



**May 2023**

**Gardening in Action!**

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.

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## Upcoming Events

If you are looking for more events, click [HERE](#)

- [Planning and Planting for Seed Saving: An evening with national expert and award-winning author Bevin Cohen- May 16, 2023](#)
- [Seymour Park & NWTC Bounty Garden Food Forest Installation- May 18, 2023](#)
- [Food Forest Installation- Green Bay Area Unitarian Universalist Fellowship- May 20, 2023](#)
- [Chef's Table at the Market- Titledown Night Market- June 15, 2023](#)

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## New Leaf Foods in the News

- Check out our Food Forest Coordinator Brittany Arnold and Dillion Weist from NWTC Sustainable Agriculture Program on Channel 5 Local 5 Live talking about all our exciting food forest projects. Click [HERE](#) for Video.
- Chef Selena created a delicious, easy and seasonally focused local recipe, Asparagus and Artichoke Antipasto, and spoke about New Leaf Foods newest program, Chef's Table at the Market on Channel 5 Local 5 Live on Monday May 15. Click [HERE](#) for video. See recipe below!!

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## Garden Blitz



## **“Lettuce” Wrap Up the 10th Annual New Leaf Garden Blitz**

The mission of the Garden Blitz is to empower Green Bay residents to grow food and be part of a sustainable urban agricultural system. After 10 years of installing garden boxes, we continue to ensure access to nutritious whole foods that create a healthier, more beautiful community, one garden at a time!!

### **2023 Accomplishments!!**

- 65 garden boxes built, installed and soil filled
- 12 garden boxes donated to the Center for Veterans Issues
- 19 garden boxes donated to families at Howe and Nicolet Schools
- 31 garden boxes installed at private homes
- 3 garden boxes installed at De Pere schools
- 11 experienced garden mentors paired with mentees who will work together this summer to ensure long term gardening success

All of us from New Leaf Foods, Inc. would like to thank the amazing volunteers for their time and dedication to making this year's Blitz a success!!!

### **And Thank You to our Affiliates for your generous support!!**

- McDonald Companies
- Nature's Way
- Stein's Garden & Home
- Willems Landscape Services Inc.
- Lamar Advertising Company
- WPS
- Cellcom
- Schreiber Foods, Inc.
- Green Bay Packers Foundation
- Greener Bay Compost!

- Green Bay Botanical Gardens



## Interview with Lindsay Immel, Marketing Coordinator, McDonald Companies

New Leaf Foods sat down with Lindsay Immel, Marketing Coordinator for McDonald Companies, to talk about why supporting the Garden Blitz is important to them.

### **What is your favorite part of working with New Leaf?**

We love aligning with organizations that are working to improve the health and wellness of our community. Our President, Chip Mc Donald, and his wife were major fundraisers and members of the co-op (before New Leaf was New Leaf Foods), so they understand your mission.

### **What does McDonald Companies do to support the Garden Blitz?**

By working with New Leaf Foods, we can provide a space for you to build your boxes and use it as headquarters during the blitz installation weekend. Our company mission is building business and our community.

We also gift our employees 8 hours of time to volunteer so they can be involved. Our company has the resources to support community involvement, not only from a financial aspect, but with our time, signage, trucking, facilities, knowledge and landscaping and composting resources.

### **Tell us why it's important for your company to be involved in our community.**

We enjoy working with several non-profits in our area, as we see our involvement not as a transaction, but as partnerships that lead to success for all.

Part of our mission is to work hard today to make tomorrow better. And by working with New Leaf Foods and other local nonprofits, we can cultivate trust and teamwork that facilitates transformation when a group of people come together to change our landscape.

New Leaf Foods, Inc. thanks McDonald Companies for their generous support of our Garden Blitz. We look forward to working with them in the future to support our vision—good food for good health, now and for generations.

### **About McDonald Companies**

McDonald Companies is family owned and operated since 1882 and headquartered in Green Bay, WI. We provide commercial and industrial real estate development, property management, leasing, and supply chain services to a wide range of customers within 5 states and operations out of both Arkansas and Wisconsin. At McDonald Companies, we see business as more than just a transaction. For over 100 years, we've worked with our community to help develop structures, businesses, and individuals.

<https://mcdonaldcompanies.com/>



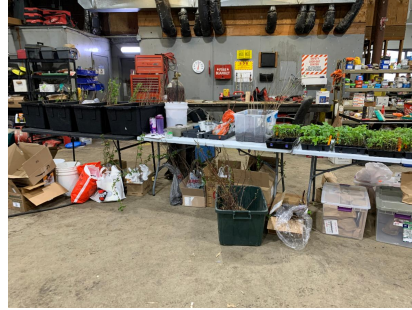
Photo: Lindsay Immel

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**Food Forest**





## Urban Food Forest Perennial Fruit Tree and Bush Sale Recap

During our New Leaf Garden Blitz, we sold 300 perennial Nanking Cherry, American Hazelnut, American Plum, Elderberry, Juneberry, Raspberry, Blackberry and Currant trees/bushes.

We met our goal of helping you become a food producer. Our community supports growing locally, building community through cooperation, direct action and sharing the love of delicious, freshly grown food.

We can't wait to see the growth and the bounty for years to come!!!

## The Seven Layers of a Food Forest



Scan me to go to  
perennial bush/tree  
plant care  
instructions

### Canopy / Tall Tree Layer Level 1:

These are your large fruit and nut trees, as well as support trees that help improve your soil such as nitrogen fixers like alders. When you design your food forest, you'll space these trees differently depending on which type of food forest you're growing.

### Sub-Canopy/ Small Tree-Large Shrub Layer Level 2:

Around these large trees, plant smaller trees such as dwarf fruit trees or naturally small trees like hazelnuts.

### Shrub Layer Level 3:

Mix in some shrubs, like raspberries or blueberries.

#### Herbaceous Layer Level 4:

Add your vegetables (perennial vegetables and self-seeding vegetables are a great option for a food forest), flowers for beneficial insects (native flowers are a great choice), and nitrogen fixing plants like lupines.

#### Groundcover/Creeper Layer Level 5:

Plants like strawberries make a great groundcover that is also edible—and they'll help fill in space between your other plants.

#### Underground Layer Level 6:

Add in some potatoes, garlic, bulbs, onions (wild onions are a great option,) or perennial root vegetables to get an additional harvest and fill another niche.

#### Vertical/Climber Layer Level 7:

Adding some vines to climb the woody plants (or you can build some trellises) Annual climbers like peas and beans are great options that are not likely to cause problems with trees the way that some vine species can. A trellis is a great choice for grapes and kiwis. Some people let them grow through their trees, but you would need large trees to be able to do that.

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## Brown County Seed Library



## Seed Stock Update

Some of the seeds that would have needed to be started in March or April, such as tomatoes, peppers and eggplant, are no longer being restocked at the Seed Library this year. Our plan is to continue to stock

seeds as long as they can be planted in time to get a harvest for this season. For things with a very short time from planting to harvest, such as radishes, we are hoping to have a continuous supply right up until September!

### **With that being said, the Seed Library is having another seed packing event!**

- June 13th from 5:30 - 7:30 pm at the Central Library

No sign up necessary. We have lots of seeds that still can be packaged for this season. Hope to see you there!

## **One Seed, One Community**

Watch this video to learn about the [One Seed, One Community Project](#).

Have you marked June 1 on your calendar? That date is coming fast and you need to consider where you are going to plant your Dragon Tongue Beans. Since this variety of bean is a bush type, it can be planted almost anywhere. It doesn't need to be trellised, and the roots of beans are somewhat shallow. It is a great seed for container gardening.

Once June 1 arrives, it is time to plant bean seeds in Brown County. To help soften the seed cover, soak the seeds in a glass of water the night before you plan to plant. Beans are planted 4 inches apart about 1 inch deep. Large seeds are perfect for children to plant. Have the child place the seeds on top of the soil using a ruler to help them measure 4 inches. On the child's pointer finger using a marker, make a dash 1 inch up from their fingertip. The child now pushes the seed into the soil stopping when the soil matches the mark on their finger. Immediately give your seeds a drink of water and keep the soil moist for the next 7 to 14 days. NOTE: If you are planting in heavy soil like clay, plant your seeds 1/2 inch deep. If after two weeks, nothing is coming up, don't despair. Visit the seed library and get another package of seeds. These beans mature in 90 days. You should be able to plant up until the end of June and still get a productive harvest before frost.

We would love to hear about your successes or failures as you plant these bean seeds. You can send photos to share your One Seed, One Community Dragon Tongue Bean experience. Reach us on the contact page of the Northeastern Wisconsin Master Gardener website, [www.newmastergardeners.org](http://www.newmastergardeners.org).

There will be a "Return of the Dragon Tongue Bean" celebration this fall at the Brown County Library. More information will follow.

Join in this national movement to help relearn our heritage of seed saving. "Alone, we can do so little, together, we can do so much."

Submitted by Peggy, Northeastern Wisconsin Master Gardener

## Seed Saving Tips

If you have been following seed saving tips, you will know that opened pollinated and self-pollinated crops are the easiest types of seeds to start saving. This article will discuss plant population for backyard gardeners; both the size problem we encounter and how we can solve the issue.

**Why does plant population matter?** As seeds are grown out each year, they adapt to varying environmental conditions. For good genetic diversity in our seeds, we need to be thoughtful of the population size we are harvesting. If we save seeds from only one plant, and it does not have the genetic diversity to fight off a particular disease, then the plants we grow out the following year from these seeds would be susceptible to that disease. Collecting seeds from lots of plants helps maintain genetic differences within the same variety. Depending on the resource, this could be anywhere from ten to two hundred plants. Yikes! My backyard garden is too small. That's why saving seeds as a community is so important.

**How can we overcome the problem?** Saving seeds collectively within our community will help us maintain genetic preservation and avoid inbreeding depression. If you collect seeds from five plants, and the neighbor down the street collects seeds from five plants, and the person across town collects from five plants and you all donate seeds to the library, we now have seeds from fifteen different plants. Problem solved! Or not? It will all depend on you. To make this happen we need you, community members, to donate seeds to the Brown County Seed Library. No matter how many seeds you donate, they will collectively help our seed collection become genetically stronger. This [seed saving guide](#) gives detailed information.

No matter what size garden you have, you can be an active donor in the Seed Library. Harvest some of your produce to eat, and leave some produce mature to seed harvesting conditions. Last year I left peas on the backside of my trellis to continue to grow until brown and dry, while picking and eating the pods on the frontside of the plants. By doing that, this year I have enough seeds to plant this spring, with extras to share. Consider becoming a seeds saver. It really can be that easy!

Click [HERE](#) if you are interested in becoming a Seed Steward for Brown County. Go to the Seed Saver [website](#) for more information on how to save seeds.



“Everyone can be great, because everyone can serve.” ~Martin Luther King, Jr.

Submitted by Peggy, Northeastern Wisconsin Master Gardener

## Meet Bevin Cohen



Bevin (Ben) Cohen is an author, herbalist, seed saver and host of the popular Seeds & Weeds podcast. He lives and works at Small House Farm with his wife, Heather, and two sons, Elijah and Anakin, on their family homestead in Sanford, Michigan. Click [HERE](#) to learn more.

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## Chef's Table at the Market



## Introducing our Newest Program: Chef's Table at the Market

Chef Selena is creating recipes with local seasonal ingredients that are on the New Leaf Foods website.

In our pilot year, Chef Selena and our amazing volunteers will have LOCAL great tasting seasonal recipes available for farmers market goers to shop the market with, as well tips to cook with seasonal ingredients for your whole family! Through food education, our recipes will inspire you to cook with local ingredients while strengthening the relationship between producer and consumer.

Click [HERE](#) to see our recipes!

Chef's Table at the Market Mission:

*To improve access to healthy food, promote health and well-being through food education, remove barriers to cooking with local products, promote and expand our local sustainable food system through partnerships and improve SNAP participation at farmers markets.*

Please reach out to Selena Darrow at [newleaffoodscommunications@gmail.com](mailto:newleaffoodscommunications@gmail.com) if you would like to get involved!!

### **Join Us at the Market!!**

- June 15 and July 20- Thursday Tiletown Night Market
- June 20 and September 7- Thursday Summer Market on Military
- July 8- Saturday Downtown Green Bay Farmers Market
- August 12- Saturday Family Day Downtown Green Bay Farmers Market- Cooking demonstration sponsored by Downtown Green Bay
- Aug 16- Wednesday Farmers Market on Broadway



## **Seasonal Recipe of the Month- As Featured on Channel 5 Local Live**

### **Asparagus and Artichoke Antipasto**

By: Chef Selena Darrow

Prep Time: 15 minutes

Cook Time: n/a

Serves: 6

### **Ingredients**

- 1 bunch fresh local asparagus, tough ends snapped off and cut into 1/2-inch pieces, such as Kellner Back Acre Garden
- 1 tablespoon fresh lemon juice
- 2 tablespoons local red wine vinegar, such as The Olive Cellar
- 2 teaspoons sweet/hot style mustard, such as Door County

Mustard

- 1 tablespoon chopped fresh local oregano
- ½ cup sunflower oil, such as Century Sun Oil
- Salt and pepper
- 1 (14 oz.) can quartered artichokes, drained
- ¼ cup chopped local red onion
- ½ local red bell pepper, chopped
- ½ cup crumbled local feta cheese, such as Krohn Dairy
- 8 Castelvetrano olives, pitted and halved
- Local bread, such as Voyager sourdough, cut into slices

### **Instructions**

1. Bring a large skillet of salted water to a boil. Carefully lower the asparagus into the boiling water; reduce heat and simmer for 2 to 4 minutes or until crisp tender.
2. Using tongs, remove the asparagus and plunge it into a bowl of ice water for at least 5 minutes to stop the cooking process; drain asparagus on paper towels.
3. Add lemon juice, red wine vinegar, mustard, oregano, oil, a few grinds sea salt and black pepper to a small Mason jar. Screw lid on and shake until well combined; set aside.
4. Add asparagus, artichokes, red onion, red bell pepper, feta and olives to a large bowl. Pour reserved dressing over the top and gently toss to combine.
5. Cover and refrigerate for 2 hours or overnight. Bring to room temperature before serving with some crusty slices of bread.

### **Other serving suggestions:**

- Make a cold grain or pasta salad
- Add a can of chickpeas for a vegetarian entrée
- Stir into hot cooked rice
- Serve over fresh arugula
- Serve over grilled chicken or pork

### **Local Sources:**

Kellner Back Acre Garden

<https://www.kellnerbackacregarden.com/>

The Olive Cellar

<https://theolivecellar.com/>

Door County Mustard

<https://woodorchardmarket.com/product/door-county-mustard/>

Did you know:

- Door County Mustard took home the bronze medal at the World-Wide Mustard Competition in 2022. The award was presented by the National Mustard Museum for the 'Sweet-Hot' category.

Learn more about Door County Mustard below:

<https://edibledoor.ediblecommunities.com/eat/these-hunts-known-mustard-not-ketchup>

Century Sun Oil

<http://www.centurysunoil.com/>

Krohn Dairy Store

<https://www.facebook.com/awardwinningcheese/>

Voyageurs Bakehouse

<https://voyageurs.co/>

Check out more local recipes [HERE](#):

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## Job Posting

### Communications & Outreach Coordinator

New Leaf Foods, Inc. in Green Bay, Wisconsin is seeking a full-time MCHS AmeriCorps Community Corps Member from September 2023 to August 2024.

This is a paid Internship opportunity for qualified students.

Member will help expand the reach and effectiveness of New Leaf Foods programs to improve healthy food access in our community through:

1. Communications via our website, newsletter, blog, social media, public events and calendar of events.
2. Outreach and partnership development with:
  - Regional farmers and food producers whose well-being and sustainable enterprises are linked to supporting sustainable practices that produce healthy food, air, water, and soil.
  - Rural and urban community organizations that support healthy local food access, especially those focused on underserved populations.

Weekly service hours are flexible.

Contact us at: [info@newleaffoods.org](mailto:info@newleaffoods.org).

Applications accepted through Aug. 16, 2023. To apply, click [HERE](#).

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# Volunteer Spotlight

## Jayne Black

I became a volunteer for New Leaf Foods because as an environmental advocate, I love everything New Leaf Food stands for! Promoting healthy food access and education throughout Northeast Wisconsin with a goal to build a thriving local food system in a clean environment. My love for reporting and writing was a great fit to help on the communications team.



I have been so inspired by the people and organizations I have spoken with in our communities. I have learned so much more about the needs of our community and our environment and how it deeply affects all of us who live here. I even volunteer with hands-on projects like the Garden Blitz and love the connections I get to make with other volunteers.

There are so many ways to get involved to help push forth the mission and goals of this amazing organization. Everyone deserves access to healthy foods and a clean environment and everyone can help.

Some fun facts about Jayne: she is dyslexic, the founder of GreenSchoolsRock.com, serves on the Sustainability Commission committee for the City of De Pere, Ambassador for the MS Society, she works with legislators on indoor air quality legislation in Wisconsin and is the current Mrs. USA Earth Eco 2023.

## Volunteer Needs

- [Grant Writer](#)
- [Volunteer Coordinator](#)
- [Communication Team Members](#)
- [Photographer](#)
- [Chef's Table at the Market Assistants](#)

Click [HERE](#) to for more information on how to volunteer for New Leaf Foods!

# Thank you to Mister Burns LLC for donating to New Leaf Foods

## About Mr. Burns

Craft BBQ, Salsa and Hot Sauces made with HOMEGROWN peppers, LOCAL honey and PREMIUM ingredients from Green Bay, Wisconsin



## Our Products



## For more Information

Mr. Burns aka Corey J. VanDyke  
Phone: (920) 676-9358  
907 Park Street Green Bay WI 54303-4142  
<https://www.facebook.com/Cwormvd/>

# Where to find Mr. Burns Products

[Mister Burns Square Site](#)  
[Soul Purpose Green Bay](#)

[Farm Fresh Xpress](#)  
[LoCo Wisco](#)

## Blog Post



## Manteche- A Butter Filled Provolone Cheese

By: Chef Selena Darrow

While I was browsing the cheese selections at Blossoms Cheese in Denmark, WI, I stumbled upon Manteche, a cheese from Belgioioso. Manteche?? What is that? Of course, I was intrigued and had to buy some and find out more.

Manteche is a unique whole cow's milk cheese. During production, while the cheese is still hot, the provolone is hand-shaped to enclose a half-pound block of unsalted sweet cream butter. While aging, the provolone and butter pull the flavor from each other resulting in a very distinctive and delicious cheese and butter. Manteche is now recognized as an artisan cheese.

This pasta-filata style cheese originated in southern Italy's Basilicata and Calabria region, where butter was not often produced (considering the region's massive consumption of olive oil), and dairies needed a way to store the butter they did produce in times before refrigeration.

Manteche is sometimes called burrino or butirro and can be thought of as a butter filled burrata. But Manteche is a tangier cheese, and is best served on good bread, with a bit of the provolone flavored butter spread down and topped with thin slices of the provolone.

A friend gave me a great recipe idea that I tried out.

- Spread naan with some of the butter and warm up in the oven. Meanwhile, take some more butter and sauté sliced peppers and onions until soft. Sauté some thinly sliced ribeye Philly meat. Mix veggies with the beef. Top naan with some of the beef mixture and sprinkle with some of the provolone. Bake in the oven until the cheese just melts. MMMM is all I can!

This is a spectacular cheese! Get your hands on this beauty and give it a try.

Buy Manteche at Blossoms Cheese in Denmark, WI.

<https://www.blossomscheese.com/>

Belgioioso Cheese- The only cheesemaker in the United States crafting this cheese

<https://www.belgioioso.com/>

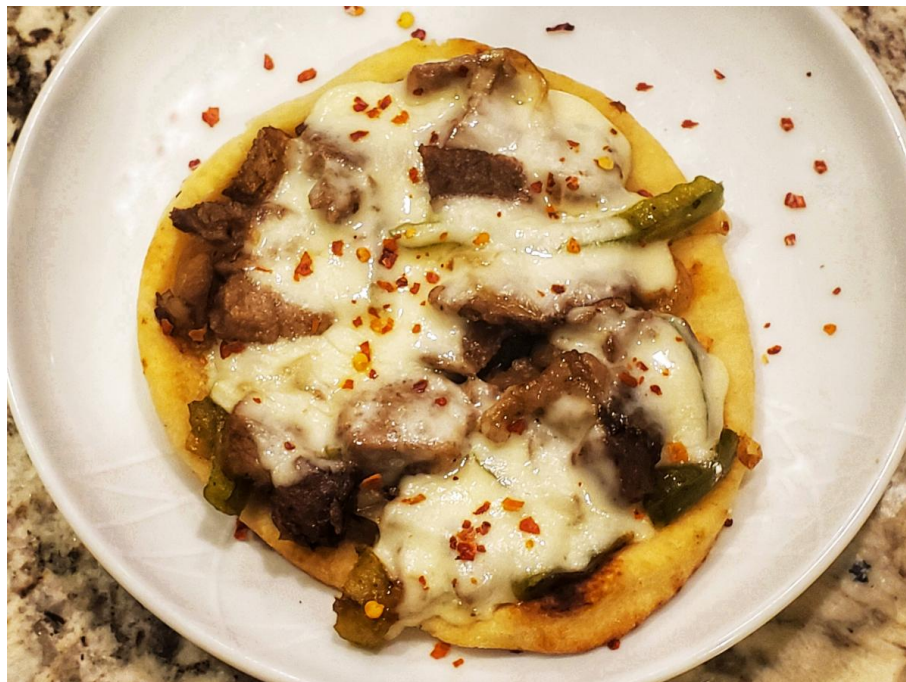
### **Information sourced by:**

Foodie City Network

<https://foodiecitynetwork.com/manteche-provolone-cheese-with-a-butter-core-1-lb/>

Wisconsin Cheese

<https://www.wisconsincheese.com/find-cheese/ch/92/manteche>





DONATE

## Contact

Reach out to us at [info@newleaffoods.org](mailto:info@newleaffoods.org). We would love to hear more about your experiences and share them with our community.

Keep an eye out for upcoming features on our blog! View Here: <https://newleaffoods.org/blog>

Subscribe to our newsletter!  
<https://lp.constantcontactpages.com/su/6YrwtxO/Signupforemails>



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