



*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.*

*Congratulations to Kim Diaz, Valerie Dantoin, and the Garden Blitz bunch for their recognition and awards received at the recent 2022 Wisconsin Public Service Volunteer Awards! Read more below in the "Congratulations on Your WPS Volunteer Awards!" section.*

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## Doughn't Waste That Day-Old Bread

By Kris Purzycki

During the isolation of sheltering-in-place, many of us returned to old hobbies or picked up new ones. Baking seemed to be one of the more popular pastimes we chose to occupy ourselves during those uncertain times. Social media feeds were suddenly filled with images of gorgeous crusty sourdoughs, sturdy seeded pullmans, and swirling marbled ryes.

I wouldn't otherwise have imagined some of my friends vigorously kneading and patiently waiting for yeast and sugar to perform miraculous magics. In hindsight, it shouldn't have been a surprise at all – baking is among the most satisfying, sensory experiences, one that enriches the body and spirit much like the savory and sweet scents that fill our kitchens.

For those that never caught the baking bug, it may have something to do with the fact that we have amazing bakeries in town. Until the pandemic shuttered many businesses of all stripes, the number of bakeries in the US had been increasing. In Green Bay, we're blessed with several outstanding bakeries - I haven't had the chance to try them all yet but know where to go for amazing kringsles and sourdoughs!

But as many home bakers know, these loaves don't last long. Without the alchemy of preservatives to keep them fresh and moist, bread and baked goods go stale seemingly overnight. What to do with those hardened, crumbling loaves at this point? I used to love feeding the birds with stale bread which, I've since discovered, is not good at all. So what *should* I be doing with bread that's a few days old?



"Croutons on a Salad." Photo by Josh Truelson, CC BY-SA 2.0



Cubes from sourdough tend to be a bit bigger. Photo by K. Purzycki.

[Click Here](#) to learn how Kris is actively eliminating food waste in his own kitchen, and learn how to make his next savory and sweet recipes. It just takes a

# Gather your garden- building kits and wits: IT'S TIME FOR THE BLITZ



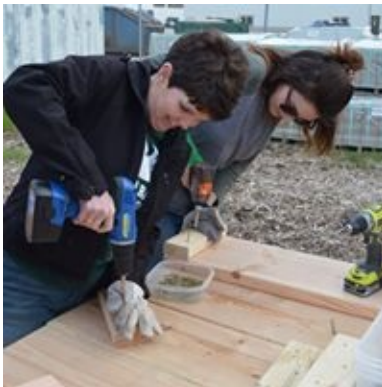
New Leaf Garden Blitz volunteers will build and install 75 raised bed gardens throughout the community, specifically focusing on improving the health of Immigrant families, veterans, and children/schools, empowering communities to create healthier choices.

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 23 Elkay Lane, Bellevue.

[Click Here to Volunteer!](#)



Monday, May 9th  
10am - 12pm, 1pm - 4pm  
Set-up and box building



Tuesday, May 10th  
9am - 12pm, 12:30pm - 4pm  
Deliver boxes and add soil  
(Schools and YMCAs)



Wednesday, May 11th  
2pm - 4pm  
Deliver boxes and add soil  
(Admiral Court apartments)





Thursday, May 12th  
2pm - 5pm, 5pm - 8pm  
Woodcutting and box building



Friday - Sunday, May 13th - 15th  
8:30am - 12pm, 12:30pm - 4pm  
Deliver boxes and add soil



Sunday, May 22nd  
1pm - 4pm  
Volunteer Party!  
Green Bay Botanical Garden

NOTE: We need LOTS of help on  
**THURSDAY** and **FRIDAY!**  
Bring your friends and family!

*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 week (May 9th - 15th 2022) 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 us at [gbgardenblitz@gmail.com](mailto:gbgardenblitz@gmail.com)

## Congratulations on Your WPS Volunteer Awards!



### Kim Diaz

**Volunteer Leadership Award  
Runner-Up**

Audrey Hepburn once said, "If we begin by respecting plants, it's inevitable we'll respect people." Kim is the very embodiment of respect for both plants and people. Through her work with New Leaf Foods, New Leaf Garden Blitz, Baird Creek Parkway Preservation Foundation, Sustainable Green Bay Food & Health Team, Helfenstein Soup Council, and Victory Garden Group, she has brought together her passions for environmental sustainability, cultivating community, access to healthy food, and caring for one's mental and physical health.

Kim has served tirelessly as a board member for New Leaf Foods for the past 11 years, during which time she proposed and implemented the New Leaf Garden Blitz, an urban food gardening program that inspires families to grow their own food by building and distributing garden boxes and offering support and mentorship through the growing season. Since 2014, more than 800 garden boxes have been distributed to individuals, families, businesses, non-profit organizations, and schools. Kim is truly changing our



community and leading us into the future by teaching us the importance of understanding where our food comes from and the impact it has on our bodies and our environment.

## Valerie Dantoin

Education Award  
Runner-Up



Many of us never realized before COVID-19 how fragile the food chain is. Valerie not only realized the problems facing our food industry before the pandemic, but has been working for decades to make sure the land we farm today can be suitable to farm for generations to come. Since 2008, Valerie has been an instructor at NWTC, teaching future farmers and food producers how to shorten supply chains. She was also part of a team that, when the pandemic hit, helped create and teach free online courses to over 400 people on how to start a garden. Valerie has been a New Leaf Foods volunteer board member for the last 11 years, sharing her expertise and knowledge for the good of the community.

[Read inspiring stories about the other outstanding recipients](#)

**NOW HIRING: Policy, Outreach and  
Communications Coordinator**  
Full-Time AmeriCorps Member  
September 2022 - August 2023



Play a vital role in tackling our communities' most pressing challenges as an AmeriCorps Community Corps member with Marshfield Clinic Health System. Serve hand-in-hand with people at an organization working to improve health such as a nonprofit, clinic, hospital, coalition, public health department, governmental agency or youth-serving organization. You may

### Responsibilities:

1. Communication: via website, newsletter, blog, calendar, and social media.
2. Outreach and partnership development:
  - a. With regional farmers and other food producers whose well-being and sustainable enterprises are linked to supporting sustainable practices that produce healthy food, air, water, and soil.
  - b. With rural and urban community organizations supporting healthy local food access, especially those focused on underserved populations.
3. Education on healthy food access and sustainable agri-food systems.
4. Assessment of program effectiveness and community needs.



coordinate and work events; provide educational materials and programs; or support organizational activities and operations.

The 2022-23 AmeriCorps service term is Sept. 12, 2022 – Aug. 31, 2023.

Hours: flexible 35-40 per week, mostly virtual. Available as a paid internship for qualified students.

Open to high school graduates ages 17 and older. Applications accepted through Aug. 17, 2022.

For more information or to apply, send us a cover letter by email to: [newleaffoodsgreenbay@gmail.com](mailto:newleaffoodsgreenbay@gmail.com)

5. Research on similar programs in other areas.



Orange Milkweed - This long-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.

## 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, 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/>

# 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](mailto:contact@cleanwateractioncouncil.org)  
Or call 920-421-8885.

## Calendar of Events:

- Ongoing - May 15th - Urban Food Forest [View Volunteer](#)
- May 9th - 15th - Garden Blitz [View Volunteer](#)
- May 22nd - Garden Blitz Volunteer Party  
(RSVP details to come)

## 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](mailto: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:





New Leaf Foods | [Website](#)

