

Patty's garden notes....

FALL 2017

Gardens will close Sunday, October 22

Another great garden season is winding down. I am busy taking notes of how I can improve the garden experience for next year to make it even better. One thing we will need next year is some new pallets for the south water tank. Please keep your eyes and ears open and let me know if you locate some.

Cleaning out garden plots

We need your help to avoid tilling equipment damage!!!

Cleaning out plots is very important at the end of the season. *I will be looking for gardeners to volunteer to walk through all garden plots after the garden closes to make sure all non-tillable items are removed before I have it tilled.

***Walk through date; October 24 from 3 to 5:30 – Rain date Thursday October 26 same times.** The 'Second Harvest' produce will be donated to local food pantries and volunteers may take what you need for your families. Any questions, Please contact me at 920-929-3172 or patty.percy@ces.uwex.edu

The better the clean-up, the sooner we can get the tilling done.

Please remove any tomato cages, posts, sticks, wires, string and twine, and any other items garbage and take them home. **PLEASE REMOVE** all string and twine from all your stakes before you remove them. All items removed from your garden plot must be taken off site...except for the garden plot stakes that we use to mark the plots. **Please place the garden stakes on the south side of the gardens next to the garden shed.**

When I put my home garden to bed for the winter, I usually clean out all the vegetation. There are several reasons; get rid of any diseased plant material that can winter over, and eliminate places for unwanted insects to hide and come back next year. If you wish to remove your vegetation, this would also need to be taken off site since we do not have a compost area in the gardens.

Broccoli Potato Soup

Makes: 4 servings

A tasty and made-from-scratch soup that comes together quickly with the help of instant mashed potatoes and powdered milk.

Ingredients

4 cups broccoli (chopped)
1 onion (small, chopped)
4 cups chicken or vegetable broth, low-sodium
1 cup evaporated milk, non-fat
1 cup mashed potatoes, instant (prepared in water)
salt and pepper (to taste, optional)
1/4 cup cheddar cheese, shredded (or American)

Directions

1. Wash hands.
2. Combine broccoli, onion, and broth in large sauce pan.
3. Bring to a boil.
4. Reduce heat. Cover and simmer about 10 minutes or until vegetables are tender.
5. Add milk to soup. Slowly stir in potatoes.
6. Cook, stirring constantly, until bubbly and thickened.
7. Season with salt and pepper; stir in a little more milk or water if soup starts to become too thick.
8. Ladle into serving bowls.
9. Sprinkle about 1 tablespoon cheese over each serving.



Source: Arizona Nutrition Network, Don't Play With Your Food: Fall and Winter Cookbook

Play It Safe Canning

The safety of the food that you preserve is important to you. The University of Wisconsin-Extension supports using up-to-date, research-tested recipes so that you know that the food that you preserve is both safe and high in quality. Here are a few quick tips on changes and substitutions that will keep your home preserved foods safe to eat.



Homemade Pickles & Relishes

One of the fastest growing areas of the food industry is in pickled products. The time is now to try making some of these tasty products yourself! Pickles are processed in a boiling water or steam canner.

- ⇒ You may safely **reduce sugar or salt** in any tested quick-process pickle. The amount (and type) of salt listed in a recipe for sauerkraut or genuine dill (crock) pickles can not be changed!
- ⇒ You can **rinse sauerkraut** prior to serving and reduce the amount of sodium by 30-40%.
- ⇒ You may safely **substitute** grocery store cider vinegar (5% acetic acid) for white vinegar (5% acetic acid), and vice versa. Do not use other types of vinegar such as wine vinegar or home-made vinegar.
- ⇒ You may **add a clove of garlic or a small dried hot pepper** to any pickle recipe without impacting the processing time.
- ⇒ You may **substitute zucchini or summer squash** for cucumber in any relish recipe. You may substitute English or grocery store cucumbers for pickling cucumbers, but the quality of the product may be inferior.
- ⇒ You may **refrigerate** a pickle recipe that can't be safely canned. If refrigerated, store for up to 2 weeks. See **Homemade Pickles and Relishes** for recipes for **refrigerator or freezer pickles** that are a tasty treat. This bulletin also contains recipes for low-sodium, and low- or no-sugar added pickles.

Canning Fruits

Sugar is added to canned fruits help preserve color, help firm texture, and for flavor.

- ⇒ Choose a light fruit juice such as white grape juice for canning if you wish to **reduce sugar** in home- canned fruit.
- ⇒ You may safely **eliminate sugar** altogether when canning fruits at home, if you prefer. However, fruit canned in water is generally considered unappealing, and will spoil more quickly once opened.
- ⇒ There are no tested recipes for using sugar substitutes such as Sucralose® in home canning. Refer to the manufacturer for directions for home canning using a sugar substitute.

Canning Tomatoes

Tomatoes are the most popular home-canned item. Acid is added to home-canned tomatoes to ensure safety. Many tested recipes allow you to choose either pressure canning or boiling water/steam canning for tomatoes.

- ⇒ Add ¼ teaspoon **citric acid**, or 1 Tablespoon **bottled lemon juice** to each pint of home-canned tomatoes. Add ½ teaspoon citric acid, or 2 Tablespoons bottled lemon juice per quart. Add a bit of sugar, if desired, to offset any changes in flavor.
- ⇒ You may safely reduce or eliminate salt in all home canned tomato recipes.
- ⇒ Where instructions are given for canning pints at 5 or 6 psi and quarts at 10 or 11 psi, you may safely **process pints at the higher pressure** for the length of time given for quart jars.
- ⇒ **Don't add low-acid ingredients** such as peppers, onions, or celery to home-canned tomato products unless specifically allowed in a tested recipe.
- ⇒ **Never thicken** tomato products with flour or corn-starch in an attempt to create a condensed soup.

<https://fyi.uwex.edu/safepreserving/files/2015/06/Play-it-Safe.pdf>

10 May 2105

Other Ways to Preserve Foods

Drying Vegetables

Vegetables can also be preserved by drying. Because they contain less acid than fruits, vegetables are dried until they are brittle. At this stage, only 10% moisture remains and no microorganism can grow.

Preparing Vegetables

To prepare vegetables for drying, wash in cool water to remove soil and chemical residues. Trim, peel, cut, slice or shred vegetables according to the directions for each vegetable in the chart below. Remove any fibrous or woody portions and core when necessary, removing all decayed and bruised areas. Keep pieces uniform in size so they will dry at the same rate. A food slicer or food processor can be used. Prepare only as many as can be dried at one time.

Pretreating Vegetables

Blanching is a necessary step in preparing vegetables for drying. By definition, blanching is the process of heating vegetables to a temperature high enough to destroy enzymes present in tissue. Blanching stops the enzyme action which could cause loss of color and flavor during drying and storage. It also shortens the drying and rehydration time by relaxing the tissue walls so moisture can escape and later re-enter more rapidly. Vegetables can be water blanched or steam blanched. Water blanching usually results in a greater loss of nutrients, but it takes less time than steam blanching.

Water Blanching - Fill a large pot 2/3 full of water, cover and bring to a rolling boil. Place the vegetables in a wire basket or a colander and submerge them in the water. Cover and blanch according to directions. Begin timing when water returns to boiling. If it takes longer than one minute for the water to come back to boiling, too many vegetables were added. Reduce the amount in the next batch.

Steam Blanching - Use a deep pot with a tight fitting lid and a wire basket, colander or sieve placed so the steam will circulate freely around the vegetables. Add water to the pot and bring to a rolling boil. Place the vegetables loosely in the basket no more than 2 inches deep. Place the basket of vegetables in the pot, making sure the water does not come in contact with the vegetables. Cover and steam according to the directions.

Cooling and Drying the Prepared Vegetables

After blanching, dip the vegetables briefly in cold water. When they feel only slightly hot to the touch, drain the vegetables by pouring them directly onto the drying tray held over the sink. Wipe the excess water from underneath the tray and arrange the vegetables in a single layer. Then place the tray immediately in the dehydrator or oven. The heat left in the vegetables from blanching will cause the drying process to begin more quickly. Watch the vegetables closely at the end of the drying period. They dry much more quickly at the end and could scorch.

Determining Dryness of Vegetables

Vegetables should be dried until they are brittle or "crisp." Some vegetables would actually shatter if hit with a hammer. At this stage, they should contain about 10 percent moisture. Because they are so dry, they do not need conditioning like fruits.



Fruit leather is a tasty, chewy, dried fruit product. Fruit leathers are made by pouring puréed fruit onto a flat surface for drying. When dried, the fruit is pulled from the surface and rolled. It gets the name "leather" from the fact that when puréed fruit is dried, it is shiny and has the texture of leather.

Safe & Healthy: Canned, Frozen, or Fresh

Canned, Fresh, or Frozen - Which is Most Nutritious?

Researchers at the University of California-Davis have published data comparing the nutritional value of fresh, frozen, and canned fruits and vegetables, and the results are enlightening.



Fruits and vegetables are typically over 90% water and, once they are harvested, begin to undergo deteriorative changes. Many fresh fruits and vegetables have a shelf life of only days before they are unsafe or undesirable for consumption. Storage and processing technologies have been used for centuries to transform perishable fruits and vegetables into safe, delicious and stable products.

Refrigeration slows deterioration and extends shelf life for a few days to a few weeks. Freezing, canning and drying all transform perishable fruits and vegetables into products that can be consumed year round.

Researchers focused on several key nutrients in a wide variety of fruits and vegetables: vitamins A, C, E, B-complex vitamins, minerals, fiber and phenolics. Researchers reviewed 75 years of literature to prepare their conclusions. I have summarized some of the more important findings.

Vitamin C (ascorbic acid)

Vitamin C is heat sensitive and losses due to canning were over 60%, with minimal changes on storage and subsequent heating. Losses on freezing were lower, and primarily tied to blanching, but vitamin C continued to deteriorate on frozen storage and subsequent cooking of frozen products resulted in significant degradation of vitamin C, for a 50% loss overall. Freshly picked fruits and vegetables had the greatest amounts of vitamin C. Degradation of vitamin C, however, begins immediately after harvest, especially in vegetables. Refrigeration can slow the rate of degradation but, after a period of about 10 days, the level of vitamin C remaining in refrigerated produce may be lower than in the frozen product.

Vitamin A

Many Americans do not meet adequate intake for vitamin A. Fortunately for consumers, the provitamin A carotenoids and lycopene appear to be relatively stable to processing (canning, freezing, refrigeration), storage, and subsequent cooking. Any increase in vitamin A content in some canned products has been linked to the extraction of carotenoids from their cellular matrix during canning.

Minerals

Minerals such as iron and calcium are heat stable under normal processing conditions. Food products can lose minerals based on processing conditions, such as the loss of minerals into blanch water, or gain minerals when sodium is added to canned vegetables for flavor enhancement. Consumers can exploit the leaching of sodium to reduce the sodium content of canned food. Rinsing canned beets, corn, green beans and green peas prior to reheating has been shown to reduce sodium content by 23-45%. By starting with a low-sodium canned product, and rinsing, the dietary impact of added sodium from a canned vegetable product would be minimal.

Conclusions

Research supports the common perception that fresh is often best for optimal vitamin C content, but once harvested deterioration can be rapid. If storage is considered, canned and frozen fruits and vegetables are **as nutritious** in **vitamin C** content, and **may even be higher** than fresh. In fact, processing does not provide an overall positive or negative impact on nutrients **except** where sodium is added to canned vegetables. A quick rinse of canned vegetables before reheating can dramatically reduce sodium content. Consumers can comfortably choose **canned, frozen or fresh** as the season and their pantry allows.

References: Rickman, et al. 2007. Nutritional comparison of fresh, frozen and canned fruits and vegetables. Part I. Vitamins C and B and phenolic compounds. Journal of Science in Food and Agriculture. 87:930-944.

More Recipes

Spicy Baked Squash

Ingredients

vegetable cooking spray

1 acorn squash

1 dash salt

2 tablespoons margarine

9 teaspoons brown sugar (3 Tablespoons)

1 teaspoon cinnamon

1/4 teaspoon nutmeg

1/4 teaspoon ginger

Directions

1. Preheat the oven to 400 degrees.
2. Coat the baking sheet with vegetable cooking spray.
3. Wash the squash. Cut it in half lengthwise. Remove the seeds. Cut the squash into 1/2 inch slices.
4. Place the squash on the baking sheet. Sprinkle with salt.
5. Melt the margarine on low heat in a small saucepan.
6. Add the brown sugar, cinnamon, nutmeg, and ginger to the saucepan.
7. Spread the margarine mix on the squash.
8. Bake for 20 to 25 minutes, or until tender.

Source: Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education Network Website Recipes

Apple Cranberry Salad Toss

Makes: 8 servings

Enjoy the best of fall flavors with this sweet and tart green salad. Light yet crisp, it's a perfect dish for the autumnal change of weather.

Ingredients

1 head of lettuce (about 10 cups)

2 apples (medium, sliced)

1/2 cup walnuts (chopped)

1 cup dried cranberries

1/2 cup green onion (sliced)

3/4 cup vinaigrette dressing

Directions

1. Toss lettuce, apples, walnuts, cranberries, and onions in a large bowl.
2. Add dressing; toss to coat. Serve immediately.

Source: USDA Food and Nutrition Service, Creative Recipes for Less Familiar USDA Commodities Used by Household Programs Food Distribution Service



Sauerkraut Salad

1 pint sauerkraut (2 cups) undrained

1/2 cup green pepper, chopped (fresh or frozen)

1/4 cup pimento, chopped (canned) or sweet red pepper (fresh or frozen)

1/4 cup onion, chopped

1/2 cup granulated sugar



Mix all ingredients together. Refrigerate a few hours before using to allow flavors to blend. Can be stored in the refrigerator 2 to 3 weeks.

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Fond du Lac County Area Food Resources

Site	Address	Phone	Eligibility/ Other Site Information
Assembly of God Church	825 Fond du Lac Ave., Fond du Lac WI 54935	(920) 922-3990	Food Pantry - By referral only, please call ahead. Monday -Thursday 9:00 a.m. to 12:00 p.m.
Brandon Food Pantry	P O Box 312 115 Center St. Brandon WI 53919	(920) 273-9196	Food Pantry – Anyone in need of food in the Rosendale/Brandon areas. Open 3 rd Wednesdays of each month from 1:30 to 5:00 p.m.
Broken Bread	St. Paul's Cathedral 51 W. Division St. Fond du Lac WI 54935	(920) 921-3363, Ext. 6 (church)	Community Meal - Eligibility: None – Please bring box for groceries. 80% perishable foods, 20% non-perishable foods and light meal available every Friday, 2:00 to 6:00 p.m. Contact: Lucy Sumner
Care, INC.	www.fdlcareinc.org	(920) 659-0670	Emergency Assistance – Eligibility: By agency referral only. Referrals are to be submitted using the "Client Referral Form". Contact careincfdl@gmail.com
Fondy Food Pantry	51 W. Division St. Fond du Lac WI 54935	(920) 322-0369 (Office)	Food Pantry - Food boxes available on an "every other month" basis. Referrals can come from St. Vincent de Paul Society, Social Services, ADVOCAP, churches & other agencies. Agency pick up times: Monday through Thursday – 9:00 a.m. to 1:00 p.m. Limited personal care products available w/food box. Contact: Marsha Lemmenes
Grace Christian Church	1596 4 th St. Fond du Lac WI 54935 (corner of 4 th St. & Hwy. K)	(920) 923-5292	We Care Food Pantry – open Monday through Thursday, 9:00 to 2:00. Call prior to visit. Ruby's Pantry – 2 nd Thursday of each month. Registration 5:00 to 6:00 p.m. (Request a \$20.00 cash donation at registration). Distribution at 6:00 p.m. Please bring your own bags to transport food.
Holyland Food Pantry	St. Paul's United Church of Christ N10362 St. Paul Road Malone WI 53049	(920) 849-2145 (Sue Schultz) (920) 795-4505 (church)	Food Pantry –Distribution is held the 3 rd Friday of each month. Serving northern Fond du Lac Co. and southwestern Calumet Co., (the Holyland area). No income requirements or cost for food. Will assist with emergency food situations. Contact: Sue Schultz
Loaves & Fishes	Church of Peace 158 S Military Rd Fond du Lac, WI 54935	(920) 921-8215 (920) 904-5556	Community Meal - Eligibility: None. Hot Meal, milk, bakery. Mondays & Wednesdays, Carry Out Meals: 5:00 to 5:30 p.m. Eat in: 5:30 to 6:00 p.m. Guests may line up on St. Paul's property at 4:45 and no earlier

Site	Address	Phone	Eligibility/ Other Site Information
Lomira Area Food Pantry	Trinity United Methodist Church, 300 Church St, Lomira WI 53048	(920) 979-3041	Commodities/Food Pantry - 2 nd & 4 th Saturday of month – 10:00 to 11:00 a.m. Contact: Ralph Germain or Walter Rekowski.
Oakfield Community Food Pantry	Oakfield Elementary School 200 White St., Oakfield WI 53065	(920) 948-0393	Food Pantry - 1 visit per month. Open to residents of Oakfield School District. Wednesday, 4:00 to 6:00 p.m. Enter East Doors near Child Care Center.
Presentation Church Food Pantry	706 Michigan Avenue N. Fond du Lac WI 54937	(920) 922-3650	Food Pantry – Contact: St. Vincent De Paul
Ripon Community Dinner	First Congregational Church, 220 Ransom St., Ripon WI 54971		Community Meal – Eligibility: None. Held the 4 th Tuesday of each month 5:00 to 6:30 p.m. Each household attending receives a non-perishable food item. Contact: Dale Both
Ripon Community Thrift Store & Food Pantry (Traded Treasures)	102 E. Jackson St. Ripon WI 54971	(920) 748-5756	Commodities/Food Pantry - Food distributed on Mondays. Emergency food distributed any time. Contact: Amy Pollesch
Ripon Food Pantry	Distribution Site: St. Catherine of Sienna Church	(920) 748-3196	Food Pantry - Eligibility: Ripon area resident. Emergency food pantry. Call: Monday through Thursday, 9:00 to 11:00 a.m. Contact: Mary Albright
St. Matthew's Food Pantry	St. Matthew's Parish Center, 419 Mill St., Campbellsport WI 53010	(920) 533-4441	Food Pantry - Eligibility: Referral from clergy or Social Services. Emergency food pantry – Monday through Friday, 8:00 a.m. to 4:30 p.m. by appt.
Salvation Army	237 N. Macy St. Fond du Lac WI 54935	(920) 923-8220	Food pantry – Monday, Tuesday, Thursday, Friday 9:00 am to 12:30 p.m.; Wednesday, 9:00 to 11:30 a.m. and 12:30 to 5:00 p.m. (closed 11:30 to 12:30); Can receive food once a month. Eligibility: Income guidelines, resident of Fond du Lac County. Must provide two proof of address items (within the county), photo ID, and birthdates for all members of household. Sign up at Salvation Army. Commodity Foods – An emergency food assistance program. Guidelines – 185% of poverty, proof of residency & picture ID. Sign up at Salvation Army.
Salvation Army Extension Service Unit		(920) 924-8654	Emergency Assistance - for persons living in Ripon, Rosendale, Brandon & Fairwater.
The Sharing Table	Grace Lutheran Church 430 W. Griswold Ripon WI 54971	(920) 748-5433 Church Office	Community Meal - 2 nd Tuesday of each month, 5:00 to 6:30 p.m. Meals provided by community volunteer groups. Open to anyone who would like to eat a nutritious meal with others. No fee. No reservations needed. Contact: Karen Kelm
Waupun Food Pantry	12 S. Mill Street Waupun WI 53963	(920) 324-4000 Call Tues. – Fri. 9:00 am -4:00 pm Monday 9 am-12:00 pm	Food Pantry - Eligibility: Use WI Income Guidelines (% of Poverty). Non-perishable, canned goods and personal products. Free clothing also available. Also Salvation Army Voucher writer. One visit per month. Free meal on Fridays, 11:00 a.m. to 1:00 p.m. Food distribution also on Fridays, except in an emergency. Offer bag lunches for kids Monday through Friday 11:00 a.m. to 1:00 p.m. during summer vacation.



Fond du Lac County

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