

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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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



Extension
UNIVERSITY OF WISCONSIN-MADISON

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.

Vegetable	Apr	May	Jun	Jul	Aug	Sep	Oct
ARUGULA		May	Jun	Jul	Aug	Sep	Oct
BROCCOLI			Jun	Jul	Aug	Sep	Oct
CHINESE CABBAGE				Jul	Aug	Sep	Oct
COLLARD GREENS		May	Jun	Jul	Aug	Sep	Oct
KALE		May	Jun	Jul	Aug	Sep	Oct
LETTUCE non-iceberg		May	Jun	Jul	Aug	Sep	Oct
MUSTARD GREENS		May	Jun	Jul	Aug	Sep	Oct
SPINACH		May	Jun	Jul	Aug	Sep	Oct
CARROTS			May	Jun	Jul	Aug	Oct
RED CHILI PEPPERS				Aug	Sep		
RED/ORANGE PEPPERS				Aug	Sep		
SWEET POTATOES / YAMS				Aug	Sep		Oct
TOMATOES				Jul	Aug	Sep	
WINTER SQUASH acorn, butternut				Jul	Aug	Sep	Oct

Vegetables are categorized by USDA vegetable subgroups.

Vegetable	Apr	May	Jun	Jul	Aug	Sep	Oct
SWEET CORN				Jul	Aug	Sep	
GREEN PEAS		May	Jun	Jul	Aug	Sep	Oct
POTATOES		May	Jun	Jul	Aug	Sep	Oct
ASPARAGUS	Apr	May	Jun				
BEANS green and yellow				Jul	Aug	Sep	
BEETS			Jun	Jul	Aug	Sep	Oct
BRUSSEL SPROUTS				Aug	Sep	Oct	
CABBAGE green and red			Jun	Jul	Aug	Sep	Oct
CAULIFLOWER				Jul	Aug	Sep	Oct
CUCUMBERS & PICKLES			Jun	Jul	Aug	Sep	
ONIONS				Jul	Aug	Sep	
PEPPERS green, purple and yellow		May	Jun	Jul	Aug	Sep	
RADISHES		May	Jun				
ZUCCHINI SQUASH			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_AGEVPOZKHIBZTNY](https://uwmadison.co1.qualtrics.com/jfe/form/sv_agevpozkhibztny)

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)