



Ozaukee Living Local

Working collaboratively for a more resilient and sustainable future.

Volume 2, Issue 10

November 2012

November Events

11/1 6-8 p.m. Mindful Eating During the Holidays at Slow Pokes Local Food Learn how to enjoy the holidays without huge setbacks. \$25 Call (414) 852-4818 or email slowpokesfood@gmail.com

11/3 9 a.m. -1 p.m. Port Washington Winter Farmer's Market featuring the music of the Bantry Bayettes

11/8 6-8 p.m. Anxiety and Food at Slow Pokes Local Food Learn how to relieve anxiety and depression with diet; what foods to avoid this time of year; daily massage practices; \$25 Call (414) 852-4818 or email slowpokesfood@gmail.com

11/8 6-8 p.m. Healthy Thanksgiving Sides, Wellspring Organic Farm Forget watery green beans. Learn healthy thanksgiving side dish recipes featuring organic produce. Chef demonstrations, samples, wine pairings and recipes to take home. Cost: \$20 till Nov. 6th - \$25 after. www.wellspringinc.org or (847) 946-5565 *See details on pg. 2

11/10 9 a.m. -1 p.m. Port Washington Winter Farmer's Market featuring the music of Howard & Friends

11/10 1-3 p.m. Nature Detectives: Learn About Leaves at Riveredge Adults \$6; Children ages 6-12 \$4 Members \$4/\$3 Call (262) 375-2715 to register or visit www.riveredge.us

11/15 6:30-7:15pm Thyroid Workshop: Part I at Slow Pokes Local Food With Dr. Jeremy Fritz of Brain Balance Achievement Centers \$25 Call (414) 852-4818 or email slowpokesfood@gmail.com

11/17 9 a.m. -1 p.m. Port Washington Winter Farmer's Market featuring the music of Native American Flute Player, Wayne Brogelman

Port Washington Winter Farmer's Market

By Amy Whitlow

The Port Washington Winter Farmer's Market is a non-profit organization, guided by a passionate group of people whose mission is to promote local, sustainable agriculture, increase economic opportunities for local vendors, provide access to wholesome food and provide a vibrant gathering place for our community during the winter months.

Local vendors will bring a wide variety of fresh produce, meat, eggs, poultry and dairy products, along

with a variety of chocolates, jams, sorghum and delicious ethnic cuisine. Local music is also on the agenda.



Going into it's 3rd year, the Winter Farmer's Market has increased in popularity, right along with the demand for lo-

cal food. Grow, buy, sell local; the roots to our future!

Port Washington's Winter Farmer's Market opens on Saturday, November 3rd from 9:00am-1:00pm at the First Congregational Church on 131 N. Webster St. in Port Washington and will continue for 11 more Saturdays: November 10 and 17 & Dec. 1, 8, 15 and 29 of 2012 and Jan. 26, Feb. 23, Mar. 30, Apr. 27 and May 25 of 2013. See www.portfish.org for more information *See Vendor Spotlight on Page 4

A Happy & Healthy Thanksgiving Meal

By Tricia DuSaint

With Thanksgiving just around the corner, many of us are looking for healthful but also delicious and attractive dishes to add pizzazz to holiday meals. The Cranberry Salad recipe gives a new twist to the traditional use of cranberries at Thanksgiving.

The Stuffed Portabella makes a terrific main dish for those who choose not to eat meat or a great side dish for those who do.



(Continued on page 2)

(Continued on pg. 3)

November Events Continued

11/17 1-3:30 p.m. Handmade for the Holidays at Riveredge Kids can make a variety of holiday gifts; \$15/child; Outpost or Riveredge Members \$12/child. Call (262) 375-2715 to register or visit www.riveredge.us

11/20 7-8:30 p.m. Science for Everyone Lecture Series—Morels to Mai-take: The Edible Wild Mushrooms of Wisconsin at Riveredge \$5 Suggested Donation Call (262) 375-2715 to register or visit www.riveredge.us

11/29 6:30-7:15pm Thyroid Workshop: Part II at Slow Pokes Local Food With Dr. Jeremy Fritz of Brain Balance Achievement Centers \$25 Call (414) 852-4818 or email slowpokesfood@gmail.com



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Relocalizing Our Economy

By Mary Boyle

I was shocked to learn this past month that Ozaukee County lost its last remaining independent book store, Next Chapter Book Shop in Mequon. It's a terrible but, unfortunately, not surprising loss. It's nearly impossible to keep almost any small, independent store in business when people are on tight budgets and there are the likes of Amazon around. Yet, supporting our local, independent businesses is exactly what we must do if we hope to keep a strong, local economy—even when our budgets are tight. Here's why:

- When you shop locally, for every \$100 you spend, \$68 will stay in your community. Only \$43 sticks around when you shop at a national chain.
- You create higher paying, local jobs—you actually reduce unemployment!
- You help your health and the health of the environment because there is less fuel for transportation (and less air pollution), less packaging and safer products.
- You build community. Local businesses are far more likely to give back to the community who keeps them in business and you get that “Where everybody knows your name” feeling that is more important than you can imagine.
- You make your community a destination because it is unique—it has character. It also has more variety and expertise because it's focused on a small market.

Shopping locally doesn't always mean that you pay more—especially when you factor in shipping. Even if it does cost a bit extra, though, it's an investment in your community—and it's worth it.



Wellspring
FOOD. EDUCATION. COMMUNITY.

Thanksgiving Side Dishes featuring Organic Produce! November 8th, 6-8 p.m. at Wellspring

Tired of those limp green bean casseroles on the Thanksgiving table?

Join us for this exciting cooking class, highlighting healthy takes on traditional and new Thanksgiving side dishes!

Organic cooking coach, KC Thorson will lead demos tastings and tips. Wine will be served and recipes will be available to take home!



Menu for the evening:* Butternut Squash with Cashew Alfredo Sauce* Creamy Gingered Kale & Cabbage* Sausage or Tempeh & CranApple Stuffing* Mini-Pumpkins with Sweet Cream Filling (adapted from Kokopaleo.com)

Cost: \$20 until Nov. 6th, \$25 after

To register, call (847) 946-5565 or go to www.wellspringinc.org

A Happy & Healthy Thanksgiving Meal (Continued from page 1)

The recipe can be modified for use as an appetizer by using “Baby Bellas” instead of large Portabellas. Both recipes are dairy and gluten free, and are high in enzymes, vitamins and minerals. Enjoy in good health and have a Happy Thanksgiving!

Cranberry Salad

- 1 pound bag fresh cranberries
- 3 oranges peeled and ground
- 3 Stalks of celery chopped fine
- 1½ cups chopped walnuts
- Juice of ½ lemon
- ½ fresh pineapple, cubed
- ½ to ¾ cup honey

Combine all ingredients and mix well.



**Tricia DuSaint, M.S., is an educational psychologist and holistic therapist, a certified Living Foods Instructor and a Steering Committee member of Transition Ozaukee.*

Stuffed Mushrooms

Makes 2 servings.

- 2 large Portabella mushrooms
- 2 small or 1 large avocado
- 1 diced tomato
- 2 chopped scallions or ¼ cup chopped onion
- ½ t. dried basil (optional)
- Dash cayenne pepper (optional)
- Dash of Celtic or sea salt
- 3 T olive oil
- ¼ cup tamari (wheat free) or Nama Shoyu

Preparation:

Wash, de-stem and pat dry mushrooms.

Mix together oil & tamari in flat pan or dish

Place mushrooms stem-side up in the oil/tamari mixture and coat well. Let sit while preparing stuffing.

Mash the avocado and stir in tomato, onions, salt and herbs.

Stuff mushrooms with the avocado mixture and drizzle the remaining oil/tamari marinade over the tops.

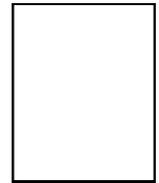
* If making stuffed mushrooms as appetizers rather than entrée, use 8-10 small mushrooms instead of each large Portabella.

Ozaukee Living Local

Ozaukee Living Local is a monthly newsletter published by **Transition Ozaukee**. To learn more, please visit: www.transitionozaukee.com

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To receive your edition of *Ozaukee Living Local* digitally, submit articles or inquire about advertising, please contact the editor, Mary Boyle, at: transitionozaukee@gmail.com



Port Washington Winter Farmers' Market - Vendor Spotlight

By Amy Whitlow

Trust Local Foods is a small retail outlet who offers 100% locally grown foods within an 100 mile radius of Appleton, Wisconsin.

Trust Local Foods exists to ensure that our local communities have access to locally grown foods that are ethical, organic and sustainable. Their mission is to nurture communities and producers through a conscious, personal, social and economic commitment embracing these root principles: know your farmer; choose from nature; buy local first.

When you buy from Trust Local Foods you support a local family business, one hard-working employee, 54 small farms and local artisans.

Visit Trust Local Foods at the Port Washington Winter Farmers' Market where they will have a selection of goodies from milk and cheese to hummus and meats.

Trust Local Foods
www.trustlocalfoods.com



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gift of a
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www.portfish.org