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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FOOD RESOURCES

Food resources are more important than ever during the COVID-19 pandemic. Each month we will highlight a great local program. This month we are highlighting the: Iron County Mobile Food Pantry

This program, available to Iron County residents, takes place on the last Monday of every month from 12-1 pm. Facilitated by Extension Iron County, in partnership with Second Harvest Northern Lakes Food Bank, this program provides meals to approximately 220 families every month. For more information, call 715-561-2695. Registration can be done over the phone in just a few minutes.

The next mobile food pantry date is scheduled for, September 28, 2020.
RECIPE OF THE MONTH

Broccoli Slaw
Use up the stems of the broccoli!

For the salad:
• 4-6 broccoli stalks
• 2 large carrots
• 2 tablespoons minced herbs (cilantro, onion, or chives)

For the dressing:
• 2 tablespoons soy sauce
• 1/4 teaspoon sugar
• 2 tablespoons oil (canola, sesame, or olive oil)

Directions:
1. Use a grater or food processor to shred the broccoli and carrots.
2. Mix in the herbs.
3. Stir the dressing together in a cup.
4. Pour dressing over salad and stir.

Ideas:
You could sprinkle sesame seeds, peanuts or sunflower seeds on top.

FOOD SAFETY

COVID-19 Food Safety Tips

Fruits and vegetables keep you healthy.
Fill half your plate with fruits and vegetables each meal.
• All fruits and vegetables are good for you

- Rinse fresh fruits and vegetables with plain water (no soap)

If you would like to view food safety tips on how to properly freeze tomatoes, visit:
https://nchfp.uga.edu/how/freeze/tomato.html

WELLNESS TIPS

Tips for managing stress Self-care isn’t selfish. Taking the time to protect your own physical and mental health ensures you have the resources to take care of others.

• Get the 3 “goods” That’s good-for-you foods, a good night’s sleep, and a good amount of exercise.

• Set boundaries Don’t let the stress of current events take over what you read, watch, or talk about. And don’t be afraid to ask friends and family to talk about something else.

• Stay Connected Supportive relationships keep us grounded. Reach out to family and friends, colleagues, and spiritual or support groups in whatever way you can.

• Relax your body Do what that works for you, like taking deep breaths, stretching and exercising, meditation, and spiritual activities.

• Do something you enjoy Eat a good meal, read, create a playlist of your favorite music, play video games, or talk to family and friends

• Avoid negative outlets Find healthy ways to process your emotions. Avoid self-medicating with alcohol, drugs, or risky behaviors.
September

CHEQUAMEGON BAY

HARVEST MONTH

Tomatoes

How to Select and Store Tomatoes
Fresh tomatoes are abundant in Wisconsin from mid-July through September, and often into October. Tomatoes taste best when they have been able to ripen on the vine. You can find vine-ripened tomatoes at the farmers market, in a CSA box, at local grocery stores, or maybe you want to try growing your own!

When purchasing tomatoes, look for smooth skin, an even color, and a sweet smell. Avoid mushy, bruised, or split-skinned tomatoes. Firm tomatoes can be ripened in a paper bag until they give slightly to gentle pressure. Store ripe tomatoes at room temperature and away from direct sunlight for several days. Only refrigerate tomatoes that have been cut or cooked. Tomatoes can be canned, frozen or dehydrated to preserve the sweet, succulent flavor for winter.

Ways to Eat Tomatoes
Tomatoes enhance almost any savory dish, from soups and salads to casseroles and gratins. And they’re delicious raw, baked, grilled, roasted, or cooked into a sauce.

Nutritional Benefits of Tomatoes
One medium-sized tomato is an excellent source of vitamin C, as well as a source of vitamin A, fiber, potassium, and lycopene. Lycopene is a carotenoid, which gives tomatoes their bright red color and may play a role in fighting cancer.

- There are over 4,000 types of tomatoes ranging in size, shape, and color.
- More than 60 million tons of tomatoes are produced per year - 16 million tons more than the second most popular fruit: the banana.
- The tomato is actually a berry, but in 1893, the U.S. Supreme Court declared it to be a vegetable.
- As a South American native, the word tomato is derived from the ancient Mayan word “xtomatl.”
- The tomato is a member of the nightshade family and is closely related to potatoes, peppers, and eggplant.
All About Tomatoes

The French and Germans, who first met the tomato in the 16th century, dubbed it “the apple of love,” and “the apple of paradise.” Our less-romantic name for the fruit dates back further, though, to the Aztecs, who called it “xitomati,” or “plump thing with a navel.”

Both in Europe and America, it took a while for the tomato to catch on. At first, in fact, it was considered poisonous (the poison turned out to be lead from pewter plates, which was leached by tomatoes’ acid). Today, though, this fruit is wildly popular in the United States, with average consumption at about 23 pounds per year per person, mostly via sauces and catsup.

Every U.S. state grows tomatoes, and over 90 percent of home gardeners include tomatoes in their plantings. The largest tomato to date, grown in Oklahoma, weighed over seven pounds and topped enough sandwiches for 21 people. The tallest tomato plant, grown in Lancashire, England reached 65 feet in height.

California and Florida outpace all other states by growing over two-thirds of the tomatoes for fresh consumption, and California grows almost all of the tomatoes that are processed into soups, sauces, catsup, salsa and more. Despite the dominance of these two states in production, tomatoes are celebrated across the country, with 19 states holding tomato festivals each year.

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**Cooking Corner**

**Tomato Bruschetta**

**Ingredients**
- 1 pound roma tomatoes, seeded and diced
- 1 red onion, diced
- 1 1/2 tablespoons fresh basil, chopped
- 1 1/2 tablespoons fresh parsley, chopped

**Dressing**
- 1 tablespoon olive oil
- 1 1/2 teaspoons balsamic vinegar
- 3/4 teaspoon red wine vinegar
- 1/2 teaspoon garlic, chopped
- 1/2 teaspoon salt
- 1/8 teaspoon freshly ground black pepper

**Preparation**
Preheat oven to 375° F. In a small bowl, whisk all dressing ingredients together. Set aside. In a large bowl, combine tomatoes, onion, basil, and parsley. Toss with dressing. Slice baguette into 1” slices, place the slices on a baking sheet and bake until bread is lightly toasted, about three minutes. Top each slice with the tomato mixture and serve.

**Nutritional Information**
- 30 calories
- 0 grams fat
- 0 mg. cholesterol
- 747 mg. sodium
- 56 grams carbohydrate
- 4 grams fiber
- 10 grams protein

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