



Ozaukee Living Local

Working collaboratively for a more resilient and sustainable future.

Volume 2, Issue 5

June 2012

June Events

6/3 2-6 pm Ralph Bronner Birthday Party at Wellspring
Come join us in birthday celebrations for long time Wellspring supporter Ralph Bronner!. Free food, music, games and of course, birthday cake!
www.wellspringinc.org or (847) 946-5565

6/9 1-6 pm Foraging for Wild Edibles Learn to properly identify wild edibles on a foraging expedition. Make rope out of natural fibers and enjoy a meal of found edibles! Cost \$25. For more info and to register: (847) 946-5565 or wellspringinc.org

6/10 10am Permaculture: The Growing Edge Movie screening at the [First Congregational Church Sanctuary](http://www.firstcongregationalchurchsanctuary.com); 131 N. Webster St., Port Washington

6/14 6-8pm Seasonal Produce Cooking Class; Learn healthy recipes featuring produce at its peak; Cost: \$20 till June, 12; \$25 after; register at wellspringinc.org

6/16 9 am-Noon Family Volunteer Opportunity
Wonderful opportunity for children to experience farm life and how veggies grow! Tasks will include weeding, mulching, planting, harvesting and checking for eggs from the chickens! Register at: wellspringeducation@gmail.com

6/16 The Wonderful Waters of Oz; 9-3pm Explore 8 sites along the Milwaukee River; 1-6pm Celebration at Forest Beach Migratory Preserve; Free; More info. at www.treasuresofoz.org

6/23 9-1pm Gluten-Free Cooking Workshop Learn about living and cooking gluten-free! Chef and gluten-free coach, KC Thorson will lead presentations, Q&A sessions and cooking demonstrations. Learn new gluten-free cooking tips and receive recipes to take home. Cost: \$45 before 6/19, \$50 after; register at wellspringinc.org or call (847) 946-5565

Here Comes the Sun

Summer is on it's way and, here in Port Washington, we've wrapped up another season of the Indoor Farmer's Market, another Sustainability Fair and completed our first session of the Transition Ozaukee Book Club—each event an attempt at building a stronger, more sustainable community.

The good news? It's working! Every connection we make with another member of our community is another stitch in creating our social fabric—the commitment we make to our community that makes us accountable to each other; that holds our communities together and makes us stronger.

The first book we chose for our book club, *Community: The Structure of Belonging* by Peter Block,

"The context that restores community is one of possibility, generosity and gifts, rather than one of problem solving, fear and retribution."

could not have been a more perfect choice or have come at a more perfect time, given the divisiveness of our communi-

ties, and even our nation, right now.

Block points out that we live in a "retributive context" - we market fear and find fault, blame and place focus on identifying our problems, with the thinking that our leaders can then solve them for us through legislation when, truly, the problems we are all so focused on are really symptoms of the breakdown of our communities. To really create change, we need to stop treating the symptoms and work, instead, on restoring our communities.

Block says:

(Continued on page 2)

Enjoy Nature's Spring Bounty by Tricia DuSaint

Late spring is a perfect time to add more locally grown raw, leafy greens to our menus. Not only do we support our local economy when buying from area growers, we enjoy much greater flavor and nutritional value from foods that have not been transported long distances (and save fossil fuels, too!).

Green, leafy vegetables contain large amounts of chlorophyll which detoxify and oxygenate the bloodstream which then carries oxygen throughout the body. Dark leafy greens also provide many vitamins (e.g. A, B1, B2, Niacin, C, E, Folic Acid), minerals (e.g. calcium, iron, manganese) and essential amino acids (important in protein formation).

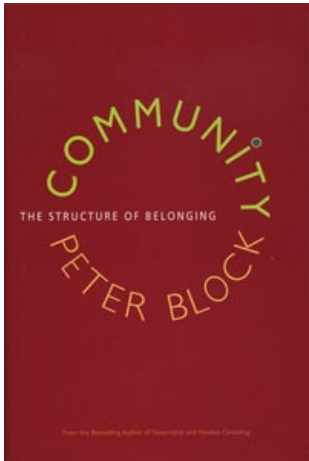


So get out the salad bowl and enjoy nature's spring bounty!

(Continued on pg. 3)

Here Comes the Sun

(Continued from pg. 1)



“The context that restores community is one of possibility, generosity and gifts, rather than one of problem solving, fear and retribution.”

In other words, it’s up to us to change the context and start the conversation so that we become a community of possibilities and no longer a community of problems.

Instead of talking about what is wrong with our communities, we need to come together and ask ourselves, “What do we want to create together?” Instead of waiting for our leaders to take command, we can begin to build community ourselves and let them follow our example.

This is exactly what Transition Ozaukee is doing, and it feels as though the sun is beginning to shine a bit more brightly here in Port Washington because of it—and not just because summer is on its way. Ordinary people are coming together to create our future—they’re building gardens, making art, sharing knowledge and giving their time, money and support to make our community a better place.

Of course, there’s always room for more! Because of the popularity of the book discussions, more sessions will be scheduled over the summer. Please check the Transition Ozaukee website at transitionozaukee.com or email transitionozaukee@gmail.com and ask to be added to the mailing list—we hope you will join us!

You can get a copy of the book at [Next Chapter Bookshop](#) in Mequon. Mention the Transition Ozaukee Book Club and you’ll receive 15% off your book—saving yourself some money and helping out a local, independent book seller at the same time!

The facilitator of the discussion on *Community* is Jennifer Janowitz. Ms. Janowitz is a Port Washington native who is a trainer in dialogue and circle process. She works with an international group in collaborative practice and trains educators, psychologist, lawyers, health practitioners, and engaged community in the practice of dynamic change conversations. Jen is also a steering committee member of Transition Ozaukee.

Living a Transition Lifestyle by Mary Boyle

Although I am a member of the Transition Ozaukee Steering Committee, I am quite new to the Transition Movement, having only learned of it a year ago. However, once I started looking into what the Transition Movement was all about, I realized that I had already been implementing a Transition Lifestyle—and it’s likely that you have, too.

At its heart, the Transition Movement is a response to peak oil and climate change; so, living a transition lifestyle primarily means making choices that involve reducing the use of fossil fuels. Of course, these changes do not happen overnight—we are changing *gradually*; that is, we are *transitioning* to a new and improved version of our culture and our economy.

Learning to live on less energy is something most people are already doing because it saves them money. Like my family, you may have already improved the efficiency of your house by adding insulation or switched to more efficient appliances, lighting and mechanics when it was time to

“Ultimately, as availability of fossil fuels begins to contract, so will our ability to move goods around and, inevitably, we will need to start building the infrastructure for local provision.” Rob Hopkins—[The Transition Handbook](#)

be replaced. When it’s time to buy a vehicle, fuel efficiency is likely a factor in your purchase. Perhaps you’ve gone a step further and looked into renewable energy to power your home and purchased a hybrid vehicle. Perhaps you’ve gone even further and you chose to live close to the places you need to get to so that you can use your own power and bike or walk to where you need to go.

You are probably already trying to find the products and food you need locally, when you can, because you likely already know this is good for your local economy; however, it’s also a fuel saver. The closer the food and products you purchase are produced to you, the less they have to travel to get there. What’s more, when you look for what you need in your own community, you create a demand in your own community, which creates an opportunity for someone else in your community to satisfy that demand. And this, dear readers, is called relocalization; and this is what the Transition Movement is all about.

Enjoy Nature's Spring Bounty

(Continued from page 1)

Garden Salad

8 c. organic mixed greens (your choice of leaf lettuce, romaine, arugula, spinach, etc.)
1 avocado, cubed
1 c. sprouts
1 cucumber or 1 zucchini, cubed or thinly sliced
2 – 3 scallions, chopped
1 lg. tomato, cubed, or 8 cherry tomatoes, halved
Optional: raw sunflower or pumpkin seeds

Combine all ingredients, stir in salad dressing of choice and top with sunflower or pumpkin seeds or “yummy paté” (see below).

Spinach Salad

1 bunch organic spinach, shredded
3 – 4 radishes, sliced
1 onion, diced
1 c. white mushrooms, sliced
½ c. fresh basil
1 clove garlic, minced
¼ c. raw sunflower seeds
Toss all ingredients together and mix in salad dressing of choice.

Tricia's "Untuna" Paté

1½ c. soaked raw sunflower seeds (Soaked overnight, drained & rinsed thoroughly)
½ c. soaked raw almonds (soaked like the sunflower seeds) (Alternately, use 1 c. soaked sunflower seeds and 1 c. soaked almonds)
½ c. fresh parsley
1 – 2 scallions
1 – 2 garlic cloves
1½ T. fresh dill or 2 t. dried dill
Juice of ½ lemon
1 – 2 T. tahini (optional, but makes a smoother paté)
Pinch of dulse flakes, kelp, or mixed dried sea vegetables
Tamari or Nama Shoyu to taste (or celtic salt, but won't be as flavorful)

Process nuts in food processor using S-blade until well chopped. Add all remaining ingredients and process until reaches desired smoothness. Will keep in fridge several days.

Serve with veggie sticks; on top of salad greens; as stuffing for tomatoes or peppers; with dehydrated crackers; as filling for wraps; or dehydrate as burgers.

Versatile!



Tricia DuSaint, M.S., is an educational psychologist and holistic therapist, a certified Living Foods Instructor and a Steering Committee member of Transition Ozaukee.

If you are interested in learning more about Living Foods, please contact :

transitionozaukee@gmail.com

Ozaukee Living Local

Ozaukee Living Local is a monthly newsletter published by **Transition Ozaukee**. To learn more, please visit: www.transitionozaukee.com

Transition Ozaukee is sponsored by **PortFish, Ltd.**, a 501 (c) (3) non-profit organization.

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



HALES TRAIL COMMUNITY GARDEN

Port Washington's new community garden is in a sunny spot along the Ozaukee Interurban Trail, just south of Hales Trail.

COME BY AND SEE US!

15' x 15' plots available for \$25

For more information, contact ourgardeninport@gmail.com or see Hales Trail Community Garden on Facebook

Support the garden by buying your own garden seeds through us through the month of February!



How To Find Local Food by Mary Boyle



Organic Basket from Slow Pokes Local Food in Grafton

We are exceptionally lucky to have so many local food options available to us in Ozaukee County—from Farmer's Markets, to CSA's and even some independent stores, there's bound to be a right fit for you!

Almost every city in Ozaukee County has a Farmer's Market for you to visit, and they are cleverly staggered so that you can go to one nearly every day of the week.

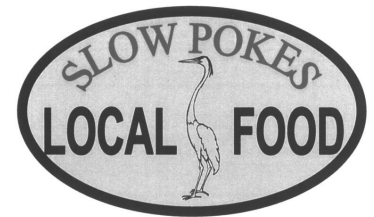
Farmer's Markets are wonderful because it really brings together communities—you have conversations with people at a Farmer's Market that you just wouldn't have at your average grocery store. Besides being a community builder, you can talk to the food producers in person, you eliminate the middle man so the farmer makes more money, the food has not travelled a long distance (saving fuel and the environment) so it's really fresh and, unlike a CSA, you can pick and choose what and how much you want to purchase. For a complete schedule of area Farmer's Markets, visit the Farm Fresh Atlas at www.farmfreshatlas.org.

CSA's stand for Community Supported Agriculture—an arrangement in which you pay the farmer in advance for a share of the harvest. Many CSA's offer various experiences or opportunities to help at the farm, so you gain knowledge along with your local food, and many also provide tips and recipes so you know what to do with all that fresh produce! If you've never done a CSA before, you may want to split a share with another family or do a half share if the option is available, as you can end up with a lot of produce! You can find all of the CSA's in our area by going to www.farmfreshatlas.org



There are even a couple of stores selling local food in Ozaukee County. The Health Port in Belgium has a small amount of local food available and Slow Pokes Local Food in Grafton has even more!

In fact, Slow Pokes offers a basket program that is similar to a CSA, but without the large financial commitment upfront. Provided by Growing Power and the Rainbow Farmer's Co-operative, the basket program allows you to purchase a regular (\$18), half (\$12) or organic basket (\$30) of food on a weekly basis, or less frequently if you want. Simply call the store at (262) 375-5522 to place your order and pick up your basket on Friday afternoon.



1229 12th Avenue Grafton, WI 53024
(262) 375-5522

By choosing to purchase your food from a local grower, you are helping to create a larger market in our area, meaning more local food will be available to others! You are also supporting our family farms, helping the environment (especially if you're buying organic!) and stimulating our local economy. That's getting a lot of bang for your buck!