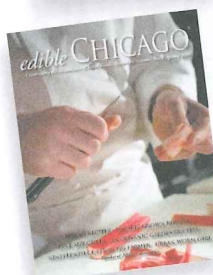
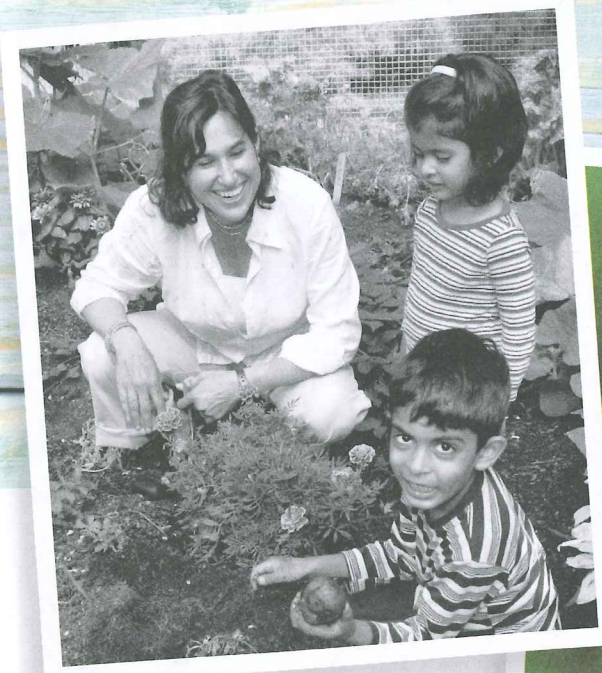


Portrait of an Enchanted Gardener



SPRING, 2009

As a child, Jeanne Pinosof Nolan recalls gravitating to the recesses of a family friend's garden while growing up along the North Shore. Even as a seven year old, sitting alone and eating peas in the foliage, she knew she was in her element. "I'd love to go and sit in it, just surrounded. I just liked the feeling of being lost in the garden," says Jeanne, her elfin features framed by a disheveled pixie cut, her arms circling wide to emphasize the completeness of her enclosure.

It could be said that Chicagoland's most recognized organic gardener never came out from under the garden's thrall. She is perhaps best known for her groundbreaking urban gardens that bear food and flower into artisan statements, though much of her work is for private homes. She keeps in touch with legendary chef Alice Waters, who visited the 5,000 square-foot Edible Gardens Jeanne built and maintains for Green City Market in the Lincoln Park Zoo. Now in its fifth year, it recently expanded its program to teach more school children about where food comes from.

The stylishly sustainable rooftop garden

lounge at the Uncommon Ground restaurant in Rogers Park, another one of her creations, is the country's first that is certified organic. Jeanne is also seeding a book proposal with a literary agent in New York who rang after seeing her in Shape, a magazine that gave her a 2009 Green Living Award.

Long before organic gardening blogs abounded and a vegetable patch came to the White House, an 18-year old Jeanne left her comfortable home in Winnetka for a year of soul-searching in Arizona. She says, "I was shedding the Jeanne I was raised to be." That Jeanne was "a very, very good girl...on track to lead a

successful mainstream life." But in 1987, in an Arizona grocery store, she came across a bag of apples that changed her life. It was labeled "organic," a term she didn't know. When she asked what that was, the answer floored her, as she recalls. "You're telling me that everything I've ever eaten in my life has chemicals in it?" From that moment, she knew she wanted to grow food and lead a simpler life. It was an environmental awakening.

The following year, Jeanne began her path to an "ecologically extreme lifestyle" with the help of her mother, who helped her secure an apprenticeship on a farm in Southern California. She would stay for five years, perfecting the growing techniques she uses to this day. Life was physically demanding, moving from farm to farm, from California to Texas and North Carolina, at one time living in a house built from recycled materials. Composting toilets were the norm.

"Over the course of 17 years I would live on three different farms and each had a different soil, each had a different climate, and each was in a different part of the country, but the organic gardening principles stayed the same," says Jeanne.

By 2004, with a two-and-a-half year old daughter, Thea, Jeanne faced a difficult decision. "My life had been focused on hanging the world and my personal idealism, but now the focus had shifted to raising my daughter and to what would be best for her." She decided to move back to Winnetka to be closer to her family.



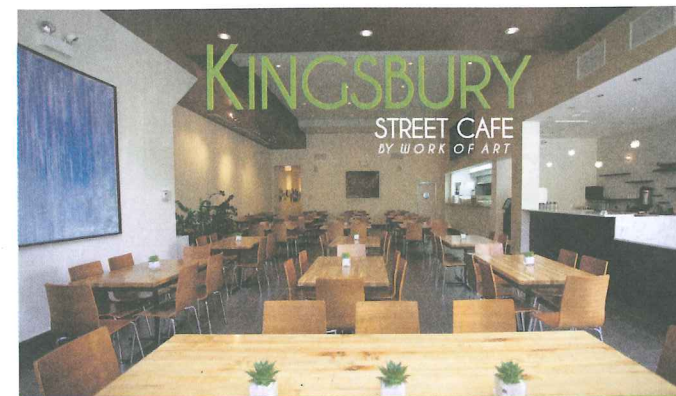
Back home at her parents' house, the first things she did was put in a vegetable garden to cope with her awkward transition from farm life to one in the suburbs. It was a neat patch, lined with heirloom tomatoes, butternut squash, snap peas and lettuce and, unexpectedly, exquisitely helmed by giant blooms of Mammoth sunflowers. When a friend saw it, she prophetically said, "You have to start a business. Other people are going to want this."

Jeanne's cell phone chirps non-stop these days (the cricket-like ring tone she's chosen is less disruptive when working in the garden). Her business, The Organic Gardener, is based out of the historic house—the last David Adler in existence in their village—Jeanne, her husband and their two young daughters share in Glencoe, north of Chicago, not far from where she grew up. It's a charming gingerbread of a

house, reminiscent of a favorite children's book, overlooking a 6,300 square-foot garden hemmed by a white, split rail fence.

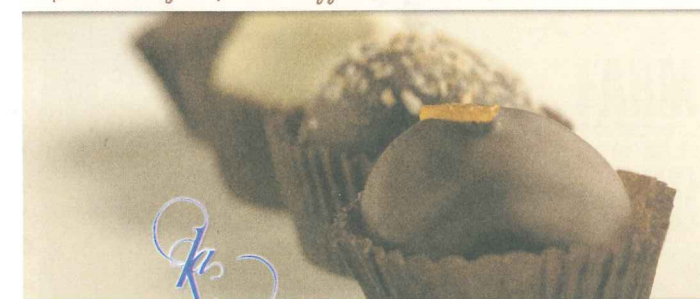
"My whole life, I'm looking to feel connected to the pulse of life. Some people get that feeling in church. I feel like I'm in my place when I'm in the garden," she says, adding, "I'm never thinking that there is something more important I can be doing, especially when I'm teaching kids." ec

Susan Oh is a life-long learner and passionate storyteller. Her attempts at gardening get better every year. When she's not writing about food, wine or tech issues, she splits her time between Chicago and Cancun, Mexico.



1523 N Kingsbury St | 312 • 280 • 1718 | kingsburystreetcafe.com

Seasonally inspired truffles, caramels, & hot chocolate



KATHERINE ANNE
confections

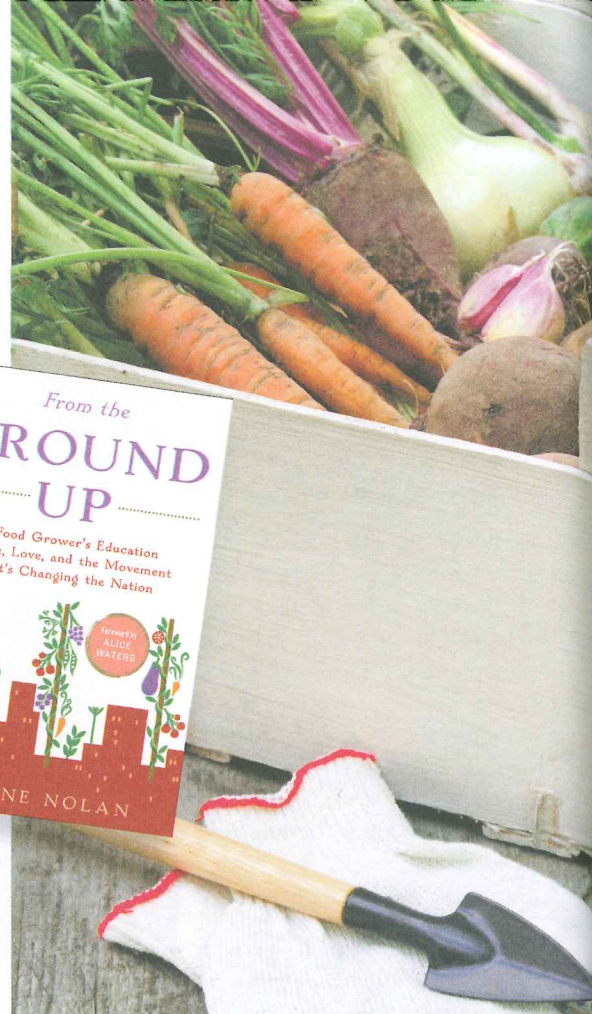
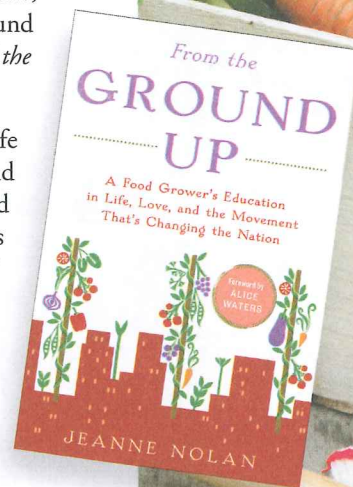
2745 W. Armitage
Confiserie: 773-245-1630
<http://www.katherine-anne.com>

Old Turf, New Territory

SUMMER, 2013

Editors' note: Jeanne Nolan's book offer has now come to fruition. From The Ground Up, A Food Grower's Education in Life, Love, and the Movement That's Changing the Nation is expected to be released in July. The book is "a memoir, a manifesto and a how-to," according to Alice Waters. "From The Ground Up lures the reader into this beautiful experience—the textures, scents, and the quiet, patient pleasure—of growing your own food."

Shortly after high school, convinced that my upper middle-class life lacked authenticity and purpose, I fled my native Winnetka to find meaning on commune-style organic farms in California, Texas, and North Carolina. Upon my return home to the Chicago area 17 years later, I discovered—first through a garden grown in my parents' suburban backyard and later through gardens planted on rooftops and in schoolyards—that an authentic way of relating to the earth (and ultimately to others) was available to me in urban and suburban environments, the very ones I grew up in no less! While building gardens for and with families, schools, restaurants, and institutions, and managing The Edible Gardens for Chicago's Green City Market in Lincoln Park Zoo, I hear from city-dwellers about how intimidated they are to grow their own organic vegetables and they often feel overwhelmed, especially by the maintenance tasks. Here are the tips I give everyone who asks me about tackling weeds and pests—from seasoned horticulturalists to first-time green thumb enthusiasts—so they can grow healthy, bountiful, chemical-free gardens. — *Jeanne Nolan*



Ten Ways to Tackle Weeds and Pests without Chemicals

1 HEALTHY SOIL The soil acts as the immune system of your plants. If plants are getting what they need from nutrient-dense, well-aerated soil, they will be much more resistant to disease, and fewer pests will prey on them. A generous layer of compost added annually has the added benefit of helping to reduce weeds.

2 BENEFICIAL INSECTS Use companion planting, crop diversity, and interplanted flowers to attract beneficial insects to your garden that will deter or attack harmful insects. Basil planted among tomato plants, for instance, will draw insects that prey on tomato hornworms.

3 PROTECTIVE LAYER Deter weed growth with a protective layer of alfalfa hay or straw around your plants; the layer can starve potential weeds of sun and prevent their growth. An added benefit is that this layer helps retain moisture and adds nutrients to the soil as it decays.

4 WEED BY HAND Far and away the most effective method for keeping out weeds is to pull them up at the root by hand or hoe. (If snapped off above the root they will grow back quickly.) The key is consistency—pull the weeds out when they're still young and never let them get established. If

you stay on top of it, weeding won't take more than 30 minutes a week in most gardens. Never let the weeds go to seed, or produce seed.

5 HANDPICK BUGS If you have Japanese beetles, squash bugs, or cabbage worms, arm your kids or your neighbors' kids with cups of soapy water and tell them to pick off the bugs and drop them in their cups. This may be the least appealing task in an organic food garden, but kids love it.

6 GARLIC BARRIER A natural insect repellent, Garlic Barrier (garlicbarrier.com) is a preventive measure, so apply it before bugs arrive to deter them. You can also make your own garlic spray at home with a simple recipe that's easily found online. I routinely mix it with Neptune's Harvest (neptunesharvest.com) fertilizer spray and apply it every other week to plant leaves, so that the vegetables and fruits get nourished with a protective scent of garlic that most bugs don't like.

7 BT The certified organic insecticide Bacillus thuringiensis (Bt for short) is derived from a bacteria that is common in soil and benign to humans. It's especially effective at killing caterpillars as well as beetles, flies, and mosquito larvae.

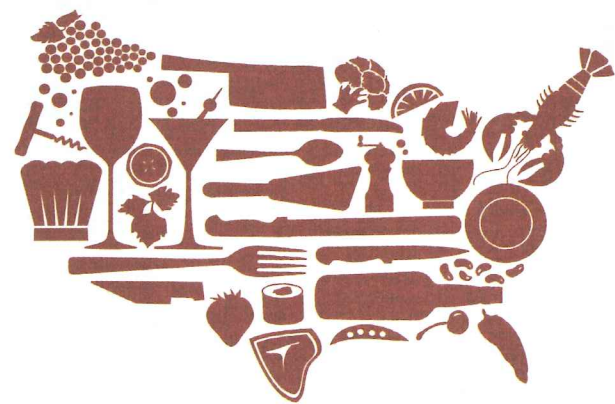
8 SAFER SOAP The best way to handle aphids is to first remove them from plant leaves with a hard spray of water from the garden hose and then spray them with a layer of Safer Brand Insect-Killing Soap (saferbrand.com) to finish them off. Safer Soap can also tackle mealybugs and whiteflies.

9 SAFERGRO MILDEW CURE This organic spray (safergro.com) helps prevent "powdery mildew," a common disease that afflicts pumpkins, squash, and melons in particular.

10 SLUGGO A barrier of Sluggo scattered around a plant or bordering the entire garden is the best way to deter snails and slugs. The granulated pellets made with iron phosphate are pet- and wildlife-friendly. www.montereylawngarden.com/products/organic/#Molluscicides

Excerpts from the Book, From the Ground Up by Jeanne Nolan. Copyright © 2013. Reprinted by arrangement with Spiegel & Grau, an imprint of The Random House Publishing Group, a division of Random House, Inc. All rights reserved.

Bonus: For a special video about the Green City Market's Edible Garden visit: ediblechicago.com/videos



great Food, great Drink,
GREATER CAUSE



CHICAGO, ILLINOIS
WEDNESDAY, AUGUST 14, 2013
Navy Pier Grand Ballroom, 600 East Grand Avenue, Chicago, IL

GENERAL ADMISSION | \$125 IN ADVANCE,
SPECIAL VIP TICKET PRICING AND BENEFITS COMING SOON!
For tickets and information, visit TasteOfTheNation.org/chicago or call 877.26TASTE
100% of ticket sales supports Share Our Strength's efforts to end childhood hunger.

LOCAL BENEFICIARIES
The Greater Chicago Food Depository
The Illinois Hunger Coalition
Cooking Matters Illinois - a partnership with the Illinois Child and Maternal Health Coalition

FEATURING CHICAGO'S BEST CHEFS, RESTAURANTS, MIXOLOGISTS AND BARTENDERS TOGETHER FOR ONE NIGHT ONLY!
2013 EVENT CHAIR, R.J. MELMAN Lettuce Entertain You Enterprises
CHEF CHAIR, ELISSA NAROW Perennial Virant and Vie Restaurants



Phoenix Bean
LOCALLY CRAFTED FRESH SOY PRODUCTS

All Natural, Fresh, Local, Artisan Crafted, Healthy, Kosher Certified and Delicious Tofu

We use only the finest locally grown Non-GMO soybeans with no additives or preservatives to create our flavorful tofu in small batches. Our tofu products are naturally cholesterol and gluten free and contain no trans fats.

Call now for samples and ordering info: 773-784-2503

Phoenix Bean, LLC | 5438 North Broadway Avenue, Chicago, IL 60640 | T: 773.784.2503 | F: 773.784.3177 | www.phoenixbean.com

RAW bistro DOG FARE
FARM-CRAFTED FRESH

RAW DOG FOOD TREATS - BONES
100% GRASS-FED + FREE-RANGE

AVAILABLE AT SELECT INDEPENDENT PET RETAILERS & NATURAL FOOD STORES

FARM TO BOWL, IT'S ALL GOOD

RESPONSIBLE DOG FARE RAW bistro .COM