

rooted in central wisconsin

celebrating our farmers markets, CSA's and the entire local sustainable food economy

Fire #680, Elderon WI: Where the asparagus and arugula taste like candy

Each year in Maplewood Garden's first community supported agriculture (CSA) share delivery, members receive a small bag of a purse-shaped tan and black bean—the Murdock bean. The Murdock bean may not boast the pleasing aesthetics of a fire red pepper or a plump purple eggplant, but for David Peterson, the 67-year-old farmer and owner of Maplewood Gardens, these beans really are magical.



David Peterson

Back even before 1891 when Peterson's grandfather homesteaded what is now Maplewood Gardens off of Highway 49 in Elderon, Peterson's ancestors cultivated this unique bean. The Murdock bean didn't

grow into a giant stalk that soared above the clouds and into the land of giants. However, after years of planting, cultivating and harvesting the bean during his childhood, it offered Peterson an education in nature and farming that is the foundation of the undeniably beautiful harvests Peterson earns out of his now 14 organic gardens.

And if a chef owns the almighty word on produce perfection, Peterson's talent as a grower cannot be

understated. "As far as taste, Maplewood Gardens has produce that I've never tasted before, Chef Travis Teska of Wausau's The Wright Place on 6th said. "It's just amazing how good it tastes. He's got it down. Whatever he's doing, his arugula is like candy, his asparagus is like candy. It's perfect. His produce is perfect. You never get anything from Dave that isn't good, ever."

Peterson makes no secret of his farming processes. "If you feed the soil, it will feed you," he said. "It's so simple."

Of course an immense amount of time, sweat equity, weeds, rock powders and other components filter into Peterson's equation to create the

perfect soil for growing organic produce. After many years of trial and error, his fertile

What is a CSA?

CSA stands for community supported agriculture. When you join a local CSA, you are prepurchasing or 'subscribing to' a share of a farm's harvest. Generally speaking, a membership or 'subscription' to a CSA includes a weekly delivery of farm fresh produce direct to you, the member. In this model, a farmer is able to receive direct payment for his or her yields, and you receive farm fresh produce direct to your door (or usually a pickup location convenient for a large number of members.)

Inside Wausau's Downtown Grocery

Composting Workshop!

The Wright Place on 6th: The right place for great local food

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r FARMERS

r FOOD

r FAMILIES

r FUTURE

organic concoction now earns him the respect of chefs and restaurants all over central Wisconsin, including The Wright Place and The Back When Café in Wausau, Christian's Bistro in Plover, the CPS Café on the UW-Stevens Point campus, and Emy J's, Christians River Walk and Café 27 in Stevens Point, among others.

"He's been doing this before it was cool," Chef Teska said. "He's been doing this before it was trendy, and he was doing it because he believed in it, not because he was going to make money on it or it was trendy. He was doing it because it was what he wanted to do."

Peterson did not need studies on the nutritive prowess of organic produce or commercials from Whole Foods grocery stores to sway his opinion in favor of

story continued on page 2



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FARM FRESH STORIES

In *rooted*'s first cover story we give you an inside look into Maplewood Gardens, an organic paradise of 14 gardens and a towering maple forest.

LIVE FROM THE MARKET

Take a stroll through Wausau's Downtown Grocery, where shopping for groceries feels like walking through an art gallery.

OFF THE FARM FOOD FEATURE

Lock your garbage can lid on food scraps. Take a short course in composting offered by the Marathon County UW-Extension.

GET SERVED

Reserve the right to eat local in elegant fashion. Meet a local proprietress and chef who are making this a tasty reality.

FAST FOOD FACTS

We're not talking about the drive-thru, here. If you are looking for farm fresh foods in central WI, here is a ton of information to get you started.



This summer rooted will travel to Jo Ellen and Mark VanGelder's Echo Acre Farms, a family organic dairy farm in Aniwa.

Hello, and welcome to the inaugural issue of *rooted in central WI*! I am so excited to bring to our region a fun, information-packed publication celebrating central WI's local food community. My mission is to get people in central WI excited about eating healthy and eating local, by supporting our local farmers markets, community supported agriculture and all of the area's sustainable food growers, producers, vendors and the chefs and restaurateurs who offer local foods on their menus. You can check *rooted* out on Facebook, sign up to receive the publication electronically, and of course, contact me about any local food questions, story ideas, distribution inquiries, and advertising or direct market vendor listing opportunities. Enjoy!

Michelle Kijek, *Rooted* Publisher
Wausau-based writer and graphic designer
mkkijek@gmail.com
715.571.2042

Meet ME at the market



Lauren Ebbecke

Occupation: Science teacher, Wausau East High School
I'm at the market because... Buying locally and supporting our local economy always lowers our carbon footprint. This is the main reason I look forward to the Farmers Market. In addition, tomatoes actually have great flavor and you can purchase a variety of heirloom carrots, potatoes and tomatoes at reasonable prices. The middle man and shipping costs are gone..... Finally, I know who I am buying from and how those crops were processed. So when the Garlic man says it is organic, I know it is organic!



Joel Pataconi

Occupation: Art teacher, Wausau East High School
I'm at the market because... I am simply excited to have the opportunity to buy fresh produce from local growers at Wausau's Farmers Market - especially at the downtown location. We live within walking distance and like the atmosphere the market brings to the "Green Space." Every year it seems like the variety and selection increases. We also enjoy picking up many cooking and planting tips from vendors and other shoppers. The Farmer's Market builds a stronger community and makes visible where our food comes from.... People are becoming more aware and interested in how food is produced, what's in it, and where it's coming from. This is a great thing, especially for our children.



Bev Goetch

Occupation: Paraprofessional, A.C. Kiefer Educational Center
I'm at the market because... I'm actually joining a CSA for the first time this summer, mainly to buy healthier food more often. If I go to the grocery store I know am going to come home with a bunch of junk. You look at the veggies and you think, 'that price is a little high,' but if you get the box of veggies and you've already paid for it, you're going to find something to do with it. Plus, I'll get to experience vegetables that I've really never tried before.

COVER STORY

chemical-free foods. His own health proved a strong enough indicator. In fact, it was only after Peterson suffered severe pesticide poisoning from years of working in the commercial farming industry that forced him to return to his roots, and to an all-organic lifestyle. Once nearly bedridden, Peterson now regularly enjoys cross country skiing excursions through his gardens and

WHO: David Peterson

WHAT: Local farmer/owner
Maplewood Gardens

WHERE: Elderon, WI

GROWS/PRODUCES: Maple Syrup, garlic, many, many varieties of fruits, vegetables and herbs. Some of the produce new to his garden this year include: okra, miniature onions, ancho peppers, radicchio, new varieties of squash.

FAVORITE FRUIT/VEGGIE: "Well, I like blueberries better than any other berries probably. I've got to be pretty happy about garlic. I really, really like asparagus. Broccoli is fantastic. Purple cauliflower is out of this world."

I LOVE FARMING BECAUSE: "The relationship you develop with nature. That connection to the earth. For instance, right now, a whole bunch of people are running around saying 'God, this is really beautiful weather, what incredibly beautiful weather.' I'm running around uneasy because I'm very, very connected and I know that this is off. ...It sure aint the money."

As far as taste, Maplewood Gardens has produce that I've never tasted before. It's just amazing how good it tastes. He's got it down. Whatever he's doing, his arugula is like candy, his asparagus is like candy. It's perfect. His produce is perfect.

TRAVIS TESKA, Executive Chef, The Wright Place on 6th

maple forest in the winter and long hours of planting and harvesting during the spring and summer.

Maple syrup & garlic

Since maple syrup season quickly came and went this year, folks in Elderon can now find Peterson tending to one of his most precious crops—garlic. Peterson is famous for his organic garlic—mainly due to his curing processes. He and his crew plant the garlic in October, where it grows a root system over the winter. By April and May the bulbs' leaves begin to creep out from underneath the rich topsoil, and the harvest abounds in July.

"We usually harvest about 18,000 of them in about three or four days in July, Peterson said. "We take the whole plant and bundle them together. We sort them for size and then put them ten to a bundle and hang them to cure. That way the bulb sucks all of the juice from the stem and really finishes itself off, instead of commercial crops where they cut the tops off and dig them up with a potato digger. Then, the bulb is unfinished."

Although he sells the majority of his garlic harvest nationally, his CSA shareholders and the lucky shoppers at the Stevens Point farmers market also have the opportunity to find his specialty product. Peterson also happily invites anyone to stop out to his gardens to view his garlic operations—or all of his gardens, for that matter—and to take home some of the most delicious garlic around.

Impossible question

So, between his garlic harvest, the maple syrup season and the time cultivating endless varieties of



Treasures from Peterson's Maplewood Gardens. Left, Peterson bottles his maple syrup. Top right, the beautiful greens Peterson's CSA shareholders will see in their weekly deliveries later into the summer. Bottom right, fresh, organic garlic bulbs curing.

organic fruits and vegetables, which is Peterson's favorite time of year?

"That is an absolutely impossible question," Peterson said. "Because it's apples and oranges. Maple season is really, really, really a special time, but you know, when the tomatoes get ripe it's really, really, really special and when you're planting garlic it's really really, really special. I don't know. Fall is really nice because you don't have any bugs. Winter's really nice because I can go skiing if it actually snows."

And, of course, Peterson always enjoys his time harvesting those Murdock beans.

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THE FUTURE IS ORGANIC

Who else wants a greener Wausau?

Got great ideas about making Wausau greener? Want to meet others in Wausau excited about sustainability? Eager to make new friends, do something good for your community and have fun too?

Welcome to the Commission for a Greener Tomorrow

- We're Wausau's citizen advisory group on sustainability.
- We come up with and implement ideas and projects for protecting our beautiful city and planet, while saving money for our city and its citizens.
- Anyone can join! We welcome all citizens of Wausau and the surrounding area to bring your ideas about sustainability to: Birch Room at Wausau City Hall — 2nd & 4th Mondays, 5pm

For more information, contact Sara at info@govcentralwisconsin.com or visit www.govcentralwisconsin.com



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AT THE market



Downtown Grocery's chalkboard gives shoppers updates on Moonshadow Farm ongoing and a calendar of DTG cooking classes. Check out www.downtowngrocery.com/info_class.htm for an online class calendar.

HISTORICAL FACT

"Marathon County and the rest of that section of Wisconsin designated as the New North, had initially an unfavorable reputation with respect to potential agricultural development... As with most stereotypes, this labeling was unwarranted... Permeated with rich decaying vegetable matter from the hardwood and hemlock forests, this heavy, productive soil was excellent for growing both grasses and grains."

— From *Woodlot and Ballot Box*, Marathon County in the Twentieth Century



Shoppers can find many local brews, wines and spirits at DTG. Beer from Bull Falls Brewery of Wausau is just one local brew available at Downtown Grocery.



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Red organic onions straight from the soil of Moonshadow Farms—N 128 Ave., Wausau.

Downtown Grocery A farmer and an architect on a mission

The Team at Downtown Grocery is pleased to be involved in the inaugural issue of *Rooted in Central Wisconsin!* The introduction of a newsletter dedicated to local and regional food and farming in central Wisconsin is long overdue, and we are excited to see its presence here in our community. In the past many years, food and its relation to where it's produced has been an idea that's enthusiastically building awareness in this region. In the big picture, however, food and its locality is an old-fashioned idea: responsibility and mindfulness in where and how we grow and produce our food.



Kevin Korpela

Downtown Grocery, too, is modeled from an old-fashioned idea—a traditional corner grocer located on an historic main street in a small city downtown—combined with new ideas, such as Local-Regional-Organic Foods, an Everyday Farmers Market, Bakery, and a Vegetarian Kitchen. After over two years of planning, it opened in July 2006 with many services:

1. We sell food! Emphasizing local, regional, organic, natural, raw, and whole—fruits, vegetables, milk, cheeses, eggs, meats, grains, frozen foods, bulk, and boxed goods.
2. We offer selections from our own farm, Moonshadow Farm, MOSA Certified Organic, including market vegetables, eggs, and bee pollen, in addition to selections from many other local and regional farmers, growers, producers, and bakers.
3. We operate a kitchen preparing vegetarian items for

breakfast, lunch, dinner, catering, bakery, and Sunday Brunch while using traditional methods, such as made-from-scratch soup stocks and fresh-milling wheat berries to make flour for baking.

4. We offer Cooking Classes on a range of topics: Flat Breads from Around the World, Vegetarian Cajun Creole, Cuisine of India, and Veggie Burgers.
5. Our Community Kitchen Incubator Project upstarts new local food ventures, such as the Be Well Bakeshop preparing gluten-free baked goods.
6. We are owned locally by Farmer Blaine Tornow (Moonshadow Farm CSA) and Architect Kevin Korpela (ObservatoryDrive.com) and they run the store with a Grocery Team of creative and friendly chefs and organizers!

Downtown Grocery is a professional organization where we have access to almost any food in the world at anytime. However, we look first to source complementary selections from local and regional vendors before sourcing elsewhere. Supporting and connecting with producers is a passion we enjoy, it's about relationships, and knowing the face with your food. For example, we devote more time to coordinate the acquisition of local-regional items, such as produce, dairy, meats, snacks, and canned goods. Operating a grocery in this method takes additional effort but it's worthwhile because the process continues to be emotionally, physically, and mentally uplifting! In short, Downtown Grocery "...features local and regional farmers and producers to nurture an earth-friendly social place for sharing food ideas and growing a local food economy! Hey, by the way, farmer's rule!"



Organic Pink Lady apples at Downtown Grocery.



Shoppers can find local roaster New Roots coffee on the shelf at Downtown Grocery.



And don't forget local dairy! Downtown Grocery offers many dairy products produced right here in central WI.



A shopper looks over the greens selection at Downtown Grocery.

A special thanks to Jessica Glenetski for taking all of these amazing photos!

FOOD FACT

One of McDonald's chicken McNuggets contains 38 ingredients. Check out http://nutrition.mcdonalds.com/nutritionexchange/nutrition_ingredients.html for more information. If that doesn't make you stop and wonder what *IS* actually in fast food, read Michael Pollan's *The Omnivore's Dilemma*. It isn't preachy and is so shocking and graphic at points I guarantee you won't get bored with this read.



DTG Chef Beth Hinner slices an organic onion from Moonshadow Farms as she prepares the next day's lunch menu in the store's kitchen.

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* Download brochure *
www.DowntownGrocery.com/Farm.htm

PHOTOGRAPHY jessica glenetski

senior photos — family photos
weddings — everything inbetween
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FIND YOUR ROOTS

in central Wisconsin's local sustainable food economy



check back each month as these Lists WILL GROW over the Spring & summer!

FIND YOUR ROOTS

in central Wisconsin's local sustainable food economy



CSA contacts

BioDiverseCity

Contact: Bobby Gifford & Jane Maya Shippy
 Mailing Address: 517 Fieldcrest Ave, Stevens Point, WI
 Farm Address: 4025 Cty Hwy's H & O, Junction City, WI
 Telephone: 715.344.2939
 Email: biodiverscity@yahoo.com
 Web site: www.biodiverscity.com
 Facebook: YES. Search BioDiverseCity.
 Twitter: <http://twitter.com/BioDiverseCity>
 Delivery locations: Stevens Point, Plover, Wisconsin Rapids, Marshfield

Malek Family Stewardship Farm

Contact: Chris Malek
 Address: 5374 State Hwy 66, Stevens Point, WI 54482
 Telephone: 715-340-5366
 Email: malekfarm@gmail.com
 Web site: Under construction
 Delivery locations: Stevens Point, Plover, Wisconsin Rapids, Rosholt, others by request

Maplewood Gardens

Contact: David Peterson
 Farm Address: 680 Highway 49, Elderon, WI 54429
 Telephone: 715.454.6609
 Email: drgarlic@wittenbergnet.net
 Facebook: YES. Search David Peterson, Elderon WI.
 Delivery locations: Stevens Point, Wausau, others upon request

Moonshadow Farm

Contact: Blaine Tornow
 Farm Address: 6832 N 128th Ave., Wausau, WI 54401
 Telephone: 715.675.6588
 Email: tornowherb@hotmail.com
 Web site: <http://downtowngrocery.com/farm.htm>
 Facebook: YES. Search Downtown Grocery.
 Delivery locations: Wausau, Minocqua, Eagle River, Merrill, Bolder Junction, Tomohawk, Rhinelander, Stevens Point, Plover, Wisconsin Rapids, Marshfield

Stoney Acres Farm

Contact: Kat Becker & Tony Schultz
 Farm Address: 7002 Rangeline Road, Athens WI 54411
 Telephone: 715.432.4683
 Email: info@stoneyacresfarm.net
 Web site: <http://www.stoneyacresfarm.net/>
 Delivery locations: Abbotsford, Athens, Marathon, Wausau West, Wausau East, Merrill, Medford

Raikowski Farm

Contact: Sara & Larry Raikowski
 Shop Address: 4025 County H + O, Junction City, WI 54443
 Telephone: 715.457.3491
 Email: raikowskifarm@gmail.com
 Delivery locations: On farm or other by request

farmers markets

MEDFORD farmers market

Contact: Harold Orth
 Telephone: 715.654.6278
 Email: horth@TDS.net
 Market Location: Taylor County Fairgrounds, corner of Hwy 13 & 64, Medford, WI 54451
 Market dates/time: May 1 - Oct. 30, every Saturday 8am - 1pm



The Market at Emj's

Contact: Sara Raikowski
 Telephone: 715.457.3491
 Email: raikowskifarm@gmail.com
 Market dates/time: Year round, Saturday's 9am - 1pm

Stevens Point Market

Contact: Dan Mielke
 Telephone: 715.344.4104
 Email: mielkes5@wildblue.net
 Market Location: Public Square, Downtown SP
 Market dates/time: End of May - Oct., Saturday's 6am - 5pm

Plover Farmers Market

Contact: Jeremy Solin
 Telephone: 715.340.0376
 Email: jsolin@uwsp.edu
 Market Location: Plover
 Market dates/time: June - October, every Saturday 6am - 5pm

Wausau Market Thursdays

Contact: Kari Rasmussen
 Telephone: 715.843.0748
 Email: karir@wausauevents.org
 Market Location: Downtown Wausau, City Square
 Market dates/time: June 17 - Sept. 23, every Thursday 9am - 2pm

Farmers Market of Wausau

Contact: Craig Carlson
 Telephone: 715.443.6647
 Email: ninepatch@airrun.net
 Market Location: River Drive, Wausau
 Market dates/time: May 15 - October, Saturdays and Wednesdays 7am - sold out.

CONTINUED ONTO BACK OF PAGE

Weston Farmers Market

Contact: Renee Hodell
 Telephone: 715.241.2608
 Email: rhodell@westonwisconsin.org
 Market Location: 5500 Schofield Ave., just west of the Municipal Center
 Market dates/time: May 8 - Oct., Saturdays and Tuesdays 7am - sold out.

meat

NewGrass Farm

Contact: Paul Nehring
 Telephone: 715.675.0688
 Email: newgrassfarm@gmail.com
 Mailing Address: 4009 Henry St, Wausau, WI 54403
 Web site: www.newgrassfarm.com/index.htm
 Facebook: YES. Search NewGrass Farm.
 Items sold: Locally raised grass-fed beef, pastured chicken and pork.
 Where can I find it? Direct from farm, Downtown Grocery, Wausau, Weston farmers market.

NinePatch Farm

Contact: Craig Carlson
 Telephone: 715.443.6647
 Email: ninepatch@airrun.net
 Mailing Address: 10849 3rd Ln, Athens, WI 54411
 Items sold: Locally raised grass-fed beef, pastured poultry and pork, as well as free-range eggs.
 Where can I find it? Direct from farm or Farmers Market of Wausau.

Beltie Beef/Caldwell Farms

Contact: Lorna & Michael Caldwell
 Telephone: 1.877.846.5721
 Email: belties@caldwellfarms.com
 Mailing Address: 3138 Yellowstone Rd., Milladore, WI 54454
 Web site: www.beltiebeef.com
 Items sold: Locally raised, certified organic grass-fed beef
 Where can I find it? Multiple locations, please see Web site

Cherokee Bison Farms

Contact: Cindy Fricke
 Telephone: 715.223.3644
 Email: Cherokee@pccpro.net
 Mailing Address: H4225 Elm Rd, Colby, WI 54421
 Web site: cherokeebisonfarms.com/
 Items sold: Grass-fed bison meats: traditional cuts, sausage, Jerkes, etc. Cherokee Sun sunflower oil. Locally pressed - no herbicides, pesticides or commercial fertilizer.
 Where can I find it? Direct from farm, Saturdays at the Dane County Farmers Market in Madison, and possibly at the Wausau Farmers Market on River Dr.

Raikowski Farm

Contact: See CSA listing
 Items sold: Grass-fed beef, pasture-raised chicken and pork, lamb, turkey and duck. Also honey, maple syrup, eggs and seasonal produce.

dairy

Down the Road — Organic Direct (Echo Acre Farms)

Contact: Jo Ellen VanGelder
 Telephone: 715.446.2327, c. 715.571.4174
 Email: vangalderjoellen@yahoo.com
 Mailing Address: E5504 Eau Claire River Road, Aniwa
 Facebook: YES. Search Down the Road-Organic Direct.
 Items sold: Organic Valley dairy products.
 Where can I find it? Direct from farm, or order via phone or email.

produce/other

Maple Hollow

Contact: Joe Polak
 Telephone: 715.536.7251
 Email: maplehollowsyrupe@verizon.net
 Mailing Address: W1887 Robinson Dr., Merrill
 Items sold: Maply syrup, Maple products

events



Central Rivers Farmed CSA Openhouse
 Want to know more about how to get involved with local food? CSAs are a great option! Learn what they are, how to use one and meet your farmers

When: Wed., April 21, 6-9pm
 Where: Portage County Public Library, Stevens Point



Slow money national gathering

Slow Money. It's a new way of connecting investors to local food systems. A new way of connecting money, culture and the soil. Join this emerging network of thought leaders, investors, donors, entrepreneurs, farmers, and activists from across the country. Let's fix America's economy from the ground up...starting with food.

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Receive a 20 percent discount by entering discount code wisconsin to register for the gathering and wisconsin-dinner if you would like to register for the Friday night farm table dinner celebration as well.



Downtown Grocery

Guest Instructor: Megan Curtes, Be Well Bakeshop, Wausau. The "Be Well Bakeshop" prepares gluten-free bakery in the Kitchen at Downtown Grocery as part of our Community Kitchen Incubator Project, where Food Entrepreneurs have an ability rent our Commercial Kitchen to upstart their food ventures.

When: Thursday, May 13, 6:30-8:30/8:45pm
 Where: Downtown Grocery

Cost: \$40/person. Pay in advance. 12 person limit. Sign-up by noon on Monday before class. Minimum five persons required to hold class.

Wausau Market Thursdays Begins June 17!!

Join us on Thursday, June 17 from 9am to 2pm for 2010's first Marketplace Thursday in Wausau's downtown city square.



Maple Hollow Open House

When: May 7 & 8
 Where: Maple Hollow
 W1887 Robinson Dr, Merrill
 Contact: Joe Polak
 Telephone: 715.536.7251
 Email: maplehollowsyrupe@verizon.net



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 Where: Artha Sustainable Living Center
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 More info: <http://www.arthaonline.com/>

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Farmshed is proud to support Rooted and we thank you for taking the extra steps to support the local food economy. Your food spending has the power to help our region's sustainable farmers and growers. When you are visiting the growers, retailers, and restaurants listed in Rooted, be sure to tell them about your interest in local foods!

We invite you to get involved with Farmshed. Upcoming events and resources like the CSA Open House, Farm Fresh Atlas, garden tours, and Chef on the Square will help you to eat and grow more locally.

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Michelle Kijek
 writer, graphic designer
mkkijek@gmail.com
 715.571.2042

Learn to compost!

Upcoming workshops teach beginner composters the ins-and-outs of home outdoor & vermicomposting

Few of us recognize the sweet, luxurious tastes of fresh fruits and the crisp, moist texture of recently harvested vegetables in a warm, damp, microorganism-laden compost pile. In fact, more often than not the average shopper happily (yet unknowingly) seeks out and enjoys farm fresh produce from a farmers market or community supported agriculture share that began as a seed buried in soil mixed with the result of that very pile of decomposing organic matter.

With the start of spring and the growing season just about to begin, now is a great time for the average shopper to take off the blindfold. That heap of decomposing plant matter, dried leaves, food scraps and wood chips, etc.—and maybe even some manure—represents a nutrient-packed life source for garden fresh fruits and vegetables. Home composting, whether it's in your backyard or inside with a bin of squirming red wigglers, can benefit your home garden, lawn or landscaping in so many ways. Not only does it lend to the soil's nutrient quality, composting also offers environmental and cost savings benefits, such as reducing reliance on chemical fertilizers that can pollute drinking water, and trash removal costs. Luckily for residents here in central Wisconsin, the UW-Marathon County Extension teams up with the Master Gardeners of Northcentral WI to offer a workshop for those of all ages to learn the ropes of home outdoor composting and vermicomposting.

Class objectives

"Our main objective in teaching the class is to show people what to do in order to get a good compost result," Marilyn Greiner, one of the class teachers said. "We show you what sort of materials to put into it that will break down easily, what not to put into it, and just some ideas in regards to how to collect some of these things and how to store them."

Greiner, a retired teacher from the Tigerton School District and longtime member of the Northcentral WI Master Gardeners organization is also a trained master composter, and has taught the home composting class for the past three years.

"We also talk about the benefits of composting, and make people aware that composting is not fertilizer," Greiner added. "We look at compost as a soil amendment. It improves the quality of

- what** Home composting and vermicomposting workshops. Participants learn the how-to's of home outdoor composting and vermicomposting.
- when** Choose to attend any of the following dates: Wed. April 21, Tues. April 27, Wed. April 28, or Tues. May 4. All workshops are from 5:30pm - 7pm.
- where** UW-Extension Building, 212 River Dr., Wausau.
- cost** \$3/person. Pre-registration is required. To register, send check payable to UW-Extension Home Composting Workshop, UW-Extension, 212 River Dr, Ste 3, Wausau, WI 54403. Registration forms can be found at <http://marathon.uwex.edu/hort/index.html>. Questions? (715) 261-1231.

the soil, and the healthier your root is, the better your product is going to be."

In the course, Greiner and fellow master composter and teacher Bonita Buchberger walk beginner composters through the simple science of the natural decomposition of organic matter, answer questions on the topic, and give participants an opportunity to meet some of Buchbergers' red worms that she uses in her own vermicomposting system.

The only requirement of participants upon entering the class is an open mind and a desire to learn. The two teachers welcome as many questions as time allows, and students leave with informational handouts.

"A lot of times, one of the common ones [questions] is about kitchen waste," Greiner said. "What kinds of things can you put in...questions about diseased plants...And you always get the story about somebody who composted a dead animal," she added.

Greiner's personal interest in composting gradually began over the years as her gardening endeavors continually left her with piles of organic waste materials in her yard.

"The more you learn the more you realize there is to learn, and the better your appreciation as a gardener," Greiner said. "Composting really connects you to the natural cycle of growth."

MINISTRY HEALTH CARE

Stewards of health AND our local environment

In the early years of Saint Joseph's Hospital in Marshfield, Wis., the founding Sisters of the Sorrowful Mother raised their own food—for themselves and the patients. Medical equipment was washed and re-used. Nothing was wasted.

With the advent of disposables and modern sanitation practices, those efforts are not as practical today. But, the commitment to good stewardship of resources still remains a hallmark of Saint Joseph's Hospital.

The Environmental Stewardship Program (ESP) was formed a year ago to improve the health of the community by learning and applying health care industry best environmental practices. Those practices include:

- Environmentally preferable purchasing
- Recycling and waste management programs
- Reduce use and waste of toxic substances
- Resource conservation

"Saint Joseph's Hospital already has a great history of being environmentally conscious, so our task was to build and expand on those efforts," said Rod Stoner, hospital biomedical manager and ESP chair. "Our goal is to search out opportunities for improvement and then to take action in achieving change that will ultimately lead to an increase in efficiency and cost savings for the hospital, while leaving a better environment for future generations."

The hospital is partnering with Hospitals for a Healthy Environment (H2E), a program of the American Hospital Association, the Environmental Protection Agency, Health Care Without Harm and the American Nurses Association. More than 1,300 health care organizations nationwide participate in the program, which educates health care professionals about pollution prevention opportunities and provides practical tools and resources to facilitate the industry's movement toward environmental sustainability.

"In addition, as a Catholic health ministry, it is part of our mission to improve the health and well being of all people we serve," said Stoner. "Being good stewards of the environment is part of that well being."

Green efforts at the hospital included:

- Recycled more than 2.7 million pounds of asphalt from parking lot reconstruction
- Replaced all light bulbs and ballasts with more energy-efficient versions and installed new plate and frame heat exchanger, saving nearly 1.8 million kilowatts a year.

- In addition, the hospital:
- Donates outdated medical equipment and supplies to missions and underprivileged organizations
- Implemented a patient room service to reduce wasted food due to tests, discharges, etc.
- Returns usable wooden pallets to vendors, or recycles unusable pallets.
- Recycle batteries and fluorescent lamps.
- Provide approximately 182 pounds of extra food per week to the Good Samaritan dinner.

"We've had a good history, and will continue to strive to adopt best environmental practices that we can," Stoner said.

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get served



Travis Teska & Patti Kay

with Chef Travis Teska and Proprietress Patti Kay

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A personal dining experience

Patti Kay, proprietress of The Wright Place on 6th, certainly accomplished her goal of providing guests with a more personal dining setting. Central Wisconsinites cannot get much more of a personal dining experience than enjoying a meal inside the historical home at 901 N. 6th Street in Wausau. The name, itself, honors the home's original tenant Mr. Ely Wright. Both Patti and Chef Travis Teska hail from central Wisconsin, and maybe most importantly, the chef and proprietress make every reasonable effort possible to stock their menu with locally grown and produced ingredients.

Chef Teska, who grew up in Aburndale, originally began sporadically supplementing menu items with produce he found at the Wausau's farmers market. "We started out doing it as just features. I'd go to the farmers market, make something up and we'd just have fun with it. It just grew and grew and people were like, 'It's so great that you're having local foods on your menu.'"

Now, depending on the season, it's hard not to find local produce, meat, dairy products or even coffee and spirits on The Wright Place menu. The chef orders mushrooms from Medow Farms in Wabeno, grass-fed beef from NewGrass Farm in Wausau, cheeses from Carr Valley and Harmony Specialty Dairy, coffee from New Roots in Ringle, produce from Maplewood Gardens in Elderon and much, much more. During the summer, all of Chef Teska's spring mix salads even boast greens from the certified organic Stoney Acres Farm in Athens.

"We're big believers in it, but sometimes we have to be realistic," Teska added. "Once spring rolls around, we really try to bring in lots of local produce." Teska is particularly picky about the source of The Wright Place's dairy products. "I'm a true believer that Wisconsin Dairy should be supported by Wisconsinites. There shouldn't be butter coming out of Texas and milk coming out of Minnesota. It should all be coming out of Wisconsin."

That said, the next time you are looking for a dining experience true to your Wisconsin roots, make a reservation with Patti and Chef Teska. The chef also happily caters to vegetarian, vegan and gluten-free dietary requests.

spring vegetable tart

Ingredients

- 1 sheet Puff Pastry Dough
- 1 fresh leek, sliced and washed
- 5 spears asparagus, cut into 1 inch pieces
- 1/4 cup sliced mushrooms
- 2 T Butter
- 2 eggs
- 4 oz goat cheese
- 1/2 cup heavy cream or 1/2 and 1/2
- Salt
- Pepper
- Nutmeg, dash
- Thyme, dried or fresh

Directions

Bake puff pastry on flat sheet in 400 degree oven until puffed and golden brown. Let cool. Sauté the leeks, asparagus, and mushrooms in butter until just starting to brown. Mix eggs and cream together and season with salt, pepper, nutmeg and a bit of thyme. After puff pastry has cooled, punch down the center of the square of puff pastry to make a well, be sure to keep the sides higher than the middle to keep the ingredients in the tart. Arrange the vegetables in the tart along with the goat cheese crumbled over it. Pour the egg mixture on this and return to oven, lower the oven temp to 350 and bake until egg mixture is jiggly and starting to set—15-20 minutes. Remove and let cool. Serve hot, warm, or cold. Great at any temperature.

—Straight from Chef TESKA'S PERSONAL RECIPE BOX!

a basic vinaigrette

Ingredients

- 1 cup vinegar, balsamic works great, other vinegars such as champagne or flavored work well here.
- 2.5 cups oil: olive oil, salad oil, flavored oil, be creative!
- 2 T honey, maple syrup, corn syrup, other sweetener
- 1 shallot, minced
- Salt
- Pepper
- Other ingredients such as herbs, mustard, spices can be added

Directions

This recipe is meant as a guide for you to have a basic vinaigrette. Using these basic proportions you can make an endless variety of vinaigrettes using what you have. Like it a little sweeter, add more honey, want it to have a nice herb flavor, add fresh or dried herbs. Be creative and have fun!!

Mix all ingredients in a bowl with a whisk or in a blender. Taste and adjust seasonings. Shake or mix before serving.

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- 1. Locally grown or produced food tastes better!**
In the week-long (or more) delay from harvest to kitchen table, sugars turn to starches, plant cells shrink and products lose their vitality. Just ask Wright Place Chef Teska—restaurant chefs LOVE the extended shelf life of local produce.
- 2. Local food supports local farm families.**
Local farmers who sell direct to customers can earn a better price for the food they grow, raise or produce.
- 3. Local food builds community.**
When you buy direct from the farmer, you are re-establishing a time-honored connection between the eater and grower. It just feels good seeing the very hands that harvested or raised the food you set on your kitchen table.
- 4. Local food supports a clean environment and benefits wildlife.** A well-managed family farm is a place where the resources of fertile soil and clean water are valued and the perfect environment for many wildlife species.
- 5. Local food preserves genetic diversity.** Local farms grow a huge number of varieties to provide a long season of harvest, an array of eye-catching colors and the best flavors.

— adapted from the MFA Digest

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