

FoodWise Nutrition

April 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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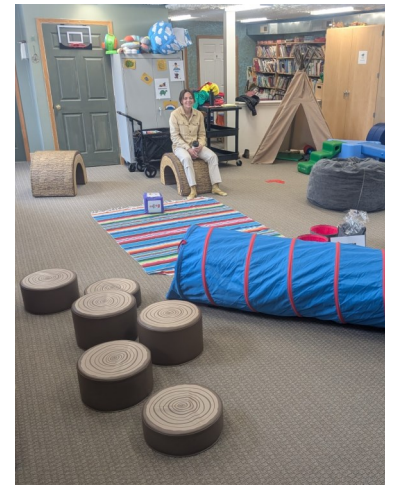
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TURTLE ISLAND TALES UPDATE

In March, we discussed the topic, "Active Anywhere!"

Classrooms participated in a "Sugar Bush" obstacle course in the large motor room. Families also received their packets for the month, Naturally Sweet. Stay tuned for next month!



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, April 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/>



Greens are the Harvest of the Month!

Add greens to your favorite family meals:

- Add fresh spinach to your smoothie.
- Use fresh or frozen spinach in lasagna, casseroles, or soups.
- Sauté Swiss chard with garlic and add to eggs or top a pizza.

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

Select – Look for greens that are a deep green color and have crisp leaves.

Store – Refrigerate in a plastic bag for 3-5 days.

Prepare – Rinse, then tear or chop the leaves.

Did you know?

"Super green" refers to dark green vegetables that contain extra amounts of key nutrients like vitamins A and C, potassium, and dietary fiber. These dark green vegetables are important to eat often to grow and stay healthy. Try a variety of "super green" vegetables including spinach, Swiss chard, kale, collard greens, romaine lettuce, watercress, bok choy, and mustard greens.



Nutritious, Delicious, Wisconsin!
#WlHarvestoftheMonth



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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.

“ANY GREENS” PESTO

INGREDIENTS

- 1/4 cup almonds, pecans, pistachios, walnuts or pine nuts
- 1/2 cup (about 2 oz) freshly grated Parmigiano Reggiano, Pecorino or Grana Padano
- 3 tightly packed cups greens (basil, spinach, arugula, kale, Swiss chard, collard greens, parsley, beet greens, carrot top leaves or a combination of the above)
- 1 large clove garlic, peeled and smashed about 1 teaspoon
- 2 tablespoons fresh lemon juice, plus more to taste
- fresh cracked pepper to taste
- 1 teaspoon Kosher or sea salt to taste
- 1/2 to 3/4 cup extra-virgin olive oil

INSTRUCTIONS

1. Place the nuts, cheese, greens, garlic, and 2 tablespoons lemon juice in the bowl of a food processor. Season with pepper to taste and a few pinches sea salt.
2. Pulse in quick on/off bursts until the mixture is finely chopped but not completely puréed, about 15 times. Scrape down the processor and pulse again to incorporate any larger leaves necessary.
3. In the feed tube in the top of the food processor, add the olive oil and combine, being careful not to over puree the mixture. Stir in more salt and pepper to taste if necessary. Store in a glass jar in the refrigerator for about a week; add a thin layer of olive oil on top of the pesto to keep it from oxidizing.
4. Note: Can be frozen in ice cube trays or glass containers.

Source: <https://smartinthekitchen.com/2021/01/any-greens-pesto/>



Harvest of the Month

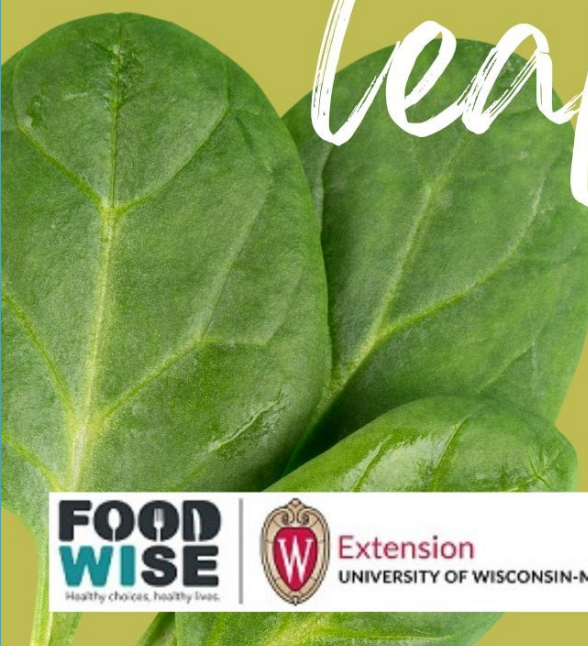
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APRIL

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maple sugar moon



leafy greens
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**FOOD
WISE**
Healthy choices, healthy lives.



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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: April 1-June 26, 2025

Time: Tuesdays and Thursdays 9:00-10:20 am

To register online: go.wisc.edu/gb1m1k



scan with your
smart phone
camera to register

Questions? Contact

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Julie Montgomery 715-395-1427 (Douglas)

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

WINTER SOWING USING MILK JUGS

If you love gardening but hate waiting until spring to start growing, winter seed sowing is for you!

WHAT YOU'LL NEED

- Clean, empty milk jugs (or similar clear plastic containers)
- Bleach to sterilize the jugs
- Utility knife or scissors
- Duct tape
- Permanent marker
- As potting soil use compost and worm castings mixed 1:1 ratio
- Seeds suitable for winter sowing
- Water

STEP-BY-STEP GUIDE

- 1. Sterilize the jugs.** Fill a large container or your bathtub with water and 10% bleach. Soak the jugs for about 20 minutes. Then soak in clean water for 20 minutes to remove the bleach.
- 2. Prepare the Jugs:** Cut the milk jug almost in half, leaving a small hinge near the handle. Poke drainage holes in the bottom.
- 3. Fill with Soil:** Add 3-4 inches of moist potting soil or seed-starting mix.
- 4. Plant the Seeds:** Sow seeds according to the recommended depth on the seed packet.
- 5. Close & Label:** Tape the jug shut and label it with the seed type and date.
- 6. Set Outside:** Place the jugs in a sunny, sheltered location. Snow and rain will help keep them hydrated.
- 7. Monitor & Ventilate:** As temperatures warm in early spring, check for condensation inside the jugs. If it gets too hot, open the top during the day.
- 8. Transplant When Ready:** Once seedlings have several sets of true leaves and the risk of frost has passed, transplant them into your garden beds.



EGG SUBSTITUTES FOR BAKING

NO EGGS? NO PROBLEM! TRY THESE EASY SWAPS:



Ripe Banana

1/4 cup mashed banana per egg

Best for: moist cakes, muffins, pancakes



Unsweetened Applesauce

1/4 cup per egg

Best for: cakes, muffins, quick breads



Chia/Ground Flax Seeds

1 tbsp. seeds + 3 tbsp. water (let sit for 5-10 min) per egg

Best for: breads, cookies, pancakes



Aquafaba (Chickpea Water)

3 tbsp. whipped aquafaba per egg

Best for: meringues, brownies, cookies



Nut Butters (Peanut, Almond, etc.)

3 tbsp. per egg

Best for: brownies, cookies, dense baked goods



Yogurt (Dairy or Non-Dairy)

1/4 cup per egg

Best for: muffins, cakes



Baking Powder + Water + Oil

2 tsp. baking powder + 2 tbsp. water + 1 tbsp. oil per egg

Best for: light and fluffy cakes



Carbonated Water

1/4 cup per egg

Best for: light-textured baked goods

CHOOSE THE RIGHT SUBSTITUTION



For moisture: Use applesauce, banana, or yogurt.



For binding: Use chia/flax eggs, or nut butters.



For leavening: Use baking powder mix or carbonated water.



For airy textures: Use aquafaba or carbonated water.



Health & Well-Being Institute

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