

'Secret Garden' to teach children about healthy food

Idea spawned from children's play

By Robert Hausknecht
Special to The Freeman

DELAFIELD - A presentation of a children's play has resulted in something that will benefit children for years to come.

Kathy Bero, founder and proprietor of the NuGenesis Farm, got the idea after seeing her daughter in a presentation of "The Secret Garden," a play about a girl that finds and tends a secret garden on her uncle's estate. The girl and her invalid cousin are invigorated by tending the garden and the cousin becomes healthier, eventually becoming able to walk.

Bero thought all children deserved a secret garden. With the help of Joe Nolan, owner of Good Harvest Market and an actor in a different version of the same play,

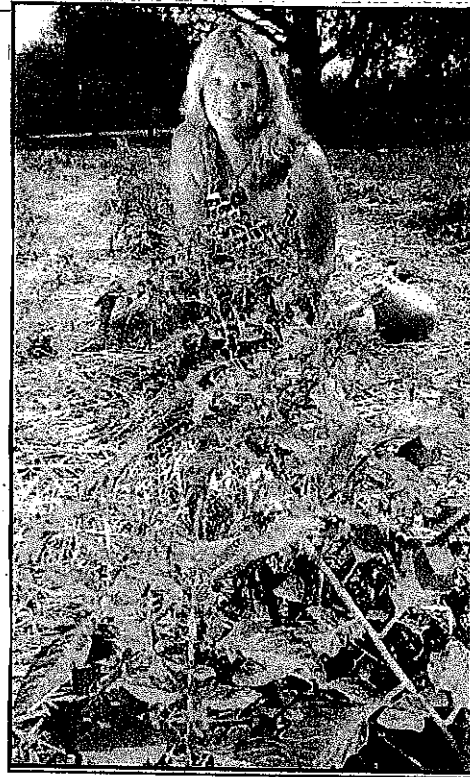
Bero came up with the idea of the "Good Harvest Secret Garden."

The one-quarter acre garden, shaped like a pizza, will be used to teach children about healthy food, organic growing practices and the health benefits of fresh vegetables and herbs. The garden will include an outdoor pizza oven that children will be able to use to make pizza with the garden herbs and vegetables.

Pro. Health Care donated the property and the Waukesha Memorial Hospital Foundation is conducting fundraising for equipment, operations, management and educational programming.

"We want to reacquaint children with real food, in particular, food that will benefit their bodies," Bero said.

Bero, a cancer survivor, said that much of her recovery was a result of a healthy diet. She wants to teach others about the benefits to a healthy diet that can result from organic, anti-inflammatory vegetables.



Kathy Bero, president of NuGenesis Farm, located in the town of Delafield, sits with tomato plants Monday on the farm. Good Harvest Market is donating \$10,000 to help with the creation of the "Good Harvest Secret Garden" at the farm. The garden will feature classes to teach children how to organically grow food and how to eat healthy with food from the garden.

Kevin Harnack
/Freeman Staff

Nolan said he was enthusiastic about working with Bero.

"What they're trying to do and what we're trying to do is the same thing," said Nolan in reference to the two organizations' goal to teach and learn about healthy, organic food.

Good Harvest Market will hold an ice cream social on July 23 and July 24 to help raise the \$10,000 it has pledged to the program. The social will run from noon to 4 p.m. both days at the store's 1850 Meadow Lane location in Pewaukee. All proceeds from the sale of organic sundaes and root beer floats, in addition to 5 percent of the sales those days, will go to the garden.

"We're planting the seeds for good health," said Peggy Giles, volunteer coordinator at NuGenesis. She said that a group of about 50 volunteers are helping to plant the garden and maintain it.

A group of local girl scouts are tending four slices of the pizza garden as part of their program to attain their silver badges. The scouts are responsible for the weeding and harvesting of their garden sections. They will eventually assist in teaching visitors of the garden.

Giles said they have no shortage of volunteers. She said more people are e-mailing her daily to offer their help. In addition to helping with the day-to-day care and upkeep of the garden, Giles said that they will have some more specialized help.

"Chefs and dieticians will help with harvesting and cooking when we harvest in September," Giles said.

Bero is looking forward to teaching children about the health benefits and other important aspects of organic vegetables.

"Kids need to learn that these foods are not icky tasting," Bero said.

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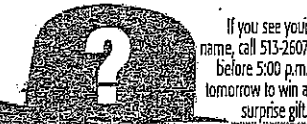
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THE GRIFFIN

BUSINESS BRIEFS

Good Harvest Market funds Children's Garden at NuGenesis Farm

NuGenesis Farm announces a \$10,000 pledge by Good Harvest Market in Pewaukee to fund a children's teaching garden at the farm. The garden will be named the Good Harvest Secret Garden.

The garden will give area children the opportunity to plant and harvest healthful plants, learn about basic nutrition and how to prepare good-tasting vegetables. It will include an outdoor pizza oven where kids can make their own healthy pizza with vegetables and spices they pick from the garden.

The 35-acre NuGenesis Farm, located on Silvermail Road in the Town of Delafield is focused on growing a variety of vegetables, fruits, nuts and herbs which are found to have the strongest disease-prevention properties. Plans include making the harvest widely available, supporting research and teaching the public how to incorporate these foods into their daily lives. For more information go to www.nugenesisfarm.org

Good Harvest Market is the premier organic food market in Waukesha County, offering the largest selection of organic products in the area.

Aurora wins clinical trial award

Milwaukee - Aurora Advanced Healthcare Oncology, formerly Oncology Alliance, was presented with the ASCO and The ASCO Cancer Foundation (TACF) Clinical Trials Participation Award for offering clinical trials and programs that improve the care of people living with cancer. ASCO is the world's leading professional organization representing physicians who treat people with cancer.

Award winners were chosen based on a number of factors, including patient accrual rates, accrual of minority and underrepresented populations and innovative techniques in overcoming barriers to participation in clinical trials.

"Community practices and state societies are an integral part of the cancer delivery system in the United States," said Martin J. Murphy Jr., chairman of The ASCO Cancer Founda-



SUBMITTED

FBFC OUTREACH - In June, First Bank Financial Centre promoted its fourth annual Growing Our Communities initiative. Employees demonstrated their green thumbs by planting flowers and donating gardening items throughout the communities they serve. On June 19, Gwendelyn Hood, Gale Zastrow and Dorothy Nelson helped the Volunteers of Lake County (VLC) weed and mulch in the Garden for Good in Oconomowoc. In addition to the volunteer efforts, Corporate and Summit offices donated \$100 to the VLC for the purchase of Leopold Benches for the Butterfly Garden sitting area. They also partnered with the American Legion to contribute the remaining funds from this project toward the naming of the Rhodee Memorial Band Shell in Hartland; employees purchased hanging baskets and flowers to decorate the outside of the Hartland village building. In addition, the Hartland branch purchased \$25 gift certificates to Garden Gate Nursery and packaged them together with seeds, bags of potting soil, and decorative pots which were then donated to Hartland North, Hartland South, and Lake County schools. And FBFCs Corporate and Summit branches on Brown Street planted flowers in previously purchased planters at the strip mall behind the branch. From left: Katie Zimmerman, FBFC and Rachel Sheppard, Mary Annis New Image (recipient of Brown Streets planting efforts).

*Living Reporter/Focus
Tuesday, July 20, 2010*