



August 2023

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.

Upcoming Events

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

Local Food Resource

Paul's Pantry

Now that the harvest is starting to become abundant, we would like to remind you of all the food pantries in the area that accept donations of fresh produce through the Planting for a Purpose program. One of those programs is Paul's Pantry, who accepts food donations Monday through Friday, 7am - 2pm and Saturday from 7am - 1pm at 520 Leo Frigo Way, Green Bay. Their food distribution hours are Monday, Tuesday, Wednesday & Friday: 9 am – 1 and Saturday: 9:00 am – noon. Any food that is donated and not taken by pantry recipients is given to local livestock farmers, so nothing they receive goes to waste!

Brown County Seed Library

Bring on the Harvest

Now that most of the seeds are planted, we are turning our attention to nurturing our plants and reaping the harvest. And fighting the Japanese Beetles that want to eat everything!

For more information on harvesting, storing and safe food processing for preserving your harvest into winter, you can go to UW Extension Learning Store and explore the variety of information available.

For more information on dealing with Japanese Beetles check out UW Extension's Japanese Beetle Article and their Fact Sheet. Since I have chickens, my favorite way to deal with them is pick them off my plants into an ice cream bucket half filled with water, and when I'm done I dump the whole thing in my chicken run for the girls to eat. If the beetles are going to eat my plants then they can at least feed my chickens! I find that in the morning and during the day, the beetles will try to fly away from my hand, while in the evening they roll off the plant to the ground.

I also found out that brown bats like to eat Japanese Beetles, so installing a bat house to entice a bat helper to your garden is another option. This article from Architectural Digest explains the why and how.



Blog Posts

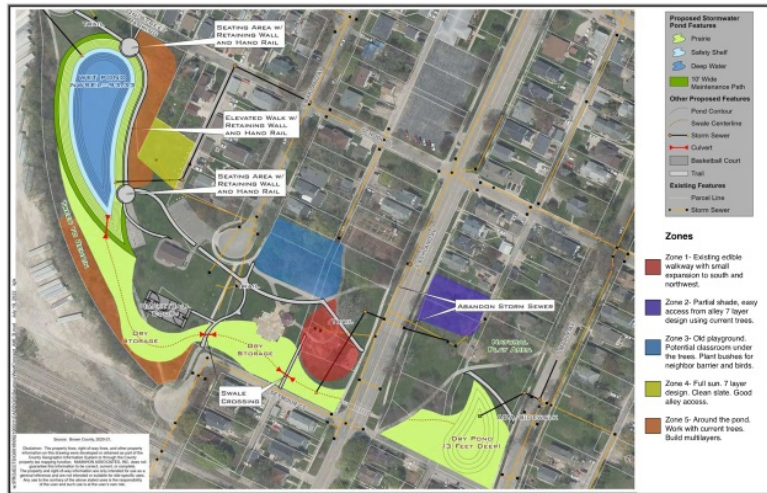
New Leaf Foods awarded Augustine Stewardship Fund Trust grant

The Premonstratensian Fathers, the legal name of St. Norbert Abbey (De Pere), have awarded an Augustine Stewardship Fund Trust grant to New Leaf Foods, Inc. for the funding of Seymour Park Food Forest Implementation. A food forest, also called a forest garden, is a diverse planting of edible plants that attempts to mimic the natural ecosystem.



Josh Kufahl - Seymour Park food forest grant manager

the Seymour Park Neighborhood Association in partnership with New Leaf Foods, Inc. will begin implementation of the grant during the 2023 - 2024 growing season. Josh Kufahl will be the project manager of the grant.



This grant is to help with the implementation and maintenance of zones 1 and 2 of the Seymour Park Food Forest comprehensive plan. This project will produce a model concept that a public park can be responsibly used to feed and engage communities in caring for each other. It will beautify the area to show that growing food and engaging with the community is something that is aesthetically pleasing and brings out the community in a way that increases comradery while reducing crime. The grant will allow us to provide signage to educate the public on the different plants and to conduct classes/work days with local schools, so we can spread the knowledge of self and community reliance and promote food freedom.

Volunteer Spotlight



Welcome Jennifer

Jennifer is finding herself more and more connected to the community of gardeners in Brown County. Her new role as Garden Mentorship Program Coordinator is a perfect illustration of this. Jennifer's gardening immersion took root in the Bronx in her neighborhood Bainbridge Community Garden which will always hold a special place in her heart.

It is where she

learned that every year is a new opportunity to win and lose some crops and every growing season is one filled with joy. That was over 15 years ago. Soon after replanting herself in her home of Brown County, Jennifer was introduced to Garden Blitz while becoming a NEW Master Gardener. Jennifer feels lucky to source her local food from CSA and farmers markets because her passion is really in gardening with native plants. She is putting her energy into transforming her own yard into a native garden. In her new role, Jennifer hopes to connect people who will spend their gardening season sharing in this joy; working together to steward Blitz boxes, learn new skills, and harvest very tasty treats

**THANK YOU 2023 MCHS
AMERICORPS MEMBERS:
SAMANTHA DAGGETT AND
KONGCHENG THAO!**



Samantha and Kongcheng building garden boxes at the 10th Annual New Leaf Garden Blitz.

Samantha Daggett and Kongcheng Thao, thank you for your service as MCHS AmeriCorps Members for New Leaf Foods! We honor you for your contributions to supporting healthy food access for all and to building a sustainable local food system in a clean environment. Your outstanding work reflects your education, expertise, dedication, generosity, talent, and concern for others. You begin your final semester at UW-Green Bay having already made significant and lasting contributions to a healthier, more equitable, more sustainable world. Congratulations and a wonderful future to you both!

Samantha Daggett: Thanks for Shining Bright!



Samantha working a booth at a local food expo with SLO Farmers Co-op's Amanda Chu and Valerie

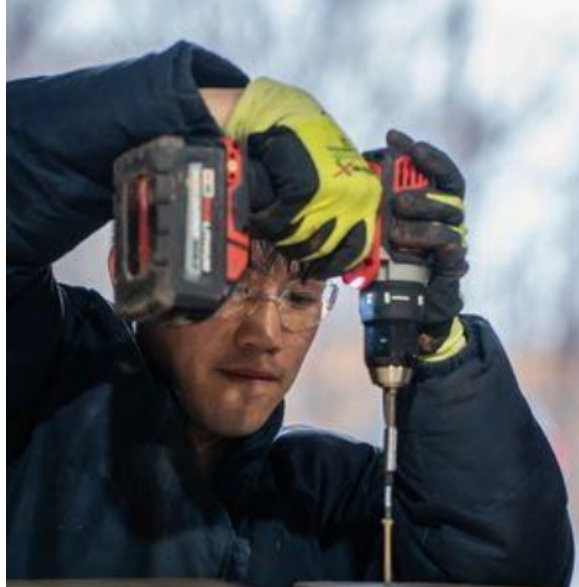
Dantoin. Samantha also represented New Leaf at the 2023 Juneteenth celebration.

As a UW-Green Bay Communications Major, Samantha worked with our Communication Team, Brown County Seed Library Team, New Leaf Garden Blitz Team, and NEW Food Forum to ensure that New Leaf communications and social media were up-to-date and effective. She also participated in the garden box building for the 10th New Leaf Garden Blitz. Samantha created our new TikTok channel and produced a video which introduced New Leaf to the huge TikTok audience. She also created the Recipe Box for the New Leaf blog and posted several of her own recipes.

She is working with NEW Food Forum to create a listing of regional community and commercial kitchens available for use by new food businesses and food entrepreneurs.

Samantha is also the one New Leaf Foods turned to speak at public events. She is awesome at presenting our programs and mission with enthusiasm and clarity, which bodes well for her future career in public relations! We will miss her warm and welcoming smile and her awesome talent!

Kongcheng Thao: Thanks for Sharing your Journey!



Kongcheng building garden boxes for the 10th New Leaf Garden Blitz

Kongcheng Thao is a UW-Green Bay business major working on a certificate in sustainability. Kongcheng participated in New Leaf's 10th Annual Garden Blitz, building garden boxes, and installing them at Green Bay school, churches, and homes.

He has been helping us think about how business expertise, including sustainability practices, can be of great use to non-profit organizations, such as New Leaf Foods.

Kongcheng also contributed to one of New Leaf's newest projects, the Brown County Seed Library, by translating brochures and information in the Hmong language.

He writes about his own New Leaf Food Journey in an article for the New Leaf blog. He starts his food journey by writing about a local food business owned and operated by a local Hmong family. He plans to continue on this journey, and we look forward to learning more.

Kongcheng brings his dedication to family and culture to all his work.

Volunteer Needs

- [Grant Writer](#)
- [Volunteer Coordinator](#)
- [Communication Team Members](#)
- [Photographer](#)

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

Plant Spotlight

Lanceleaf Coreopsis



Lanceleaf coreopsis (*Coreopsis lanceolata*) is a native flowering plant that is hardy from zone 3-9. Also known as tickseed, it blooms in late spring to early summer with 1-2 inch diameter yellow flowers. It is easily grown from seed and can be started in spring or fall, although the seeds do tend to germinate better if they go through a period of vernalization (cold exposure). The plant likes full sun and dry sandy soil, although it can handle moderate moisture. It will self seed and also spread by rhizomes, forming clumps of cheerful flowers. Because its roots do not go very deep, it can be planted in containers as long as they are very well draining.

The flowers feed bees, butterflies, wasps, beetles and moths. After flowering, birds such as cardinals, chickadees, goldfinches and sparrows enjoy eating the seeds from coreopsis. Leaving the seed heads on can help entice these visitors to your garden and provide a food source during the scarce winter months.

We are hoping to offer this native plant in next year's seed list. If you have some growing please consider saving the seeds for our library!

Sources:

<http://www.newmoonnursery.com/plant/Coreopsis-lanceolata>

https://www.fs.usda.gov/wildflowers/plant-of-the-week/coreopsis_lanceolata.shtml

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