

FoodWise Nutrition

August 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.

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

Stephanie Bakker, FoodWise Nutrition Coordinator
Extension Ashland, Bayfield, Iron Counties
Phone: 715-373-3294 (Bayfield County office)
stephanie.bakker@wisc.edu

Deborah Leonard, FoodWise Nutrition Educator
Extension Ashland, Bayfield, Iron Counties
Phone: 715-561-2695 (Iron County office)
deborah.leonard@wisc.edu

Lindsay Larson, FoodWise Nutrition Educator
Extension Ashland, Bayfield, Iron Counties
Phone: 715-682-7017 (Ashland County office)
lindsay.larson@wisc.edu

Marisa Perlberg, Healthy Communities Coordinator
Phone: 715-682-7017 (Ashland County office)
marisa.perlberg@wisc.edu



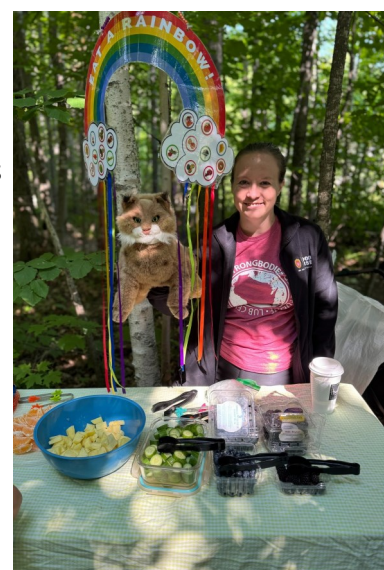
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TURTLE ISLAND TALES UPDATE

Boozhoo! We had a wonderful last visit with the Red Cliff Early Childhood Center to celebrate one year of the Turtle Island Tales program! We handed out the last two packets for July/August and had our classroom education for the month in their school forest (mitigokaa).

We had a scavenger hunt finding Igmu's favorite items from the packets in the woods, rainbow fruit cones, and finished by making a classroom art piece from items in nature. Miigwech to the Red Cliff ECC, Ms. Manzanita, Montana State University, and others, for this wonderful collaboration this year! We hope that it provided helpful resources related to health and wellness for the Red Cliff Early Childhood Center families.

<https://turtleislandtales.org/>



IRON COUNTY MOBILE FOOD PANTRY

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



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/>





Corn is The Harvest of the Month!

Add corn to your favorite family meals:

- Add frozen corn to chili or chowder.
- Make a delicious salad with corn, black beans, onions, tomatoes, peppers, cilantro, lime juice, olive oil, garlic, cumin, salt & pepper.
- Add fresh or canned corn to guacamole or taco salad.

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

Select – Sweet corn is available fresh, frozen, and canned. If selecting fresh corn, choose ears with bright green husks, fresh silks, and tight rows of plump kernels.

Store – Refrigerate corn with husks on and use within 1-2 days.

Prepare – Peel husks and silks from ears of corn. Break off the stalk at the base of the ear of corn. Rinse under cool running water. Boil, microwave, grill, or roast!

Did you Know?

In Aztec, Incan, Mayan, and Native American cultures, corn was grown in companionship with squash and beans. Corn, squash, and beans make up the traditional "Three Sisters".



Nutritious, Delicious, Wisconsin!
#WIHarvestOfTheMonth



UW-MADISON EXTENSION

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. Funding for this publication was made possible by the U.S. Department of Agriculture's (USDA) Agricultural Marketing Service through grant AM200100XXXXG060. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA.

Harvest of the Month

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FRUIT IN A CONE

Want a fun way to eat your fruits and veggies with less plastic waste and on the go? Try your produce in a cone! Works great for yogurt parfaits as well.

Looking for other ways to use produce from your garden, farmers market, etc...? Check out the MyPlate recipe page, type in a recipe for your item and it will give you a list of ideas:

<https://www.myplate.gov/myplate-kitchen/recipes>

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.

CORN, BLUEBERRY, AND WILD RICE SALAD

This savory dish features wild rice and blueberries, a fun way to add flavor and color to any salad!

- 6 ears sweet corn, husked (or 1 1/2 cups frozen corn or canned corn, drained)
- 1 cup frozen blueberries
- 1 small cucumber, finely chopped
- 1/4 cup finely chopped red onion
- 1/4 cup chopped fresh cilantro
- 1 cup wild rice, cooked
- 1 jalapeno pepper
- 4 tablespoons lime juice
- 4 tablespoons olive oil
- 2 tablespoons honey or maple syrup
- 1/2 teaspoon ground cumin
- 1/2 teaspoon salt



1. Wash hands with soap and water.
2. In a large pot, bring salted water to a boil. Add corn. Cook covered for 5 minutes, or until tender. If using corn on the cob, remove corn from the cob after cooking.
3. In a serving bowl, combine corn, blueberries, cucumber, red onion, cilantro, wild rice, and jalapeno.
4. For dressing: In a screw-top jar, combine lime juice, oil, honey, cumin, and salt. Cover and shake well to combine. If you do not have a screw-top jar you can whisk ingredients in a small bowl.
5. Add dressing to salad and toss.

Salad is best enjoyed if covered and refrigerated overnight or up to 24 hours.



2025 Congregate Meal Information



Meal Site Locations

Barnes Town Hall 3360 County Hwy. N Barnes, WI 54873	Meal Days: Thursdays Reservation required? Yes Call by 9:00 a.m. the day before.	Site Opens: 11:30 a.m. Meal Served: 12:00 noon
Bell Town Hall 22620 Ash Street Cornucopia, WI 54827	Meal Days: Tuesdays Reservation required? Yes Call by Monday at 8:30 a.m.	Site Opens: 11:30 a.m. Meal Served: 12:00 noon
Cable United Church of Christ 13445 County Hwy. M Cable, WI 54821	Meal Days: 1 st & 3 rd Mondays of the month Reservation required? Yes Call by Thursday at 12:00 noon	Site Opens: 11:30 a.m. Meal Served: 12:00 noon
Iron River Community Center 8275 E. Mill Street Iron River, WI 54847	Meal Days: 2 nd & 4 th Thurs. of the month Reservation required? Yes Call by Monday at 12:00 noon	Site Opens: 11:30 a.m. Meal Served: 12:00 noon
First Lutheran Church 83105 Washington Avenue Port Wing, WI 54865	Meal Days: Wednesdays Reservation required? Yes Call by Tuesday at 8:30 a.m.	Site Opens: 11:30 a.m. Meal Served: 12:00 noon
Time Out Restaurant 4 Bayfield Street Washburn, WI 54891	Meal Days: Wednesdays Reservation required? No <i>*Please be respectful of the restaurant and do not arrive earlier than 1:00 p.m.</i>	Seating Opens: 1:00 PM* Meal Served: 1:30 – 2:00 p.m. Site Closes: 3:00 p.m.
St. Louis School 713 Washington Avenue Washburn, WI 54891	Meal Days: Fridays Reservation required? Yes Call by 3:00 p.m. Wednesday	Site Opens: 11:30 a.m. Meal Served: 12:00 noon

To reserve your meal, call 715-373-3396

Be sure to include your name, phone number, meal site location and date you are making the reservation, and how many people you are making reservations for.

Suggested contribution amount is \$3.00 - \$5.00 per meal. All contributions are used to fund the program.

Updated 5/16/2024