

# FoodWise Nutrition

## May 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.

#### 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](mailto: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](mailto:deborah.leonard@wisc.edu)

Marisa Perlberg, Healthy Communities Coordinator  
Phone: 715-682-7017 (Ashland County office)  
[marisa.perlberg@wisc.edu](mailto:marisa.perlberg@wisc.edu)

### COMPOST AT THE SCHOOL DISTRICT OF BAYFIELD

The School District of Bayfield continues on the path of sustainability with its composting program. In February 2022, Bayfield Schools initiated a commercial composting program with Big Lake Organics. During the school year, all mainland food waste is collected and composted by Big Lake Organics. In the summer months, food waste is composted at the Bayfield School Gitigaan (Garden) to grow more food for students and the community.



In 2023, Bayfield Schools diverted 27,378 pounds of organic waste from landfills, averaging 2,282 pounds per month. This equates to preventing 18,672 pounds of carbon dioxide emissions from entering the atmosphere. The district remains committed to this composting partnership, aiming to further reduce waste, increase local food served in the cafeteria, and positively impact the local community.

### IRON COUNTY MOBILE FOOD PANTRY

The next Iron County Mobile Food Pantry takes place on Monday, May 20 from 12:00-1:00 pm, which is one week early due to Memorial Day.

For more information about this program, contact Extension Iron County office manager, Rebecca Holm at:

Phone: 715-561-2695 Email: [rebecca.holm@wisc.edu](mailto: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/>



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.



## Radishes are The Harvest of the Month!

### Add radishes to your favorite family meals:

- Add cubed daikon radish to a pot roast or a pan of roasted vegetables.
- Sprinkle sliced fresh radish on soup, stew, or posole.
- Eat raw radishes with plain yogurt or ricotta cheese dip.

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

### Did you know?

Not all radishes are red. Radishes come in different sizes, shapes, colors, and flavors. Next time you are at the grocery store try a new type of radish like Watermelon, Black Spanish, or Daikon.



Nutritious, Delicious, Wisconsin!  
#WIHarvestoftheMonth



Extension  
UNIVERSITY OF WISCONSIN-MADISON

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. Funding for this publication was made possible by the U.S. Department of Agriculture's (USDA) Agricultural Marketing Service through grant AM200100XXXXG060. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA.

## AFTER SCHOOL HUMMUS

### INGREDIENTS

- 1 can (15 oz.) reduced sodium garbanzo beans (chickpeas)
- 2 medium garlic cloves, minced or 1/4 teaspoon garlic powder
- 1 1/2 tablespoons lemon juice
- 1 teaspoon ground cumin
- 1 tablespoon oil (vegetable or oil)
- 1/8 teaspoon ground black pepper
- 1/2 cup plain nonfat yogurt

### DIRECTIONS

1. Use a blender or food processor. Combine garbanzo beans, garlic, lemon juice, cumin, oil, and pepper. Blend on low speed until the beans are mashed.
2. Stir in yogurt with spoon.
3. Refrigerate for several hours or overnight so the flavors blend.
4. Serve with pita chips, crackers, or fresh vegetables, like this month's Harvest of the Month... radishes!



## CDC GRANT PROGRAM SUMMARY

# Ashland and Menominee Counties



The National Centers for Disease Control and Prevention (CDC) awarded the University of Wisconsin–Madison Division of Extension \$2.5 million over five years to work with partners to improve the health of residents in Menominee County/Nation and Ashland County.

The project will focus on increasing access to healthier foods and expanding access to safer locations for physical activity. This builds on Menominee County/Nation's project, *Kemāmaceqtaq: We're All Moving*, funded by the same CDC grant from 2018–2023. Read about past project activities and successes on the website: <https://menominee.extension.wisc.edu/kemamaceqtaq-were-all-moving/>.

## Strategies

The project will use evidence-based strategies grounded in cultural values to address chronic health problems.



### Food and nutrition

- Work with community partners to promote food service and nutrition guidelines and healthy food purchasing.
- Support and expand existing fruit and vegetable voucher incentive and produce prescription programs.



### Safe and accessible physical activity

- Connect walking, biking, or other transit transportation networks (called activity-friendly routes) to everyday destinations.



### Early care and education (ECE) settings

- Apply policies and activities to improve nutrition, physical activity, and breastfeeding.



### Advance Farm to ECE efforts

- Activities in the first year will focus on collaboration with partners, assessment, and planning.

## For more information about project work in your community, contact:

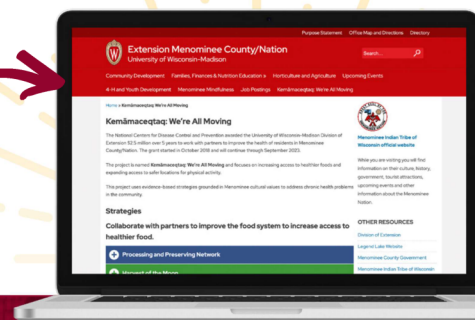
- **Amber Canto**, Project Director and Health & Well-Being Institute Director, [amber.canto@wisc.edu](mailto:amber.canto@wisc.edu)
- **Kimberly Nagel**, Project Manager, [kimberly.beaumier@wisc.edu](mailto:kimberly.beaumier@wisc.edu)
- **Dawn Doperalski**, Health & Well-Being Educator in Menominee County/Nation, [dawn.doperalski@wisc.edu](mailto:dawn.doperalski@wisc.edu)
- **Marisa Dyer**, Healthy Communities Coordinator in Ashland County, [marisa.perlberg@wisc.edu](mailto:marisa.perlberg@wisc.edu)

## For project updates:

- Subscribe to our quarterly newsletter <https://explore.wisc.edu/hwblanding>
- Follow us on Facebook [@ExtensionMenominee](https://www.facebook.com/ExtensionMenominee) and [@FoodWiseUWEX.North](https://www.facebook.com/FoodWiseUWEX.North)



**Extension**  
UNIVERSITY OF WISCONSIN-MADISON



Read about past project activities and successes on the *Kemāmaceqtaq: We're All Moving* website.



## HAVE YOU EVER TRIED MICROGREENS?

Microgreens are young and tender greens produced by sprouting the seeds of a variety of vegetable species and herbaceous plants, including aromatic herbs and wild edible species.

Commonly used by chefs of fine restaurants to garnish and sign their plates, more recently microgreens have gained great popularity for their nutritional properties gaining the appellation of 'superfood'. Microgreens are in fact a great source of fibers, essential minerals, vitamins, and antioxidant compounds. Microgreens are normally consumed raw and can be used to prepare salads, appetizers, and sandwiches or to accompany any meat or fish dish, and even as a topping for your pizza, providing bright colors and intense taste to any dish!

Because of their size and short growth cycle, microgreens can be grown in a tiny space with very limited inputs, without the use of fertilizer or of any spraying, and may be comfortably grown at home on a window ledge, on a porch or balcony, and even on a shelf in the kitchen.

For more information, visit: <https://extension.psu.edu/the-abcs-of-microgreens#section-0>

The goal of "No Mow May" is to pause mowing lawns during May to allow flowering plants to help provide food for pollinators. Early spring is a time where floral resources are often limited for pollinators, especially in urban and suburban landscapes.

### Tips for participating in "No Mow May"

Check your local ordinances. There might be restrictions on grass height and other local restrictions that apply to yard care.

Reduce or eliminate chemical pesticides from your yard.

After May, make a smooth transition for your lawn to minimize stress to your mower and turf:

- Make sure your mower's blades are sharp.
- If using a gas-powered mower, plan on using more gasoline.
- Raise your mower as high as it can go. It will likely take several mows to get your lawn back to a desired height.
- If you have a lot of lawn clippings, spread them out, rake them up or use them in your compost so they don't smother the underlying lawn.
- For the remainder of the season, mow when needed. Keeping your lawn at 3-4" is good for overall turf health.

For more details, visit: <https://hort.extension.wisc.edu/articles/whats-the-deal-with-no-mow-may/>

