

January Events

1/3 Adult & Family Night Ski & Snowshoe at Riveredge 4-8 p.m. Enjoy the beauty and serenity of a crisp snowy evening on skis or snowshoes. Traverse our trails, lit by the soft glow of lanterns, or those trails lit only by the light of the moon and stars. Refreshments will await you at the end of the trail. Call or check our website for current snow conditions before venturing out. Fee: \$5 per person for Non-Members; Trail Pass and All Access Members: Free Go to www.riveredge.us or call (262) 375-2715

1/4 Sneak Peak at the New Cedarburg Library 10 a.m.-2 p.m. Learn fun facts, sign your name or leave a note & talk about your favorite library moments! www.cedarburglibrary.org

1/4 Riveredge Silent Sports: New Year Snowshoe (or Run/Hike) 1-2 p.m. Adults and children 12 and up. Resolve to get fit and enjoy the beauty of winter in Wisconsin – snowshoes make it possible! Join a Riveredge naturalist for a workout adventure on breathtakingly beautiful forest, prairie, and riverside trails. Whatever your pace, come for the camaraderie, the winter beauty, and the best workout nature has to offer. Fee for participants borrowing snowshoes from Riveredge: Non-Member: \$10 / Trail Pass Member: \$5 / All Access Member: FREE Fee for those bringing their own snowshoes (or if we hike/run instead of snowshoe: Non-Member: \$5 / Trail Pass & All Access Member: Free Go to www.riveredge.us or call (262) 375-2715

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Ozaukee Living Local

Celebrating our Local Food, Economy and Community since 2011

The Skinny on Pasture-Raised Dairy

By Melissa Rose Kiela of Trust Local Foods

You've likely seen the labels in the dairy aisle touting 'grass-fed,' 'free-range' and 'pasture-grazed,' as of late, and you might find them confusing. It's easy to get flustered because, despite the differences in names, they all imply the same thing: that this animal is raised in the field and eats primarily grasses or hay. To further complicate things, there is yet to be a standard set for this type of dairy herding.

In a recent report detailing the special aspects of Wisconsin pasture-based dairy, author Laura Paine attempts to simplify things. She asks to refer to these dairy products as pasture-grazed, as this term most fully envelops the management practices used. Paine defines pasture-grazed as dairy that is fed on a diet of a minimum of 60% pasture—the rest being made up of hay or grain. No ensiled feed (fermented hay or grain) is allowed.

You may be wondering why you'd want to buy pasture based dairy (especially when you look at the higher price tag!), but there are several compelling reasons to look for this label.

Color, Texture, Flavor: Best for in the Kitchen

When working in the kitchen, pasture-grazed dairy enhances your cooking



experience. You may notice the butter has a warm yellow hue to it; this comes from the grasses the cow eats and reflects a higher nutrient profile, but it also adds a rich color to baked goods. The texture of pasture grazed butter is much more stable than conventional butter, and remains consistent over a wide range of temperatures. It is not brittle when cold, nor does it lose its shape when at room temperature; instead, it is more pliable—making pastries much easier to work with.

Pasture-grazed butter isn't just for baking, it also performs exceptionally while cooking. More viscous, pasture butter makes thicker and satiny sauces. Not only does it bring out and complement other flavors in simple

dishes, it can also stand on its own, with a full, rich flavor.

Supporting Local Wisconsin Dairies & Small Farms

We often think of Wisconsin as the dairy state, but Wisconsin also leads the nation in pasture-grazed dairy production, with 22% of all its dairy coming from pasture-based practices. This niche gives Wisconsin the ability to compete with other, high volume milk producing states. Through pasture based dairies, Wisconsin can take advantage of value-added artisan products. When you buy pasture-grazed, you show support for local dairies and keep Wisconsin on the cutting edge of high-quality and skilled artisan dairy.

Best For Your Health

Pasture grazed dairy is rich with wholesome, healthy, beneficial fats. Contrary to popular belief, fats are not only good for you, but necessary to proper health and development. While on pasture, the butterfat content of milk has greater amounts of vitamins and nutrients— particularly vitamin A and E and carotenoids. More importantly, pasture grazed dairy has a

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January Events

1/4 Candlelight Ski/Hike at Harrington Beach State Park 6-9 p.m. The great part about this event? All of the food, coffee, hot chocolate and apple cider is free. As usual, donations are appreciated. A State Park Sticker will be required for all vehicles entering the park. Call (262) 285-3015

1/8 & 22 The Ravelry at Java Dock Café 4-6 p.m. Bring your knitting project and enjoy a warm drink and the company of others! Knitting instruction available for a small fee. Contact Nichole at (262) 284-1600 for more info.

1/15 The Benefits of Home Cooking at Mequon Nature Preserve 5 p.m. Join Judy Mayer, DTR, the consumer nutrition educator at Outpost Natural Foods. This free event will be held at Mequon Nature Preserve's PieperPower Education Center. To RSVP, call [262.242.8055](tel:262.242.8055) x101 or email center@mequonnaturepreserve.org.

1/25 Fermentation Workshops at Java Dock Café 10 a.m.-noon & 2-4 Learn to make heirloom yogurt and miso at home! \$25 each, or \$40 for both classes. Call (262) 284-1600 or go to www.fermup.com/events/ for more information. (See ad on pg. 3)

1/25 Winter Farmers' Market 9-1 at the First Congregational Church. *See page 4 for more information.

1/25 OWLT Winter Bird Hike at the Forest Beach Migratory Preserve 8 a.m. - noon Join Bill Mueller, ornithologist for the Western Great Lakes Bird and Bat Observatory to enjoy the sites and sounds of winter and learn about the birds that winter in Wisconsin. The hike will begin at the Forest Beach Migratory Preserve. Guests will then carpool to the Sauk Creek Nature preserve with bird watching stops along the way. Call (262) 338-1794 or email info@owlt.org to register. Sunday, January 26 will be the alternate date in case of inclement weather. www.treasuresofoz.org

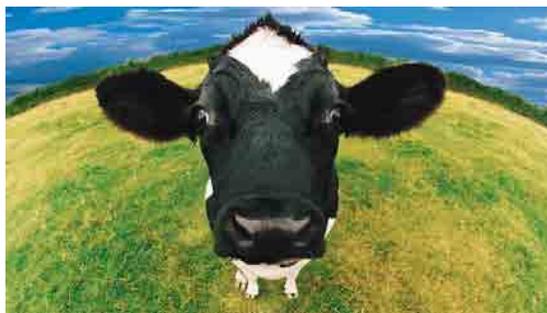
The Skinny on Pasture-Raised Dairy (Continued from page 1)

1:1 ratio of omega 3 and omega 6 fatty acids. These are both essential to the body, but are only healthy when consumed in the one to one ratio. Pasture-grazed dairy provides you with the omega 3 fatty acids that are heart healthy, raise the good cholesterol, and supply the material needed to build your cell membranes. Further, pasture-grazed dairy is more satisfying because of the fat content. Much conventional dairy has the fat stripped out of it and replaced with sugar, which raises the bad cholesterol and spikes your blood sugar, making you hungrier. By sticking with pasture-grazed dairy, you consume all of the good fats that give you energy and support a more balanced diet. In other words, this fat can help you get skinny!

Better for the Earth; Better for the Animals

With the potential to reverse damaged soil, pasture-grazed dairy and managed grazing keeps both animals and the land healthy. Managed grazing reduces soil erosion and minimizes runoff by keeping grasses on the earth all year long. This leads to higher organic matter and water retention in the soil. Animals raised on pasture have the freedom to exercise, eat a diversified diet of grasses, and breathe fresh air. Because of this, pasture grazed dairy typically have no use for the hormones and antibiotics found in conventionally raised dairy. With chemicals absent, and nature allowed to manage the land, less pollutants are washed downstream; keeping our waterways clean and our soil strong.

Conventional dairy is fed grain—an unnatural and unhealthy diet for a grazing animal in the first place—and that grain is most often genetically-modified corn, as the majority of the corn grown in the country is genetically modified, or GMO. Currently, no labeling law exists for GM foods, so the only way to be sure that the dairy you consume is GMO-free is to buy organic or pasture-raised dairy (or, in a perfect world, both). What makes pasture-raised dairy superior, even to organic, is the symbiotic relationship between the animals and the land, in which the grazing actually improves the soil and water quality.



By consistently buying pasture-based dairy, you set a standard of what you want out of your dairy products. You show that you want Wisconsin to be a strong force in specialized dairy. You show that your health and your earth matter to you. You may be able to find pasture-grazed dairy at your local food co-op, or try **Trust Local Foods**, who can provide you with a bounty of products for you choosing,

from Saxon Creamery's crowd favorite Snowfields cheese to un-homogenized milk from Clover Meadows Family Farm. Cheese, yogurt, butter, and milk: we have it all local and pasture based!

References:

Paine, Laura (July, 2013) *Growing the pasture-grazed dairy sector in wisconsin: Summary of findings and recommendations*, Department of Agriculture, Trade and Consumer Protection.

Glacierland Resource Conservation and Development (2013) *Managed grazing*, www.glacierland.org

Eat Wild (2013) *Health benefits of grass-fed products*, www.eatwild.com

Green, Emma (Nov, 2013) *The controversial life of skim milk*, The Atlantic

Advertising in Ozaukee Living Local

Do you own a small, local and independent business in Ozaukee? Is your audience sustainability minded? Do you have a limited advertising budget?

If you answered YES to any of these questions, **Ozaukee Living Local** can help you out! Ads like the ones on the right are only \$10/month! Commit to 6 months, and get 1 month free; 12 months and get 2 months free!

OLL goes out digitally to a mailing list of over 300, and 100 issues are printed and distributed around Ozaukee each month. Additionally, digital issues are available on the **PortFish, Ltd.** website and [facebook page](#).

Help us build a strong network of businesses and people committed to supporting local food and local business in Ozaukee. Contact the editor, Mary Boyle, at portfishltd@gmail.com or call (262) 573-6678.

FERMENTED Workshops YOGURT & MISO

LEARN HOW TO FERMENT HEIRLOOM YOGURT AND MISO AT HOME

Learn how to ferment your own heirloom yogurt and miso at home. Two separate workshops for an entire Saturday of fun. Detailed instructions and demos of the fermentation processes along with science, history, and lore. Attend one workshop for \$25 or both workshops for \$40. Space is limited. Starter cultures included.

The Details:

- Saturday, January 25, 2014
- Heirloom Yogurt: 10AM to 12PM
- Miso: 2PM to 4PM
- Workshops @ Java Dock Cafe
- 116 W. Grand Avenue, Port Washington, WI

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JOIN US FOR OUR NEW

Happy Hour

Monday-Friday: 4-6 pm

Small coffees \$1

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www.javadockcafe.com



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Thank you for all of your
support in 2013!!

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Ozaukee Living Local

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To learn more, please visit:
www.portfish.org

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portfishltd@gmail.com



2014 Winter Farmers' Market

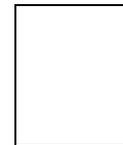
January 25
February 22
March 29
April 26
May 31

Saturdays, 9am-1pm
at the
First Congregational Church
131 N. Webster St.
Port Washington

*Fresh Produce, Meat, Sweet
Treats, Specialty Products
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Sponsored By:
[PortFish, Ltd.](http://www.portfish.org)
&

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Winter Farmers' Market: Vendor Spotlight

By Amy Whitlow

Smith Brothers Coffee House, which is located on the Port Washington Waterfront, has joined us as a new vendor to offer a morning cup of coffee as you stroll through our Farmers' Market. From apples to zucchini and everything in between, you can browse and shop, all while sipping on a great cup of hot java.

It has been shown that shopping at Farmers Markets involves up to 40 times more social interaction than shopping at an average big box grocery store. Markets stave off feelings of depression, fatigue and "Winter Blues." So does drinking coffee! Markets are also a chance to be among people who are passionate about food!

Smith Brothers' Coffee House is located in a beautifully restored, historic building on Franklin St. They serve a wide variety of coffees, teas, hot chocolate and other refreshing beverages with a range of traditional café fare including delicious pastries, cookies and sandwiches. Smith Brothers' also offers an extremely relaxing environment with a view of Lake Michigan's prettiest marina right outside the window, historical photos and local artwork are on the wall, and a crackling fireplace in the winter.

It's truly a taste of Port Washington – past and present! Visit them at the Port Washington Winter Farmers' Market and/or at their location inside the Duluth Trading Store!

