

FoodWise Nutrition

September 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

Looking for some food preservation resources for your bountiful harvest? Look no further! We have a couple of ideas for you!

The **Extension Iron County website** has multiple food preservation resources available. Including quick links to the following websites and topics:

- **University of Wisconsin-Madison Division of Extension's Safe & Healthy Food for Your Family website.**
- **Extension's Learning Store**, where you will find food preservation and safety materials.
- **National Center for Food Preservation website.**
- **Pressure Canner Testing information.**

Extension Iron County also has a variety of **pressure canners** and **food dehydrators** available for community members to checkout for FREE! Please contact the Extension Iron County office at 715-561-2695 if you have any questions.

The University of Missouri Extension website also has some really great food preservation resources available. For more information, visit: <https://extension.missouri.edu/programs/food-preservation>

IRON COUNTY MOBILE FOOD PANTRY

The next Iron County Mobile Food Pantry takes place on Monday, September 25 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

Pictured right: Extension Iron County Office Manager, Rebecca Holm and FoodWise Coordinator, Stephanie Bakker posed for a photo at the July 2023 Iron County Mobile Food Pantry.





PROGRAM HIGHLIGHT

The Hurley School garden is in peak shape this season, with a new partner, the Iron County Health Department! Visit our Facebook page for more photos and garden updates: <https://www.facebook.com/FoodWiseUWEX.North>



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: Sept. 5th-Dec. 21st, 2023

Time: Tuesdays and Thursdays 9:00-10:15 am

To register online: <https://go.wisc.edu/m444hj>



scan with your
smart phone
camera to register

Questions? Contact

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

Julie Montgomery 715-395-1427 (Douglas)

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



Select – Choose tomatoes with bright skin and firm flesh.

Store – Keep at room temperature and away from sunlight for up to one week.

Prepare – Rinse under cool, running water and enjoy!

Tomatoes are the Harvest of the Month!

Add tomatoes to your favorite family meals:

- Add fresh tomato to salads or sandwiches.
- Cook down tomatoes for a fresh pasta sauce.
- Dice tomatoes with garlic, onions, peppers, and cilantro or basil for a fresh salsa.

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

Did you know?

There are many types of tomatoes, including cherry, grape, beefsteak, plum, slicing, and pear. Tomatoes also come in different colors, such as red, orange, yellow, green, pink, and purple!



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—How to Make Sun Dried Tomatoes (in the Sun, Oven or Dehydrator)

Cheaper than store-bought and taste WAY better, learn how to make sun-dried tomatoes in the sun, the oven, or the dehydrator! (See blog post for instructions on drying in the sun and packing in oil.)

INGREDIENTS

- 3 pounds ripe tomatoes (quantity is just a guideline, use more or less as desired) , washed and cut in half if medium-sized and quartered if large. Cut out the little core/stem parts. Note: Try to keep the sizes uniform so they dry more or less at the same rate.
- Sea salt
- Dried herbs/spices (optional)
- Olive oil for packing (optional, see blog post above for instructions)

DIRECTIONS

1. ****For sun-drying and/or packing the tomatoes in olive oil, see blog post for instructions****

Preheat the oven to 160 degrees F (a little higher is fine if your oven doesn't go that low). If using a dehydrator set the temperature between 140 and 160 degrees F.

On a rack or parchment-lined baking sheet (do not use foil, it can react), arrange the tomatoes cut side up and sprinkle **very lightly** with sea salt. If desired, add some dried herbs or spices.

Turn the tomatoes over around the halfway point so they can continue drying on the other side. For larger tomatoes press down on them gently with a spatula to flatten a little and release some of the liquid.

NOTE: Even if your tomatoes are of uniform size they will still dry at somewhat different rates so keep an eye on them and remove the ones that are done while leaving the others to continue drying.

If you have an extra large load of tomatoes in your oven, you can crack the oven door open an inch or two to allow for better circulation and prevent them from steaming.

NOTE: Drying the tomatoes will take several hours, how many will depend on the size and water content of your tomatoes.

The tomatoes are done when they are very dry but still pliable. If dried too long they will be tough and leathery or brittle, if not dried long enough they will become moldy quickly. When you press them between your fingers they should be pliable but not remotely squishy or moist.

2. To store: Place the fully-cooled dried tomatoes in an airtight bag or container and store them in the refrigerator where they will keep for a few months (depending on how much moisture is left in the tomatoes) or in the freezer where they will keep even longer. If storing them in the fridge do not keep them in the crisper drawer, they need to be kept dry, in as moisture-free of an environment as possible. Check the tomatoes frequently for any signs of mold and discard the tomatoes if you see any.
3. How to Reconstitute Dried Tomatoes: Soak them in warm water for about 30 minutes or until soft and pliable. Remove them from the water, pat them dry with paper towels and use them as your recipe directs. And if you're making soup or stew be sure to save and use that tomato soaking water!
4. To Pack the Dried Tomatoes in Olive Oil: *See blog post above for instructions.
5. Makes roughly 2 1/4 cups dried tomatoes depending on the water content of the tomatoes and how long they were dried.



Source:

<https://www.daringgourmet.com/how-to-make-sun-dried-tomatoes/#recipe>

TRIBAL ELDER FOOD BOX PROGRAM



FREE DISTRIBUTION OF LOCAL, TRADITIONAL FOODS



With Questions,
Contact Butch at Red Cliff
Food Distribution
715-779-3740

**RED CLIFF Food
Distribution
88430 Pike Road,
Bayfield, WI 54814
Fridays at 1pm**

DATES:
May 19th
June 2nd, 16th and 30th
July 14th and 28th
August 11th and 25th
September 8th and 29th
October 13th and 27th
November 10th
December 1st and 15th

Each box will contain proteins, produce, and shelf-stable items, sourced from Indigenous and non-Indigenous local producers and will be representative of traditional foods whenever possible. The average box will be 20 pounds. The contents of the boxes will change for each distribution based on what is available seasonally for the given distribution week.

PLEASE NOTE: Food provided is for Tribal members, 55 years and older. This project is funded by a Feeding America National Organization grant, Feeding Wisconsin's Wisconsin Department of Agriculture, Trade and Consumer Protection ARPA grant, and an Intertribal Local Food Purchasing Agreement grant.

www.GreatLakesIntertribalFood.org