

# FoodWise Nutrition

## June 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](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)

Lindsay Larson, FoodWise Nutrition Educator  
Extension Ashland, Bayfield, Iron Counties  
Phone: 715-682-7017 (Ashland County office)  
[lindsay.larson@wisc.edu](mailto:lindsay.larson@wisc.edu)

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

### TURTLE ISLAND TALES UPDATE

Turtle Island Tales Update;  
This month we highlighted the topic of “Maintaining Harmony” with the classrooms by going on a nature walk in their school forest and using our five senses to learn how to calm our bodies.

We also distributed the packets for May – “Sneaky Screens.”

Stay tuned for next month!



*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 Monday, June 30 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](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/>



## Sweet Peas are the Harvest of the Month!

### Add sweet peas to your favorite family meals:

- Add fresh or frozen green peas to soup or pasta salad.
- Toss snow peas in a stir fry.
- Serve sugar snap peas with a healthy dip.

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

**Select** – Choose sugar snap peas that are bright green and firm.

**Store** – For the sweetest flavor, serve peas as soon as possible. Refrigerate in a perforated plastic bag and use within 2 days.

**Prepare** – Rinse and trim both ends.

### Did you know?

Peas are seeds! There are three main kinds of peas that we eat: green (or garden) peas, sugar snap peas, and snow peas. With sugar snap peas and snow peas you can eat the whole pod!



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

## JUNE

Ode'imini-Giizis  
strawberry moon

peas  
anijiminan



## TASTE TEST SUCCESS STORY

Lindsay visits The Bayfield School District each month to share fruit and vegetable samples with K-12 students during lunchtime. This initiative is part of the UW-Extension Harvest of the Month program, which celebrates a different local fruit or vegetable each month.

In April (Iskigamizige-Giizis), the students enjoyed tasting local microgreens and fresh spinach from the gitigaan (pictured). Students left the table with beautiful bouquets of greens and smiles on their faces. Their enthusiasm for trying new foods is one of the many reasons Lindsay loves her programming at Bayfield School.



Having served as an AmeriCorps Farm to School Specialist at the district from 2022-2024, she cherishes reconnecting with the staff and students she got to know during her time in the gitigaan. This school year, they've also sampled winter squash crackers, pickled beets, carrots with yogurt dill dip, cranberry applesauce, and more.



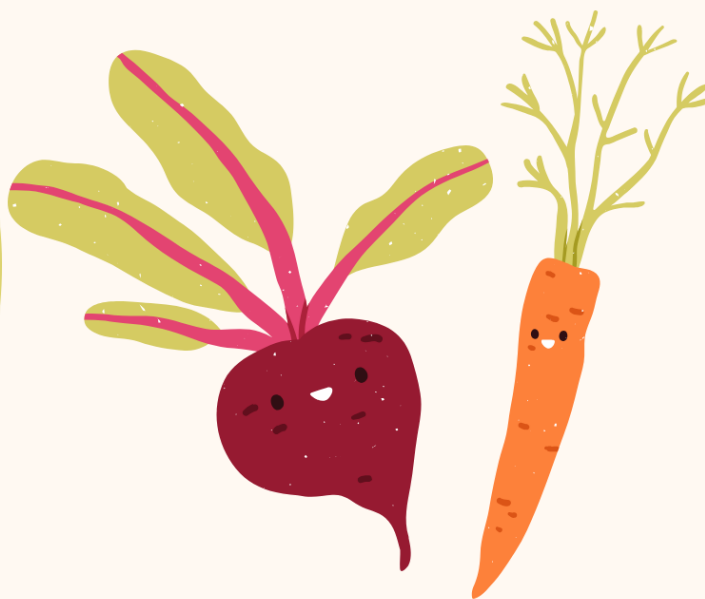
## COMMUNITY HEALTH & NUTRITION INITIATIVES UPDATES

The CDC awarded a \$2.5 million grant to Menominee County/Nation and Ashland County UW-Madison Division of Extension to support health initiatives over the next five years. The project focuses on improving access to healthy foods, physical activity, and early childhood wellness, using culturally grounded strategies in collaboration with local communities. Here's a quick look at current projects in Bad River

- Boys & Girls Club – Developing nutrition policies and preparing for CACFP enrollment once the DPI portal reopens. Exploring youth walking assessments. Collaboration with FoodWise, FRTEP, and Food Sov to restore garden beds at the club and provide education.
- Head Start – Joining the policy committee and continuing conversation on developing nutrition policy. Ongoing research and discussion on incorporating Farm to ECE efforts. Collaboration with FoodWise, FRTEP, and Food Sov to restore garden beds at center and education.
- Elder & Senior Nutrition – Recent meetings with the Bad River Elder Center focused on nutrition policies, expanding FMNP voucher access, and connecting elders with FoodWise programming.
- Health and Wellness Clinic – Wrapping up survey results from the Bad River Wellness Center (launched April 1). Supporting collaboration with FoodWise, and wellness staff. Monthly Produce Prescription meetings with local partners continues. Ongoing discussion on developing and the implementation of nutrition policies.
- Local Food Purchasing Assistance (LFPA) –Monthly advisory meetings continue at the fish house, each focused on a different topic (e.g., food safety, developing volunteer structure). Continued support with building and program needs.

Questions? Reach out to Healthy Communities Coordinator Marisa Dyer (see front page) for more information!

# BEASER KIDS' GARDEN CLUB



**Join our Kids Garden Club this season, where you'll learn to plant, grow, and care for your very own garden!**

**When:** Thursdays 3pm-4pm starting in June

**Where:** Beaser Community Garden  
Corner of 12th Ave W and 7th Street W, Ashland

**Age Group:** 5-12

**Contact:** Lindsay Larson at [lindsay.larson@wisc.edu](mailto:lindsay.larson@wisc.edu)  
For more information

