

# FoodWise Nutrition

## February 2024 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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### CONGRATULATIONS MARISA!

Last month we included an update about how Extension was awarded **CDC HOP grant funds** with part of the funds being used for activities in Ashland County. This grant also includes being able to **hire a Healthy Communities Coordinator position for Ashland County** that would help implement the grant.

**We are excited to share that our very own, Marisa Perlberg, will be filling this role!**

Marisa has been a FoodWise Educator for the past 2+ years and is looking forward to this transition where she can continue to apply her passion for policy, systems, and environment work. Join us in congratulating Marisa on this move; we look forward to continuing to work with her in this new capacity!

### IRON COUNTY MOBILE FOOD PANTRY

The next Iron County Mobile Food Pantry takes place on

Monday, February 26, 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](mailto:rebecca.holm@wisc.edu)

You can also visit the Extension Iron County website for more details, including income eligibility and other food resources available to Iron County residents.

<https://iron.extension.wisc.edu/>



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## Beets are The Harvest of the Month!

### Add beets to your favorite family meals:

- Add grated raw beets to salad.
- Mix cooked beets into mashed potatoes for a pop of color.
- Add raw or leftover cooked beets to canned vegetable beef soup and simmer until tender.

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

**Select** – Choose beets with firm, smooth skins and crisp leaves. Smaller beets are more tender.

**Store** – Remove greens leaving about 1 inch of stem. Store beets in a plastic bag in the refrigerator for up to 2 weeks.

**Prepare** – Rinse beets under cool running water and scrub with a vegetable brush. Beets can be eaten raw or cooked. You can eat the beet greens too!

### Did you know?

Most of the beets grown in Wisconsin are red beets, but there are also pink, purple, white, and yellow beets. Try a rainbow of beet colors!



Nutritious, Delicious, Wisconsin!  
#WIHarvestoftheMonth



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## ROASTED ROOT VEGETABLES

A variety of root vegetables like sweet potatoes, beets, and turnips make this colorful dish festive and nutritious.

### INGREDIENTS

- 4 root vegetables (choose a variety from potatoes, rutabagas, turnips, parsnips, beets, sweet potatoes, etc.)
- 2 carrots, chopped
- 1 medium onion, chopped
- 1/4 cup vegetable oil
- 3 tablespoons parmesan cheese



Makes:

4 servings



Total Cost:

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### DIRECTIONS

- Wash hands with soap and water.
- Preheat oven to 350 ° F
- Cut vegetables into large chunks.
- Place in a medium-sized bowl and pour over top. Add seasonings or parmesan and mix well.
- Spread an even layer on a baking sheet or pan.
- Bake 1 hour or until tender. Check a few vegetables to see if they are tender.





Extension  
UNIVERSITY OF WISCONSIN-MADISON  
IRON COUNTY

# NORTHWOODS YARD & GARDEN

Weekly Column



## INTERESTED IN LEARNING MORE ABOUT HORTICULTURE IN IRON COUNTY?

Check out Extension Iron County Horticulture Educator, Bruce Spangenberg's weekly column, Northwoods Yard & Garden to learn more about horticulture topics in and around Iron County! For more information, visit:

<https://iron.extension.wisc.edu/northwoods-yard-garden-column/>

You can also contact Bruce on Tuesdays and Thursdays at the Extension Iron County office, 7:30 am—4:30 pm. Call 715-561-2695 or email [bruce.spangenberg@wisc.edu](mailto:bruce.spangenberg@wisc.edu).

## CORN BREAD ALWAYS TASTES GREAT WITH CHILI!

Just in time for the Wisconsin Chili Lunch, make this corn bread recipe the classic way or jazz it up by adding chili powder, whole corn, or even blueberries to give a yummy twist to a basic recipe.

### INGREDIENTS

- 1 cup cornmeal
- 1 cup flour
- 1 tablespoon sugar
- 1 tablespoon baking powder
- 1 egg
- 1/4 cup vegetable oil
- 1 cup milk, non-fat

### DIRECTIONS

- Wash hands with soap and water.
- Heat oven to 425 ° F. Grease 8x9 inch pan.
- Measure cornmeal, flour, sugar, baking powder into a large mixing bowl. Stir to combine ingredients.
- Crack egg into a small bowl and beat with a fork to combine white and yoke.
- Add egg, oil, and milk to flour mixture. Mix until ingredients are well blended.
- Pour batter into prepared pan.
- Bake 20 to 25 minutes, until firm to touch or wooden pick inserted in the center comes out clean.

