

FoodWise Nutrition

October 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

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FOOD RESOURCES

LOOKING FOR RESOURCES RELATED TO FOOD PRESERVATION?

Look no further!
Extension Iron County has
you covered. Visit their
website for resource links such as:



- Safe Preserving Tips in the Time of COVID
- Safe Preserving Recipes
- Safe Produce
- Starting a food Business
- Safe & Healthy Food for Your Family Blog
- National Center for Food Preservation Resources

The site also shares details on how to get your pressure canning dial tested, which should be done once a year for accuracy.

For more information, visit:

<https://iron.extension.wisc.edu/health-families-finances/food-preservation-resources/>

IRON COUNTY MOBILE FOOD PANTRY

The next Iron County Mobile Food Pantry takes place on
Monday, October 31 from 12:00-1:00 pm.

For more information about this program, contact Extension
Iron County office manager, Rebecca Holm at:

Phone: 715-561-2695
Email: rebecca.holm@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.

GREAT LAKES GREAT APPLE CRUNCH

Join us in celebrating National Farm to School Month by collectively purchasing and crunching into locally and regionally grown apples at NOON on Thursday, October 13, 2022.



Just be sure to share photos from your Crunch on social media! Everyone is welcome to Crunch! Although this event aims to have a regional Crunch on October 13th, you are welcome to Crunch any day or time in October that works for you.

Our FoodWise team will be participating, so be sure to like our Facebook page if you would like to see our photos and posts from this event!

Facebook link:

<https://www.facebook.com/FoodWiseUWEX.North>

FRESH APPLES AVAILABLE LOCALLY!

Check out the Bayfield Chamber of Commerce website, <https://www.bayfield.org/>, for

resources on where you can buy some fresh local apples.



MARK YOUR CALENDARS FOR BAYFIELD APPLE FESTIVAL, OCTOBER 7-9, 2022!

It's the best time of year for those seeking autumn beauty and fall festivals, it's Bayfield Apple Festival time! The Bayfield Chamber & Visitors Bureau and its stakeholders are excited to invite you to one of "Wisconsin's Best Festivals," coined by Wisconsin Trails Magazine. Enjoy food and craft vendors all weekend long, live music from Big Top Chautauqua's Blue Canvas Orchestra and other area musicians. Don't miss the crowning of the Apple Festival Queen and the Grand Parade down historic Rittenhouse Avenue. For more details, visit: <https://www.bayfield.org/>.



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G	E	F	J	B	U	N	T	H	W	O	R	M	L
R	L	N	O	A	F	S	Y	E	P	C	I	S	D



APPLE	EAT	RED
BAG	FALL	SEEDS
CIDER	PEEL	STEM
CORE	PICK	TREE
CUT	PIE	WORM





Apples are the Harvest of the Month!

Add apples to your favorite family meals:

- Mix apple chunks into your hot cereal.
- Pair apple slices with cheese.
- Add thin apple slices to chicken salad or peanut butter sandwich.

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

Select – Choose firm apples with smooth and shiny skin.

Store – Refrigerate in a plastic bag for up to 3 weeks.

Prepare – Eat whole or sliced. Leave on the skin for extra nutrients!

Did you know?

There are over 7,500 varieties of apples grown across the world. Some Wisconsin favorites include Gala, McIntosh, Golden Delicious, Honey Crisp, and Cortland.



Nutritious, Delicious, Wisconsin!
#WIHarvestOfTheMonth



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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.

RECIPE OF THE MONTH—Homemade Apple Rings Using a Dehydrator

Homemade apple rings are a delicious snack. Make big batches of these and store them in a tightly sealed container, they'll store for months. That is, if they don't get eaten right away!

INSTRUCTIONS

- 5 lb. apples
- 3 Tbsp cinnamon
- 1/4 cup lemon juice (optional)

DIRECTIONS

1. Wash, peel and core apples.
2. Slice apples thinly and evenly (1/4"), use a mandolin if possible.
3. If desired, soak slices in a mix of 1/4 cup lemon juice and 1 quart water to avoid any browning.
4. Place rings on dehydrator trays leaving a little space around each slice for air circulation. If you soaked your apples, shake off as much excess liquid as possible before laying on tray.
5. Sprinkle slices with a light dusting of cinnamon.
6. Dehydrate at 135°F (57°C) for 6 to 8 hours.
7. Check apples for any moisture on outside and inside. The slices should feel dry and leathery without any tackiness. Rip a slice in half to see if there is any moisture on the inside—it should look like a dry dense sponge.
8. Allow to cool for several hours before storing in an airtight bag or container.
9. Store in a dry, cool, dark place for several months (if you don't eat them all!)



Did you know that the Iron, Bayfield and Ashland County Extension offices have dehydrators that community members can check out for FREE? For more information, contact the Extension offices below:

Iron County: 715-561-2695

Bayfield County: 715-373-6104

Ashland County: 715-682-7017