



New Leaf Foods, Inc. supports the health and well-being of the people of Greater Green Bay by promoting healthy food access and education and by cooperating throughout Northeast Wisconsin to build a thriving local food system in a clean environment.



THANK YOU TO **MCDONALD**
COMPANIES

FOR OUR NEW BLITZ LOCATION
23 ELKAY LN

GREEN BAY



Food Waste

By Kris Purzycki

Growing up, one sure way to receive a stern reprimand from my folks was to waste food.



[Click Here](#) to learn how Kris is actively eliminating food waste in his own kitchen, and learn how to make his “Easy Vegetable Broth” - that can be used for soups or any recipe that requires water.



Although this wasn't a common issue for a family of boys with solid appetites, none of us were allowed to get up from the table until every scrap, scrape, and morsel had been eaten. On the rare occasion that our mother wanted to “experiment” with a new dish, that meal typically concluded with a few sour faces as we tried to figure out how to make those last painful bites disappear (usually under the folded wings of the dining room table).

Like most children who “suffer” such trials, however, I ended up torturing my own family with similar experimental meals along with the same rules about wasting food.

Not wasting food can be a challenge but one that is increasingly important as food prices rise and household budgets shrink. When a diet consists of fresh produce, meats, and other goods not artificially preserved, you have the additional challenge of using good food in time! In this semi-regular blog series, I'll offer some suggestions for eliminating food waste as much as possible. In many cases, I'll be learning along the way too and sharing the answers I find when answering some of my kitchen questions. Can mushrooms be frozen? How long before spices expire? What do I do with those funky veggies that came in my CSA?

Food and Yard Waste Composters AVAILABLE

This handy composter features a locking lid and two doors for removing compost. In addition to the lid, the composter may be broken down into two sections for



easy transport, set up, and take down. It can easily be moved to a new garden location. Made from a sturdy sun absorbing plastic, they have been in operation in North-East Wisconsin for over a decade.

A limited number of composters will be available from Clean Water Action Council of Northeast Wisconsin this spring. Help the environment and produce your own soil amendment by composting your food and yard waste.

Order now to reserve your composter and pick it up at New Leaf's Garden Blitz on Saturday, May 14th (Time TBD).

The units are \$60 and may be purchased with a credit card at: the

[Clean Water Action Council's PayPal site](#) You will

receive a receipt and confirmation by email.

Any composter questions? Email contact@cleanwateractioncouncil.org
Or call 920-421-8885.

New Leaf Garden Blitz 2022 Volunteer Sign Up is OPEN!

New Leaf Garden Blitz volunteers will build and install 75 raised bed gardens throughout the community, specifically focusing on improving the health of Immigrant families, veterans, and children/ schools, empowering communities to create healthier choices.



This year we are installing gardens at:

- Chapel and Lineville schools (two school gardens!)
- Families of Nicolet and Howe Schools
- Marla Vista assisted living
- Casa Alba families
- Habitat for Humanity families
- NeighborWorks of Green Bay for Admiral Court apartments
- 3 YMCA locations
- Afghan refugees, Hispanic, and Hmong families

NOTE: This year we will be located at

[Click Here to
Volunteer!](#)



Empowering Green Bay residents to grow food and be part of a sustainable urban agricultural system. The garden boxes are built, installed, and filled with soil over the course of one weekend (May 12, 13, 14, and 15, 2021) by our team of volunteers. If you would like to *Empower Green Bay residents to grow food and be part of a sustainable urban agricultural system then please volunteer by signing up here.* <https://newleaffoods.org/garden-blitz>. Questions regarding volunteering can be directed to Tanya Westmoreland at gbgardenblitz@gmail.com

Celebrating AmeriCorps Week

March 13th-19th



#AmeriCorpsWeek
AmeriCorps.gov/AmeriCorpsWeek



During AmeriCorps Week we recognized the commitment of the millions of Americans who have chosen to serve their country through AmeriCorps.

"These dedicated citizens help communities manage COVID-19 response, ensure students stay on track to graduate, combat hunger and homelessness, respond to natural disasters, fight the opioid epidemic, help seniors live independently, support veterans and military families, and much more."

Learn more on <https://americorps.gov/>

New Leaf Foods is proud to recognize Isabel Taubel, our 2022 AmeriCorps member. Thank you Isabel for helping improve healthy food access and build a healthy local food system in Green Bay



Above: Isabel Taubel with some of her official AmeriCorps gear--all set for good work!

and NE Wisconsin. Isabel Taubel is on the Communication team for the [New Leaf Garden Blitz](#) and is managing our Website, Newsletter, and social media. We could not do it without her! She is doing a phenomenal job and we appreciate her so much! Thank you Isabel.

Welcome Dolly Jackson, who is joining New Leaf Foods as our bookkeeper!

Hello! My name is **Dolly Jackson**. I'm a born and raised Yooper. I lived in Lower Michigan for several years before following a boy out to Las Vegas. Lucky for me he is the best thing that ever happened to me. We lived out there for 9 years before deciding to move back closer to family. Green Bay was always the big city we traveled to for shopping and entertainment growing up and I'm excited to become more involved in our community and to give back. I've been working in accounting for 13 years and am currently a student at UWGB working on finally finishing my bachelor's degree.

In Las Vegas I had every window covered with container plants and grew mostly cherry tomatoes and herbs. I missed the green of the Midwest plus I loved having the fresh herbs to cook with. I know the importance of fresh foods and the joy of getting something to grow! I look forward to helping others start their gardening journey. I believe growing and eating fresh foods can help not only your physical health, but also your mental health and even your budget. I feel good food and great meals bring people together and cooking for others is how I show my love.



We are so excited to have you on our team Dolly!



Introducing the New Leaf Garden Blitz 2022 Steering Team



Front Row Veronica Woodke, Communications Coordinator, Kim Diaz, Blitz project coordinator, Isabel Taubel, AmeriCorps Vista

Back row: Tami Cornette, Resource development team, Dillon Weist - New Leaf Urban Food Forest Project, Tanya Westmoreland, Volunteer coordinator, Harry Kispert, Logistics

Missing from the photo is our mentorship coordinator, Aubrey Fliss from the Brown County Community Gardens.

An event as great as the Garden Blitz takes a lot of planning!

The Blitz Steering Team has been working hard this year on developing and managing our volunteer teams, event logistics, communications, resource development, mentorship, and Urban Food Forest project elements of the New Leaf Garden Blitz.

We're so grateful for every team member - and can't wait to start Blitzing this May!

We Are Nominated for WPS Volunteer Awards!

You are invited to join us at the 2022 WPS Volunteer Awards breakfast, which will take place at 8 AM on Thursday, April 21, at the KI Convention Center in Downtown Green Bay! This is one of our area's most inspirational events, as it highlights the amazing things that can

happen when people selflessly give of their time, talent, and energy. We are excited to be back at the KI Center for an in-person awards ceremony and we have some great things in store for this event. We can't wait to celebrate the spirit of volunteerism with you live and in person!

Our nominations this year include:

- **New Leaf Garden Blitz | Green Bay Packers Give Back Large Group Award**
- **Valerie Dantoin | The George Kress Foundation Volunteer in Education Award**
- **Kim Diaz | Constellation Volunteer Leadership Award**

Guests are \$20 per person (includes breakfast buffet). Each table has room for eight people. Register for the Volunteer Awards at <https://volunteergb.org/general/2022-wps-volunteer-awards/>
Registration closes on Friday, April 8th.

We were nominated!
Support us at the
**2022 WPS
Volunteer
Awards**



VOLUNTEER SPOTLIGHT: Katrina, Kristen, Trinity, Logan, and Noah



The New Leaf Garden Blitz has been blessed with volunteers that return year after year. Some volunteers include their entire family. Katrina Huephner, Kristin

Olsen, Trinity, Logan, and now Noah are one of those families. Katrina has been a volunteer for the garden blitz since 2016 when she joined us as the logistics coordinator. She embraced her position wholeheartedly and went on to become one of our Victory Garden Food Leaders which involved taking a year long course involving 3 weekend workshops and a project for which she won an award.

Every year Katrina shows up with her family to help with the project. Kristin is a veteran that served in the war and they have taught their children to be of service to their community. Logan and Trinity are hard workers and pull their weight as much as any adults. They are training to become team leaders. Katrina and Kristin are always willing to help to do any jobs that are required and always make themselves to help others in all they do. We are so incredibly grateful for this family. They have become a part of the Blitz Family.

Becoming a garden mentor is good for your soul.

Are you an experienced gardener, ready to help a new gardener grow? Become a garden mentor for the New Leaf Garden Blitz! Volunteers are needed to provide community members with the skills and support they need to grow their own food. Those interested can sign up for an April orientation session below:

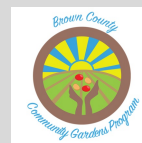
April Mentorship Orientation

The Garden Mentorship Evening Training dates and times are April 6th from 6-7 PM, and April 7th from 9-10 AM. Those Facebook events can be found [here](#) and [here](#). The deadline to apply to receive a mentor is April 15th, and can be done through the purchase of a garden box, which can be done below.

Contact: Aubrey Fliss- Community Garden Coordinator | Brown County | (920)391-4660
browncountycommunitygardens@gmail.com



Garden mentor Jayne Rising and Mentee, Ingrid Parker- Hill



New Leaf Foods offers a Food Forest Guide: A mini-class for planning, planting and maintaining your perennial food plants.

Food forests are plantings of edible landscape plants like raspberries, blackberries, elderberries, apple trees, hazelnuts and currants that not only enhance the beauty of any yard, but they also provide growers with yummy,

healthy options that grow year after year. You have to plan for small plants now, that will grow large over the years.

Join Valerie Dantoin, the lead instructor for the Organic Food Systems Program at Northeast Wisconsin Technical College as she guides you through the answers to these questions and more. The class will meet via WebX (like a zoom call) on Tuesday April 5th at 7:00 PM. It will be repeated on Thursday April 28th at 6:00 pm.

Register for the class on our website. Once you register for the class, you will be sent a link that allows you to join.



Typical questions include:
Which plants should I select?
What kind of habitat do they prefer?
How wide apart should I space the plants?
How big will they grow?
What kind of soil fertilizer might I need?
How deep do I plant?
How do I maintain and prune the plants?
What are the best options for weed control?
How long will they last?
When can I expect my first harvest?
How can I preserve the harvest?
What are mistakes I should avoid?

[Register Here](#)



Orange Milkweed - This long-

2022 Wild Ones Pollinator Plant Kits

Wild Ones - Green Bay Chapter is teaming up with New Leaf Garden Blitz to offer garden kits. The kits were such a hit over the last two years, so we are happy to be able to sell them once again in several new locations. We have partnered with New Leaf Foods to make them easy to pick up. We will also be hosting plant kit sales at several later dates at Wild Birds Unlimited.

Small, 8 plants - \$18
Medium, 16 plants - \$35
Large 32 plants - \$70

Plant kits include the choice between sun-favoring plant groups and shade-favoring plant groups. Kits include plants such as Orange Milkweed, Meadow Blazing Star,

blooming, well-behaved show stopper emerges from the ground late but makes a quick appearance once up. Its lovely striking orange blossoms attract all sorts of pollinators. The milkweed family is also a food source for the larvae stage of the Monarch butterfly. It's a long-lived perennial that makes a great landscape plant, but may take a few years to mature.

Zigzag Goldenrod, Smooth Penstemon, New England Aster, Blue False Indigo, and more.

Kits will be available for preorder and pick up at the New Leaf Garden Blitz on May 13-15. Orders may be picked up Friday, May 13 from 1220 Bay Beach Road, Green Bay -the warehouse next to the Children's Museum. See the Pollinator Kit Order Form on our website.

<http://www.greenbaywildones.org/>

Calendar of Events:

- Ongoing - May 15th - Urban Food Forest [View Volunteer](#)
- April 5th and 28th - Food Forest Guide Classes [Sign Up](#)
- April 7th and 8th - Garden Mentor Sessions [Sign Up](#)
- April 21st - WPS Volunteer Awards [Sign Up](#)
- May 12th - 15th - Garden Blitz [View Volunteer](#)

Do you have a story to share about Local, Healthy Food?

Keep an eye out for upcoming features on our blog! If you have a story to share, please reach out to us at newleaffoodsgreenbay@gmail.com. We would love to hear more about your experience and share with them community. We're seeking stories from local chefs, gardeners, farmers, market managers and anyone whose work impacts our local foods value chain.

View our blog at <https://newleaffoods.org/new-leaf-news>.

Thank You to Our Sponsors:



