



Ozaukee Living Local

Working collaboratively for a more resilient and sustainable future.

Volume 2, Issue 6

July 2012

July Events

Farmer's Markets

Port Washington: Saturdays from 9am-1pm on Main St.

Grafton: Thursdays from 9am-5pm at the Twin City Plaza

Cedarburg: Fridays from 9-2 on the corner of Washington & Mill St.

Saukville: Sundays from 9-1 at Veteran's Park

Thiensville: Tuesdays from 8-4 at Main St. and Freistadt Rd.

7/7 1-3pm Tubing the Milwaukee River: Riveredge Family Program \$7/adult, \$5/12 & under; Members \$5/\$4; register at (262) 375-2715 or see riveredge.us for info.

7/12 6-7:30pm SUMMER SKIN!! Acne? Eczema? Dryness? Sunburn? Learn how to get a healthy and glowing complexion from the inside out, how to make clay masks, as well as what you should and shouldn't be using on your skin with Sarah Philipp, Certified Holistic Nutrition Coach. Call or email to reserve your seat: [262.375.5522](tel:262.375.5522) slowpokesfood@gmail.com

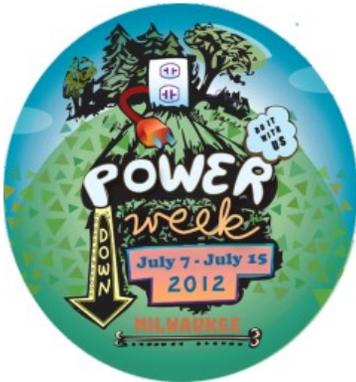
7/12 6-8 p.m. - Seasonal Produce Cooking Class – Culinary Herbs – at Wellspring Organic Farm

Learn healthy recipes featuring organic produce at its' peak. Chef demonstrations featuring culinary herbs. Four recipes demonstrated and sampled, wine pairings and recipes to take home. Cost: \$20 till July 10 - \$25 after wellspringinc.org or (847) 946-5565

7/14 1-2:30pm Prairie Wonder Wander: Riveredge Family Program \$6/adult, \$4/12 & under; Members \$4/\$3; register at (262) 375-2715 or see riveredge.us for info.

7/20-22 Annual Seed Savers Conference and Campout in Decorah, IA Join the Wellspring carpool to this annual event featuring amazing speakers, workshops, tours of the Seed Saver Heirloom Garden and more! Learn more or register at: www.seedsavers.org or contact Wellspring at (847) 946-5565

Celebrate Power Down Week



Imagine going on vacation, but not leaving your home. You don't turn on your T.V. or computer. You definitely don't go shopping. Instead, you work in your garden, refinish that cabinet that you bought at the flea market 3 years ago or tackle the mending pile that your kids have already outgrown so

that you can pass it on to somebody else's kids. This is Power Down Week.

Founded in 2010 by Transition Milwaukee Steering Committee Member Sarah Moore, Power Down Week is all about reducing your energy consumption, or your "carbon footprint," as it is often referred to.

In Milwaukee, many neighborhoods plan community events during this week that bring people together to learn new energy-reducing skills, such as soap-making, installing rain barrels, repairing bikes, composting, gardening or preserving fruit. Because they are commu-

nity events, people can walk or bike to them—further reducing their energy use.

Though Transition Ozaukee has no events scheduled for Power Down Week, we encourage you to celebrate anyway by reducing your own energy consumption and maybe even hosting a skills class in your own community or neighborhood.

Power Down Week is a great time to disconnect from all of the fast-paced technology that has infiltrated our lives. Turn off your T.V., phone and computer; slow down and you will find your stress levels will be reduced as much as your energy usage, and your quality of life improved.

Salad Turnips, Beet Greens, and Pac Choi, Oh My!

Wellspring Organic Farm Hosts Seasonal Cooking Classes Featuring Unfamiliar Produce.

The question "What the heck is Celeriac?" is one that Wellspring Farm Manager, Alissa Moore, is quite familiar with. "Some of our CSA members and farmer's market customers had never heard of some types of produce and were unsure how to prepare it," says Moore.



Wellspring
FOOD. EDUCATION. COMMUNITY.

In response, the Organic Farm and Education Center created a series of seasonal produce cooking classes, often featuring veggies the average home cook is not used to preparing.

The second Thursday of the month, May through November, Wellspring hosts a cooking class where a local chef demonstrates four recipes using produce harvested from

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

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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!



Seasonal Cooking Class at Wellspring *(Continued from pg. 1)*

Wellspring's garden. Class attendees receive samples of each dish, wine, healthy cooking tips and recipes to take home.

"Our mission here at Wellspring is to not only grow quality, organic produce, but to teach the community about the importance of eating and living sustainably," says Moore. "Besides introducing people to different produce, these classes really help to teach people the concept of selecting and eating foods that are in season here in southeastern Wisconsin."

Wellspring's next class will be held Thursday, July 12 from 6 to 8 p.m. and will feature culinary herbs. Recipes demonstrated that evening will include: Cool Veggie Bisque with Summer Herbs, Herbed Veggie Slaw, Wild Grilled Salmon with Herbed White Sauce and Marinated Summer Fruit seasoned with Fresh Herbs.

The cost of the class is \$20 until July 10th or \$25 after. Those interested in attending can register by phone: (847) 946 -5565, email: wellspringeducation@gmail.com or online: www.wellspringinc.org.

Class list for the whole season:

July 12 - Culinary Herbs

August 9 - Beets

September 13 - Root Veggies

October 11 - Brussel sprouts

November 8 - Thanksgiving Veggie Dishes

Wellspring is a certified Organic Farm and CSA as well as a not-for-profit Education and retreat center. Programs in wellness education, ecology and gardening, the arts and personal growth have been offered to the public since 1982.

PortFish, Ltd. Wants YOU!!!

While Will Allen and Growing Power has been in the spotlight as of late, many people are unaware that we have an aquaponics operation of our own developing right here in Port Washington.

Pat Wilborn started PortFish, Ltd. in his home in the city of Port, but what started as a small hobby has grown into a much larger project—so large that it is being constructed in Knellsville, a small, unincorporated community in the town of Port Washington.



Greenhouse at Model 3

If you want to learn more about aquaponics and have some spare time to lend a hand, volunteers are always welcome! You can also support the project by sending a donation. Be a part of local food in Ozaukee County!

**PortFish Ltd is a 501(c)(3) organization and your donations are tax deductible.*