



Ozaukee Living Local

Working collaboratively for a more resilient and sustainable future.

Volume 2, Issue 8

September 2012

September Events

September 13— 6–8 p.m. Seasonal Produce Class-Root Veggies - at Wellspring Learn healthy recipes featuring organic produce at its' peak. Chef demonstrations featuring root veggies. Four dishes presented and sampled, wine pairings and recipes to take home. Cost: \$20 till Sept. 11 - \$25 after.
www.wellspringinc.org or (847) 946-5565

September 13—6-8 p.m. Slow-pokes 101: Beyond Gluten Free Learn about what – and why – we do what we do here at Slow Pokes. What is this “swelly belly” we talk about, and how do you get rid of it? \$25
Call Sarah Phillip at (414) 852-4818 or email slowpokes-food@gmail.com to register.

September 15—2-9 p.m. Rock the Green Music Festival Rock the Green is a near-zero waste music festival on Milwaukee's lakefront. With local organic food, sustainability tips, interactive experiences, eleven bands, and more. \$30/before Sept 14, \$40/after gate. Veterans Park, 1010 N Lincoln Memorial Dr, Milwaukee. For tickets or info: RockTheGreen.com.

September 16—1-3 p.m. - Grand Opening of the Natural Playground at Riveredge Children can explore the meandering stream channel, climb on the tamarack platform, venture into the silo cavern and search for buried treasure in the sand! Ice cream social and decorate a ceramic tile for the silo for \$10. All proceeds for the natural playground. Free
www.riverdge.us

September 19—9:30–11:30 a.m. Preschoolers and Parents Farm Day at Wellspring Preschoolers and their caregivers experience a morning on the farm! Meet the chickens, plant seeds, enjoy a garden snack and learn where your food comes from! Ages 2-5 welcome. Cost: \$5 per child. Email wellspringeducation@gmail.com or call (847) 946-5565 to reserve your spot.

(Continued on page 2)

Page 1

FARM to TABLE to FORK TASTE OF WELLSPRING

By Mary Boyle

For those of you who are unfamiliar, Wellspring is a certified organic farm and CSA, as well as an education and retreat center that inspires and teaches people to grow, prepare and eat healthy food.

Since 1982, Wellspring has been working hard to trans-

form food systems and build community.

On Saturday, September 15th, from 5-9p.m. at the Family Farm in Grafton, everyone is invited to the 7th annual **Taste of Wellspring**—an event that pairs Wellspring-grown food with the donated talents of area chefs, creating a memorable dining

experience.

This year's chefs include:

- Peter Sandroni, *La Merenda*, Walker's Point
- K.C. Thorson, *KC's Kafe'*, Menomonee Falls
- Nicolas & Citlali Mendieta, *Antigua Latin Restaurant*, West Allis
- Eric Fix, *Out & Out Restaurant & Catering*, Ced.
- Donna Erickson & Lucy Weller, *From Scratch Catering*, Cedarburg
- Jodi Janisse, *Café' Sourette*, West Bend
- Dave Jurena, *The Soup Market*, Bay View & the *Public Market*
- Lisa Docter, *Elysium Ranch Bakehouse and Catering*, Grafton

(Continued on page 4)

The Wonders of Living Foods by Tricia DuSaint

Living Food is food that is organically grown and in its original, uncooked state. When we eat foods in the form that nature intended them, our bodies can often digest them more easily so that we can better assimilate the needed vitamins, minerals and enzymes. This can help us look and feel better, with greater energy and vitality.

When one cooks food at 118° or higher for longer than one minute, many of the enzymes are destroyed. Enzymes are proteins found in living cells which act as catalysts responsible for synthesizing, joining and duplicating chains of amino acids which are important in building and renewing the body. *(Continued on pg. 3)*



(Continued on page 2)

September Events Continued

September 18—7-8:30 p.m. - Growing Harvesting & Preserving Earth at Riveredge Join Master Gardener, Kathleen Awe, who will discuss the process and intricacies of growing, harvesting, and preserving your vegetable and herb garden harvest now that the growing season is coming to an end. Fee: Free (\$5 Donation Appreciated) www.riveredge.us

September 20—6-8p.m. Basic Food Types: Proteins, Fats, and Carbs... OH MY! At Slowpokes in Grafton Should you eat protein or carbs for breakfast... what about in the evening? One meal a day or six? \$25 Call (414) 852-4818/ slowpokesfood@gmail.com

September 23—1-4 p.m. - Foraging for Wild Mushrooms at Wellspring Experts from the Wisconsin Mycological Society teach participants how to identify edible mushrooms and lead a hunt for seasonal fungi. Bring home what you collect! Cost: \$25 before 9/21, \$30 after wellspringeducation@gmail.com, (847) 946-5565

September 25—7-8:30 p.m. - Introduction to Permaculture for the Average Homeowner at the Washington Co. Public Agency Ctr., West Bend Learn how to garden by working with nature rather than against it. Join Dr. Mai Morshidi Phyllips, the Coordinator of the Conservation and Environmental Science (CES) Program at UW-Milwaukee, as she discusses the importance of permaculture and how you can implement it in your life. Fee: Free (\$5 Donation Appreciated) riveredge.us

September 27—6-8 p.m. - Healthy Substitutions Cooking Class at Wellspring Learn how to make healthy, organic versions of staples like ketchup, mayo or alfredo sauce. Chef led demos, tastings and tips! Cost: \$20 until the Tuesday before class, \$25 after wellspringeducation@gmail.com, (847) 946-5565

September 27—6-8 p.m. - Pokey People Dinner at Slowpokes Share a newly harvested meal! \$25 Call (414) 852-4818/ slowpokesfood@gmail.com

September 29—9 a.m. - Noon Food Preservation Class at Wellspring Organic Farm Learn to preserve your garden harvest! Canning, dehydrating, freezing techniques taught. Bring home a jar of garden goodies. wellspringeducation@gmail.com, (262)- 675-6755

Growing Power Conference September 7-9th

A Letter from Will Allen:

Dear Friends and Supporters,

I am very pleased to invite you to our second National-International Urban & Small Farm Conference, to be held in Milwaukee from September 7th to 9th, 2012.

Growing Power first hosted this event in 2010. Nearly 1500 participants gathered at the Milwaukee State Fair to share ideas for building healthy and resilient community-based food systems. The conference was diverse in every sense. It included farmers, aspiring farmers, renewable energy experts, urban planners, corporate executives, politicians, academics, chefs, microbiologists, and people from countless other walks of life. It included folks from nearly every state in the union—and from several countries across the globe. One of the great outcomes of the first conference was the cultivation of new relationships, and the sharing of knowledge.

I was especially happy to look out on a crowd that was black and white, young and old, rich and poor. At Growing Power, it is our mission to support people from diverse backgrounds, and the environments in which they live, by helping to provide equal access to healthy high-quality, safe and affordable food for people in all communities. We left the conference inspired, and we said that we would meet again in two years to measure our progress in building a "good food revolution."

This year's conference will build on our efforts from two years ago. In 2012, we expect to have even more breakaway sessions, even more speakers, and more tours. We anticipate over 3,000 participants will attend, and 200 of the nation's most well-known food-system experts will share their knowledge.

The conference will provide guidance on how to plan, develop and grow small farms in urban and rural areas. So far we have organized 17 tracks to provide a thorough learning and networking experience for all!

As you can see, there's a lot to learn and share! Mark the date, and come help us 'Grow the Good Food Revolution'. We'll be waiting for you in Milwaukee.

Sincerely,



[Will Allen](http://www.growingpowerfarmconference.org)

Founder/CEO

Growing Power

<http://www.growingpowerfarmconference.org>



The Wonders of Living Foods

(Continued from page 1)

Enzymes facilitate metabolism; without them many of the body's chemical reactions could not take place.

Many Americans are deficient in enzymes because the Standard American Diet (or SAD) is highly processed, refined and generally cooked at high temperatures. As a result, the food is dead and often toxic; ongoing consumption of it can seriously stress the organs. Over time, this may lead to obesity, heart disease, cancer, diabetes type II, allergies, arthritis, etc.

Increasing the percentage of raw, living foods in the daily diet, while eliminating the refined, highly processed foods, has helped many people regain their health and to feel better than they thought possible.

Here are two living foods recipes using late summer and autumn produce. May you enjoy them in good health!

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

Tricia's Corn Salad



Salad:

- 4 ears corn on the cob or 16 oz frozen corn
- ½ red pepper- diced
- 1 cup jicama- diced
- 1 handful cilantro or parsley- chopped fine
- ½ to 1 cup cherry tomatoes, halved or 1 large tomato, diced
- 1 to 2 scallions- diced
- 1 clove garlic (optional)

Dressing:

- Juice of one lime
- ¼ cup olive oil
- Celtic or sea salt- to taste
- Cumin- to taste
- Cayenne- to taste

Preparation:

- Cut corn kernels from cob or thaw corn
- Mix together with rest of salad ingredients
- Whisk or blend salad dressing until creamy
- Pour dressing over salad and mix thoroughly

Anya's Gingered Carrot Coleslaw



Salad:

- 5 carrots, grated
- 2 cups shredded cabbage
- 1 cup raisins
- 1/3 cup sunflower seeds
- 1/3 cup pumpkin seeds

Dressing:

- 2 tsp honey or maple syrup
- 2 Tbsp lemon juice
- 1 Tbsp grated ginger
- 4 Tbsp cold-pressed olive oil
- Dash of Celtic or sea salt

Preparation:

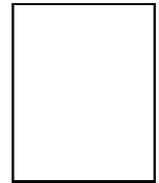
- Toss together salad ingredients
- Dissolve the honey in the lemon juice
- Add remaining ingredients and pour over the salad, tossing it
- *Tastes best if the salad sits for 15 or 20 minutes before eating

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.

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www.portfish.org

Farm to Table to Fork

(continued from page 1)

The menu will feature a variety of vegan, vegetarian and gluten-free options, from appetizers to desserts. Beyond food, the event also includes live music, a silent auction and a raffle.

So much more than a farm, Wellspring is involved in programming and partnerships in order to create a permaculture “living laboratory,” coordinate and support the formation of a state food policy council, develop Farm to School programming in Kewaskum and Grafton, educate all ages in gardening and farming skills, teach new ways to prepare and preserve foods so people can eat locally all year round, growing the local economy and exploring a food hub to support farmers, schools, restaurants, grocery stores and food processors in providing local food and to acquire local food.

Tickets to the event are \$75/person and can be purchased from Wellspring’s website: www.wellspringinc.org. Donations for the silent auction and raffle are also still being accepted. All proceeds will fund educational programs at Wellspring, which is a 501 (c) 3 organization.

