

**2009 OLC Earth Day Celebration
Spring Ladies Luncheon**

Guest Farmers

**Edelweiss Cheese Creamery
Burt and Trish Paris**

**Young Earth Farm
Karol Niemann and Shirley Young**

**Home Farm Garden
Diane Johnson and Earl Engle**

Farmer Salad

**Fresh picked greens, apple cider-honey vinaigrette, Heirloom apples – Mutsu and Red Haralson,
Edelweiss cheddar cheese and dried cherries**

Spring Crepes

**Muscovy Duck with port wine reduction & Free range chicken, cremini mushroom and sherry with
Edelweiss Emmentaler sauce. Root vegetable ragout with shiitake mushrooms, spinach, Jacob's Cattle
and Vermont Cranberry Beans**

Fresh rolls and grass fed butter

Chocolate Tasting

Fair Trade Chocolate - Gail Ambrosius Chocolates

Other farms include

Dominion Valley - Duck

Future Fruit Farm – Apples

Spring Valley Produce – Dried Beans

Tipi Produce – Carrots, Celery Root and Turnips

Hidden Valley – Mushrooms: Cremini, Shiitake and Button

Sonday Farm – Pastured Organic Chicken

Pastureland – Grass based Butter

Local Food is Local Farms.

Eating local foods is a great way to enjoy, preserve and promote local farms. At first I was drawn by the rich flavors, textures and tastes. I also had a desire to help local farmers. Growing up in Baraboo surrounded by farms and farmers somehow touched me. Last year we purchased about 30% or 60,000 dollars of food from local farmers. These farms range in size from two acres to over 1000 acres. Some farms are first generation; others are 4th and 5th generation farms. Some were homesteaded back in the mid 1800s. We utilize food from over 40 local farms, touching over 10,000 acres of Wisconsin farmland and one just restarted in Waukesha County. This is trend I'd love to see continue. On average we use 30% local food, but when groups come to the Lake Club and request local food we can usually source 90% from local farms. We just have to adjust the menu a bit to utilize local seasonal food. Last year we started inviting some of our farmers to the club so that they could interact with our members and guests. These "farmer events" have become very popular. One of the most common questions I hear now is "when are you bringing the farmers back"? That's the difference between faceless, placeless food and local food: local food is food with a face, a place and great taste! It really has been a bit of a revelation to see and experience this "Connection".

Eating local foods is a great way to support local economic development. According to economic development specialists, every dollar spent on local food recirculates five times in the local economy. That means that the 60,000 dollars we spent on local food became 300,000 dollars to the local area. Instead of receiving 20% of the food dollar, these local farms received 100% of the food dollar.

Eating local foods is a great way to preserve open space. Many of the local meats and cheeses that we serve at the Lake Club are pasture based and grass fed. Pasture based farms preserve open space and promotes local wildlife, doubling and possibly tripling ground nesting bird populations depending on cropping schedules. It is for these reasons and many other environment benefits that I have become a strong proponent of local pasture-based farming.

Eating local pasture-based food is a great way to preserve water resources since it adds to ground water recharge and minimizes water runoff. Less runoff means less top soil and other nutrients such as nitrogen and phosphorus; and our waterways and lakes remain cleaner. Water recharge and runoff both are critical issues in Waukesha and the great lakes.

Bring back the farmers! Over the years food and farming were relegated to the back burner or back forty. We abandoned our local farmers in search of cheaper more efficient food. Our local farmers did what they could do to survive, while protecting the environment and hopefully passing the farm along to the next generation. We all are witnesses these effects on our health and on local farms. I believe local food and farming are the lynchpin to many critical issues.

Eating local foods really is a partnership between local consumers and local farmers. Our land and farms, our environment and economy; we all become healthier and happier together.

Enjoy local food and farms!

Chef Jack