



Farm founder Kathy Bero, right, hugs daughter Emma Grace.



Ford Titus, Anne Foster, Barbara Prindiville, Ray Foster and Bobbe Titus, all of Oconomowoc, support NuGenesis Farm.

Food as medicine

Top area chefs prepared and shared their healthy recipes at an Oconomowoc Lake Club fundraiser that benefited NuGenesis Farm. Located in Waukesha, NuGenesis Farm is an organic farm focused on growing foods that contain the strongest disease prevention properties.

Chefs Gary Chitwood from Quad/Graphics, Phil Haseker from Waukesha Memorial Hospital, Jack Kaestner from Oconomowoc Lake Club and Wayne Roe from Children's Hospital of Wisconsin showed everyone how foods such as kale chips, brussel sprout salad and pumpkin empanadas can taste.

Dietician and author Margaret Pfeiffer gave a presentation that included statistics and data on how good food can be used as medicine and on the changing ways Americans eat today.

For more recipes, information about foods, or getting involved with NuGenesis Farm, visit www.nugenesisfarm.org.



Jill Bedford, of Oconomowoc, goes through the buffet line with Hannah Bero, of Lebanon.



Ryan Miller and Jill Speer, of Hales Corners, attend the event.



Betty Holloway, of Brookfield, talks with presenter Margaret Pfeiffer, of Brookfield.



Bridget Sheahan, of Hartland, and Susie Steiner, of Delafield, stand on the patio.