



Ozaukee Living Local

Working collaboratively for a more resilient and sustainable future.

Volume 2, Issue 7

August 2012

August Events

8/4 Summer Wild Edibles; 9-noon at the UWM Field Station at Cedarburg Bog with Mike Krebill, wild foods educator and/or 1:30-4:30 at Riveredge for **Edible Wild Plants Worth Knowing.** Suggested donation \$10; register for both events at www.bogfriends.org/events/eventregistration or call (262) 675-6844

8/6-8/10 New Wind Folk School: On Earth As It Is In Heaven (See article on page 2) newwindfolkschool.com

8/8 Knee Deep in Prairies; 8am-4:15pm at Riveredge; learn to manage & identify prairie species, design with native plants & more; \$30 for Members/ \$40 for non-members; fee includes lunch www.riveredge.us or call (800) 287-8098

8/9 Seasonal Produce Cooking Class – Beets – at Wellspring Organic Farm from 6-8pm; Learn healthy recipes featuring organic produce at its' peak. Chef demonstrations featuring beets. Four recipes demonstrated and sampled, wine pairings and recipes to take home. Cost: \$20 till August 7 - \$25 after www.wellspringinc.org or (847) 946-5565

8/25 Home Gardening Class – Harvest Techniques - at Wellspring Organic Farm 9-noon; Learn to identify peak harvest time, harvesting techniques, post-harvesting storage and share a meal from the garden. Cost: \$20 www.wellspringinc.org or (847) 946-5565

8/26 Fondy Farm Feast Dinner featuring fresh ingredients produced locally and prepared by well-known Milwaukee chefs at the Fondy Farm—850 Hwy. P.—from 4pm 'til twilight; \$100/person; proceeds to support the Fondy Market & Farm www.fondymarket.org

Chlorophyll and Healing by Tricia DuSaint

As I discussed in the June issue of Ozaukee Living Local, dark leafy greens contain large amounts of chlorophyll. Here are some specific ways that chlorophyll helps to heal the body:

- One of the best foods for building the red blood count is living chlorophyll. When the red blood cell count is increased, there are more red blood cells to transport the needed materials to various organs and parts of your body. The body can then better repair and rejuvenate itself.
- Chlorophyll has more trace minerals than any other food on land. Refined

foods seldom contain trace minerals that are in their bioavailable natural form.



- Liquid chlorophyll helps wash drug deposits from the body
- Chlorophyll neutralizes toxins in the body

- Chlorophyll helps purify the liver
- Chlorophyll improves blood sugar problems
- Chlorophyll is antibacterial and can be used inside and outside the body as a healer. Yes, science has shown that chlorophyll arrests growth and development of unfriendly bacteria.

Chlorophyll's nucleic and amino acid profile meets the protein needs of our brain – it builds the neuropeptides for creative thought and positive emotions.

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Finding Local Food: Visit a Farmer's Market Near You!!

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.



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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.

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Chlorophyll and Healing (Continued from page 1)

One of the easiest and yummiest ways to get plenty of chlorophyll is to have a green smoothie daily. This has the added benefit of appealing to children and those who may not ordinarily like eating greens because the added fruit disguises the flavor of the greens. Green smoothies are also great for people who have difficulty digesting salads. Research has shown that drinking green smoothies daily restores the hydrochloric acid in the stomach to normal levels which helps improve digestion. Below is a basic recipe but part of the fun of making smoothies is to experiment with different ingredients. Children really enjoy helping make these delicious and nutritious drinks!

Ingredients:

- 2 cups water
- 1-2 Bananas in pieces
- 1 chopped organic apple, pear, peach or other fruit (more can be added, if desired)
- 1 cup chopped/torn organic kale, romaine, parsley, or any other dark organic greens
- Juice of ½ lemon;
- ½ to 1 inch fresh ginger root (optional)
- dash of cinnamon (optional)
- 2 to 4 Tbsp. of ground flax (I use a coffee grinder but pre-ground is OK). Flax is a terrific source of Omega 3's. Also, Chia seeds are great.

Add water and greens to blender, blend until smooth. Gradually add the fruit and ginger. Continue to blend. Add lemon juice, cinnamon and flax and blend until smoothie reaches desired consistency. Enjoy!

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

New Wind Folk School: On Earth As It Is In Heaven

New Wind Folk School—bringing people together into a living laboratory of environmental stewardship, spiritual awakening and restoration of personal balance in an enlivened community—has an entire week of events planned August 6th through the 10th; however, in the event that you cannot participate the full week, you are invited to **Milwaukee Day** on Thursday, August 9th.



Participants will visit Alice's Garden, the Art Museum, the Veteran's Garden with Howard Hinterthuer and the Urban Ecology Center. Bus service and a box lunch is included in the \$75 registration fee. Visit www.newwindfolkschool.com for more details.