



# South Whidbey Tilth

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

Volume 31, Number 5

October/November 2013

## Halloween Party and Bazaar Marks Last Market

by Linda Good, Halloween event chair

Our second annual Halloween Harvest Party and Bazaar is Sunday, October 27 at the time of our last Farmers' Market of the season. The event begins at 11 a.m. as usual, but the closing time is extended to 3 p.m. Let's hope for a pleasant, sunny day.

This market is also the last of Whidbey's seasonal outdoor markets, so we're inviting vendors from all the other markets to join us for an opportunity to sell the last of their produce or to get a jump start on holiday gift sales. Guest vendors are charged a space fee of \$10; South Whidbey Tilth members are free. All vendors will pay a 10 percent sales commission. For a special application click on the green text

to email *market manager Jo Stephens* or download an application from the *South Whidbey Tilth website, market page.*

Bob Effertz will provide activities for children. Bob's group, We Are Three, will help with the music. Dawn Collins will delight everyone with her puppets. Musicians, young and old, sing and play Halloween songs. We welcome costumes and will recognize creativity and originality. If you have a jack-o'-lantern, please bring it.

There will also be a bake sale to benefit South Whidbey Tilth projects. However, the Island



Prescott photo

The Tilth scarecrow has morphed into a Halloween specter, thanks to Christina Moats.

## Initiative 522 — Just Label It

by Anza Muenchow

Voters in Washington State are being asked to decide if store-purchased foods and seeds should be labeled if they contain known genetically modified organisms (GMOs). Much controversy exists about GMO foods and what is okay to eat or not eat. The U.S. and Canada are two of the few developed countries around the world that recommend GMO crops to be eaten as human food. Some consumers have more concern for the policies and political forces that endorse this technology with questionable regard for human health and the health of the environment. Let's first discuss the technology concerns and then later the policies and health concerns for the environment and for human bodies..

Stunning advances in microbiology have driven an increase in the use of

GMOS. This is not hybridization, which has been occurring since the beginning of cultivated crops. Genes from com-

pletely unrelated organisms are being biologically transported or physically inserted into cells of plants through fantastic microbiological techniques. The pharmaceutical industry is achieving exciting advances in research that may cure many common diseases. But, very little impartial research has been done on GMOs in food crops or about the long-term health effects of daily consuming so many GMO foods.

In the U.S. the principle GMO crops contain either a RoundUp Ready gene or a Bt gene or both. RoundUp Ready genes allow farmers to spray glyphosate on their fields to control weeds, without

County Health Department has new guidelines this year.

The transition of fall to winter is marked by Halloween, traditionally a time that straddles life and death, plenty and paucity. Please think about something you want to change as you finish the harvest season and prepare for the dormancy of winter, a time to incubate new plans. Our tradition is to jot down the intention and tuck it into a wreath to be ceremonially burned at 2 p.m.

We will be honoring the vendors of the season, our market managers, plus the volunteers who put in their precious time to make the 41<sup>st</sup> South Whidbey Tilth Farmers' Market a wonderful experience.

Please contact me if you can help with this event, especially the bake sale. I can be reached at 360-221-6439 or email *Linda Good* (select green text).

Check the ferries for promotional posters and rack cards.

**Tilth Campus Cleanup Day**  
Saturday, November 2 • 10 a.m. to 2 p.m.

**Food labeling, see page 4**

# Survey of Seed Saving Among Diverse Communities

The Mother Earth Rights/Defense of the Commons Committee of the U.S. Food Sovereignty Alliance (USFSA) is conducting a survey of folks who save seeds and who advocate for seed saving in the U.S. They are trying to paint a picture of the way seed saving is alive in different communities, urban and rural, as well as those who are advocating for it. Consider taking the survey online by selecting the green text *Seed Saving Survey*. The deadline for submitting surveys is November 5, 2013. Look for the results of the survey which will be distributed to USFSA members and posted at *USFSA website*.

# Ordering Coffee

Gary Ingram will be doing a monthly Order of Café Mam coffee starting in November and continuing until May, when the Tilth Farmers' Market opens again. If you are not already on the email list for the ordering notice, please email *Gary Ingram* (click green text).

# Do the Math

The next film/dialog workshop hosted by the Greening Congregations of Whidbey Island is Saturday, October 26 from 3 to 5:30 p.m. at the Unitarian Universalist meeting house, two miles north of Freeland. It features *Do the Math* with Bill McKibben. Launched in Seattle at Benoroya Hall one year ago, the film recounts the 22-city tour and rationale for organization 350.org's fossil fuel divestment campaign. Modelled on the effort that helped bring down Apartheid in South Africa, there are now campaigns on 315 college campuses, in 109 cities and at nine religious organizations. Learn about the study which spurred McKibben to write the galvanizing *Rolling Stone* article, of the same name, and the three numbers which make this effort so urgent. The film makes it crystal clear why investing in fossil fuels is investing in the destruction of our future. View the official *Do the Math trailer* on YouTube (click green).



## 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 ..... 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 360-222-3207 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 DECEMBER/JANUARY ISSUE IS DECEMBER 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

## New Market Manager in Place

Attendance and income have improved at this season's Tilth Farmers' Market. As of the end of September, income from both vendor selling-space fees and sales commissions was \$4,393 as compared to last year at that time, \$2,594.

Much credit goes to Lynae Slinden's winning personality and her careful attention to details. At the end of August she was hired full time as di-



Michael Seraphinoff photo

Jo Stephens to manage the Tilth Farmers' Market

rector of the South Whidbey Bayview Senior Center. She intends to support the market throughout the season, but she proposed to the Tilth Council of Trustees that Jo Stephens be contracted to manage the market for the rest of the season. Both Jo and the council were amenable.

Jo is a hard worker and already volunteers many hours as the land stewardship chair on the Tilth council. She welcomes help each Sunday with setup and cleanup. When you come to the market, make a point of introducing yourself to Jo. You'll be glad you did.

Kirsten Clauson recently joined the market committee chaired by Tilth Council Trustee Annapoorne Colangelo. Kirsten vends at the market as The Herbal Workshop and makes amazing soap, which she develops and packages with great artistry.

Prescott asked to resign from the market committee at the end of the season having served for many years. She has served the committee by promoting the market and by mentoring committee members. Other members of the market committee are Edward Hueneke, Anza Muenchow and Jane Wilson.

## Twelfth Annual Native Plant Education Days and Fundraiser Plant Sale

Native Plant Stewards' annual education days and plant sale is held the first three Thursdays of October this year. The event is scheduled during the Stewards' regular work day. The holding facilities, with a large selection of native plants, will be opened to the public, and plants can be purchased at very low prices directly from the capillary beds.

Come for the final day Thursday, October 17 from noon to 3 p.m. to the upper meadow of South Whidbey

Tilth's property at State Route 525 and Thompson Road.

Stewards will be available to answer questions and assist with plant selections. The Resource Library will again be set up in the greenhouse and literature on a wide variety of topics will be available for you to take home for future reference.

For information or to arrange a different date/time to purchase plants by email [Mark Fessler](mailto:Mark.Fessler@tilth.org)/[Barbara Kolar](mailto:Barbara.Kolar@tilth.org) (click green text) or call 360-678-4281.

## Whidbey Waters Are in Your Hands

South Whidbey Tilth has begun planning its participation in the Whidbey Education, Communication, Outreach (ECO) Network's educational theme, *Whidbey Waters Are in Your Hands*. Water conservation and agriculture might be our focus. To that end South Whidbey Tilth plans to improve our water metering and water distribution and irrigation system on the Tilth campus. We want to share as we learn by involving the gardeners in Tilth's Community Garden, Calyx's Children's Garden, the Young's high tunnel hoop house and more.

Whidbey ECO Network plans to spotlight an organization each month. As a participating organization, South Whidbey Tilth will create a write-up with photos, perhaps a video about our work around the theme, *Whidbey Waters Are in Your Hands*.

Another educational and outreach strategy is for each organization to create a short presentation to be used at a local coffee house or pub. This activity was

started on Whidbey last spring as *Science While Sipping* for the 2013 Earth and Ocean Month. Such a presentation by our membership can also be presented at the Tilth Farmers' Market next season.

The Whidbey ECO Network is a collaboration of environmental organizations on Whidbey who meet quarterly from 9 to 11 a.m. on a Wednesday at the Pacific Rim Institute. The next meeting is Wednesday, November 20. South Whidbey Tilth's representative is Edward Hueneke. The Whidbey ECO Network's website is being developed.

To participate or share ideas for Tilth's involvement in this project, please contact Edward or Prescott; contact information is on page 2.



Learn more at [www.WhidbeyFiberQuest.com](http://www.WhidbeyFiberQuest.com)

**FIBER FARMS:** Island Bliss Alpaca • Frozen Acres Alpacas • Pronkin' Pastures Alpaca Ranch • Paradise Found Fiber Farm • Fern Ridge Alpacas **KNIT SHOPS:** Whidbey Isle Yarns, Gifts & Teas • Knitty Purls **SPECIALTY SHOPS:** Lavender Wind Farm Shop • Whidbey Island Winery • Sweet Mona's Chocolate Boutique • Whidbey Island Soap

**VISIT**  
5 fiber farm stores  
2 yarn shops  
*with an added twist!*

**ENJOY** local wine, hand-crafted soap, all things lavender, and handmade chocolates

**And be entered to win gift certificates**



## Food labeling, from page 1

killing the desired crop. How labor saving is that? However, as with all herbicides and pesticides, glyphosate doesn't know when to stop killing. You will never see glyphosate on an organic farm as it is very toxic to animals, plants and soil microbes. A living soil biology is the basis of organic farming. However, every year more and more tons of glyphosate are sprayed on our farmlands and the runoff pollutes more rivers and eventually our coasts. Though the glyphosate compound does break down eventually, those secondary components contribute to our water pollution problems too.

Bt is derived from *Bacillus thuringiensis*, which can be found naturally in some biologically rich soils and is toxic to many caterpillars when they eat it. As for the Bt GMO crops, they are designed to have extracts of Bt reside in the vascular system of the crop and kill insect pests, especially caterpillars. Unfortunately, Bt doesn't stop at killing its target insect pest either. It is very toxic to the bees that pollinate the crop, contributing to colony collapse disorder. Without unbiased studies, we don't know what the Bt GMO does to the consumers (humans and livestock) who eat these plants, especially GMO corn. Considering our nation's increase in consumption of high fructose corn syrup and other corn products, we are eating many more GMO food sources than we had before 1990. Agricultural journals are reporting that farmers who supply their livestock with GMO feed notice increased digestive disorders, poor health and infertility in their pigs, cows and other livestock.

U.S. wheat, soy and corn (being the base of the American diet) have not been tested by long-term, third party, unbiased science trials. The GMO industry, dominated by Monsanto, has managed to convince the U.S. Food and Drug Administration (FDA) and the U.S. Department of Agriculture (USDA) that they have enough evidence that GMOs are equivalent to non-GMO food crops. Due to the close ties between the governmental regulators and the corporations that profit (and control) agribusiness, testing on human health has been short-term and, in some cases, nonexistent. Many attempts to test the effects of consuming GMOs on human health are controlled by the companies who hold the patents which specify how their seed can be used at time of purchase. It is quite alarming to look at long-term studies coming from Europe and Russia on the

effects of eating GMOs. Reports state that in just one or two generations, adult pigs or rats become infertile: the females miscarry pregnancies and the males have shrunken testes and are unable to reproduce. At least we can gather some evidence from these studies about long-term health effects in order to understand why these countries have banned GMO food for humans until more definitive research is conducted.

Some health professionals have concerns about the links between disease and consuming GMOs. Many scientists believe that the biotechniques involving transporting deoxyribonucleic acid (DNA) could be causing genetic anomalies for consumers. The biochemical processes used to invade and modify genetic material are not simple or precise when inserted in DNA. Other scientific sources are equally concerned about the presence of Bt and glyphosates in the plant DNA we eat daily. Much more needs to be studied. American baby boomers and those born before the 1980s never ate a GMO crop till the Monsanto Corporation was successful in creating the government policy stating GMO foods are equivalent to non-GMO foods. Every few months, more GMO foods are approved. Currently, the human foods that are most likely to contain GMOs are those with corn, soy, wheat,



SNOPES, [www.snopes.com/food/prepare/produce.asp#KXxwq45GK502UJgh.99](http://www.snopes.com/food/prepare/produce.asp#KXxwq45GK502UJgh.99)

The little round stickers with numbers that shoppers often see on produce items are Price Look-Up (PLU) numbering codes for fresh, unprocessed produce items. PLU codes used on produce stickers identify qualities such as how food products were grown. They are not a reliable consumer guide found on all forms of produce. The PLU number identifies produce items based upon various attributes which can include the commodity, the variety, the growing methodology (e.g., organic) and the size group.

bee, beet sugar, artificial sweeteners, canola, papaya, tomatoes, potatoes, peas and zucchini. For your animal feed, watch for GMO contamination in these plus the alfalfa. I always laugh when I think about why the industry needed to create GMO zucchini, as it seems the simplest thing to grow organically. Fresh produce stickers may sometimes give you a hint if it is GMO: A five-digit code starting with 9 is organic and will contain no GMOs. A four-digit code is 'conventionally grown' and might be trusted to be GMO-free, though not reliably. A five-digit code starting with 8 is a GMO product. Also, check the country where the food was grown. European foods will have no GMO content.

Okay, here comes the rallying voice. We have such an exciting opportunity to control GMOs in our food system. Let's take every opportunity to promote the labeling campaign. Let's all get out the vote and assure the passage of Initiative 522. Now is the time. Just do it!

## Vermiculture Video Available

Todd and Teresa Spratt of BugaBay have donated a video, *Garbage to Gold*, to the South Whidbey Tilth Library. The video describes how to transform kitchen waste into rich compost using worms. The former Calyx classroom and Rose vendor booth will be used as a temporary office and library. The video is available for loan. Access to the library continues on Sunday until the Farmers' Market closes. The library needs development. Please contact President Linda Good if you are interested in helping.

# Is Whidbey's Climate Changing? Well, Maybe a Bit

by Jo Stephens, South Whidbey Tilth Land Steward

Gardeners and farmers with South Whidbey Tilth are noticing a few signs of “weird weather,” but as yet no major changes.

Michael Seraphinoff, who's been growing crops in Greenbank for 35 years, says he's seeing a longer, warmer growing season, but with erratic late-spring or early-fall killing frosts. For at least the last 10 years, there has been an occasional early frost in October or a late frost in April that damages crops. However, he's overwintered hardy crops such as broccoli, kale, chard and arugula more often in recent years.

Warmer weather has also affected the berry-growing season. “When I managed loganberries at Greenbank Farm, from 2000 to 2005, I was told the crop would run typically July 15 to September 15. My experience was that we had a crop ready by the first week of July, but never ran as late as mid-September, just the end of August. One year, it was ready by June 30.”

Brian Kenney, who has gardened in Virginia, Massachusetts and Washington over the past five years, says he's seen a trend toward earlier spring planting in all three regions. “I think it is generally more unpredictable with more unusual or extended weather events — like dry this spring and summer and wet last year.”

Another farmer, with eight years' experience on Whidbey, also believes the weather is getting more extreme, both hot and cold, and the storms more powerful. A series of mild autumns can lead you to take a chance on late plantings, but then you may lose the crop to an early hard freeze.

Marc Wilson of Maha Farm, who has raised crops here for 10 years, thinks that summers generally have been getting wetter and the winters warmer. One result may be that Washington's climate is now more hospitable to invasive species. A new pest this year, he says, has been the Spotted Winged Drosophila, a type of fly that lays eggs in soft fruit. The Whatcom County Extension Service says this species is native to Asia but has been established in the

Pacific Northwest since 2009.

Tilth pea-patcher Janella Riegel has been gardening for 15 years, but this was her first season on Whidbey. She says there seem to be a lot fewer pollinators here than on the Olympic Peninsula, which may be due to weather or just locale. Far worse were the problems she had with blossom-end rot and late-season blight on tomato varieties she's grown for years, and these could be either climate- or soil-related. “The one difference I notice as a lifelong Washingtonian is that summers overall (except this one) seem hotter and drier but spring and fall seem wetter and cooler.”

Seraphinoff also has noticed more

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***Some degree of climate change is likely to impact all of us during our lifetimes.***

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and earlier-occurring late blight, as well as root funguses being more common in cabbage, broccoli and other brassicas.

Besides diseases and bugs, gardeners report some changes in the animal life in their areas. Seraphinoff says meadow voles have extended their range and are doing more damage. He's also seen barred owls for the first time on his land in Greenbank.

Christina Moats, a Whidbey gardener for 20 years, says she is seeing more eagles lately and several ospreys at Double Bluff. Her general observation on local weather is that it seems to rain less now than when she was growing up. “The Olympics need more snow!”

Several gardeners in our informal survey said they'd noticed few or no changes, nothing more than normal variations in weather from year to year. “This year and last year, we had a warm July and August,” says Linda Good, a 46-year-resident. “This year was the best year ever for tomatoes.”

Anza Muenchow of Maha Farm notes that “weather is not climate change.” In her eight years of farming here, she hasn't seen the growing season change significantly. “Eight years are not enough to set a pattern.”

Coincidentally with our small local survey, the Intergovernmental Panel on Climate Change (IPCC) issued the first of four major reports planned for release this year and next. A 36-page summary of “The Fifth IPCC Working Group Report on the Physical Science Basis of Climate Change” details results from 9,200 peer-reviewed studies by the world's top climate scientists.

The report, released September 27, states that atmospheric concentrations of carbon dioxide, methane and nitrous oxide are now at levels “unprecedented in at least the last 800,000 years.” The 2,000 scientists involved in compiling the report state that, “1983 to 2012, was likely the warmest 30-year period of the last 1,400 years.” (*“IPCC: 30 years to climate calamity if we carry on blowing the carbon budget” by Fiona Harvey, The Guardian, September 27, 2013*)

The average global temperature has risen at least one degree Fahrenheit, causing glaciers and Arctic sea ice to melt, ocean levels to rise and ocean water to acidify. The IPCC report said it is “95 to 100 percent certain” that human activities have been the dominant cause of the temperature rise since the 1950s.

The humanitarian group Oxfam hailed the IPCC report for drawing attention to the plight of farmers in Latin America, Asia and Africa. These are Third World regions that are likely to see the earliest and largest effects from climate change. An Oxfam press release stated, “The latest climate science affirms what small-scale farmers around the world are telling us, that seasons are changing, weather is increasingly extreme and unpredictable, making it tougher to feed their families.”

So the international scientific consensus is now established. Some degree of climate change is likely to impact all of us during our lifetimes. Whether or not Whidbey retains its moderate and reasonably steady weather patterns in the near future, we need to be aware that little changes now may presage something bigger. And the first signs you see could be in your garden.

# Interested in Learning Organic Farming?

by Sebastian Aguilar, training director at Greenbank Farm Ag Training Center

Apply now for the 2014 season at the Organic Farm School. Learn the essential skills of how to start and manage a small organic farm by attending the Organic Farm School (OFS) at Greenbank Farm. The OFS trains aspiring farmers by offering classroom and experiential instruction while students take on stewardship of an eight-acre organic farm. By applying the art and science of organic farm management, they build a deep understanding of what successful triple-bottom-line farming requires.

Through the course of the season, students spend one third of their time attending weekly classes and field trainings, going on biweekly field trips, conducting independent research projects and writing a personal farm business plan. Students then spend the balance of their time co-managing the OFS Farm, which focuses on market-scale production of organic vegetables, seed crops and cover crops, with berries, poultry,

sheep and bees incorporated as well. Community engagement follows with participation in a community-supported agriculture (CSA) program, farmers' markets, community potlucks and Island-wide farm intern gatherings.

Through this balance of academic and experiential studies, students learn and experience all aspects of starting and running a small-scale organic farm, from goal setting and business planning to planting, harvesting and marketing.

There are many ways to learn how to farm. This particular model has been designed to be intense, real, and reflective — all with an eye toward preparing you to be part of a local, community-based food system while saving you the cost and challenge of early-career mistakes.

The school uses a rolling admissions process, so apply early. For more information or to apply, please visit the [Greenbank Farm's website](#) and look for the OFS page or email [Sebastian Aguilar](#), Training Director.

## Spin Café's Permaculture Food Forest in Oak Harbor

by Netsah Zylinsky

Thank you Tilth members, at the last board meeting, you chose to support and to partner with the Spin Café's Permaculture Food Forest.

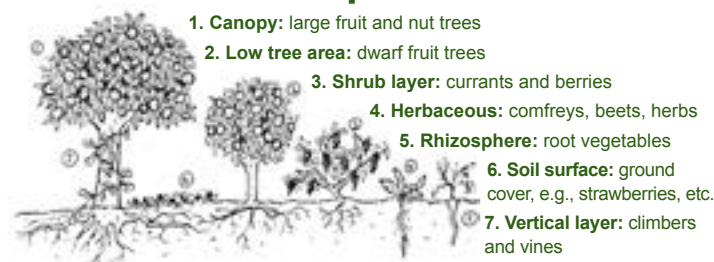
The Spin Café is a soup-kitchen and a vocational training center. "Spin" stands for serving people in need. We are located behind the bus station on Bayshore in Oak Harbor. The Permaculture Food Forest will supply the Spin Café with edible nuts, fruits and perennial veggies (also herbs and

nitrogen fixers and more).

A list of what trees we need will go to Linda [Good] and I will be working on posting it on Facebook. If you are interested in the design or in donating a tree in honor of or in memory to someone, please call me, Netsah, at 360-675-3420.

Thank you for partnering and supporting this project — it is both an honor and a huge responsibility to design for a sustainable future.

### The Spin Café Permaculture Food Forest Canopy



#### The windbreaks

**Mulberries (*moras*)**, 30 feet tall, fruits like miniature blackberries, varieties for Northwest are *N.Nigra* and Persian;  
**Siberian pea (*caragana arborescens*)** 20 feet tall, nitrogen-fixer, good for wildlife, fragrant with yellow, sweet-pea flowers

**Rugosa rose (*rosa*)** 15 to 20 feet tall, tough, hardy and fragrant; rosehips

1. **The primary trees** (tallest in the canopy):

**Ginkgo biloba (Maidenhair Fern)**, 35 to 50 feet tall, hardy graceful, plant only males varieties reliably male Autumn Gold and Fairmount, not bothered by pests or disease

**Filbert**, 25 feet tall, handsome and well-structured; trees can bear up to a pound per tree; set out late winter;

varieties are Barcelona and Royal; pollinators are White Aveline and Daviana  
**Fig (*ficus*)**, 15 to 30 feet tall, plant on south wall, varieties for the Northwest are Desert King (hearty), Latterale, White Italian Honey, Neveralla, Lion King  
**Sweet Bay (*lauris nobilis*)**, 12 to 40 feet tall, not fussy about soil, needs good drainage; likes afternoon shade can be clipped into formal shapes  
**Apricot** 25 to 30 feet tall, varieties are Perfection with Wenatchee Moorpark as pollinator  
**Hornbeam (*Carpinus* or *Glory Horn*)** 40 feet tall, medicinal

**Semi-dwarf trees:** in general trees from 10 to 15 feet tall

**Apple**, likes deep soil and good drainage, varieties for the Northwest are Spitzenberg (medium to large red fruit; Pacific Pride (large, striped red

over yellow colored fruit; Northern Spy (large red fruit that needs a pollinator; Gravenstein (red striped over yellow fruit, needs a pollinator; and Arkansas (black color, medium hard crisp fruit).  
**Peaches and Nectarines** 15 to 18 feet tall, starts bearing in three or four years, the variety for the Northwest is Frost Peach, for varieties for nectarines are Garden State and Fuzzless Berta  
**Pears (*pyrus communis*)**, great for espalier, varieties include Bartlett or Red Bartlett, Bosc, Clapp Favorite  
**Loquat (*eriobotrya*)** sweet fruit; can be espaliered; the variety for this area is Gold Nuggat

**Plum**, both Japanese and European varieties, the Japanese Eldorado with Santa Rosa as a pollinator; the European varieties French Prune and Italian Prune (both are self-fertilizing); **Sweet Cherries**, Nanking; **Crabapple** for fruit; variety is Transcendent

2. **Dwarf fruit trees:** in general 6 to 10 feet tall apple, pear, peach, nectarine, sweet cherry and crabapple

#### 3. Shrubs

**Red Chokeberry Aronia**, five to six feet tall **Red Currants**, six to eight feet tall; pest control Raspberries, Marionberries, Lingonberries, Gooseberries, Elderberries, Black Cap berries

4. **Herbs:** onions, garlic, thyme, lovage (pest control), sage, coriander chamomile, parsley, dill, rosemary

**Perennial vegetables:** artichokes, asparagus, brassicas, Jerusalem artichokes

**Perennial fruit** such as rhubarb

5. **Root crops** for breaking up the soil such as comfrey, beets, carrots, self-seeding annual flowers such as calendula

6. **Soil surfaces and ground covers** including thymes, strawberries, alpine strawberries and ground cherries (*Physalis pruinosa*)

7. **Vines**, provide a verticle layer including climbers and vines  
**Grapes** (speciality One World Muscat); **Kiwi** (needs a male pollinator); **Hops; Wisteria** (nitrogen fixer); **Rosa Mermaid**; and **Gooseberry** (Yangtao, Chinese)

**Lots of bulbs** for diversity and beauty; helps deter moles and voles

**Root stocks recommended for the Pacific Northwest:** Semi-dwarf root stocks: MM111 and MM106 Colonial root stocks found through Bear Creek Nursery, great varieties on these root stocks Plum root stocks: *Prunus cerifera* or *Myrobalan* also called Saint Julian.



## Pre-winter Cleanup Day Is November 2 at Tilth

Saturday, November 2 is the time for general grounds cleanup before freezing weather comes. Land steward Jo Stephens is also the market manager, so she's asking Farmers' Market vendors to come that day as well to clean up the market area. gardeners with pea patches, members and friends, please join us from 10 a.m. to 2 p.m. There will be hot drinks and treats. Bring a sack lunch and wear warm, waterproof clothing and work gloves. Tools are helpful, but there is a supply at the Tilth Sustainability Campus at 2812 Thompson Road.

Some tasks:

- coil watering hoses and store inside the garden storage shed
- move picnic tables under cover
- stow children's toys in an empty market booth
- cover the sandbox with metal panels
- move or secure trash cans so the wind doesn't blow them away
- clean the grease trap inside the pavilion
- clean the refrigerator inside the pavilion
- clear clutter and trash from all buildings
- haul trash, recycling and broken stuff to Island Recycling
- several faucets have annoying drips – "help!"
- check and service the battery bank by the pavilion
- there is a faulty part to the gas cookstove – "help!"
- post dogs-on-leash signs
- general weeding and mulching is always welcome

For information or to schedule a work session that fits your schedule, email [Jo Stephens](mailto:Jo.Stephens@tilth.org) (select green). She may not be available to work with you, but she can describe what needs to be done.



Prescott photo

Jo Stephens fills in the trench with stones and soil after setting hardware cloth about four inches below the soil line to prevent burrowing animals, such as voles, from digging under the fence. The rusted chicken wire was removed and replaced with hardware cloth flush to the garden fencing. Half of the east side of the Tilth Community Garden has been completed. Thanks to Mark and Betsy Gmerek and their daughters and friends for starting the trench and to John Lee for his advice and funds toward more hardware cloth. Work on this project continues on weekly work days, Saturdays 11 a.m. to 2 p.m.

## Orcharding on the Westside

Washington State University (WSU) Snohomish County Extension is pleased to present Westside tree fruit expert Gary Moulton in a two-part workshop, starting Wednesday, October 23 and continuing the following Wednesday, October 30; the time on each day is 6 to 9 p.m. The location for both sessions is WSU Snohomish County Extension's Cougar Auditorium, 600 128th Street SE, Everett in McCollum Park. The cost is \$60. Prepaid registration is required. To register online, go to [Brown Paper tickets](http://www.brownpapertickets.com), or download the form on the [wsu Snohomish website](http://www.wsu.edu) and mail with your check, or email [Karie Christensen](mailto:Karie.Christensen@wsu.edu) or call 425-357-6039. For more information on the workshop, select the green text to email [Andrew Corbin](mailto:Andrew.Corbin@wsu.edu) or call him at 425-357-6012.

## Newsletter Archives

Are you missing an issue of the *South Whidbey Tilth Newsletter*? Click the green text, [South Whidbey Tilth website](http://www.southwhidbeytilth.org), and download an issue as a portable document file (PDF) from the last 12 months. Scroll down to the very end of the page to select either the current issue or an archived issue.

## Tilth Campus Cleanup Day

Saturday, November 2 • 10 a.m. to 2 p.m.

## Calyx Moves into the Ranger's Cabin

Fall semester has begun for the Calyx Community Arts School. The Ranger's cabin at the South Whidbey State Park is the school's new home. However every Thursday morning the students arrive at the South Whidbey Sustainability Campus to tend their garden. To learn more about how to get involved with [Calyx Community Arts School](http://www.calyxarts.org) select text in green.



Linda Good photo

## BUSINESS OF SOUTH WHIDBEY TILTH

# Tilth Council Business Meeting Minutes of September 12

by Netsah Zylinsky, typed by Linda Good, volunteers

The monthly meeting of the South Whidbey Tilth (Tilth) Council was called to order at 6:05 p.m. on Thursday, September 12, 2013, by President Linda Good. Also present were Edward Hueneke, Jo Stephens, and Tilth members Prescott, J.C. May and Netsah Zylinsky. Michael Zylinsky also attended.

The July minutes were approved as they appeared in the newsletter.

**Finance** — Edward gave the finance report, reporting the cash balance is approximately \$5,745.

Tilth is no longer fiscal sponsor of Calyx, as of September 1.

In 2012 we had \$12,000. Ed mentioned that we needed to be audited and he will look into who could do it.

There was a request from Greenbank Farm (nonprofit) and Turtle Hill seeds for donations. After discussion Edward moved that South Whidbey Tilth give \$50 to Greenbank Farm; Jo seconded the motion and it passed.

Edward moved to accept Lynae Slinden's resignation as market manager as of September 1, and to accept Jo Stephens as pro tem manager through the end of October 2013. The motion was seconded and passed.

Gary Ingram had presented a motion by email to the Council in August. After email discussion, Gary revised his motion to state: that Edward Hueneke be reimbursed \$459 for the purchase of salmon for the August 8 Field to Table Sustainability Feast and to renew his membership for an additional year. Jo seconded the motion by email August 11. The motion was finally approved at the September meeting.

**Education** — No report was submitted from the Education chair.

**Calyx:** Linda mentioned that she went to the well-attended meeting of the Friends of South Whidbey State Park and Calyx,

represented by Lisa and Aaliyah Kois, was recognized for now having classes in the Ranger Cabin in exchange for doing upkeep at the park such as trail maintenance.

**Land Stewardship** — Jo submitted a list of land issues for the agenda.

1. Proposed motion: be it resolved that Tilth turn the old Calyx classroom into a combination office/library/special events space for the organization and gather our records here. That consideration be given to opening the front of the booth to vendors, especially those without canopies in inclement weather. That window coverings be made easier to remove and replace during the market season. The motion passed unanimously.
2. Calyx's old chicken tractor: Jo has asked Calyx co-coordinators Marta Mulholland and Lisa Kois what they want to do with it. They suggested it be raffled off. No action was taken by the council.
3. A metal-detection hobbyist requested permission to scan the Tilth campus during non-market hours. If Tilth decides to allow this, limits need to be set as to where and when he can use his detector and any safeguards to prevent damage and/or injuries. Jo responded to him, denying him permission as this does not fit into Tilth's goal of sustainable agriculture and education.
4. Set a date for pre-winter cleanup of the campus. Jo will pick a date in early November.
5. Rototillers: pick up one rototiller from Steve Erickson and get instructions on its use and take the old non-working one to Paul Cleary for repairs this winter. Bob Wendt can help. It was decided to get an estimate from Paul Cleary. We will wait until spring to get a tiller from Steve.

6. The water faucet in custodial room does not turn off. Leonard Good thinks the faucet needs replacing and he priced a \$34 one at Sebos. He is willing to replace it.

7. Linda and Jo will go to Gary Ingram's Saturday, September 14 to get a load of old goat bedding for, primarily, improving the Tilth compost piles this winter. Community gardeners have been notified of the availability of this fertilizer and are invited to convoy with Linda, Len and Jo.

8. Christina Moats, the real estate agent handling the Coast Cabin, thinks better signage is needed for the Farmers' Market. She's willing to help.

9. The fence around the old Community Garden needs improvement, especially the eastern part, which is rusted and broken. The compost piles need to be redone so they break down better this winter. These will be specific projects for work party days. Mark Gmerek says he will apply for a grant to help with this.

10. Bob Wendt says he will probably mow and weed-whack the market area this week and maybe one more time before winter.

Linda reported she has moved a round worm bin (donated to Tilth) into the Community Garden. She will have a sign explaining its use for gardeners with pea patches. Worm castings will be distributed from the worm bin (located by the market) when the right side is full.

**Market** — Jo reported on the market day and after discussion it was decided not to extend market hours on October 6. [I talked to Rumi and she is okay with that. — Linda.]

The last market is a Halloween party. Linda Good is chairing the planning committee. Prescott showed her poster for the event and it was approved.

The market committee pro-

posed that Kirsten Clauson join the market committee and that Prescott terminate her service on the committee after this season. No one objected to either proposal.

**Fair report** — Prescott had to leave the meeting early, but she submitted a written report. The educational display about seeds turned out well, thanks to Anza Muenchow and Prescott, helped by Michael Seraphinoff and Gayle Austin. Tilth earned a blue ribbon and the judge's comment was "Very important!" The display described the importance of the Initiative 522 calling for food labeling on the ballot this November. The display also presented the difference between hybridization and genetically modified organisms. Jo said during her shift the kids had a really good time making seed art. We should have tried to get more people involved in overseeing the seed art. Prescott said that during her shift as a steward for the Fruit and Vegetable Department, she was too busy encouraging visitors to vote in the People's choice contest for garden critters.

Tilth helped co-steward the department with the Grange and Whidbees. The department includes vegetables, fruit, grains and grasses, honey, compost and scarecrows. Grange member Chuck Prochaska is the superintendent for this department. Pam Nodus says she's going to be sure to solicit volunteers for more than just stewarding next year. We need to step up to help clean before and after the fair, help with set up, judging and ribbon placement. Prescott helped Chuck clean shelves at the end of July. Pam and Andréa Linton helped with judging on Tuesday. Prescott helped with placement of stuff Tuesday and Wednesday and helped record the ribbons for the Fair office to input data.

**Newsletter** — Prescott set the next newsletter deadline for

**September minutes, see page 9**



# Business Meetings Now Third Thursday

Join the Council of Trustees at its regular business meeting. Every member in good standing (e.g., your dues are up to date) has a vote and may participate in these meetings. Send agenda items for discussion to the *Tilth president* by email.

The meetings are now on the third Thursday of every

## September minutes, from page 8

October 1 and circulated a list of articles suggested for October/November issue.

### Old business

**Bylaws revision committee** — Marc Wilson has agreed to serve with Prescott; no report yet.

The issues to reconstruct the farm stand and the status of the ASCAP contract were tabled again.

### New business

**Spin Café Permaculture Food Forest in Oak Harbor** — Netsah Zylinsky described their need for community involvement by groups like Tilth. She gave out copies of a three-page document. Michael Zylinsky told about the background of the project to help the homeless and needy. They have a garden plot from the

City of Oak Harbor which they are planting — a sliver of land on Bayshore Drive. They have rented a building close by.

They are helping to feed 59 kids and families nutritional food. What Netsah needs from us is “wise people to advise.” After discussion it was agreed to help.

**Member’s accident** — a Tilth member and market vendor suffered a fall at her home, causing a hip fracture and subsequent hip replacement. A list of helpers was compiled for her use and family members have scheduled live-in visits into October.

These minutes will be approved at the next regular business meeting.

month, except August. The next meeting is Thursday, October 17 in Grigware Hall in the Trinity Lutheran community building near the highway and Woodard Road in Freeland. The meeting begins at 6 p.m. and is preceded by a potluck at 5:30 p.m. Come to one or both events. Bring your own eating utensils if possible. Hot beverages are available.

## Meeting Agenda October 17

### Introductions and agenda review

### Review and approval of September 12 minutes

### Standing Committee reports

- Finance: Chair Edward Hueneke  
internal audit report
- Education: Chair Marta Mulholland  
Calyx Community Arts School  
Sound Waters application
- Land Stewardship: Jo Stephens  
securing community garden from produce theft  
land cleanup day, November 2
- Market: Chair Annapoorne Colangelo  
discuss Halloween/Harvest party October 27
- Membership: Chair Gary Ingram  
Sustainability Field-to-Table Harvest Feast report
- Events and newsletter: Prescott

### Old business:

- Bylaws revision: Prescott
- Farm stand reconstruction
- American Society of Composers, Authors and Publishers (ASCAP) license for the market

### New business:

- Whidbey Island Garden Tour grant application
- Nominating committee appointments and duties
- Annual fundraising letter
- Tilth Library

### Adjourn

## Slow Food in Digital Times

The Washington State University Graduate Student Committee presents the 2013 Harvest Seminar at 6 p.m. on Wednesday, October 30 at 16650 Washington Street, Route 536, Mount Vernon, Washington. Allison Carruth, Ph.D., examines digital media in the context of seed banks and grassroots seed networks. The seminar is free and open to the public. For more information visit the *University’s website* (select green text) or call 360-848-6120.

## 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 by selecting the green text, *Tilth memberships or donations.*

## CALENDAR

## OCTOBER

- 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
- 17 Native Plant Education Day and Plant Sale**, Thursday, noon to 3 p.m., see [page 3](#)
- 17 Business meeting** of South Whidbey Tilth, Thursday, 5:30 potluck, 6 p.m. meeting, Trinity Lutheran Church community building
- 20 Danny Ward** performs live jazz, Sunday, 11 a.m. to 2 p.m. at the Tilth Farmers' Market
- 26 Do the Math** film at the UUCWI meeting house
- 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.
- 30 Slow Food in Digital Times**, WSU Harvest Seminar, Wednesday, 6 p.m. see [page 9](#)

## NOVEMBER

- 1 to 3 FiberQuest with a Twist**, see advertisement page 3
- 2 Tilth campus cleanup**, Saturday, 10 a.m. to 2 p.m., see page 7
- 8 to 10, Tilth Producers annual conference**, *Nourishing the Future: Cultivating our Farming Legacy*, Yakima Conference Center, [tilthproducers.org/programs/conference](http://tilthproducers.org/programs/conference)

- 20 Whidbey ECO Network** meets Wednesday, 9 to 11 a.m. at Pacific Rim Institute, see [page 3](#)
- 21 Business meeting** of South Whidbey Tilth, Thursday, 5:30 potluck, 6 p.m. meeting, Trinity Lutheran Church community building

## DECEMBER

- 1 Deadline for Tilth newsletter**, December/January issue, email ideas, pictures, articles to [Prescott](#) or call 360-544-2278
- 19 Business meeting** of South Whidbey Tilth, Thursday, 5:30 potluck, 6 p.m. meeting, Trinity Lutheran Church community building

## 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](#)

**Farm and Food News:** For local events, visit [whidbeyislandfarmandfoodnews.blogspot.com](http://whidbeyislandfarmandfoodnews.blogspot.com)

## SAVE THE DATE

- January 31 to February 2 — Annual Conference of the Washington State Farmers' Markets Association** at Heathman Lodge, Vancouver, Washington; [www.wafarmersmarkets.com/conference/index.html](http://www.wafarmersmarkets.com/conference/index.html)
- February 1 Sound Waters**, Oak Harbor High School



## SOUTH WHIDBEY TILTH ASSOCIATION

A Nonprofit Corporation and a Chapter of Washington Tilth  
 Post Office Box 252  
 Langley, Washington 98260  
[www.southwhidbeytilth.org](http://www.southwhidbeytilth.org)

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