

## December Events

- **Port Washington Indoor-Farmer's Market** is the first three Saturdays in Dec. from 9am-1pm at [1st Congregational Church](#), 131 N. Webster St., Port Washington; Hosted by the FCC & [PortFish, Ltd.](#)
- **12/3 PW Winter Farmer's Market**; 9-1; View *The Story of Cosmetics* sponsored by the [Ozaukee Community Awareness Forum](#).
- **12/4 Buy Local Gift Fair noon-4pm**; Lakefront Brewery Palm Garden; Sponsored by Local First Milwaukee
- **12/10 PW Winter Farmer's Market**; 9-1; 10:30am "Making Natural Facial, Bath & Body Care Products" with Tricia Du Saint, M.S.; Sponsored by [OCAF](#)
- **12/10 HoneyBee Jambo-ree**; 1-3pm at the Urban Ecology Cntr.; \$10M/\$15 NM & under 10 Free; (414) 964-8508; [urbanecology-center.org](#)
- **12/17 PW Winter Farmer's Market**; 9-1; "Create Holiday Food Baskets with Local Food" presented by Deborah Zillges & sponsored by [OCAF](#).
- **12/17 Christmas Bird Count**; Dawn to Dusk; Contact Mary Holleback (262) 375-2715/ [maryh@riveredge.us](mailto:maryh@riveredge.us); Free [www.riveredge.us](http://www.riveredge.us)
- **12/27 Holiday Snowshoe Hike**; 1-3pm; Register at [www.riveredge.us](http://www.riveredge.us)



# Port Washington Living Local

Encouraging the transition to a stronger, more resilient community.

## Have Yourself a Local Christmas

The holiday season is, once again, upon us and, for many, it is a burden. Ads blasting from every screen and paper; crowded stores full of frantic, stressed-out people in search of the best gift and spending money they can't afford to spend.

Then there's the guilt. Guilt that you didn't get the right presents, that you bought too many presents, that you didn't help enough people in need this holiday season, that you didn't spend enough time with your family, that you bought cookies instead of baked them, that you can't attend yet another party because you're just too tired!

This holiday season, I urge

you to change all of that and bring the holidays back to what they're supposed to be about: food, family and community. You can do this by keeping it all local.

Let's start with food. Luckily, Ozaukee County has a couple of great venues for local food if you aren't already growing your own or part of a CSA: [Slow Pokes Natural Foods](#) in Grafton and the Winter Farmer's Market in Port Washington.

Through the first few weeks in December, the Winter Farmer's Market will not only offer delicious local food, but you can also learn to create some wonderful, homemade gifts for the special people in

your life. You'll make connections in the community, have gifts for your family and get your local food all in one place! Check the events section for more details.

If you have some foodies in your life, WI authors, farmers and owners of the Inn Serendipity, Lisa Kivirist and John Ivanko, have written the perfect cookbook: [Farmstead Chef](#).

The authors had this to say on local food: "We've come a long way from nomadic eating, having discovered and refined agriculture over the past 10,000 years to such

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## Why Buy Local and Organic Foods?

Contributed by Pat Wilborn & Continued from the November issue of PWLL

Why Buy Local & Organic Foods? According to the Midwest Organic & Sustainable Education Service ([MOSES](#)) there are at minimum six very good reasons. Last month, we discussed the first 6 reasons, which were: increasing health benefits, promoting food safety and preserving the environment. Here are the other three:

**Foster biodiversity** – Decentralized, local farming promotes more crop varieties based on specific environments and microclimates; there is no emphasis on growing varieties that ship well and last a long time. Pests and disease are controlled through the promotion of diverse soils and multiple plant and animal life. Maintenance of wild and heirloom plant varieties make possible foods that contain higher levels of nutrients, as



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**New Year Ahead!  
New Changes for  
Port Washington Living Local  
Go to  
[transitionozaukee.com](http://transitionozaukee.com)  
For more information!**

## Have Yourself a Local Christmas (cont. from pg. 1)

a degree that the vast majority of us live in the city with only 2 percent of Americans providing enough “food” to feed the remaining 98 percent of us. We write “food” because much of the processed, zap-to-eat, grown-to-ship-well and last on the shelf meals smack of convenience and corporate profits, not health or nutrition.

This reality of third-party food providers, combined with a growing awareness of what’s happening to the planet and how we treat our animals, the land and the farmers, has spawned a diverse range of declared dietary preferences, from omnivore to vegan to localvore to flexitarian – and now, there’s someone we call the farmsteadarian, a person who eats as much as possible from their own gardens, community and, when necessary, from carefully selected sources as close to the farmers, ranchers, food artisans, bee-keepers, brewers or growers as possible. Permaculturists, market growers and small scale sustainable agriculture advocates share in common the belief that local food systems operate within and should nourish the living systems of which they’re a part.”

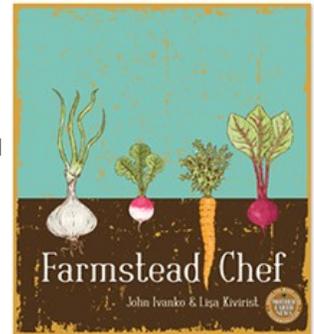
Yet another way to give the gift of local food is to reserve a plot in the [Port Washington Community Garden](#) or to donate to the garden so they can break ground in Spring. For more information, contact Derek Strohl at [ourgardeninport@gmail.com](mailto:ourgardeninport@gmail.com). Plots are 15’x15’ and only \$25 for residents. They can be shared, as well, so you can get your food, family and community covered all at once!

Of course, some other gifts will need to be purchased, but you can still opt to shop locally from one of these wonderful, local, independent businesses:

- [Cedarburg Toy Co.](#) in the Washington Ave. Shoppes in Cedarburg specializes in toys that are locally made or made in the USA—and they have free gift-wrapping!
- [Fair Trade for All](#) right in downtown Port Washington sells all fair trade gifts.
- [Lillies and Weeds](#) in downtown Cedarburg also sell Fair Trade and locally made food, gifts and clothing.
- [Verde](#) in Mequon specializes in locally made products.

PWLL wishes you all a happy holiday season and all the best in the New Year!

Get or Give a copy of



**Farmstead Chef**

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

opposed to relying on genetically-modified organisms that prohibit organic production.

**Support your local economy and communities** – Buying local keeps money and jobs in the community. Investing in local food systems strengthens and promotes a healthy community.

**Enjoy exceptional flavor** – Local food tastes better. Fruits and vegetables that are allowed to ripen on the vine taste better than those being shipped from distant states and countries.

The bottom line? Buying locally & sustainably grown food is good for you, good for our community, good for farmers and good for the environment!

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