

## October Events

**10/2 Detox 101 at Slow Pokes Local Foods** noon-1:30 or 6-8 p.m. \$25 Party, grill, and cream puff a little too hard this summer? We will show you how to detox gently and safely, so you can fall into autumn feeling energized and fit. Call (262) 375-5522 or email [slowpokesfood@gmail.com](mailto:slowpokesfood@gmail.com)

**10/5 Composting & Fall Gardening Prep Workshop at Well-spring** 9-11 a.m. Get your home garden ready for winter. Learn backyard composting basics and how to improve soil quality over the winter. Cost: \$25 before 10/3, \$30 after. For more info and to register: (847) 946-5565 or [www.wellspringinc.org](http://www.wellspringinc.org)

**10/9 Our Favorite Authors & Diets: Part I at Slow Pokes Local Foods** noon-1:30 or 6-8 p.m. \$25, or \$40 for both. This will be a two-part overview of our favorite resources. We will introduce you to Paleo, Body Ecology, GAPS, Weston A. Price Foundation, and more. How are they different, and how are they alike? There is a lot of information out there coming from many different sources, and some of it is contradictory. Learn how to navigate the confusing world of health and nutrition approaches. Call (262) 375-5522 or email [slowpokesfood@gmail.com](mailto:slowpokesfood@gmail.com)

**10/10 Winter Squash—Seasonal Produce Cooking Class at Well-spring** 6-8 p.m. Learn healthy recipes that feature winter squash during peak season! Demos, tastings and tips. Wine served and recipes to take home. Cost: \$25 till 10/8, \$30 after. For more info and to register: (847) 946-5565 or [www.wellspringinc.org](http://www.wellspringinc.org)

**10/15 Preschoolers & Parents Farm Day at Well-spring** 9:30-10:45 a.m. Preschoolers and their parents plant seeds, play nature based games, enjoy a garden snack, meet the chickens and learn where our food comes from! Ages 2-5 welcome. Cost: \$5 per child. For more info and to register: (847) 946-5565 or

*Continued on Page 2*



# Ozaukee Living Local

*Celebrating our Local Food, Economy and Community since 2011*

## The Politics In Your Food

*By Mary Boyle*

October has arrived, and along with the harvest of apples and pumpkins comes the unwanted part of the season: political ads. After all, November 5th is just around the corner.

One would think it was a presidential election with all of the money being dumped into advertising this season, but it's not about an office—it's about food. Specifically, the right for consumers to know if their food has been genetically modified.

Though they were unleashed on an unknowing public way back in 1985, GMO's (Genetically Modified Organisms) have only recently become a household

word, as more and more evidence builds against their safety and the shady business practices of their main developer, the Monsanto Corporation, come to light.



A bill to label, proposition 37, proposed in California last year was narrowly defeated, after Monsanto, and others in the food industry, poured millions into misleading ad-

vertising. A new bill is up for vote in the state of Washington this November, I-522, and the GMO industry has already flooded the state with more misleading ads in another attempt to defeat the labeling law.

All this money to keep their products unlabeled begs the question: if their products are so safe and so wonderful, why hide them?

The promises of GMO's were many and unfounded. We were told they would use less chemicals; they use more. We were told they would yield more food to feed a hungry world; they yield less. We were told they were safe; they're not.

*Continued on page 2*

## Healthy Halloween Party at Slow Pokes

Think you and your kids can't enjoy all the sugary delicious eats and treats Halloween has to offer? You CAN!!!

Come eat (and learn how to make) allergy-friendly and low sugar Halloween treats for your Boo Bash this month, on Saturday, October 5th from 11-1 p.m. at [Slow Pokes Local Food](#) in Grafton (1229 12th Ave Grafton, WI 53024 or call (262) 375-5522). Cost is \$25.

Don't let Halloween be the beginning of the slippery eating slope that is the Holiday Season. Show Halloween who is BOSS!!



*Continued on page 3*

## October Events

[www.wellspringinc.org](http://www.wellspringinc.org)

**10/16 Our Favorite Authors & Diets: Part II at Slow Pokes Local Foods**—noon-1:30 or 6-8 p.m. \$25, or \$40 for both. This will be a two-part overview of our favorite resources. We will introduce you to Paleo, Body Ecology, GAPS, Weston A. Price Foundation, and more. How are they different, and how are they alike? There is a lot of information out there coming from many different sources, and some of it is contradictory. Learn how to navigate the confusing world of health and nutrition approaches. Call (262) 375-5522 or email [slowpokes-food@gmail.com](mailto:slowpokes-food@gmail.com)

**10/19 Seed Saving Seminar at Niederkorn Library in Port Washington** 10-12:30 Join Steve Sandlin of Afterglow Farm; participants can exchange seeds following the presentation, plus enjoy a houseplant and seasonal produce sale. Call Annie Bahringer at (262) 284-5031

**10/22 Deer: Too Many or Too Few? Deer Dynamics in Wisconsin at Lac Lawran Conservancy** 7-9 p.m. Don Waller, UW-Madison professor, will share stories of his research on deer impacts and the opportunities we face to bring hunters, the DNR, and researchers closer together in deciding how to manage this keystone herbivore. Free. Go to [www.riveredge.us](http://www.riveredge.us) or call (262) 375-2715 or email: [info@riveredge.us](mailto:info@riveredge.us)

**10/23 Soup, Soup, Soup! at Slow Pokes Local Foods** noon-1:30 or 6-8 p.m. Soup and stew season is here! Learn how to make the classics healthier, gluten free, and dairy free. We will also show you new tricks and ideas for meat eaters, vegetarians, vegans, and everyone in between. Call (262) 375-5522 or email [slowpokesfood@gmail.com](mailto:slowpokesfood@gmail.com)

**10/24 Soups on! Cooking Class at Wellspring** 6-8 p.m. Learn healthy variations on everyone's favorite comfort food. Demos, tastings and tips. Wine served and recipes to take home. Cost \$25 till 10/21, \$30 after. For more info and to register: (847) 946-5565 or [www.wellspringinc.org](http://www.wellspringinc.org)

**10/26 Family Fall Night Hike & Pumpkin Carving at Riveredge** 6-8:30 p.m. Come explore if you dare! We will begin our evening of mystery looking at bones and skulls. Who were they? What kinds of secrets can their bones tell us about how they lived? Once the light of day fades into darkness, we'll explore the nocturnal world of prairie and forest to see who is prowling around in the night.

## The Politics In Your Food

(Continued from page 1)

One of the tactics that Monsanto relies on is allowing people to believe that genetic engineering is the same as cross-breeding or cross-pollinating plants to achieve desired traits, but this isn't true. That scenario involves the same species, while genetic engineering involves inserting genes (or even bacteria or viruses) from one species into another in a way that would be impossible in nature.

Their ads scare the public into believing that labeling will cause food prices to go up or put a financial burden on farms, but this is also untrue. Some stores, such as Trader Joes and Whole Foods, already voluntarily label their products, at no additional cost to the consumer, and labeling is already required in 62 countries, while several countries have already banned or partially banned GMO's from their food supply altogether.

People have had enough of being guinea pigs to the biotech industry. Last year, people around the world participated in a **March Against Monsanto**, and it's happening again—even in Milwaukee—on October 12 from 12:45-3 p.m., starting at the City Hall Garden and going to the MIAD garden. Email [MarchMkeMonsanto@gmail.com](mailto:MarchMkeMonsanto@gmail.com) for more information.



**#MARCHAGAINSTMONSANTO \* OCTOBER 12, 2013 \* EVERYWHERE**

According to the March Against Monsanto website, "GMOs are not adequately monitored to ensure public safety. Long term, independent, peer reviewed studies were not conducted before GMOs were introduced for human or animal consumption. In the USA, the revolving door between Monsanto employees, government positions, and regulatory authorities has led to key Monsanto figures occupying positions of power at the FDA and EPA. Monsanto has spent hundreds of millions of dollars to obstruct all labeling attempts; they also suppress any research containing results not in their favor. The scientifically established health risks include, but are not limited to: organ damage, sterility, infant mortality, birth defects, auto-immune conditions, allergies and increased cancer risks."

Many people simply aren't aware how prevalent GMO's are in our food. Over 90% of the corn and soy grown in the United States is GMO; if you read the labels on your food, you'll see that corn and soy are in nearly everything. If you eat any packaged food, fast food or drink most sodas, you're consuming it. Not only that, the animals we eat are being fed GMO grain.

It's time to stand up to these corporations who would compromise our health for the sake of their pocketbook. March. Vote. Spread the truth. It's time to get the politics out of our food.

## OWLT Looking for Volunteers

The Ozaukee Washington Land Trust is always looking for volunteers. If you like working outside, there are several opportunities this October. Find out more on their website: <http://owl.org/event-calendar>

- 10/3 9-2 p.m. Wendt Walkabout
- 10/5 9-1 p.m. Forest Beach Migratory Preserve—Tree Protection work
- 10/7 noon-4p.m. Forest Beach Migratory Preserve—Tree Protection work
- 10/12 9-1 p.m. CESA—Tree Thinning



Pat Wilborn of PortFish, Ltd. Hanging the Riverbend sign

Along with habitat restoration and work at the preserves themselves, OWLT is also in need of volunteers to work in the office, monitor wildlife, give organizational support and focus on stewardship and restoration and land protection. Contact the OWLT if you are interested in volunteering.

## Riveredge Hosts a Frothy Forage

A micro-brew hike over the river and through the woods... and prairie, and ponds, kettles and kames.

It's the first annual Frothy Forage-- come for microbrews and local, homegrown food along the trails, classic beer games, your inaugural 4 oz tasting glass and music on the deck by celtic, bluegrass, country-hipster band Frog Water!



- Must be 21 or older—ID's will be checked at the door.
- Tickets are \$45 in advance or \$50 at the door (availability may be limited)
- Designated driver tickets are \$30 and include soda, food and inaugural glass
- There's only room for 500, so [register now online](#) or call 262-375-2715!
- Looking for more updates? Check out the [Frothy Forage Facebook page](#)

Our adventure is rain or moon shine, so dress for the weather. Arrive early to carve a Jack-O-Lantern to light our way home. Pre-registration is required. Cost: Non-members: Adult \$7, 12 & under \$5, Members: Adult \$5, 12 & under \$4 Jack -O-Lanterns \$5 Go to [www.riveredge.us](http://www.riveredge.us) or call (262) 375-2715 or email: [info@riveredge.us](mailto:info@riveredge.us)

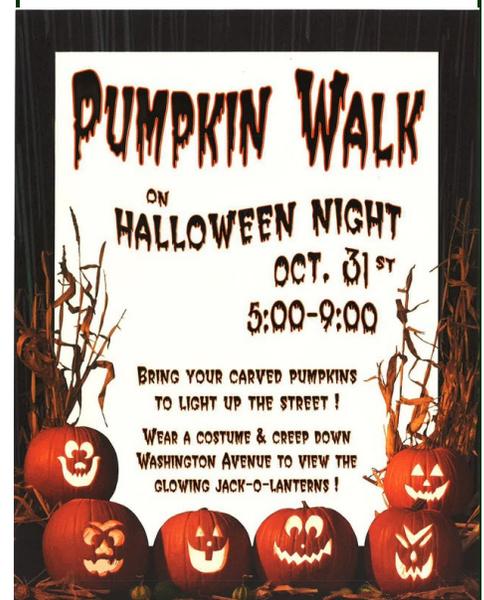
**10/26 Cheese Making Workshop at Well-spring** 10-4 p.m. Learn the art of soft cheese making! Hands on lessons. Take home cheese, cultures and extensive handouts! Cost: \$70 until 10/24, \$80 after - includes lunch and cheese and cultures to take home. For more info and to register: (847) 946-5565 or [www.wellspringinc.org](http://www.wellspringinc.org)

**10/30 Anxiety & Food at Slow Pokes Local Foods** noon-1:30 or 6-7:30 p.m. Millions of Americans struggle with anxiety, depression, stress, and other emotional issues, but it is can be hard to find effective and safe alternative approaches to treatment. Call (262) 375-5522 or email [slowpokesfood@gmail.com](mailto:slowpokesfood@gmail.com)

**10/31 Pumpkin Walk in Cedarburg** 5-9 p.m. Come in Costume, donate a jack-o-lantern to participating businesses and trick-or-treat at participating stores from 5-8 or while supplies last.

Get your event listed here! Contact Mary Boyle at [portfishltd@gmail.com](mailto:portfishltd@gmail.com).

**Come Trick-or-Treat at the CEDARBURG TOY CO. during the Pumpkin Walk!!**



# Ozaukee Living Local

**Ozaukee Living Local** is a monthly newsletter published by **PortFish, Ltd.**, a 501(c)(3) non-profit organization.

To learn more, please visit:  
[www.portfish.org](http://www.portfish.org)

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

[portfishltd@gmail.com](mailto:portfishltd@gmail.com)



## Ozaukee Co. Farmers' Markets

### **Grafton**

Thursdays: July 11<sup>th</sup> – October 24<sup>th</sup> (10am-6pm) at the Twin City Plaza parking lot

### **Port Washington**

Saturdays: June 1, 2013 - Oct. 26, 2013 (9:00 am - 1:00 pm) on Main Street, between Franklin St. and Wisconsin St.

### **City of Cedarburg**

Fridays: June 7<sup>th</sup> – October 25<sup>th</sup> (9am-2pm) on the corner of Washington and Mill, across from Tri City National Bank

### **Town of Cedarburg (Five Corners Farmers' Market)**

Saturdays: June 15<sup>th</sup> – October 12<sup>th</sup> (9am – 2pm) in the 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) in the south parking lot of the Village Park on the Milwaukee River – right across from Thiensville Village Hall.

### **Saukville**

Sundays: June 16<sup>th</sup> - October 27<sup>th</sup> (9am-1pm) at Veteran's Memorial Park

## PortFish, Ltd. Fish Fry a Success!

We want to thank everyone who attended the PortFish, LLC fish fry fundraising dinner in September. The evening was a success all of the way around. Everyone had a wonderful time learning about local food, as well as our vision, and also enjoyed a delicious yellow perch dinner.

Your support will help us continue our mission of educating Ozaukee County with the benefits of local food and sustainable food sources.

We look forward to sharing our continued efforts with you the community, which includes supporting the Port Washington Winter Farmers' Market (which resumes on November 2nd!) and the Model 3 Aquaponics facility.

Our sincere thanks for your past and future support.

Warmly,

PortFish, LLC



Amy Whitlow, Pat & Amy Wilborn and Michael Richards of PortFish, Ltd.