



# South Whidbey TILTH

*Cultivating community action to build a sustainable, environmentally sound and socially equitable food system*

Volume 37, Number 4

Winter 2019



rainydayflora.com

Great camas in a native garden.

## Ecocultural Restoration

*by Jumanji Moritz, owner of Rainy Day Flora*

Last year, I had the pleasure of attending a Tilth event where guest speaker, Eric Lee-Mäder, co-director at the Xerces Society and the founder of a native pollinator seed farm located on Whidbey Island, gave a presentation on pollinator conservation. During his talk, he introduced a concept based on a traditional Japanese method of land stewardship called Satoyama, where humans and nature mutually benefit one another. In this case the term applies specifically to the border zone between forest and flat land where farmers manage lands for sustainable use and, in doing so, increase biodiversity and healthy ecosystems.

**Restoration on page 8**

## Giving Tree Ornaments at Bayview and Island Athletic

Tilth members assembled to create packets of seeds to hang as ornaments on the Giving Trees at Bayview Cash Store and Island Athletic Club. Go by and pick up some packets for \$5 each and share them as stocking stuffers or hostess gifts this holiday season. You'll find lots of impressive ornaments from other nonprofit organizations, too. Each purchase benefits the organization that made them.

The South Whidbey Tilth seed-packet ornaments include individual packages of calendula, hollyhocks, Italian and curly parsley mix, Calypso bush beans, Flageolet Vert bush beans and Cobra pole beans. Ornaments may be paid for at several of the Bayview Cash Store merchants and at Island Athletic Club. The Giving Trees are up until January 2nd.



Support Tilth



Paula Richards hangs a packet of Maha Farm parsley on the Giving Tree at the Bayview Cash Store.



## Farmer's Shadow Continues on January 7

The Farmer's Shadow, a series of educational evenings led by South Whidbey farmer Anza Muenchow, continues in 2020 starting with the topic *Best Tips for a Great 2020 Harvest*. There is plenty of time for questions and open discussion.

Meetings are held on the first Tuesday of every month from 6 to 7:30 p.m. at the Old Bayview School, 5611 Bayview Road, Langley. **Notice the change of venue in 2020!**

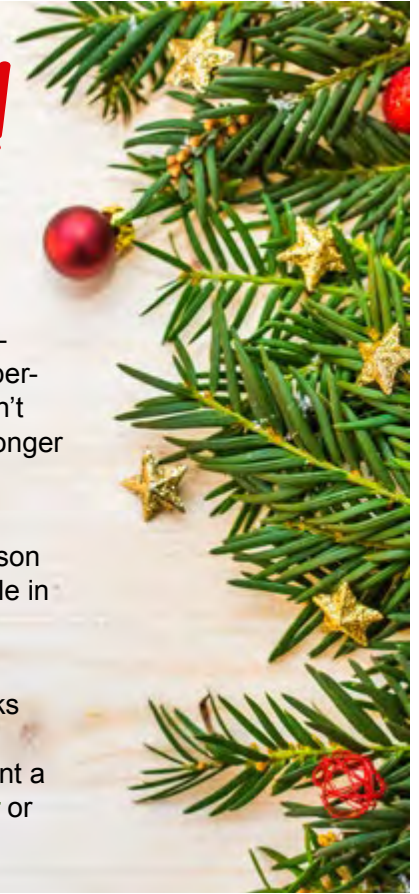
# Celebrate!

**Tilth Holiday Party  
December 27 at 4:30**

South Whidbey Tilth members and their guests are invited to the annual holiday party, potluck and white elephant gift exchange on Friday, December 27. Each person should bring a wrapped item that isn't expensive; perhaps something you no longer want and planned to give away.

The festivities begin at 4:30 p.m. at the home of Anza Muenchow and Marc Wilson of Maha Farm and Forest, 4328 Glendale in Clinton. Please bring food and/or drink to share. Children are welcome.

Prescott is coordinating carpools for folks who don't drive after dark and to reduce congestion. If you can drive or if you want a ride, contact her at [prscot@whidbey.net](mailto:prscot@whidbey.net) or 360-682-8642.



## Sound Waters University

Sound Waters University is a one-day educational event on Whidbey Island that is open to all. Attendees can choose from 60+ classes and presentations about the natural world and the fragile environment of the Salish Sea. The day includes a wide variety of exhibits and a keynote presentation. South Whidbey Tilth will be among the exhibitors.

This year's keynote speaker is John Calambokidis, a Senior Research Biologist and one of the founders of Cascadia Research Collective. In his presentation, *Whales of the Salish Sea – A Sea of Change*, he will present some of the new findings on large whales in the Salish Sea, including the return of humpback whales, and will discuss some new threats, including the unusual mortality event of gray whales currently underway.

Sound Waters University takes place on Saturday, February 1 at South Whidbey High School on Maxwellton Road in Langley. Registration for this popular event begins late December, so visit the Sound Waters University website at [soundwaterstewards.org/sw](http://soundwaterstewards.org/sw).

## Annual Meeting

Mark your calendars for January 19th to attend the South Whidbey Tilth Annual Meeting.

Our guest speaker is Katie Miller of the Organic Seed Alliance.

Watch your email for meeting details.

# 2020





## President's Message: Reaching Out with Education

by President Prescott

Reviewing our activities this year I'm appreciating how much outreach we did with educational activities. We launched the year with an inspiring program by the Xerces Society's Eric Lee-Mäder about native pollinators and the plants that attract them. This led to our native bee display for the Whidbey Island Area Fair that focused on both the social bumble bee and the solitary mason bee, and how important they and other native bees are to our food supply. For Earth and Ocean Month in April, we spent two days with South Whidbey Elementary School classes talking about native bees, building mason bee homes, and discussing regenerative versus industrial agriculture.

Watch for work parties this coming year for the pollinator garden near the entrance to Tilth. Ida Gianopulos secured some funding from the Whidbey Island Garden Tour and has considerable knowledge about planting for native bees.

Work party  
& classes

Anza Muenchow launched a monthly discussion group, the Farmer's Shadow, which continues in January, 2020. Anza leads the group by sharing how to plan, plant, grow and harvest food. She also started a monthly goat husbandry class called The Year of the Doe (see Anza's article in this newsletter).

Gary Ingram taught hands-on fruit tree pruning in March, demonstrating with the trees on the Tilth Sustainability Campus.

A lot of our educational focus is on *tilth*, the quality of cultivated soil. Last spring Tom Vincent showed how to make biochar. Because of its porous nature, biochar, when added to garden soil, holds onto moisture, nutrients and microbes that plants need. He guided the work to make hot compost in Tilth's three-bin compost facility. He also taught two classes on vermiculture.

The Farmers' Market each Sunday was another opportunity to teach and share skills. The Nettle Festival launched the season with lessons in cooking with nettles and using them for medicine and fiber. Another class taught how to make reusable waxed cloth wraps to keep food fresh without using plastic. P.J. Beaven of ZooFit presented a class each month on healthy lifestyle practices. She taught us how to make our own exercise equipment, toothpaste, soap and more.

For the Whidbey Island Grown Harvest Festival with the Langley Chamber of Commerce in early October, Anza taught five gardening classes and Tom taught a compost-making class. Tom is doing a mini-workshop at Tilth as part of the

## Whidbey Island Seed Swap on February 8

South Whidbey Tilth has been asked again to partner with Sno-Isle Libraries for the 3rd annual Whidbey Island Seed Swap that will be held on Saturday, February 8 from 2 to 5 p.m. in the Coupeville Library Community room.

We hope to be among other partners—SLOW Food Whidbey Island, WSU Extension Master Gardeners and the Organic Farm School—with an educational table and the chance to introduce our organization to participants before the main speaker's presentation.

Stay tuned, the main speaker and participating organizations will be announced before the end of December.



And in case you didn't find all your seeds at the seed swap last year, Nathaniel and Annie at Deep Harvest Farm and Seeds continue to expand their varieties of seed that are grown on Whidbey Island. Varieties are selected for their ability to thrive in our northwest climate and in low input soil conditions. Their 2020 catalog is available at [www.deepharvestfarm.com](http://www.deepharvestfarm.com).

annual Master Gardener Clinic in early March, 2020.

Not enough is being said about the importance of managing soil biology and its impact on reducing climate change. Paula and Janet Richards reformatted our "Underground Carbon Economy" display to illustrate how carbon is sequestered in the soil – not in the air – for the Climate Conversation at Whidbey Island Center for the Arts on November 15. Thanks to the leadership of the Langley City Council, who organized the well-attended program, both Oak Harbor's and Coupeville's mayors are inspired to collaborate to mitigate climate change.

Three of us formed a team to participate in Taming Bigfoot, the community action to reduce our carbon footprint. We called our Tilth team Good Earth, and had the lowest footprint. But that was partly because Andréa Linton's hot water heater was out for many weeks and I had trouble entering data because I live off the grid. Our teammate, Nancy Hepp, also won the individual award for the lowest carbon footprint. Watch for Part Two of Taming Bigfoot in the late spring.



## Support Our New Projects and Operations

Support  
Tilth

By now you should have received the annual request for donations to help prepare South Whidbey Tilth for another year. We appreciate your generosity toward meeting our basic operating expenses.

We are excited to be making progress toward a new entrance to the Tilth campus. The redesign includes an informational kiosk, a native pollinator garden and a farm stand. The farm stand will make more local food available to our community and provide a regular outlet for the late season produce raised at Tilth by both its farmers and the Tilth-grown fruits and nuts. The University of Washington's Neighborhood Design/Build Studio instructors have selected South Whidbey Tilth's farm stand proposal for this coming spring. The architecture students will complete the entire process in their classroom, visiting Tilth at the start of the design stage and again at the end of the term to install the building and celebrate the achievement.

Tilth has a \$15,000 fundraising target for the farm stand. There is now \$8,200 in the account and \$8,000 requested in grant proposals. We welcome your contributions to this project. Your membership and participation in South Whidbey Tilth are major resources. Annual membership renewals are now solicited in June, but new members are welcome anytime. We also welcome members to attend regular business meetings and learn more about Tilth. Mark your calendars for the third Thursday of each month at 6 p.m.



## WHAT IS TILTH?

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

### MISSION

**South Whidbey Tilth Association** is an educational association, the purpose of which is to support and promote biologically sound and socially equitable agriculture. 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. The organization is organized exclusively for educational and scientific purposes under Section 501(c) (3) of the Internal Revenue Code.

### 2019 COUNCIL OF TRUSTEES AND OFFICES

President: Prescott.....	360-682-8642	<a href="mailto:president@southwhidbeytilth.org">president@southwhidbeytilth.org</a>
Vice President: Lynae Slinden .....	360-632-4451	<a href="mailto:lynae@whidbey.com">lynae@whidbey.com</a>
Finance: Edward Huenke .....	360-331-5806	<a href="mailto:edgrant012@gmail.com">edgrant012@gmail.com</a>
Secretary: Leah Claire .....		<a href="mailto:osmfarm@gmail.com">osmfarm@gmail.com</a>
Membership, PR & Dev.: Andréa Linton .....	360-221-1310	<a href="mailto:membership@southwhidbeytilth.org">membership@southwhidbeytilth.org</a>
Education: Anza Muenchow.....	360-579-2890	<a href="mailto:education@southwhidbeytilth.org">education@southwhidbeytilth.org</a>
Land Stewardship: Ida Gianopulos .....	503-730-0199	<a href="mailto:landsteward@southwhidbeytilth.org">landsteward@southwhidbeytilth.org</a>
Market: Kirstin Clauson.....	360-395-8842	<a href="mailto:market@southwhidbeytilth.org">market@southwhidbeytilth.org</a>

### PROJECT LEADERS

Native Landscape: J.C. May .....	360-331-1004	<a href="mailto:mayjc45@gmail.com">mayjc45@gmail.com</a>
Community Garden: Ida Gianopulos .....	503-730-0199	<a href="mailto:landsteward@southwhidbeytilth.org">landsteward@southwhidbeytilth.org</a>
Community Produce: FRed Rouge.....		<a href="mailto:comm.produce@southwhidbeytilth.org">comm.produce@southwhidbeytilth.org</a>
Webmaster/Email: Marc Wilson.....	360-579-2890	<a href="mailto:info@southwhidbeytilth.org">info@southwhidbeytilth.org</a>
Newsletter editor: Janet Richards.....	425-361-9242	<a href="mailto:janetri9@outlook.com">janetri9@outlook.com</a>

### CONTRACT SERVICES

Market Manager: Kirstin Clauson.....	360-395-8842	<a href="mailto:market@southwhidbeytilth.org">market@southwhidbeytilth.org</a>
Bookkeeper: Sharon Asplund .....	360-221-6232	<a href="mailto:sharon@goperitae.com">sharon@goperitae.com</a>

### 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. To update membership information, contact Membership at [membership@southwhidbeytilth.org](mailto:membership@southwhidbeytilth.org) or leave a message at 360-321-0757. Membership renewals are due every June and members can expect a reminder.

### 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. We encourage submissions of letters, articles, book reviews and photos. 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.

**Newsletter committee:** Janet Richards, A.T. Birmingham-Young, Stevie Linton, Prescott, Paula Richards and Andréa Linton.

### 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.

Mail: South Whidbey Tilth  
PO Box 252, Langley WA 98260  
Phone: 360-321-0757  
Email: [info@southwhidbeytilth.org](mailto:info@southwhidbeytilth.org)

Website: [www.southwhidbeytilth.org](http://www.southwhidbeytilth.org)  
Facebook page: [www.facebook.com/SouthWhidbeyTilth](http://www.facebook.com/SouthWhidbeyTilth)  
Physical location: 2812 Thompson Road, off State Route 525

# The Humble Dairy Goat

by Anza Muenchow

The more I think about it, the more I believe that a step toward food sustainability includes a family dairy goat. What a great supply of healthy, fresh milk and cheese, as well as yogurt and whey. And, as a bonus, manure for the vegetable garden.

It takes patience and sometimes years to get to the point of having a goat in milk that will supply you with a quart or two of milk a day. My journey began as an intern milker in a cooperative group of goat aficionados with several mentor goat keepers to guide us. We all got hooked on fresh raw milk, and this highly restricted substance (see below) became important to me and my family.

I took on the care and rearing of two doelings, and began preparing a pen and shed for them. Goats need companions, so it is best to have at least two. They were great fun and became delightful companions on walks around our forest. When full grown (2 years old), I had to get them bred. With help from a wonderful, supportive goat cooperative, I found a buck and was able to get the does impregnated. Five months later, the ever so adorable kids were born: two boys and two girls. Again, with help from our goat network here on Whidbey, I was able to get the boys castrated and all of them de-horned. Managing a herd was more work than I wanted, but I found buyers for some kids and found a place to slaughter a couple also.

And then the real milking began. Two goats in milk is just too much for me. I was lucky to find a buyer who wanted to pay \$175 for my extra goat in milk. I kept the sweeter, quieter milk goat who had bigger teats. She is very special to me now and is continuing to give great kids and more milk year after year. The yearly job of breeding and finding places for the kids is the hardest part. I don't mind the milking and usually start the season milking twice a day then go down to once a day in late summer. Next year I am going to try to keep milking for another year without breeding my doe. I'll get less milk, but will enjoy a spring without births and kids to manage. She is such a great doe; I think she'll be suited to an every-other-year breeding.

Let me tell you about the milk. Even though I believed I was lactose intolerant, now I can drink raw goat milk and eat cereal and coffee with lots of foamy goat milk. Best of all is the cheese. I have a few recipes that I can easily follow

to have wonderful cheeses. Buying the starters and cultures online, I make chevre, feta or manchego every week. Or, if I am tired of these, a simple batch of panir can be made in less than an hour—including the time to milk!

I know that feeding the goats good food is important for good milk production. I use organic grain and alfalfa pellets on the stanchion when milking. We offer hay always. I provide good “browse” by taking the goats for a walk in the woods or by bringing them branches of fir, big leaf maple, willow and alder. Of course the blackberry vines are their favorite. They'll eat leaves from my garden, so be careful to fence them

out of the beans, peas, garlic, chard, kale, etc. They won't eat food off the ground and don't graze well. The dairy goat doe is a very particular eater, not like the wethers (castrated male goats) that are used to clear brambles from vacant lots. Feed your dairy goats well and watch their weight and exercise.

Don't try to sell or give away your extra milk. The regulations are very strict in Washington state and several states ban raw milk completely. Never try to take raw milk across state lines as there are big penalties for that. I had hoped that Washington state could follow the Oregon state raw milk regulations that allow small farm sales if you have fewer than nine goats and don't do any advertising. But, alas, our state has deemed raw milk a dangerous substance. Of course, you need to use precautions and be most careful with cleanliness and temperature regulation. It is like meat in that you could have a hazardous situation if you don't use care storing chilled milk. I always wash all milking materials and filters in hot soapy water. We like to store milk in glass jars and we usually fast chill it in the freezer for a half-hour after straining it. We drink it fresh for the first few days and then make cheese when it gets a goaty flavor—after a couple days. Yum.

Consider learning more about how dairy goats can enhance our sustainable food system. Tilth is offering a monthly class/support group on dairy goats called “Year of the Doe” on the first Sunday of the month from 2:30 to 4:30 p.m. The next class is January 5 at Maha Farm, 4328 Glendale Road in Clinton. Join us and even help with goat chores to learn more about goat herding.



Classes on  
this topic





*Learning as we grow*



## Winter's Dream of Regeneration

by Leah Claire

What is the difference between an unsustainable future for humanity and one that is sustainable? What does sustainability look like, where would it come from, who will be hurt if we can't change our current direction? And what and who is preventing us from breaking away from our unsustainable path? If you're looking for urgent and difficult questions to occupy your winter nights, please, come and join me in the darkness.

The nice thing about winter and the long winter nights is that they come to an end. We can fill them, to the best of our ability, with warmth and comfort, food and drink, friends and family; and to the best of our ability, drive back the cold and the dark. Freezing cold nights and short gray days turn inexorably towards the midwinter solstice, and won't we count ourselves lucky to be on the other side of the longest night. At Yule we'll plant hot pepper seeds to remind ourselves that we're back on the path to the heat and harvest of summer, and that we've already got much less time to prepare than we think. The greenhouse still needs an annual overhaul, a mushroom-growing hut must be planned and built, straw and wood chips and manure and other components of healthy soil found and brought together.

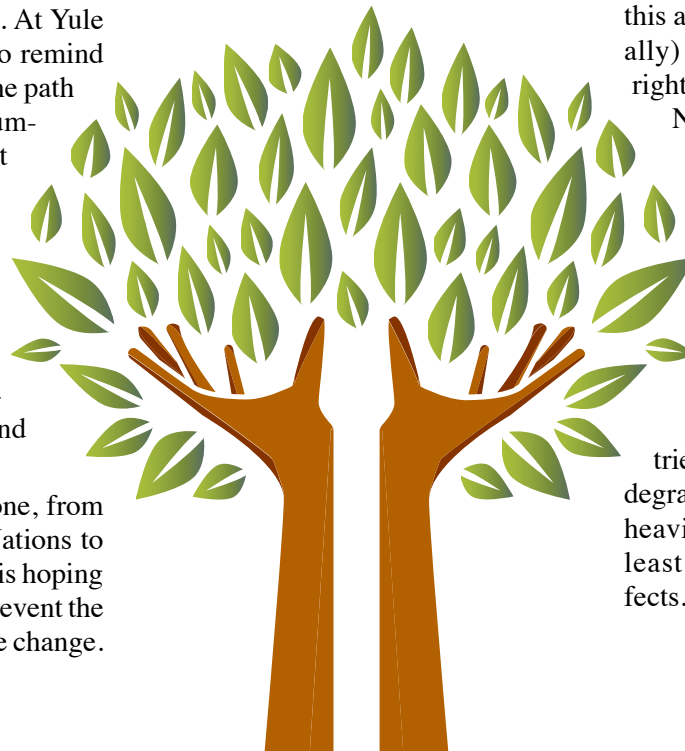
It seems as though everyone, from General Mills to the United Nations to the local permaculture farmer, is hoping regenerative agriculture will prevent the worst-case scenarios of climate change.

It is vitally important to increase the carbon storage capacity of managed land and reduce the huge and hugely damaging impacts of conventional agriculture, of course. Even a wholesale shift to regenerative agricultural practices, however, will fail to address the question of who and what is valued in our global culture, what is being sustained and for whom.

Over the long weekend after Thanksgiving, a good time for big projects (also for arguing that land and resources be returned to Indigenous peoples), we worked on the 120-year-old well that has been providing my family with water since we moved to this house thirty-two years ago. We put a big water pipe down the well and filled around it with gravel and concrete, in my opinion an intensely

counter-intuitive thing to do to a well. Hopefully, this will protect our source of water, most fundamental of resources, against the forces of nature and the degradations of time. With the hand-dug well on a non-conforming quarter-acre parcel, we would have had exceedingly few options should an earthquake or small burrowing animal have caused it to collapse. It is a good time to be thankful for clean water and access to land, and conscious of who has access to land and clean water.

Questions of human sustainability lead quickly to questions of intersecting systems of oppression and exploitation. Regenerative agriculture and permaculture rely on the agricultural practices of Indigenous peoples who, in the face of active genocide, safeguard 80% of the world's biodiversity; and who despite this are often targeted (sometimes literally) by conservationists and animal rights activists. From hundreds of First Nations communities across what is now Canada to the people of Flint, Michigan, to Latinx farmers in Central Valley, California, the people who lack access to clean water are overwhelmingly Black, Indigenous or people of color. Without an unbelievably rapid deceleration of consumption in developed countries, the harm caused by ecological degradation will continue to fall most heavily on those whose actions have least precipitated the punishing effects. Returning the control of land and



***Learning on page 7***

## Remembering Three Tilth Members

Three well-loved people who have been involved with South Whidbey Tilth passed away during the week of Thanksgiving, 2019.



**Linda Bartlett** of Rosehip Farm and Garden in Coupeville was a tireless advocate of sustainable farming. She and her wife, Valerie Reuther, grew for the Coupeville Farmers' Market and their own farm stand, as well as training many interns. In 2009 Linda taught a class in Tilth's gardening series about year-round

gardening. For the past several years, Linda actively rallied the community to protest the dangerous noise levels farmers must endure from the increasing flights by the U.S. Navy's Growler jets. She also addressed the groundwater contamination of local wells from fire-fighting foam used by the Navy. Linda passed away at home on November 26.



**Fran Abel** was a passionate gardener who loved to create areas of color and texture. She designed South Whidbey Tilth's forest understory restoration project located up the hill from the market area. Thanks to a grant in 2003 from the Whidbey Island Garden Tour, she designed the three-phase landscaping for

Tilth's eastern half of the campus between the driveway and the highway. Fran died on November 29 after a long struggle with cancer. She is survived by her husband Edwin Anderson and son and daughter-in-law Brad and Yessi Hankins.



**Yvonne Palka** was a longtime Tilth member and attended many gardening classes before she and her husband, Johnny, moved to Minnesota several years ago to be nearer their children and grandchildren. Yvonne loved, practiced and shared the art of sumi-e, a form of Japanese brush painting. She wrote and illustrated two books,

*Dragon Fire*, *Ocean Mist*, and *Super Simple Sumi-e*. Yvonne died in the presence of friends and family on November 30, three weeks after she was struck by a car near her home in Maple Grove.

## Contribution In Memory of Ziva Naphtali \$50—anonymous



Several beekeeper colleagues gathered on the Tilth Campus on the full moon of October 13 to hail the "Ziva Moon."

## Learning, from page 6

resources to the historical owners from whom they were stolen should be as much or more a part of our conversation about sustainability as the move away from single-use plastics or towards local agriculture.

Learning to farm regeneratively is an act of hope, and it can be a path towards unlearning the unsustainable lifeways we are taught as immutable truths. The agricultural practices of Indigenous people show us we can participate in the web of life, that we are able to interact with the land in a way that benefits creatures above and below ground. Farming and gardening in ways that encourage biodiversity can lead us to a more whole understanding of our place in the world, and help us to see the changes we need to make on the largest and smallest scales in order to occupy the place the world holds for us. Turning towards a culture of regeneration, towards caring for the health of the whole system, is a choice.

Look around and see that the food and water and other essential components of life are locked up; see that wealth is accumulated through the exploitation of humans and other natural resources; see that the land is the basis of personal wealth and an asset to be spent rather than a relationship to be built. These are not the natural outcomes of human nature or of our personal existence but the results of one way of living and the choice to live that way.

The extent of the change needed in the dominant culture to alter our current ecocidal course is overwhelming, all-encompassing, and interconnected with all aspects of our societies and lives and how we've arranged them. The change needed is as momentous as the end of a civilization and as intimate as changing your own mind about something you've always "known" to be true. It isn't, fortunately, a change in our human nature. There is nothing inherent in human nature that forces us away from the collective and towards the individual, or confines us to fragmented instead of whole and regenerative systems. Human nature isn't inherently evil; the destruction and consumption are choices.



## ***Restoration, from page 1***

This symbiotic relationship where human impact on nature is positive instead of harmful was a powerfully optimistic message, something so many of us need to hear as we create our own paths towards sustainability.

Learning about Satoyama was my initial ah-ha moment, but I was interested in learning about land stewardship a little closer to home. I have been familiar with the principles of permaculture for some time now, but this term was created by an Australian ecologist in the 1970s, and although it holds great significance in its ability to teach us how to utilize Earth's resources by reconnecting with the land and in turn, giving back, I knew that Indigenous peoples throughout the world have been practicing these same reciprocal traditions for millennia and I wanted to know more about the ecological cultures of the First Peoples of our region.

There are many accounts from colonists first arriving in the Puget Sound

area that proclaimed with wonder how well-cultivated the land appeared, with an inaccurate assumption that the Indigenous people had no influence on or much use for its vast resources. Among other things, this idea justified the taking of land, and the near or complete destruction of culture, language and irreplaceable knowledge of the First Peoples who occupied these lands for over 10,000 years.

Although each tribe practices unique traditions, there is a commonality which connects cultures that rely on the Earth's resources in order to survive. That connecting thread is a deep respect for the Earth and all non-human life and requires the responsibility of renewal and protection through the practice of reciprocity with the land and everything it supports.

Even though many of us were born in this country, very few of us are indigenous to this land and by definition never will be. However, as Robin Wall Kimmerer, author of *Braiding Sweetgrass*, suggests, it is time that we become “naturalized” in the same way that some introduced plant species took root in the soil, thrived and spread for over 500 years, benefiting both humans and animals, while remaining good neighbors to the existing plant life.

Like invasive species, we have colonized and damaged the natural environment for our own uses and caused irreversible harm. It is time that we renew our bonds to the Earth and begin to give back.

In Nancy Turner's book, *The Earth's Blanket*, the term “ecocultural restoration” is used to describe this type of renewal. Nancy lays out a number of steps to carry us from where we are

now towards a more sustainable future. Humans must re-learn to be a part of nature instead of conquering or controlling it. We must recognize our place in Earth's ecological system, and through this connection and understanding, we can enhance the biodiversity of the resources that we depend on.

Contrary to popular belief, many Indigenous cultures held land rights prior to the arrival of Europeans. However, the very definition of ownership within Indigenous societies was tied to an es-



Path lined with lupin, goldenrod and fireweed.



Map of the Salish Sea & Surrounding Basin, Stefan Freelan, WWU, 2009

sential responsibility to take care of the land and all that sustained life upon it. For example, families regularly established seasonal claims to land or water they worked to maintain, often granting access to outsiders, while making sure that no one harvested too soon or took too much for the land or marine life to regenerate. In so doing, they insured a bountiful harvest the following year, creating a feedback loop of prosperity in which wealth meant having enough to share with those less fortunate, just as the Earth shared with them. This exemplifies the second key concept of ecocultural restoration. When people's identity is deeply connected to the land, their incentive for environmental stewardship is much greater. Ownership in the sense of modern private property is not imperative to gain a sense of connection and responsibility, however, finding your own way of rooting yourself to a place, getting to know it intimately and

***Restoration on page 9***



# Input Needed for the Sustainable Farms and Fields Bill

The Sustainable Farms and Fields bill (SB 5947) was introduced in the Washington State legislature in 2019. This bill would establish a grant program to support farmers to adopt practices that sequester carbon or reduce emissions (see the related article in the *Fall 2019 Tilth Newsletter*).



The Washington State Conservation Commission is conducting a survey to help inform the proposed grant program. Please consider participating! Your input will help shape a Sustainable Farms and Fields grant program. You can access the survey through this link: [surveymonkeys.com/r/HTBJSJM](https://surveymonkeys.com/r/HTBJSJM). The survey will be open until December 31.

If you'd like more information about ways to support this legislation, please feel free to reach out to Noa Kay ([Noa@carbonwa.org](mailto:Noa@carbonwa.org)) at Carbon Washington, an organization that has been advocating for this legislation. They have a letter of support that interested farms can sign onto.

# Restoration, from page 8

caring for it are major aspects in healing the Earth and ourselves.

Since colonial times, we have relied on western notions of science to help us “out-smart” nature. After 500 years of land and social degradation we have finally realized that those indigenous to this land who evolved alongside the native flora and fauna carry immense knowledge through local languages and cultural traditions, and hold the key to restoring this land. There are numerous socio-environmental restoration projects led by native tribes throughout this region who welcome the help of diverse and respectful outsiders. This meeting of cultures will be important in moving these projects into mainstream consciousness and continued physical manifestation. Applying these blueprints for land stewardship and community engagement, while captivating younger generations who will carry this knowledge forward to their descendants, is essential.

These efforts will take patience, endurance and the acceptance that our actions today may not seem significant, but will not only be ap-

preciated, but will literally save future generations of humans we may never meet and those living beings that we share this planet with.

### Resources and References:

- Braiding Sweetgrass* by Robin Wall Kimmerer
- The Earth's Blanket* by Nancy J. Turner
- Food Plants of Coastal First Peoples* by Nancy J. Turner
- The Hidden Life of Trees* by Peter Wohlleben
- The People of Cascadia* by Heidi Bohan
- Pacific Northwest Medicinal Plants* by Scott Kloos
- South Whidbey Historical Museum, Native Peoples topic, [southwhidbeyhistory.org/special-topics/the-native-peoples](http://southwhidbeyhistory.org/special-topics/the-native-peoples)
- Ethnobotanically Significant Plants of the Pacific Northwest* by Shannon Kachel, Jack Herbert, and Cheryl Brammer
- A Preliminary Annotated Checklist of the Native Plant Communities of Whidbey Island* by Marianne Edain
- Indians, Fire, and the Land in the Pacific Northwest* edited by Robert Boyd, Oregon State University Press. [ecoshare.info/uploads/ccamp/synthesis\\_paper\\_tools/huckleberry/Boyd\\_1999.pdf](http://ecoshare.info/uploads/ccamp/synthesis_paper_tools/huckleberry/Boyd_1999.pdf)

## Join, Renew or Donate to Tilth's Projects

Join South Whidbey Tilth. A single household membership is \$25 and \$10 for each additional adult household member. One newsletter is emailed or mailed to each household. *Please list each member's name.* Enclose \$25 (for one) + \_\_\_ (number of additional household members x \$10) = \$\_\_\_\_\_. Membership renewals are June of each year. If you missed this year's date, please do it now.

I am interested in volunteering:  event planning,  gardening or landscaping,  other

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, or send via PayPal.

## CALENDAR

Check the online calendar at [southwhidbeytilth.org](http://southwhidbeytilth.org) for the latest updates.

### JANUARY

- 5** Year of the Doe dairy goat class, 2:30 to 4:30 p.m. at Maha Farm, 4328 Glendale Road in Clinton
- 6** Farm Tax Planning Workshop, 5:30 p.m. at the WSU Extension Office, 406 N Main St. in Coupeville, [whidbeycd.org/agricultural-community](http://whidbeycd.org/agricultural-community)
- 7** Farmer's Shadow garden discussion group, 6 to 7:30 p.m. at the Old Bayview School, 5611 Bayview Road, Langley
- 12** Tilth Council systems review and strategic planning retreat, contact [president@southwhidbeytilth.org](mailto:president@southwhidbeytilth.org)
- 12** Tilth Film night, continuing the *Rotten* series, potluck at 6 p.m., film at 7; RSVP to [melissa@movingimages.org](mailto:melissa@movingimages.org)
- 16** Tilth business meeting, 6 p.m. at Trinity Lutheran's annex
- 19** Tilth 2020 Annual Meeting, hour and location notification to come by email
- 25** 2020 Women in Agriculture Conference, [womeninag.wsu.edu](http://womeninag.wsu.edu)

### FEBRUARY

- 1** Sound Waters University, [soundwaterstewards.org/sw](http://soundwaterstewards.org/sw)
- 2** Year of the Doe, 2:30 to 4:30 p.m. contact [yearofthedoe@yahoo.com](mailto:yearofthedoe@yahoo.com) for location

- 2** Tilth Film night, continuing the *Rotten* series, potluck at 6 p.m., film at 7; RSVP to [melissa@movingimages.org](mailto:melissa@movingimages.org)
- 4** Farmer's Shadow, 6 to 7:30 p.m. at the Old Bayview School
- 8** Third Annual Seed Swap, 2 to 5 p.m., Coupeville Library
- 12 to 15** Organic Seed Growers Conference, Oregon State University, Corvallis, [seedalliance.org/events/OSGC-2020](http://seedalliance.org/events/OSGC-2020)
- 20** Tilth business meeting, 6 p.m. at Trinity Lutheran's annex
- 20 to 22** Washington State Farmers' Markets Association conference, Hotel Murano in Tacoma, [wafarmersmarkets.org](http://wafarmersmarkets.org)

### MARCH

- 1** Year of the Doe, 2:30 to 4:30 p.m. contact [yearofthedoe@yahoo.com](mailto:yearofthedoe@yahoo.com) for location
- 1** Tilth Film Night, continuing the *Rotten* series, potluck at 6 p.m., film at 7; RSVP to [melissa@movingimages.org](mailto:melissa@movingimages.org)
- 3** Farmer's Shadow, 6 to 7:30 p.m. at the Old Bayview School
- 14** Whidbey Gardening Workshop, Oak Harbor High School, [whidbeygardening.org](http://whidbeygardening.org)
- 19** Tilth business meeting, 6 p.m. at Trinity Lutheran's annex