

FoodWise Nutrition

July 2022 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)
marisa.perlberg@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.

NATIVE AMERICAN NUTRITION CONFERENCE

The Extension Ashland, Bayfield and Iron County FoodWise team and a few other FoodWise colleagues attended the Native American Nutrition Conference at the end of May.

This is the only conference series in the world devoted to the food and nutrition of Indigenous Peoples and provided a space to discuss the current state of Indigenous and academic scientific knowledge about Native nutrition, dietary health, and food science, and identify new areas of work.

We encourage others to attend this great conference if you are able! We are looking forward to applying what we learned to our programming.

For more information about this conference, visit:
<https://nativenuitrition.umn.edu/2022Conference>



FoodWise colleagues pictured with Sean Sherman, the owner of, Sioux Chef. Check out his website, <https://sioux-chef.com/> for more information.

IRON COUNTY MOBILE FOOD PANTRY

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

FOOD RESOURCES

IRON COUNTY FARMERS MARKET

The Iron County Farmers Market is dedicated to providing an outlet for area growers and artisans to sell locally grown and handmade products while providing an education forum for customers to learn the uses and benefits of buying locally produced products that will enhance their quality of life and foster social activities in our local communities.

Check out their market schedule to the right for contact information, website, social media, and their schedule of events for 2022.

You can also visit another great resource, www.farmfreshatlas.org for more details about the Iron County Farmers Market or to use their interactive map to search for other farmers markets in the area!



Located on:
Hwy 51 at 13420 N 10th Ave,
across from WI Tourist Center.
Mailing address:
P.O.Box 183, Hurley, WI 54534
Email us at:
ironcountyfarmersmarket@gmail.com
Visit our Website at:
www.ironcountyfarmersmarket.com
Check out our Social Media

44rd Season 2022 Schedule:

Saturdays (10am to 1pm):

- June 11: **Rummage Sale**
- June 25: **OPENING DAY! Penokee Range 4H Fundraiser**
 - Featuring Dairy Month specials and free Ice Cream!
- July 2: **We will be open for business!**
- July 9: **Strawberry Shortcake Prepackaged Fundraiser**
 - Homemade shortcake & fresh-picked locally grown strawberries
- July 16/23: **Regular Market Days**
- July 30: **Heritage Food Fundraiser/Tractor Day**
 - Lake Superior Tired Iron Tractor Show!
 - 4H Green Team Italian Food Fundraiser!
- August 6 to 20: **Regular Market Days**
- August 27: **5th Annual Farm to Table Take Out Meal**
 - Event location and times TBA.
 - Advance Tickets available at the Market, \$25 ea, or 2/\$40.
- September 3: **Customer Appreciation Week!**
 - 4H Green Team Cookout Fundraiser!
 - 44th Anniversary Celebration: Customer Appreciation Week.
- September 10 to 17: **Regular Market Days**
- Sept. 24: **6th Annual Harvest Fest Pie & Pumpkin Day**
 - Pie sale: Homemade by our vendors!
- October 1: **Regular Market Day**
- October 8: **Fire Prevention Day/Market Closing Day**
 - Featuring the Kimball and the Saxon Fire Department
 - 4H Green Team Cookout Fundraiser!

Wednesdays (3 to 6pm):

- June 29: First Wednesday!
- July 6 to August 31: **Regular Market Days**
- September 7: Customer Appreciation Week
- September 14 to 28: **Regular Market Day**
- October 5: Last Wednesday!

We Accept EBT!

HURLEY SCHOOL GARDEN PLANTING UNDERWAY

FoodWise Educators, Deb Leonard and Marisa Perlberg met with Hurley School Kids Club on June 22, where they provided education at the Hurley School Garden. The Kindergarten through 1st grade students planted potatoes and onions. They also participated in a nutrition education lesson that included a healthy summer drink (watermelon slushy) and had fun taking turns blending the drink using the blender bike.

Special thanks to 4-H Youth Development Educator, Neil Klemme for rebuilding the garden beds and the Iron County 4-H Leaders Association for funding the lumber. Also, thank you to the Hurley School for assisting Neil, providing soil and running a waterline to the garden. YAY!

This outdoor classroom will be busy for the next few months, with students caring for the plants and awaiting the annual potato and root vegetable harvest lunch with the Hurley 5th grade class.



FOR YOUR INFORMATION—AGING MASTERY PROGRAM

After a successful 2021 pilot of the virtual Aging Mastery Program (AMP), Extension is excited to be expanding its partnership with Inclusa to continue to bring this highly effective educational programming to aging adults and their caregivers from all across Wisconsin!

The Aging Mastery Program (AMP) seeks to empower participants to embrace their gift of longevity by spending more time each day doing things that are good for themselves and for others. This program is open to anyone, with options to attend in person at the Northern Great Lakes Visitors Center in Ashland or via online Zoom. For more information, checkout the flyer below. The registration deadline is July 6th with limited spaces available, so be sure to register early if interested.



Aging Mastery Program®

National Council on Aging



© 2021 National Council on Aging
All rights reserved.

Join the adventure!



Local Experts Present

- Navigating Longer Lives
- Caregiver Perspectives; Assessing Needs
- Exercise and You
- Sleep
- Healthy Eating and Hydration
- Financial Fitness
- Medication Management
- Advance Planning
- Healthy Relationships
- Falls Prevention
- Community Engagement
- Caregiver Playbook: Planning Connecting, and Doing

Inclusa, in partnership with ARDC of the North & UW Madison Extension will be hosting the Aging Mastery Program® (AMP) in your area soon!

Build your own personal playbook for aging well. This fun, innovative program empowers you to take key steps to improve your well-being, add stability to your life, and strengthen ties to your community. Feel better today and stay healthy for your future. We are committed to supporting lives well lived in communities across Wisconsin!

Register Today - Limited Spots Available!

WHAT: Aging Mastery Program® 12-Week Workshop
WHEN: July 13 – September 28, 2022
TIME: Wednesdays, 9:00 am – 11:30 am
WHERE: Northern Great Lakes Visitor Center, Ashland, WI
OR Online via Zoom

Offered FREE of Charge

[Click here for more program information.](#)

REGISTER BY WEDNESDAY, JULY 6:
[AMP Registration Form](#) or
RSVP Heidi Ungrodt (715-682-7017)
heidi.ungrodt@wisc.edu



Contact us if you need help getting to and from the Visitors Center!



Cucumbers are The Harvest of the Month!

Add cucumbers to your favorite family meals:

- Add cucumbers to pasta salad for a cool crunch.
- Pair with tomatoes and feta cheese for a simple salad.
- Use cucumber slices instead of crackers for dips and spreads.

Make meals and memories together. It's a lesson kids will use for life.

Select – Choose firm cucumbers with dark green color.

Store – Refrigerate in a plastic bag for up to 1 week.

Prepare – Rinse with cool running water and slice. Keep the skin on for extra nutrients!

Did you know?

Have you heard the phrase “cool as a cucumber”? The inside of a cucumber is 20 degrees cooler than outside temperatures during the summer. You can cool off with cucumber!



Nutritious, Delicious, Wisconsin!

#WIHarvestoftheMonth



Extension
UNIVERSITY OF WISCONSIN-MADISON

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs. Funding for this publication was made possible by the U.S. Department of Agriculture's (USDA) Agricultural Marketing Service through grant AM200100XXXXG060. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA.

RECIPE OF THE MONTH—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.

INSTRUCTIONS

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



DIRECTIONS

Toss together the cucumbers and onion in a large bowl. Combine the 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.

