)
- 1 Tbsp fresh grated ginger (optional)

Preparation

Rinse cranberries in a colander. Pick out and discard and damaged or bruised berries. Combine cranberries, apple cider and ginger into a small saucepan. Bring to a boil. Turn heat to medium and continue to cook until most of the cranberries have burst. Stir often so cranberries do not burn! Add maple syrup and spices. Turn heat to low and continue to simmer until sauce thickens to desired consistency. Sauce will continue to thicken as it cools.

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