Youth add compost to the soil at Rainier Beach Urban Farm and Wetlands – improving soil health and returning carbon to the soil.

Take Climate Action: Soil & Compost

Justin Maltry, Environmental Programs

Climate change has been such an ever present doom-and-gloom topic in recent years that good climate news can take you by surprise. While some scientists are saying the Paris climate deal reached in December didn't go far enough, it is encouraging to see world leaders begin to take responsibility for addressing this critical issue. Here's some more good news: you can help sequester carbon and reduce greenhouse gas emissions in your own backyard and with your food waste.

Much of the carbon in the atmosphere originated in the soil. That's where it lived before the advent of agriculture and fossil fuels. So we're actually returning carbon to where it came from when we employ sustainable and ecological – or agroecological – farming methods.

Agroecological methods include cover cropping, adding compost and avoiding harsh pesticides and fertilizers that damage soil life and structure. These techniques build healthy soil, not only sequestering carbon, but also increasing soil's ability to hold water, an essential quality if water shortages continue.

To this end, supporting organic farmers is a powerful way to work against climate change. Don't forget that many farmers who aren't certified organic still practice building healthy soil, so talk with your farmers at the markets to learn about their practices.

At home, you can reduce your carbon footprint through responsible management of food waste and compost. When it comes to food waste, the best practice is to not waste food in the first place. Growing and transporting food can release a lot of carbon into the

CONTINUED ON PAGE 2

We’ve Merged!

In recent weeks, Seattle Tilth, Tilth Producers and Cascade Harvest have merged. Together we’re forming a new unified organization that is more capable and efficient in building an equitable and sustainable food system. Take a look at the outline of the new organization on pages 6-7 and read about programs coming from Tilth Producers and Cascade Harvest Coalition on pages 8-10.
Volunteer Profile: 
Mayme Fu, Master Recycler Composter

Chris Hoffer, 
Environmental Programs Manager

Looking for a little inspiration? Look no further than Seattle Tilth volunteer Mayme Fu.

“Once I decided that it was important to eat organic food – somewhat late in life, I admit – I realized that in order to make it affordable, I needed to know more about organic gardening so I could grow my own food.” This desire led Bellevue resident Mayme to sign-up for Seattle Tilth’s Master Recycler Composter Eastside training and volunteer program last spring.

“My professional background is working as a chemist. In modern Western society, the focus is usually on killing bacteria and using chemicals and pesticides. But it feels like we’ve been trying to solve the wrong problems and now have a lot of catch-up to do to bring back soil health and a sustainable, organic food system for everyone.”

Following her training, Mayme enjoyed sharing her new knowledge with her community. She hosted a composting workshop for Asian Senior Concerns Foundation, a group that meets monthly to explore shared interests.

“Everyone was excited to learn about closing the loop on food waste by using worm bins. I had a lot of fun sharing what I learned.” She has also volunteered with Seattle Tilth Farm Works in Auburn where she helped plant trees and shrubs to filter agricultural runoff and support native pollinators.

Mayme is enthusiastic to continue inspiring others to take action. “I feel everyone needs to engage in the food system, as it’s a game-changer! We need to support farmers and protect land for growing food. We also need to grow food at home for ourselves and for food banks, because everyone is entitled to healthy food.”

Volunteering with Seattle Tilth is a great way to meet inspiring people in your community, like Mayme.

TAKE CLIMATE ACTION: SOIL AND COMPOST  Continued from page 1

atmosphere. Synthetic nitrogen fertilizers are produced using an extremely energy intensive process, likely using fossil fuels. Tilling and plowing fields releases carbon that had been stored in the soil. And, of course, transporting food from the farm to you, sometimes thousands of miles, burns massive amounts of fossil fuels.

Composting food scraps and yard waste at home also helps prevent climate change. Creating nutrient-rich compost to add to your garden – whether vegetables or ornamentals – pulls carbon out of the atmosphere and stores it away back into the soil. Backyard composting also reduces fossil fuels used to transport waste, as well as ensure food scraps don’t end up in landfills where decomposition releases methane, a major greenhouse gas.

Master Composting & Recycling

Become an expert in food waste prevention, recycling, composting and soil building, and then share your knowledge with others. Apply for volunteer training in Seattle and King County— applications due in early March!

seattletilth.org/compostrecycle

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WAY TO GROW
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Printed by EcoGraphics

Way To Grow is the bi-monthly newsletter of Seattle Tilth. Readers are encouraged to submit article ideas and photos c/o the editor at the address above or to tiithnews@seattletilth.org. Seattle Tilth reserves the right to edit submissions for interest, length and style, and print them as space allows. Printed with soy-based ink on forest friendly paper.

设计 by EcoGraphics

WAY TO GROW | FEBRUARY/MARCH 2016

Mayme Fu shows off freshly made compost.

设计 by EcoGraphics
Vegetable gardening at home can be a great way to save money over buying organic produce at the grocery store. But for many people, the startup costs of building a raised bed garden can be prohibitively high. That’s where Seattle Tilth’s Just Garden program enters the scene. Just Garden builds subsidized raised bed vegetable gardens with families in King County who want to garden, but might not have the funds to get started.

Each family may apply for up to three 4’ x 8’ garden beds, subsidized for those living below 200% of the federal poverty line. We provide plant starts, seeds, fish emulsion (a high-nitrogen organic fertilizer) and a copy of our Maritime Northwest Garden Guide. To help prepare families for long-term success, they receive seven hours of hands-on organic garden education and opportunities for additional workshops during the year. Our Just Gardeners agree to use organic gardening methods, to share whatever produce they grow, and to volunteer with Seattle Tilth building gardens for their neighbors.

Since 2010, Just Garden has built nearly 180 gardens for families in King County, as well as for organizations such as food banks, transitional housing, neighborhood clinics and houses of worship. At our five garden building events in 2015, we constructed 87 garden beds at 38 different locations.

In 2016 we plan to nearly double our impact by building 160 garden beds with up to 80 different families. To accomplish this, four large garden building events are scheduled across King County:

- Sat., Feb. 27 in Southeast Seattle
- Sat., April 16 in Federal Way
- Sat., June 11 in Burien and White Center
- Friday, September 16 in Bellevue

The Just Garden program needs 100 volunteers at each event to help build these gardens, including 20 site leaders who are willing to lead a group of 3-7 volunteers, ideally at all four events. We’d love to see you there! It’s quite fun and rewarding. To volunteer, please sign up on our website: seattletilth.org/justgarden.

If you or a neighbor would benefit from having a raised bed garden, apply online at the website above or call (206) 633-0451 ext. 116.

To get a better sense of this expansive new organization, I hope you will take a moment to study the infographic on page 6-7, which outlines our goals, outcomes and program structure. We have a lot of work to do this year to integrate three organizations into one. We’ll tackle everything from financial systems and databases to staff cohesion. We’ll also undertake the challenge of finding a new name that both reflects our history and carries us into the future. Feel free to share your thoughts with me at andreadwyer@seattletilth.org or (206) 633-0451 ext. 104.
Wake Up Your Garden for Spring

Veralea Swayne, Garden Educator

That refreshing spring air is enticing you to put on your garden gloves and head to the garden. Here are some important spring tasks:

- Tour your yard. Observe how plants fared over the winter.
- Write down what you observe in your garden journal. Comparing year to year helps you adapt and learn.
- Plan and map out what you will grow in your annual beds.
- Don’t forget to rotate crops, particularly brassicas, alliums and nightshades.
- Take a soil test to determine nutrient needs.
- Chop in cover crops.
- Cover annual beds with a cloche or clear plastic to warm and dry the soil.
- Add liquid nitrogen fertilizer to overwintered garlic for a nutrient boost.
- Start seeds indoors like lettuce, broccoli or chard for transplanting in April.
- Cultivate soil with a garden fork once dry enough—the microbes will appreciate the fresh air.
- Add organic fertilizer and compost to prepare soil for plants.
- Sow early spring edibles outdoors such as peas, mustard greens and spinach.
- Protect early seedlings from freezing nights with a cloche or row cover.
- Divide perennials like day lilies or rhubarb.

Use Seattle Tilth’s Maritime Northwest Garden Guide to help you know what to do each month. Breathe in that fresh air and enjoy the aroma of newly turned soil. The growing year has begun again!
Farm Fresh Plant Sale

Amanda Sallay, Events Officer & Laura Matter, Garden Hotline

After a warm summer in 2015, it’s time to get excited for plants, plants, plants! The March Edible Plant Sale is the perfect event to stock up on all organic, locally grown and delicious herbs, veggies and perennials. Mark your calendars for Saturday, March 12 and bring your coupon to the sale, page 12.

New Venue, New Plants and Old Favorites

We’re bringing this sale home! Join us at Rainier Beach Urban Farm & Wetlands, one of Seattle Tilth’s educational farms. This space will be undergoing a transformation during 2016 with the addition of a new kitchen, office, children’s garden and food forest. You can wander around the site on your own during the sale, or go on one of our guided tours offered throughout the day.

The National Restaurant Association annual survey says that environmental sustainability, locally grown produce, healthy meals for kids and ethnic herbs are projected to be in the top 20 food trends for 2016. Backyard gardeners are trendier than ever! Invest in perennial herbs and spicy annual veggies to brighten your meals, like ‘Zaatar’ oregano and ‘Red Wing’ onion. Or, get spicy with classic Asian greens like mibuna, mizuna and ‘Green Wave’ mustard. Keep your meals fresh with colorful and nutritious favorites like ‘Purple of Sicily’ cauliflower and ‘Desiree’ purple podded pea.

Pollinator Pathways and Garden Planning

Along with our usual edible fare, this year we are introducing a palette of flowering plants that support pollinators, particularly bees, in your garden. Many of these, while not suitable for eating, will support pollination for your fruiting plants. Look for lupine, Echinacea, aster, columbine, sea thrift, feverfew and yarrow plants to tuck into corners and reap the benefits of our garden friends.
What’s on the Table for

Our mission is to build an ecologically sound, economically viable and socially equitable food system.

<table>
<thead>
<tr>
<th>area of focus</th>
<th>outcomes</th>
</tr>
</thead>
<tbody>
<tr>
<td>earth</td>
<td>widespread use of organic practices that support healthy soil and a clean, abundant water supply.</td>
</tr>
<tr>
<td>farm</td>
<td>knowledgeable farmers with viable businesses throughout the state.</td>
</tr>
<tr>
<td>garden</td>
<td>urban gardens in backyards, schools and throughout the community.</td>
</tr>
<tr>
<td>market</td>
<td>wide distribution of healthy food that is affordable to all.</td>
</tr>
<tr>
<td>kitchen</td>
<td>savvy and informed cooks who know how to use fresh, healthy food.</td>
</tr>
</tbody>
</table>

advocacy

member services
## the Tilth Movement?

<table>
<thead>
<tr>
<th>Programs</th>
<th>2016 Goals</th>
</tr>
</thead>
<tbody>
<tr>
<td>• soil building&lt;br&gt;• environmental education&lt;br&gt;• water conservation&lt;br&gt;• wetlands restoration</td>
<td>• train 90 master recycler composters&lt;br&gt;• 8,000 Garden Hotline contact responses&lt;br&gt;• recycling and compost outreach to 20,000 community members</td>
</tr>
<tr>
<td>• youth employment&lt;br&gt;• farmer education&lt;br&gt;• farm business incubator&lt;br&gt;• annual conference</td>
<td>• train 600 farmers and 25 youth&lt;br&gt;• 12 farm walks&lt;br&gt;• 450 farm conference attendees&lt;br&gt;• connect farmers with landowners &amp; resources</td>
</tr>
<tr>
<td>• adult education&lt;br&gt;• children’s education&lt;br&gt;• community gardens&lt;br&gt;• learning gardens</td>
<td>• teach 10,000 kids &amp; 2,500 adults&lt;br&gt;• build 160 garden beds&lt;br&gt;• serve 900 snacks from garden harvests&lt;br&gt;• grow 3,500 lbs of food in learning gardens</td>
</tr>
<tr>
<td>• community supported ag&lt;br&gt;• farmers markets &amp; wholesale&lt;br&gt;• consumer education&lt;br&gt;• subsidized food bags</td>
<td>• 5,000 subsidized food bags&lt;br&gt;• 400 CSA participants&lt;br&gt;• donate 17,000 lbs of food&lt;br&gt;• publish the Farm Guide</td>
</tr>
<tr>
<td>• community meals&lt;br&gt;• cooking/nutrition training&lt;br&gt;• after-school cooking clubs</td>
<td>• serve 7,500 meals&lt;br&gt;• 3,000 participants in community meals &amp; cooking classes</td>
</tr>
</tbody>
</table>

### Community Engagement

- communications<br>• events<br>• fundraising<br>• publications<br>• volunteer program
Cultivating Farmers Across the State

Tilth Producers Adds Farm Programs to New Merged Organization

Kate Nagle-Caraluzzo, Member Services Coordinator

Tilth Producers began educating and advocating for organic farmers in 1974. The community that has formed since then represents a strong base of organic and sustainable farmers across the state of Washington committed to policies that promote organic farming. As farmers settle into their winter hibernation, staff kick into high gear planning the next year of one-day universities, farm walks and conference workshops.

Tilth Producers’ 2015 educational sessions provided over 1,000 farmers the opportunity to learn, network and improve their skills. This programming has a multi-faceted approach. We arranged farmer education on practices that increase efficiency and profitability while improving environmental stewardship of agricultural land. Our consumer education informed the public about the benefits of local organic agriculture and facilitated working relationships among farmers, researchers, policy makers, consumers and the organic industry.

Farmer Focus: Meet Chris Petry from Oh Yeah! Farm

Chris Petry from Oh Yeah! Farms in Leavenworth had his first farming experience working on a Christmas tree farm in upstate New York. Eventually he found himself in the Cascades taking people up and down the mountains as a guide. During the off-season he worked for farmers, getting his start with Nature’s Last Stand in Carnation. It was there that he learned about Tilth Producers and found the farming community that is now his go-to resource. After two and half years at Nature’s Last Stand, he knew he wanted to get closer to the mountains and be in the Leavenworth community. He started working for Gibbs Organic Farm, owned by Grant Gibbs, a distinguished lifelong organic farmer who has attended every Tilth Producers Conference.

After three years of learning everything he could from Grant, attending the Tilth Producers Conference each year and participating in farm walks and workshops, Chris branched out to start his own farm. Now a bona-fide farmer, Chris says, “Tilth Producers has taught me to be a better farmer and has connected me to a community of farmers devoted to the organic and sustainable movement. After my first Tilth Producers Conference I was hooked on farming, and it’s become my goal to present! Without this community, I wouldn’t enjoy this work nearly as much as I do.”

Tilth Producers’ Year-in-Review 2015

The last year has been full to the hilt with robust farmer education.
• 200 farmers gained in-depth knowledge of profitable small-scale vegetable farming, soil fertility and composting, seed production and draft horse power at workshops
• 450 growers gained new skills and farmer-to-farmer education at workshops and farm walks in 11 counties
• 600 producers, researchers, educators, students and activists learned about organic and sustainable agriculture over three days at our annual conference

Looking Ahead

In 2016, you can look forward to more exciting farmer opportunities from Tilth Producers. Keep your eyes peeled for:
• Ten farm walks March-October
• Three university workshops Feb.-April
• Annual farm conference in Wenatchee, November 11–13

Take Action: Good Food Lobby Day

Monday, Feb. 8 in Olympia

Join us and our Good Food partners for Good Food and Farming Lobby Day! We make it easy for you to meet with your state legislators in Olympia to ask them to support the Small Farm Direct Marketing and Farm to School Programs. Here’s all you have to do:
1. Register for lobby day online: bit.ly/foodlobbyday.
2. Hop on the free lobby day shuttle bus in Seattle on Monday, February 8 or meet us in Olympia.
3. We’ll brief you on lobbying etiquette and talking points and equip you with stylish Good Food and Farming swag.
4. You’ll meet with your legislators or their staff.

Together we will change the world!
Puget Sound Fresh

*Sheryl Wiser, Puget Sound Fresh Manager*

Got farms? We do! Puget Sound Fresh is the Farm Guide in your car, the online directory at your fingertips and the mobile app in your pocket. We’ve been connecting farmers to eaters since 1998, when the program started under the auspices of King County until transitioning to Cascade Harvest Coalition in 2003.

Now in 2016, we’re thrilled to be part of the Tilth family. Our mission is simple—we’re your source for what’s fresh, local and in-season from farms and farmers markets throughout Washington State.

The 2016 Farm Guide hits the streets beginning mid-April. Want free copies to distribute at your business, organization or event? Contact sheryl@cascadeharvest.org to arrange for delivery or pick-up. As a Farm Guide distribution partner, you can help keep farmers farming, support sustainable food sources and make healthy foods more available to our communities.

Need help finding fresh and local food right now? Check out Puget Sound Fresh, our online directory featuring Washington State farms, farmers markets and specialty forest producers. Use our nifty searchable database to locate over 340 farm products and activities, CSAs, recipes, events and more at pugetsoundfresh.org.

**FarmLink Connects Farmers to Land**

*Sarah Lowry, FarmLink Program Manager*

Washington FarmLink addresses one of the biggest challenges faced by beginning farmers—access to affordable farmland. FarmLink facilitates the transition of farmland to the next generation of farmers by connecting beginning farmers and landowners to each other.

Nearly 450 beginning farmers and landowners from across the state use FarmLink’s online farmer/landowner matching service. Through our matching service, farmers and landowners meet by posting and responding to each other’s “land seeker” profiles and “farmland available” listings.

The program also provides technical assistance and online resources. Topics relate to farmland access, from finding financing to succession planning. We also host educational workshops and events for farmers and landowners to network.

Through FarmLink, Crystal Benson of Spotted Goat Creamery found 80 acres of farmland to lease in Southwest Washington from landowner Ursula Petralia. “When I needed to move my operations and all my Pugetsoundfresh.org

CONTINUED ON PAGE 10
Growing Community at McAuliffe Park

Chris Hoffer, Environmental Programs Manager

Food, forest and community have been quietly growing at McAuliffe Park in the South Juanita neighborhood of Kirkland, ever since the city purchased the site in 2001.

Nearly 12 acres in size and boasting a children’s play area, community pea patch, fruit tree orchard, historic barn and an urban forest, McAuliffe Park is a gem of a public park with huge potential to shine.

Recognizing this potential, the City of Kirkland partnered with Seattle Tilth and community members in 2014 to transform the historic homestead into an urban agriculture and learning center that engages the community in growing, harvesting and eating healthy, fresh produce.

During a blustery open house last October, community members shared their vision for what they’d like to see from Seattle Tilth at McAuliffe Park, expressing their desire to learn about everything from organic gardening, fruit trees and canning to water conservation, native plants and bees.

Moving toward this vision, Seattle Tilth and volunteers broke ground last summer on a new community learning garden at the park. With a grant from Whole Foods and support from the Kirkland Parks Foundation, which raised over $8,000 through community donations, the learning garden will be ready to provide an outdoor classroom and hands-on demonstration area for Kirkland residents and the greater Eastside this year.

Speaking to her vision for the space, Linda Murphy, Recreation Manager with the City of Kirkland, said, “We’re very excited to partner with Seattle Tilth and have them offer classes, volunteer opportunities and programming that will use this new learning garden to engage the community in growing food organically and sustainability. This is part of the City’s Master Plan for the park, to preserve and enhance this historic farmstead.”

There are plenty of ways to join the growing community at McAuliffe Park:

- Take a class. Seattle Tilth will be offering classes this year on organic gardening, permaculture and natural yard care.
- Volunteer in the learning garden. Learn while you work planting edible trees, shrubs and annual crops, as well as installing compost systems, drip irrigation, container gardens and natural soil building demonstrations.
- Steward the forest. With support from the Green Kirkland Partnership, there will also be volunteer opportunities to care for the woods at McAuliffe Park by removing invasive species, planting native trees and creating a community space to explore the benefits of urban forests.

Sign up for a class and find out more about volunteering at seattletilth.org. See you in the park!
Q. I’m bored by kale and lettuce. What else can I grow to spice up my cool-season salads?

A. We agree that by spring, if you’ve been eating food in-season, finding new and exciting uses for kale can be a drag. Fortunately, there’s a whole world of edible greens that brings interesting flavors, colors and textures to the dinner plate. Incorporating a wider rainbow of greens into your diet also brings a larger scope of vitamins and trace minerals to keep your body in fine form for another gardening season.

To give your salads a kick this season, try shredding in spicy greens from the Brassica family that, thanks to organosulfur compounds, have a pungent flavor. A few to try include mizuna, tatsoi, mibuna, gai choi (Chinese mustard), komatsuna (Japanese mustard spinach), watercress, Persian cress and Cressida.

For buttery, savory flavor, try miner’s lettuce (Claytonia perfoliata), mâche/corn salad, minitina, or purslane—chock full of omega-3 fatty acids. Bitter greens are another option, which actually help with digestion. Dandelion is the superhero of bitter greens, but others with a more gourmet history include frisee, endive, radicchio and escarole. Looking for truly unusual flavors? Try saltwort—a green similar to sea beans but with a fernier texture—or the floral shungiku. And don’t forget the herbs.

Q. I grew rye cover crop in my raised beds this winter. What do I do with it now?

A. As the soil warms in late winter and early spring, you might be ready to plant a bed or two with cool-weather crops with the help of cloches, cold frames or other season-extending devices. Now what?

The number one rule with cover crops is to cut them back before they go to seed, lest your cover crop become a weedy nemesis. If you’re looking to plant soon, get started by cutting back or mowing your cover crop to soil level and then lightly tilling it into the soil or leaving it on the soil surface as a nutritive mulch. Be sure to do this at least a couple weeks before you start planting to let the vegetative matter begin to decompose. From there, seed directly into the soil or transplant starts and use the green mulch to insulate your rootlets.

If beds will be used for warm weather crops like tomatoes, which won’t be ready to plant until around May, you can leave the cover crop as is—making sure to chop it before it goes to seed—or mulch on top with cardboard, straw or another organic mulch until you’re ready to plant.
Welcome Early Spring by Taking a Class

Three prices are listed for each class: for the general public, for Seattle Tilth members and for two members of a household taking the class together. For example: $45 non-member/$35 member/$68 household. Become a member through our website or use the form on page 7. Advanced registration and payment are required for classes. Class details and registration information are found on our website under the “Learn” tab or by scanning the QR code. Questions? Call (206) 633-0451 ext. 128.

Class venues:
BGP: Bradner Gardens Park, 1730 Bradner Place S, Seattle
GSC: Good Shepherd Center, 4649 Sunnyside Ave N, Seattle

Veggie Gardening
Start Seeds Indoors, $36/$25/$54
Sat., February 13, 10 a.m.-noon, GSC
Composting 101, $36/$25/$54
Sat., February 13, 2-4 p.m., GSC
Wed., March 16, 6:30-8:30 p.m., GSC
Sat., March 19, 10 a.m.-1 p.m., GSC
*Organic Gardening Combo: non-members, take both part 1 and part 2 classes for just $65.
Comprehensive Organic Gardener, $275/$235
Thursdays, 7-9 p.m. and Saturdays, 10 a.m.-3 p.m., March 24-April 14, BGP

Urban Livestock
Backyard Beekeeping 101**, $36/$25/$54
Wed., February 10, 6:30-8:30 p.m., GSC
Sat., March 5, 10 a.m.-noon, GSC
Beekeeping 201: Start Your Hive**, $36/$25/$54
Wed., February 17, 6:30-8:30 p.m., GSC
Sat., March 5, 2-4 p.m., GSC
**Beekeeping Combo: non-members, take both beekeeping classes back-to-back on Sat., March 5 for just $65.
All About Chickens, $45/$35/$68
Sat., February 27, 10 a.m.-1 p.m., GSC

Kitchen Classes
Make Herbal Infusions, $45/$35/$68
Sat., February 6, 10 a.m.-noon, GSC

Permaculture and Sustainable Landscapes
Grow Fruit in Small Spaces, $36/$25/$54
Thurs., February 11, 6:30-8:30 p.m., BGP
Intro to Permaculture, $45/$35/$68
Sat., February 27, 2-5 p.m., BGP

Redeem this coupon for a
FREE PLANT
(up to $5 in value)
At Seattle Tilth’s
March Edible Plant Sale
Saturday, March 12
9 a.m.-3 p.m.
Rainier Beach Urban Farm & Wetlands
5513 S. Cloverdale St., Seattle

Early Bird Sale
Friday, March 11, 5-6:30 p.m.
$25 online
Plant sale volunteers get in free!
Valid only March 11 & 12, 2016.

Join Our CSA
Enjoy a box of locally grown organic produce each week this summer. Sign up starting in February!

Garden with Us!
Kids, Parents & Teachers

Garden Camp
Treat your kids to a world of adventure and learning outdoors this summer!

School Tours
Visit our gardens and enjoy fun, hands on, science-based learning.

seattletilth.org