



# Driftless Mind Body & Soup



## DRIFTLESS MARKET

95 West Main Street \* Platteville, WI 53818  
608-348-2696 \* [www.driftlessmarket.com](http://www.driftlessmarket.com)

EARLY SPRING 2013

### Special Items of Interest:

- *How is it Made demo - Sat, March 2nd from 10 - 3*
- *Checkout DM booth at UWP Early Childhood Conference Sat, Mar 9th*
- *Checkout DM booth at Potosi Wellness Fair - Tuesday, March 19th*
- *Main Street Sustainability Committee Meeting - Wed. Mar 20th, 6pm at Driftless*
- *Ayurveda Workshop Series continues at Driftless.*
- *Kitchen Gardening Basics - Sat, April 6th, 10am-Noon*
- *Southwest Wisconsin Young Professionals visit Driftless - Thursday, April 11th.*
- *Platteville Winter Farmers Market: 1st & 3rd Sat of month, Trinity Episcopal Church 210 Market St.*

## To Bag or NOT to Bag: Simple guide to plastic bag use at the Grocery!

The average American uses more than 500 shopping bags a year. And how many produce bags - and what do you need them all for? Remember to Reduce number of bags used, Reuse clean bags for multiple uses, and Recycle plastic when you do not have another use.

### Reduce

**No BAG:** Cucumbers, peppers, garlic, ginger, all your citrus including lemons, limes, oranges; avocados, mangos, bananas, apples, cabbage, etc: these items don't need bags. They have their own protective covering. Check out Driftless Market's selection of produce & reusable grocery bags.



### Reuse

Maybe a BAG?: Misted items: broccoli, lettuce, greens, carrots, root vegetables - Try an eco bag made of thin cotton or save your plastic bags, rinse, dry and reuse. TIP: Save onion and potato bags to reuse.



### Recycle

**To BAG or Bring your own!** Ok, there are some things that do need a bag or container: Gourmet lettuce mix, spinach, and nuts. If you have a favorite Greens container, we are happy to pre-weigh (get tare weight), then fill it and have your salad all set for supper!



## Be part of the solution for a Sustainable Platteville!

**RECYCLEMANIA:** Driftless Market Supports UWP Recyclemania's "Bring Your Own Bag" Week March 3rd with reusable bag specials & promotions through Earth Day - April 22nd, 2013

- 10% OFF on Select Reusable Bags
- "Like" us on Facebook or Bring Your Own Bag to Benefit the Platteville Community Arboretum

Watch for updates on Bike Rack Designs selected from the Creative Bike Rack Contest. Installation of selected designs will take place in during the May 2013 "Bike to Work" week activities. Contact Heidi if you or your group would like to get involved with Local sustainability activities - [heidi@driftlessmarket.com](mailto:heidi@driftlessmarket.com)



## **Ayurveda ~ Sharing its secrets to bring balance**

**Tuesdays from 5:30 - 7pm**  
Driftless Market lower level - 95 W Main Street  
**Pre-registration requested.**  
*You must attend the Basics session to continue the series.*

- **March 5th ~ Ayurveda Basics - Cost - FREE**
- **March 12th ~ Daily Routine : Important for good health and longevity! - Cost- \$15**
- **March 19th ~ 6 Tastes & Ayurveda - Cost- \$15**

Click for link to [poster and full session descriptions!](#)  
**Check out new book titles on Ayurveda at Driftless!**

## Driftless Market Presents: How is it Made? Art Glass



Join the Driftless Market in welcoming Cathie Roberts, of Farm Girl Studio, for a demonstration of her beautiful lampwork glass bead making technique, and opportunity to hear about how she uses these one of a kind beads in her unique and creative jewelry designs.

**Saturday, March 2nd**  
**From 10am-3pm**  
**At Driftless Market**  
**95 West Main St.**

**There will be refreshments and a wonderful selection of Cathie's beautiful jewelry!**  
**Watch for more Driftless Presents events that feature local artists, vendors and growers!**

<http://www.driftlessmarket.com/events/how-it-made-lampwork-art-glass-beads>

## DM Favorites: [More recipes online](#)

### Beet and Red Lentil Soup! 10 Servings

8 C Beets (Peeled & Chopped )  
3 C Onion (Peeled & Chopped)  
1 C Celery (Chopped)  
2 T Garlic (Minced)  
2 C Carrot (Chopped)  
8 C Vegetable stock/water  
4 C Bell Peppers (Chopped)  
1 1/2 C Coconut milk  
1/4 C Curry powder  
1/2 C Lemon Juice  
2 C Red Lentils (Uncooked)  
1 t Cumin  
2 t Salt  
1 t Pepper

#### Prep work:

- Chop all of the Vegetables and use the scrapes to make vegetable stock
- Boil 4 cups of the beets and 1 cup of the dry lentil and then puree

#### Directions:

- In medium sauce pan, saute the remaining vegetables in oil
- Add in the veggie stock, coconut milk, lentils, lemon juice, & spices.
- Season to TASTE!

## FRESH

Beets are highly nutritious and “cardiovascular health” friendly root vegetables. Certain unique pigment antioxidants in the root as well as in its top greens have been found to offer protection against coronary artery disease and stroke; lower cholesterol levels within the body, and have anti-aging effects.

Botanically, the tuberous root vegetable belongs in the *Amarathaceae* family, in the *beta* genus. Its scientific name is **Beta vulgaris**.

Swiss chard is another member in the *beta* genus grown for its edible leaves.



## Kitchen Gardening Basics - Robin Timm

Saturday, April 6th from 10:00 to Noon!

Join Robin Timm, Driftless co-owner, and Safe Home Farm farmer, with years of gardening experience.

From winter dreams to spring planting, go through the steps of creating a small or large kitchen garden. We will look at various seed varieties, choose our favorite summer veggie treats and then plot out a kitchen garden.



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Subscribe to our Newsletter and learn about Daily Soups, Recipes, useful Resources and Event updates on the Driftless Website.

[www.driftlessmarket.com/](http://www.driftlessmarket.com/)

## Seed Savers Exchange: Decorah, IA

Seed Savers Exchange is a non-profit organization dedicated to saving and sharing heirloom seeds. Since 1975, our members have been passing on our garden heritage by collecting and distributing thousands of samples of rare garden seeds to other gardeners.

Seed Savers offers an alternative model to big agriculture through their work, encouraging participatory preservation among members, and by signing the safe seed pledge. Seed Savers Exchange knows that the future of our planet depends on a genetically diverse food supply and carries out our important work by:

- Maintaining thousands of varieties of different plant types—from amaranth to watermelon—in one of the largest seed banks of its kind in North America.
- Regenerating seed in isolation gardens and storing them in ideal conditions.
- Documenting valuable cultural information on varieties and their histories.

- Distributing heirloom varieties to members and the public through the Seed Savers Exchange Yearbook and the Seed Savers Exchange Catalog
- Storing varieties in back-up locations at the USDA Seed Bank in Fort Collins, CO and at Svalbard Global Seed Vault in Norway. These off-site deposits remain the property of SSE.



### ☑ Did you know we did THIS!

- Driftless Book Shelf carries new titles on topics related to: Healthy Foods and Cooking; Sustainability; Organic Farming & Gardening, Ayurveda; Essential Oils; and unique titles by local authors.
- Bulk filling station for Dr. Bronner’s Castille Soaps, Natures Gate Unscented Lotion, & Cleen Laundry Soap.
- Seasonal Gardening Supplies like Seed Savers Heirloom Seeds and Worm Castings!
- What! We don’t carry it? Ask us about SPECIAL ORDERS!

[www.driftlessmarket.com/  
special-order](http://www.driftlessmarket.com/special-order)