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UWEX AmeriCorps*VISTA Success Story

By Maria Giddley, VISTA Member

This summer I have been working with Tracey Mofle and the "Play it Forward Program". My part in this program was small but I enjoyed my time with the kids. We picked strawberries, made jam and worked pulling weeds in their gardens and others. I showed them several different recipes using the vegetables they were growing in their community gardens. They also showed me tradition dishes and how to prepare them. The food was delicious. I also went to the Lamar Festival with them and saw them sell their tradition foods there. That was a lot of fun. Hopefully this week we will be canning tomatoes if I can find any that are not green (laugh). The other thing I did with Tracey this summer was set up a demo at the Turtle Lake Farmers Market using locally grown food in Stir Fry's. This was really enjoyable and I maybe going back before the end of the season to do another demo. Now we are working on soup stock three, that is happening this weekend. I have also been working with Kevin Schoessow on the community gardens in Sawyer County, the garden at the LCO College Farm, the New Post Garden Society, and the garden in the town of Hayward a little. The LCO College is holding a Sustainable Living and Health fair on the 25th of this month. I will be setting up a table promoting UW Extension, VISTA, and doing a short demo on canning. At the garden in New Post I have been working closely with their members planning a Harvest Festival to be held on the 26th of September. I will be making fry bread and salsa for the festival and also doing a stir fry demo.