



South Whidbey Tilth

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

Volume 31, Number 6

December 2013 – January 2014

Korror Is Keynote Speaker at Annual Meeting

by Linda Good

Chris Korror is our speaker at South Whidbey Tilth's annual membership meeting on Sunday, January 12, 2014, at 3 p.m. at Trinity Lutheran Church's Grigware Hall. He is known for being a gardener extraordinaire and a mentor for the folks who have plots at the Langley Community Garden. He also produces films, including *Garden Insects*, which combines fascinating facts about insects with brilliant music and close-up photography. *Dancing with Thoreau* is his new film and clips were previewed recently at the Deer Lagoon Grange Hall.



Chris Korror, biodynamic farmer, naturalist, author and filmmaker.

Chris will share his knowledge with us for about 45 minutes with time for questions. The program is free and open to the public.

The annual meeting includes elections to our governing board, South Whidbey Tilth Council of Trustees, and reports from the committee chairs. We'll express our appreciation for their hard work.

We encourage members to attend and consider volunteering their talents on the council or by helping council members with their work. (For a description of the seven council positions, please see page 5.)

Thankful for Our Volunteers

by Jo Stephens

Tilth runs on its volunteers. Everything from concessions at the Laughing Cat to the landscaping around our 11-acre campus depends on members donating their time.

Since this is the season of thanksgiving, we'd like to recognize those who have helped out "around the place" this year.

Special thanks to:

Leonard Good, who lent his plumbing and other fix-it talents during emergencies and for general repairs, not to mention his pickup truck for hauling goat poop, sand, and garbage.

Perry McClellan for coordinating the electrical installation from the pump house to the rest rooms and the pavilion last winter.

Matt Holtby, Lisa Kois, Marta Mulholland and the other Calyx parents for creating such a beautiful children's garden

Thank you volunteers, see page 4

The potluck will start at 5 p.m. and hot beverages and snacks are available all afternoon. It is our Tilth custom for folks to bring their own dish or bowl and cutlery, to save on clean up after the potluck.

There will be prizes raffled after the meeting and during the potluck.

Recruiting Nominations

Join the board and make a difference! The South Whidbey Tilth Council of Trustees is the seven-member governing board, which oversees Tilth programs and activities. There are six open positions, including president. The office of president is a two-year term as are three of the council positions. Two council positions are only one year because a council member was unable to complete a full term or the position was vacant.

To serve on the council a candidate must:

- support the purpose and principles of South Whidbey Tilth Association, as stated in Article 2 in the bylaws (see "Organization" at the bottom of the [About South Whidbey Tilth page](#) on its website — click on green)
- have been a member of the Association for at least one year at the time of nomination and must have made some contribution or show of involvement in South Whidbey Tilth during the year prior to nomination, such as active participation in a committee, volunteer project, contributions to the newsletter, or attendance at business meetings. Exceptions to this rule may be allowed by the nominating committee for a person with special qualifications or a person who has been a member for one year of an organization with similar goals; and
- be able to attend the business meetings.

Elections are Sunday, January 12 during the annual membership meeting. If you are interested in serving or if you know someone you want to nominate, email either [President Linda Good](#) (360-221-6439) or [Membership Chair Gary Ingram](#) (360-331-0373). Nominations will be accepted from the floor at the annual meeting also. To learn more about what you can do as either a council member or as a member of a standing committee, see page 5.

Candidates for the council to date are Lynae Slinden, Gary Rassner-Donovan and Jean Nelson. Edward Hueneke remains on the council, serving the second year of his term.

Remembering Lou

Longtime member Mary Donaty lost her husband, Lou, on September 30 to a tractor accident.

The couple moved to Whidbey after managing an avocado orchard in California. They created Paradise Found Fiber Farm featuring alpaca, llamas and Pygora goats, plus chickens, dogs and cats. The farm has become a destination spot for both tourists and fiber artists who enjoy tours and quantities of unusual information from Mary. The beautifully stocked Fiber Shack holds handmade hats, gloves, scarves and more for sale.

Lou was a pleasant and kindly man. He had an engineering career before retiring. He was always busy with farm-related maintenance, daily farm chores and the farm’s website maintenance. The Donatys have been generous to Tilth, offering animal manure to the gardens and handmade items to raffle. Mary is grateful for the love and support she receives from her neighbors and friends, but appreciates having her time respected. Managing such a large farm is full time and labor intensive.

Consider holiday shopping at the Paradise Found Fiber Shack in Clinton. Visitors are welcome on weekends year round; on weekdays just call ahead at 360-579-1906. Visit the *Paradise Found Fiber Farm website*.

State Order for Healthy Foods

Governor Jay Inslee recently took an important step to support the health of Washingtonians, making Washington the first state to adopt a comprehensive approach to increasing access to fresh, healthy food on state property and facilities. The Governor signed Executive Order 13-06 “Improving the Health and Productivity of State Employees and Access to Healthy Foods in State Facilities.”

In addition to establishing a worksite wellness program, the order sets nutrition guidelines and increases the availability of healthy, fresh and locally grown food and beverage choices for employees and state program participants. See the *Executive Order 13-06 on the Govern’s website*, click green text.



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: VACANT
- Land Stewardship: Jo Stephens 360-202-1595 *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 360-202-1595 ..*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: Jo Stephens..... 360-202-1595 *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* or call 360-331-0373 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 FEBRUARY/MARCH ISSUE IS FEBRUARY 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)*
- Website: *www.southwhidbeytilth.org*
- Physical location: 2812 Thompson Road, off SR 525

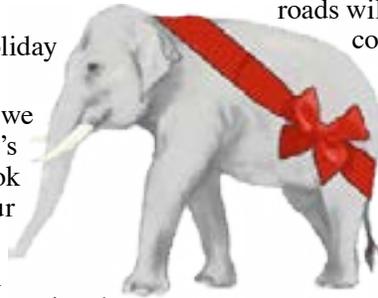
Tilth Holiday Potluck Is Sunday, December 15

by Anza Muenchow

Hey Tilth members! Join us for a Tilth holiday potluck and crazy gift exchange.

At 5:30 p.m. on Sunday December 15, we gather at Marc Wilson's and Anza Muenchow's house at 4328 Glendale Road in Clinton. Look for the Maha Farm farm stand next to our driveway.

We will have a feast with all the Tilth members who bring food, with a priority on regional and local produce, in the tradition of Slow Food. Savory items begin with appetizers, followed by multiple courses and then, scrumptious desserts. We'll have all the glasses, plates and serving ware, so don't worry about bringing any dishes except your serving spoons or spatulas. Bring whatever beverages appeal to you for this festive event. No need to R.S.V.P. We just hope the



roads will be free of ice and snow. We hope all ages will come. We have a wheelchair ramp and accessible bathroom; call us with any other concerns.

At 7 p.m. we begin the white elephant gift exchange. I encourage you all to participate by bringing a wrapped gift that could be fun for anyone in this large crowd. This occasion may be a good time to re-gift something you never found useful but have had a hard time parting with. A few children may be present so keep it "PG." This party activity includes lots of chances; you might end up with something you don't want and see something else you do! Trading afterward is optional. Younger kids should be on a team with a parent.

Hope you can come. Call Marc or Anza at 360-579-2890 if you need directions or have questions.

Preparing the Tilth Campus for Winter Weather

by Jo Stephens, land steward

During our prewinter cleanup on November 2 (and over the following weekends), Tilth volunteers completed a variety of chores needed to get the campus tucked in for the winter.

We coiled up the garden hoses and stored them away, moved the kids' toys indoors and covered up the sandbox, and put the picnic tables and benches under shelter.

We sorted through the recycling bins, and secured the trash cans so they can't blow off during storms.

We hauled away heaps of garbage and recyclables, cleaning up piles of junk that had collected around our buildings and vendor booths. We straightened up the tool shed.

We did seasonal maintenance on the pavilion where the kitchen and Laughing Cat beverage bar are located. The grease trap and refrigerator were cleaned, a leaky faucet was replaced and a faulty part on the cook stove was fixed.

Unfortunately, sometime in mid-November, a large tree branch fell on and broke a stand pipe in the upper forest near the Native Plant Stewards' facility. This required the water at Tilth to be turned off while repairs were made. Thanks to the combined efforts of Prescott, Leonard Good, Perry McClellan, Mark Fessler and Bob Wendt, the broken pipe was capped off and the water was turned back on November 25.

We still have not done a bacterial test on the water, so until that's completed, please do not drink the water unless you boil it first. The bathrooms are functioning normally, but we've shut off the water while nighttime temperatures drop below freezing. There is a bucket with

water in the rest room to pour into the toilet tank after flushing. Please refill the bucket at the pump house.

Water is still available from the faucet on the outside of the pump house, and a lot remains in the pea patch storage tank.

On the winter agenda, we'll be getting the big rototiller repaired and planning for possible installation of an automated watering system in the community gardens. Work parties in December have been cancelled due to the holiday season (and cold temperatures!), but will start up again when the weather gets warmer.



Prescott photo

Leonard Good clowning with wrenches after installing a new faucet assembly to the mop sink in the custodial room. He also helped take recyclables to the transfer station.



Linda Good photo

Jo Stephens and Prescott load wood scraps into Leonard Good's 1947 pickup. The Goods will burn the scraps as firewood.

There's always lots to do around the pea patch and the rest of the Tilth campus. If you have gardening or repair skills — or just a willing set of hands — please consider donating a few hours. Work parties are usually on Saturdays, 11 a.m. to 3 p.m., but volunteers are

Winter weather, see page 5

President's Message: Thankful for Council Support



by Linda Good, president

As I write this right before Thanksgiving I feel thankful for the dedication of the Tilth Council and for all those volunteers that have helped over the years. On January 12 we'll have our annual membership meeting and elect new council members and thank those whose terms will be ending. When I agreed to be president two years ago, I knew it would be a learning experience, and I'm especially grateful to Prescott for all her mentoring. Jo Stephens deserves kudos for her work as land steward and also later as an interim market manager. Lynae Slinden was a wonderful market manager, but couldn't continue when she got her full-time job. Our eternal thanks go to Edward for being chair of the finance committee, to Gary for being membership chair, "gracias" to Annapoorne for her market committee work and to J.C. for coming to all the council meetings and for his ongoing help dealing with invasives. Marta Mulholland had to resign early from her office as education chair, but we appreciate the time she put into the task and for communicating about Calyx activities. Prescott does a super job with the newsletter and is already planning for Earth and Ocean week in 2014.

I'm looking forward to seeing many of you at the Tilth Holiday Party on December 15. You are also welcome to our business meeting on December 19, the third Thursday.

Thank you volunteers, from page 1

and for tending to their resident chickens, a star attraction for all Tilth visitors. And Anza Muenchow for helping coordinate gardening activities and Linda Good as the Calyx music teacher.

Melanie Sceva for the colorful banners which proudly waved every weekend from their bamboo poles (donated by Rufus Rose) along the highway, drawing attention to our Sunday markets.

Janella Riegel, John Moreland, the Spratt family and the Gmerek family for helping put new fencing around our pea patches and the Tilth Community Garden.

John Lee and Linda Good (our Tilth president), for mowing in and around the community gardens, and to John for donating additional fencing.

J.C. May for his never-ending battle against thistles and other invasives around the campus.

Kirsten Clauson, Andréa Linton, Jean Nelson and Edward Hueneke for landscape maintenance. And to Kirsten, Edward (who's also our finance chair and an occasional cook in the pavilion), Tom White, Rik Light, Pete Little, Mokihana Calizar, Mark Dworkin, Melissa Young, Michael Seraphinoff, Brian Kenney and many others for helping set up canopies and clean up after markets.

Ziva Naphtali, our beekeeper; and Jeanne Celeste, our bookkeeper.

Russell Clepper, for coordinating the music festival in June. And all the musicians who played for us this summer, some battling the wind and the rain to do so. The tips they received are only a token payment for their contribution to the Tilth market's ambience.

Please consider volunteering to serve on the Tilth Council.

By now all members and friends should have received our annual fundraising letter. Please be as generous as you can.

Help spread the good word about Tilth and get your friends involved.

Tilth Films Focus on GMOs and Bugs

Tilth Film Nights are tentatively scheduled for the first Tuesdays of each month, starting with Tuesday, January 7. There is no cost to attend.

We have a DVD with three films: *Genetic Roulette – The Gamble of Our Lives* (85 minutes), *Seeds of Freedom* (28 minutes) and *The Politics of GMOs* (16 minutes). Those attending will decide which of the three is feasible to watch in one evening.

The film for February 11, *Garden Insects*, is 51 minutes, made by local filmmaker Chris Korrow.

Melissa Young and Mark Dworkin filmmakers of *Good Food* are hosting the event at their home in Clinton. Join us for a potluck dinner at 6 p.m. The film begins about 7 p.m. For directions or and to R.S.V.P. call 360-341-1269. Watch for more information on the [South Whidbey Tilth website](#) and [Facebook page](#).

Christina Moats for dressing up our scarecrow for Halloween.

Christine Kahn for being an indispensable regular at the Laughing Cat, and Stephen Kahn for his weed-whacking and help with the compost piles.

Gary Ingram for donating goat poop for compost and for maintaining our membership files.

Marc Wilson, for mass emailings to keep members informed of special events.

Jane Wilson, for hosting market committee meetings, and Annapoorne Colangelo and Louise Holloway-Stanley for organizing the Halloween-Harvest Party bake sale. Annapoorne also heads up our Market Committee.

Lynae Slinden, our market manager for 2012 and most of the 2013 season, who performed duties far above and beyond her small stipend.

Bob Wendt and his nephew, Heath Adams, for keeping the market grounds mowed. Bob also fixed broken hydrants and did other maintenance at little or no cost.

And last but not least, Prescott, who produces this newsletter, runs the Laughing Cat concession stand, is a walking encyclopedia of Tilth history, handles emergencies big and little, maintains the orchard, and helps with landscaping, publicity and practically every other project that Tilth undertakes. Words cannot express our gratitude.

What Can You Do as a Member of Tilth?

Maybe you are inspired by a project and can offer leadership; maybe you want to take smaller steps and just help out. However you'd like to be involved with South Whidbey Tilth's work to promote healthy eating and agriculture, there is a place for you.

Tilth is governed by a seven-member board known as a council of trustees. This group handles the day-to-day operation of our organization. When there is a major policy decision, the council brings the matter before the entire membership through the newsletter or a special meeting.

Each member on the council is a chairperson of a committee for a term of two years. The president's responsibility is two years, but the council members' responsibilities (not their terms) can be one or two years. These responsibilities are called offices. Listed here are the offices, plus that of the president. The council members choose among themselves who will serve as secretary and who will chair one of the five standing committees. Each month committee chairs bring reports and proposals to the council. As members of Tilth, volunteers are needed to join these standing committees and see that all tasks within each office are carried out.

President: provides leadership and is the face of the organization; runs business meetings; seeks consensus decision making whenever possible and is an ex officio member of each committee.

Secretary: takes minutes of meetings; maintains the corporate minute book, which includes meeting minutes, land use agreements, policy decisions, etc., and may delegate correspondence.

Chairpersons of standing committees

Finance and funding chair also known as treasurer: oversees the financial health of the organization; maintains a file of expense and income receipts and other financial agreements; has check writing authority; works closely with the bookkeeper; delegates a volunteer to make deposits; delegates thank-you notes as receipts to donors; delegates grant writers and leaders of fundraising projects; arranges an annual internal audit and stewards the

VOLUNTEER OPPORTUNITIES

Finance and Funding

- Write thank-you notes to donors
- Solicit raffle items
- Assist with internal audit
- Volunteer in the Laughing Cat
- Pickup mail at the post office

Education

- Help choose monthly films
- Maintain Tilth library
- Write for the newsletter or take photos
- Register students in classes
- Conduct a workshop in your field

Land stewardship

- Rest room cleaning
- Adopt a plot to weed
- Control invasive weeds
- Bring treats for workers

Membership and Community Relations

- Welcome visitors to events
- Send Tilth news to local papers
- Help setup or cleanup at events
- Design promotional material

Market

- Set up the Farmers' Market
- Clean up after the market
- Perform music
- Design promotional materials
- Manage a community produce booth

Sustainability Fund.

Education chair: delegates volunteers to plan classes, clinics and workshops that may be on the Tilth Sustainability Campus, during the Farmers' Market or as part of an activity in the community; develops and maintains displays for events; collaborates with the membership chair to develop content for the newsletter and website; delegates a committee to plan Tilth film night and collaborates with the land steward to add an education component to work parties and oversees the book collection.

Land stewardship chair: delegates volunteers to oversee the water system, facilities maintenance, grounds keeping; land use agreements, including pea patches and new construction; oversees long-range site planning; maintains records of improvements and installations; collaborates with the market chair and finance chair to keep permits current.

Membership and community relations chair: maintains the membership database and prepares mailing labels when needed; collaborates with the education committee to offer relevant newsletter and website content; updates membership brochure; provides information at the hospitality booth at the Farmers' Market; appoints a publicity committee to handle press releases and make posters; organizes special member events such as the annual membership meeting, member farm-garden tour and annual summer party.

Market chair: interviews market manager candidates and recommends finalist; prepares contract with finance officer; supports the work of the Farmers' Market manager; prepares and updates vendor policy, agreement and rules; works with community relations volunteer and market manager to promote the market; coordinates the setup and cleanup of the market; works with education chair to bring events to the market and oversees musical entertainment at the market.

Winter weather, from page 3

welcome to come anytime to do landscaping or other projects.

Any questions, comments or issues, please email Jo Stephens (click green), Tilth land steward or call 360-202-1595.

Support South Whidbey Tilth Purchase an Ornament

from the Giving Tree at the
Bayview Cash Store

throughout December

Many thanks to Goosefoot for facilitating this event



Donation \$5 each

Tilth Farmers' Market Season a Success

Once again the weather was good, if foggy, for the last Farmers' Market of the season. The Curcubita Taste Off (squash and pumpkin-pie-filling) had 14 tasters who found Melanie Scea's pumpkin crunch as tasty as Eric Conn's sweet meat squash.

Young Molly Quade dazzled visitors with her tightrope walking. She donated half of her \$24 earnings to Tilth.

The bake sale was a success earning \$160. Thanks to coordinators Annapoorne Colangelo, Lynnda Scolfield and Louise Holloway Stanley. They auctioned the leftovers as the market closed.

The bulb and plant sale earned \$44 for Tilth, thanks to donations from Judy Brown, Mary Alice Kois and the Native Plant Stewards.

The music was fantastic despite a last minute shuffle of performers. Lee Dvirnak, Ellen Donaldson, Glen McConnachie, Detmar Straub and Dick Ward performed energizing riffs. Eric and Heather Lovetree's new band, Singing Nettles, picked up the pace during the second half of the market. Linda Good performed with Linda Murray, Audrey Gmerek and Wendy Ardans.

At 2 p.m. the ceremonial wreath, stuffed with notes, was burned in the fire pit. The notes contained hopes and intentions for the future as well as habits and disappointments to discard.

Bob Effertz enchanted children in the morning with fun activities.

Farmers' Market Conference

Growers, vendors and managers are encouraged to attend the Washington State Farmers' Market Association (WSFMA) annual conference from Friday, January 31 to Saturday, February 2 at the Heathman Lodge in Vancouver, Washington. For more information visit the WSFMA website [conference page](#) or contact conference coordinator, [Brenna Sandstrom](#) (click green text for email), with any questions or call 253-226-8824.

South Whidbey Tilth is a member of WSFMA and anyone representing Tilth can register at the member rate. Early registration deadline is December 31 at \$175. WSFMA is offering some scholarships, intended to support attendees who would not otherwise be able to take part in this worthwhile conference. **The scholarship deadline is December 15.** All Washington farmers and WSFMA member market managers are eligible to apply. However, priority will be given to specialty crop farmers. Each scholarship is for \$250, which covers the conference registration and meals. Hotel accommodations are not included. Tilth will supplement some of the cost. Email [Market Manger Jo](#).

The hours of the last outdoor market of the season were extended, ending at 3 p.m.

Market manager Lynae Slinden served nearly two years. Her consistency and experience improved market performance significantly this year. Her effort to secure promotional funds from the Port of South Whidbey enabled advertising on the ferries and visitor centers. Gross sales for 27 weeks in 2013 were \$40,047, compared to \$33,390 for the same number of weeks in 2012. Visitor attendance this year averaged 179, up from 164 last year.

Special thanks to Jo Stephens for serving as market manager from September through October and to Lynae for mentoring Jo and maintaining financial records through the season. Lynae began a full-time job at South Whidbey Senior Center in mid-August, and Jo has since found full-time work at Island Recycling.



David Welton photo

Spooky Lynnda Scolfield wore one of the cleverest costumes.

Value-Added Produce Grant

The U.S. Department of Agriculture Rural Development Value Added Produce Grant (VAPG) Notice of Funding Availability (NOFA) has been published in the Federal Register. Click green text for the web address for [NOFA](#). This program is for farmers who want to add value to their products and sell the end-product to consumers. Examples would be making jam out of berries, cheese out of milk, etc. Grants can be made for planning or for working capital (no equipment or buildings — except office equipment).

The application deadline is February 24, maximum grant amounts are \$75,000 for planning; \$200,000 for working capital. Go to the [VAPG webpage](#). For more information email [Melanie Drecksel](#), Mount Vernon Area Office or call 360-428-4322, extension 158. Submitting applications online is not recommend due to problems that some have experienced.

BUSINESS OF SOUTH WHIDBEY TILTH

Tilth Council Business Meeting Minutes of October 17

by Jo Stephens

The business meeting of South Whidbey Tilth Association was called to order at 6 p.m. Oct. 17 at Trinity Grigware Hall by President Linda Good. Present were council members Edward Hueneke, Annapoorne Colangelo, Gary Ingram, and Jo Stephens, and Tilth members J.C. May and Prescott.

Gary moved to approve the September minutes, Jo seconded, and they were approved.

Finance — Edward said he had not yet sent the \$50 donation to Greenbank Farm, but will do so soon. He also said the bank has agreed to waive this month's \$10 fee for accounts under \$1,000, and may do so again next month.

Bookkeeper Jeanne Celeste has complimented Tilth's money management, noting that all expenses are under budget this year, except for facilities.

Art Peterson has volunteered to work with Jeanne on performing the annual audit; results are expected within a month, or at least by the annual meeting

in January. Edward noted that Tilth is continuing to use up its reserves, with a good portion of that going to the electrical project.

In the *ECO Network Spotlight*, Edward reported that the county has gotten approval for several Near-Term Actions, and needs

October meeting, see page 8

Ah, Winter... Enjoy the Woods, Plan Your Garden



by Anza Muenchow

This was a truly memorable November, with so many rain-free days. The earlier rains of September and October brought forth such wonderful mushrooms. Then the mild weather and sunny days of November made the fall seem to stretch out, enhancing the colors and the play of light on the forest understory. This winter, take time to enjoy

long forest walks and observe the trees, mosses and fungal growth in our area. Winter is an especially good time to assess the growth and health of trees, because you can see their structure. Do they have broken branches where disease can enter? Are they too crowded and competing for light? Winter pruning is pleasant work. Trees are such a treasure, cleaning pollutants from the air, moderating summer high temperatures and truly enhancing our environment and the quality of our lives.

This is a good time of year to update garden records from the past growing season. Check your 2013 garden map and complete journal entries that detail the site and health of the crops you grew last summer. Make notes about seed varieties and where the seeds were purchased. Especially note where you experienced major pest problems and where the weed pressure was daunting. Note the quality and quantities of the different crops you produced. Did you over-plant or under-plant any crop varieties?

Begin planning your 2014 plantings, keeping in mind the importance of crop rotations. Several of the most common and desired backyard vegetables are dramatically dependent on being moved to a new location each year for maximum production. The biggest concern is the soil pest and disease buildup when you plant in the same spot. Also important are the nutrients that remain in the soil and are they available to the new crops. This may be less important if you use a mixture of fertilizers containing different amounts of the key requirements nitrogen (N), phosphorus (P) and potassium (K) and supplement as needed.

The most susceptible common crops that need rotation are peas, carrots and parsnips, onions, garlic, and the *brassic*s (broccoli, choys, radish, arugula, cabbage, etc.). It is best to rotate planting beds for all your veggies, but these particular plants demand a longer time (years) for trouble-free cultivation. Peas have trouble with weevils that eat roots and the little shoots

in the spring. Carrots and parsnips are susceptible to the root maggot. Onions, garlic and that whole family have a black and brown fungal rot that persists in the soil for years. The *brassic*a family is vulnerable to root maggots and the fungal club root disease. Disease can build up in a tomato bed, a cucumber bed, a bean bed or in the lettuces, but one can often get away with a less than perfect rotation of these crops.

When planting any leafy green, consider using a high nitrogen fertilizer, like blood meal or fish bone meal. Don't use the high nitrogen fertilizers for your fruiting crops like tomatoes or squashes, as they will encourage too much leaf growth and that may encourage leaf diseases. Peas and beans are legumes which add nitrogen to the soil and don't need additional nitrogen fertilizer; the soil they were grown in may still have enough nitrogen for your fruiting crops. An example of this is when I plant peas and leave that trellis all summer, using it for lemon cucumbers. I usually transplant the cucumber starts in early June at the base of the peas, just as the peas are finishing their growth. These cukes especially thrive on the trellis after I remove the dying pea vines.

Winter is a needed time for me to rest and reflect, but I certainly miss cooking all my fresh summer vegetables. However, delicious winter meals can include many winter squashes, as well as the kales and other winter greens. As the outside temperatures drop, the winter greens bring up the sugars from their roots to help the plants from freezing, just like a natural anti-freeze. The natural sugars add great flavor to kale soups and stir fries. My favorite soup recipes are when I start with a good broth, either from boiled bones or using a concentrated veggie powder from the market. I add a favorite root crop, like potatoes or parsnips or sweet potato, cut into cubes. When that is boiling, I add chopped kale, arugula, mustard or chard. The tougher leaves may take longer to cook, maybe 10 to 15 minutes. Then I stir in croutons (e.g. stale bread toasted with herbs) and drizzle a flavorful oil over the top, just before serving. A nice olive oil or roasted pumpkin oil will do. Then you have a warm, comforting meal that contains fresh green vegetables, with all the cancer fighting properties you know about from those dark leafy greens.

Be well these dark days and remember the days will be growing longer in just a few more weeks. Happy Solstice to you all on December 21.

Comment Period for GMO Apples by December 16

The U.S. Department of Agriculture (USDA) is considering approval of genetically modified apples. This unlabeled science experiment "silences" the genes that turn apples brown when exposed to oxygen. Simply applying lemon juice to freshly cut apples does the same thing, a technique used for generations with no harmful effects.

The genetic engineering (GE) of such a commonly grown fruit could cause contamination of nearby organic or conventional apple orchards. Unlabeled GE apples could also find their way into non-GE fruit slices, juice, baby foods or applesauce, products predominantly consumed by children and babies who are at increased risk for any adverse health effects.

The U.S. Apple Association, Northwest Horticultural Council (which represents Washington apple growers, who grow over 60

percent of the apples in the U.S.), British Columbia Fruit Growers Association and other grower groups have already voiced their disapproval of these GE apples due to the negative impact they could have on farmers growing organic and non-GE apples and on the apple industry as a whole.

Comment on the Okanagan Specialty Fruit's genetically engineered, non-browning "Arctic" apple (Docket No. APHIS-2012-0025) by December 16. To learn more or sign a petition, visit the website of the [Center for Food Safety](#). The Center is a national nonprofit public interest and environmental advocacy organization working to protect human health and the environment by curbing the use of harmful food production technologies and by promoting organic and other forms of sustainable agriculture.

October meeting, from page 6

help with 12 of those. He recommended that, as a member of the Whidbey ECO Network, Tilth could help with numbers 8 and 11: implementing a water quality program at Ebey's Prairie to manage urban runoff, and identifying noxious invasive weeds and creating a plan for eradication.

Education — Marta Mulholland sent her report to Linda to read. She is officially resigning from the council. The Calyx kids are still visiting the garden on Thursdays, weeding and harvesting. Calyx agrees with fixing up the old chicken tractor and raffling it off at the annual meeting in January.

Land steward — Jo noted the theft of some produce from the Gmerek plot, and said some combination of signs and locks on gates is needed. She is working on getting new fencing to patch the community garden fence. Bob Wendt will keep the mower in storage over the winter, and we will get the rototiller repaired before spring. The prewinter cleanup party is set for November 2 and Saturday work parties will continue throughout the winter to work on

landscaping and other projects.

Market — Annapoorne reported on plans for the last farmers' market and Halloween Harvest Party set for October 27. She will organize the bake sale, and there will be a pumpkin pie-filling taste-off. Christina Moats has volunteered to dress up the scarecrow as a witch. Prescott will organize a bulb sale, including 40 donated Grassers Hill Blue Flag irises, and will try to set up a bulb tradeoff/exchange for irises, lilies, etc. Edward will work the bulb-sale table.

Membership — Gary said people receiving emailed newsletters have complained of not getting hard-copy reminders about membership renewal. He will mail out letters, as well as putting a notice in the mailed newsletters.

Gary reported that the Sustainability Banquet had a good turnout and lots of volunteers. Linda said the raffle barely paid for the salmon, and did not make a profit. Gary has served three terms and will leave the council in January, but will still maintain the database and do

coffee orders.

Old Business — Discussions of a committee to update the bylaws, rebuilding the farm stand and ASCAP issues were postponed. Marc Wilson will be on the bylaws committee.

Nominating Committee — Gary, Linda, Annapoorne and Jo are ending their terms on the council, so new members are needed. Several names were suggested, along with possible committee assignments. The positions of president, membership chair, education chair, land steward chair and market chair head will be vacant. In addition, we need a secretary and a librarian.

New business — Linda suggested that a fundraising letter be sent out. Michael Seraphinoff has written two previous ones and may again.

Also, the application for a grant from the Whidbey Island Garden Tour is due by October 31. Suggested projects are fencing, an irrigation system for the pea patches and water for Native Plant Stewards area and Tilth's kitchen. Prescott said she would tour the

Langley Community Garden (LCG) to see how they designed their irrigation and metering system. Linda noted that the city tripled its water fees, so LCG garden plots are now much more expensive.

Prescott relayed Carol Olson's request that Tilth participate in the Mission Market and Gift Fair, "Gifts with a Cause," December 8 from 11 a.m. to 2 p.m.

Prescott moved that Tilth should officially endorse Initiative 522, requiring labeling of genetically-engineered foods, in the upcoming election. Gary seconded, and it was approved. The endorsement reads:

We support 1-522 because we think consumers should have access to the information they need to make an informed decision about the food they are buying and feeding their families. Because the long-term quality and sustainability of genetically modified organisms in our food is still inadequately tested. South Whidbey Tilth Council of Trustees supports labels on foods.

The meeting adjourned at 8 p.m.

Tilth Council Business Meeting Minutes of November 21

by Prescott

The regular business meeting of South Whidbey Tilth was called to order at 6 p.m. on Thursday, November 21 by President Linda Good. Members of the Tilth Council of Trustees present were Edward Hueneke, Jo Stephens and Gary Ingram. Other members present were J.C. May and Prescott.

Prescott agreed to record the minutes in the absence of a secretary.

The minutes of the October 17, 2013, business meeting were approved with minor amendments.

Finance committee report — Edward reviewed the financial statement as of October 31, noting a deficit of \$4,407 for that period. The property tax and insurance has been paid.

Internal audit: As required in the South Whidbey Tilth bylaws, an independent audit of the organization's financial procedures was performed by a local resident with experience as treasurer in an-

other nonprofit organization. His report is available for review. Having reviewed Tilth's bylaws and financial reports he states there is a good separation of duties for financial transactions. He warned that the downward trend in current assets could deplete them in ten years. He also recommended a review of Tilth's assets, reflecting the depreciation on structures versus the increasing value of the land. Edward will look into the depreciable items. Linda will write a thank-you note and offer him a complementary membership.

Action item: A motion was made, seconded and passed to earmark the intended donation of \$50 to the Greenbank Farm for the Organic Farm School.

Puget Sound Starts Here Block Grant: Edward and J.C. attended the November Whidbey ECO Network meeting November 20. It was reported Whidbey is to receive \$10,000 for mini grant projects of \$500 to \$1,000. Edward is working with Prescott to

develop an educational proposal about water metering and conservation in agriculture to implement on the Tilth Sustainability Campus and present at an Earth and Ocean Week *Science While Sipping* event.

Membership committee report Gary and Linda lead a discussion about potential members to nominate to the council.

Holiday party planning: Anza Muenchow and Marc Wilson have offered their home for this year's holiday potluck and white elephant gift exchange. It will be at 5:30 p.m. on Sunday, December 15. Gary will prepare the invitation to be sent electronically as well as in the newsletter.

Annual fundraising letter: The letter has been written, copy edited and printed. Both #10 and #9 envelopes are ready and the return form is ready. Edward will get stamps and Gary will run off mailing labels. About six people are needed to put it all together. Several names of additional vol-

unteers were suggested and the work party is at noon on Tuesday, November 26 at Gary's office.

Annual meeting planning: The meeting is to be Sunday, January 12. Linda will contact Trinity to learn if the building is available [the room is available]. There was a discussion about potential keynote speakers. More planning will continue at the November 26 work party.

There will be a regular meeting Thursday, December 19.

Education committee report Linda announced that Calyx Community Arts School is having an open house from 11 a.m. to 1 p.m. on Saturday, December 7 at the South Whidbey State Park following a "Holly-day" work party by Friends of South Whidbey State Park to begin eradicating the non-native holly.

Land stewardship committee report — Jo listed all the accomplishments at each of the work

November meeting, page 9

November meeting from page 8

parties in November to prepare the campus for winter. Still left to do is the hardware cloth around the community garden and taking the rototiller for repairs.

Cabin in the Market: Christina Moats asked if she could keep the cabin she used to sell at the Farmers' Market on site during the winter. It would be costly to move it. All agreed the cabin could stay, but the earlier restrictions to sell crafts from it only during the market season apply. Moats asked to be able to move it closer into the market vendor circle when she is able. No one objected.

Water system: a standpipe was broken in the forest during a storm in early November. The Native Plant Stewards (NPS) working on site noticed a flood and turned off the water system at the pump house. Several members with plumbing skills have offered advice. Prescott has been coordinating repair solutions and reported a cap has been put on the pipe at the break for now. She explained several improvements and repairs are needed in the upper meadow. After December 4 a member agreed to replace the broken collar around the standpipe by the water storage tank and possibly install another standpipe. His estimate is \$60 to \$80 in labor; plus cost of parts. The NPS need at least three hoses, one comes

from the water storage tank, not connected to the water system, and is filled every season and drained before freezing weather. Perhaps a bleed valve will be installed lower on the line.

The rest rooms are usable but a water bucket is available to keep the toilet tank topped off for flushing. When the water is turned on again a water bacteria test is needed. A warning is posted. Running water is still available from the pump house and is connected to the well on a separate line.

There is a need for a meeting to compile a watering schedule to accommodate the needs of NPS, Tilth Community Gardeners, special events and the Farmers' Market and now the Young's high tunnel hoop house. The next land steward will be directed to call a meeting this spring.

Whidbey Island Garden Tour: an application was submitted for funds to install water meters and timers for water conservation and distribution in the gardens and landscape at the Tilth Sustainability campus. The project may be matched with funds for an educational project with Whidbey ECO Network.

Holiday events — Prescott reported the Giving Tree at Bayview Corner is being coordinated by Goosefoot again. There are a few more ornaments from previ-

ous years available to be sold at a suggested donation of \$5. Goosefoot is holding a party for each organization to hang ornaments on December 4. [Update: the party date changed to Tuesday, December 3 from 5 to 7 p.m.] Volunteers are welcome. A new ornament is needed for next year.

We will also participate in the **December 8 Global Giving Market**, formerly the Mission Market, hosted by Langley United Methodist Church. We'll sell market bags, garden guides and memberships to our organization. Prescott will set up and staff the half table from 11 a.m. to 1 p.m. and Linda will staff the table from 1 to 2 and put the display away.

Newsletter — Prescott distributed a list of potential articles for the December/January issue of the Tilth newsletter and requested help from several members to write them. The deadline is Sunday, December 1 so that production might be completed in the first week of December.

Earth and Ocean 2014 — Prescott reported planning meetings have begun. Organizations need to send event information by March 1. Island-wide events are encouraged and our group will help promote them, but not organize them. The group will organize a south end celebration is focused during Earth Day week following the April 19 *Welcome the Whales*

event. The group is also organizing *Science While Sipping* events, some collaborate with Whidbey ECO Network's pub talk series. Edward offered to help. The next planning meeting is December 9.

Old Business

Tilth Library — Prescott asked for help obtaining the missing books.

New Business

Six Bowls Project — Linda suggested Tilth join the project connecting handmade bowls, poems and stories. She reasoned if we target 2015, we can build community support toward our final decade of Tilth land payments, ending 2025. She will get more information.

Adjournment — The president called to adjourn the meeting at 8 p.m. All agreed.

Next Meeting December 19 — Every member of South Whidbey Tilth is welcome to participate in the business meeting. Join us Tuesday, December 19 at Trinity Lutheran Church's community building on the highway at 18341 State Route 525, Freeland. The meeting begins at 6 p.m. preceded by a potluck dinner. Please bring your own eating utensils. Contact President Linda Good with agenda items at president@southwhidbeytilth.org or call 360-221-6439.

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

DECEMBER

8 Global Giving Market, Sunday, 11 to 2, Langley United Methodist Church

15 Annual Holiday Party, 5:30 p.m. at Maha Farm, see [page 3](#)

19 Business meeting of South Whidbey Tilth, Thursday, 5:30 potluck, 6 p.m. meeting, Trinity Lutheran Church community building

JANUARY

7 Tilth Film Night, Tuesday, 6 p.m. potluck, see [page 4](#)

12 Annual Membership Meeting, Sunday, 3 p.m. at Trinity Lutheran Church community building

Find Us Online

Did you know you can view a year's worth of South Whidbey Tilth newsletters on the [Tilth website](#)? The links are at the bottom of the page. When you select an issue it opens as a downloadable portable file document (pdf). It is also the same version that members receive who prefer an online version. Any text that is colored green is hyperlinked. In other words, when you select that green-colored phrase, the designated website or email address is opened.

We also have a [Facebook page](#). Watch for current events there and please "like" us.

16 Business meeting (tentative date) of South Whidbey Tilth, Thursday, 5:30 potluck, 6 p.m. meeting, Trinity Lutheran Church community building

30 to February 1 Organic Seed Growers Conference, Thursday through Saturday, Corvallis, Oregon; register at the [Seed Alliance website](#).

31 to February 2 Annual Conference of the Washington State Farmers' Markets Association at Heathman Lodge, Vancouver, Washington

FEBRUARY

1 Deadline for Tilth newsletter, February/March issue, send ideas, pictures, articles to [Prescott](#)

1 Sound Waters 2014, Saturday at Oak Harbor High School; online registration opens January 4 and gift certificates are now available on the [Sound Waters website](#)

11 Tilth Film Night, Tuesday, 6 p.m. potluck, see [page 4](#)

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](#); **No work days in December!**

Farm and Food News: For local events, visit the website



SOUTH WHIDBEY TILTH ASSOCIATION

A Nonprofit Corporation and a Chapter of Washington Tilth
Post Office Box 252
Langley, Washington 98260

CONTENTS

| | |
|---|----|
| Korror at Annual Meeting | 1 |
| Thankful for Our Volunteers..... | 1 |
| Recruiting Nominations | 1 |
| What is Tilth? | 2 |
| Remembering Lou | 2 |
| State Order for Healthy Foods | 2 |
| Holiday Potluck December 15 | 3 |
| Preparing for Winter Weather. | 3 |
| President's Message | 4 |
| Tilth Films: GMOs and Bugs... | 4 |
| What Can You Do as a Member of Tilth? | 5 |
| Volunteer Opportunities | 5 |
| Market Season a Success..... | 6 |
| Farmers' Market Conference .. | 6 |
| Meeting Minutes October 17 .. | 6 |
| Value-Added Produce Grant... | 6 |
| Plan Your Garden | 7 |
| Comment on GMO Apples..... | 7 |
| Meeting Minutes November 21 | 8 |
| Find Us Online | 10 |
| Join or Renew | 9 |