



Port Washington Living Local

Encouraging the transition to a stronger, more resilient community.

Volume 1, Issue 3

November 1, 2011

November Events

- **Port Washington Indoor-Farmer's Market** first three Saturdays in Nov. from 9am -1pm at [1st Congregational Church](#), 131 N. Webster St., Port Washington
- **11/5 PW Winter Farmer's Market**; 9-1; "What are root vegetables?"
- **11/5 Basic Energy Literacy Class**; 10:30-noon at the Urban Ecology Cntr.; [transitionmilwaukee.org](#)
- **11/12 PW Winter Farmer's Market**; 9-1; "How to Cook & Store Root Vegetables" with Noel Farms, LLC
- **11/12 Energy & the Economy**; 10:30-noon at the Urban Ecology Cntr.; [transitionmilwaukee.org](#)
- **11/16 Turkey Day Co-Stars**; cooking Thanksgiving side dishes from 6-8pm at Wellspring; \$20 in adv./\$25 day of; (262) 675-6755; [wellspringinc.org](#)
- **11/17 Using Your Preserves Creatively**; 6:30-8pm at the UEC [transitionmilwaukee.org](#)
- **11/19 PW Winter Farmer's Market**; 9-1; "Permaculture & the Transition Movement" with Peg Cadigan.
- **11/19 Handmade for the Holidays: A Family Program at Riveredge**; 1-3:30; Children of all ages can make a variety of handmade gifts; \$12 for Riveredge or Outpost Members/ \$15 non-members; [www.riveredge.us](#)

Winter Farmer's Market is Back!

After a successful first run over last winter, the Winter Farmer's Market, sponsored by [PortFish, Ltd.](#), will return to the [1st Congregational Church](#) Community Room on November 5, 12 and 19; December 3, 10 and 17 and the last Saturday of each month, January through May, from 9-1pm.

Pat and Amy Wilborn, WFM organizers, have not only brought back a great variety of local food available for the community to purchase, but have planned various events and activities for each Saturday of the market.

The kick off on Saturday, November 5, will feature information on, and recipes for, root vegetables. There will also be a "Name That Veggie" contest, where partici-

pants can guess the name of a variety of root vegetables.

November 12, will feature a demonstration on cooking and storing root vegetables at 11am by Deborah Jackman and Pat Volkmann of [Noel Farms, LLC](#).

November 19th will feature a brief presentation on Permaculture and the [Transition Movement](#) by Peg Cadigan of the [Earth Institute](#). Find out how you can get involved in bringing Transition to Port!

The fun will continue into December when participants will be able to learn how to make non-toxic and affordable personal care products from Tricia DuSaint, member of the Ozaukee Community Awareness Forum ([OCAF](#)), as well as creating their own

holiday gift baskets.

Aside from a variety of local food, the Winter Farmer's Market will also have live music from, of course, local musicians such as Amy Wilborn's band, Bantry Bay (traditional, Irish music) and Wayne Brogelman (Native American Flute).

The WFM is an amazing place to reconnect our community, so come out and support local food, meet your neighbors, learn something new and have a great time!

First Congregational Church is located at 131 N. Webster St. in Port. To be a vendor, contact Pat Wilborn at:

info@portfish.org or (262) 284-1970.

Why Buy Local and Organic Foods?

Contributed by Pat Wilborn

Why Buy Local & Organic Foods? According to the Midwest Organic & Sustainable Education Service ([MOSES](#)) there are at minimum six very good reasons.

Increase health benefits – Higher levels of nutrients are possible through shorter storage and reduced transport times. Due to healthy and fertile soils, higher levels of many nutrients occur: Vitamin C, iron, magnesium and phosphorus, as well as antioxidants. Our bodies thrive on nutrient-dense foods. National and international varieties of fruits and vegetables are chosen first and foremost for yield, growth rate and ability to withstand long-distance transport. Local farmers are more likely to prioritize taste and nutritional quality over durability. Our bodies thrive on nutrient-dense foods.



Port Washington Living Local

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Port Washington Community Garden— Coming to You this Spring!

Organizers of the [Port Washington Community Garden](#), which will be located along the Interurban Trail in Port, had hoped to break ground this past October but, alas, it was not to be; they were told by the Park & Rec. Dept. that they must have all of the financing for the project before it can start—so let the fundraising begin!

If you would like to donate to the Community Garden, checks can be made to the City of Port Washington with “Community Garden” in the memo and delivered or mailed to the Parks Department at 201 N. Webster St. (behind the pool), Port Washington, WI 53074.

If you would like to help with the Community Garden or reserve a 15'x15' garden plot for the 2012 season, please email Derek Strohl at ourgardeninport@gmail.com with your contact information and how many plots you wish to reserve. Plots are \$25 for residents and \$30 for non-residents and can be shared, as well!



Future P.W. Community Garden

Why Buy Local and Organic Foods? *(Continued from pg. 1)*

Promote food safety – USDA certified organic producers must follow regular federal and state food safety rules, as well as an additional set of stringent regulations to minimize food safety risks. The presence of E.coli and harmful pathogens are minimized through oversight of raw manure applications and compost-making. Unlike conventional farms, organic farmers are prohibited from feeding their livestock any animal byproducts, plastic pellets, or urea-manure containing formulas. Also prohibited from organic production are the use of sewage sludge, irradiation, growth hormones and genetically-modified organisms (GMOs).

Preserve the environment – Reduction in carbon dioxide emissions based on reduced transportation occurs. Conventional farms pollute the groundwater with repeated applications of toxic fertilizers. Organic farms promote safe habitats for a broader range of birds, insects and other animals, as well as relying on the use of soil conservation techniques to protect against runoff and erosion.

Next month, we continue the logic behind why you should be buying local and organic foods.

Further information is available at www.mosesorganic.org. Free resources including the Organic Resource Directory, Certification Guidebook, Organic Fact Sheets, details on upcoming events and training, plus subscribe to the free Organic Broadcaster. The MOSES website is your source for farmer oriented news. You can also call 715-778-5775 or email info@mosesorganic.org

Resources

- Transition Milwaukee - transitionmilwaukee.org
- Ozaukee Community Awareness Forum - ocaf-wi.org
- PortFish Ltd. - www.portfish.org
- Treasures of Oz - www.treasuresofoz.org
- Farm Fresh Atlas - www.farmfreshatlas.org
- Urban Ecology Center - urbanecologycenter.org
- Riveredge Nature Center - riveredge.us
- Schlitz Audubon Nat. Center - www.sanc.org
- Growing Power, Inc. - www.growingpower.org
- Sweet Water Organics - sweetwater-organic.com
- Wellspring - www.wellspringinc.org