

“The Joy of Local, Simple Foods”

We live in an area where good things grow.

The Earth provides us wonderful nourishment. It feeds the body as well as the soul. Eating locally grown vegetables, fruits, nuts, syrup, honey, eggs and meat not only delights the senses, but also satisfies us to know we have the ability to provide good, wholesome food for ourselves and our families.

There are many area farmers and gardeners who share the treasure from their gardens, orchards and farms. Grab the opportunity to eat locally by frequenting an area farmers market and support the people of our community. There are two growing markets in Marshfield and a new market in Stratford. Or work with the producers directly by checking out the numerous small farms, organizations and CSA's (Community Supported Agriculture) found in the 2012 Central Wisconsin Farm Fresh Atlas. Download a copy of the atlas at <http://www.farmshed.org/index.php/farm-fresh-atlas> for a listing of these local food producers.

If getting your hands dirty does not bother you, try growing some of your own food – even within limited space. While a bit late to start some vegetables this year, the time to plant a fall crop of spinach, kohlrabi or radish is just under a month away. And it is never too early to begin planning for next year. You can grow a salad just outside your door – tomatoes, peppers, lettuce and spinach do just fine in pots. Cucumbers will grow up a trellis, as will climbing beans and peas. Even strawberries and potatoes can be grown in containers. A simple search on the internet, at the local library or through the area UW-Extension office can provide the guidance you need to grow your own garden of treasures.

With such an abundance of good food available locally, it is easy to end up with a surplus. Give canning a try and enjoy the fruits of your labor all winter long. When you open that jar of strawberry jam on a cold winter morning, the warmth of summer sunshine will fill the room.

Whether brought home from the farmers market or grown outside your own back door, locally grown food will bring the joy of the goodness of the Earth to your table.