

**November Events**

**11/7 Winterizing Your Landscape** at Mequon Nature Preserve 5:30-6:30 Learn about what needs to be done to protect vegetation in your yard through the winter and help it be successful in the spring! Loriga Harrington of Beautiful Blooms Landscape Design will present. For more information, call [262-242-8055 x101](tel:262-242-8055) or email [center@mequonnaturepreserve.org](mailto:center@mequonnaturepreserve.org). Free and open to the public.

**11/7 Donges Bay Gorge Fall Celebration with Ozaukee Washington Land Trust** 9am-3pm We like to turn a late fall workday into an impromptu picnic and this is it. We'll mark our boundaries, eliminate some buckthorn, winterize the poolhouse and have a nice bonfire to cook brats over. Steward guy Mike Hoffer will bring the hot cider and volunteers Christian Bilgo and Rick Schnell are in charge of lunch. See [www.treasuresofoz.org](http://www.treasuresofoz.org)

**11/7 & 14 Storytime with Joyce at Mequon Nature Preserve** 10:30 a.m. Learn more at [www.mequonnaturepreserve.org](http://www.mequonnaturepreserve.org)

**11/8 Main Street Laughs—Comedy Night** 8-10 p.m. Come laugh the night away at our 2nd Annual "Main Street Laughs" Comedy Night! This year our main act will be Steve Meade, a nationally known Comedy Hypnotist! Our main act from last year, Mike Marvell will be opening for him and it is going to be FUN! Doors open at the Port Catholic Cafeteria at 7:30pm and the show will begin at 8:00pm. Cash bar will be available along with light refreshments. - See more at: <http://www.visitportwashington.com/events/>

**11/9 Winter Farmers' Market** 9-11 at the First Congregational Church \*See page 4 for more information

**11/9 Holiday Meals: Sides & Starters at Slow Pokes Local Foods** 11-1 p.m. \$25 Cooking demonstration for all ages. We will show you how to make your

*Continued on Page 2*



# Ozaukee Living Local

*Celebrating our Local Food, Economy and Community since 2011*

## Local Food Under Attack

*By Mary Boyle*

It seems as though every month I could write about a new attack on local food and small farmers. This month is sponsored by our very own FDA.

The Food & Drug Administration is planning to make some changes to the FSMA—the Food Safety and Modernization Act; unfortunately, the new rules are not kind to small farmers.

At the base of this new regulation push is, as is often the case, fear. In this case, the fear of pathogens contaminating food, such as what happened in 2006 with the E. coli outbreak that was traced back to spinach.

While it may seem like a

good, safe idea to require all fruit and vegetable producers to test their produce for pathogens, and to test the water they use for patho-



Willoway Farm

gens, most of the outbreaks were caused by large-scale, industrial farming operations, and not your small producers. Furthermore, the cost to implement the new testing would be a financial burden

to small farms, effectively serving to close them down, while the industrial farms, who caused the problems in the first place, would be the only ones left standing, because they can afford to take the financial hit. In fact, it would benefit them, by removing their competitors.

After that 2006 outbreak, food writer Michael Pollan actually predicted that this would happen:

*“So what happens to the spinach grower at my farmers’ market when the FDA starts demanding a HACCP (Hazard Analysis and Critical Control Points) plan—daily testing of the irrigation water, say, or*

*Continued on page 2*

## Apples for the Holidays

Apples and apple cider have long been a part of holiday celebrations. The brightest and best apples were used in early Christmas decorations, as well as for holiday meals. Many of the local apple orchards have produce and cider available through December, for all of your holiday celebrations—be sure to support them this holiday season!



**Appleland Farm Market**  
6330 County Road B  
Belgium, WI 53004  
262-285-3222

*In addition to apples, we offer a great assortment of fall fruits and vegetables including pumpkins, pie pumpkins, squash, Appleland produced honey, and more! Open Monday – Friday from 9:00 am to 6:00 pm and weekends from 9:00 am to 5:00 pm.*

*Continued on page 3*

## November Events

favorite (and some new) holiday dishes that are allergen free, nutrient dense, and, of course, DELICIOUS! We will provide plenty of recipes and samples. Call (262) 375-5522 or email [slowpokes-food@gmail.com](mailto:slowpokes-food@gmail.com)

**11/9 Winter Resale and Holiday Market with the Grafton Education Foundation** 8am-2pm The Grafton Education Foundation will be hosting a Winter Children's Resale and Holiday Market on Saturday, November 9th from 8 AM until 2 PM in the Grafton High School Cafeteria. Admission is FREE to this Children's Toy and Clothing Resale AND Holiday Crafter's Market. Shop for all things kid-related: toys, puzzles, clothing, bedding, furniture, sporting equipment, etc. while also picking up Holiday gifts in ONE LOCATION! Half-Price Sale from 1-2 PM. All proceeds from this event will go to fund the Grafton Education Foundation's annual grant awards.

**11/9 Student Research Symposium "Connections in Nature" at Riveredge** 8am-3:30 p.m. The general public is welcome to join us in celebrating and learning what Wisconsin students have been researching! Forty-two undergraduate and graduate students from seven Wisconsin universities and colleges will be conducting oral and poster presentations on a variety of biological topics, including wildlife conservation, restoration, and other ecology related topics. \$25/student, \$35 public; must register by 11/6; lunch is included. Go to [www.riveredge.us](http://www.riveredge.us) or call Mandie Zopp at (262) 375-2715

**11/14 Thanksgiving Sides: Seasonal Produce Cooking Class at Wellspring** 6-8 p.m. Forget watery green bean casseroles! Learn healthy, Thanksgiving side dish recipes featuring organic produce. Demos, tastings and tips. Wine pairings and recipe handouts to take home. Cost: \$25 'til 11/11, \$30 after. For more info and to register: (847) 946-5565 or [www.wellspringinc.org](http://www.wellspringinc.org)

**11/15 Holiday Window Unveiling in Downtown Cedarburg** 6-8 p.m. Take a carriage ride through historic downtown Cedarburg, meet the Milwaukee Ballet Dancers at the Cedarburg Toy Co. and more! [www.thinkcedarburgfirst.com](http://www.thinkcedarburgfirst.com)

**11/15 Owl Prowl at the Cedarburg Bog** 7-9 p.m. Help field researchers locate and identify owls. Events are free and open to the public. A \$5 donation to the Friends is suggested. Reservations required; space is limited. Please call 262-675-6844 or register

## Local Food Under Attack

(Continued from page 1)

*some newfangled veggie-irradiation technology? Will we start requiring that all farms be federally inspected? Heavy burdens of regulation always fall heaviest on the smallest operations and invariably wind up benefiting the biggest players in an industry, the ones who can spread the costs over a larger output of goods... It's easy to imagine the F.D.A. announcing a new rule banning animals from farms that produce plant crops. In light of the threat from E. coli, such a rule would make a certain kind of sense. But it is an industrial, not an ecological, sense. For the practice of keeping animals on farms used to be, as Wendell Berry pointed out, a solution; only when cows moved onto feedlots did it become a problem."*

Irritatingly, the FDA has no power over meat and dairy farms, which fall under the U.S. Dept. of Agriculture, so they have no way to crack down on the farms that are actually producing the pathogens in the first place. Instead, they are attempting to solve the problem by outlawing time-honored farming methods, such as using manure for fertilizing crops, raising animals and crops on the same farm and using natural water sources for irrigation. You know, the way farms have been run for over a thousand years.

As if that wasn't damaging enough, they are requiring costly preventative controls for any farm that packs, holds, processes or manufactures food. This means local CSA's, such as Wellspring, and even our very own PortFish, Ltd.

Luckily, we have a chance to speak out about this—but only until **November 15th**. You can learn more or comment by going to the Organic Consumer's Association Action Center (<http://www.organicconsumers.org/action.cfm>), the [Farm & Ranch Freedom Alliance](#), or the National Sustainable Agriculture Coalition (<http://sustainableagriculture.net/fsma/>) and comment digitally; or you can do it by mail:

Division of Dockets Management (HFA-305)  
Food and Drug Administration  
5630 Fishers Lane, Room 1061  
Rockville, MD 20852

Angela Rester, the Executive Director of [Well-spring](#), is alarmed about the proposed FSMA laws, and she's taking action by hosting two informational and letter-writing campaigns: Wednesday, November 6th from 5:30-7pm upstairs at [Fiddleheads](#) in Cedarburg, and Thursday, November 7th from 5:30-7pm in the back room at [Idle Hour](#) Restaurant in West Bend. If you have a laptop, please bring it along with you.

Erin Barnett, Director of [Local Harvest](#), said of the FSMA, "Sometimes 'fair' means that the same rules apply to everyone, but sometimes what is fair is to ask the people who engage in the riskiest activities to meet a higher standard than others. In the food system, the riskiest activities are those with a documented history of contamination leading to human illness. In the U.S., those products are bagged salads, sprouts, and much of what is grown downstream from confined animal feedlot operations (CAFOs — aka feedlots)."

I think it's fair to say that the FDA is going about food safety in the entirely wrong direction, and in a way that obviously benefits large, corporate agribusiness and not the people. Quite frankly, I am tired of the 'corporations first' model of government altogether, but when our right to pure, nutritious, unadulterated food is threatened, that should be cause for all of us to be alarmed; after all, we all need to eat.



## Apples for the Holidays

(Continued from page 1)

**Baehmann Family Farm**  
**9919 W Mequon Rd**  
**Mequon, WI 53097**  
**262-242-6637**

Established in 1950, Baehmann Family Farm features a full line of homegrown seasonal produce. Our specialties include apples, sweet corn, and potatoes. We also offer a full line of shipped in produce in our roadside market. Other treats available are popcorn, honey, jams & jellies, cheese & sausage, Door county cherries, Chickens, Candy, Cider and much more. A large collection of antiques are also for sale May to September. We are open Monday through Saturday. Hours from May to December are 8:30 am to 6:00 pm. Our Winter sales room is open December to May, 9:00 am to 5:00 pm. Closed Sundays.

**Barthel Fruit Farm**  
**12246 N Farmdale Rd**  
**Mequon WI 53097**  
**262-242-2737**  
**bob@barthelfruitfarm.com**

Apples are ripe! Great pumpkins are ready! We also have tree-ripened, homegrown pears and pick your own plums. The apple & pear crop is great. We have lots of fruit for pick-your-own, ready picked, and at farmers markets. Come for Honeycrisp apples in our apple barn! [Barthel Fruit Farm on Facebook](#)

**Nieman Orchards**  
**9932 Pioneer Rd**  
**Cedarburg, WI 53012**  
**262-377-4284**  
**rnieman@wi.rr.com**

Come visit us at the "Old Red Barn"! We are a family-run business and are proud to have served Southeastern Wisconsin with fresh, local produce for generations! Pick Your Own apples, sweet corn, fresh-pressed cider, pears, cherries, pumpkins, caramel apples, jams and jellies, and more! **Over 40 Varieties of Apples!** Please [visit our website](#) to see our chart

for information availability on all of our 40+ varieties of apples. If you have any additional questions regarding our apples or any of our products, please give us a call or contact us via email! [Neiman Orchards on Facebook](#)

## Forming a Food Hub



### You are Invited!

Wed., November 20  
3:00 - 4:30 p.m.

Location - Wellspring - across the river from Newburg

Ozaukee County Health Dept. & INVEST Health Coalition, along with Wellspring Education Center & Organic Farm, are hosting a **Food Hub meeting** on Wednesday, November 20 at Wellspring from 3-4:30 p.m.

A food hub is building a connection for distribution between local food producers (supply) and local businesses (demand) and can provide more access to local food in our schools, institutions, restaurants, grocery & specialty stores, etc. If you have an interest in conversations about forming a food hub in the Ozaukee/Washington County areas, please contact Angie at [wellspringed@aol.com](mailto:wellspringed@aol.com). If you are interested in attending the meeting, please RSVP by noon on Nov. 15th. To learn more about Food Hubs, visit: <http://www.ams.usda.gov>.

online at [www.bogfriends.org](http://www.bogfriends.org)

**11/16 Winter Farmers' Market** 9-1 at the First Congregational Church. \*See page 4 for more information.

**11/20 Food Hub Meeting at Wellspring** 3-4:30 p.m. \*See article below

**11/22 & 23 8th Annual Holiday Open House in Downtown Cedarburg** Specials, Treats and Holiday Cheer at participating businesses. [www.thinkcedarburgfirst.com](http://www.thinkcedarburgfirst.com)

**11/23 Winter Farmers' Market** 9-1 at the First Congregational Church. \*See page 4 for more information.

Get your event listed here! Contact Mary Boyle at [portfishltd@gmail.com](mailto:portfishltd@gmail.com).



Join us for a Window Unveiling  
To kick off the holiday season

Friday, November 15  
6-8 p.m.

Enjoy carriage rides & visit with the characters of The Nutcracker, courtesy of Milwaukee Ballet!

Bring in this add and receive 10% of any item in the store throughout November!

[www.cedarburgtoyco.com](http://www.cedarburgtoyco.com)

[www.thinkcedarburgfirst.com](http://www.thinkcedarburgfirst.com)

# Ozaukee Living Local

**Ozaukee Living Local** is a monthly newsletter published by **PortFish, Ltd.**, a 501(c)(3) non-profit organization.

To learn more, please visit:  
[www.portfish.org](http://www.portfish.org)

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

[portfishltd@gmail.com](mailto:portfishltd@gmail.com)



## 2013 Winter Farmers' Market

November 2, 9, 16 & 30

December 7, 14 & 28

**Saturdays, 9am-1pm**

at the  
First Congregational Church  
131 N. Webster St.  
Port Washington

*Fresh Produce, Meat, Sweet  
Treats, Specialty Products  
and Local Music*

Sponsored By:  
PortFish, Ltd.

&

First Congregational Church

## Winter Farmers' Market is Back!

*By Amy Whitlow*

The [Port Washington Winter Farmers' Market](#) extends seasonal connections between food producers and artisans to consumers in hopes to meet a growing demand for year-round local food. Yes, even during a Wisconsin winter!

The Port Washington Winter Farmers' Market and First Congregational Church provides a warm, welcoming venue for visitors and locals alike to shop directly from local farmers and artisans in our historic city. You will find an array of vegetables, fruit, meat, farmstead cheeses and eggs, baked goods, herbs, locally-produced sorghum, maple syrup and honey, as well as other locally homemade and household products straight from area farmers, artisans and small, local businesses.

By directly connecting farmers and producers to local residents, the Port Washington Winter Farmers' Market supports family farms and local businesses, preserves farm land, delivers fresh healthy produce and reduces the environmental effects that result from products traveling across the country.

Working together with the community, we will only flourish into the future while continuing to bring the best of the country to the heart of the city.

So join us at the market and LIVE LOCAL!

