

New Leaf Foods, Inc. supports the health and wellbeing 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.

#### **Meet Anne Schmitz**

I got my B.S. in Biology from the University of Wisconsin-Green Bay then pursued my M.Sc. degree in Freshwater Sciences and Technology at the University of Wisconsin-Milwaukee's School of Freshwater Sciences. I previously worked at The Farmory at the Fish Hatchery Manager raising yellow perch indoors for fish farmers to grow to market. I am a new mom and decided to make a career change that would align better with my new role as a parent! I started at the Community Gardens Coordinator with UW Extension Brown County right before Thanksgiving and still have much to learn about our extensive program!



#### **Become a Mentor**

Are you an experienced gardener, ready to help a new gardener grow? Become a Garden Mentor!

Mentors participate in a orientation program where you receive a mentoring guide filled with helpful handouts, tips, and a schedule of topics to cover. There's also room for flexibility and creativity.

Sign up <u>HERE</u> to be notified of orientation dates!

The mentorship program is a program of the Brown County Community Gardens. Mentors complete paperwork to become official Brown County volunteers.





#### **New Leaf Urban Food Forest**

If you're on the internet you may have seen articles about the rise in community food forests, community gardens, and the people growing food in public areas. They're working together to get legislation passed in their cities, towns, and municipalities that protect growing rights and trading food with their neighbors. Communities producing locally and taking care of each other locally. All over the nation there is a rise in community oriented local food production.

Grow some food, meet your neighbors, experiment with new recipes, and share the love of delicious, freshly grown food.

Get your garden box from the Blitz<u>here!</u>
Order your fruit and nut trees and berry bushes<u>here!</u>

Click **HERE** for the full article

## How to make Kimchi

How a traditional Korean dish has become a go to in the kitchen.

by: Chef Selena Darrow

Kimchi is a traditional fermented Korean dish which usually includes some combination of vegetables- garlic, ginger, korean chili paste, salt and fish sauce. Cabbage is the most common vegetable used to make kimchi, although carrots, radish, cucumber and scallions are also frequently used. There are hundreds of kimchi recipes that vary depending on the region and season in which



they are produced.





## **Volunteer Spotlight: Mary Carlson**



I have been vegetable gardening since 1973. I was in the first Master Gardener Program in Brown County in 1979 and have been involved in Master Gardener classes and/or projects since then. I had a landscape design and installation business for 25 years. I became involved with the Garden Blitz because I think it is important to give people the opportunity and knowledge necessary to grow their own healthy food.

## **Upcoming Events**

NLF at Market on Military- April 1 and 29

BRW volunteer fair - Friday, March 24th from 4-7 p.m. at Badger State Brewing.

Mentor Orientation: April 12, 4-5pm @ STEM Innovation Center Food Forest Classes:

Monday April 24 at 6 pm until 7:30 pm.

Monday May 15th at 6 pm until 7:30 pm.

# If you are looking for more events click HERE

#### 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 <a href="mailto:info@newleaffoods.org">info@newleaffoods.org</a>. 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 interests and work impact our local foods value chain.

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













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