

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.

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

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/>

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

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 | OCT | | |
| | | | | | JUN | JUL | AUG | SEP | OCT | | |



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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)