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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Extension UNIVERSITY OF WISCONSIN-MADISON

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 Thursday, May 29 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/



- 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

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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.

Harvest of the Month

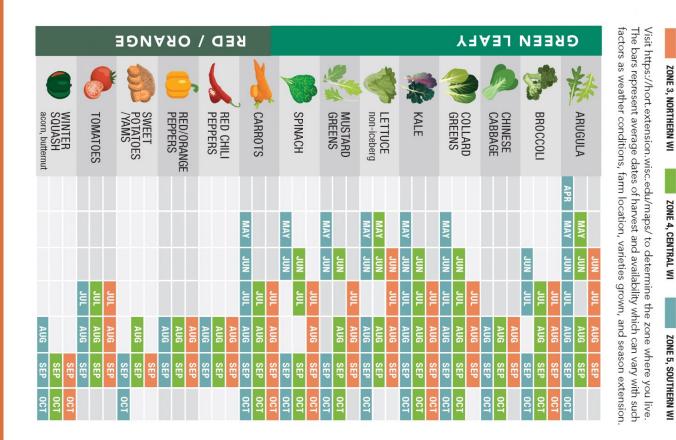
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MAY

Waabigwanii-Giizis

flower moon







Vegetables are categorized by USDA vegetable subgroups

Seasonal Availability of Wisconsin Vegetables

NIBWAAKAAWIN

Looking for community input on the Harvest of the Moons Project

SCAN HERE



OR VISIT <u>HTTPS://UWMADISON.CO1.QUALTRICS.COM/JFE/FORM/SV_AGEVPOZKHIBZTNY</u>

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)