

FoodWise Nutrition

April 2023 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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WHAT'S HAPPENING IN OUR THREE COUNTIES?

IRON COUNTY

News From the Hurley School
District Science Department

Hurley School District students, grades 7-12, have been working hard to get the Hydroponics system up and running. This project was started by Mr. Rye and assisted by Mr. Chilson for a hands-on approach and engagement inside the classroom.

Students start by learning about the plant cycle, elements and compounds plants need to survive, full spectrum lights, using stem components to build and design a system that works, using a hypothesis to see what works and testing for success, and overall learning the importance of becoming creative in the Northwoods with short growing seasons. This will implement that you can grow indoors all year by growing a variety of leafy greens, herbs, vegetables, fruiting plants, and flowers. Students then learn that low-pressure aeroponics allows for faster plant growth and better nutrient absorption for healthier plants.



Continued on page 3

IRON COUNTY MOBILE FOOD PANTRY

The next Iron County Mobile Food Pantry takes place on Monday, April 24 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.

ASHLAND COUNTY

Did you know the Chequamegon Food Co-op has a community room that hosts classes and can be rented out for personal or organizational use?!

A variety of classes are held each month from cooking to gardening to crafts to health and wellness. Two fantastic instructors we have are chef Lars Dukowitz, and herbalist, Monarda Thrasher. Both generally teach on a monthly basis and experts in their fields. Other classes vary – we've had baking classes, coffee classes, birch bark star classes, and more!

We are always happy to have new instructors, too! You don't necessarily need to be an expert – just passionate! Sharing your talents is a great way to improve your own skills, make friends, have fun, and even make some money while you're at it.

We also offer the community room space for rent. If you need a big space to cook, come use our kitchen. If your community organization or business needs a space to meet, we've got tables, chairs, and big flat screen TV to share your presentations.

Plus, non-profit organizations and similarly functioning community organizations may have the associated room fees waived! Otherwise, renting the room costs \$20/4hours, plus \$20 each for audio and/or kitchen use.

Our Upcoming Classes:

Homemade Pierogies

Tuesday, April 4th // 5pm - 7pm // Instructor: Chef Lars Dukowitz
Cost: \$20/\$15 owners

Designing an Edible and Medicinal Landscape

Sunday, April 23rd // 1pm - 4pm // Instructor: Monarda Thrasher
Cost: \$25/\$20 owners

Homemade Veggie Burgers

Tuesday May 9th // 5pm - 7pm // Instructor: Chef Lars Dukowitz
Cost: \$20/\$15 owners

Caring for Skin in Summer

Sunday, May 21st // 1pm - 4pm // Instructor: Monarda Thrasher
Cost: \$50/\$40 owners

Spring Foraging Walk

May 23rd // 5pm - 7pm // Instructor: Axel Peterman
Cost: \$15/\$10 owners

Spring Foraging Walk

May 26th // 5pm - 7pm // Instructor: Axel Peterman
Cost: \$15/\$10 owners

Signing up for a class is easy! Just stop by the co-op or give us a call; please have payment ready. To stay updated with our class offering, you can follow us on Facebook or visit our website. For all things community room related visit: <https://www.chequamegonfoodcoop.com/co-op/community/> or give us a call at 715-682-8251.

Story origin: Submitted by Chequamegon Food Coop



- Eat Whole Grains
- Go Lean
- Vary Your Veggies
- Focus on Fruits
- Get Calcium
- Go Light (Oil)

Discover more with Pack-a-Snack® and at www.fitnessfinders.net

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Grains	Protein	Vegetables	Fruits	Dairy
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Incredible Edibles..

Grains	Protein	Vegetables	Fruits	Dairy
<i>Whole Grains</i>	<i>Go Lean</i>	<i>Vary Your Veggies</i>	<i>Focus on Fruit</i>	<i>Get Calcium</i>
bagel	beans	broccoli	apple	cheese
bread	chicken	carrot	banana	milk
cereal	egg	celery	berries	milk-based
crackers	fish	green bean	cherries	desserts
granola	lean meat	lettuce	grapes	yogurt
muffin	peanut butter	peas	kiwi	
oatmeal	nuts	pumpkin	orange	* Choose
popcorn	seeds	sweet potato	peach	lower-fat
tortilla	turkey	veggie juice	pineapple	items

BAYFIELD COUNTY

Check out these two events happening in Bayfield County!

MOVING THROUGH THE SEASONS...

Z I I G W A N

RED CLIFF COLOR 5K RUN/WALK + WELLNESS EVENT

SATURDAY
APRIL 22

11AM-2PM

[Run begins at 11:30AM]

LOCATION: RED CLIFF BOYS AND GIRLS CLUB

JOIN US FOR A COLOR
RUN, PRIZES, FOOD,
AND MORE!



LIMITED
T-SHIRTS
FIRST COME, FIRST SERVED



SCAN TO REGISTER

or call Wade at (715) 779-3722



SCAN Me



GAA-MISKWAABIKAANG ISKIGAMIZIGAN

SUGARBUSH

FAMILY DAY

10AM - 3PM

SATURDAY, MARCH 25

MIGIZI WIKWED ISKIGAMIZIGAN

(EAGLE BAY SUGARBUSH)

95200 EAGLE BAY RD, RED CLIFF

OPEN
TO ALL

ISKIGAMIZIGANING IZHAADAA! LET'S GO TO THE SUGARBUSH!

JOIN US FOR A DAY OF CULTURAL & SOCIAL CONNECTEDNESS,
OJIBWEMOWIN, AND HANDS-ON ACTIVITIES FOR ALL AGES!

NAADOOBII
Gathering sap

GAGWEDOJIBWEMOWIN
Practicing Ojibwemowin

NINZHIWAAGAMIZIGE
Making maple syrup

NINDABWE
Cooking over the fire

NINDISKIGAMIZIGE
Boiling/Sugaring

MINWAAJIMO
Tells a good story

RAFFLE
PRIZES!



FREE
TRANSIT
RIDES!

- OPPORTUNITY TO VISIT THE NEWAGO FAMILY SUGARBUSH!
- STORYTELLING WITH RED CLIFF ELDER FRANK MONTANO!
- PANCAKES, SQUASH SOUP, TEA, MAPLE TREATS, AND MORE!
- THIS IS AN OUTDOOR EVENT, DRESS WARMLY, OUTHOUSE ON-SITE ONLY.
- RAFFLE FOR A CHANCE TO WIN ONE OF FIVE MINI TAPPING KITS!
- FREE MISKWAABEKONG TRANSIT RIDES! CALL 715-682-9664 TO SCHEDULE!



Scan for More Info:



With Questions, Contact:
Mino Bimadiziwin Tribal Farm
715-779-3782
Farm@redcliff-nsn.gov

This event is a collaboration of the following:

Mino Bimadiziwin Tribal Farm, Tribal Historic Preservation Office, Treaty Natural Resources Division, Red Cliff Education Department, Ginanda Gikendaasomin Library, Boys & Girls Club of Gitchigami, Miskwaabekong Transit, Great Lakes Intertribal Council, and Bayfield School.



Join us for the StrongBodies Program!

StrongBodies has been shown to increase strength, muscle mass, and bone density. Classes are held twice weekly and include progressive resistance training, balance training, and flexibility exercises.

FREE Virtual StrongBodies Class

Dates: March 28th-June 29th, 2023

Time: Tuesdays and Thursdays 9-10:15 am

To register online: <https://go.wisc.edu/un43ve>

Questions? Contact

Stephanie Bakker 715-682-7017 (Ashland, Bayfield, Iron)

Julie Montgomery 715-395-1427 (Douglas)

Bridget Rongner 715-635-4444 (Burnett, Sawyer, Washburn)



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Continued from page 1 (News from Hurley School...)

Students start by planting seeds in rockwool and getting the germination process to start. Once the seeds take off and become an inch in length, they will then be transferred into the hydroponics system. The plants then thrive from the nutrients, water, constant light, and movement that the system provides.

Once the plants are complete the students then harvest the plants and they are used for the school salad bar. This is also helping students learn the importance of having the plants on a cycle, learning time management, and how much work can go into an operation of a full scale.

Story origin: FoodWise Educator, Deb Leonard interviewed Hurley School District educators, Dan Rye and Corey Chilson.



Greens are the Harvest of the Month!

Add greens to your favorite family meals:

- Add fresh spinach to your smoothie.
- Use fresh or frozen spinach in lasagna, casseroles, or soups.
- Saute Swiss chard with garlic and add to eggs or top a pizza.

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

Select – Look for greens that are a deep green color and have crisp leaves.

Store – Refrigerate in a plastic bag for 3-5 days.

Prepare – Rinse, then tear or chop the leaves.

Did you know?

"Super green" refers to dark green vegetables that contain extra amounts of key nutrients like vitamins A and C, potassium, and dietary fiber. These dark green vegetables are important to eat often to grow and stay healthy. Try a variety of "super green" vegetables including spinach, Swiss chard, kale, collard greens, romaine lettuce, watercress, bok choy, and mustard greens.



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.

RECIPE OF THE MONTH — Maple Mustard Vinaigrette

INSTRUCTIONS

- 1 tablespoon apple cider vinegar
- 2 teaspoons maple syrup
- 2 teaspoons Dijon-style mustard
- 1/8 teaspoon salt
- 1/8 teaspoon black pepper, ground
- 2 tablespoons walnut oil

DIRECTIONS

1. In small bowl, whisk together vinegar, syrup, mustard, salt and pepper.
2. Continue whisking and gradually add oil.
3. Drizzle over greens and gently toss to coat.
4. Serve immediately.

NOTES

- Don't have walnut oil on hand? Try different oils such as sunflower seed or pumpkin seed oil. Extra-virgin olive oil or vegetable oil can be substituted.

Recipe origin: Mino Wiisinidaa! Let's Eat Good! Cook book.

