

August Events

8/3 Great Lakes Shipwrecks with Rick Smith at Harrington Beach State Park Join Rick Smith for a riveting presentation on Great Lakes Shipwrecks including the sinking of the Niagra off the waters near Harrington Beach North Shore. See www.friendsofharrington.org

8/5 & 6 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. Morning, afternoon or full day options. For more info and to register: (847) 946-5565 or www.wellspringinc.org

8/6 Gluten 101 at Slow Pokes Local Foods noon-1:30 or 6-7:30 \$25 What's the big deal with gluten all of a sudden? Is it a fad? How do you know if you have a gluten problem? We will go over why gluten is such a health threat, what it is, and the many ailments and illnesses it is responsible for. Call (262) 375-5522 or email slowpokesfood@gmail.com

8/7 & 14 It's a Dorm Life at Slow Pokes Local Foods noon-1:30 or 6-7:30 \$25 or \$40 for both. Congratulations! You are off to college. So, how do you keep yourself healthy and happy? Learn how to live with a food allergy or intolerance away from home. Also, learn how to make the healthiest choices whether it is in the cafeteria, dorm room, or apartment, so that you can keep away colds, fatigue, and have more fun... I mean, study harder © Call (262) 375-5522 or email slowpokesfood@gmail.com

8/8 Eggplant—Seasonal Produce Cooking Class at Wellspring 6-8 p.m. Learn healthy recipes the utilize eggplant during peak season! Demos, tastings and tips. Wine served and recipes to take home. Cost: \$25 till 8/6, \$30 after. For more info and to register: (847) 946-5565 or www.wellspringinc.org

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Ozaukee Living Local

Working collaboratively for a more resilient and sustainable future.

Fondy Farm Feast Returns to Celebrate Food and Community Bringing Fresh, Locally Grown Food to Central City Milwaukee

By Nancy Ketchman

On Sunday, August 25th, from 3:30 until twilight, the **Fondy Feast** will return to the Fondy Farm at 821 County Hwy. P. in the town of Port Washington, where participants will enjoy food prepared by Milwaukee's finest farm-to-table chefs, who will prepare a delicious, multi-course meal showcasing fresh, local ingredients from the Fondy Farmers Market, Fondy Farm, and other local producers.

Chefs include Nell Benton (The National), Thi Cao (Buckley's Restaurant and Bar), Yollande Tchouapi Deacon (Afro Fusion Cuisine), Michelle Evans (Northwestern Mutual Insurance), Bruce Evans (MATC

Culinary School), Justin Johnson (Harvest Market), Jan Kelly (Meritage Restaurant), Matt Post (Alterra Coffee Roasters), and Andy Tenaglia (Lagniappe Brassiere).



Guests and farmers will mingle during the pre-dinner cocktail hour and farm tour while enjoying blues by local blues guitarists Matt Tyner and Rolf Wessel. Then they

will savor an amazing meal while nestled amongst towering corn and sprawling squash vines. Afterwards, guests can sit back and enjoy delicious desserts as fireflies dart about the field. Vegan and vegetarian options are also available.

Proceeds from the Fondy Farm Feast support Fondy Farmers Market (2200 W. Fond du Lac Avenue) and the Fondy Farm Project (Port Washington). The Market and Farm are managed by Fondy Food Center, Milwaukee, a non-profit organization whose mission is to connect Milwaukeeans to local, fresh food – from farm to table.

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Growing (Locally) by Leaps and Bounds

Reprinted from the ISEC Newsletter

In *The Economics of Happiness*, economist Andrew Simms disputes the notion that "it's all doom and gloom, that absolutely nothing's happening." While there's no shortage of bad news, Simms is correct in arguing that things can dramatically change for the better, and relatively quickly.

Consider, for example, the explosive growth of the local food movement. One measure is the number of farmers' markets. As the chart below shows, farmers' market numbers have increased in the US every year since 1994, reaching 7,864 in 2012 – nearly a five-fold increase over that period.

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August Events

8/12 Spice Up Your Salads! Nieder-korn Library in Port Washington. 6pm
Learn to eat fun again! Call to register at (262) 284-5031

8/17 Explore with a Naturalist at Riveredge 1-2 p.m. Enjoy a guided hike with a Riveredge Naturalist to some of the most spectacular spots at Riveredge. Discover the beauty of seasonal changes in our forest, prairie, wetland and river habitats. Cost: \$5 per person for Non-Members, Trail Pass and All Access Members: Free See www.riveredge.us for more details or to register.

8/18 Dragonflies at the North End of the Cedarburg Bog 11-1 p.m. \$5 Suggested Donation See www.bogfriends.org for more information.

8/21 Anxiety and Food at Slow Pokes Local Foods noon-1:30 \$25 Learn what foods will help you tackle anxiety and depression, and what foods can aggravate these issues. Also, find out what foods to add and to avoid this time of year. Call (262) 375-5522 or email slowpokesfood@gmail.com

8/23, 24 & 25 Port Washington Maritime Heritage Festival Stop into the education tent and see PortFish; watch the Cardboard Boat Regatta and visit a Tall Ship or two!

8/25 World Kitchen Garden Day Celebrate your kitchen garden by sharing food with neighbors and friends!

8/26 Natural Solutions to your Head-ache and Migraine Pain with Dr. Jacob Chapman at the Niederkorn Library in Port Washington. 6:30 p.m. Call to register at (262) 284-5031

8/31 Sing-Along-Band at Harrington Beach State Park 7-8:30 p.m. Do you like to make a joyful noise and enjoy hand-clapping, foot-stomping music? Come join the Sing-a-long band for an evening of favorite sing-a-long songs. See www.friendsofharrington.org for more information.

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

Fondy Farm Feast

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"The Feast is a relaxing, fun way to show supporters where some of the food at the market is grown, how we support and encourage local farmers, and why it's so important that families living on Milwaukee's North Side have access to fresh, locally grown food," said Fondy Food Center Executive Director Young Kim.

Tickets to the Feast are \$100/person. More information can be found at www.fondymarket.org.

About Fondy Food Center

Fondy Food Center operates two programs: Fondy Farmers Market and Fondy Farm Project. Fondy Farmers Market is Milwaukee's oldest and most diverse farmers market, dating back to 1917 when it originated as the Center Street Haymarket at 29th & Center St. The Market, now located at 2200 W.

Fond du Lac Avenue, offers families living on Milwaukee's North Side – many of whom have very limited access to fresh, affordable produce – the opportunity to buy delicious, locally grown produce in a festive farmers market atmosphere. The Market, which accepts EBT (food stamp) SNAP cards, Senior and WIC farmers market nutrition vouchers, was among the top 5 farmers market in the country for EBT sales and the only Wisconsin farmers market that doubles the value of WIC vouchers. The Fondy Farm Project gives participating low-income farmers long term access to affordable, high quality farmland, along with the business support they need to succeed. Last year, nearly all of the food harvested at the Farm was sold to Milwaukee families at the Fondy Farmers Market.



Find Local at the 154th Ozaukee County Fair

By Amy Whitlow

The Fair is Coming! The 154th Annual Ozaukee County Fair will be held July 31 – Aug. 4, 2013 at Firemen's Park in Cedarburg. State fairs are actually a great model of the American economy working in action. They involve public-private partnerships, induce people to spend money that lands both back in the immediate community, and the larger community, and by the way... they are a lot of fun!

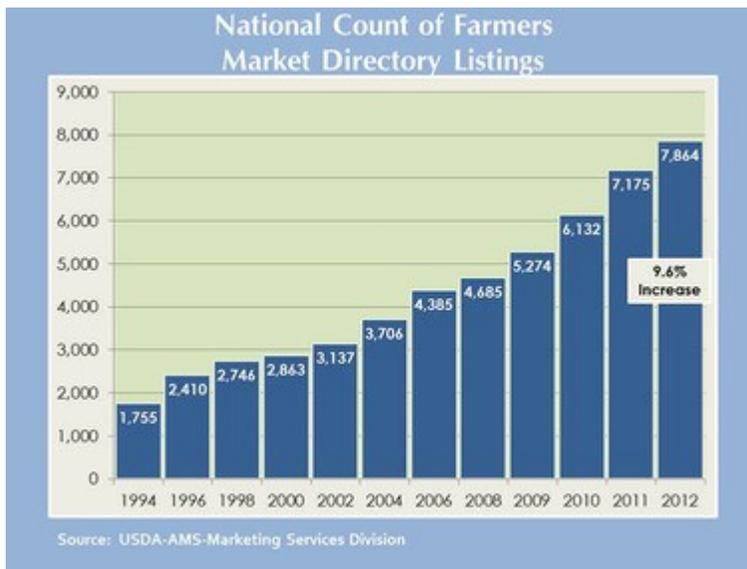
The Ozaukee County Fair will have all of the great fun you enjoy: live music, tasty fair cuisine, demos, rides, games, exciting competitions and displays and, of course, farm animals.

The animal barn at the county fair is a good place to witness the excellent care given to animals grown for food. The basis of animal judging at the fair is to showcase animal health. Healthy animals produce healthy and high quality meat, milk, cheese and eggs. Enjoy healthy food and reap the health benefits!

Be sure to visit the fair to support our local youth, talent and businesses. See you there!



Growing (Locally) by Leaps and Bounds (Continued from page 1)



We are fortunate to have many wonderful Farmers Markets available here in Ozaukee County—make a point of visiting all of them!

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.

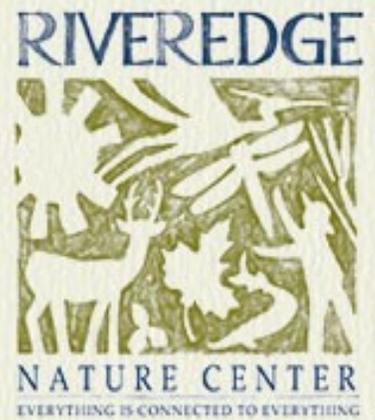
Saukville

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



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Find A Farm Fresh Atlas Today!

By Amy Whitlow

Wisconsin's Farm Fresh Atlases: Your road map to healthy eating!

Wisconsin Farm Fresh Atlas can steer you to local, sustainably grown food. These regional food guides include farms, farmers' markets, restaurants, stores and other businesses that sell local food and use sustainable production and business practices.

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Farm Fresh Atlas
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