

DIVISION OF EXTENSION: MENOMINEE COUNTY/NATION

TIPS TO HELP US THROUGH "STAY AT HOME" AND COVID-19



HEALTHY HOMEMADE FRUIT POPSICLES!

SOFIE TELLER
POSITIVE YOUTH DEVELOPMENT EDUCATOR

Ingredients:

- 3 c. Strawberries, pureed to 1 ½ cup
- 3 c. Peaches, peeled and sliced, pureed to 1 ½ cup
- 2 tbs. honey
- 2/3 c. vanilla Greek yogurt

Directions:

1. In a blender, puree strawberries with 1 tbs. honey, set aside.
2. In a blender, puree peaches with 1 tbs. honey, set aside.
3. Layer Popsicle trays with 2 tsp. strawberry mix, 1 tsp. yogurt, 2 tsp. peach puree, and repeat.
4. Helpful tip: Make a fruit puree your last layer.
5. Gently tap the Popsicle trays to remove air bubbles.
6. Freeze for 6 hours or overnight and enjoy!

Photo and recipe from:
www.jessicagavin.com/make-your-own-homemade-fruit-popsicles/



PLANNING YOUR SUMMER GARDEN

JENNIFER K. GAUTHIER
COMMUNITY EXTENSION EDUCATOR

If you are thinking about planting a garden, now is a good time to think about what you and your family would like to eat. If you want to eat fresh vegetables throughout the summer, planting a combination of the following from each group will increase your access to fresh produce all growing season long:

For early summer harvests, plant these seeds/plants:

Champion Radishes, French Breakfast Radishes, Buttercrunch Lettuce, Spinach, Sugar Snap Peas

For mid/late summer harvests, plant these seeds/plants:

Yellow Summer Squash, Bush Pickle Cucumbers, Summer Squashes, Blue Lake Bush Beans, Big Red Beets, Big Beef Tomatoes, Bush Beefsteak Tomatoes

Fall harvests, plant these seeds/plants:

Acorn Squash, Early Butternut Squash, Short 'n' Sweet Carrots, Parsnips, Small Sugar Pumpkins, Freedom Russet Potatoes

Garden time is family time and a great way to get sun and exercise. Enjoy watching your plants grow and all the gifts a garden gives.



WHAT IF I CAN'T MAKE MY FEDERAL STUDENT LOAN PAYMENT BECAUSE OF THE COVID-19 EMERGENCY?

DAWN DOPERALSKI
HEALTH & WELL-BEING EDUCATOR

To provide relief to student loan borrowers during the COVID-19 national emergency, federal student loan borrowers are automatically being placed in an “administrative forbearance”, which lets you temporarily stop making your monthly loan payment. This suspension of payments will last until Sept. 30, 2020. You can make payments if you choose.

Through Sept. 30, 2020, the interest rate is 0% on the following types of federal student loans owned by US Department of Education:

- Defaulted and non-defaulted Direct Loans
- Defaulted and non-defaulted FFEL Program loans–Federal only, not those owned by commercial lenders
- Federal Perkins Loans–Federal only, not those owned by educational institutions

Your federal student loan servicer is the organization you make your monthly payment to. If you're not sure who your servicer is, visit [StudentAid.gov/login](https://studentaid.gov/login) or call 1-800-4-FED-AID (1-800-433-3243). For more information, go to <https://studentaid.gov/announcements-events/coronavirus>.

Borrowers experiencing a change in income can contact their loan servicer to discuss lowering monthly payments. Keep in mind that the student loan forbearance, repayment plans, or deferment options offered through the Department of Education only apply to federal student loans. If you have a private student loan through a financial institution, contact your loan servicer as soon as you think you may not be able to make a payment to find out options available. The Consumer Financial Protection Bureau also has [guidelines and links to resources on their website](#).



WILD RICE SALAD WITH DRIED CHERRIES

CHELSEY LATENDER
FOODWISE EDUCATOR

Makes 8 servings- serving size 1 cup

Ingredients:

- 1 (6.2-oz) box quick-cooking long grain and wild rice dry mix
- 1 apple chopped
- 1 green pepper, chopped
- 1 stalk celery, chopped
- ½ cup of dried cherries, chopped
- 2 Tablespoons of reduced-sodium soy sauce
- 2 Tablespoons of water
- 1 Tablespoon Splenda sugar blend
- 2 Tablespoon Cider Vinegar
- 1/3 cup unsalted dry roasted peanuts

Directions:

In a medium saucepan, cook rice as directed on package, except omit the boxed seasoning and butter.

Place cooked rice in refrigerator for 30 minutes or until cool.

In a large mixing bowl, whisk together soy sauce, water, Splenda, and vinegar. Stir in apple, green pepper, celery, cherries, and rice, tossing well.

Cover and chill for 30 minutes, garnish with peanuts.

Use within 3 days.

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