

# FoodWise Nutrition

## August 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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### FOOD RESOURCES

#### Red Cliff Boys and Girls Club of Gitchigami Gitigaan!

Our team is working with the Red Cliff Boys and Girls Club of Gitchigami to establish a gitigaan (garden) space at their facility!

If you are interested in helping this space grow, please reach out to Stephanie Bakker at 715-373-3294 or [stephanie.bakker@wisc.edu](mailto:stephanie.bakker@wisc.edu) or Marisa Perlberg at 715-682-7017 or [marisa.perlberg@wisc.edu](mailto:marisa.perlberg@wisc.edu).



### CHECK THIS OUT!

Check out the website below - To find information about Wisconsin communities, local education, and fruits & veggies.

<https://healthyliving.extension.wisc.edu/news/>

### IRON COUNTY MOBILE FOOD PANTRY

The next Iron County Mobile Food Pantry takes place on Monday, August 28 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](mailto:rebecca.holm@wisc.edu)



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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.

# WHAT IS COMPOSTING?

Composting is the process of recycling organic materials into an amendment that can be used to enrich soil and plants.

**Why Compost?** —Food scraps and yard waste currently make up 20 to 30 percent of what we throw away. [USDA is fighting food waste](#) and you can too.



Composting is nature's way of recycling! Here are a few reasons to get started today:

- Feed the soil without using chemical fertilizers.
- Keep food waste out of the landfills and prevent greenhouse gas emissions.
- Conserve water by building healthy soils.

**Types of Composting Bins**—Typical Compost Bins, Tumbler Compost Bins, Worm Compost Bins.

**Get Started**—There are different ways to get started composting today. You can start a backyard composting bin or use worms to do the work.

## Backyard composting in three easy steps:

1. Choose a location. A good site is dry in either the sun or partial shade.
2. Set-up your compost bin. Purchase a compost bin or create an inexpensive bin with wire mesh and 3-4 poles for support.

Get composting. Include 2-3 parts "brown material" (fall leaves, twigs, shredded newspaper, straw, wood chips, and shredded wood) and 1 part "green material" (vegetable and fruit scraps, coffee grounds, crushed eggshells, garden and grass clippings, tea bags without staples) by volume then add water to keep moist. Don't forget to turn your pile! A monthly rotation is a good rule of thumb.

## Worm Composting Setup:

1. **Select Container.** Purchase a worm bin or make your own from a plastic or wood storage container. Worm bins require holes drilled for aeration and drainage. There are several online sources with instructions to create a worm bin.
2. **Locate bin.** The ideal temperature for worm composting is 59-77 degrees F. The bin can be kept indoors or outdoors in the shade. During colder months, insulate the worm bin with blankets, straw, or other material to keep it warm.
3. **Worm Bin Setup:**
  - Worms need bedding such as a mixture of non-glossy paper, cardboard, or leaves. Soak the material for 10 minutes, wring out the water so it is moist but not saturated, and place it in the bin with a handful of soil.
  - Now you are ready to add your worms. There are over 9,000 species of earthworms, but only 7 are suitable for vermicomposting. The most widely used species is the "red wiggler" which you can buy from a worm grower. Do not use worms from a bait shop or your garden since they will not be able to thrive in your worm bin.
  - Feed your worms veggie and fruit scraps, coffee grounds, eggshells, and moistened bread. Avoid meat, fish, dairy products, citrus fruits, twigs and branches.

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with collaboration of FoodWise-UW Extension

# Summer Connecting in the Garden



TUESDAYS  
10am - 11am

Red Cliff  
Boys & Girls Club  
(outside)

\*Encouraging  
families  
0-8 years old\*

Parents/Caregivers  
**MUST**  
be in attendance

Contact Amaris  
for information:  
715.979.1554



**FOOD  
WISE**  
Healthy choices. healthy lives.  
UW-MADISON EXTENSION



**BOYS & GIRLS CLUBS**  
OF THE RED CLIFF BAND OF  
LAKE SUPERIOR CHIPPEWA







**Select** – Choose peppers that are firm and bright colored.

**Store** – Refrigerate in a plastic bag and use within 5 days.

**Prepare** – Sweet and hot peppers are delicious raw, grilled, or sauteed!

## Peppers are the Harvest of the Month!

### Add peppers to your favorite family meals:

- Slice peppers into strips and eat raw with your favorite dip.
- Roast or saute sliced peppers to add to burritos or fajitas.
- Cook peppers into a tomato sauce and add to pasta.

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

### Did you know?

Peppers can be split into two categories, hot and sweet. Hot peppers contain a compound called capsaicin which makes them hot and spicy. The most common type of sweet peppers are bell peppers. Red, orange, and yellow bell peppers are very ripe green bell peppers.



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—Simple Stuffed Peppers

### INGREDIENTS

- 1 cup brown rice, uncooked
- 1 can black beans, low sodium (15 ounces)
- 4 bell peppers (any color)
- 1 cup cheddar cheese, shredded (reduced fat)
- 1 tomato, sliced
- 1 cup salsa
- Salt (to taste, optional)

### DIRECTIONS

1. Wash hands with soap and water.
2. Preheat oven to 400 F
3. Cook brown rice according to package directions.
4. Wash the peppers under running water.
5. Cut the tops off the peppers and spoon out the seeds.
6. Drain and rinse the black beans.
7. Combine the beans, rice, salsa, and salt (optional).
8. Spoon about 2 TBSP of the mixture into the bottom of each pepper.
9. Place a slice of tomato on top of the mixture and sprinkle with 2 TBSP of cheese.
10. Repeat steps 7 and 8 to fill the pepper completely, but do not top with cheese.
11. Bake peppers for 30 minutes, top each with 2 TBSP of cheese and continue baking for 15 minutes more.



Source:

<https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/simple-stuffed-peppers>