

Patty's garden notes....

Fall 2014

Fall Clean-up

Garden plots will close October 19. It is the responsibility of the community gardeners to clean up their garden site. Plant material and any other organic matter may be left on the plot. Please topple any large stalks and leave them on your plots.

Prior to the garden close date, all stakes, string, fence, water jugs, plastic material and tomato cages must be removed from the garden plots. Please take these items home! Please keep the garden plot marker stakes at the gardens for next year- these can be placed at the south edge by the port-a-potty on a pallet. I will need everyone's help in getting the gardens ready for the fall tilling.

Any gardener who fails to comply with the garden clean-up policy will lose the privilege of using the garden site. The gentleman who is hired to do the tilling will be in the garden shortly after garden close date to start working the soil. This cannot be done with any debris left on garden sites- everyone has to comply with the clean-up, or we will lose the privilege of using this site to garden.

I have asked the Hmong leaders to contact the Hmong gardeners to meet with me at gardens so they can better understand what is expected of them to help get the gardens cleaned out in the fall. In previous years, some of the plots still have all their string, twine, stakes and sticks in them, which needs to be taken out and taken home.

I will hold a meeting at the garden site on **Tues. October 21 at 10:30 am.** –rain date Thurs. Oct. 23 at 10:30 am. All the garden closing questions will be answered- I will explain what needs to be done if you have questions. If any gardeners are not available that day and time, please email me and I will let you know what you can do to help; patty.percy@ces.uwex.edu

I hope you all had a good garden experience, but always remember every year is different. I look forward to next year to see what the challenges will be. If you would like to donate extra produce from your garden, a list of local food pantries can be found on the next few pages. Thank-you for your community support.

Kale Chips

Makes: 6 Servings

Ingredients

- 1 unit bunch kale (or chard, spinach, or collards)
- 1 1/2 tablespoons olive oil

Directions

1. Line a cookie sheet with parchment paper (optional).
2. Wash and dry kale. With a knife or kitchen scissors, carefully remove the leaves from the thick stems. Tear into bite-size pieces.
3. Place kale pieces on cookie sheet.
4. Drizzle olive oil over kale and then sprinkle with seasonings of choice.
5. Bake 10 to 15 minutes or until kale is crisp and edges are brown but not burned.

Note seasoning suggestions: salt, pepper, onion powder, garlic powder, chili powder, cumin, turmeric, and Parmesan cheese.





Recipe for Backyard Composting

Ingredients

While a multitude of organisms, fungus and bacteria are involved in the overall process, there are four basic ingredients for composting: nitrogen, carbon, water, and air. The easiest compost recipe calls for blending roughly equal parts of green or wet material (which is high in nitrogen) and brown or dry material (which is high in carbon). Simply layer or mix these materials in a pile or enclosure; chop or shred large pieces to 12" or shorter. Water and fluff the compost to add air. Then leave it to the microorganisms, which will break down the material over time.

Nitrogen

Green materials such as grass clippings and landscape trimmings are ideal sources of nitrogen for composting. Vegetable and fruit trimmings and peels can also provide nitrogen for composting. Coffee grounds and tea bags may look brown, but are actually potent nitrogen sources. To reduce the potential for pests or odors, avoid meat or dairy scraps and always bury food scraps deep within the compost pile. Avoid pet feces due to concerns about pathogens. However, manure from chickens, turkeys, cows or horses is rich in nitrogen, and can help your compost pile get to proper temperatures, and make very good compost.

Carbon

Brown (dry) yard and garden material such as dry leaves, twigs, hay, or shredded paper can provide the carbon balance for a compost pile. Chop or shred large pieces to 12 inches or shorter (thick, woody branches should be chipped, ground up, or left out). Untreated wood chips and sawdust are a powerful carbon source which may be useful if the pile contains excess nitrogen.

Water

One of the most common mistakes in composting is letting the pile get too dry. Your compost pile should be moist as a wrung-out sponge. A moisture content of 40 to 60 percent is preferable. To test for adequate moisture, reach into your compost pile and grab a handful of material and squeeze it; if a few drops of water come out, it's probably got enough moisture, if it doesn't, add water. When you water, it is best to put a hose into the pile so that you aren't just wetting the top. You can also water as you are turning the pile. During dry weather, you may have to add water regularly. During wet weather, you may need to cover your pile. A properly constructed compost pile will drain excess water and not become soggy.

Air

The bacteria and fungus that are in your compost pile need oxygen to live. If your pile is too dense or becomes too wet, the air supply to the inside is cut off and the beneficial organisms will die. Decomposition will slow and an offensive odor may arise. To avoid this, turn and fluff the pile with a pitchfork often, perhaps weekly. You can also turn the pile by just re-piling it into a new pile. Wash hands after handling compost, or use gloves.

Size

Ideally, the compost pile should be at least three feet wide by three feet deep by three feet tall (one cubic yard). This size provides enough food and insulation for the organisms to live. However, piles can be larger or smaller and work just fine if managed well.

Composting Techniques

Composting can be done gourmet style, requiring more effort, with quick results--or can be done more casually.

Gourmet compost piles that have the right blend of nitrogen (greens) and carbon (browns) and are kept moist and fluffed regularly, will heat up to temperatures of 120 to 140 degrees Fahrenheit. The high temperature will kill most weed seeds and speed up the decomposition process so that the compost may be ready in 2 to 3 months or less.

Casual compost piles are also quite workable since compost will happen even if you just pile on yard and food waste, water sporadically, and wait. Since these piles don't get too hot, often worms will migrate into these and they will breakdown material. Casual composting can take several months.

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If you are thinking about starting a compost pile in your backyard, you may want to familiarize yourself with the microbes that live in your compost pile.

How to Tell When it's Finished Compost

Compost is finished when the original material has been transformed into a uniform, dark brown, crumbly product with a pleasant, earthy aroma. There may be a few chunks of woody material left; these can be screened out and put back into a new pile.

You may want to stop adding to your compost pile after it gets to optimal size (about 3 cubic feet) and start a new pile so that your first pile can finish decomposing.

Give it a Try

Home composting is best learned by practicing. Through practice and observation you will find what works best for your home situation, and you can modify the process to suit your needs. For more information about composting, check with your local community or city for workshops, handouts, or guides on composting.

Backyard Composting Bins

Composting can be practiced in backyards in a homemade or manufactured composting bin or simply an open pile (some cities do require enclosed bins).

Typical homemade bins can be constructed out of scrap wood, chicken wire, snow fencing or even old garbage cans (with holes punched in the sides and bottom). Manufactured bins include turning units, hoops, cones, and stacking bins. Take the time to consider your options and then select a bin that best fits your needs.

Troubleshooting a Backyard Composting Bin		
Symptom	Problem(s)	Solution(s)
The pile smells bad	Not enough air OR too much moisture	Turn the pile if not enough air Add dry materials if too moist
The pile will not heat up	Not enough moisture OR Pile size is too small OR Lack of nitrogen-rich material OR Particle size is too big	Add water if dry Build pile to at least 3' x 3' x 3' Mix in grass clippings or fruit/vegetable scraps Chip or grind materials
The pile attracts flies, rodents, or pets	Pile contains bones, meat, fatty or starchy foods, or animal manure	Alter materials added to pile; bury fruit/vegetable scraps in the middle of the pile, or under 8" to 10" inches of soil, or compost them in a worm bin.
Pile has slugs in it (and so does garden)	Pile is easily accessible and provides daytime hiding place and breeding ground for slugs	Remove slugs and slug eggs from pile (eggs look like very small clusters of pearls). Locate compost pile far from vegetable gardens and/or create barriers around pile/garden (for example, traps and copper flashing).

Other Ways to Reduce Organic Waste

In addition to composting, you can also help reduce organic waste by grass cycling (leaving grass clippings on the lawn when you mow) and vermicomposting (composting with worms).

Area Food Resources

Site	Address	Phone	Eligibility/ Other Site Information
Assembly of God Church	825 Fond du Lac Ave., Fond du Lac WI 54935	922-3990	Food Pantry - Eligibility: By referral only, please call ahead. Monday -Thursday 9:00 a.m. to 12:00 p.m.
Berlin Area Food Pantry	Pastor Jo Ann Schablaski Federated Church 192 E. Huron Berlin WI 54923	(920)361-4844	Open every Thursday from 10:00 to 10:30 a.m. (one visit per household per month). Referrals can come from Human Services or another organization. Please call Wednesday before the Thursday you will pick up, as some foods distributed are perishable.
Brandon Food Pantry	P O Box 312 115 Center St. Brandon WI 53919	(920)273-9196	Anyone in need of food in the Rosendale/Brandon areas. Open 1 st and 3 rd Wednesdays of each month from 2:30 to 5:30 p.m.
Broken Bread	St. Paul's Cathedral 51 W. Division St. Fond du Lac WI 54935	921-3363, Ext. 6 (church) or 904-7026 (Terry Hansen-Beno cell)	Eligibility: None – Please bring box for groceries. Perishable foods and light meal available every Friday, 2:00 to 6:00 p.m. Contact: Terry Hansen-Beno or church.
Fondy Food Pantry	51 W. Division St. Fond du Lac WI 54935	322-0369 (church) or (904-7026 (Terry Hansen-Beno cell)	Food boxes available on an <u>“every other month”</u> basis through referrals from St. Vincent de Paul Society, Social Services, Advocap, churches & other agencies. Agency pick up times: Monday through Thursday – 9:00 a.m. to 1:00 p.m. Personal care products are also available.
Grace Christian Church	1596 4 th St. Fond du Lac WI 54935 (corner of 4th St. & Hwy K)	(920)923-5292	We Care Food Pantry – open Monday through Thursday, 9:00 to 2:00. Calling prior to visit is appreciated. Ruby's Pantry – 2 nd Thursday of each month. Registration 5:00 to 6:00 p.m. (Request a \$15.00 cash donation at registration). Distribution at 6:00 p.m. Please bring your own bags, boxes or baskets to transport food.
Grace Lutheran Church	430 W. Griswold Ripon WI 54971	(920)748-5433 Church Office	The Sharing Table – 2 nd Tuesday of each month, 5:00 to 6:30 p.m. Meals provided by community volunteer groups. Open to anyone who would like to eat a nutritious meal with others. No fee. No reservations needed. Contact: Leesa McShane
Green Lake County Food Pantry	500 Lake Steel St., Green Lake WI 54941	(920) 294-4070 or 1-800-664-3588	Commodities/Food Pantry – pick up days are the 1 st , 2 nd , & 4 th Thursday 8:30 to 11:00 a.m. & 3 rd Tuesday 4:00 to 5:30 p.m. of every month.

Site	Address	Phone	Eligibility/ Other Site Information
Loaves & Fishes	Church of Peace 158 S. Military Rd. Fond du Lac WI 54935	(920)904-5556	Eligibility: None. Hot Meal, milk, bakery. Mondays & Wednesdays, Carry Out Meals: 5:00 to 5:30 p.m. Eat in: 5:30 to 6:00 p.m.
Lomira Area Food Pantry	Trinity United Methodist Church, 300 Church St, Lomira WI 53048	Ralph Germain 979-3041 Walter Rekowski	Commodity Food Distribution 2 nd & 4 th Saturday of month – 10:00 to 11:00 a.m.
Markesan Community Food Pantry	Contacts: Marlene Hansen June Page	(920)398-3243 (920)398-3458	This is a local church pantry that is run on an emergency basis. Clients need a referral from Human Services, a pastor, teacher, or neighbor. Restricted to residents of Markesan School Dist.

Oakfield Community Food Pantry	Oakfield Elementary School 200 White St., Oakfield WI 53065	920-948-0393	Food Pantry - 1 visit per month (open to residents of Oakfield School District) Wed, 4:00 to 6:00 p.m. Enter East Doors near Child Care Center.
Presentation Church Food Pantry	706 Michigan Avenue N. Fond du Lac WI 54937	St. Vincent de Paul 922-3650	Maintains a pantry that serves about 140 families a year. Information: Contact St. Vincent de Paul at 922-3650
Princeton Outreach Food Pantry, Inc.	900 Sunnyview Lane, P O Box 118 Princeton WI 54968	(920)295-4185	Open the 2 nd and 4 th Tuesdays of the month from 9:00 to 11:00 a.m. (2 visits per household per month) Contact: Lisa Sorensen
Ripon Community Thrift Store & Food Pantry	102 E. Jackson St. Ripon WI 54971	(920)748-5756	Clothing and food/Commodities. Food distributed on Mondays. Emergency food distributed any time. Amy Pollesch, Coordinator Noreen Johnson, Food Pantry Contact
Ripon Food Pantry	Distribution Site: St. Catherine of Sienna Church	(920) 748-3196	Eligibility: Ripon area resident. Emergency food pantry. Call: Monday through Friday, 9:00 to 11:00 a.m. Contact: Mary Albright
St. Matthew's Food Pantry	St. Matthew's Parish Cntr., 419 Mill St., Campbellsport WI 53010	533-4441	Eligibility: Referral from clergy or Social Services Emergency food pantry – Monday through Friday, 8:00 a.m. to 4:30 p.m. by appt.
Salvation Army	237 N. Macy St. Fond du Lac WI 54935	923-8220	Food pantry – Monday, Tuesday, Thursday, Friday 9:00 to 12:30 p.m.; <u>Wednesday, 9:00 to 11:30 a.m. and 12:30 to 5:00 p.m.</u> (closed 11:30 to 12:30); Can receive food once a month. Eligibility: Income guidelines, resident of Fond du Lac County. <u>Must provide two proof of address items (within the county), photo ID, and birthdates/Social Security number for all members of household.</u> Sign up at Salvation Army. Commodity Foods – An emergency food assistance program. Guidelines – 185% of poverty, proof of residency & picture ID. Sign up at Salvation Army.
Salvation Army Extension Service Unit		920-924-8654	Emergency Assistance for persons living in Ripon, Rosendale, Brandon & Fairwater.
Samaritan Health Clinic	<u>St. Agnes Hospital</u> First Floor 430 E. Division St. Fond du Lac WI 54935 Monday through Friday 9:00 a.m. to 4:00 p.m.	(920)926-4841	Provides non-emergency medical care; Emergency dental care (Fond du Lac only); Limited vision care (Fond du Lac only); Lab. tests; Pharmacy service (includes co-pay); Blood pressure screenings; Health information & education; Community resource information; Referrals to specialists; Additional diagnostic testing.

Site	Address	Phone	Eligibility/ Other Site Information
Samaritan Health Clinic	<u>Waupun Memorial Hospital</u> Third Floor - 620 W. Brown Street, Waupun WI 53963 Mon. & Thurs. 9:00 a.m. to 2:00 p.m.: Tues. 9:00 a.m. to 4:00 p.m.	(920)324-6540	Eligibility: Must be resident of Fond du Lac County (St. Agnes Hospital) or Fond du Lac & Dodge Counties (Waupun Memorial Hospital); must have no insurance, including Medicaid, Medicare or Badger Care; income must be at or below 165% of federal poverty level; must be 19 to 64 years old.

Waupun Food Pantry	12 S. Mill Street Waupun WI 53963	(920)324-4000 Call 9:00-4:00 Tues. thru Fri. & 2 nd & 4 th Monday's	Eligibility: Use WI Income Guidelines (% of Poverty). Non-perishable, canned goods and personal products. Free clothing also available. Also Salvation Army Voucher writer. One visit per month. Free meal on Fridays, 11:00 a.m. to 1:00 p.m. Food distribution also on Friday's, except in an emergency. Offer bag lunches for kids Monday through Friday 11:00 a.m. to 1:00 p.m.
YMCA Soup Kitchen	76 W. 2 nd St. Fond du Lac WI 54935	(920)921-3330	Free community service. Meal consists of soup, bread, coffee and water. Held monthly in winter months. 11:30 a.m. to 1:00 p.m. Contacts: Barb Millage and Maria Kretschmann

KALE & POTATO SOUP

Serving Size: 6

Ingredients

4	md	Potatoes
8	c	Water
1/2	ts	Pepper
1/2	lb	Garlic Sausage
2	tb	Vegetable Oil
1	t	Salt
2	lb	Fresh kale



Directions

Garlic Sausage should be the smoked kind, cooked and sliced. Peel and chop potatoes. Combine with vegetable oil and water. Cook for 20 to 30 minutes or until potatoes are tender. Remove potatoes and reserve liquid. Mash potatoes through a sieve and return to potato liquid. Add salt and pepper and simmer for 20 minutes. Wash kale discarding all tough leaves and cut into shreds. Add to potatoes and cook for 25 minutes. Add sausage. Simmer gently for 5 minutes.

Submitted by: jopete@atlas.odyssee.net

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