

FoodWise Nutrition

August 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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The monthly FoodWise Newsletter is created in partnership with the Ashland, Bayfield, Iron County FoodWise Team and Extension Iron County Office Manager, Rebecca Holm

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What's in the box?!

All ages invited to come and cook with ingredients from the Elder Boxes once a month at the Elderly Feeding Center.

2:30pm - 4:00pm
July 29, 2024
August 26, 2024

4:30pm - 6:00pm
September 23, 2024
October 28, 2024
November 26, 2024
December 9, 2024

Please contact Manzanita Peterson at 715-779-3740 or manzanita.peterson@redcliff-nsn.gov with any questions.



IRON COUNTY MOBILE FOOD PANTRY

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



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/>



GRILLED FISH TACOS WITH PEACH SALSA

INGREDIENTS

For the Salsa

- 1 can 15.25 ounces peach halves (drained, rinsed, and chopped, about 1 cup)
- 1/2 red bell pepper (finely chopped, about 1/2 cup)
- 1/4 red onion (finely chopped, about 1/4 cup)
- 1 whole jalapeno pepper (rinsed, seeded, and finely chopped)
- 1 tablespoon fresh cilantro (finely chopped)
- 2 teaspoons lemon juice

For the Fish

- 4 tilapia fillets (about 1 lb)
- 1 tablespoon chili powder
- 1/4 teaspoon low-sodium adobo seasoning
- 1 package low-sodium Sazon seasoning
- 8 6" flour tortillas (warmed)

INGREDIENTS

For the Salsa:

1. In medium bowl, stir together chopped peaches, bell pepper, onions, jalapenos, cilantro, and lemon juice.
2. Cover and refrigerate until ready to use.

For the Fish:

1. Heat grill or grill pan over medium-high heat. Using paper towels, pat fish dry, transfer to plate.
2. In a small bowl, stir together chili powder, low-sodium adobo, and Sazon packet.
3. Rub fish with spice mixture to coat completely.
4. Place fish on hot greased grill grates.
5. Cook, flipping once until fish is opaque and flakes easily with a fork (145°F), about 8 minutes.
6. Thinly slice fish.
7. To serve, fill each tortilla with 1/2 fish fillet and about 1/3 cup salsa.

Source: <https://www.myplate.gov/recipes/myplate-cnpp/grilled-fish-tacos-peach-salsa>



Makes:

4 Servings



Total Cost:

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Preparation Time:

30 minutes

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.



SLICE UP SUMMER SQUASH

Select – Choose glossy, small- to medium-size squash.

Store – Refrigerate and use within 3-4 days.

Prepare – Grill, steam, boil, or saute. You can even eat the skin!

Summer Squash is the Harvest of the Month!

Add summer squash to your favorite family meals:

- Saute chopped squash to add to pasta, burritos, or quesadillas.
- Serve raw slices to dip in hummus.
- Bake thin slices to make crispy zucchini chips.

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

Did you know?

Zucchini is the most popular summer squash grown in Wisconsin. Other types include yellow straightneck, yellow crookneck, Patty pan, and Mexican squash (calabacita).



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.

ASK A GARDENING QUESTION

Looking for expert advice on a lawn, landscape or gardening issue? Community members now have the option of completing an online form and attaching photos showing your garden concern.

A Wisconsin Extension Master Gardener or Extension staff will respond to your inquiry.

Visit the website below for more details:
<https://hort.extension.wisc.edu/ask-a-gardening-question/>

Or scan the QR code!



ZUCCHINI BASICS

Did you know that zucchini is loaded with Vitamin C, which helps cuts and wounds and helps the immune system? It is also low in calories and is a great food choice if you are looking to help prevent weight gain.



Check out this easy zucchini recipe below!

Roasted Zucchini

- Preheat oven to 450°F.
- Cut off both ends of the zucchini.
- Cut the zucchini in half, lengthwise (the long way), then cut each half into pieces about 1 inch each.
- Put pieces in a bowl and add enough oil to lightly coat the zucchini. Toss the zucchini to coat in oil.
- Spread the zucchini out on a baking sheet and sprinkle with grated parmesan cheese or a pinch of your favorite seasoning blend.
- Put in oven for 8-10 minutes until zucchini is tender but not mushy.



INDINAWE MAANIDOOY

A new cookbook that is to be a
testimony to food and culture here in
Red Cliff and shared with all

**YOU CAN CONTRIBUTE BY
SENDING YOUR FAVORITE
TRADITIONAL RECIPES**

to Manzanita Peterson at
manzanita.peterson@redcliff-nsn.gov

OR

By mailing to or dropping off in person:

Red Cliff Food Distribution

C/O Manzanita Peterson

88455 Pike Rd, Bayfield, WI 54814

Please reach out if you have
any questions 715-779-3740