



South Whidbey Tilth

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

Volume 36, Number 3

Summer 2018

The South Whidbey Tilth's Tree of Life Mural Project

A new initiative is underway at the South Whidbey Tilth Sustainability Campus, the Tree of Life Mural Project. It is designed to enhance community gatherings and activities that celebrate the seasons. The project is intended to illustrate quiet, step-by-step commitment to sustainable living practices.

The mural features a tree growing from deep, rich soil, which is dynamic and alive with strong roots. The tree symbolizes long-term planning with seven roots and seven branches reflecting the intention to live in a way that cares for the next seven generations. The trunk features long vertical striations of bark in the colors of various skin tones. The sky in the background changes from daylight to night

At the center of the tree is a small heart embracing the earth — a continuum of the theme, “The Dream of Our Regeneration.” The artist, Cherri Ann Forrest, has been creatively sharing this vision, The Dream of Our Regeneration, for 40 years. “It was given as a gift to accept, share — and is a driving force in my life,” she explains. “It is often featured in my artwork and is the seed from which the heart murals spring.”

She continues, “I never say it comes just from me. It was a real vivid dream/vision that came my way. The tree is the dream. I’ve come to understand that it symbolizes the personal to planetary.” She adds, “People see themselves in it.”

The main mural will extend from the structure it is painted



The first mural, Global Heart/Treasure Our Island, was done in 2004. The Tree of Life mural will extend to other market buildings.

on to include other buildings on campus. It will have special touches designed to energize and enhance the community feel.

When you visit South Whidbey Tilth, notice the beautiful heart/earth design on the market storage building on the south west side of the Farmers’ Market. Cherri painted it in 2004. It is one of several Global Heart/Treasure our Island murals on Whidbey and beyond. Notice the names painted on the roots of the mural. These are the people who helped sponsor that mural. The mural is still intact, a testament to the paint donated by Sebo’s Do-it Center. The structure it is painted on received a fresh coat of paint in time for the Sunday Farmers’ Market’s opening this year. The center of the mural, where the building corners

meet, needs restoration. Funds for that restoration are included as part of the funding drive for the new mural project.

As was the 2004 South Whidbey Global Heart/Treasure our Island mural, this is to be another community-sponsored project and will have four levels of giving: personal, business/organization, in honor of or in memory of someone. Sponsorship donations are tax-deductible though South Whidbey Tilth, a nonprofit organization.

Contact Cherri at treasureourisland@gmail.com for questions and to receive more information on giving levels and updates.



Celebrating Our Members August 9

The annual summer party, South Whidbey Tilth’s Sustainability Potluck, is Thursday, August 9, and we are celebrating you, our members. We want to thank you for participating in South Whidbey

Tilth’s new membership annual renewal program. Those of you who have not renewed or who wish to join, this event is another opportunity to do so. Watch your mailbox for an invitation.

On Thursday, August 9, the evening will begin at 5:30 p.m. for music,

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While beavers can sometimes be a headache to landowners, they provide many benefits to the ecosystem. Get your questions answered and learn about the importance of beavers and how you can live peacefully alongside them at a free workshop presented by the Whidbey Island Conservation District and Beavers



Northwest on Thursday, August 23, at the Deer Lagoon Grange Hall at 5142 Bayview Road in Langley. The time is 7 to 8:30 p.m. An RSVP via bit.ly/2Jg05IU by August 20 is appreciated.



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.

2018 COUNCIL OF TRUSTEES AND OFFICES

- President: Prescott.....360-682-8642 president@southwhidbeytilth.org
- Vice President: OPEN
- Finance: Edward Hueneke360-331-5806 edgrant012@gmail.com
- Secretary: OPEN
- Membership, PR & Dev.: Andréa Linton .360-221-1310 membership@southwhidbeytilth.org
- Education: Angie Hart.....707-498-9086 education@southwhidbeytilth.org
- Land Stewardship: Ida Gianopulos ...503-730-0199 landsteward@southwhidbeytilth.org
- Market: Kirstin Clauson.....360-395-8842 market@southwhidbeytilth.org

PROJECT LEADERS

- Native Landscape: J.C. May.....360-331-1004 mayjc45@gmail.com
- Community Garden: Ida Gianopulos 503-730-0199 landsteward@southwhidbeytilth.org
- Webmaster/Email: Marc Wilson.....360-579-2890 info@southwhidbeytilth.org

CONTRACT SERVICES

- Market Manager: Kirstin Clauson..... 360-395-8842 market@southwhidbeytilth.org
- Bookkeeper: Jeanne Celeste..... 360-331-6135 bookkeeper@southwhidbeytilth.org
- Caretakers: Pete Little.....425-232-6830 dpete@hotmail.com
- Mokihana Calizar808-398-6654 mokihanacalizar@gmail.com

MEMBERSHIP

South Whidbey Tilth membership is \$25 annually. Additional people in a household may join for \$10 each. The newsletters can be received by email or by USPS mail. To update membership information, contact Membership at membership@southwhidbeytilth.org or leave a message at 360-321-0757. Membership renewals are due every June and members can expect a reminder.

ABOUT THE NEWSLETTER

The South Whidbey Tilth newsletter is a bimonthly publication of South Whidbey Tilth Association. The primary purpose of this publication is to foster communication among our membership and friends with information about our mission and our organization. A newsletter subscription is \$25. 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.

Newsletter committee: A.T. Birmingham-Young, Stevie Linton, Prescott, Paula Richards and Andréa Linton. Thank you to Adel Brown for copy editing this issue.

ADVERTISING RATES IN THE NEWSLETTER

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

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

Website: www.southwhidbeytilth.org
Facebook page:www.facebook.com/SouthWhidbeyTilth
Physical location:2812 Thompson Road, off SR 525

Tilth Community Garden Reflections

by Ida Gianopulos, land steward

It's high summer and the Tilth community garden is in full bloom. With 15 gardeners tending independent plots, each with their own methods and style, there is much to admire in the gardens at this time of year. The peas have just finished producing, yielding the stage to abundant zucchini and the first ripe tomatoes. Pole beans have climbed to the top of their trellises and are starting to climb back down. A great diversity of flowers attracts all sorts of pollinating insects that will help pollinate the crops.

A large clump of oregano blooms lavishly in one pea patch, where it is let to bloom and feed the bees, which are drawn to it in such great numbers that the entire mass of blossoms seems to move as one living being. The oregano seems mostly to attract honeybees and bumblebees, but these are not the only bees living in the Tilth gardens. Watch a sunflower for a while and you may notice a leafcutter bee, identifiable by its habit of carrying pollen on the underside of its abdomen rather than on its legs as most other bees do.



Ida Gianopulos is having fun with her new greenhouse in her pea patch.

There is a plentitude of calendula blossoms around the gardens that will draw small sweat bees and digger bees.

With all of this summer abundance and beauty, it's hard to think about shorter, colder days ahead, but now is the time to start winter crops. Many gardeners are nurturing young cabbages, Brussels sprouts and rutabagas that will feed them through the winter, and it's not too late to start overwintering onions, carrots and beets. Lettuce and other greens can be started throughout late summer and fall.

The Tilth community garden is open to visitors. Stop by next time you come to the market and take a look (but please don't sample—the gardens are leased to individuals who work hard to grow food for themselves and their families).

New members Phil and Shari Prior have built a wonderful garden in their pea patch this summer. Beyond is Mark Gmerek's corn crop, and in the distance is David Prisbrey's Old School Market Garden with a hoop house.



Dessert Social for the Growers Association Meeting

Enjoy a plethora of homemade desserts for the Second Annual Summer Dessert Social for the Whidbey Island Growers Association on Monday, August 13, at Three Sisters Farm in the barn across the street from 948 West Scenic Heights Road in Oak Harbor. Beginning at 6:30 p.m. is a brief meeting with introductions and announcements followed by a dessert social

potluck at 6:45. Please bring a dessert dish to share. There will be coffee, tea and water available. To reduce waste, please bring your own reusable plates, forks and beverage cups (there will be extras onsite). Three Sisters Farm will provide a casual tour for those interested in learning about their farm starting at 7:15 p.m. Contact Prescott for carpooling options, prscot@whidbey.net or 360-682-8642.

The Growers Association is sponsored by WSU Extension Island County and the Whidbey Island Conservation District. It is open to all farmers, growers and those who support Whidbey Island agriculture and local food systems. It meets monthly to discuss topics of interest to Whidbey farmers and growers.

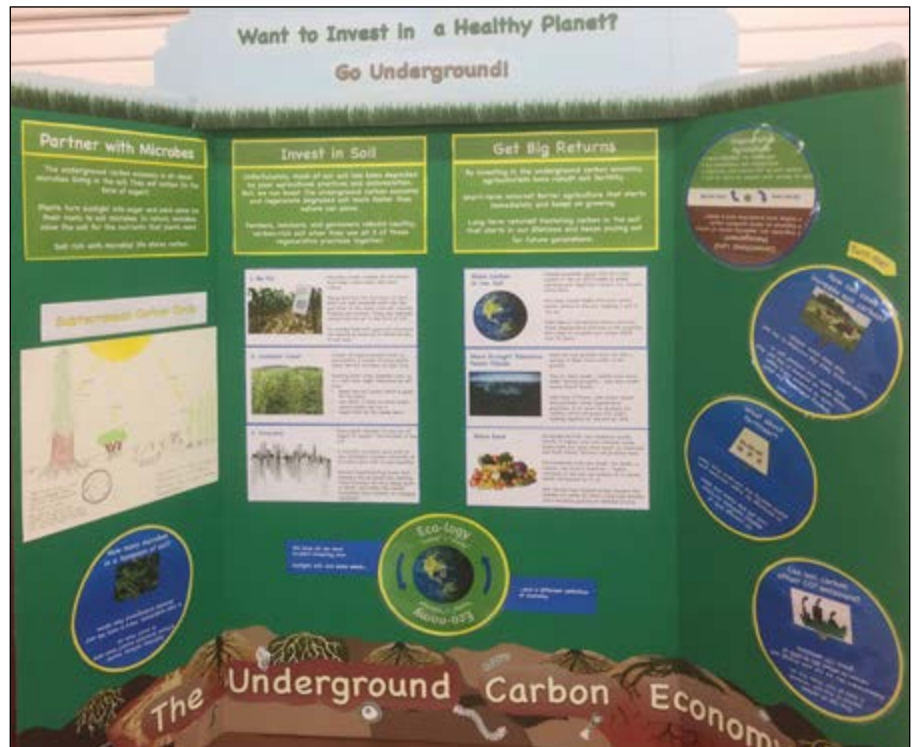
The Underground Carbon Economy

Tilth education committee members produced a display about the importance of good soil, which is what the word tilth is all about. The display illustrates how global warming, which is creating a dramatic change to the climate worldwide, can be mitigated by putting carbon in the soil — not in the air.

Can soil carbon offset CO² emissions? Every one-ton increase in soil carbon represents just over four tons of CO² removed from the air. Some estimates put the potential for regenerative agriculture to offset 1.3 to 3.6 billion tons per year — about a third of global CO² emissions.

The underground carbon economy is all about microbes living in the soil. They eat carbon in the form of sugar. Plants turn sunlight into sugar and send some via their roots to soil microbes. In return, microbes mine the soil for the nutrients that plants need. Soil rich with microbial life stores carbon.

The display includes the line, “We have all we need to start investing now: sunlight, soil and seeds ... and a different definition of economy.”



The Underground Carbon Economy display was inaugurated at the Whidbey Island Fair and can be seen at the Sunday Tilth Farmers’ Market, as well as at the South Whidbey Tilth booth at the Wag’ n’ Walk event on August 19 at the Greenbank Farm.

A number of videos, websites, articles and books are recommended on a list which may be downloaded from the South Whidbey Tilth website on the garden page, www.southwhidbeytilth.org/Resources-SoilCarbon.pdf.



The annual Tilth Conference will be held at the Davenport Grand Hotel in Spokane, Washington, from Friday, November 9, through Sunday, November 11. Learn more on the website, www.seattletilth.org/special_events/Conference. The theme is “Diversified Landscapes and Common Ground.” The early bird deadline ends September 1. To register or learn about options, contact register@tilthalliance.org or (206) 633-0451 ext. 119.

This year’s keynote address is by farmer Mai Nguyen. Mai grows heirloom, ethnic grains in Sonoma, Califor-

nia. She’s also the California organizer for the National Young Farmers Coalition and an activist for social justice and farmer racial equity, among many other things.

The capnote speaker is Audra Mulkern. She is a cook, writer and photographer who is putting good food in the spotlight and changing the way you look at farming and the food on your plate. Audra is the executive producer and host of the in-development documentary film *Women’s Work: the untold story of America’s female farmers*. She is also the founder of The Female Farmer Project, a multiplatform documentary project that chronicles the rise of women working in agriculture around the world.

Sustainability Potluck, from page 1

drinks and a preview of the raffle items. Dinner commences at 6 p.m. with the main entrée of salmon prepared by Chef Edward. Please bring a potluck dish to share and round out the menu. If you have a meat preference, a vegan or a vegetarian entrée or any other type of side dish, dessert and beverage, bring it along. We have secured a banquet permit, so wine and beer are fine. Lemonade, coffee, tea and water will be provided. **Please bring your own plate, glass, napkin and utensils. Bring a jacket or a sweater because it gets chilly.**



Danny Ward will be performing smooth jazz on his saxophone

The evening will include a volunteer appreciation program, a presentation about the Tree of Life Mural Project and a raffle of items and experiences. We'll be taking another group picture too. Danny Ward performs smooth jazz on his saxophone throughout the evening. Raffle tickets may be purchased as you arrive and during the dinner. The cost is \$3 per ticket or two for \$5. Please bring cash, checks or a credit card.

Please let us know you are coming and the number in your party. Call or email: 360-321-0757 or president@southwhidbeytilth.org by Tuesday, August 7. Also let us know if you can help with setting up, cleaning up, beverage service, taking photos, greeting members or recording raffle-winner names and items.

Win These Amazing Raffle Items

by *Andréa Linton*

This is it, members! Your chance to wow and surprise your fellow Tilthians at our Sustainability Potluck with the very cool stuff you donated or collected for raffling. Ready to finally let go of some records, a painting, a timeshare, a rug, a grandfather clock or bottles of wine? Consider offering your skill such as music lessons, knitting lessons, scuba diving or riding lessons. Hunt around your house or your business

for raffle items that will delight your fellow members. Ask for donations from business and community members as well. Let's make this the best raffle so far. Please contact me, Andréa, at andrea@whidbey.com to confirm your raffle donation. Please bring your raffle items to the Sustainability Potluck for display and bidding during dinner. If you need to drop off your donation ahead of the dinner, please let me know so arrangements can be made to accept the donation.



Pictured is the flat screen television and the electric chain saw.

The following prizes have been secured so far. Tickets are \$3, or two for \$5. Bring your checkbook, credit card or cash.

From Andréa Linton:

- Flat screen television
- Electric chain saw with 16-inch blade
- Purple Victorian lamp shade
- Mahogany trim, several dozen feet

From Louise and Ted Stanley:

- Organic garlic heads, 2018 harvest
- Painted pouch with filled with lavender
- Homegrown and home-canned goods

From Nancy Waddell:

- Three new women's T-shirts, Earth-theme designs

From Francie and Phil Colby:

- Pen and ink drawing of a wolf by Dick Ayre
- Vintage plate featuring George Washington
- Vintage dark brown occasional chair
- Pen and ink sketch of the Coupeville Wharf by Jan Holmes

From Trish Coffey

- Woolen hats, cream colored, handmade by her mother

From Maha Farm and Forest

- Lids and seeds for sprouting nutrient-rich food

From filmmakers Mark Dworkin and Melissa Young

- Plane Truth* video
- Cultivating Kids* video

Managing Invasive Weeds at Tilth

Since June we've been gathering Canada thistles around the Tilth campus before they go to seed. Beekeeper Ziva Naphtali cautions against depriving honeybees of thistles as an important food supply, so it's been a balance to let the thistle flower but to not go to seed.

If you have mature Canada thistle blooms, do not let them go to seed and spread their seeds. Cut the plant off at ground level, then clip off any flowers and throw them in the trash. The green parts (without roots) can be composted. If you don't know what the plant looks like, here is a link with photos and other information on the Washington State Noxious Weed Control Board website, www.nwcb.wa.gov/weeds/canada-thistle.

Recently Pete Little gathered three large bags of thistles from the Tilth campus. Most were beyond the tight-bud stage and already blooming. The thistles were promptly driven a few blocks away to feed Christine Williams' sheep. She published the photo above and the following story in her email newsletter, *Free Range News*, Saturday, July 28, 2018.



How to get rid of fruit and vegetation as livestock feed

Here is the Williams Sheep Farm Noxious Weed Disposal crew in action. For many years they have been eating the green Canada thistles that Tilth members remove from their campus prior to seed development.

If you have apple trees that are dropping immature fruit

because of drought stress, the sheep will eat those too. At harvest time, if apples are scabby, half rotten, bruised, the sheep don't care, they eat them all. To them all this is FOOD! Contact Christine at cwilliam@whidbey.com if you have reject fruit that is overwhelming your compost heap and encouraging wasps to hang around.

Note: To learn about what's happening in regional agriculture, subscribe to Christine's free newsletter, which comes out every two weeks. Contact her at cwilliam@whidbey.com.

Sustainable Small Acreage Farming and Ranching Course

Learn how to apply successful whole farm management principles to your small farm operation. Evaluate your farm's resources, develop marketing strategies, explore vegetable, flower or livestock production in a bilingual course with like-minded students.

The course is offered Thursdays from 6 to 8:30 p.m. starting September 27 and ending on December 6, 2018. There are guest lectures, video conferences and two additional field days. The course fee is \$260 per farm. This course is a collaboration with Skagit Valley College SAGE Program ENVAG170. Community participants will receive Washington State University (WSU) Continuing Education Credits and can attend remotely from the WSU Island County Extension Office at 406 North Main Street in Coupeville. For more information, email skagit.small.farms@wsu.edu and to register, visit cultivatinguccessfall2018.brownpapertickets.com.

Adventures at the Fair

Congratulations to Angie Hart and Janet Richards who won a blue ribbon for Tilth’s educational display, The Underground Carbon Economy. Tilth also entered its compost, walnuts and several different apple varieties.

Thank you to those who signed up to help the Deer Lagoon Grange and Tilth steward the Agriculture Department at the Whidbey Island Area Fair, July 19 to 22.

A highlight of the experience was an impromptu vegetable-based critter creation worktable set up all four days. Adults and children were inspired to make sculptures and place them on display with a chance to win the People’s Choice award. The lightly populated shelves became loaded with fun, new pieces each day. Grange members Tori Johnson and Chris van Wetter hustled produce donations each day, with generous results from the Star Store, the Goose Grocery, Saar’s Market and Clinton Foodmart.

Rather than continuing to do the Garden Critter workshop at the Tilth Farmers’ Market prior to the fair next year, members of both organizations want to keep the worktable set up during the fair for Division G: Ag Creations and Special Items.

The *South Whidbey Record* published a story about the activity as “Veggies come to life at fair” by Maria Matson, August 1, 2018. It was posted online July 31, 2018 at www.southwhidbeyrecord.com/news/veggies-come-to-life-at-fair.



People’s Choice winners this year were this duck critter by an adult and the orca whale in the youth category. Both sculptures looked much better when they were first made.

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

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 pay by credit card on the Tilth website, www.southwhidbeytilth.org/membership.html

CALENDAR

AUGUST

- 9 Sustainability Potluck, a thank-you party for our members with dinner and a raffle at the Tilth campus
- 12 Safety Pin Café, Water Catchers, with Mokihana Calizar during the Tilth Farmers’ Market on Sunday
- 13 Whidbey Island Grown Association picnic potluck, Monday at 6:30 p.m., Three Sisters Farm, Coupeville
- 16 No Business Meeting of the Tilth governing council this month
- 19 Wag’ n’ Walk Festival on Sunday, 10 a.m. to 3 p.m. at the Greenbank Farm
- 19 Rumi Keast and friends bring Japanese and American music to the Tilth Farmers’ Market
- 23 Living with Beavers, Thursday, 7 to 8:30 p.m. in the Grange Hall; RSVP by Aug. 20 bit.ly/2JgO5IU
- 26 Ashley Eriksson performs original disco tunes, Sunday during the Tilth Farmers’ Market

SEPTEMBER

- 1 Early bird registration deadline for Tilth Alliance Conference, November 9 to11, www.tilthalliance.org/special_events/Conference
- 2 Barbara Dunn performs on guitar and ukulele during the Tilth Farmers’ Market on Sunday
- 9 Audri Cooke performs original songs during the Tilth Farmers’ Market on Sunday

- 10 Whidbey Island Grown Association potluck, Monday at 6:30 p.m., Nordic Lodge, 63 Jacobs Road, Coupeville
- 16 Safety Pin Café, tentatively scheduled for more storytelling by Mokihana Calizar during the Tilth Farmers’ Market on Sunday
- 21 Business meeting, Thursday at 6 p.m. at Trinity Lutheran Annex classroom in Freeland; all members are welcome to participate
- 22 Newsletter deadline for articles, photos and ideas, send to the editor at prscot@whidbey.net
- 30 Danny Ward performs on his saxophone during the Tilth Farmers’ Market on Sunday

OCTOBER

- 7 Harvest Festival during the last Tilth Farmers’ Market of the season on Sunday

ONGOING

- South Whidbey Tilth Farmers’ Market, 11 a.m. to 2 p.m. every Sunday through October 7
- Thursday Work Party, 10 a.m. to 4 p.m. at South Whidbey Tilth Campus, call for specifics, 360-321-0757



SOUTH WHIDBEY TILTH ASSOCIATION
 Post Office Box 252
 Langley, Washington 98260
www.southwhidbeytilth.org

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