

# FoodWise Nutrition

## May 2025 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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### TURTLE ISLAND TALES UPDATE

During our classroom visits with Igmu last month, the youth had a blast using natural dyes from plants to decorate recipe boxes provided by GLITC. They enjoyed smashing and rubbing a vibrant array of colors! Families can now add the recipes they received in their packets, along with other family favorites, to these beautifully decorated boxes.

Stay tuned for next month's update!



*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.*

### IRON COUNTY MOBILE FOOD PANTRY

The next Iron County Mobile Food Pantry takes place on Monday, May 19 from 12:00-1:00 pm, **which is one week earlier due to Memorial Day.** 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/>



## ASK FOR ASPARAGUS



**Select** – Choose asparagus stalks with dry, tight tips. Avoid limp or wilted stalks.

**Store** – Wrap the ends of stalks in a wet paper towel and place in a plastic bag. Refrigerate for up to 4 days.

**Prepare** – Snap off the woody ends, about 1-2 inches. Enjoy raw, steamed, boiled, grilled, or roasted!

## Asparagus is the Harvest of the Month!

### Add asparagus to your favorite family meals:

- Add bite-size pieces of asparagus to creamy soups.
- Dip asparagus spears in a healthy dip or dressing.
- Use leftover cooked asparagus in your scrambled eggs.
- Add asparagus to roasted potatoes, rice side dishes, or pasta salad.

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

### Did you know?

Asparagus can be found in three colors: green, white, and purple. White asparagus is grown under the soil, so it is never exposed to sunlight and never turns green.



Nutritious, Delicious, Wisconsin!

#WIHarvestoftheMonth



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.

# Harvest of the Month

Enanjigeyang agoojing wa'aw giizis

MAY

Waabigwanii-Giizis  
flower moon



asparagus

Wiishkobi-opiniig



Extension  
UNIVERSITY OF WISCONSIN-MADISON



# Seasonal Availability of Wisconsin Vegetables

ZONE 3, NORTHERN WI

ZONE 4, CENTRAL WI

ZONE 5, SOUTHERN WI

Visit <https://hort.extension.wisc.edu/maps/> to determine the zone where you live. The bars represent average dates of harvest and availability which can vary with such factors as weather conditions, farm location, varieties grown, and season extension.

GREEN LEAFY											
ARUGULA			MAY	JUN	JUL	AUG	SEP				
	APR	MAY	JUN	JUL	AUG	SEP	OCT				
BROCCOLI				JUN	JUL	AUG	SEP	OCT			
				JUN	JUL	AUG	SEP	OCT			
CHINESE CABBAGE						AUG	SEP	OCT			
						AUG	SEP	OCT			
COLLARD GREENS		MAY	JUN	JUL	AUG	SEP	OCT				
		MAY	JUN	JUL	AUG	SEP	OCT				
KALE		MAY	JUN	JUL	AUG	SEP	OCT				
		MAY	JUN	JUL	AUG	SEP	OCT				
LETTUCE non-iceberg		MAY	JUN	JUL	AUG	SEP	OCT				
		MAY	JUN	JUL	AUG	SEP	OCT				
MUSTARD GREENS		MAY	JUN	JUL	AUG	SEP	OCT				
		MAY	JUN	JUL	AUG	SEP	OCT				
SPINACH		MAY	JUN	JUL	AUG	SEP	OCT				
		MAY	JUN	JUL	AUG	SEP	OCT				
CARROTS			MAY	JUN	JUL	AUG	SEP	OCT			
			MAY	JUN	JUL	AUG	SEP	OCT			
RED CHILI PEPPERS					AUG	SEP					
					AUG	SEP					
RED/ORANGE PEPPERS					AUG	SEP					
					AUG	SEP					
SWEET POTATOES/YAMS					AUG	SEP					
					AUG	SEP					
TOMATOES					JUL	AUG	SEP				
					JUL	AUG	SEP				
WINTER SQUASH acorn, butternut						SEP	OCT				
						SEP	OCT				

Vegetables are categorized by USDA vegetable subgroups.

STARCHY											
SWEET CORN					JUL	AUG	SEP				
					JUL	AUG	SEP				
GREEN PEAS				MAY	JUN	JUL	AUG	SEP	OCT		
				MAY	JUN	JUL	AUG	SEP	OCT		
POTATOES					JUN	JUL	AUG	SEP	OCT		
					JUN	JUL	AUG	SEP	OCT		
ASPARAGUS			APR	MAY	JUN	JUL					
			APR	MAY	JUN	JUL					
BEANS green and yellow						JUL	AUG	SEP			
						JUL	AUG	SEP			
BEEETS					JUN	JUL	AUG	SEP	OCT		
					JUN	JUL	AUG	SEP	OCT		
BRUSSEL SPROUTS							AUG	SEP	OCT		
							AUG	SEP	OCT		
CABBAGE green and red					JUN	JUL	AUG	SEP	OCT		
					JUN	JUL	AUG	SEP	OCT		
CAULIFLOWER						JUL	AUG	SEP	OCT		
						JUL	AUG	SEP	OCT		
CUCUMBERS & PICKLES					JUN	JUL	AUG	SEP			
					JUN	JUL	AUG	SEP			
ONIONS						JUL	AUG	SEP			
						JUL	AUG	SEP			
PEPPERS green, purple and yellow							AUG	SEP			
							AUG	SEP			
RADISHES				MAY	JUN						
				MAY	JUN						
ZUCCHINI SQUASH					JUN	JUL	AUG	SEP			
					JUN	JUL	AUG	SEP			



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# NIBWAAKAAWIN

Looking for community input on the  
Harvest of the Moons Project

SCAN HERE



OR VISIT

[HTTPS://UWMADISON.CO1.QUALTRICS.COM/JFE/FORM/SV\\_AGEVPOZKH1BZTNY](https://uwmadison.co1.qualtrics.com/jfe/form/sv_agevpozkh1bztny)

## Upcoming Meeting

(Wednesday) May 28th, 2025

1-3pm at the

Northern Great Lakes Visitors Center, Ashland Wi.

Any questions contact Marisa Dyer ([marisa.perlberg@wisc.edu](mailto:marisa.perlberg@wisc.edu))