



South Whidbey Tilth

Serving farmers, gardeners and consumers interested in environmentally sound, sustainable and socially equitable agriculture

Volume 35, Number 2

Summer 2017

Bring Agricultural Items to the Fair

Calling all gardeners and farmers to show off your best produce at the Whidbey Island Area Fair in Langley. It's the Place to Be Seen in 2017 — July 20th through the 23rd to be exact. Every entry earns cash. The more entries this year yields more cash for entries next year.

South Whidbey Tilth and Deer Lagoon Grange are coordinating the agriculture activities in the Burrier Building with the help of the Island County Conservation District, Washington State University Extension Service and Whidbees (Whidbey Island Beekeepers Association). All items must be brought in between 1 and 7 p.m. on Tuesday, July 18 for judging. But first register online www.whidbeyislandfair.com. Refer to the Premium List "Your Guide to Entering the Fair" found in local stores and on the Fair's website. Rules for entering items in Department 204, Agriculture, are on pages 20 to 22. Points are earned based on the Danish system, meaning if all the rules are followed the entry earns a blue ribbon worth 15 points. An example would be five green beans that should be "young and tender without strings, smooth and uniform in shape and with no bulges in the pod."

Fair agriculture on page 4



Help Make Garden Animals and People

Sunday, July 16, Deer Lagoon Grange #846 hosts its annual Garden Critter Workshop at the South Whidbey Tilth Farmers' Market from 11 a.m. to 2 p.m. Kids of all ages are invited to participate in the Critter categories listed on page 22 of the Whidbey Island Area Fair Premium List.



Tilth and Grange members are needed to give hands-on help. "Grange Bux" valued at a dollar will be distributed to critter creators aged 14 and younger in order to buy the unusual vegetables, fruits and flowers Tilth farmers will offer decorators for this fun pre-fair party. Bring the whole family and the neighbors to the big tent.

Critter workshop on page 4

Spend a Day at the Whidbey Island Fair for Free

There's a catch of course; we need volunteers to help staff the Agriculture Department displays during the four days of the Whidbey Island Area Fair, July 20 through 23. There are approximately four shifts each day beginning at 9:30 a.m. Andréa Linton has prepared a digital poll to help build a robust schedule for volunteers from the Tilth, Deer Lagoon Grange and Whidbees membership. Please go to <https://doodle.com/poll/skqpd4kdegy7ik85> and sign up. There can be up to two people per shift. Do it early for the best choices. Anyone uncomfortable with this process can call Andréa at 360-221-1310.

All shifts begin at 9:30 a.m. The fair closes at 10 p.m. on Thursday, 10:30 p.m. on Friday and Saturday and 9 p.m. on Sunday.

Volunteer duties include greeting visitors, stamping passports,* encouraging visitors to choose a favorite Garden Creature for the People's Choice Award, keeping the room tidy, directing visitors to the educational displays. In addition, South Whidbey Tilth is preparing a display about what can be seen with a microscope or hand lens.

Fair volunteers on page 4

An Abundance of Zucchini Calls for Fritters



Adapted from Amy Pennington's recipe in *Fresh! Seasonal Recipes with Local Ingredients* by the Cascade Harvest Coalition

Try serving with goat cheese, over a bed of greens with a side of oven-baked french-fries, or topped with sliced tomato and mozzarella.

Makes 8 to 12 fritters, serves four

- 4 zucchini, finely diced (yield 4 cups)
- ½ large onion, finely diced (yield 2 cups)
- 4 eggs
- 4 tablespoons flour
- ½ teaspoon black pepper
- ½ teaspoon chopped fresh herb mix—parsley, mint, dill, anise hyssop, basil, tarragon.
- Salt to taste

Cover bottom of medium sauté pan with oil and place over medium heat. Add onions, and a pinch of salt. Sauté for 4 to 5 minutes until onions are soft and translucent. Add chopped zucchini and a pinch of salt. Sauté until zucchini is soft and nearly cooked through. Remove from heat to cool. In a separate bowl whisk together egg, flour, black pepper, and herbs. Add one spoonful of zucchini mixture to batter at a time (to insure you are not cooking the egg) until all has been incorporated. Heat a non-stick skillet over medium heat and add a ladle-full of zucchini batter to the pan. Brown on both sides, about 4 to 5 minutes per side, until crispy golden. Serve and enjoy immediately!



WHAT IS TILTH?

- Tilth (tilth) n. [fr OE Tilian = th]
- a. the quality of cultivated soil,
 - b. the cultivation of wisdom and the spirit.

South Whidbey Tilth Association is a nonprofit corporation and a chapter of Washington Tilth Association.

MISSION

Washington Tilth Association is an educational and research association, the purpose of which is to support and promote biologically sound and socially equitable agriculture.

South Whidbey Tilth Association is a diverse network of people working cooperatively within our organization and in the community. Our commitment is to advocate, study and teach agricultural practices consistent with stewardship of the natural world. We promote and demonstrate principles and practices of sustainable agriculture, as well as cultivate a variety of opportunities for local market gardeners and farmers.

2017 COUNCIL OF TRUSTEES AND OFFICES

President: Prescott	360-682-8642	president@southwhidbeytilth.org
Vice President: FRed Rouge	646-573-6132	fred4x4@hotmail.com
Finance: Edward Hueneke	360-331-5806	edgrant012@gmail.com
Secretary: OPEN		
Membership, PR & Dev.: Andréa Linton	360-221-1310	andrea@whidbey.com
Education: Angie Hart	707-498-9086	tah23@humboldt.edu
Land Stewardship: Ida Gianopulos	503-730-0199	ijq4@humboldt.edu
Market: Judy Kaplan		peacefuljudyone@gmail.com

PROJECT LEADERS

Native Landscape: J.C. May	360-331-1004	majic45@gmail.com
Community Garden: Ida Gianopulos	503-730-0199	ijq4@humboldt.edu
Webmaster/Email: Marc Wilson	360-579-2890	info@southwhidbeytilth.org

CONTRACT SERVICES

Market Manager: Emma Geiger	360-321-0757	market@southwhidbeytilth.org
Newsletter Editor: Prescott	360-682-8642	prscot@whidbey.net
Bookkeeper: Jeanne Celeste	360-331-6135	bookkeeper@southwhidbeytilth.org

MEMBERSHIP

South Whidbey Tilth membership is \$25 annually. Additional people in a household may join for \$10 each. The newsletters can be received by email or by USPS mail, one per household. To update membership information, contact Vivian at vivian2b4@gmail.com or leave a message at 360-321-0757.

ABOUT THE NEWSLETTER

The South Whidbey Tilth newsletter is a bimonthly publication of South Whidbey Tilth Association. The primary purpose of this publication is to foster communication among our membership and friends with information about our mission and our organization. A newsletter subscription is \$25. Submissions of letters, articles, book reviews and photos are encouraged. The editorial committee reserves the right to edit for clarity, style and concision. Advertising and opinions in this newsletter are not necessarily the policy of the South Whidbey Tilth Association.

DEADLINE FOR SUBMISSIONS TO THE FALL ISSUE IS SEPTEMBER 18

Newsletter committee: A.T. Birmingham-Young, Emma Geiger, Stevie Linton, Prescott, Paula Richards and Marc Wilson.

ADVERTISING RATES IN THE NEWSLETTER

Full page \$70, half \$40, quarter \$22 and eighth \$12. **Classified ads** are also available for a dime a word.

HOW TO CONTACT US

Mail to:	South Whidbey Tilth PO Box 252, Langley WA 98260
Phone:	360-321-0757
Email:	info@southwhidbeytilth.org
Website:	www.southwhidbeytilth.org
Facebook page:	www.facebook.com/SouthWhidbeyTilth
Physical location:	2812 Thompson Road, off SR 525



Meet Emma — Tilth's Sustainability Program Intern

by Emma Geiger

I have to think for a second when people ask how I am acclimating to the island. Not because it is a difficult question, but because I forget that I have only been here a month, and that would make this

the acclimation period, despite that I feel more at home here than in a lot of other places I've lived long enough to technically refer to as home. Back in the beginning of June, I spent my first day on the island at our Sunday Farmers' Market, meeting the vendors, the regular customers, farmers, gardeners and crafters — all of the people that make up the South Whidbey Tilth community, and was immediately welcomed. I was offered delicious food from vendors, given more tips on the best island spots than I could remember, and met with open smiles and greetings despite my being an outsider. Outsiders have no place on Whidbey Island it seems, and are quickly taken in, as if a family member simply returning from a great journey. Maybe after living here a while you get used to it, but I'm still in awe of the sense of community that exists here.

This market season, I'll be cultivating a plot in the community garden, learning the ropes and responsibilities of market management, exploring strategies to improve the outreach of South Whidbey Tilth, and taking advantage of the abundance of opportunities to learn about sustainable agriculture from the diverse array of local farmers, gardeners, and organizations on the island.

I'm grateful to be here, and given the opportunity to be a part of this community united by common values and goals. If we haven't met yet, please introduce yourself. To those of you I have met, thank you for welcoming me, and sharing your knowledge, skills, and stories. If you have ideas for other projects that might benefit Tilth, please get in touch, I'd love to brainstorm together.

May the summer bring you good tilth and tidings.

EMMA GEIGER just graduated from St. Lawrence University in Canton, New York, earning a Bachelor of Arts/Science as an English major and an Outdoor Studies minor. During the last two years she has worked as an intern and farm hand with Awhi Farm Center for Sustainable Practice in Turangi, New Zealand; Full & By Farm in Essex, New York and St. Lawrence University Sustainability Semester Farm.

Although she was the first applicant to our advertisement of the Sustainability Internship Program last February, she was not available until June. As it turned out she was our best candidate and well worth the wait.

She is a gifted writer and has contributed to this newsletter and does most of the Farmers' Market promotional material. She's having great results from the garden we started for her. She is living at Maha Farm while she's here and helping with some of their chores.

— Prescott, South Whidbey Tilth president

Save the Date

August 10th Sustainability Potluck at Tilth



With the Summer Solstice now behind us, we're starting to daydream of a certain evening in mid-August: music drifting between the red vendor booths and through the gardens, gathered around an abundant spread of fresh food amongst the best of company... The planning has begun for the 11th Annual Tilth Sustainability Potluck. Slow Food Whidbey Island (SFWI) is joining us as they did last year. Watch for your invitation in early August.

There will be raffle items to suit every interest and whim. Judy Kaplan is coordinating the donations for it. SFWI is contributing three gift baskets. Contact Judy at peacefuljudyone@gmail.com if you have an item for the raffle.

We'll need volunteers to help with planning, music, to procure the beer and wine license and manage setup and cleanup. If you would like to help out, please contact us at 360-321-0757 or email Prescott at prscot@whidbey.net.



Forest Understory Recovery Project

by Tom Vincent, Master Gardener

This spring marked a resurgence of interest in Tilth's Forest Understory Recovery Project. Located in the woods to the north of the market area, the Forest Understory Project has been partially completed for some time. Now, led by Master Gardener, Tom Vincent, an intrepid band of volunteers, including Janet and Paula Richards, Susan Prescott, and our new intern, Emma Geiger, have been hard at work. Several work parties have resulted in the completion of the main circular forest trail. In addition, work has begun on the arduous task of rescuing the native understory and overstory plants from the clutches of invasive species. Hollies, Himalayan blackberries and vines have been removed, exposing lots of young Douglas fir, cedar, madrone, alders and big leaf maples. Beneath them, tall Oregon grape, vine maples, ferns, huckleberry and salal can now all have a fighting chance at survival.

The next step will be to identify and catalog the existing native species that exist on the site. Hopefully this will allow us to identify appropriate understory plants that can be added to the site. The final step in the recovery effort will be the creation of identification and information signs that will allow the woods to function as an educational tool to inform visitors who walk the path about some of the features of a healthy thriving Pacific Northwest understory.

Work parties continue on Thursday mornings. New volunteers are always welcome. Even if you can't volunteer, be sure to stop by and chart our progress and see how many species of plants and animals you can find. The understory woods walk at Tilth is open to all.

Fair agriculture, from page 1

Whether you are a backyard gardener or a professional farmer, everyone wants to see your best stuff. There are seven divisions from A to G in the Agriculture department. Each division includes a category for young people — “youth.” Within each division are numbered classes. Bring in vegetables, fruits, herbs, honey, grains-beans-seeds and compost. Division G is all about creative entries including scarecrows, people and animal critters, carved pumpkins or squash, and the largest sunflower head.

Save time by registering online now. On the website select “Exhibitors.” Once you have your password you can go to your list of entries and make changes and additions.

Critter workshop, from page 1

Each entry earns points for cash. Learn more from the Premium List and register to submit your entry at www.whidbeyislandfair.com. Online go to “Exhibitors” and get registered. Please bring creations to the Burrier Building on the fairgrounds between 1 and 7 p.m. on Tuesday, July 18.

Fair volunteers, from page 1

We would appreciate it if our members would assist those with questions and protect the equipment and elements on display when they do their volunteer shift.

**Passports encourage an educational journey through the fairgrounds for children up to age 12. See page 25 in the Premium List.*

Setting up the Agriculture Building

Getting the area in the Burrier Building ready for the fair involves some teamwork from members of Tilth, Deer Lagoon Grange, Whidbees and others. We'll be sweeping, cleaning and putting fresh paper on surfaces on Monday, July 17. But we really need extra help accepting and placing entries and judging them on Tuesday, July 18 between 1 and 7 p.m. If you can spare several hours that day let us know.

We'll need judges to grade each entry and award an appropriate ribbon to it. We'll be handling vegetables, fruits, herbs, scarecrows and garden critters. Having at least three judges is ideal. Several volunteers are needed to help people bringing in entries to fill out their forms, then give them to a judge. After judging a volunteer needs to place the item on a shelf or table according to the numbered classification. Our department verifies each digital entry and sends it to the fair office in order to prepare premium payments.

On Wednesday, a few volunteers are needed to go through all the entries to check the verification.

If you can help, please sign up on this separate Doodle poll link, <https://doodle.com/poll/b5xckr8xc3izxnm9>. Questions, contact Prescott 360-682-8642.

Tilth's 46th Season of Farmers' Marketing

Our Farmers' Market got off to a slow start due to the chilly spring, but lots of good food and crafts have been coming in since late June. Both Dorcas Young of Lesedi Farm and Edward Hueneke are cooking ready-to-eat food each week. Kym Saephan filled in for the Music Festival on June 25 when Edward was away.

Produce vendors to look for are Brian Kenney of DoReMi, Anza Muenchow, Marc Wilson or FRed Rouge of Maha, Molly Jacobson of Blackberry Moon and Michael Seraphinoff of Nettle Hollow. We are sad that Frank Parente of Gourmet Organics is unwell and not able to vend.

Check out our new and returning crafters. Paul Iddins just returned with his beautiful wood works, Grandpa Rufus (Rose) attracts customers of all ages with his handmade whirly gigs. Louise Holloway Stanley has both produce and her ever-evolving art work. She shares her space with Wendy Ferrier of Thistledown Handwork.



Angie Hart had Madalynn Cooke paint Maria.

Both Wendy and Joanne Martinis (Windy Hill Farm) have animal fiber, yarn, and handmade products. Young Alex Martinis brings in tie-dye shirts and baby clothes, and now a line of woven keychains. Madalynn Cooke of FarmArt is specializing in animal portraits this year. The Sichel family is usually at the market with bird houses and plants that attract birds and bees. Ela Winstanley comes with her beautifully painted silk scarves when she's not working at the Freeland Library. Each month Byron Burns of Pain ReLeaf comes, but his schedule is erratic. Badeah, Betsy Shirazi, is a new and exciting vendor of miniature paintings, wearable art and delightful nature cards.

The market is open every Sunday from 11 a.m. to 2 p.m. at 2812 Thompson Road, Langley 98260 on SR 525 between Bayview and Freeland. For more information contact Emma at market@southwhidbeytilth.org or call 360-321-0757.

Market and Grounds Maintenance this Summer and Fall

We've been gathering on the Tilth Sustainability Campus to mow, weed and set up the market. Usually you can find a group busy on Thursdays from 10 a.m. to 4 p.m. or Saturdays from noon to 4 p.m., but that varies depending on the weather. Consider coming on those days and bring a lunch.

After Bruce Fallon mowed the fields this year with his antique tractor, we marvel to see so many of the plants maturing that were established earlier. Now those areas could use cultivation and mulch.

- **Weed, mulch and identify plants:**
 - Forest understory
 - Garry oak beds
 - Plantings along the driveway
 - Fruit and nut trees (harvest help will be welcome too)
- **Clear blackberries from the garden storage shed**
- **Train to maintain the hot compost and vermiculture bins**
- **Come regularly to support the market:**
 - Clean restrooms
 - Haul trash and recycling
 - Saturdays put up market banner, flags and wooden letters before 1 p.m.

- Set up canopies before 10:30 a.m. on Sunday
- Clean and spread tablecloths before and after the market
- Staff the hospitality table or the Laughing Cat Beverage Bar
- Contribute extra produce, crafts, etc. to be sold
- Shop

A big thanks to Marc Wilson who has been mowing the market and parking areas this spring and early summer while grass growth was at its greatest. We can relax a bit during the dry season. Leave a message on Tilth's voice mail to check on schedule changes, 360-321-0757. On super hot days, come by 8:30 or 9 a.m.



Michael trims the fence as Emma tries out the cave-era tools at hand.

Customer Survey on July 2 Market

by Emma Geiger, market manager

As vendors and volunteers, we wanted to get a better idea of how our customers react to various aspects of the market, and so we decided to create a survey that would tell us about the market experience from the perspective of our visitors. Here's what we found based on the answers of those who kindly completed the survey.

Type of visitor responding to the survey:

Most Sundays	37%
Occasional	32%
First time	31%

How they had heard about the market:

Roadside signs	37%
Word-of-mouth	32%
Newspaper listing	26%
Drewslist	5%

How much of their food shopping they do at the market:

Less than 10 percent	84%
Between 10 to 20 percent	15%
20 to 50 percent	1%

How much money they spent at the market that day:

Less than \$10	39%
\$10 to \$20	33%
More than \$20	28%

Cost of items:

Appropriately priced	95%
Too inexpensive	5%

Customers' favorite part of the market:

Live music	31%
(July 2 featured Karen Kunkel from Bellingham)	
Sense of community	22%
Fresh produce	22%
Prepared foods	17%
Crafts and art	8%

What visitors would like to see more of:

Produce variety	45%
Workshops and activities	40%
Prepared food	15%

Thank you to those who took the time to help us better understand our market.



Cherry Tomatoes

by Anne Higgins

*Suddenly it is August again,
so hot, breathless heat.
I sit on the ground in the garden of Carmel, [Langley]
picking ripe cherry tomatoes
and eating them.
They are so ripe that the skin is split,
so warm and sweet from the attentions of the sun,
the juice bursts in my mouth,
an ecstatic taste,
and I feel that I am in the mouth of summer,
sloshing in the saliva of August.
Hummingbirds halo me there,
in the great green silence,
and my own bursting heart
splits me with life.*

"Cherry Tomatoes" by Anne Higgins from *At the Year's Elbow*.
Reprinted with permission from the author.
© Mellen Poetry Press, 2000.

Buckwheat Groats Available

India and Gary Rassner Donovan have a five-pound bag of organic unhulled buckwheat for planting. This is an ideal summer cover crop for an area where you want to improve the soil and control weeds. The bag has been opened and is free. Contact them at 360- 221-2940.



Sell at the Tilth Market

This season, the market committee is inviting community farmers, gardeners and crafters to vend with us in a way that will increase the volume of local produce and crafts, earn some extra money for local producers, support Tilth and, eventually, bring more customers.

- A grower or crafter receives 75 percent of the proceeds from their sold items, but does not have to stay and sell; Tilth takes a 10 percent commission to support market operation; and the volunteer vendor keeps 15 percent.
- Got too much in your garden? Bring it to the Tilth

Market. Bring a list of items with a label and price, include your growing practice, i.e., certified organic, conventional, organic methods, etc.

- Items may be dropped off Saturday afternoon (2 to 4 p.m.) or Sunday between 10 and 10:45 a.m.

Consider being a volunteer vendor on a Sunday once or twice during the season. The job entails collecting the dropped off items, selling them, dealing with the leftovers and preparing an envelope for each producer with earnings.

Join Us or Renew and Choose a Project

MEMBERSHIP Join or renew your South Whidbey Tilth membership. A single household membership is \$25 and \$10 for each additional adult household member. One newsletter is mailed or emailed to each household. *Please list each member's name.* Enclose \$25 (for one) + ___ (number of additional household members x \$10) = \$_____

COMMITTEE AND PROJECT OPPORTUNITIES

I want to join the Council of Trustees and am interested in serving as _____

Education ___ I can teach a class about _____
 ___ I want to help plan programs and lectures

Development: I can help with the following ___ grant writing, ___ data entry, ___ planning, ___ coordinating an event _____; I will help with events like raffles, plant sales, Laughing Cat, etc.

Land Stewardship ___ I am knowledgeable about county codes, ___ I can help with landscaping
 ___ I want to help with _____
 I have the following skills: ___plumbing, ___electrical, ___ carpentry, ___ other _____

Market ___ I want to join the Market Committee, ___ I'm interested in building a booth with someone
 I am also a Tilth market vendor I wish to be a Tilth market vendor, send me more information.

Membership and Community Relations ___ I am interested in writing for the newsletter or doing promotions, ___ developing social events for members, ___ helping with mailings, ___ joining the committee to plan, ___ website development or maintenance, ___ social media posting, ___ photo archive

I can contribute ___ hours a month, on weekdays (list days) _____ weekends _____

I/we also want to make a \$ _____ donation to help with the goals of South Whidbey Tilth, a nonprofit corporation, EIN #91-1456495. Contact me about estate donations to South Whidbey Tilth's Sustaining Fund.

Please keep my/our donation anonymous. I/we authorize publication of my/our name(s) as a donor.

Name _____ Email _____

Name _____ Email _____

Name _____ Email _____

Mailing address _____ Town _____ Zip _____

Phone _____ Mobile _____ I want to receive: email updates newsletter online

Please mail to: South Whidbey Tilth Association, P.O. Box 252, Langley, Washington 98260

CALENDAR

JULY

- 16 Whidbey Island Horn Club**, Sunday, 11 to 2, performs rousing tunes at the Tilth Farmers' Market
- 16 Garden Critter Workshop**, Sunday, 11 to 2, with the Deer Lagoon Grange at the Tilth Farmers' Market
- 18 Submit Veggies & Fruit** and other perishables in the Whidbey Island Area Fair, Burrier Building, Tuesday, 1 to 7 p.m.
- 20 to 23 Whidbey Island Area Fair** sign up to steward the agriculture department
- 23 Felted Soap Bar Making**, Sunday, 11 to 2 with Joanne Martinis at the Tilth Farmers' Market; free
- 23 Ellen Rogers Donaldson/Richard Perez**, Sunday, 11 to 2, perform at the Tilth Farmers' Market, 11 to 2 p.m.
- 30 Sarungano** a four-piece mbira/vocals, 11:30 to 2 on Sunday at the Tilth Farmers' Market

AUGUST

- 6 Danny Ward** performs smooth jazz on saxophone at the Farmers' Market
- 10 Sustainability Potluck** a thank-you party for South Whidbey Tilth members and supporters
- 13 Sommer Harris** sings at Tilth Farmers' Market, Sunday, 11 to 2
- 14 Whidbey Island Growers Association Dessert Social**, Monday, 6:30 to 8:30 p.m.; get to know other island farmers and rural property owners at Tilth campus; all welcome

- 20 Sommer Harris** sings at Tilth Farmers' Market, Sunday, 11 to 2
- 27 Rumi Keast and friends** bring an extravaganza of Japanese and American music to the Farmers' Market, Sunday, 11 to 2

SEPTEMBER

- 3 Barbara Dunn**, music therapist, sings at the Farmers' Market, Sunday, 11 to 2
- 10 Danny Ward** performs with his saxophone at the Farmers' Market, Sunday, 11 to 2
- 17 Lee Dvirnak and Detmar Straub** perform at the Farmers' Market, Sunday, 11 to 2
- 18 Tilth newsletter deadline**, send photos, articles, suggestions to prscot@whidbey.net
- 21 Business Meeting**, Thursday, 6 p.m. at Trinity Lutheran Church community building in the nursery; all members are welcome to participate
- 24 Sommer Harris** sings at the Farmers' Market, Sunday, 11 to 2

OCTOBER

- 1 Last Farmers' Market** and party
- 1 Danny Ward** performs cool jazz on his saxophone, Sunday, 11 to 2 at the Farmers' Market

ONGOING

- Thursdays — Work Party**, 10 a.m. to 4 p.m. at South Whidbey Tilth Campus, call for specifics, 360-321-0757