

# Northwoods Food Project offers gardening opportunities to everyone

Submitted by Northwoods Food Project

The Northwoods Food Project (NFP) is going great guns this year. It's hosting the *Northern Gardening* show on WTIP Radio, organizing the second year of community gardens and the GardenShare program, developing a wild and locally grown foods cookbook and growing vegetable transplants for sale this spring, as well as helping with the youth after-school gardening program.

That's a lot of things on this small board's plate, but everyone is really excited about the projects, said Melinda Spinler, who co-chairs the NFP board with Jeanne Wright.

"Our purpose is to develop Cook County's long-term food sustainability," she said. "Almost 100 percent of Cook County's food is trucked in along a single route. There's been a number of times we've lost contact with the lower part of the state—not just when the fiber optic cable went out last week. I remember a number of years ago when a mud slide closed the road for three days. We want to get people into growing their own food. It's fun, it's healthy—it's good all-around for us."



Photo courtesy of the Northwoods Food Project. Members of the Northwoods Food Project hosted the first *Northern Gardening* program of the year at WTIP Community Radio Feb. 4. The program will be aired the first and third Thursdays of every month at 4 p.m. Pictured with a few of the vegetables left from their summer gardens are Olya (front) and Jeanne Wright, Cook County Extension Director Diane Booth, and Melinda Spinler.

## Here is how NFP is helping make that happen:

### ☞ The *Northern Gardening Show* on WTIP Radio

The show is aired on the first and third Thursdays at 4 p.m. on WTIP and will feature all kinds of gardening topics. This month, the hosts will focus on how to start seeds, and what vegetables grow well in Cook County. Diane Booth, Cook County Extension, has developed a local catalog of varieties that thrive here. It is free and available at the Extension office in the Community Center as well as at the Cook County Library and WTIP.

### ☞ Community Gardens and GardenShare

Last year, NFP and WTIP collaborated in building a community garden at the radio station, and this year, a community garden is in the works at the Rec Park (stay tuned for details). The Food Project also matched up gardeners with landowners who wanted help with vegetable gardens in their back yards. That match-up continues.

To learn more about this project and other information about "growing your own" in Cook County, there will be a community meeting at the 4-H Building at 6:30 p.m. Monday, March 1. The public is invited.

### ☞ Vegetable Transplants

The Food Project is in the process of starting seeds and will offer the vegetable transplants to local gardeners: Peppers, tomatoes, cauliflower, cabbage, broccoli, squash and more. Gardeners can order their plants beforehand and the order forms will soon be available at the Extension Office, the Co-op and the Library.

### ☞ Cookbook

Food Project board member Kristine Bottorff is coordinating the cookbook project. The theme is locally grown foods and wild foods, including such things as blueberries and trout, chicken and venison. The cookbook will include a good selection of recipes as well as preservation techniques and a good bibliography. Bottorff said she's looking to set up a committee to work on the project and welcomes great recipes and volunteers to test them in their kitchens. She can be reached at 387-2113, 387-3363 or by emailing kkrpha@yahoo.com.

### ☞ Youth After-School Gardening Program

This program is open to children in the second to fifth grades from April through October. Last season, the children grew everything from carrots to nasturtiums as well as made soups for the Empty Bowl fundraiser out of some of their vegetables.

For more information about these and other NFP projects, call Diane Booth at 387-3015.

To learn more about the Northwoods Food Project and other information about "growing your own" in Cook County, there will be a community meeting at the 4-H Building at 6:30 p.m. Monday, March 1. The public is invited.

Specials start at 5 pm...	
All-you-can-eat Crab	\$20 <sup>00</sup>
Prime Rib	\$14 <sup>25</sup>
10 Jumbo shrimp	\$20 <sup>00</sup>
Full rack of Pork Ribs	\$14 <sup>25</sup>
Garlic and parmesan pasta and mussels	\$10 <sup>00</sup>
Made from scratch per order chocolate cake for two	\$4 <sup>00</sup>
13x19 color photo of you and yours	FREE

**TRAIL CENTER LODGE** 1/2 way up the Gunflint Trail  
**218-388-2214**  
 OPEN 8 AM-9PM.

Wine & Dine your **VALENTINE**  
 February 12-14

Lobster, stuffed shrimp, salmon, steak, pasta and champagne!

**Cascade Restaurant**  
 Homemade with love!

**Fall/Winter Hours:**  
 Sun-Thurs 7:30am-8pm  
 Fri-Sat 7:30am-8:30pm  
 Reservations suggested  
**218-387-2911**

**MEXICAN MONDAYS- Authentic Mexican Cuisine!**  
 Mondays 4:00pm-close  
 Tacos, burritos, enchiladas, quesadillas, and fried ice cream!!!

**BluefinGrille**  
 AT BLUEFIN BAY

**WINTER HOURS**  
 SUN 8:00 AM - 9:00 PM  
 MON-THURS 3:00 - 9:00 PM  
 FRI 3:00 - 10:00 PM  
 SAT 8:00 - 10:00 PM

**HAPPY HOUR**  
 3PM-5PM EVERY DAY  
 1/2 price appetizers  
 \$1.00 off each drink

**1/2 PRICED SELECTED BOTTLES OF WINE DAILY**

**LOCAL DISCOUNTS**  
 20% OFF drinks  
 10% OFF food

**PRIME RIB DINNER** Every Fri. & Sat. night

**VALENTINE'S DINNER AND MUSIC**  
 Valentine's dinner for two with complementary champagne and dessert- \$55<sup>95</sup>  
 (call 218-663-6200 for more info)  
**CLASSICAL CELLO** with Josh Aerie 7:00-9:00 PM  
**GUITAR** with Josh Schmidt 9:00-11:00 PM

Grille will be open Monday, Feb. 15 for breakfast, lunch and dinner.

**(218) 663-6200** · Hwy 61, Tofte  
[www.BluefinBay.com](http://www.BluefinBay.com)

**VALENTINES DAY PIZZA SPECIAL**  
 In Grand Marais & The West End  
 Sunday, Feb. 14  
**Feed The Ones You Love!**

**Heart Shaped Pizza's With Up To 3 Toppings Only \$17.99**

The Pizza's Are Approximately 14" On A Medium Thick Crust.  
 Ask For A Heart-Shaped Pizza When You Order. Baked Only.

**Sven & Ole's Pizza**  
 Downtown Grand Marais, MN. 387-1713

**LIVE Cooking Demos**

Papa Charlie's presents...  
**Live Cooking Demos**  
 Every Monday at 6:00 pm

February 15  
**Aphrodisiac Foods**  
 Jenny Breen  
 Co-Owner/Head Chef of Good Live Catering

Jenny Breen has been cooking professionally in the Twin Cities for over 20 years, emphasizing nutritious whole foods that are beautiful and delicious. She specializes in sustainable cooking as an approach to health education for the whole community.

Romance your Valentine with this special presentation on Aphrodisiac Foods. The menu includes:

- ☛ Squash stuffed with Quinoa, leek and red pepper filling
- ☛ Mixed greens salad with roasted beets, toasted pecans and a goat cheese, cilantro dressing
- ☛ Pumpkin Cornbread with Honey Garlic Butter
- ☛ Chocolate Ginger Cake

Watch for free, enjoy for \$19.95 per person. \*

\*Reservations required, call 218-663-7800.

**PAPA CHARLIE'S**  
 Restaurant & Nightclub  
**Lutsen.com**  
 218-406-1320

**Valentine's Special**

- Warm beet salad with caramelized apples, oranges, prosciutto, goat cheese and tarragon vinaigrette  
 ~Bison 2006 Prosecco
- Black and white fettuccine pasta with seared soy marinated diver scallops in spicy scallion fume  
 ~Handley 2007 Gewurztraminer
- Shared 12oz filet mignon with lobster cilantro polenta cake, ginger pan sauce, glazed sugar snap peas and heirloom carrots  
 ~Ken Wright 2007 McCrone Vineyard Pinot Noir
- Chocolate Chambord soufflé with housemade white chocolate ice cream  
 ~Grahams Six Grapes Port

Special will be available Sat and Sun nights  
 Food \$60 per couple,  
 Wine \$20 per person optional  
 Main entrée is shared item  
 all other courses are single items  
 Food is per couple, no split plate  
 Regular Menu will also be available

**Lutsen Resort**  
 on Lake Superior  
 FOR RESERVATIONS CALL: **218-663-7212**