



South Whidbey Tilth

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

Volume 31, Number 4

August/September 2013



Jenny Grisewood photo

The August 8 gathering for South Whidbey Tilth's annual Field-to-Table Harvest Feast celebrated good food, friends and Calyx's success as a school. There were 16 wonderful raffle items donated and an equal number of happy winners.

Call for Trees and Tree-Fruit People

Calling all southenders with extra tree fruit and harvest volunteers! We're looking for anyone wanting to help get extra food out of the waste stream and into the joyful hands of those in our community who could really use it. With three successful seasons under our belts (and 9500 pounds of rescued, organic fruit to date), we Gleeeful Gleaners of Good Cheer invite you to participate and have some fun while doing some good. After we leave up to one-quarter of the fruit for the tree owner, our harvest goods go to Good Cheer for the food bank, Whidbey Island Nourishes for the kids' lunch programs, and the Senior Center, plus our harvesters take some home for their efforts.

If you are using all your fruit—hoo-ray! However, if you have more than what you'll use, consider donating to the Gleaners. As our fourth season starts we seek generous fruit tree owners with good quality, organically managed (or unsprayed) tree fruit from Bakken Road south. We prioritize people who are not able to pick their fruit themselves, although we try to harvest any available fruit.

How does it work? Tree owners contact us, either directly or by calling Good Cheer, we send out a scout to assess the site, the tree and the equipment and picking-power we'll need, and we assemble a harvest team and a scheduled happy harvest ensues.

If you have any harvesting equipment you don't need and would like to donate (pole pickers, picking bags, orchard ladders, boxes, five-gallon buckets with lids and so on), we'll put it to good use.

We also could use help with sorting and delivering fruit—a good task for those who don't climb ladders! If you have a tree with extra fruit or want to volunteer, click the green text go to [Good Cheer's website](#) and find Gleeeful Gleaners under the "Garden" menu (there's one sign-up for tree donors and another for volunteers), or contact us by the [Gleeeful Gleaners' email](#) (select green text) or call 360-221-4868.

Note: several members of South Whidbey Tilth coordinate or participate in this valuable project.

Learn More about Food Labeling

South Whidbey Tilth earned a blue ribbon for its educational display, *Seeds: Our Common Heritage for Life and Potential*, at the Whidbey Island Area Fair in August. Anza Muenchow and Prescott designed it with input from Michael Seraphinoff. Gayle Austin helped put it up.

We included an interactive seed art activity inviting visitors, young and old, to glue seeds onto floral patterns, or to just color with crayons. Anza provided lots of interesting seeds from her collection to work with. We hope the glued seeds might be sprouted next winter for seedlings.

Primarily we wanted to focus on the food labeling Initiative 522 to be voted on this November. It's an act relating to disclosure of foods produced through genetic engineering. Including labels on genetically modified foods would enable consumers to make more informed decisions about food that they buy and eat. Not enough is known about the long-term effects of genetically engineered food, commonly referred to as GMOs (genetically modified organisms). Knowing how food is produced helps avoid chronic health problems such as food allergies, diabetes, asthma, etc. Worldwide over 50 countries require labeling of genetically engineered food — only the United States and Canada do not require labeling.

Genetic engineering is not the same as hybridization. A genetically modified organism is created in the lab by inserting a foreign gene or bacteria into the deoxyribonucleic acid (DNA) of another gene.

Food Labeling, see page 6

Celebrate Food and Farming Advocacy

The Washington Sustainable Food & Farming Network (Network) invites Tilth members to celebrate 16 years of advocating for a healthier food system with a dinner on Saturday, September 14. The celebration is from 4 to 7 p.m. and hosted by Anne Harvey and Jan Pickard at 1075 Burchell Road, off Fort Casey Road, in Coupeville. Come hear about current issues in sustainable agriculture and share the organization's Fresh Food in Schools success stories. R.S.V.P. by email to [Clara Duff](mailto:Clara.Duff@networktilth.org) or call 360-336-9694. Bring a friend, an appetite and a generous spirit. Learn more about the *Network* on their website, select the green text.

Whidbey Farm Tour

The eighth annual Whidbey Island Farm Tour is the weekend of September 21 and 22. This free event is from 10 a.m. to 4 p.m. with everything from animals, vegetables, flowers, and activities for children. There are 13 different farms on the 2013 tour: Case Farm, Huntersmoon Blueberries, Wildwood Farm, Lavender Wind Shop and Manufacturing Kitchen, Rosehip Farm and Garden, Willowood Farm, Greenbank Farm and Training Center, Pronkin' Pastures Alpacas, Strawfield House and Farm, Sonshine Farm, Whidbey Island Vineyard & Winery, Paradise Found Fiber Farm (advertisement on page 5), Whidbey Island Distillery and Glendale Shepherd Dairy. Download a tour map from the [Whidbey Island Farm Tour website](http://www.whidbeyislandfarmtour.com).

Taste of Whidbey

Slow Food Whidbey Island's (SFWI) big annual event, Taste of Whidbey is 3 p.m. on Sunday, October 13 at the Freedom Hall.

Discount tickets at \$25 are only available to members of Slow Food Whidbey Island. To receive tickets, mail a check to SFWI, Jim Hicken at 4368 Campbell Road, Clinton 98236 before September 30.

Join through [Slow Food USA's website](http://www.slowfoodusa.com) and ask to be assigned to the local chapter. Dues are currently \$25 but will go up to \$60 on September 1.



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.

2013 COUNCIL OF TRUSTEES

President: Linda Good 360-221-6439 president@southwhidbeytilth.org
 Finance/Funding: Edward Hueneke 360-331-5806 *So WhidbeyTilth treasurer*
 Secretary: VACANT
 Membership: Gary Ingram 360-331-0373 *So WhidbeyTilth membership chair*
 Education: Marta Mulholland 360-331-7621 *So Whidbey Tilth education chair*
 Land Stewardship: Jo Stephens *So Whidbey Tilth land steward*
 Market: Annapoorne Colangelo 360-579-3735 *So Whidbey Tilth market committee*

WASHINGTON TILTH REPRESENTATIVE

Prescott 360-544-2278 *So Whidbey Tilth rep to WA Tilth*
 Alternate: Marc Wilson 360-579-2890 *So Whidbey Tilth alternate rep*

PROJECT LEADERS

Native Landscape: JC May 360-331-1004 *So Whidbey Tilth native landscape*
 Water manager: Vacant
 Community Garden: Jo Stephens *So Whidbey Tilth land steward*
 Webmaster/Email: Marc Wilson 360-579-2890 *So Whidbey Tilth webmaster*
 Calyx School: Lisa Kois 917-859-4522 *Calyx Community Arts School*

CONTRACT SERVICES

Market manager: Lynae Slinden 360-341-4456 *So Whidbey Tilth Farmers' Market*
 Newsletter editor: Prescott 360-544-2278 *So Whidbey Tilth newsletter*
 Bookkeeper: Jeanne Celeste 360-331-6135 *So Whidbey Tilth bookkeeper*

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 [Gary Ingram by email](mailto:Gary.Ingram@swtilth.org) or call 360-222-3207 or visit swtilthmembership.yolasite.com.

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, including meeting minutes and project reports. 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.

THE DEADLINE FOR SUBMISSIONS TO THE OCTOBER/NOVEMBER ISSUE IS OCTOBER 1

Newsletter committee: A.T. Birmingham-Young, Gary Ingram, Stevie Linton, Prescott 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: 360-221-6439
 Email: [info \(at\) South Whidbey Tilth \(.org\)](mailto:info@southwhidbeytilth.org)
 Website: www.southwhidbeytilth.org
 Physical location: 2812 Thompson Road, off SR 525

South Whidbey Tilth Farmers' Market Season

by Lynae Slinden, Market Manager

The market this spring and summer has been growing and stretching with new vendors and lots of new visitors. Having the market on Sunday afternoons has provided the community with a place to gather and relax and to stock up on fresh produce before starting another busy week. Parents let their kids play in the sandbox, pick flowers and run through the sprinkler while they shopped for produce or crafts, visited with friends, enjoyed a cup of coffee or brunch and listened to music by local musicians. Educational opportunities included information about raising chickens by Linda Good, adopting barn cats by Jean Favini, island hawks by Steve Layman, local fishing history by Bill Haroldson, and creating and using worm bins by Teresa Spratt of Bugabay. Kevin Lungren's ongoing fishing and crabbing classes have been well received in preparation for the big pink salmon run this year.

Strolling around the market, one could find fiber artists spinning, knitting, and felting, as well as silk scarves, greeting cards, photography, beautifully crafted and functional wood and glass treasures and many other arts and crafts. In July, Christina Moats became the market's newest vendor, bringing a model cabin by Coastal Cabins with more arts and crafts inside.

Every week musicians have provided an acoustical backdrop for the market

with the highlight being Russell Clepper's South Whidbey Acoustic Music Festival on June 30. The talented local musicians who have and will be performing at the market include: Island Strings, Alex Bonesteel, Quinn Fitzpatrick, Russell Clepper and Sarah Primrose, the Tim Donovan Band, Marena Salerno Collins, Nick Toombs, Danny Ward, Timothy Hull, Rumi Keast and Sound Singers, Brian Kenney, Cranberry Bog, and the lone busker who dropped in

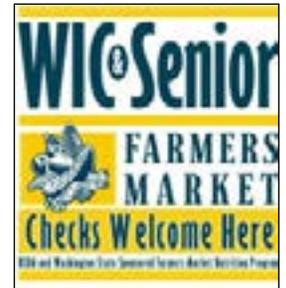


Larry Dobson, on stilts, and Steve Showell dance at the music festival.

from North Whidbey and entertained market late-comers with his eclectic instruments one afternoon.

Tilth's market is primarily a farmers' market. This year, new growers Brian Kenney of Do Re Mi Farm and Tom White have joined full time local farmer vendors Eric Conn of Full Cycle Farm, Anza Muenchow of Maha Farm, Frank Parente of Gourmet Organics and Michael Seraphinoff of Nettle Hollow, as well as several part-time vendors, to offer more organically grown produce at the

market. With the hot dry month of July, the berries have been sweet and plentiful and summer vegetables are ripening early. The second half of the market season, August, September, and October, are big months for picking, preserving and celebrating the late summer and fall harvest. It's also time for flowers and preparing for winter gardens. Several of Tilth's produce



vendors accept the Farmers Market Nutrition Program checks for both WIC (Women, Infants & Children) and the Senior Nutrition Program. Look for this symbol to identify participating farmers.

The Garden Critter workshop sponsored by the Grange on August 11 was a hit and contributed to a lot of entries to the Fair. September 8 is Grandparent's Day, an opportunity to celebrate the elders of the family with a day at the market. Then on October 6 will be the first "Safety Pin Cafe" (see below) presented by Mokihana Calizar. Wrapping up the season on October 27, South Whidbey Tilth will close the 2013 market season with a Halloween/Last Market celebration.

South Whidbey Tilth Farmers' Market is proud to be a part of the Washington State Farmers Market Association.

Celebrate Safety and Spirit at the Market October 6

Join Mokihana Calizar for the inauguration of the Safety Pin Café on October 6 at the South Whidbey Tilth Farmers' Market. This two-hour event begins at 11 a.m. with a haunting and healing Hawaiian chant, followed by sharing stories, art and music — fold an origami cup as a symbol of how we can support one another — enjoy cinnamon toast, a symbol of safety and love. Mokihana has written about her journey through illness from chemicals ubiquitous in the modern world using myth, metaphor and ancestral memory to create a tale and medicine story. She has found safety on Whidbey Island and has turned a corner toward regaining her health. She acknowledges the South Whidbey Tilth campus as a safe space — fragrance and

chemical free. Select the green text to visit the [Safety Pin Café](#) blog.

In August Rumi Keast orchestrated a remarkable music event featuring Sound Singers Japanese Choir from Lynnwood, the Whidbey-based classical artist Fumi Tagata who performed several songs from the *Sound of Music*, and several other musicians. Dinah Stinson performed piano compositions to the poetry of the ancient poet Rumi. In honor of the fiftieth anniversary of the Beatles' debut, all market visitors were encouraged to and did sing-along to those memorable songs that took the world by a storm.

Rumi will do another musical event on October 6 at 1 p.m. following the Safety Pin Café event at the Farmers' Market. Weather permitting Chigusa will perform on her classical Japanese string instrument, the koto. There will be more opportunities to sing Beatles' songs too.

Rumi will be promoting two bigger musical events, an Interfaith Vigil at St. Augustine's in-the-Woods Parish at 3 p.m. on October 12 and a sushi lunch and Beatles-themed concert to benefit the victims of the recent earthquakes in Japan and Haiti at Trinity Lutheran Church in Freeland at 1 p.m. on October 19. Email [Rumi Keast](#) (select green) for lunch reservations and more information.

The Humble Dairy Goat Offers Sustainability

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! Also yogurt and whey and, as a bonus, manure for the vegetable garden.

It takes patience and sometimes years to get to the end product of having a single lactating goat that will supply you with a gallon of milk a day. My journey began as a beginning milker in a cooperative group of goat aficionados with several mentors to guide us. Well, we all got hooked on fresh raw milk. I am afraid to say how important this highly restricted substance is for me and my family. Only recently have the authorities begun pestering me about this addiction to the forbidden raw milk. But I'll say more on that later.

I took on the care and rearing of two doelings and began preparing a pen and shed for them to be bred and give birth, thus beginning the process of getting daily raw milk. They were great fun and became delightful companions on walks and around the garden. 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 dehorned. 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. Yearling goat is a delicious meat, not like lamb, more like beef. It is so tender and juicy. As they were dairy goats, there wasn't a lot of meat on their bones, but enough for a few good family meals.

And then the real milking began. Since goats need to be in a herd, you must have at least two. But two goats in milk is just too much. I was lucky to find a buyer willing to pay \$175 for one of my goats in milk. I kept the nicer, 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. This 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 birthings 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. I had believed I was lactose intolerant since drinking store milk made me slightly nauseous and gave me awful gas. Also, my mother and siblings have trouble with milk products. But I can drink raw goat milk and eat cereal and coffee with lots of foamy goat milk now. And

best of all — the cheese. I have a few recipes that I can easily follow to have wonderful cheeses. Buying the starters and cultures on line, 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 hemlock, Douglas 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 more particular eater than wethers [neutered male goats] used to clear brambles off vacant lots. Feed does well, but watch their weight. Give them opportunities to exercise.

So, 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. In Kentucky or Rhode Island, you need a doctor's prescription to ingest raw milk. 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 raw milk regulations that allow sales off the small farm if you have less than nine goats and don't do any advertising. But alas, our state has deemed small-farm raw milk a dangerous substance, requiring a warning label and proof of tests. Of course, a farmer must use precautions and be especially careful with cleanliness and temperature regulation. It's like meat, you could have a hazardous situation if you don't refrigerate milk properly. 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 filtering it. We drink it fresh for the first few days and then make cheese when it gets a goaty flavor. Yummm. Consider learning more about how dairy goats can enhance sustainable food systems. And please take action to help make raw, fresh milk available to all who desire it.

Check the green text [Real Raw Milk Facts website](#) for regulations for Washington state.



Gary Ingram photo

Honeybees Are Not Yellow Jackets

Ziva Naphtali inspired and contributed to this article

This time of year when the blackberry-blossom nectar flow is over, yellow jackets start coming out in force. Anyone being chased or attacked by a winged bee-like creature should understand it is not a honeybee, it's a wasp or a hornet.



Yellow jacket



Honeybee

Image sources from: Beneficial Bugs of North America, beneficialbugs.org, designed and maintained under a creative commons license by Linda Mensing Triplett

Yellow jackets

What's Growing at Calyx?

by Lisa Kois

Calyx had a great four weeks of summer camp this year, with 30 children and 14 adults working and playing together through the month of July. The children enjoyed harvesting kale, fava beans, snow peas, carrots, lettuce, parsley, kohlrabi, and onions from the children's garden, and eating them. They also enjoyed the raspberries from Linda Good's garden. Thank you Linda. Besides raspberries, favorite garden snacks included kale chips (a Calyx staple) and sauteed fava beans. Thanks to Tilt and to the community volunteer mentors — Jill Johnson, Blaine England, Pat McVay, Carol Way, Bekah Zachritz, Vern Olsen, Dr. Bob Wagner, Karl Olsen and Kat Fritz — who made it a memorable four weeks of learning and fun.

The vegetables aren't the only things growing at Calyx. Calyx is growing too! It's official. Calyx is moving out of the Rose building and into the ranger house at South Whidbey State Park through a collaboration with South Whidbey State Park and Service, Education & Adventure. However, Calyx isn't leaving Tilt! Although Calyx is in need of a larger indoor space, it will continue to work with Tilt to promote the common educational goals of Tilt and Calyx. Calyx will continue to tend to and grow the Community Children's Garden at Tilt, and Calyx kids will spend one morning each week working in the garden.

New features in the Children's Garden this summer include the chicken run, built by parent volunteer Tom Giffin, and the Pan Gamelan, created by volunteer mentor Blaine England and the Calyx summer campers. The gamelan, made out of upcycled pans from our campers' cupboards, is a community instrument, meant to be kept and played together. You can see it and play it where it's hanging on the west fence of the children's garden.

Calyx is now registering for fall and is offering two and four day programs this year. For more information, please select green text to email [Lisa Kois](mailto:Lisa.Kois) or call 360-331-4811 or 917-859-4522 or check out on the [Calyx Community Arts School](http://www.calyxcommunityartschool.org) on our website, click the green text.

are roughly the same size as honeybees and, to someone not experienced, they might easily confuse a yellow jacket for a honeybee. Yellow jackets are yellow and black striped. Honeybees, despite the cartoon depictions, are NEVER yellow-and-black striped. Honeybees vary in color from black with grey stripes or half dark-brown half golden-tan-leather colored, depending on the sub-family. They are also very gentle. They are also the victims of yellow jackets and must be protected from them. Every beekeeper shudders at this time of year, trying to protect their bees from being massacred by yellow jackets.

Wasps and hornets are also vital in controlling unwanted insects, another common name for a yellow jacket is "meat bee." To avoid aggressive yellow jackets around public places or honeybee hives, an inexpensive and successful trap can be made by using a plastic bowl and a piece of fish tied to a stick and placed close to soapy water. Soap causes the surface tension of the water to be greatly reduced, and when wasps (or flies) hit the water, they crash and drown in seconds. The meat must be suspended about 1/2 to 3/4-inch above the water. Yellow jackets have an irregular flight pattern as a mechanism of predator avoidance, and this erratic flying does them in when they attempt to approach the meat that is suspended just above soapy water. NOTE: Sometime in September, yellow jackets quickly change from meats to sweets as a diet, so be ready to change the bait as needed. Each year, this time of switching baits is a little different, plus or minus a week or so. Soapy water traps can be moderately effective when attempting to reduce the number of yellow jackets that are pests at campsites or barbecues. Place four to eight of these soapy water traps around the periphery of the area during the maximum wasp period (July through October).

The source for making a trap is from *Yellow Jackets: Methods of Eradication and Control*, from the Santa Rosa Junior College website,



Jenny Grisewood photo

Ziva Naphtali maintains honeybee hives in the orchard on the Tilt Sustainability Campus.

Whidbey Island Fabulous Fall Fiber Sale

Saturday, September 14 • 10 a.m. to 5 p.m.

Paradise Found Fiber Farm, 4081 Springwater Lane, Clinton

Quality hand made products by Northwest Fiber Artists
Hand-woven • Hand-Spun • Processed and raw fibers • Dyed and Natural Colors
Yarn • Scarves • Hats • Garments • Shawls • Roving • Fleece • Felt • Sheep Skins & more

NEW: 3 Free Classes each 45 minutes approximately, donations welcome

10:30 a.m. - Drop Spinning by Barbara Seeler

12:00 p.m. - Preparing your fiber for processing by Chuck Armstrong

1:30 p.m. - Needle Felting by Carrie McLachlan

paradisefoundfiber.files.wordpress.com/2013/03/poster2013.pdf

Were on the Farm Tour September 21!

WIFFS
Whidbey Island Fabulous Fall Fiber Sale

Contact Mary Donaty
360-579-1906 • lamalou@whidbey.com
www.paradisefoundfiber.com/events
Most Artists prefer cash or check

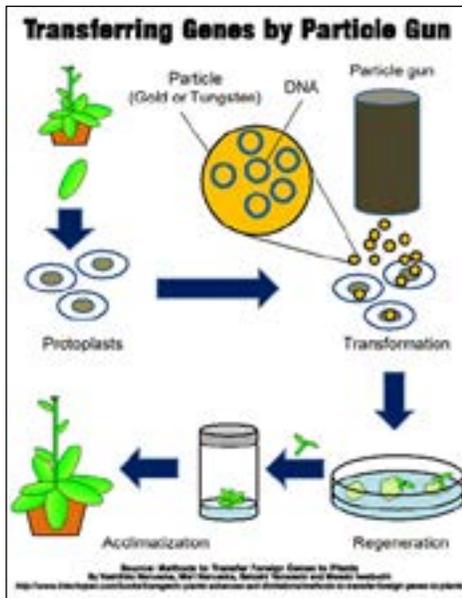
Click here for details

Food Labeling, from page 1

Inserting genes is usually done with a gene-gun or a bacterial infection. The process may create extensive mutations that can damage and weaken genes. The long-term behavior of these organisms is experimental and unstable.

A hybridized food is created from a seed or a plant cutting when two parent plants of related species are bred to produce a seed with certain desirable characteristics. Hybridization occurs in nature over millennium, taking six to 10 generations, to develop a stable seed as a non-hybrid, open-pollinated variety. Modern controlled crossing of hybrid seeds speeds up the process and has been going on since the mid-19th century.

With our exhibit we briefly touched on basic methods of seed distribution: such as wind or by way of wildlife scat. On-farm seed saving from season to season builds climatic tolerance, among other traits. Seed sharing farmer-to-farmer or neighbor-to-neighbor is common worldwide. The U.S. government provided seeds at no cost to the farmer from 1850 to 1924. As the seed industry grew, its lobby was instrumental in ending the government seed distribution program in 1924. The politics of seed distribution is complex. Intellectual patents become the property of individual seed companies, making those seeds unavailable to the public except through



Transgenic Plants - Advances and Limitations, edited by Yelda Özden Çiftçi, chapter 9 "Methods to Transfer Foreign Genes to Plants" by Yoshihiro Narusaka, Mari Narusaka, Satoshi Yamasaki and Masaki Iwabuchi, March 7, 2012, www.intechopen.com

that seed company. Even if a seed drifts to another farmer's field and sprouts, the farmer can be sued for not having purchased the seed.

Genetically engineered seed, with a foreign gene, may drift on the wind or in animal scat to breed in nature and may sprout to produce an undesirable plant, potentially resistant to the pest it was created to resist and potentially a weak, stunted plant.

The U.S. Food and Drug Administration permits GMO food production despite its experimental nature. European governments mandate the Precautionary Principle formulated at the Wingspread conference of scientists and government leaders in 1998:

When an activity raises threats of harm to human health or the environment, precautionary measures should be taken even if some cause and effect relationships are not fully established scientifically. In this context the proponent of an activity, rather than the public, should bear the burden of proof. The process of applying the precautionary principle must be open, informed and democratic and must include potentially affected parties. It must also involve an examination of the full range of alternatives, including no action.

To learn more about the labeling act before voting this November 5, check out the following websites: Yeson522.com, www.motherearthnews.com/real-food/hybrid-seeds-vs-gmos, www.rodale.com/genetically-modified-seeds_factsabout522.com or www.GMOAnswers.com.

Environmental Film Series Begins this Fall

The Greening Congregations of Whidbey Island will kick-off a film and discussion series entitled, *Moral Ground: Our Earth in Crisis* at 7 p.m. on Friday, September 27 in the Unitarian Universalist Congregation's sanctuary with the film *Bidder 70*. The film features the efforts and trial of University of Utah student and Unitarian Tim DeChrispher, who put his liberty on the line to challenge an illegal sale of public land for gas and petroleum exploitation. He placed a bid on the land himself. Follow DeChrispher's odyssey as he faces down the federal government on ethical grounds and inspires a movement of civil disobedience called "Peaceful Uprising." Tim was released from jail on April 21, 2013, and will continue his education at Harvard Divinity School in September. The film will be followed by a panel discussion. Other films in this series include *Do the Math*, *Carbon Nation* and *Gasland II*.

Linda Good, South Whidbey Tilth's president, is a member of the Unitarian Congregation of Whidbey and recommends this film series. It is cosponsored by 350.org, Citizen's Climate Lobby, Climate Reality Project and Climate Reality Education and Advocacy Team.

The Hoop House Has Skin



Dorcas Young's high tunnel hoop house was covered in plastic August 26. Matt Young secures the peak with "wobble wire." The precise construction was done by Tom Steel.

Ginny Kuehn photo

Oak Meadow Work Day Planned this Fall

The Garry oaks established in the upper meadow on the west end of the Tilth campus need some weeding and mulching. The Native Plant Stewards invite Tilth members to join them to take the oak meadow to another level. There are both cardboard and wood chips for mulch.

When the rain begins, the Native Plant Stewards have a variety of extra prairie forbs to plant as an understory around the oaks.

A Wednesday work day is being set up in September to weed, mulch and expand the fencing. Email [Jo Stephens](#) or [Mark Fessler](#) (click on green text for hot link) to get involved.



Nick Fowler photo

Pictured in the foreground are two of the Garry oak plots.

Work Parties on Saturdays

by Jo Stephens, land steward

Due to popular demand (and a dearth of volunteers), Tilth is moving its weekly work party back to Saturdays.

We start around 11 a.m. and finish up when everyone's pooped. Bring lunch and a drink, some gloves and tools; come socialize for a few hours and help us spruce up the campus.

We're still mulching trees, weeding the landscaping, layering compost piles with fresh nutrient-laden manure, organizing the tool shed and fixing this and that.

Pea-patchers, take note: We're hoping to install a drip-irrigation system next spring, with everyone connected to a timer. This should reduce water usage, and even allow your plot to be watered automatically, which will save you time and effort. Just one more way we're trying to make your Tilth gardening experience a happy one!

Anyone with experience either buying or setting up an automatic irrigation system, please contact me, [Jo Stephens](#), to help design it.

Thank you

GREG AND DIANE STONE donated some drip-irrigation hose with fittings, timers and watering wands to the Community Garden. Some has been used to repair broken hose in the orchard. They also donated fencing to the Native Plant Stewards. The Stewards are using some of the fencing to expand the Garry oak meadow.

President's Message

by Linda Good, president

The South Whidbey Tilth market has been enjoying record attendance this summer with much of the credit going to manager Lynae. Thanks also to the vendors and council members and folks bringing friends and visitors. Members and supporters have received invitations to our annual sustainability banquet August 8. We always need more volunteers for our work parties and special events!



BUSINESS OF SOUTH WHIDBEY TILTH

Tilth Council Business Meeting Minutes of June 13, 2013

by Edward Hueneke

The regular business meeting of South Whidbey Tilth was called to order at 6 p.m. by President Linda Good on Thursday, June 13 at the South Whidbey Tilth campus. Council trustees present were Edward Hueneke, Gary Ingram and Jo Stephens. Also present were Prescott, Lynae Slinden and Russell Clepper.

A motion to approve the corrected version of the minutes from the May 2013 business meeting was seconded and passed unanimously.

Finance — Edward reviewed the financial reports as of the

end of May.

Membership — Gary discussed possible farms to visit on the annual Tilth farm/garden tour to occur on July 13. Gary agreed to prepare an article for the newsletter.

Education — The Calyx school year has ended and it is preparing for its summer camp. There was a discussion as to whether attendees at the summer camp should be required to join Tilth.

Land stewardship — Linda led a discussion about soaker hoses, how many are available, who has them and where they are.

Jo thanked Billings Middle School children for the work they accomplished during their annual field trip to the Tilth campus.

Prescott suggested hiring a party/parties to cut growth on specific campus areas. No objections. Jo reiterated and all agreed as to how difficult it is to get volunteers to get things done around the campus. Jo also suggested tree identification tags be made and Linda agreed to see about making that happen. Linda also asked to add some directional pieces to standing directional signs on the campus. No objections.

Market — Market manager Lynae led a discussion about upcoming and possible market events. She informed the board that she would be absent for the weekend of August 16 to 18.

Newsletter/events — Prescott apologized for late May/June newsletter. She proposed the deadlines be changed to fall at the beginning of the month and production to be the middle of the month, every other month. The request was approved by all. She plans to publish a Spring/early Summer issue early next week.

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BUSINESS OF SOUTH WHIDBEY TILTH

June 13 Minutes, from page 7**Old Business**

Sustainability Field-to-Table Harvest Feast — Linda suggested we pay \$65 to the musicians at Tilth's annual banquet. No objections

South Whidbey Music Festival Russell Clepper led a discussion regarding preparations for the annual music festival at Tilth with

extended sessions on June 30. He has arranged a promotional spot on KSER radio on June 24. Other promotional avenues include Facebook and Drewslist. Other items discussed were parking, food vendors and coolers to facilitate visitors' purchases of produce.

Raffle — tickets were distributed to various people to attempt to

sell. They offer an opportunity for winning a piano, a loom or a basket of vendor/Tilth donations. This drawing will be held June 30.

New Business

Donation opportunity — Marc Wilson sent around an email from a new Island resident who wishes to find suitable projects and organizations to charitably fund. He asked

the board to create written proposals for potential projects. Linda will work with Marc to craft a proposal. Meeting adjourned.

Next Meeting — The next South Whidbey Tilth business meeting will be held at 6 p.m. on Thursday, July 11 at the South Whidbey Tilth campus.

Tilth Council Business Meeting Minutes of July 11, 2013

by Jo Stephens

The business meeting of South Whidbey Tilth Association was called to order at 6 p.m. July 11 by President Linda Good. Present were council members Marta Mulholland, Annapoorne Colangelo, Edward Hueneke, Gary Ingram and Jo Stephens, also Tilth members Prescott, Lisa Kois, Pam Nodus and Market Manager Lynae Slinden.

The June business meeting minutes were approved.

Finance chair Hueneke reported that the market has about \$700 more income this year than last, the Laughing Cat Café is doing better and the pea patches have brought in more money this year. Facilities maintenance has cost \$1,922 versus \$820 last year. Overall, taking into account land payments, we are around \$4,500 in the red so far this year.

The finance report indicated about \$315 was raised in raffle ticket sales. Gary Ingram said he will deposit more raffle money tomorrow. Edward said about \$130 a week is being deposited from the market, up from last year. Lynae Slinden said proceeds are up about 20 percent over last summer. This may make up about \$2,000 of this year's deficit. Jane Wilson will do a raffle at the August 8 Sustainability Field-to-table Harvest Feast, as she did last year. A two-part form is available for donors to have a receipt of their donation and for Tilth to have a record of it.

Lynae pointed out that Tilth got a \$4,000 grant from the Port of South Whidbey last year, and

about \$2,000 of that went to market promotion, so there is less of a deficit. The other half went to the extension of the power project. Lynae asked if all facilities improvements are going to benefit the market. Gary also asked for clarification on whether improvements are allocated to market expenses or to the whole grounds.

Prescott said that, since it's July, the annual audit should be arranged.

Education chair Marta and co-coordinator of Calyx Community Arts School, Lisa Kois, presented a memo from Calyx Community Arts School, stating its intention on August 1 to begin the process of moving from the Tilth campus to South Whidbey State Park on Smuggler's Cove Road, and expressing its gratitude to Tilth for its support. They pointed out that space constraints prompted Calyx to seek a larger indoor space. Calyx will vacate its Tilth classroom by September 1, at which time it will cease to pay its \$50 a month rent. In turn, Tilth will be relieved of its fiscal sponsorship of Calyx. Lisa pointed out how Calyx parents fixed the old chicken coop and built a fenced run for the hens. Calyx will continue to maintain the children's garden and will spend some time each week at the Tilth campus. It may want to use the Tilth campus for some of its 2014 summer camp.

Lisa asked if Tilth wants any work done on the Calyx classroom before it is vacated. Prescott moved and Annapoorne seconded the agreement that the room is useful as is and no ad-

ditional work is needed by Calyx. The motion was approved. Gary moved to terminate the current Calyx agreement as of August 31; Edward seconded it and the motion passed.

Land steward Jo Stephens reported that work continues to eradicate thistles from the campus, and that more volunteers are needed.

Related to the hoophouse that Dorcas Young is building, Annapoorne said that an offshoot of Hearts and Hammers might help if Dorcas tells them what she needs and when. Dorcas's contractor, Tom, has been on vacation, but Annapoorne can follow up. Dorcas needs access to water and will put in a meter. Members asked how we will charge for her water usage. Prescott raised concerns about how her water use will affect the rest of the campus. Gary noted that drip lines can greatly reduce water use, and said that if Dorcas watered at night, there would be no conflict. Prescott said the Native Plant Stewards need to water on Wednesdays. She suggested that a meeting be called on water use. Gary asked if we have a water meter for Dorcas's use. Prescott said it's a condition of the Youngs' lease that a meter be installed, and they have bought one. Dorcas was concerned about pressure, but Gary said that, because of Tilth's pressure tank, that shouldn't be a problem. Gary asked if Tilth knows how much water it uses, and Edward said the electric bill averages \$10 a month in winter, and about \$30 a month in summer, allowing for irrigation. Tilth has records to estimate its

water use, so we could monitor future use and reach an agreement with the Youngs.

Linda Good noted that Langley Community Garden has a computerized timer system, which has helped reduce water use. Some Tilth pea patchers also have their own timing systems. Prescott said she and Edward will get an estimate on a meter system.

Linda said the pea patch needs a third compost bin. Gary suggested that adding manure will heat the compost and even kill thistles. He offered free bedding straw with goat manure to anyone willing to come to his farm and load it. Prescott said there are wood pallets in the blackberry bushes that could be made into compost bins. Also, Bob Wendt will tinker with rototillers and weed whackers. Steve Erickson has a rototiller that belongs to Tilth; it is now running and just needs to be picked up with a bit of instruction by Steve. Linda noted that Langley Community Garden encourages gardeners to mulch as much as possible to save water and keep weeds down. She also invited other Tilth members to share the pea patch hoop house next year. Gary pointed out that manure brought in this year can be used next spring.

Market Manager Lynae Slinden said she had one complaint about the Coast Cabin recently brought to the site. There are still questions about how long the cabin will be set up at the market, when real estate agent Christina Moats can show it to customers,

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and whether the crafts displayed in the cabin can be sold on non-market days. Linda Good asked if Christina has insurance, and Lynae answered “yes.” Prescott suggested reviewing the cabin issues later in the season, but no crafts are to be vended outside of market hours. Members felt the cabin should be moved at the end of the market in October. The Council directed Lynae to convey this to Christina.

Market committee chair Annapoorne reported on the June 30 music festival. Organizer Russell Clepper said the musicians made about \$400, about \$60 each, which is \$200 more than last year. Russell reimbursed Lynae for most of the cost of an ad in the *South Whidbey Record*. The crowd at the festival has grown each year. This year’s estimate was about 500 people. Vendors and special events such as the parachute event and Whidbey Island Sketchers brought considerable interest. Lynae agreed to send the young trapeze artist a thank-you note. The artist earned \$9 and donated it to Tilth for pavilion improvements.

Gary said he appreciates Lynae’s weekly market reports, that it’s important to support Whidbey farmers who depend on selling their produce at local markets. Lynae noted that many farmers

harvest on Thursdays, and are sold out by Sunday, which may limit how many show up at the Tilth market.

Membership chair Gary Ingram noted three upcoming events: the Tilth farm/garden tour, the Sustainability Field-to-table Harvest Feast and Whidbey Island Area Fair. Members will meet for the farm/garden tour at 2 p.m. to tour the Farmer Training School at Greenbank Farm, visit Gary’s farm nearby and have a potluck at Tilth at 4 p.m. Linda and Prescott volunteered to set up before the tour for the potluck.

The Sustainability Field-to-table Harvest Feast committee will consist of Gary, Linda, Annapoorne and Prescott. It will meet July 15 to make plans. Edward said he will get some fish for grilling.

Gary said Tilth is partnering with the Grange to provide stewards to the Whidbey Island Fair Vegetable and Fruit Department. and needs two members for each shift August 15 to 18. He passed around a sign-up sheet.

Old Business
Nonprofit application — Prescott reported that last March, Washington Tilth voted to dissolve itself in 120 days, by June 30, and perhaps morph into another organization, but that

South Whidbey Tilth and several other chapters need to be on their own as a 501(c)3 soon. That means revising bylaws and getting three quarters of members to agree. Proposals for revisions are needed in the next three months, since the deadline is already past. Several other chapters also need extensions. Prescott asked for a committee to be appointed to work with her. Marc Wilson was suggested and she will ask him to join her, Edward and Annapoorne offered to help with the application to the Internal Revenue Service for new status.

President Linda Good suggested tabling the Old Business agenda items: Farm Stand status and American Society of Composers, Authors and Publishers (ASCAP) issue. No one objected.

New Business
Advertising — Prescott said Tilth put an ad in the *Whidbey Almanac*, which is now all over Whidbey and helps raise Tilth’s profile. She reported that the *South Whidbey Record* is promoting a feature about the Island’s nonprofit organizations. The cost of an ad in the feature is \$50. Gary objected and other members concurred.

WSU at the Greenbank Farm — Brandon Nickels, an intern with Washington State University (WSU) Extension Service in

Coupeville, was hired to research WSU’s potential future involvement with the Greenbank Farm and said in an email to Linda Good, “As I research a number of ideas and possibilities for involvement by the University I have found it very beneficial to meet with a number of various people and organizations. I was hoping to meet with a representative of the Tilth organization to discuss some potential ideas for WSU involvement at the Greenbank Farm from your perspective, opportunities for our two organizations to partner on projects, and any general information.” Michael Seraphinoff has volunteered to act as liaison, Prescott said. No one objected.

The meeting was adjourned about 8:10 p.m.

Approval of these minutes will be ratified at the September meeting.

Next Meeting is September 12, a Thursday at 6 p.m. preceded by a potluck at 5:30 p.m. at the South Whidbey Tilth Sustainability Campus, at 2812 Thompson Road. Every member of Tilth is welcome to attend, participate and vote. To put an item on the agenda contact President Linda Good. Contact information for members of the Tilth governing board, the council of trustees, is on page 2 of this newsletter.

Join, Renew or Donate to Tilth’s Projects

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 + \$10 x ____ (number of additional household members) = \$_____.

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 use PayPal or a credit card to join or donate online at swtilthmembership.yolasite.com.

CALENDAR

SEPTEMBER

- 1 **Quinn Fitzpatrick** performs acoustic guitar music, Sunday, 11 a.m. to 2 p.m. at the Tilth Farmers’ Market
- 8 **Nick Toombs** performs on the six- and 12-string guitar, Sunday, 11 a.m. to 2 p.m. at the Tilth Farmers’ Market
- 12 **South Whidbey Tilth regular business meeting**, Thursday 5:30 p.m. potluck, 6 p.m. meeting at the Tilth Sustainability Campus
- 14 **Washington Sustainable Food and Farming Network** celebration, Saturday, see [page 2](#)
- 15 **Cranberry Bog Bluegrass Band**, Sunday, 11 a.m. to 2 p.m. at the Tilth Farmers’ Market
- 21–22 **Whidbey Island Farm Tour**, 10 a.m. to 4 p.m., see www.whidbeyfarmtour.com
- 22 **Danny Ward** performs live jazz, Sunday, 11 a.m. to 2 p.m. at the Tilth Farmers’ Market
- 29 **Russell Clepper and Sarah Dial Primrose** perform, Sunday, 11 a.m. to 2 p.m. at the Tilth Farmers’ Market

OCTOBER

- 1 **Deadline for Tilth newsletter**, October/November issue, send ideas, pictures, articles to Prescott at prscot@whidbey.net
- 6 **Safety Pin Café**, Sunday, 11 a.m. to 1 p.m. at the Tilth Farmers’ Market, see [page 3](#)
- 6 **Beatles plus songfest** with Rumi Keast and friends,

- Sunday, 1 p.m. at the Tilth Farmers’ Market, see [page 3](#)
- 13 **Brian Kenney** performs on violin, Sunday, 11 a.m. to 2 p.m. at the Tilth Farmers’ Market
- 13 **Taste of Whidbey**, Sunday, 3 p.m., Freeland Hall, see [page 2](#)
- 20 **Danny Ward** performs live jazz, Sunday, 11 a.m. to 2 p.m. at the Tilth Farmers’ Market
- 27 **Tilth Farmers’ Market season finale** and Halloween party, music, food, bonfire and lots of good shopping, Sunday, 11 a.m. to 3 p.m.

SAVE THE DATE

November 8 to 10, *Tilth Producers annual conference*, Nourishing the Future: Cultivating our Farming Legacy, Yakima Conference Center

ONGOING

- Saturday work parties** to maintain the Tilth Sustainability Campus, 11 a.m. to 3 p.m., bring a lunch; for information contact [Jo Stephens](#)
- Sunday South Whidbey Tilth Farmers’ Market**, 11 a.m. to 2 p.m. through October 27
- Farm and Food News:** For local events, visit whidbeyislandfarmandfoodnews.blogspot.com

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Click the green text to contact the [membership chair](#) for your renewal date.