

FoodWise Nutrition

December 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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RECIPES OF THE MONTH—CRAN-APPLE CRISP

INGREDIENTS

- 4 apples (cored and thinly sliced)
- 1 can cranberry sauce (14 ounce, whole)
- 2 tablespoons margarine (soft, melted)
- 1 cup oatmeal (uncooked)
- 1/3 cup brown sugar
- 1 teaspoon cinnamon

DIRECTIONS

1. Preheat oven to 400 degrees.
2. Wash apples, remove cores and slice thinly, keeping peel on.
3. In a bowl, combine cranberries and apples. Pour into 8x8" pan.
4. Combine margarine with oatmeal, brown sugar, and cinnamon until well blended. Sprinkle over apple/cranberry mixture.
5. Cover and bake for 15 minutes.
6. Uncover and bake for 10 more minutes until the topping is crisp and brown.
7. Serve warm or cold.



November was Native American Heritage Month, here is a recipe to celebrate. This red and golden whole grain dessert is a perfect balance of sweet apples and tart cranberries.

**Additional recipe on next page*

IRON COUNTY MOBILE FOOD PANTRY

The next Iron County Mobile Food Pantry takes place on Monday, December 20 from 12:00-1:00 pm, **which is one week earlier due to the holidays.**

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



Pictured right: Volunteer, Sammi Ratkowski and Extension Iron County office manager, Rebecca Holm were all smiles as they greeted Iron County Mobile Food Pantry clients last month.

RECIPES OF THE MONTH—Fruit Slush

INGREDIENTS

- 2 2/3 cups cantaloupe or watermelon (coarsely chopped, seeded, peeled)
- kiwi (1 2/3 cup coarsely chopped, optional)
- sugar (2 tablespoons, optional)
- 2 tablespoons lime juice
- 2 cups water
- ice



Serve this fruit slush as a drink or a dessert, and keep leftovers in the fridge for later. Pour it over fresh ice when you are ready to eat.

DIRECTIONS

1. Wash hands with soap and water.
2. In a blender, puree fruit with sugar and lime juice until smooth.
3. Combine fruit mixture and water in a large pitcher.
4. If desired, pour through strainer to eliminate pulp.
5. Cover and refrigerate for up to a week.
6. To serve, stir well and pour into tall glasses over ice.

FIVE HOLIDAY HEALTHY EATING TIPS

Celebrate while sticking with your healthy habits this holiday season! Use these five tips from [Nutrition.gov](http://www.nutrition.gov) to make your holiday with your household a healthy one.

- **Start the day right with a healthy breakfast.** For more details, visit: www.nutrition.gov/topics/basic-nutrition/healthy-eating.
- **Make fruits and vegetables part of your holiday plate.** For more details, visit www.nutrition.gov/recipes.
- **Choose nutritious cooking methods.** For more details, visit: www.nutrition.gov/topics/shopping-cooking-and-meal-planning/meal-prep-and-cooking-tips.
- **Add exercise to the calendar.** For more details, visit: www.nutrition.gov/topics/exercise-and-fitness/exercise-examples-and-videos.
- **Remember to hydrate.** For more details, visit: www.nutrition.gov/topics/basic-nutrition/water-hydration-and-health.

FOOD RESOURCES—ASHLAND COUNTY SENIOR MEALS

The Ashland County Aging Unit, Inc. is a non-profit organization, and our nutrition program serves an average of 135 hot meals each weekday at our five dining sites – Ashland, Sanborn, Mellen, Glidden, and Butternut. These meals are available for people aged 60 or older and their spouses (regardless of age). Congregate dining (dine-in) is offered at each site, which provide seniors a chance to stay engaged within the community and catch up on local happenings. Home delivery (also known informally as ‘meals on wheels’) is also provided to individuals unable to attend the dining centers and that meet other eligibility requirements.

Monthly menus are posted in local papers, newsletters, and at each dining site. They are also available online at the [Ashland County Aging Unit, Inc.'s website](http://www.ashlandaging.com/) (actual address <https://www.ashlandaging.com/>). Each meal provides 1/3 of the U.S. Recommended Daily Allowances for adults.

To qualify for either congregate dining or home delivered meals, an individual must be 60 or older; home delivered meals also require Ashland County residency. If individuals are interested in signing up for congregate dining meals, they can stop by any dining site. Individuals interested in home delivery should call the office at 715-682-4414, extension 0, Monday thru Friday from 8:00AM until 4:30PM.

We could not do everything we do without our amazing volunteers. If you have some free time, are looking to get out and about in the community, or simply want to connect with some great people, please contact us at (715) 682-4414 extension 0 to discuss volunteering. There are a variety of opportunities depending on your schedule and preferences.

Ashland site – The Enrichment Center
400 Chapple Avenue
Monday – Friday
Meal at 11:30AM

Sanborn site – United Methodist Church
42745 County Highway E
Monday, Wednesday, Thursday
Meal at 11:15AM

Mellen site – Mellen Senior Center
106 Iron Street
Monday, Wednesday, Thursday
Meal at 11:30AM

Glidden site – Glidden Senior Center
657 York Road
Monday, Wednesday, Thursday
Meal at 11:30AM

Butternut site – Brookside Senior Apartments
237 East Main Street
Monday, Wednesday, Thursday
Meal at 11:30AM

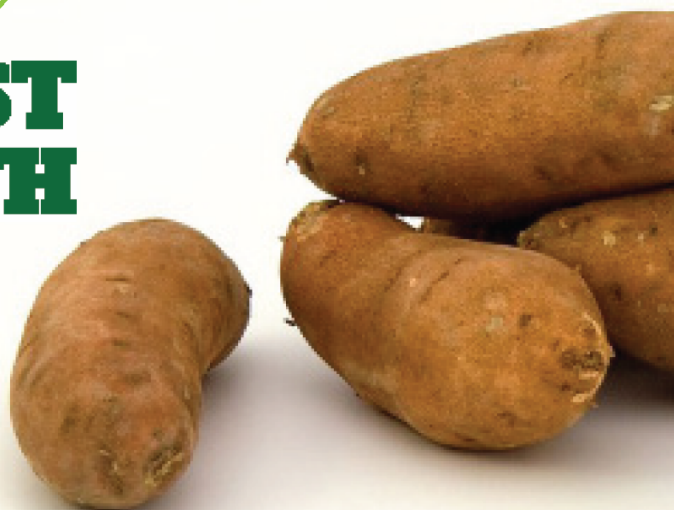
CHEQUAMEGON BAY



**HARVEST
of the
MONTH**

December

SWEET POTATOES



How to Select and Store Sweet Potatoes

Luckily, sweet potatoes are available year round, though peak season is September through December. Look for specimens with even coloration, free of cracks, bruises and soft spots. Note that small to medium specimens are often less starchy than larger ones. (Lower starch means lower carbohydrate content and also makes for better crispy potatoes, as for fries, hash browns or chips. Higher starch content results in a fluffier, softer texture, which you may prefer for mashing.)

How to Eat Sweet Potatoes

For maximum nutrition, eat the skin as well as the flesh, unless the potatoes have been waxed, in which case you may want to peel them. Bake sweet potatoes whole (like baking potatoes). The nutty, creamy taste of sweet potatoes shines in both sweet and savory dishes. You'll find them in gratins and other casseroles, soups and stews, salads, curries, quick breads, pies, cookies and cakes.

Nutrition Benefits of Sweet Potatoes

Rated by The Center for Science in the Public Interest as the most nutritious vegetable, sweet potatoes are high in vitamins A and C and antioxidants, an excellent source of potassium and a good source of dietary fiber. The yellow/orange-fleshed varieties are highest in beta-carotene (an antioxidant that converts to vitamin A in the body), and the purple-fleshed varieties are high in anthocyanins (another antioxidant). By the way, the deeper the orange flesh color, the richer the beta-carotene content. Despite its name, the sweet potato has a low glycemic index.

Did you know?

- ✓ Inventor and botanist George Washington Carver developed over 100 products using sweet potatoes, including sizing for cotton fabrics and a glue for postage stamps.
- ✓ Sweet potato cultivation dates back to prehistoric Peru.
- ✓ There are three types of common sweet potatoes: orange, white and purple.
- ✓ The average American ate 7.5 pounds in 2014. That's compared to 21.7 pounds in 1943.
- ✓ Though the terms are often used interchangeably, the sweet potato and yam are two entirely different plants.

Brought to you by the
Healthy CHANGE Coalition



Grow Your Own Sweet Potatoes

Equipment

- glass jar (large enough for the potato to fit inside)
- toothpicks
- sweet potato

Instructions

1. Pierce the sweet potato with toothpicks, evenly spaced around the middle of the of the potato.
2. Put the small end of the potato down into the jar, with the toothpicks keeping it from falling all the way down.
3. Fill the jar with water.
4. Place the jar in a dark, dry place (for instance, inside a cabinet). Change the water every few days. Roots will start to grow in a few weeks.
5. Once the roots appear, move the jar to a sunny window. Leaves will sprout from the top in about one week.
6. After the leaves have grown into a six-inch long vine or six-inch tall bush, you can pop off the sprouts and plant the sweet potato vine or bush in soil. Each separate sprout can become another sweet potato plant!
7. Sweet potatoes need loose soil and lots of water. You should have sweet potatoes ready to harvest in about four months. Harvest when the leaves begin to turn yellow.



CHEQUAMEGON BAY



Cooking Corner

BLACK BEAN SWEET POTATOES



Ingredients

- 2 medium sweet potatoes
- 1 15-ounce can black beans, rinsed
- 1 medium tomato, diced
- 2 teaspoons extra-virgin olive oil
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 1/4 teaspoon salt
- 2 tablespoons sour cream
- 2 tablespoons chopped fresh cilantro

Preparation

Prick sweet potatoes with a fork in several places. Microwave on High until tender, 12-15 minutes (Or place in a baking dish and bake at 425°F until tender, about 1 hour). Meanwhile, combine beans, tomato, oil, cumin, coriander and salt in a medium microwave-safe bowl; microwave on High until just heated through, 2-3 minutes (Or heat in a small saucepan over medium heat). When just cool enough to handle, slash each sweet potato lengthwise, press open to make a well in the center and spoon the bean mixture into the well. Top each with a dollop of sour cream and a sprinkle of cilantro.

Recipe courtesy of strongertogether.com

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.