

DIVISION OF EXTENSION: MENOMINEE COUNTY/NATION

TIPS TO HELP US THROUGH COVID-19



STRAWBERRY MOON

**Jennifer K. Gauthier,
Community Educator**

We are now in the season of strawberries. While many of us are heading to strawberry farms to load baskets with this tasty fruit (check here for Extension approved jam recipes: https://fyi.extension.wisc.edu/safefood/files/2013/10/using_clear_jel_03.pdf), it is important to acknowledge the wild strawberry and all the gifts this beautiful plant shares with this world. Following is a narrative that shares how Menominee language changes our world view.

Without the language, we have wild strawberries.

When we learn our Indigenous language, strawberry become Atæhemen. As our understanding of language evolves, Atæhemen becomes heart berry...if you look at strawberries, they are shaped like our hearts. Soon, we learn about the seasons...Nëpenowew...or it's summer and when things grow.

We learn that Atæhemen-kësoq...or the heart berry moon...appears early in the summer...and that atæhmenan grows and is harvested during this moon. We also learn that bears, or the Awæhsaeh, love Atæhmenan and that when we harvest, we do so responsibly. We take only what we need and leave some Atæhemenan for our bear clan relatives and other forest life.

And lastly as we continue to learn and grow, we learn that Atæhemanan, or heart berries, are incredibly nutritious. They are high in vitamin C and more nutritious than store bought berries. Heart berries are medicine. When we make teas from the leaves and consume the fruits, our blood is cleaned and our hearts strengthened. Wæwænen Atæhemenan.



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NATURAL HANDMADE BIRDFEEDERS

**Sofie Teller,
Positive Youth Development Educator**

Make use of your leftover orange, lemon, or grapefruit rind by turning it into a mini bird feeder.

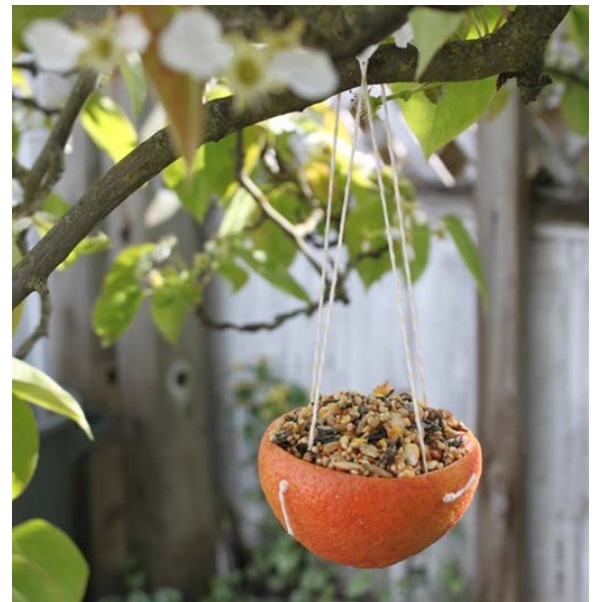
Supplies:

- Citrus Fruit cut in half
- Bird Seed
- Peanut Butter
- Measuring Cups
- Bowl & Spoon
- Knife
- Tack or Embroidery needle
- Scissors
- String

Directions:

1. Mix 1 cup of bird seed with about 3 tablespoons of peanut butter.
2. Cut orange, grapefruit or lemon in half removing the insides with a spoon.
3. Using a tack or embroidery needle, create holes at the top brim of the fruit about ½ inch below the rim on each side (4 holes).
4. Using the string, poke the string through the holes you created making sure you tie a knot at the end.
5. Create a cradle type hanger with the string long enough to hang from a branch.

Image by: www.mamapapabubba.com



UTILITIES UPDATES

Dawn Doperalski,
Health & Well-Being Educator

The following in an update on the ending of the utility disconnection moratorium in WI:

- Public Service Commission utilities have announced an end date to the emergency order in Wisconsin. This emergency order had extended the utility disconnection moratorium, and had also stopped assessment of late fees and the requirement for a reconnection deposit.
- PSC providers will begin to send **disconnection notices starting July 15** to customers who are behind on their bills and have not worked out payment plans. Those customers could see power turned off as soon as July 25.
- This disconnection date only includes PSC utilities and does not include utility co-operatives. Customers need to contact their non-public utility provider for their disconnection policy or to set up a payment plan.

For help catching up with utility payments:

- The Wisconsin Division of Energy, Housing and Community Resources provides services to Wisconsin qualified residential households with energy assistance and weatherization needs. For more information call 1-866-HEATWIS (432-8947) or visit their website for information on who is eligible for assistance and where to apply in your area.
- Low income individuals who have at least one child in the house and are facing an emergency can apply for Emergency Assistance to pay a utility bill. Parents can apply for Emergency Assistance through their local W-2 agency found on the Department of Children and Families website.
<https://dcf.wisconsin.gov/w2/parents/locator>



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RHUBARB SAUCE

Chelsey LaTender,
FoodWise Educator

Ingredients:

- 12 cups fresh chopped rhubarb
- 1 medium onion chopped
- 2 cups of sugar
- 1 cup of cider vinegar
- 1 teaspoon of salt
- 1 teaspoon ground cloves
- 1 teaspoon of all grown spice
- 1 teaspoon ground cinnamon
- ¼ teaspoon paprika

Note- this is a sauce that is used to compliment meats. Try it with meatloaf!

Directions:

In a large saucepan combine all ingredients, bring to a boil. Reduce heat and let sauce simmer until it thickens (about 2 hours) stir occasionally.

Once thick, put it in storage containers, sauce is good for up to 3 weeks refrigerated or freeze for up to 12 months.



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