Second Opinion
LOCAL ALTERNATIVE HEALTH AND HEALING
FREE

May/June 2018

IN THIS ISSUE
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Arwen Rasmussen, 715.831.0325
editor@secondopinionmagazine.com
www.secondopinionmagazine.com

Graphic Design: Brigit Olson

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Why we do what we do.
Our goal is to connect Chippewa Valley consumers with alternative health and wellness resources and products that will help them lead healthier, happier lives. The idea of keeping it local and helping people discover how many incredible services and offerings our little backyard may offer has been a major driving force in everything we do in the magazine. Second Opinion’s mission is to help educate and empower folks in the region to live healthier and more fulfilling lives.
Who’s Growing?

31% of all U.S. households participate in food gardening.

54% women
46% men

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54% women
46% men

Basil
Chives
Parsley
Rosemary
Thyme

No Space? No Worries
Don’t let a lack of yard stop you from putting your green thumb to good use. Try a container garden on your porch, deck, or patio using the herbs above, which grow well in containers, according to the USDA.

Basil
Chives
Parsley
Rosemary
Thyme

What Is Local?

Local food travels less than 100 miles to reach your table.

On average, food travels 1,500 miles from the farm where it was grown to your home.

May is Better Sleep Month!

Sleepless nights could derail your diet!

Staying up late tonight could put a kink in your healthy-eating plans tomorrow. A 2016 Sleep study found that after only sleeping for 4 1/2 hours, people chose snacks with 50 percent more calories than when they got 8 1/2 hours. The researches attribute this to a brain chemical called 2-AG that makes food especially irresistible. In sleep-deprived people, levels of 2-AG spiked by 33 percent!


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Officers in Menomonie
The second annual Celebrate the Chippewa River at Family Day event will be taking place June 30 in Phoenix Park.

Last year’s event was a hit and brought together people of all ages in interactive outdoor activities. The entire point at the confluence in Phoenix Park was covered in exhibits and activities aimed at environmental education. Kids played games, made art projects, and learned from informational booths. Others learned to fish from the bank and took guided kayak, canoe, and bike tours that left from the point throughout the day. A major highlight was fish “shocking” performed by DNR staff, allowing viewers to get up close with the river’s fish, including at least three rare species.

“People should know just how special it is to have a high quality, clean river flowing through the cities of Chippewa Falls and Eau Claire,” says Ken Schreiber, a planning committee member and retired DNR water quality specialist. The Chippewa River is a prominent part of our community, flowing past our homes, places of work, and recreational areas, but it can be easy to take it for granted. The idea of Celebrate the Chippewa River at Family Day is an extension of our Celebrate the Chippewa River Conference held every fall in Davies Center at UWEC, and we hope this event will allow people to understand more fully the value of our beloved Chippewa.

In addition to last year’s activities, new this year at Family Day will be tours of the prairie plantings in Phoenix Park educating attendees about the landscape surrounding the river. “It is imperative that we remember to not just focus on the river but to focus on all the parts that help to make up that river. The surrounding habitat is a key feature to learn about, discuss, and pay attention to,” explains Jeanette Kelly, Citizen Science Director at Beaver Creek Reserve. The planning committee is also hoping to increase the number of people out on the water in canoes and kayaks, since getting out on the river is the best way to get to know it.

This event is funded by a grant through Xcel Energy called the Chippewa River Natural Resource Fund. This fund has contributed hundreds of thousands of dollars to projects related to environmental study and education in the Chippewa Valley since it was created in 2001 during the dam relicensing process. “The NRF was one of the most important things to come out of relicensing,” says Matt Miller, an Xcel Energy employee who works to ensure compliance with the federal licenses. He explained the value this money has provided in ensuring important environmental requirements are met.

Ultimately, this Family Day event is hoping to do what its name implies—celebrate this wonderful river flowing through our backyards in unique and exciting ways while also discovering how to preserve this irreplaceable feature in our community. Planning committee member and DNR Water Resource Specialist Jodi Lepsch urges us to “remain vigilant in our protection of the river because there are always threats lurking, like aquatic invasive species and non-point source pollution.” We need to be proactive in our treatment of the river so it continues to be an asset.

“Today, due to focused efforts to clean up the river and shoreline, the river is an incredible resource for recreation, viewing, and river events,” says Dan Zerr, planning committee member and UW-Extension Natural Resource Educator. “Everyone needs to realize that we are all responsible for doing whatever we can to take care of these precious resources.”

Come join us in Phoenix Park on June 30 for a fun day learning more about the Chippewa River and how you can be involved in its life!

See ads pg 8 & 16.
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Homemade recipe:
• 15 drops of lavender oil (mosquitos)
• 5 drops clove oil (ticks)
• 3-4 tablespoons of vanilla (gnats)
• ¼ cup of lemon juice (bottled or fresh)

Combine all ingredients and mix with water to 16 oz. spray bottle. Apply every ½ hour for desired results. (Pet safe)

Watch for a full highlight of this local business in our next issue...
April (Snow) Showers Brought More than May Flowers  By Margaret Meier Jones

Spring this year has been slow in coming, but thankfully it’s here and we are quickly moving into summer! As temperatures rise and flowers begin to bloom, so do the number of bugs. Some, like the honey bee, are vital to our survival as they pollinate flowers while collecting pollen and nectar to produce honey. Others, like mosquitoes, fleas, and ticks often spread diseases as they go through their life cycles. So what options do we have for alternative products that are safe and effective to apply to our pets and reduce their risks from these pesky pests? Here are a few go-to products and a recipe for dealing with wasps and yellow-jackets without hurting the honey bee!

Vetri Repel Spray, by VetriScience, is a repellent with natural oils to protect your pets. This spray is safe enough to be applied daily, if needed, to cats and dogs of all ages. Or, if you prefer a wipe, try their Flea and Tick Repellent Wipes. Looking for something for your horses? Feeding garlic daily can really help and many horses will readily eat garlic cloves with their daily grain. Unfortunately, garlic is toxic to cats and dogs, so beware of garlic products marketed to them. These products are all designed to prevent the bugs from getting ON your furry friends.

But what happens if the bugs are already there? That’s when you reach for diatomaceous earth! Diatomaceous earth is composed of fractured fossilized diatoms, microscopic sea-shell algae with glass-like external cell walls made from hydrated silica. The sharp edges of these fractured diatoms damage the exoskeleton of parasites, such as fleas and ticks, when they come into contact with the diatomaceous earth. The parasites die as a result of desiccation or dehydration. Buck Mountain Botanicals’ Parasite Dust utilizes food grade diatomaceous earth as its base ingredient, which is essential because non-food grade products may contain toxic chemicals. Apply the diatomaceous earth as a light dusting to your pet’s coat. Be sure to cover their entire body, being careful around the face as to prevent the product from getting into the eyes. Diatomaceous earth should be applied after every bath, rain shower, or swim as it is easily removed from your pet’s coat by water.

And the recipe for getting rid of those pesky wasps and hornets without hurting honey bees? Simply take a narrow neck bottle, like that empty wine bottle from last night, and put the peel from one banana into it. Add 1 cup vinegar and 1 cup sugar, mixing to dissolve the sugar. If necessary, add small amounts of water until the sugar is completely dissolved. Set this mixture out anywhere wasps and hornets are found. They will fly into the bottle and never fly out again. If you have more than one inch of dead insects in the solution, strain the liquid and replace it back inside your bottle along with the banana peel. You’ll be amazed at its effectiveness, and the honey bees (and flowers!) will thank you.
The SKINNY on PET OBESITY
FAT PETS ARE NOTHING TO TAKE LIGHTLY

The percentage of dogs and cats in the U.S. that are overweight or obese.*

52.5% OF POPULATION
58.3% OF POPULATION

Did you know?
Weight loss for our feline friends is more complicated than it is for dogs or people. Never put your cat on a diet without veterinary supervision—you could actually endanger his health.

45% of pet owners incorrectly identified their pets as being a normal weight.*

Transition your pet to a new diet over a two-week period.

Days 1-4: 1/4 new food 3/4 old food
Days 5-8: 1/2 new food 1/2 old food
Days 9-13: 3/4 new food 1/4 old food
Day 14: 100% new food

Overweight pets are more prone to:
- Diabetes
- Arthritis
- Kidney disease
- ACL injury
- Shorter life

4x
Overweight cats are 4 times more likely to develop diabetes.*

*Source: Association for Pet Obesity Prevention

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Light Conditions for Planting and What to Plant in Them

By Beth Luck, Tin Roof Garden

Full sun: at least 6 to 8 full hours of direct sunlight. Many sun-loving plants can tolerate more than 6 hours per day but need to be watered regularly to endure mid-summer (July through August) heat.

**Annuals that tolerate full sun:** verbena, lantana, geraniums, petunias, marigolds, thunbergia.

**Perennials that tolerate full sun:** yarrow, silver mound, butterfly weed, coreopsis, cone flowers, salvia.

Partial sun/partial shade: these terms are often used interchangeably to indicate 3 to 6 hours of direct sunlight, preferably morning and early afternoon sun, daily. Morning and early afternoon sun are less harsh than the afternoon sun, especially in the summer months.

**Annuals that tolerate part sun/part shade:** bacopa, ivy, torenia, fuschia, impatiens, begonias.

**Perennials that tolerate part sun/part shade:** Jacob’s ladder, hostas, coral bells, perennial geranium, lamium.

Dappled sun: less light than the limited direct exposure of partial shade. This is the sunlight that makes it through a canopy of deciduous trees. Think of the plants you would see growing in the woods, ferns, lady slippers, trillium, etc.

**Annuals that tolerate dappled sun:** fuschia, ivy, begonias, coleus, streptocarpus, cyclamen.

**Perennials that tolerate dappled sun:** hostas, coral bells, columbine, ferns, brunnera.

Full shade: less than 3 hours of direct sunlight daily, with filtered/dappled sun during the rest of the day. Full shade does not mean no sun. There are not many plants, except mushrooms, that can survive in the dark.

**Annuals that tolerate full shade:** ferns, ivy, cyclamen.

**Perennials that tolerate full shade:** ligularia, bergenia, ivy, ferns.

Tips regarding planting and sunlight:

- When you are planning out a garden, keep track of the amount of sun the location receives throughout the day and pick plants according to the descriptions on the left.
- If you are planting in the spring before the trees have leaves, make sure to take into consideration where trees, when they do get leaves, will shade your plantings and for how many hours per day.
- Spring sun is not as intense as summer sun, it still being a bit further away, and this is why shade-loving plants can be planted in spring in locations that might receive more light while the sun is low and there are no leaves on the trees.
- Plant according to the light conditions you expect to see at the end of May and throughout the rest of the summer.
- The amount of change in light conditions throughout the growing season due to the movement of the sun does not affect the growth of a plant if it is planted in the correct location from the start.

For more information, stop in Tin Roof Garden at 5310 Friedeck Road, Eau Claire, visit http://tinroofgarden.com/, or call 715-834-4232.
Is Your Inability to Digest the Reason You’re Depressed?

by Heidi Toy, NTP

T heresa was 34 years old when she came to see me. She was in therapy to deal with past issues of an abusive childhood. She was leading a productive life up until she started to experience increasing fatigue, depression, anxiety and difficulty sleeping. She had increased stress at work and lessened productivity.

She went to her primary care provider (PCP) who did a routine workup of thyroid, CBC labs etc., and was told, “there is nothing wrong.” Yet she still felt terrible and the fatigue and depression continued and increased. She went back to the same PCP and was prescribed Lexapro and reported no change in symptoms. Two weeks later, Abilify and Ativan were added. At this point in time Theresa was on three psychotropic medications and still no resolve. The PCP then referred her to a psychiatrist who four weeks later added on Wellbutrin with still no change in her depression and fatigue, so eight weeks later Lamictal as a mood stabilizer was added. At the four-month mark, Theresa was taking several medications and she still felt miserable. Her words to me were, “I feel worse.”

Depression is costly to society. It is ranked as the second leading cause of disability in the world and is estimated that by 2030 it will be the number one reason for disability. Medical literature suggests that 94% of antidepressant clinical trials have positive beneficial results. Since approximately one-third of the negative trials submitted to the FDA were never published, that number is closer to 51%.

Conclusion: About half the antidepressant trials failed to show a benefit that exceeded that of a placebo.

Our current model for the treatment of depression is limited. The STAR*D study, an independent non-pharmaceutical sponsored study consisting of 4,000 patients being treated for depression, found that more than two-thirds of the patients still had unresolved symptoms of depression after twelve weeks of taking prescribed antidepressant medication.

In brief, we need to do a better job!

Symptom-based diagnosis and symptom treatment has no concept of individuality, as in Theresa’s case. If one meets the clinical criteria listed in the DSM 5 for depression, then they are prescribed psychotropic drugs and “why” they have depression is not ferreted out. This is where functional medicine differs from the conventional medical model. We ask why and look to balance digestion, detox, and neuroendocrine body systems, allowing the body to heal itself. Nutrition is the foundation of this work.

Neurotransmitter dysfunction, the base of depression, can be caused by genetics, stress, inflammation, toxins, and/or diet. I asked to see Theresa’s routine labs that the PCP had run to determine if there were any nutritional deficiencies in Iron or B12. There weren’t any. I took it a step further and ran an amino acid test and found that her essential amino acids were dramatically low. Most people with low level amino acids will not be able to make the neurotransmitters needed by the brain.

Amino acids are derived from eating protein. They are what we get when our body breaks down, digests, and absorbs protein. To adequately do this, we need stomach acid. If one is deficient in stomach acid or has heartburn, GERD, or is living on an acid blocker/ proton pump inhibitor, then stomach acid will be deficient and therefore digestion of food and the breakdown of protein for amino acids will be absent. Without amino acids we cannot make neurotransmitters, and without neurotransmitters, the brain cannot run adequately.

Theresa was eating a healthy diet. So, what was the problem? The problem was that Theresa was not digesting her food, and if you cannot digest your food, you cannot absorb the nutrients from your food.

We added low-level, free-form amino acids and the adjunct of digestive aids and within two weeks Theresa was feeling better. In four weeks she reported she was “back to herself,” simply because we treated her as an individual, not a symptom. We asked, “Why?” and we addressed the why.

Heidi Toy is a Nutritional Therapy Practitioner, and the owner of Heidi Toy Functional Medicine/Educated Nutrition, located in Eau Claire, WI. Her focus is helping people heal holistically, with an emphasis on autoimmune, digestive, weight, female hormone, and depression issues.

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ADDRESSING MENTAL HEALTH NEEDS IS ONE WAY
THE CHIPPEWA VALLEY WILL BE STRONGER

A message from the
Community Health Initiative
A United Way Initiative
Need help? Want to learn more? Visit uwgcv.org/CHI

LIVE UNITED
United Way
United Way of the Greater Chippewa Valley
We have all heard the expression and experienced moments of awareness of our mind and body connection, the idea is not new. Researchers have been actively working to catch the science of our day up with known truths of how healing occurs when addressing the whole person. Chiropractic is an art, science and philosophy foundationally set in the healing principles. Innate Intelligence is a term used in chiropractic for over one hundred years that has been used to describe the human mind body connection. Innate Intelligence is defined as the inborn ability to organize, heal, and maintain normal conditions throughout the body. Our brain and nerve system is looked to as the primary network of communication of the body. This principle of healing is guiding the approach your chiropractor uses to observe what your mind is saying through the expression of signs and symptoms appearing in your body.

Take, for instance the condition, Anxiety. This condition is described as a psychological disorder, has symptoms of feeling “out of it” or strange light headedness, slightly dizzy, difficulty swallowing, tight chest with breathing, tension in the back, neck, and headaches. Xanax, Ativan, and other benzodiazepine medications which are used to treat anxiety also work to relax muscles along the spine. Drug medications used to treat anxiety can cause unintended negative short- and long-term consequences, such as addiction. However, Benzodiazepines are available by prescription only, users and their families may be unaware of the highly abusive addictive potential they have. Addiction can even appear in patients using doses properly prescribed under the care of a Physician. MedPage today recently reported that in the last 20 years there has been a 700% increase in deaths involving benzodiazepine use, safer options can be discussed with your primary health care provider.

Anxiety can be a debilitating disorder which can negatively affect everyday life. Many patients report feeling perfectly normal and calm one minute and in the throes of anxiety the next. Discovering what triggers anxiety and exploring non-drug alternatives is helpful. Journaling your triggers can be very helpful, a detailed diet diary including symptoms following meals may reveal other triggers you are not aware of. Some triggers include neck or back tension, food allergies, alcohol, sugar, deficiency of B Vitamins, Calcium and or Magnesium, adrenal fatigue, PMS or prolonged stress. A physical exam including blood testing of thyroid, vitamin D3 and iron, food sensitivity testing and hormone saliva tests can reveal underlying problems which can contribute to or cause Anxiety.

Chiropractic doctors address physical, external, and nutritional stressors to optimize health, beginning with the foundational imbalances which, over time, may lead to psychological disorders. The chiropractic approach does not include the use of drugs or medication, it does include changes to lifestyle and diet, when necessary. Gentle chiropractic adjustments are performed along the spine which relax the muscles in the body, allowing for greater communication and tone. Greater communication between the nerve system, and body releases tension and tight muscles, and healthier nerve system tone positively affects the release of neurotransmitters deep within our brain that are responsible for feelings of relaxation and calm. Many patients have reported feeling more relaxed, more focused and less anxious following the natural, drug-free chiropractic approach to mind body health.

Judy Soborowicz, DC CCN obtained her chiropractic degree at Palmer College of Chiropractic. Dr Judy enjoys practicing chiropractic and nutrition at Active Health in Eau Claire, alongside her husband Dr John.
Openings available for 3-5 year olds for the 2017-2018 school year at Concordia Lutheran Preschool. We offer morning and afternoon sessions for each age group. Give us a call at 715-834-9097 to set up a time to visit the school and hear what we have to offer for you and your family!

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Goat yoga is the talk of the town all over rural America. Goats are very sensitive, complex creatures. They provide milk, meat (for some), companionship and smiles. They are the reason that Bifrost Farms Creamery exists. To celebrate this noble beast and offer the community a chance to get to know them better, Meg Hittenmyer and Tracy Chipman are taking the goat yoga experience a step further offering a “goaty” experience with a little something for everyone, once a month May to September.

Event reservations will be limited to 15 to foster and preserve a sense of intimacy and community. Participants will start off the afternoon with a welcoming circle, a bit of historical information about these fine creatures, and goat yoga class giving you in touch with your inner goat, led by Tracy Chipman, a certified Yoga instructor based in Menomonie. Really, doing goat yoga is more about hanging out with these intriguing animals than rockin’ your Downward facing Dog. Once muscles and brain cells are relaxed, participants can indulge their taste buds with wine or sparkling water, organic fruit and a selection of Bifrost Farms goat milk products, while listening to folk tales and myths about goats presented by Tracy, who also happens to be a professional storyteller! The event is wrapped up with a “goat walk” through the woods and fields of Bifrost Farms.

Location: Bifrost Farms Creamery - Boyceville, WI
Sundays - May 20, June 17, July 22, Aug. 26, Sept. 16
1:00-4:00 pm | Cost: $55
To Register: bifrostfarms.com/dairy/carpe-capra-registration/ (limited to 12 participants)
Quality Eats Lead to Quality Zzzs

By Bethany Soderlund, dietetic intern, Festival Foods

Sleep is a key lifestyle factor that can positively or negatively affect our health. When it comes to sleep, the quantity and quality of those resting hours make all the difference. Whether you struggle to fall asleep every once in a while or it seems to be a chronic issue, finding a solution will greatly benefit your mood and ability to function throughout the day. Did you know food and nutrition can play a key role in the quality of your sleep?

The quantity, quality, and timing of meals can positively or negatively impact your sleep. First let’s look at how food can disrupt our sleep. Large meals, high fat or high protein meals, and spicy foods during the day, and especially before bed, may cause gastroesophageal reflux, or heartburn, which is a potential sleep disrupter. Many foods also contain substances that act as stimulants to the brain including alcohol, caffeine, and tyramine.

Alcohol before bed can cause frequent sleep disruptions, headaches, and less restful sleep, so it is best to avoid alcohol four to six hours before bedtime. For many Americans, caffeine is the life-sustaining liquid that flows through their veins. Whether a cup of coffee, energy drink, or soda, the high levels of caffeine consumed during the day can lead to a night of tossing and turning. For optimal sleep, avoid consuming caffeine four to six hours before bedtime.

Another potentially problematic component is tyramine. It is a naturally occurring substance derived from the amino acid tyrosine that causes a brain-stimulating effect. Some of the tyramine-containing foods to minimize or avoid before bed include bacon, ham, pepperoni, raspberries, avocado, nuts, soy sauce, and red wine.

Fortunately, not all foods are sleep disrupters. In fact, some foods can actually be sleep promoters. Tryptophan is an essential amino acid that is a precursor to serotonin, a neurotransmitter that acts to increase the rapid eye movement (REM) stage of deep sleep. Meat, dairy products, eggs, nuts, seeds, bananas, and honey are some of the sources of tryptophan. Carbohydrate foods help increase tryptophan’s access to the brain. What does this mean for your meal plan? In general, eating a balanced diet containing protein at each meal during the day and a small snack one to four hours before bed will promote this normal body physiology to increase the stages of deep sleep. Example bedtime snacks include yogurt and crackers, wheat toast and cheese, and cereal and milk. Just remember to keep your portion sizes small to help avoid sleep disturbances.

Sleep is a key element of a healthy lifestyle that can affect mood and productivity during the day. Our food choices and the timing of those food choices can be the difference between counting sheep and a deep restful night’s sleep. Whether you opt for two cups of coffee instead of three or switch your bedtime snack from hot wings to a glass of milk, small changes each day can get you on the right track to waking up energized and rejuvenated.

Bethany Soderlund is a dietetic intern with the University of Wisconsin–Green Bay and is currently working with the Mealtime Mentors at Festival Foods. Learn more about Festival’s registered dietitian team and their many resources and recipes at FestFoods.com/Mealtime.
Jeffrey Kluger, senior writer at Time magazine, wrote in 2012, "Is there anything sadder than the foods of the 1950s? Canned, frozen, packaged concoctions, served up by the plateful, three meals per day, in an era in which the supermarket was king, the farmer’s market was, well, for farmers, and the word locavore sounded vaguely like a mythical beast. We knew far less of flavor or freshness or artisanal excellence than we do now. We were culinary rubes and too clueless even to know it."

Though canned, prepacked, and frozen concoctions are here to stay, I’d like to think that using the word locavore doesn’t cause folks to screw up their faces and stare blankly in confusion anymore. So what does locavore mean? According to various historical accounts, locavore was a term invented by Jessica Price in 2005 (chef, writer and co-founder of Three Stone Hearth, a community supported kitchen cooperative in Berkeley, California) meaning “one who eats a diet consisting of chiefly locally grown and produced foods.” And that very reason is why I created the Locavore Mobile Kitchen based here in Eau Claire.

The goal of the Locavore is to prepare dishes with the absolute freshest ingredients, and bring meals packed with local ingredients to guests in a delicious and approachable way. To accomplish this, I am happy to spread the word that I will be parked at the Eau Claire Downtown Farmers Market every Saturday all summer long. I will also be doing events all over Eau Claire, and I look forward to the City of Eau Claire creating a Food Truck night sometime this summer! In addition to the dozens of farmers with whom I have built a relationship over the past two years, I will be adding many new farmers and am always looking for more. The benefits of supporting farmers and producers in the Chippewa Valley come back ten fold, possibly more. Thus, the Locavore Mobile Kitchen will be the first of its kind—a food trailer preparing 80% local ingredients. Eating at the Locavore supports many farmers and producers, and encourages a production system that is sustainable and resilient on many levels. Simply put, money spent locally stays in the community.

Many have asked, “What’s on the menu this early in the season? Nothing is growing yet!” In truth, numerous farmers in the area are already growing fresh greens for salads, spinach, scallions and radishes in their high tunnels this season! We’ll offer fresh vegetables like these as a salad or skewered and deep-fried in a gluten-free, vegan tempura all season long. We plan to offer a unique baby burger patty—termed the “Locaburger”—that will be a combination of grass-fed and pastured local meat and fat that will melt in your mouth. It could be lamb, beef, pork, or even poultry depending on what is available. The Locaburger holds a smaller burger patty lending the opportunity for guests to choose their own toppings if they take advantage of the discounted triple order. Various pickles and sauces mean that every guest can curate his or her own burger experience! Vegans and vegetarians can find offerings such as the vegan Locaburger—a roasted root vegetable steak such as beet, squash, or sweet potato, vegan ketchup and herb dressings and a selection of sides. Root vegetables have been well-stored by our farmers over the winter and their sweetness only enhanced by roasting. Since our fryer will be entirely gluten free and we will offer romaine lettuce wraps, those with celiac can enjoy almost everything on the menu! We are truly offering something for everyone.

Join us! Become a Locavore and support your neighbors, the farmers, and producers of the Chippewa Valley starting May 5 at the Eau Claire Downtown Farmers Market!


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Farmers market scavenger hunt

Visit one of these local Farmers Markets:

**CHIPPEWA FALLS:**
- Corner of Bridge St & River Streets—Allen Park: Thurs Noon–6 pm
- Gordy’s Downtown Chippewa Falls Sun 8am–2pm

**MENOMONIE:**
- Wilson Park (Wilson Avenue & 8th St.) Wed 11am–6pm, Sat 8am–1pm

**EC DOWNTOWN:**
- Phoenix Park Sat & Wed 7:30am–1pm; Thursday noon – 5 pm

**FESTIVAL FOODS FARMERS MARKETS:**
- Festival Foods 3007 Mall Dr., Sun 8am–2pm
- Festival Foods Westridge Center, Clairemont Ave. Sat 8am–2pm, Wed 11am–5pm
- Festival Foods Birch St., Tues 11am–5pm

Let’s have fun at the Farmers Market!

This heart-shaped red fruit is a sweet treat on its own, but it's also a delicious addition to smoothies and ice cream. When you find it, chances are a few of its berry-licious cousins will be nearby. What is it? ________________

Find a fruit or a vegetable that you have never tasted before. What is it? __________________

Would you taste it today? __________________

Write down the names and sketch a picture of three foods you find at the market.

_________________________  ____________________________  __________________________

This leafy green vegetable rhymes with nail and pail and it’s often used in a salad or made into crunchy chips. What is it?

_________________________

Farmers love to share their knowledge, so start asking questions!

What something they grow tastes like? __________________________

How to best enjoy it (cooked or raw)? __________________________

How much milk will one cow make each day? ____________________

Can I grow/make it myself at home? ____________________________

Brought to you by:
Complete the Scavenger Hunt with your little explorers and return it, with this section filled out, by the end of June for prizes!

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Everyone loves a good burger. Together Farms, located in Mondovi, raises 100% grassfed beef, 100% grassfed lamb, and pastured pork, and they understand burgers. In 2017, they hosted a few trial runs of Burger Night to determine if it was a good idea and if they should continue the event going forward. So we caught up with Stephanie Schneider, owner, to see how it went and what we could expect this year.

“I was blown away at all the compliments we received for the food, especially because I assumed that our lack of kitchen equipment was going to hurt us. But I guess when you start with amazing meat, you just need to get out of the way and let it shine. Truly though, I wouldn’t have believed these people (since the host is usually the last one to find out if something is terrible, you know, the Minnesota-nice thing), but these guests came back! And not only did some come back many times (mind you, we were only open six weekends), but they brought friends. And then they asked about hosting private events here, so I started believing them. Then, some other semi-miraculous things happened: first, we won a local award for best pop-up restaurant; and then we caught the attention of an Emmy-winning PBS show, Wisconsin Foodie, and they loved this concept so much that they came out from Milwaukee to do an episode about us!” (Available on their website.)

“We are just a little farm that knows nothing about restaurants, but what we do know is how food should be raised. Once you get animals out of a factory and into an environment where cows can be cows, pigs can be pigs, and everyone can just kind of be themselves while eating all the wild delicious nutrient-dense things that grow here (hazelnuts!), then you have the beginnings of something that can be truly enjoyed and appreciated.”

Stephanie also wants people to immerse themselves in the farm. She provides maps for self-guided tours and trails for people to explore. She and her husband, Andy, are on-site to answer questions, but informational signs are posted, too. Stephanie also shared her secret with us: “I mostly want kids to have fun. We stopped going out to eat at restaurants with our kids because if they were behaving, they weren’t having any fun, and if they were not behaving, well, then, nobody else was having a good time. So even though there were no dishes to wash, we didn’t think it was a very good use of time or money. But here, kids can run and play and be loud and no one is going to give you a dirty look. My motto: if the kids are having a good time, well, so are mom and dad…This is also when I mention live music, beer and wine. So that’s my big secret plan…happy kids! I should point out, too, that while I give you plenty of opportunities to do things and learn, you also have the option to just sit and do nothing except unwind. Most cell phones don’t work here either, which is quite freeing actually.”

A brand new commercial kitchen is here for 2018, as well as the farm’s very own chef! This means there is a new menu, but Steph says not to worry because the best-selling Good Fat burger isn’t going anywhere. Gluten-free options (including a gluten-free fryer) and vegetarian choices will also be available. They are adding a few new games (carpetball, gaga pit, kubb, horseshoes, bean bags), expanding their trail system, and building a wagon for tours. “I know some people were sad they didn’t get to see the cows last year because they were on land that’s not easily accessible (#driftlessproblems), so we are hoping to get a wagon going so we can do a better job of showing people around.”

“Our goal with all of this is to connect people with their food. So few people have a farm in their family anymore and they’ve lost that connection, so I am trying to re-create that….one burger at a time.”

In addition to Burger Night, which will run weekly from May through September, there will be a few Wine Nights and a weekly Sunday brunch (with rumors of lard-fried donuts potentially being on the menu). If all goes well, then they have plans to construct a new building to better facilitate events on the farm.

To learn about their growing practices, events, menus, calendar of live music acts or weekly food specials, or if you’ve already made the smart decision to check it out and you just need directions, go to www.TogetherFarms.com.
Kombucha, Just One of the Local, Organic Products at Farm Table Restaurant

Farm Table is all about health, and what could be healthier than a cold glass of organic kombucha on a hot summer day (or any time of the year, for that matter)? Kombucha is a combination of green or black tea with sugar and a “scoby,” which stands for symbiotic colony of bacteria and yeast that initiates a fermentation process. For those who brew their own kombucha, the process often looks like a scientific experiment gone awry. But these alien-looking life forms floating in your home brew can be used to create a slightly carbonated drink containing probiotics, B vitamins, enzymes, vinegar, and glucosamine.

Kombucha originated in the Far East over 2,000 years ago and is known by the Chinese as the “Immortal Health Elixir.” It’s generally believed that drinking kombucha offers tremendous health benefits for your heart, your brain and especially for your gut, which contains 80 percent of your immune system. According to an article in “Eat This Not That,” gut microbiota also plays an essential role in mental health and drinking the tea may enhance mood, reduce the risk of depression and anxiety, and even promote mental clarity. However, no official scientific studies have been conducted to determine the validity of the claims. Generally speaking, kombucha’s effects vary greatly from batch to batch and from individual to individual.

At Farm Table, we feature Deane’s Kombucha, a 100 percent organic kombucha brewed in small batches and fermented with organic fruit in oak barrels. The gunpowder green tea is certified organic and fair trade and all of the fruits are also organic. By using whole fruits and herbs, Deane’s Kombucha offers a wide variety of flavors, often influenced by seasonal availability and resulting in flavor combinations such as raspberry basil, wild blueberry lemon lavender, and buckwheat honey.

So join us some afternoon for a flavor extravaganza of our current kombucha on tap. And check back this summer as we are in the process of creating a summer cocktail featuring Deane’s Kombucha and our 45th Parallel Vodka, sure to be a hit if summer ever actually arrives!

You’re Invited to: BURGER NIGHT!

**WHAT:** 100% grassfed beef burgers, cheese curds, fries, drink & fun on the farm!

**WHEN:** Fridays-Sundays*, 4:00PM-9:00PM(ish)
May 4th - October 28th

**WHERE:** Together Farms, W93 Norden Road,
Mondovi, WI

**WHY:** Amazing food, great atmosphere, cute farm animals, and live bands!

Watch for Wine Night Tickets, Second Wednesday of every month! Fancy Farm Night!

*Sundays subject to change.

TogethFarms.com/burgernight  •  715-210-4740
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STEP ONE
Find a container that is easily transported from indoors to outdoors and back. Like this Birch Lane™ metal utensil caddy available at wayfair.com.

STEP TWO
Purchase herb starters from May’s Floral. Growing herbs from mature plants is a lot easier than growing from seed.

STEP THREE
Add some gravel to the bottom of each section of your utensil holder.

STEP FOUR
Set your herb starters into each compartment, and fill in any gaps with soil.

For all your herb garden needs go to May’s Floral, 3424 Jeffers Road in Eau Claire.

Source: unsophisticook.com/easy-indoor-herb-garden/