

May Events

5/1 *Inequality for All* at Unitarian Church North 7 p.m. An informal discussion will follow the 85-minute film. The film examines income inequality in the U.S. and the way it has shaped the nation's economy and democracy. Call 375-3090 or visit www.ucnorth.org

5/3 Scone & Coffee Fundraiser at all Outpost Locations to benefit the Victory Garden Initiative 9 a.m.– 1 p.m. Your \$10 donation gets you a blueberry-lavender scone, a cup of Fair Trade Coffee and a seedling! www.outpost.coop

5/3 Women's Day of Wellness with Herbalist Linda Conroy at Wellspring 10am-3:30pm Learn about the herbs that grow around us and our relationship to the natural world! We will take an herb walk, create an herbal lotion, herbal sachets, tea blends and an herbal elixir. Cost: \$75 until 4/30, \$80 after. www.wellspringinc.org or (847) 946-5565

5/3 Smoothies & Juicing at Slow Pokes Local Foods 11-1 p.m. \$35 Juicing can be used to harness the therapeutic benefits of foods, and address specific ailments and nourish specific organs. Call (262) 375-5522 or email slowpokesfood@gmail.com

5/6 School Garden and Garden Based Education Training at Wellspring 9-11 Free Workshop! Learn about school gardens and garden-based education planning and design, with regard to program sustainability To register – www.wellspringinc.org or (847) 946-5565

5/8 Fermentation: Making Sauerkraut, Pickles and Beyond at Wellspring 6-9 pm Preserving vegetables with live-cultures. Samples, instruction and recipes will be provided, fermented goodies to bring home. Cost: \$60 until 5/5, \$65 after. www.wellspringinc.org or (847) 946-5565

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Ozaukee Living Local

Celebrating our Local Food, Economy and Community since 2011

Remember Your Mother

By Mary Boyle

Earth Day was this past week, and it was heartening to see the number of related events around Ozaukee County, from recycled projects at the Wisconsin Museum of Quilts & Fiber Arts to the Milwaukee River Clean Up hosted by Milwaukee Riverkeeper.



May is on the horizon and, with it, Mother's Day. It's not a bad thing to pull some Earth Day into this month and remember that there is one mother that we all share, and she's in need of our remembrance, too. Why not remember all of your mothers by giving them the gift of a garden this year?

May is the month for gardening in Wisconsin, and there are so many organizations, classes and events to help you, from the new Seven

Hills Seed Library at the WJ Niederkorn Library in Port Washington, to the folks at CSA's such as Wellspring. Here are some ideas:

- Attend the ***All About Herbs Lecture*** with the Ozaukee Master Gardeners and Nino Ridgway, owner of Herbs & Everlastings on Barthel Fruit Farm, on Thursday, May 1st from 7-8:30 p.m. at the Pavillion at the Ozaukee County Fairgrounds. \$8/person at the door.
- Not much space? Sign up for the ***Container Gardening Workshop*** at Wellspring on Saturday, May 3rd from 9:30-11. See www.wellspringinc.org
- Take your family to the ***Family Farm Day*** on Saturday, May 10th at Wellspring from 10-11:30 a.m., or sign up for the ***Introduction to Permaculture*** Class from 9-noon or the ***Introduction to Herbalism*** Class from 1-5 p.m.
- Take a ***Seed Saving Workshop*** with Steve Sandlin on May 12th from 6—7:30 p.m. at the Niederkorn Library in Port Washington.
- Sign your mom up for the ***Salad & Herb Container Gardening Class*** at Wellspring from 6-7 p.m. on Wednesday, May 14th.

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May Events

5/8 Digestion 101 at Slow Pokes Local Foods 6-7:15pm \$25 How often are you pooping? Do you feel bloated after eating? Gassy? Do you suffer from heartburn? We are getting down and dirty with all things poop and digestion, because we know it's impossible to feel yourself when your digestive system is unhappy. Call (262) 375-5522 or email slowpokes-food@gmail.com

5/10 Paint Your Own Rain Barrel at the ArtHouse in Saukville 1-3:30 p.m. \$95

5/10 Family Farm Day at Wellspring 10-11:30am Tours, hands-on activities, garden based games, veggie tastings and more! Cost: \$5/family To register – www.wellspringinc.org or (847) 946-5565

5/10 Intro to Permaculture at Wellspring 9-noon This class will focus on how permaculture design principles can apply not only to producing abundant gardens, but to our buildings, energy systems, water usage, businesses, and much more. Cost: \$30 till 5/7, \$35 after To register – www.wellspringinc.org or (847) 946-5565

5/11 Mother's Day Wildflower Walk at Riveredge 1-2:30 p.m. Stroll our trails with a special "mom" while enjoying carpets of woodland flowers. Learn about the natural history and importance of wildflowers in our lives from a Riveredge naturalist. Bring your mom and wear comfortable shoes. Fee: MOMS FREE, Other non-members and Trail Pass members \$5; All Access members Free Please call 262-375-2715 to register. www.riveredgenaturecenter.org

5/17 Garden Prep Event & Seedling Sale at Wellspring 10-2 See story on this page. www.wellspringinc.org or (847) 946-5565

5/24 Port Washington Garden Club Plant Sale 9-noon 809 N. Wisconsin St. Port Perennials, annuals, vegetables, herbs, shrubs trees and more!

5/28 Preschoolers & Parents Farm Day at Wellspring 9:30-10:30 or 1-2 p.m. \$6/child

5/31 Winter Farmers' Market 9-1 at the First Congregational Church. *See page 4 for more info.

Organic Seedling Sale & Gardening Workshops



Saturday, May 17th 10 a.m.—2 p.m.

Purchase Seedlings!

Tomatoes - Herbs - Kale - Ground Cherries - Peppers - Eggplant - Ground Cherries - Tomatillos - Broccoli and More!

All Day Workshops!

- Composting Techniques and Tips
- It Starts in the Soil: Growing organically for high quality, nutrient-dense vegetables.
- Food Forests 101: Learn to design a garden that not only feeds people, but provides biodiversity, natural soil building, and a host of other benefits!

Garden Supply Vendors:

- Purple Cow Organics: Certified Organic Compost and Potting Soil for sale

For more info: www.wellspringinc.org or (847) 946-5565

PortFish, Ltd. Helps Bring Garden to PWHS

PortFish, Ltd will be assisting teacher Nathan Ugoretz and his Port Washington High School class in the development of a vegetable garden outside their school's cafeteria. PortFish plans to till a space and provide deer fencing and metal stakes. Nathan's class will provide a gate for the enclosure and the student-power to propagate and nurture the plants.

Centered round the fundamentals of Human Globalization, Ugoretz aims to focus his Social Studies class on the stresses of agriculture now and in the coming future. They will be planting seasonal produce to demonstrate the limits of what may be grown in our South Eastern Wisconsin climate.

Nathan expects several of his prospective students will maintain the garden through the Summer and into the Fall as the 2014-2015 school year begins.

From the PWHS Newsletter:

"During this unit students are also learning and experimenting with ways to maximize food production by building a garden. The garden project provides many opportunities for cross curricular study. The students are learning about waste management by composting waste materials into soil. This allows them to apply basic chemistry concepts (how the elements of nitrogen and carbon interact to produce fertile soil) and biology (the breakdown of organic matter and importance of nutrient rich soil to sustain life). They are also incorporating some basic technical education skills by using tools and hardware to build compost containers. Additionally they are being asked to think like designers as they develop methods to maximize the space they have to grow crops in a area of limited space. (This idea follows Will Allen's innovative urban gardening model)."

Kudos to Mr. Ugoretz for bringing this awesome learning opportunity to Port Washington!

Ozaukee Living Local

is printed by

**Heritage Publishing
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Dancing in the Streets
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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

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
and Local Music*

Sponsored By:
PortFish, Ltd.
&
First Congregational Church



Winter Farmers' Market: Vendor Spotlight

By: Amy Whitlow

Produce with Purpose is a sustainable vegetable/fruit farm located just outside of Fond du Lac, WI. Their goal is to provide fresh, safe food for our local communities while maintaining reasonable prices, respecting our environment and being socially active in ending extreme poverty in the world.

The owners of the farm, Dawn and Rick, are passionate about two things: the importance of 'real' food and fixing the current broken food system, here in the US, as well as in Africa. And with that, the couple grows healthy, organic foods, which they offer directly to the public through farmers' markets and their CSA (Community Supported Agriculture).

When you support Produce with Purpose, not only are you getting local, highly nutritional, great tasting veggies and fruits, but you are also impacting poverty in parts of the world that just need a break.

Produce with Purpose creates a cascade of community benefits: healthy soil grows healthy food and healthy food makes for healthy people.

Know your farmer; know your food.

Visit Produce with Purpose at the Port Washington Spring Farmers' on May 31st, where you can get terrific, fresh food directly from the farmer. You can also learn more about Produce with Purpose at their website: producewithpurpose.com

