

July Events

7/10, 17, 24 & 31 How to Feed the Kiddos at Slow Pokes Local Foods noon-1:30 or 6-7:30 \$80 Finally!! It's here! Our workshop on what you should be feeding your kids, and – just as importantly – what they will love to eat! Kefir, Kombucha, Gluten-free, bone broth, VEGGIES... what is most important, and how to make it taste delicious for the whole family. We will have lots of samples ☺ Call (262) 375-5522 or email slowpokesfood@gmail.com

7/11 Culinary Herbs—Seasonal Produce Cooking Class at Wellspring 6-8 p.m. Wellspring offers a series of monthly cooking classes, inspiring students based on veggies during their peak season! In each class, organic cooking coach KC Thorson leads demos and tastings, and provides healthy cooking tips. Wine pairings for each dish, and recipe handouts to take home. High-lighted seasonal produce for the July class in culinary herbs! Cost: \$25 till 7/8, \$30 after. For more info and to register: (847) 946-5565 or www.wellspringinc.org

7/11 Green Fire Documentary of Aldo Leopold 7 p.m. at the Forest Beach Migratory Preserve

7/18 Farm to Cocktail Class at Café 1505 6-8 p.m. Learn to make a number of colorful drinks using seasonal herbs and vegetables. Our craft cocktail specialist will lead demos, tastings and tips for creatively mixing fresh garden produce. Price includes three cocktails, recipe handouts and light appetizers provided by Café 1505! Cost: \$40 per person until 7/16, \$50 after. Must be 21 years or older to participate, please bring ID. For more information and to register, please visit www.wellspringinc.org or call (847) 946-5565. Hosted by Wellspring Organic Farm and Education Center.

7/20 Water Adventures: Tubing the Milwaukee River at Riveredge Hop on an inner tube and float down the Milwaukee River with a Riveredge Naturalist. Discover the diversity of living things that make their home in



Ozaukee Living Local

Working collaboratively for a more resilient and sustainable future.

The Evolution of Aquaponics

By Michael Richards

Nelson and Pade Incorporated, a Montello, WI company founded in 1985 to promote hydroponics, has been touting the growth of plants in fish water since experimenting with the process in Californian greenhouses in the 1990's. Their efforts have managed to strengthen cooperation amongst growers and researchers in the industry, whose methods have been proven to use just 10% of the water typically consumed in land based growing operations. This is particularly useful in climates void of the resources we hold in abundance via the Great Lakes. One could aquaponically

produce food in arid regions where water conservation is a critical concern. It's because of this that the aquaponics industry is growing momentum.



Last month Wisconsin held the spotlight on some leading advocates for the local food movement, demonstrating our state's role as a think tank for innovative growing techniques. Educators, missionaries, and a handful of

starry-eyed farmers were just a few of the attendees at the first International Aquaponics Society conference held at UW-Stevens Point. I find it worthy to note that the conference received followers from ten countries, excluding ours. This is humbling, as we had the honor of not only hosting this gathering in the United States, but the opportunity to show the world what the badger state is all about.

Being involved in PortFish has always been fulfilling for me at a local level; coming of age in Ozaukee County and finding myself returning to work in a community that I have only recently discovered to be filled with promise.

Continued on page 3

Strawberry Picking—Better Late than Never

Spring arrived late this year and, with it, the strawberry harvest. There are many places in Ozaukee County to pick your strawberries, and this is the month to do it!

Barthel Fruit Farm
12246 N Farmdale Rd
Mequon WI 53097
262-242-2737

The Barthel Fruit Farm has a great crop of berries this year! **Always call for a picking update before driving out.** All of the strawberries are sold on a Pick Your Own basis. They do not have ready picked strawberries



Continued on page 2

July Events Continued

the river. All participants should be able to hike approximately 1 mile. Wear sturdy shoes and clothing that can get wet. Bring a lifejacket and inner tube if you have them. Pre-registration is required. Please indicate whether you will be bringing your own inner tubes and lifejackets or using RNC's. Cost: \$5 per person for Trail Pass Members and Non-Members, All Access Members: Free Call Riveredge at 262-375-2715 or visit www.riveredge.us for details.

7/21 The Taste of Wellspring Fund-raiser! 5:30-9 pm. The Museum of Wisconsin Art 205 Veterans Ave. West Bend, WI 53095. The 8th Annual Taste of Wellspring – a Farm to Table Dinner benefiting Wellspring and its mission. Chefs from the local, regional area get creative and serve up gourmet dishes featuring Wellspring's produce and locally-sourced meats - an evening full of local food! Live music, a silent auction and raffle are also part of the event. Cost: \$75 per person. For more info and to register: (262) 675-6755 or www.wellspringinc.org.

7/25-26 Youth Gardening Camps at Wellspring (Ages 6 – 11)- Kids learn practical gardening skills while experiencing how plants grow and connecting with where our food comes from. Learn about insects, vegetables, flowers, soil and worms while playing games, making art, reading stories and singing songs! Two-day camp. Morning, afternoon or full day sessions are available. Cost: \$35 per two-day mini camp - one session only; \$60 for both the morning and afternoon session. For more info and to register: (847) 946-5565 or www.wellspringinc.org.

7/29-8/3 Agricorp at Wellspring- Ages 12- 16 Agricorp is a weeklong summer program for youth to learn business planning skills through organic gardening. For the first five days, Agricorp members will work in the garden, and receive educational lessons, learning both how to grow veggies and various business skills that can be applied to any future endeavors. At the end of the week, the group harvests, creates a marketing and advertising plan, and gets the chance to sell with Wellspring at the Saturday, West Bend Farmers Market! Times: Monday - Friday, 9 to 3 pm Saturday, 7 am to 10 am - MARKET DAY! Cost: \$75 For more info and to register: (847) 946-5565 or www.wellspringinc.org.

Get your event listed here! Contact the editor, Mary Boyle, at (262) 573-6678 or transitionozaukee@gmail.com.

Strawberry Picking

(Continued from page 1)

Polzin Farms
1758 Highway I
Grafton, WI 53024
262-375-3276
npolzin@sbcglobal.net



Polzin Farms is open seven days a week for self picking or already picked strawberries. **Times vary each day so it is best to call.** The farm also makes strawberry and strawberry rhubarb preserves from the fresh berries, as well as sweet corn and other vegetables to pick.

Walvoord's Berry Farm
W2160 Smies Rd
Oostburg, WI 53070
920-668-6481



Walvoord's Berry Farm, LLC first opened for business in 1979. It is primarily run by Randy and Linda Walvoord and their two children, Katie and Jonathan. They grow strawberries and sweet-podded peas every summer. The family runs 16 acres of strawberries. **Call ahead to find out where the stands of already picked berries will be in Ozaukee County!**

Witte's Vegetable Farm
10006 Bridge Rd
Cedarburg, WI 53012
1-262-377-1423
wittes.veg@gmail.com



Witte's is a seasonal vegetable farm that loves to grow and sell fresh fruits and vegetables during the Wisconsin growing season. They strive for the widest variety of vegetables and fruits and are dedicated to the highest quality product with friendly, knowledgeable service.

Wild Food Workshop

Join experienced wild food foragers John Holzwort and Linda Conroy on Saturday, July 6th from 10-2 for a hike and tasting at the Cedarburg Bog, 3095 Blue Goose Road, Saukville, WI 53080. Fee: \$20

Go to www.bogfriends.org to register.



The Evolution of Aquaponics

(Continued from page 1)

Heading to the conference, I thought of our state's rich history in farming and what the future holds. The need to conserve water, our most precious resource, will continue to change the way we produce food for ourselves. Thankfully, our state is leading the charge in this revolution, and we are carrying this information out into the world much as a river that flows into the sea. Every drop of water is invaluable to the strength of its momentum, and every drop holds promise for a bountiful harvest.



**PortFish, Ltd. will host an open house on Sunday, July 21st from 1-4 p.m. See article on page 4.*

Michael Richards has interned with Growing Power in Milwaukee and has been an intern with PortFish, Ltd. for the past year, where he is, as of this month, an employee.

2013 Summer Farmers' Market Season

Grafton

Thursdays: July 11th – October 24th (10pm-6pm)

Location: Twin City Plaza parking lot

Port Washington

Saturdays: June 1, 2013 - Oct. 26, 2013 (9:00 am - 1:00 pm)

Location: Main Street, between Franklin Street and Wisconsin Street

City of Cedarburg

Fridays: June 7th – October 25th (9am-2pm)

Location: Corner of Washington and Mill, across from Tri City National Bank

Town of Cedarburg (Five Corners Farmers' Market)

Saturdays: June 15th – October 12th (9am – 2pm)

Location: Parking lot of Wayne's Drive-In located at 1331 Covered Bridge Rd. in Cedarburg

Thiensville

Tuesdays: June 11, 2013 – October 29, 2013 (8:00am – 7:00pm) Location: South parking lot of the Village Park on the Milwaukee River – right across from Thiensville Village Hall.

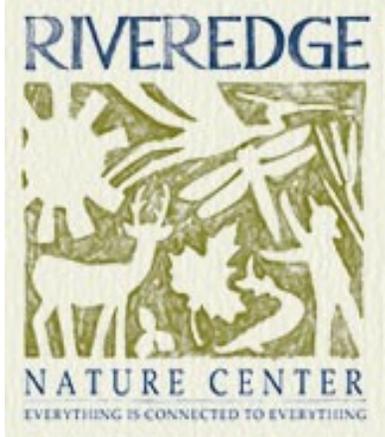
Saukville

Sundays: June 16th - October 27th (9am-1pm)

Location: Veteran's Memorial Park



Are you a Writer?
Transition Ozaukee
is looking for
articles about
sustainability and
all things local!
Submit articles to
the Editor at:
transitionozaukee
@gmail.com



WWW.RIVEREDGE.US



See us in
Cedarburg's
4th of July
Parade!

www.cedarburgtoyco.com

Ozaukee Living Local

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

Transition Ozaukee is sponsored by **PortFish, Ltd.**, a 501 (c) (3) non-profit organization.

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



Egg & Fresh-cut Flower Shares Available

www.wellspringinc.org

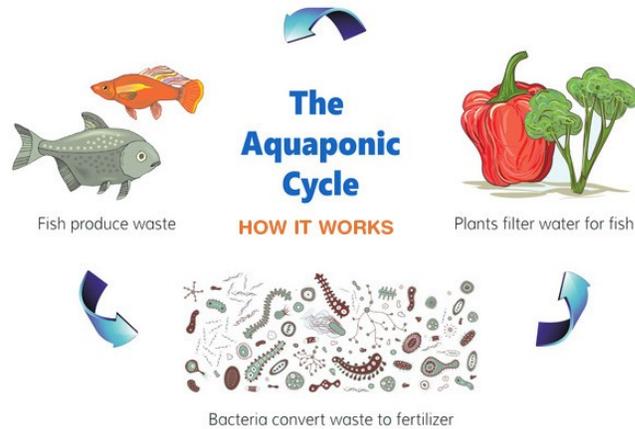


www.portfish.org

PortFish, Ltd. Aquaponics Model III – Open House

By Amy Whitlow

Join Pat Wilborn and Mike Richards of PortFish Ltd. on Sunday, July 21st from 1-4 p.m. for an introduction to the world of aquaponics. If you don't know, aquaponics is the process of raising fish (yellow perch) to grow plants. You will see lettuce, tomatoes, cucumbers, herbs and kale/swiss chard growing in nutrient-rich water. Port-Fish, Ltd. does this year-round and they have been working hard on developing this new system - you will be impressed when you see the future of raising food!



PortFish, Ltd. is located at 3781 County Road KW in Knellsville, Wisconsin on the north side of the old Port Washington Feed Mill, just north of the intersection of County Road H (to Fredonia) and County Road KW (to Belgium). The event is FREE and open to the public. Tours will take 15 minutes. Please let us know that you are coming by phone: [262-284-1970](tel:262-284-1970) or email us at info@portfish.org

Come see the future of sustainable agriculture!