

DIVISION OF EXTENSION: MENOMINEE COUNTY/NATION

TIPS TO HELP US THROUGH COVID-19



MAKING THE MOST OF LEFTOVERS

DAWN DOPERALSKI,
HEALTH & WELL-BEING EDUCATOR

Using your leftovers in later meals can save time, money, and trips to the grocery store. Here are some ideas to help you use your leftovers:

- Have a “leftover” night, where you get out all your leftovers and everyone has a bit of everything, or people choose their favorites.
- If you don’t have enough leftovers for another whole dinner, use them for breakfast or lunch instead, adding a salad or fruit to round things out.
- When using leftovers to make a new meal, you can combine them with fresh ingredients, but also consider looking in your pantry or freezer.

Here’s some more ideas on how to use leftovers:

Vegetables: Add leftover vegetables to scrambled eggs for a hearty breakfast, combine them with

pasta for lunch, or reheat with some rice and add a pre-made sauce for a quick stir fry dinner.

Protein: Shred leftover chicken for sandwiches or mix with taco seasoning and add to a tortilla with rice and your favorite veggies.

Grains: Use extra noodles or rice as the start of a soup or casserole, adding in frozen vegetables and a protein source like canned beans.

If you’re not sure what to do with your leftovers or need recipe ideas, try exploring MyPlate Kitchen from the USDA, where you can search by meal or ingredient.

FLOATING FRUIT PARFAITS

CHELSEY LATENDER
FOODWISE EDUCATOR

INGREDIENTS:

- 2 cups sliced fruit (any, except fresh pineapple)
- $\frac{3}{4}$ cups of boiling water
- 1 (3 oz) package sugar free gelatin mix, any flavor
- $\frac{1}{2}$ cup cold water
- $\frac{3}{4}$ cup ice cubes
- 1 $\frac{1}{2}$ cup light whipped topping divided

DIRECTIONS:

Divide fruit evenly among 6 dessert glasses. In a medium bowl, whisk together boiling water and gelatin mix for 2 minutes or until completely dissolved. Add Cold water and ice cubes; stir until ice is completely melted. Remove $\frac{3}{4}$ cup of gelatin and pour evenly over fruit; refrigerate 20 minutes until gelatin is set.

Meanwhile, fold 1 cup whipped topping into remaining gelatin until well blended. Spoon whipped topping mixture evenly over gelatin in dessert glasses. Refrigerate 1 hour or until firm. Top each parfait with 1 tablespoon whipped topping

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Extension

UNIVERSITY OF WISCONSIN-MADISON
MENOMINEE COUNTY

NATURE JOURNAL & EXPLORING GOGGLES

SOFIE TELLER

POSITIVE YOUTH DEVELOPMENT EDUCATOR

Go for a nature walk as a family, exploring and observing nature. Collect treasures you find not disturbing nature. Parents be watchful not to allow children to touch or disturb plants that could cause skin irritation. Create nature art in your journal being inspired by what you saw.

SUPPLIES:

- 3 lunch paper bags
- Hole punch
- String or yarn
- Markers
- 2 Toilet paper rings
- Glue

DIRECTIONS:

Journals

Fold paper bags in half creating a booklet with the open end out creating a space to collect treasures. Punch holes on the edge tying together with string. Allow children to decorate their journal.

Exploring Goggles

Take 2 toilet paper rings, glue together and let dry. Wrap with decorated paper, glue together and wrap with string. Punch holes at the top sides and attach a string.



<https://www.pinterest.com/pin/414260865727324267/>



PLANNING YOUR GARDEN

JENNIFER K. GAUTHIER

COMMUNITY EXTENSION EDUCATOR

As we navigate Covid-19 together, many of us are thinking of our food supply and access to fresh fruits and vegetables. In my last article, information was shared about seeds you can plant to eat throughout the growing season. Did you know that some tomato plants are better for preserving than others? Did you know that winter squashes and their tough skin will keep for months after the growing season? Following are cultivars that are great for either preserving or will stay fresher for a longer period of time:

Tomatoes. These tomato cultivars that are great for preserving: Better Boy, Big Beef, Big Boy Roma, Gardeners Delight, Sun Cherry, Super Sweet 100

Cucumbers. Not all cucumbers are great for preserving. Choose these for pickling: Alibi, Bush Pickle, Calypso, Diamonte, Eureka, Fancipak, Northern Pickling

Winter squashes. Early Acorn, Buttercup, Early Butternut, Golden Hubbard, Vegetable Spaghetti, Bush Delicata

Other veggies with storage life of 4 months. Turnips, Rutabaga, Potatoes, Parsnips, Onions, Garlic, Carrots, Beets

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.