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October 2012

Ozaukee Living Local

Working collaboratively for a more resilient and sustainable future.

Summer Drought Affects Fall Harvest

By Mary Boyle

This summer's drought, combined with a late frost, has hit fruit trees—and with them, our local supply of apples and pears—hard. Not only is the harvest small, but the fruit itself is, in some cases, smaller than normal.

While the lack of, and look of, local fruit may make it tempting to skip the Farmer's Markets and Farms and purchase fruit grown elsewhere from the grocery store, this would be a huge mistake and deal yet another harsh blow to our local food supply.

In fact, it is more important than ever to support our local growers, so they can still be there for us next season.

Many of the area Farmer's Markets run through October, and they are a great place to find locally grown fruit. Another option is to go directly to the farms.

One of my favorite places to go in Ozaukee County is Barthel's Fruit Farm in Mequon (barthelfruitfarm.com). Although they, too, have had a hard growing season and are not having pick-your-own this year, they do have apples, pears, pumpkins and more available in their barn.

To find more farms near you, check out:

www.pickyourown.org/WI.htm

www.localharvest.org/

www.farmfreshatlas.org/

Living Food Recipes With Apples & Pears by Tricia DuSaint

Apple and pear picking time is upon us and, though they are perfectly delicious all by themselves, you may be wondering what else you can do with your harvest. Here are two colorful, delicious and nutritious Living Foods recipes featuring seasonal produce. These recipes also make great additions to holiday meals (whose time will also be upon us before we know it!).

Beets help to cleanse the blood, kidneys, liver, intestines and gallbladder. Cranberries are helpful in treating urinary tract infections, and as we've all been told: "An apple a day keeps the doctor away!"

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October Events

October 4, 6-8pm Grains… A Pokey Process at Slowpokes
What grains are gluten-free? Why do we soak and sprout our grains? We will teach you how to make your grains greatly digestible. $25 To register, please email slowpokesfood@gmail.com or call Sarah Philipp (instructor and nutrition coach) at 414.852.4818.

October 9, 9:30 – 11:30 a.m. *Preschoolers and Parents Farm Day* Wellspring Organic Farm
Preschoolers and their caregivers experience a morning on the farm! Meet the chickens, plant seeds, enjoy a garden snack and learn where your food comes from! Ages 2-5 welcome. Cost: $5 per child. Email wellspringeducation@gmail.com or call (847) 946-5565 to reserve your spot.

October 11, 6-8 p.m. *Seasonal Produce Cooking Class- Brussel Sprouts*- Wellspring Organic Farm
Learn healthy recipes featuring organic produce at its' peak. Chef demonstrations featuring brussel sprouts. Four dishes presented and sampled, wine pairings and recipes to take home. Menu for the evening: Creamy Brussel Sprouts and Sausage Soup, Parmesan Dijon Brussel Sprouts Salad, Coconut Braised Brussel Sprouts and Cranberry Brussel Sprouts with Wild Rice. Cost: $20 till Oct. 9 - $25 after. www.wellspringinc.org or (847) 946-5565

October 11, 6-8pm *Sweeteners* at Slowpokes
Why should we not eat cane sugar? What can you do about sugar cravings? $25 To register, please email slowpokesfood@gmail.com or call Sarah Philipp (instructor and nutrition coach) at 414.852.4818.

October 13 & 14, 10 a.m.–6 p.m. *AGRI-Culture Fest*- Wellspring Organic Farm
Celebrate the culture in agriculture! See ad on page 3. Free to the public! www.wellspringinc.org

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October Events Continued

October 13, 2-4pm *Pokey People Dinner* at Slowpokes Choose from Pulled Pork in an Apple Cider Vinegar Reduction or veggie lavash with seasonal roasted vegetables, plus sides. $25 To register, please email slowpokesfood@gmail.com or call Sarah Philipp (instructor and nutrition coach) at 414.852.4818.

October 13, 9am-Noon *Our Seeds Are Your Seeds* at Riveredge Learn how to collect and process prairie seeds & take some home with you. Long pants and tennis shoes recommended. If you plan on taking seeds home, bring your own container or baggie. Call 262-375-2715 to register. Fees: Adults $7, 12 & under $5; Members: Adults $5, 12 & under $4

October 18, 6-8pm *Gluten-Free Baking* at Slowpokes
Learn how to bake with gluten-free and nutrient dense ingredients. $25 To register, please email slowpokesfood@gmail.com or call Sarah Philipp (instructor and nutrition coach) at 414.852.4818.

October 19, 7-8:30 *On the Prowl for OWLS* at Cedarburg Bog Bring your binoculars and dress for the weather. $3 suggested donation. bogfriends.org

October 20, 1-4 p.m. *Native Pollinators Lecture*- Riveredge Nature Center - Hosted by the Woodland Harvest Permaculture Project
Guest presenters share findings on bee biology, the current status of pollinators, their importance to agriculture, and how farmers and gardeners can encourage native bees on their property. Cost: $20 for Riveredge Members and Friends of Wellspring, $30 for the public.
www.wellspringinc.org or (262) 675-6755

October 25, 6-8pm *Pokey People Dinner* at Slowpokes Bone broth soup! $25 To register, please email slowpokesfood@gmail.com or call Sarah Philipp (instructor and nutrition coach) at 414.852.4818.

October 27, 9 a.m.- 1 p.m. *Gluten-Free Cooking Workshop* - Wellspring Organic Farm Learn about living and cooking gluten-free! Chef and Organic Cooking Coach, KC Thorson leads lectures, Q&A, cooking demos, tastings and shares cutting edge tips. Lunch included. Cost: $45 before 20/10, $50 after.
www.wellspringinc.org or (847) 946-5565

Port Washington's Winter Farmers' Market

By Amy Whitlow

The Port Washington Winter Farmers' Market is already gearing up for its 3rd season! The season begins on November 3rd. We hope you'll join us a vendor and/or customer - we look forward to having you there. Once again, we plan to have entertainment and workshops planned throughout the season in addition to offering a variety of fresh fruits, vegetables, meats, baked goods and more.

2012-2013 Season Dates (Saturdays from 9am-1pm):

Nov. 3, 10 and 17, 2012

Dec. 1, 8, 15 and 29, 2012

Jan. 26, Feb. 23, Mar. 30, Apr. 27 and May 25, 2013

Located at:

First Congregational Church

131 N. Webster St.

Port Washington, WI 53074

Interested in becoming a vendor?

If you're interested in joining us a vendor, please e-mail portwinter@portfish.org and we will forward you an application. Thank you for all of your support - we look forward to another wonderful season with our family of vendors and our loyal customers.

Vendors at last seasons market & local band, Bantry Bay, entertaining market-goers.

Living Food Recipes With Apples & Pears *(Continued from page 1)*

Apple Cranberry Pie

Filling:

4 apples
1 cup soaked cranberries
2 tsp cinnamon
2 tsp vanilla extract
1 cup walnuts

Crust:

2 cups soaked almonds
8 medjool dates, pitted
1 tsp vanilla extract
2 tsp cinnamon
½ tsp nutmeg
Dash of celtic or sea salt

Garnish:

Shredded, unsweetened coconut

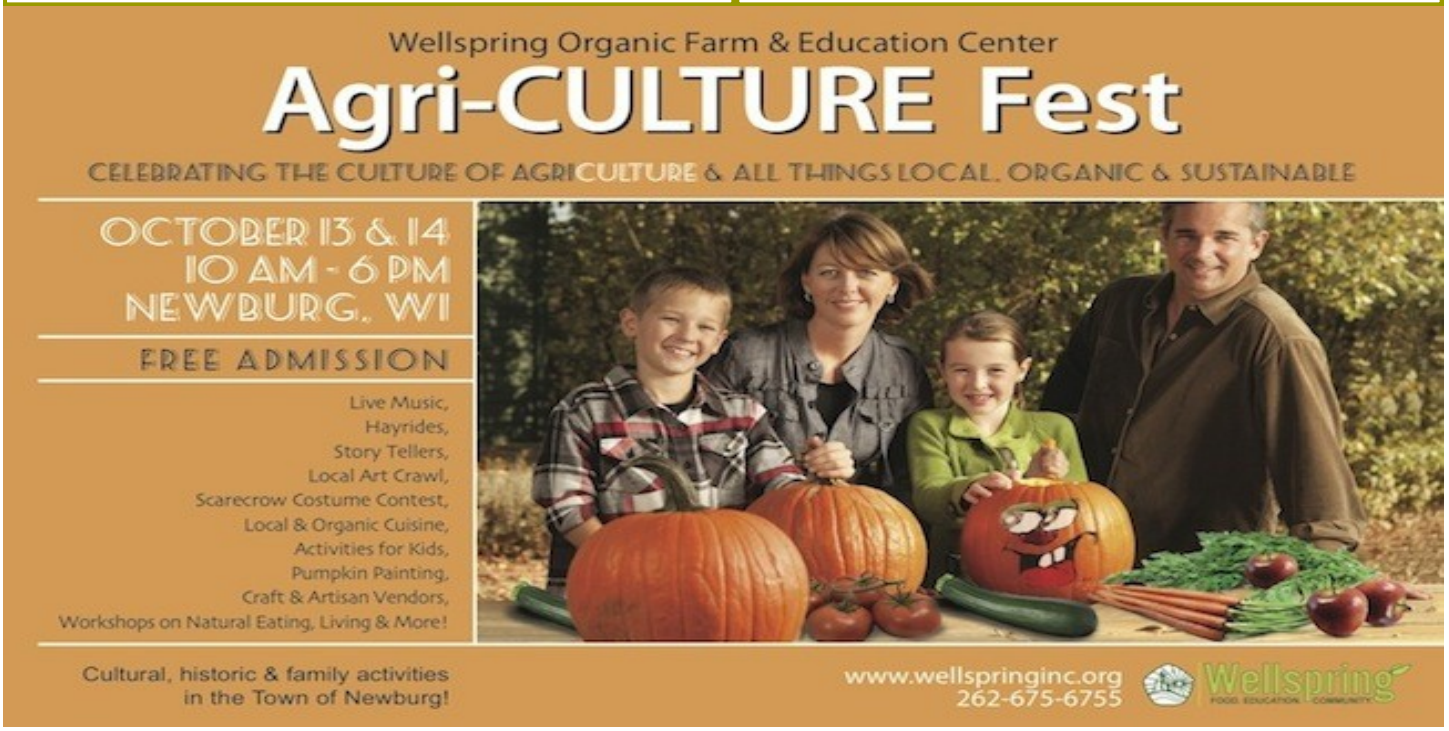
1. In a food processor or champion juicer homogenize all the ingredients in the crust. Press the mixture into a pie pan.
2. Roughly chop and core apples.
3. In a food processor pulse chopped apples, soaked cranberries, cinnamon, and vanilla, until the mixture is smooth, but still has chunks.
4. Add chopped walnuts to the apple mixture and process for 5 seconds.
5. Fill in crust and garnish with shredded coconut.
6. Chill and serve.

Beet-Pear Salad

4 medium beets, cubed or grated
2 pears, cubed
1 Tbsp lemon juice
½ cup pecans or walnuts (optional)
4 cups mixed greens (include arugula if possible)

1. Stir pear pieces and lemon juice together.
2. Add beets and nuts; mix well.
3. Let sit at least 30 minutes so flavors blend.
4. Serve over mixed greens.

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



Ozaukee Living Local

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Family Fall Mystery Night Hike at Riveredge

Come out to Riveredge Nature Center, 4458 County Road Y in Saukville, on Saturday, October 20 for some haunting, Halloween fun!

The evening starts at 6pm with Jack-O-Lantern carving to light the way back home, followed by "Batty About Bats" from 6:30-7:15, where families will uncover the myths and mystery of the world of bats. The evening will end with an exploration of the nocturnal world in the prairie and forest to see who is prowling around in the night.

The adventure is rain or moon shine, so dress for the weather!

Pre-registration is suggested for the hike and presentation, but required for the Jack-O-Lantern carving. Fees: Adults—$7, 12 and under—$5; Members$5/$4, plus $5/Jack-O-Lantern.

See www.riveredge.us or call (262) 375-2715

1229 12th Avenue Grafton, WI 53024
(262) 375-5522

www.portfish.org