



the garden PATH

UW
Extension
Fond du Lac County

The Fond du Lac County Community Gardens Newsletter

The Garden Path

Fall 2018 Newsletter

- *Patty's Garden notes*
- *Autumn Vegetable Succotash Recipe*
- *Stuffed Tomatoes Recipe*
- *Safely Using Produce from Flooded Gardens*
- *Fond du Lac County Area Food Resources*
- *Baked Zucchini With Tomatoes Recipe*
- *Fresh Tomato Salad Recipe*

"A weed is a plant that has mastered every survival skill except for learning how to grow in rows."

- Doug Larson

Patty's Summer/Fall Garden Notes

Now that you have all prayed for rain – we have too much! **I have included an article on using produce from flooded areas for your safety in using fresh produce that has been underwater.** It was just a short time ago I was giving pointers on ways to preserve moisture in the soil and best watering practices. The gardens are looking very prosperous even with the dry months of July and most of August.

Please be aware of the **garden rules**...Gardens and walkways/roadways must be kept free of all weeds. Weeds are unsightly and spread seeds to adjacent garden areas. High weeds cause hardship to other gardeners in your area. Hoeing to control weeds goes a long way to allow your produce to prosper and mature. We have done our best to keep the roadways and front area of the garden mowed all summer, but the edges around each garden plot is the responsibility of the gardener, as the rules state. Many have TALL weeds between their plots and the road. We cannot get the mower in between there. Gardeners are expected to control weeds and the grass two feet around their plot areas to help keep weeds down and rabbits, etc. under control.

There are several plots which have not been tended to; therefore, I asked the airport mower to cut down the huge weeds to clean the plots up. I apologize to the neighbors surrounding those plots, but I cannot get the large mower in, and the weeds are too tall for our small mower to clean up. I am asking that those plots be cleaned out before we close the gardens.

Designated parking areas are available along the west end of the garden and along the roads through the garden area. Please use discretion when the ground is soft or when there is excessive rainfall. During wet times, there will be no driving onto the garden roads, until they have hardened up and dried off. Please be aware that driving through any standing water makes terrible ruts. If the roadway is open, use the grassy areas to drive on. Please use common sense and do not drive through puddles and mud.

I have seen a lack of courtesy at the garden site regarding people parking their cars and not allowing other vehicles to pass through. All roads are

Continued on Next Page ► 1

the garden PATH



Patty's Garden Notes Continued

set-up to be wide enough to allow two parked vehicles next to their plots and one car to pass through. When parking, please stay as close and parallel to your plot as possible. Everyone needs to be considerate of this. When other cars need to pass through, you will be asked to move your vehicles.

Garden plots will **close Sunday, October 21**. It is the responsibility of the community gardeners to clean up their own garden sites. 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, sticks, and string (must be removed from garden marker stakes). Fences, water jugs, plastic materials, and tomato cages must be removed from the garden plots and taken home.

After closing date, any gardening tools or materials left on garden sites will be removed and discarded per the garden waiver statement. Any gardener who fails to comply with the garden clean-up policy will lose the privilege of using the Community Gardens next year.

Only the stakes that were used to mark the plots (garden marker stakes) may be placed on the south side of the garden on the pallets. Please be sure to take all other stakes home. There are several bunches of sticks tied to the trees on the south side of the gardens near the shed. Please take them home or dispose of them. We do not dispose of them. It is not good to let sticks pile up on the garden site. Piles of sticks invite rabbits and other garden pests to have a home over winter.

Please have your plot cleaned out by Sunday, October 21st. Generally, the person who does the tilling is working up the garden shortly after the garden close date. His equipment is already there. The tilling 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.

Please place any stones from garden plots in the road ruts, or over by the garden shed on the south side of the gardens. **Do not** place stones on the edges of the plots, as they will be hit by the lawn mower and wreck the blades. This has already happened because of debris in the grass surrounding plots.

I am planning a 'Second Harvest' garden walk through on Tuesday, October 23rd at 10:30 am and throughout the day. Anyone interested in helping harvest for donation or for their own use is welcome. Please bring bags and boxes for produce. We will also be making sure the garden plots are cleaned out and ready for tilling.



Community Garden Coordinator
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Autumn Vegetable Succotash

- 1/4 cup olive oil
- 1 cup onion (diced)
- 2 garlic clove (finely chopped)
- 2 cups bell pepper (red, diced)
- 2 cups zucchini (diced)
- 2 cups summer squash (yellow, diced)
- 3 cups lima beans (frozen)
- 3 cups corn kernels (frozen)
- 2 teaspoon sage (fresh or dried)

Instructions

1. In a skillet over medium-high heat, add oil
2. Add onion; cook until translucent (2 minutes). Add garlic, bell peppers, zucchini, squash, lima beans, and corn
3. Season as desired; cook, stirring, until vegetables are tender (10 minutes). Stir in sage and serve.

Primary Sources: University of Nebraska—Lincoln Extension; 5 to 9 a Day for Better Health program at www.5aday.org; Recipe: whatscooking.fns.usda.gov



Stuffed Tomatoes

- | | |
|----------|---------------------------|
| 1 | Onion (small) |
| 3 | Tomatoes (large) |
| 1 Cup | Bread Crumbs (unseasoned) |
| 2 tsps. | Parsley (dried) |
| 2 tsps. | Basil (dried) |
| 1/2 tsp. | Black Pepper |
| 1/4 tsp. | Garlic Powder |
| 1 Tbsp | Vegetable Oil |
| 1/4 Cup | Water (or more as needed) |

Instructions

1. Preheat oven to 400 degrees
2. Peel onion and chop into small pieces.
3. Cut tomatoes in half and remove the part with stem.
4. Gently squeeze each tomato half over the sink to remove seeds.
5. Put the breadcrumbs into medium bowl. Then, add spices and oil.
6. Mix well, slowly adding water to moisten bread crumbs.
7. Use a spoon to press the crumb mixture into tomato halves.
8. Lightly oil a baking pan. Place tomatoes on the pan, with the cut side up.
9. Bake for 15-20 minutes, until the crumbs are browned and tomatoes are soft.

Primary Sources: University of Nebraska—Lincoln Extension; 5 to 9 a Day for Better Health program at www.5aday.gov; www.recipesource.com



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Safely Using Produce From Flooded Gardens

Barbara Ingham and Steve Ingham, UW-Food Science

After flooding occurs, gardeners often ask questions about the safety of consuming produce from gardens that were under water for a day or two. To a large degree, it depends on how “clean” the flood water was or whether it was likely to have been contaminated with sewage, river, or creek water, farm run-off, or industrial pollutants. The most conservative answer is that gardeners should discard all produce that was touched by flood water. However, if flooding occurs early, there will typically be weeks left in the growing season, and gardeners will likely wish to salvage some crops. Please consider the tips below about what can be salvaged and what must be discarded from a flooded garden.

Produce can be cooked to ensure safety. This is the best choice, if anything that was touched by flood water, will be served to those most at risk for serious consequences from microbial food-borne illnesses: young children, the elderly, pregnant women, and those with compromised immune systems. Note that cooking will not eliminate the risk posed by industrial pollutants.

Discard all produce that is normally consumed uncooked (raw), including all leafy vegetables such as lettuce or spinach, regardless of how mature the plants are. It is not possible to clean these crops, since they have many ridges and crevices that could contain contaminated silt or bacteria. All soft fruits that are ready to harvest, such as strawberries or raspberries, should also be discarded unless they can be cooked; they too are impossible to thoroughly clean and cannot be safely consumed raw.

Discard all produce that is normally consumed uncooked (raw).

Other produce may be salvaged depending on the crop and how far along it is in the growing season. In general, any produce where the edible part was directly touched by flood water presents a potential risk to health if consumed. This includes produce that was submerged or splashed by flood water. The ability to salvage crops that will be eaten raw with minimal risk depends on the source of the flood water, time to harvest, and whether potential contamination will have been internalized into the plant tissue. One starting point for evaluating the safety of produce from flooded gardens is the National Organic Program (NOP) guidance to farmers wishing to harvest produce from soil fertilized with non-composted manure. The NOP requires a 90-day period before harvesting edible material from plants grown in soil fertilized with non-



Continued on Next Page ►

the garden PATH



composted manure, but not where the manure did not come in contact with the edible material. NOP standards require a 120-day period before harvest of edible plant material that had direct contact with non-composted manure. Research suggests that contamination from non-composted manure presents more of a health risk than contamination from flood waters.

Early season crops that are to be harvested within a few weeks that remained above flood waters should be safe to eat if cooked or peeled. Examine any produce carefully before harvest. If it is soft, cracked, bruised, or has open fissures where contamination might have entered, throw it out. Intact produce can be eaten, but should be rinsed with clear tap water (DO NOT use soap) followed by a brief soak (2 minutes) in a weak chlorine solution of two tablespoons bleach in a gallon of water. Finally, rinse the produce in cool, clean tap water. Peel or cook these items thoroughly before eating them. Take care to prevent cross contamination in the kitchen. Change the bleach solution if the water is no longer clean.

Plants where fruits have set (tomatoes) or where flowers are evident (broccoli/cauliflower) at the time of flooding present an undefined risk. Before consuming these crops raw, consider the source of the flood water, the time since contamination, and the health of the tissue. Always discard any tissue that is bruised, cracked or otherwise blemished. Washing fresh produce with clear water, followed by a brief soak in a dilute bleach solution (see above) and then rinsing before eating or peeling will help to reduce any remaining risk.

Underground vegetables such as beets, carrots and potatoes that are still early in their growth (at least four to eight weeks from harvest) should be safe if allowed to grow to maturity. Root crops (i.e. new potatoes) that will be consumed within a month after flooding should be washed, rinsed and sanitized as directed above before cooking thoroughly. Note that beets may be peeled after cooking, if desired.



Melons and other fruits that will be eaten raw should not be consumed. Recent food-borne illness outbreaks linked to melons suggest that these low-acid fruits may not be safe even if surface-sanitized.



Late-season vegetables that result from flowers produced on growth that develops after flood waters subside should be safe. This group of vegetables includes tomatoes, peppers, eggplants, squash, cucumbers, and other similar vegetables. To increase safety, cook these vegetables thoroughly, or at least wash them well and peel them, if possible, before eating.

Flood-damaged garden produce that is otherwise unfit for eating should not be canned or otherwise preserved. Garden produce that would be safe to consume after washing, sanitizing and cooking (see above) may be safely canned. Because the low temperature of home dehydrators does not destroy high numbers of bacteria, do not attempt to dehydrate produce from flooded gardens.

Never sell produce from a flood-damaged garden at a farm market or farm stand until you are sure that all contamination has been removed from the garden, usually a period of at least one month after the last incidence of flooding. Check with the Division of Food Safety of the Department of Agriculture, Trade, and Consumer Protection at (608) 224-4665 if you have questions about market sales of garden-flooded produce.

For more information on safely using produce from flooded gardens: Contact your county Extension agent.

UW-Extension Fond du Lac County
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FoodWise Coordinator
Family Living Educator
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Site	Address	Phone	Eligibility/ Other Site Information
Brandon Food Pantry	P O Box 312 115 Center St. Brandon WI 53919	(920) 273-9196	Food Pantry - Anyone in need of food in the Rosendale/Brandon areas. Open 3 rd Wednesdays of each month from 1:30pm to 5pm.
Broken Bread	St. Paul's Cathedral 51 W. Division St. Fond du Lac WI 54935	(920) 921-3363, Ext. 6 (church)	Food Pantry - Eligibility: None - Please bring box for groceries. 80% perishable foods, 20% non-perishable foods. Light meal every Friday, 2pm to 6pm. Contact Lucy Sumner at brokenbread51@gmail.com.
Church of Peace Food Pantry	Church of Peace 158 S. Military Rd. Fond du Lac, WI 54935	(920) 921-8215	Food Pantry - City of Fond du Lac Residents. Monday - Friday 9am to 12pm. Visits no less than 30 days apart and up to 5 times a year. Please provide a photo ID (preferred) and list of household members upon first visit. Provides non-perishables and limited ground beef.
Fondy Food Pantry	51 W. Division St. Fond du Lac WI 54936 www.fondyfoodpantry.org fondyfoodpantry@tds.net	(920) 322-0369 (Office)	Food Pantry - Eligibility: By referral only. Food boxes available bimonthly. Pick up times: Monday through Thursday - 9 am to 1 pm. Limited personal care products available with food box. Contact: Marsha Lemmenes
Grace Christian Church	1596 4 th St. Fond du Lac WI 54937 (corner of 4 th St. & Hwy. K)	(920) 923-5292	We Care Food Pantry - open Monday through Wednesday, 9am to 2pm. Call prior to visit. Ruby's Pantry - 2 nd Thursday of each month. Registration 4:30pm to 6pm. (\$20 cash donation requested at registration). Distribution at 6pm. Please bring bags to transport food.
Holyland Food Pantry	St. Paul's United Church of Christ N10362 St. Paul Road Malone WI 53049	(920) 418-1580	Food Pantry - Eligibility: Serving northern Fond du Lac Co. and southwestern Calumet Co. Distribution is held the 3 rd Friday of each month. Will assist with emergency food situations. Contact: Sue Schultz
Lighthouse Christian Church	401 S. National Fond du Lac, WI 54935	(920) 921-3477	Food Pantry - Tuesday/Thursday 10am to 2pm. Must call ahead and make appointment.
Loaves & Fishes	Church of Peace 158 S Military Rd Fond du Lac, WI 54935	(920) 904-5556	Community Meal - Eligibility: None. Hot meal, milk, bakery. Mondays & Wednesdays, Carry Out Meals: 5pm to 5:30pm. Eat in: 5:30pm to 6pm. New participants, please bring a form of identification.
Lomira Area Food Pantry	Trinity United Methodist Church, 300 Church St, Lomira, WI 53048	(920) 979-3041	Commodities/Food Pantry - 2 nd & 4 th Saturday of month - 10am to 11am. Contact: Ralph Germain.
Oakfield Community Food Pantry	Oakfield Elementary School 200 White St., Oakfield WI 53065	(920) 948-0393	Food Pantry - Eligibility: Residents of Oakfield School District. 1 visit per month. Wednesday, 4 pm - 6 pm. Enter East Doors near Child Care Center.
Presentation Church	706 Michigan Avenue N. Fond du Lac WI 54937	(920) 922-3650	Food Pantry – Contact: St. Vincent De Paul
Ripon Community Dinner	First Congregational Church, 220 Ransom St., Ripon WI 54971	(920) 748-5898	Community Meal – Eligibility: None. Held the 4 th Tuesday of each month 5pm to 6:30pm. Each household attending receives a non-perishable food item. Contact: Dale Both.
Ripon Community Thrift Store & Food Pantry (Traded Treasures)	102 E. Jackson St. Ripon WI 54971	(920) 748-5756	Commodities/Food Pantry - Food distributed on Mondays 10am - 3pm. Also open 4 th Wednesday each month 6pm - 7pm. Emergency food distributed any time. Contact: Amy Pollesch.
Ripon Food Pantry	St. Catherine of Sienna Church 218 Blossom St. Ripon, WI 54971	(920) 748-3196	Food Pantry - Eligibility: Ripon area resident, by emergency need. Call Monday through Thursday, 9am to 11am. Contact: Mary Albright.
St. Matthew's Food Pantry	St. Matthew's Parish 419 Mill St., Campbellsport WI 53010	(920) 533-4441	Food Pantry - Eligibility: By referral only. Emergency food pantry - Monday through Friday, 8am to 4:30pm by appt.
Salvation Army	237 N. Macy St. Fond du Lac WI 54935	(920) 923-8220	Commodities/Food Pantry - Eligibility: Income guidelines, resident of Fond du Lac County. Must provide two proof of address items (within the county), photo ID [soc. sec. card or birth cert. for kids], and birthdates for all members of household. Monday, Tuesday, Thursday, Friday 9am to 12:30pm; Wednesday, 9am to 11:30am and 12:30pm to 5pm (closed 11:30am - 12:30am). Can receive food once a month.
The Sharing Table	Grace Lutheran Church 430 W. Griswold Ripon WI 54971	(920) 748-5433 Church Office	Community Meal - Eligibility: None. 2 nd Tuesday of each month, 5pm - 6pm. Meals provided by community volunteer groups. No fee; will accept donations. No reservations needed. Contact: Karen Kelm.
Waupun Food Pantry	12 S. Mill Street Waupun WI 53963	(920) 324-4000 Call Tues. - Fri. 9:am - 4pm Monday 9 am - 12 pm	Food Pantry - Eligibility: Use WI Income Guidelines. Non-perishable, canned goods and personal products. Free clothing also available. Also, Salvation Army Voucher writer. One visit per month. Free meal on Fridays, 11am - 1pm. Food distribution also on Fridays, except in an emergency. Offer bag lunches for kids Monday through Friday 11am - 1pm during summers.

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Baked Zucchini With Tomatoes

3	Zucchini, medium sized
2	Tomatoes, medium sized
1	Sweet green pepper, medium
1	Yellow onion, medium sized
1/2 tsp	Salt
1/8 tsp	Pepper, black
1/4 c	Olive oil

Instructions

Preheat oven to 400F. Core, seed and chop pepper. Peel and finely chop onion. Trim ends off the zucchini and remove the stem end from the tomatoes. Cut both vegetables into 1/2-inch slices and arrange them in a buttered 1-or 1 1/2-quart baking dish with their edges overlapping slightly, alternating the tomato with zucchini. Scatter the green pepper, onion, salt, and pepper over the slices. Drizzle the oil evenly over the vegetables. Place the dish in the oven and bake, uncovered, about 25 minutes, or until the squash is crisp-tender.



Primary Sources: University of Nebraska—Lincoln Extension; 5 to 9 a Day for Better Health program at www.5aday.gov; www.recipesource.com

Fresh Tomato Salad

4	Tomatoes
12	Fresh basil leaves, cut up
1/4c	Balsamic vinegar
1/4t	Oregano
1/2	Red onion, diced fine
1/2c	Extra virgin olive oil
1	Garlic clove, chopped
	Salt/pepper
	Italian Bread

Instructions

Place the tomatoes, onion, and garlic in a bowl, add seasonings then oil and vinegar.

Serve with Italian bread, using the bread to soak up the juices from the salad.

Primary Sources: University of Nebraska—Lincoln Extension; 5 to 9 a Day for Better Health program at www.5aday.gov; www.recipesource.com





Fond du Lac County

227 ADMINISTRATION/EXTENSION BUILDING

400 UNIVERSITY DRIVE

FOND DU LAC WI, 54935

**Time-Sensitive
Material**

Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Please do so as early as possible prior to the program or activity so that proper arrangements can be made. Requests are kept confidential.

An EEO/Affirmative Action employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and ADA requirements.

Dairy & Livestock Agent - Tina Kohlman

Dr. Loretta Ortiz-Ribbing

Fond du Lac/Dodge Co. Area Crops & Soils Agent -

Community Resource Development Educator - Diana Hammer

Community Garden Coordinator - Patty Percy

Extension Educator - vacant

Fond du Lac/Washington Co. Positive Youth Development

4-H Program Coordinator - Amy Mangan-Fischer

Area Extension Director - Cindy Sakady

and Kelly Lamb

Program Assistants - Pam Bartoli, Tina Engelhardt, Ann Kaiser,

FoodWise Coordinator/Family Living Educator - Amanda Miller

FoodWise Nutrition Educator - Melanie Phillips

FoodWise Nutrition Educator - Pamela Nelson

Family Living Educator - Shelley Tidemann

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