

March Events

3/1 Riveredge Silent Sports: Sugarbush Snowshoe (or Run/Hike) 1-2 p.m. 12 and up. Join us for outdoor exercise and adventure! Maple Sugaring, that magical season, is here! *Meet at the Visitors' Center.* Go to www.riveredge.us or call (262) 375-2715 to preregister

3/5 & 19 The Ravelry at Java Dock Café 4-6 p.m. Bring your knitting project and enjoy a warm drink and the company of others! Knitting instruction available for a small fee. Contact Nichole at (262) 284-1600 for more info.

3/5 Anxiety & Food at Slow Pokes Local Foods 6-7:15 p.m. \$25 We will discuss what foods will help you tackle anxiety and depression, and what foods can aggravate these issues. Learn about adaptogens (Tulsi, Maca, etc), herbs, and movement techniques that have been shown to relieve anxiety and depression. Call (262) 375-5522 or email slowpokesfood@gmail.com

3/6 Free School Garden & Garden-Based Education Training at Wellspring 6-8pm In this free workshop, participants will discuss why youth gardening and garden-based education is important and will learn strategies to plan, design, and implement child-centered youth gardens for school, early childhood, and after-school sites. Participants will also review garden-based curriculum and share ideas for incorporating such lessons into the classroom. RSVP at www.wellspringinc.org or (847) 946-5565

3/8 How to Live Dairy-Free at Slow Pokes Local Foods 11-1pm \$35 Living without dairy can seem impossible in the Dairy State, but we will show you how even if you think you Camembert it (get it... haha). Enjoy recipes, samples, tricks and techniques. Call (262) 375-5522 or email slowpokesfood@gmail.com

3/8 Fruit Tree Grafting with John Holzgart at Wellspring noon-2 Learn how to graft fruit trees! Comprehensive presentation on grafting techniques, dem-

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Ozaukee Living Local

Celebrating our Local Food, Economy and Community since 2011

Botanical Nurseries Spread Wealth at a Local Level

By Michael Richards of PortFish, Ltd.

If you have ever had the good fortune of tending to a garden of seasonal Wisconsin plants, or taken pride in grooming what blades of grass remain atop the land which surrounds your home, you more than likely understand the subtle lessons nature can provide our wintered spirits. That grounding taste of Spring when we let dormant seeds take root and become new again. I long for the sound of water dripping from the gutters, from the thawing ice and snow; to say farewell to an unforgiving Arctic chill and feel the breeze that breathes life and makes us whole.



Aquaponics in Action at PortFish, Ltd.

I cannot help but think of those who have not yet felt the joys of dirty finger nails, plucked a sugar snap pea directly from its maker, and watched seemingly useless waste become treasure and returned to ground. Is this not a tragedy that there are stewards in our community without the opportunity to learn of such abundance? Surely the great authors of any generation clung to that sentence which would lead to future inspirations. Most would find the absence of a public library to be unacceptable, for you cannot feed a mind if it does not first develop hunger. It often takes but one word to set a child in the right direction.

We must provide all peoples with the resources to explore this sector of human potential, regardless of status and financial security. Imagine a world where every region is understood on an eco-systemic level, and maintained to the best of our abilities. Where picking up a tree is as easy as borrowing a book from your local librarian. Or if you don't have access to land near your home, there would be parks set aside for such activities. We have the knowledge and the connections to make this notion a reality, and the answer could start with the underutilized space of our local farms.

Wellspring's Adrian Lee is a dreamer of such a world, and he has the drive to make it happen in our lifetime. A representative of our changing food system, Adrian envisions a bio-regionally adapted source of perennials for homeowners and farmers. He aims to support productivity for their consumptive needs as well as providing diversity through the micro and macro-fauna that would find a home in these "edible forests gardens."

Forests are some of the most beneficial habitats on the planet. According to the Urban Forestry Network, trees increase water retention in their surrounding

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March Events

onstrations and hands-on learning. Graft and take home two semi-dwarf fruit trees! Cost: \$40 till 3/5, \$45 after. To register – www.wellspringinc.org or (847) 946-5565

3/8 How to Make Maple Syrup for Fun & Profit Riveredge 10 a.m.-2 p.m.

Join the Riveredge staff to see the sugaring process from beginning to end. Learn how to identify and tap a maple; collect and boil down the sap; and how to finish off and bottle the syrup. REGISTRATION REQUIRED. Fee: \$15 per person for Non-Members; Trail Pass and All Access members: \$10 Go to www.riveredge.us or call (262) 375-2715 for more information.

3/15 Intro to Raw Cooking Workshop with Chef Karen Gill at Wellspring 10-noon

Learn the benefits of eating raw, unprocessed foods! Chef Karen Gill leads demos, tastings and tips. Recipes to take home. Cost: \$30 till 3/2, \$35 after. To register – www.wellspringinc.org or (847) 946-5565

3/22 Natural Burial: Returning to the Wisdom of our Past at Schlitz Audubon Nature Center 8:30a.m.-4 p.m.

Cost: \$30 before March 15th; \$35 after March 15th Lunch included; Reservations Required. To Register, call John at 262-377-3358 Mail checks to UCN Green Burial Workshop, 13800 N. Port Washington Rd., Mequon, WI 53097 For More info: <http://www.ucnorth.org/action/green-committee>

3/22 Maple Sugarin' Open House at Riveredge 10-2 p.m.

Riveredge's Open House will take you on a journey through the sugarbush where you will experience the maple sugarin' season like never before. Along the way, you'll learn how to tap a maple tree, participate in arts and crafts, enjoy live music and much more. When you reach the evaporator, you'll see how sap is transformed into syrup and enjoy our famous pancakes and real maple syrup. Refreshments are available for purchase. Pre-registration suggested for groups. Fee: Adult \$10, 10 & under \$5, Members: Adult \$5, 10 & under \$4 Go to www.riveredge.us or call (262) 375-2715 to preregister

3/22 Hands-on Sausage Making with SA Braai at Wellspring 1 to 3:30 pm

A hands-on experience in sausage-making basics. Learn how to prep, season, grind, stuff and cook your own sausage. Make locally sourced, pork sausage to take home! Meat and casing provided. Cost: \$90 per student until 3/19, \$100 after. To register – www.wellspringinc.org or (847) 946-5565

Botanical Nurseries Spread Wealth

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soils and reduce soil erosion by trapping precipitation in their leaves. Their research has indicated that on average, 100 mature trees have the combined ability to hold 100,000 gallons of rainwater per year. An increase of forest habitat in our region may result in fewer droughts.

Modern science continues to flood the collective conscious with proof that nature holds the remedy to all of our ailments. While they're indoors having their great debate over the likelihood of climate change, people like Adrian will be outside, embracing the truth that is the changing of the seasons.

We can all agree that our days are now getting longer. I, like any steward of the land, will be getting ready for the growing season: a chance to not only grow more food but to grow in understanding of the results of our actions before they are made.

Regardless of your philosophy; if you want to grow, then grow. I will be moving in the directions I deem best. If you seek a catalyst, come find me.

Sources: Adrian Lee, Edible Landscaper and Nursery Manager at Wellspring; wellspringinc.org

Urbanforestrynetwork.org

2014 Wellspring Farm Camp Registration is now open!

Camp means summer—and we could all stand to think about summer right about now! At **Wellspring Farm Camps**, youth learn practical gardening skills while experiencing and connecting with where our food comes from!

Camp activities are planned based on the season and what is happening on the farm each day. In July, campers will help harvest cherries and, come August, we will have more cherry tomatoes than we can pick! Youth will try new vegetables & fruits, help with chicken chores and explore soil, flowers, insects and worms while playing games, creating garden-inspired art projects, reading stories, and going on nature walks!

Wellspring offers one, three and five-day camp sessions to accommodate busy summer schedules. Programs are available for youth ages 6 to 16 and draw families from Milwaukee and the southeastern WI region, including the surrounding areas of West Bend, Grafton, Cedarburg, Kewaskum and Port Washington. To register or for more information, visit www.wellspringinc.org!



3/29 Winter Farmers' Market 9-1 at the First Congregational Church. *See page 4 for more info.

3/29 Home Cheese Making Workshop with Linda Conroy at Wellspring 10 am to 3:30 pm

Learn the art of cheese making! Take home cheese, cultures and extensive handouts!

Cost: \$70 until 4/3, \$80 after - includes lunch and cheese and cultures to take home. To register – www.wellspringinc.org or (847) 946-5565

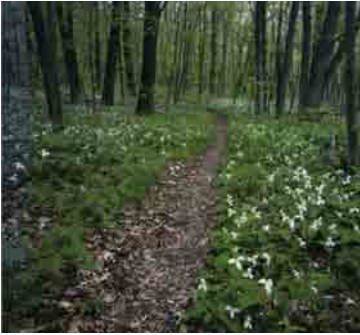
3/29 Intro to Beekeeping with John Hotzward 10-3 Lunch included! Cost: \$60 till 3/26, \$65 after To register – www.wellspringinc.org

Natural Burial: Returning to the Wisdom of our Past

By Mary Boyle

We all hope to leave a lasting legacy to the world we leave behind when we pass; to leave this world a little better off. Ironically, the way most of us will leave our bodies behind is not a good legacy at all.

The conventional burial involves a multitude of hazardous chemicals, from embalming to the herbicides sprayed to keep the cemetery grass looking perfect— not to mention the materials and land wasted in the process. It is commonly thought that this conventional method is the only one available, but this is not true.



On Saturday, March 22nd, from 8:30-4 at the Schlitz Audubon Nature Center, the Unitarian Church North's Green Committee is hosting a seminar on Natural Burial.

Participants will view the film, *A Family Undertaking*, and listen to local professionals who can offer local resources for a Natural Burial. Guest speakers include: **Kevin Corrado**, Natural Path Sanctuary Coordinator, from Verona, WI, a nature preserve burial ground affiliated with the

Farley Center for Peace, Justice and Sustainability; **David Brenner**, Manager of the Prairie Home Cemetery located in Waukesha, WI, and currently offering natural burials in a restored prairie and the traditional cemetery; **Jeff Kleczka**, Funeral Director of Prasser Kleczka Funeral Homes, who is following the return to natural burial and in-home care for the deceased movements very closely and will share his perspectives; and **Margaret Brill**, trained volunteer for in-home care for the deceased and ritual planning.

The cost of the seminar is \$30 before March 15th or \$35 after March 15th Lunch is included; reservations are required. To Register, call John at [262-377-3358](tel:262-377-3358). Mail checks to UCN Green Burial Workshop, 13800 N. Port Washington Rd., Mequon, WI 53097 For More Info, please visit: <http://www.ucnorth.org/action/green-committee>

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Happy St. Patrick's Day!

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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

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



2014 Winter Farmers' Market

February 22
March 29
April 26
May 31

Saturdays, 9am-1pm
at the
First Congregational Church
131 N. Webster St.
Port Washington

*Fresh Produce, Meat, Sweet
Treats, Specialty Products
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&
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Winter Farmers' Market: Vendor Spotlight

By: Amy Whitlow

This month's featured vendor is **Back to Eden** with a line of hand-crafted natural soaps, lotions, salves, balms and salts...perfect for pampering!

Penny Krier, owner and founder of Back to Eden, is a certified herbalist with over 20 years' experience in the herbal arts. Many of her formulas are based on "herbalism", along with the use herbal teas and botanicals.

Making natural, healthy products is top priority in the world of Back to Eden. All products are made with food grade oils and pure essential oils for scent, with no synthetic fragrances or perfumes. Organic herbs are infused into lotions and oils whenever possible for their medicinal properties and many of her additives are either wild-crafted or homegrown.

Education is another top focus, and they offer many different workshops. From cold-process soap making to aromatherapy, and herbal home remedies to more advanced soaping techniques, they have a class for every level!

Visit Penny at the Port Winter Farmers' Market in March or at their retail location at 126 E. Main St. in Port.

Another option - simply check out their website – www.backtoedenpw.com

