

# Grange Food News

June 26, 2014 - Compiled by Chris Williams

Grange Food News is a newsletter that I write about food and farming on Whidbey. It grew out of the Food Basics classes held at the Deer Lagoon Grange. Anybody can get on the list, it's free, just email me. If you want to put something in about an event or something wanted or for sale that is food or farming related, that too is free but it is my decision whether to include it. Please give as much advance notice as possible because this newsletter goes out on an irregular schedule. Grange classes may appear in multiple issues, other events may appear only once. **For a complete events calendar** , go to the blog <http://whidbeyislandfarmandfoodnews.blogspot.com> being maintained by Claire Acord, sheep raiser and Border collie trainer, who is compiling information from this Newsletter and other sources. This is a team effort trying to figure out how local food and farming works on Whidbey and to make the information available. We'd welcome input and help from others. If you know of new farmers, services or food buying opportunities, let me know.

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**Sat June 28<sup>th</sup>** , NWLA [www.nwlanguageacademy.com](http://www.nwlanguageacademy.com)

China Pearls at WICA, Dim Sum meal 5.30 to 6.30 , entertainment 7-9 pm. Cooking class at NWLA on Langley Rd, June 28<sup>th</sup> 2-5 pm as well as dancing classes earlier in the week. Don't miss this event.!

**Sat July 5<sup>th</sup> 5-7 pm Opening reception at Museo , First Str , Langley , Glass Invitational show plus Claudia Pettis' SHEEP PAINTINGS , until July 27<sup>th</sup>.**

You have to see these sheep paintings! Claudia is a friend of mine, has a flock of Black Welsh Mountain sheep in Freeland [www.mutinybayfarm.com](http://www.mutinybayfarm.com) . How about a flash mob of sheep raisers 5 pm at Museo? Be there!

**Thur July 10<sup>th</sup> 3.30 pm Field Day and Tour at WSU Mt Vernon [www.mtvernon.wsu.edu](http://www.mtvernon.wsu.edu)**

**Wed July 16<sup>th</sup> Canning workshops start in Everett, see info below.**

**Sun July 27 4-7pm Tuscan cooking class at [www.somedayfarmbedandbreakfast.com](http://www.somedayfarmbedandbreakfast.com) Vegan cooking by [www.fireandearthkitchen.com/cooking-classes](http://www.fireandearthkitchen.com/cooking-classes).**

**Sat-Sun Aug 23-24 Skillshare Faire [www.whatcomskillsharefaire.org](http://www.whatcomskillsharefaire.org) at Hovander Homestead Park in Ferndale**

**WSU Compost classes at Fort Casey State Park**, behind the lighthouse at the compost demo site in the woods. Tues June 24, or Wed July 23<sup>rd</sup>, or Mon Aug 18. 7-8 pm. Contact Janet Hall 678-7974, Worth visiting the site anyway to see all the different kinds of equipment and ways to do it without equipment. Need a Discover Pass to park.

**New WSU food preservation courses teach how to can local foods safely. 8 online classes for \$25 and 4 workshops in Everett for \$60.**

Washington State University Extension is announcing an eight-lesson, online food preservation program for anyone wishing to learn about food preservation and food safety. Designed for

beginners as well as veteran canners who want to update their knowledge and recipes, **Preserve the Taste of Summer** provides the most current USDA-approved food preservation recommendations. The online lessons can be viewed at any time and at the pace you choose. You will need a computer made in the past five years and a stable internet connection. Cost is \$25 total for all eight lessons. Visit [PreserveSummer.cahnr.wsu.edu](http://PreserveSummer.cahnr.wsu.edu) to register. Note: This online course is a pre-requisite to the three hands-on classes listed below.

In addition, you can learn how to preserve fresh foods safely in a series of in-person Wednesday evening workshops at WSU Snohomish County Extension's Evergreen Room in McCollum Park, 600 128th St SE, Everett.

**Basics of Safe Canning** Wed. July 16; 6:30–9:00pm

Learn the basics of food safety and canning skills, including bacteria and food spoilage, canning equipment, and canning high/low acid foods. Includes demonstration of the process, no hands-on.

**Jams, Jellies, & Spreads** Wed. July 30; 6:30–9:00pm

Capture the bright flavors of fresh fruit and discover how easy it is to put 'summer in a jar'. Learn how to create that perfect balance of fruit, sugar and other ingredients to enhance flavor and shelf life with research-based recipes. Demonstration and hands-on; take home a jar of finished product.

**Tomatoes, Salsa, & Relish** Wed. August 13; 6:30–9:00pm

Learn how to turn the local abundance of tomatoes and fresh vegetables into jars of color and flavor for the dreary days of winter. Demonstration and hands-on; take home a jar of finished product.

**Pickling & Fermenting** Wed. August 27; 6:30–9:00pm

Crisp, tasty pickles are the ultimate test of a canner's skill. Learn how to make a great product every time along with the traditional art of fermentation. Demonstration and hands-on; take home a jar of finished product.

Note: The online course listed above is a pre-requisite to the three hands-on classes. Be sure to complete the online course at least one week prior to ensure we receive notification of course completion.

*Class size is limited* and pre-registration is required. Cost is \$20 per workshop or save and take all four for \$60. To register online, visit [PreserveTheHarvest.brownpapertickets.com](http://PreserveTheHarvest.brownpapertickets.com) or download the form at [snohomish.wsu.edu/preserve-the-harvest](http://snohomish.wsu.edu/preserve-the-harvest) and mail with your check.

For more information on the courses, contact Kate Halstead, WSU Snohomish County Extension Food Safety Program, [Foodsafety.snoco@wsu.edu](mailto:Foodsafety.snoco@wsu.edu), (425) 357-6004.

**Useful canning information. How men peel apples**

<https://www.facebook.com/photo.php?v=335893426565493>

## **FARM TOURS**

How would you like to help out with the Whidbey Island Farm Tour? Be a scout and go to some other Farm Tours, find out the features that you really liked and report back to Sarah Cassatt at the Conservation District office. 678-4708

**Sat Sun July 19 and 20. 10-4 pm Red Rooster Route** [www.redroosterroute.com](http://www.redroosterroute.com) Arlington.

**Sat Sep 13, 10-5 Whatcom Farm**

**Tour.** <http://sustainableconnections.org/foodfarming/whatcom-county-farm-tour-1/whatcom-county-farm-tour>

Sun Sep 14<sup>th</sup> 10-4 Jefferson Farm Tour <http://jefferson.wsu.edu/agriculture/farm-tour>

Sat Sun Sep 20-21 Whidbey Island Farm Tour. [www.whidbeyfarmtour.com](http://www.whidbeyfarmtour.com)

Sat Sep 27<sup>th</sup> Port Susan Farm Tour [www.portsusan.org](http://www.portsusan.org)

Sat and Sun Oct 4<sup>th</sup> and 5<sup>th</sup> 10-4 Skagit Valley [www.festivaloffamilyfarms.com](http://www.festivaloffamilyfarms.com)

### NEW FARM-RELATED BUSINESSES ON WHIDBEY.

Abundant Earth Fiber Mill [www.abundantearthfiber.com](http://www.abundantearthfiber.com) is setting up in Clinton and will be featured in the Whidbey Island Farm Tour Sep 20-21. The machinery is installed and some is already working. Best wishes to Lydia Christiansen on her new business.

Seven Generations Artisan Meats is a new company run by Greg Gilles, his son Nathan and grandson Liam who is in training, he's the seventh generation. Greg's ancestors started a meat business in Evansville Indiana in 1891. Greg worked in the meat business himself before running a construction company, and he's now returning to his roots. He has built a gorgeous facility ( I just had a personal tour) off Maxwellton Rd where he will process the meat that he has harvested on different farms, using his refrigerated truck. He will also make about 20 different kinds of sausage, bacon, ham using family heirloom recipes, from USDA inspected meat, which he will sell in his retail counter. He'll also make sausage and other meats for customers, using their own recipes, in minimum 25 lb batches. Wild game processing is available. He expects to be finished with the construction and inspection soon, and be open for business by Aug 1<sup>st</sup>. If you are planning on harvesting animals this fall, this could be a convenient option. I used to live in Argentina and I am already plotting an Argentinian asado with Seven Generations custom made chorizo, morcilla vasca, and other assorted bits you may not want to know about, short ribs and maybe a whole lamb, cooked vertically, gaucho style, with baguettes from Sundance Bakery (ex Living Green) and local Whidbey red wines and ensalada mixta made with all Whidbey produce. Argentina on Whidbey, this could be BIG!

### 3Sisters Farm Store's latest items on the shelves.

Now they are stocking products from Glendale Shepherd and Little Brown Farm.

Check out [www.fruitfulpotations.com](http://www.fruitfulpotations.com) These are flavored vinegars for use in drinks and cooking.

For sale in Lavender Wind Store in Coupeville and now the 3Sisters in San de Fuca.

### Local farmers Vickie Brown and Lynn Swanson in the news

[the female side of of farming.](#)

### Fresh dill at Cedarhill Farmstand on Galbreath Rd. Open weekdays 10-5, closed Wed through summer

People who pickle will be glad to know that Cedarhill is growing pickling cukes and dill for the dried seed heads. That also means they have fresh green dill available now. Here's one of my favorite Russian recipes. Parboil and slice some potatoes, then fry and keep turning till you have lots of crispy golden bits. In another pan fry onions till golden but not brown or crispy. Fry chopped crimini mushrooms. To serve, mix all together add salt pepper and chopped dill. Top with sour cream. For me, a ratio of 3 potatoes : 1 onions : 1 mushrooms works best.

### What gets kids excited about growing and eating vegetables?

They are always amazed by how a tiny seed can turn into something big, eg carrot seeds, sunflowers and multiple colors of the same crop in the ground, like rainbow carrots. Purple beans that turn green when you cook them are fascinating. *From Kate Ferry in Grow Northwest June.*

I think the watermelon radish when sliced is a show stopper. Saw this at the school event organized by Cary Peterson last year when kids were trying out and enjoying all kinds of local grown raw veggies.

At the Slow Food Table last week Cary was telling us how enthusiastic kids were about growing food for the school meals and that they liked eating different kinds of lettuce leaves, with no salad dressing. Lettuce on its own tastes good!

**Bayview Corner will have a Taproom soon, soft opening Friday June 20<sup>th</sup> 4 pm.**

Owners Damien and Tiffany Cortez will have on tap 12 craft beers from Washington as well as local wines. Their house wine will be a favorite from Blooms Winery. There's a rumor of gluten-free beer in the pipeline, this I have to see! The taproom is right next door to Tres Gringos, Bayview's Mexicatessen so you can snack as well. Their bar tables will be works of art and you will be able to buy any one of them that you like..

Hours are Monday thru Friday 12 pm - 12 am\* Saturday 10:30 am - 12 am\*, Sundays 12 pm - 7pm \* means could be open later, depending on demand.

**Ebb Tide Farm Stand is now open at the Orchard Kitchen, opposite the Good Cheer Garden.**

Ebb Tide Produce has opened its new farm stand on Bayview Corner! It is a self serve farm stand with a variety of vegetables, strawberries, and flower bouquets. The stand is open every day from 10 am to 7 pm. It is freshly stocked every Monday and Thursday by noon, and Saturday by 3 pm, and periodically during the rest of the week. Currently you can pay with cash or check, and we will be working on a pre-pay system with accounts in the near future. There is lots of good stuff available already so come check it out!

*Check out the live edge cedar slabs that Blake used for the sides of the building, very attractive. CW*

**Hot off the press! Whidbey Island Roadside Farm Stand and Farm Store Directory**

Produced by WIFFF, Whidbey Island Friends of Food and Farming. Download the brochure at <http://www.goosefoot.org/pdf/farmstands.pdf>. Print them out and give them to friends and island visitors, help to make sales for local farmers.

**Message from Julie Finch, the cherry lady**

*Julie's family is now in the fourth generation, managing a small family orchard in Eastern Wa and she has been coming to Whidbey the last few years to deliver cherry orders. She doesn't know yet when she will be coming, depends on when the cherries hit peak quality, or where the delivery site will be. Contact her to make an order and get on her E list. These are fabulous cherries, grown using organic principles, hand picked into the boxes the day before delivery. They have not been on conveyor belts in a warehouse system. If you want to win food preservation ribbons at the Fair, make some canned Rainiers. There are no bruises or brown spots and the syrup is a gorgeous pink color. If you don't want to do any preservation work, just spread whole cherries, with pits, on a baking sheet and freeze individually, then bag. Eat them semi-thawed while there is still a little bit of ice in them. CW*



Julie's message. "Our model is we pick the cherries to fill the orders and deliver them the next day. I can be contacted by this e-mail address. [juliefinch@isomedia.com](mailto:juliefinch@isomedia.com) We deliver in 20 pound boxes.

The price is: **Bings \$3.50/lb**, so a 20 lb box is \$70. **Rainiers \$4.50/lb**, so a 20 lb box is \$90 When you contact me by E mail to order cherries , include name, that you are from Whidbey Island, how many boxes you want and of what variety (Bings or Rainiers) and a contact phone number."

#### **More on the Cherry situation.**

Mike Soule and his son Michael, the cherry men with the canopy in Freeland, are not coming any more, so all of you who used to eat their premium, "to die for", cherries will be out of luck. So will the folks who used to buy the 20lb boxes of his seconds from me for canning. Thanks to the two Mikes, we really enjoyed your being here.

If somebody wants to be secretary and collect orders for at least 1000lb, in units of 20Lb boxes, Mike would consider bringing over a load, but they would not be at the seconds price, they would be higher quality. Call Mike at 509-630-5730 if you are thinking about being the secretary, who would get treated well for doing the work.

You can get Certified Organic cherries from the Blackberry Moon Farm fruit stand in the entrance to Habitat for Humanity in Freeland and regular cherries will be arriving soon from E Wa Ula Lewis, the coupon lady, says she might go over to Eastern WA in her minivan and could bring back up to 1000 lbs of regular orchard cherries, call her if you are interested 360-929-3651

#### **Slow Food of Whidbey Island**

The president, Chef Vincent Nattress is going as a delegate to Terra Madre, the Slow Food conference to be held this fall in Italy, the birthplace of the slow food movement. Jim Hicken after three years of producing Whidbey Nibbles has produced his last edition. Thanks Jim, your Nibbles was a real classy newsletter.

#### **FOR SALE Windy Hill Farm Freezer lamb.**

Tender, delicious, and naturally raised on Whidbey Island. My farm is not certified organic, but my animals are naturally raised on pasture and don't receive any antibiotics or hormones. Each lamb is custom cut and wrapped to your specifications: anything from burger or steaks to rack of lamb or a crown roast. I can provide you with recipes if you're not sure what to do with it. And don't worry if you don't have a big freezer...even a whole lamb will fit in a regular refrigerator/freezer once it is cut and wrapped. Contact me for more information. Joanne Martinis 360/678-9130 or [jmartinis@broadstripe.net](mailto:jmartinis@broadstripe.net)

### Woodinville winemakers featured in Wall Street Journal June 7/8.

Over the last 20 years a community of winegrowers has grown in the warehouse district of Woodinville, which is not exactly a hotbed of grape growing so grapes are trucked in. Many of the winemakers started part time, keeping their day jobs. Washington has a wide variety of grape growing areas with different climates and geography, so the range and terroir of wines produced is also wide. Chateau Ste Michelle winery, which bills itself as Washington's founding winery has its white wine making facility in Woodinville CSM used to own Greenbank Farm, back in loganberry liqueur days. Now Woodinville has over fifty wineries and tasting rooms. Greenbank missed its chance!

### Cosmic Crisp apple name is launched.

WSU has released the name of its latest apple, made in 1997 by crossing Enterprise and Honeycrisp. There was a lengthy process involving focus groups, to come up with the name. "I think people didn't realize how much names can influence their purchasing behavior, until they started talking about them" says Carolyn Ross of the WSU Food Science Dept. Consumers won't see these apples in the stores till 2019.

### Washington leads growing industry of craft distilleries (The Spokesman-Review)

#### Washington's Dairy Farms. Cap Press June 6.

There were approximately 480 dairy farms in 2012. Whatcom had 115 dairies and over 50,000 cows.

17 % of the dairies 82 have over 500 cows /dairy and produce 77% of WA milk.

15.9 % of the dairies 76 have between 200 and 499 cows, producing 16% of WA milk.

12.2% of the dairies 58 have 100-199 cows and produce 4.8% of WA milk.

8.5% of the dairies 49 have 50-99 cows and produce 1.6% of WA milk.

2.4% of the dairies 11 have 20-49 cows and produce 0.2% of WA milk

44% of the dairies, 211 have 1-29 cows and produce 0.4% of WA milk.

*This last category I find amazing, had no idea there were so many tiny dairy farms . Could it be that farms with just one family dairy cow are included in this group?*

*Whidbey Island has no licensed cow dairies, with just one goat dairy and one sheep dairy. Many of Western Washington's dairies have closed and the cows have moved to Eastern WA and Idaho. Land costs, housing developments and environmental regulations have made it too difficult for many farmers in W*

*WA. Snohomish County used to be a hotbed of high producing dairy herds, not any more. CW*

<http://csanr.wsu.edu/wa-ag-by-the-numbers/> Farms in the size 1-9 acres have gone up to 28% of WA farms. The number of small farms has increased but their share of farm gate dollars has gone down to only 1.8% of the state total. 34% of farms reported less than \$1000 of annual income. 79% of WA farms had less than 50K gross sales.

This suggests that the majority of Washington farms ( 79% have less than 50K gross income , 34% have less than \$1,000 gross income) are farms where some family members are working off the farm or have other sources of income. "Up to \$50K" does not go far when you have to pay rent or mortgage and property taxes, insurance, machinery purchase and repair, livestock expenses including feed . And you might not be paying yourself anything for your labor!

### Forbes: FDA May Destroy American Artisan Cheese Industry

*The Food and Drug Administration (FDA) has issued an executive decree banning the centuries old practice of aging cheese on wooden boards. One bureaucrat within the FDA, without surveying all of the scientific literature, and without public commentary, has rattled hundreds of small businesses across the United*

States. Consumers who eat any kind of aged cheese should prepare for a potentially catastrophic disruption in the market for artisan, non-processed cheese.

<http://www.forbes.com/sites/gregorymcneal/2014/06/09/fda-may-destroy-american-artisan-cheese-industry/>

Game Changer: FDA Rules No Wooden Boards in Cheese Aging

*A sense of disbelief and distress is quickly rippling through the U.S. artisan cheese community, as the federal Food and Drug Administration (FDA) this week announced it will not permit American cheesemakers to age cheese on wooden boards.*

<http://cheeseunderground.blogspot.com/2014/06/game-changer-fda-rules-no-wooden-boards.html>

One bureaucrat has the power to arbitrarily destroy a thriving segment of agriculture. And for this I pay taxes?

**Government actions that, at the time, seemed like bright ideas** CW From Cap Press May 23

- 1) Removing chocolate milk in school cafeterias led to a 9.9% drop in milk consumption, the amount of discarded milk rose 29.4%, and there was a drop of 6.8% in school lunch participation. This from a study in 11 Oregon elementary schools, funded by USDA and conducted by Cornell U Center for Behavioral Economics in Child Nutrition
- 2) Federal land managers once encouraged Western farmers to plant Russian olive trees in dry and rocky soils for wildlife benefits and erosion control. Nowadays it is a Noxious Weed in Montana and Wyoming and the USDA Natural Resources Conservation Service is partnering with Idaho ranchers to remove it from rangeland. The tree is now taking over riparian areas, choking out native vegetation around streams. It is a nitrogen fixer, encouraging algal growth which reduces oxygen levels in the water. Colden Baxter, a stream ecologist at Idaho State U has seen a 20 fold increase in invasive carp in a stream infested with Russian olive and is now doing a pilot study to see if removal of the trees will affect the carp population density