



The

Dish

With the
GWAAR
Nutrition Team



Week of January 6, 2020

Excitement Growing in Barron and Rusk Counties!

The Barron and Rusk County Senior Nutrition programs were recently gifted several Fork Farms hydroponic towers from Marshfield Clinic Health System to grow leafy green vegetables. The first seedlings have been planted and green leaf lettuce is growing now. Barron County is growing these greens at the Rice Lake and Cumberland Dining Sites and will use them in the salad bars there. The top picture is before the growth started and the bottom picture is just this week. The harvest is not quite complete at Rusk County. Stop in and see the growing tower at the Ladysmith Senior/Youth Center!



The hydroponic gardening method grows fresh produce in a water-based, nutrient-rich system. No soil is used. Instead, the root system is supported by planting the seeds in rockwool (made from volcanic ash and completely biodegradable). A pump filters and conserves the water so the plant nutrients are controlled, and the water is continuously pumped through the system. The energy efficient LED lights are on 18 hours a day to promote growth. The pH of the water and amount of nutrients are monitored each week to ensure optimal growth.

With this system, it will be just minutes from harvest to the plate, meaning the freshest, most nutrient-rich leafy greens will be consumed.

A big shout out to Darby Smith at Barron County and Kathy Walthers at Rusk County for leading the way!

WAND 2020 Officers Update

WAND (Wisconsin Association Nutrition Directors) appointed Megan Hanson as interim WAND President, with Darby Smith acting as interim Co-President and Secretary. Lori Fernandez assumes sole responsibility of the WAND Training Committee Chair. Megan Hanson and Darby Smith will assume the offices of President/ Co-President, respectively, until December 31, 2020. During the WAND business year 2020, WAND elections will resume as regularly scheduled for new WAND officer terms beginning January 1, 2021. We want to say thank you and congratulations to our new officers!

Important Dates to Remember!

March 19, 2020: GWAAR will host a ServSafe Class Thursday, March 19, 2020 in Eau Claire. Register now with this [registration form!](#)

January 31, 2020 – All Senior Dining Surveys must be completed and entered into Survey Monkey by Friday, January 31. If you have any questions or need help, please contact your GWAAR Nutrition Representative.

April 28 - April 29, 2020: WAND Spring Training – Check out the [“Save the Date”](#) for Tuesday and Wednesday, April 28-29.

