

FoodWise Nutrition

June 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.

University of Wisconsin-Madison Division of Extension Ashland, Bayfield, Iron County FoodWise Nutrition Team

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HURLEY SCHOOL GARDEN

Gardening season is right around the corner, which means the Ashland, Bayfield, Iron County FoodWise Team will begin their summer programming in the Hurley School Garden!

FoodWise Educators, Deb Leonard, Marisa Perlberg and Coordinator, Stephanie Bakker, lead Hurley Kid's Club

Summer School Program participants in a variety of lessons and activities in the garden. Activities include lessons on planting, caring for, harvesting vegetables, and more!

New this summer, the Iron County Health Department will be joining in on the fun while they partner with the FoodWise Team on a variety of topics centered around physical activity.

Visit the Ashland, Bayfield, Iron County FoodWise Facebook page to stay up to date on Hurley School Garden happenings during the summer months:

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



IRON COUNTY MOBILE FOOD PANTRY

The next Iron County Mobile Food Pantry takes place on Monday, June 26 from 12:00-1:00 pm.

For more information about this program, contact Extension Iron County office manager, Rebecca Holm at 715-561-2695 or 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.

SPEND SMART. EAT SMART.

You can eat healthy and stick to a tight grocery budget!

With a little planning, savvy shopping, and tasty recipes to cook at home, you'll be well on your way. The Spend Smart Eat Smart website through Iowa State Extension has you covered, with MANY cost friendly recipes to choose from.

For more information, visit:

<https://spendsmart.extension.iastate.edu/>

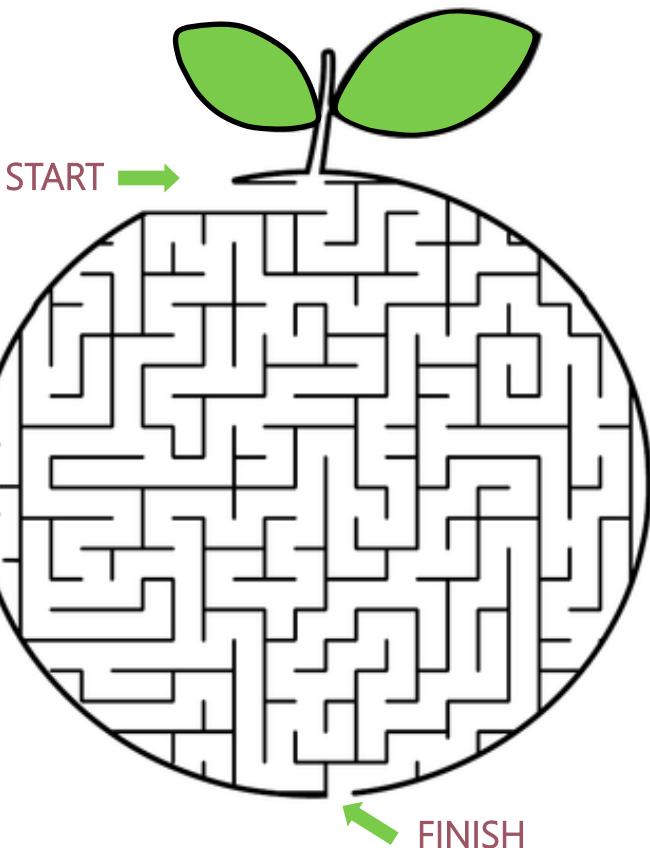


PROGRAM HIGHLIGHT

The Ashland, Bayfield, and Iron County FoodWise team has had some fun programming opportunities in May! Pictured below (top) is FoodWise Coordinator, Stephanie Bakker leading a fun painting with asparagus activity at the Bayfield School Science Fest. Pictured (bottom) is a Hurley School student showing off a lettuce mask at the Hurley School Health Fair, which Bakker also attended.



APPLE MAZE





Seasoning Savvy

Herbs and Spices FAQs

I like to grow herbs. How can I dry them in my oven?

1. Wash herbs, with the leaves on the stems, in running water to remove any dust, soil, or bugs.
2. Drain thoroughly in a strainer or on a paper towel.
3. Strip the leaves off the stalks after they are drained.
4. Preheat oven to its lowest temperature (140°F-150°F).
5. Place leaves or seeds on a cookie sheet, place in oven with door slightly ajar (about 1 inch), and dry for about 2 to 4 hours until completely dried.

How should I store herbs and spices to keep them fresh?

To keep herbs and spices fresh, store them in airtight containers at room temperature. Do not store them near a heat source (e.g., above the stove top or next to the oven).

How long will herbs and spices remain fresh, if stored properly?

Ground spices can stay fresh for 2 to 3 years. Whole spices are good for about 4 years. Herbs last approximately 1 to 3 years. Seasoning blends are good for 1 to 2 years.

How can I tell if an herb or spice is still fresh?

To check if a spice or herb is still fresh, follow these steps:

1. Look at the color of the herb or spice. It should be bright. A faded color likely means the flavor has lessened.
2. Smell it. Rub or crush the herb or spice in your hand. If the aroma is weak, then it's time to replace it.
3. Check the date on the container. Toss after 1 to 4 years depending on the type of herb or spice.

Season Your Foods With Herbs and Spices

Try these herbs and spices with some common foods. Remember to try each herb or spice separately to avoid an overpowering taste.

Chicken: Basil, cinnamon, parsley, paprika, thyme, curry powder

Eggs: Curry, dry mustard, paprika, parsley, basil

Potatoes: Chives, thyme, basil, parsley, paprika

Green Beans: Mint, rosemary, tarragon, chives, caraway seed

Tomatoes: Oregano, thyme, tarragon, basil, marjoram

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LET US EAT LETTUCE



- Select** – Choose lettuce with fresh, crisp leaves.
- Store** – Keep lettuce in a plastic bag with small holes. Store in refrigerator for up to 1 week.
- Prepare** – Rinse carefully under cool running water and allow it to dry well.

Lettuce is The Harvest of the Month!

Add lettuce to your favorite family meals:

- Serve tuna, chicken, or egg salad on a bed of lettuce.
- Use lettuce instead of a bun for a burger or sandwich.
- Ran out of tortillas? Use a large leaf as a taco shell for leftover fillings.

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

Did you know?

The four main types of lettuce include butterhead (Boston, bibb), crisphead (iceberg), looseleaf (red leaf, green leaf) and romaine. Lettuce leaves that are darker in color contain more vitamins and minerals than the paler color varieties.



Nutritious, Delicious, Wisconsin!
#WIHarvestoftheMonth



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RECIPE OF THE MONTH—TACO LETTUCE WRAPS

Tasty lettuce tacos filled with spicy ground turkey, corn, black beans, and tomatoes. Add sliced jalapenos for extra heat!

INGREDIENTS

- 1 pound ground turkey
- 1 (16 oz.) package frozen corn
- 1 (15 oz.) can black beans, rinsed and drained
- 1 (14.5 ounce) can diced tomatoes
- 1 (1 ounce) package taco seasoning mix
- 6 romaine leaves, or as needed, rinsed and dried

DIRECTIONS

1. Heat large nonstick skillet over medium-high heat. Cook and stir ground turkey in the hot skillet until browned and crumbly, 5-7 minutes. Stir in corn, black beans, diced tomatoes, and taco seasoning. Bring to a simmer and cook until heated through, 10-12 minutes.
2. Lay lettuce leaves on flat surface and fill with turkey and bean mixture.



Source: <https://www.allrecipes.com/recipe/274968/taco-lettuce-wraps/>