Rainier Beach Urban Farm Campaign Belongs to All of Us

Paul Haas, Senior Director, Community Engagement

What was once a dream—a vibrant 8-acre farm in the heart of Rainier Beach—is now within our grasp. That's because the Campaign for the Farm, led by Seattle Parks Foundations, Seattle Tilth and neighborhood-based Friends of Rainier Beach Urban Farm and Wetlands, has raised over 80% of the funding needed to make this dream a reality.

Think of it...fat crop rows of lettuce and chard, beets and beans...greenhouses thick with tomatoes and peppers...a classroom of school kids learning about healthy soils under a solar-roofed classroom...a dad and daughter learning to prepare a healthy meal in the covered kitchen...a market stand where community members are shopping for the freshest-possible fruits and vegetables. This is the vision that has driven this campaign for the Rainier Beach Urban Farm and Wetlands. And it's the vision we are still striving to achieve.

Over the last several months, we've secured several inspiring leadership gifts and grants from individuals and foundations, corporations and local and state government.

But now this final phase of the campaign for Rainier Beach Urban Farm belongs to all of us. And that’s why we are turning to the community in order to fully realize the campaign goal and to build out Seattle’s largest urban farm.

Save Our Heritage!

Falaah Jones, Eastside Programs Coordinator

Backyard chicken owners can help keep obscure heritage breeds from going the way of the Dodo bird. Since the 1960s, factory farms have largely replaced family farms that historically raised diverse small flocks. Today, the Livestock Conservancy lists over three-dozen chicken breeds that are in danger of extinction. We risk losing valuable genetic resources forever!

Commercial chickens these days are predominantly two breeds: White Leghorns, cranking out egg after egg after egg, and Cornish-Rocks that end up in the meat section of the grocery store. But backyard chicken breeds, often “dual-purpose” and thus good for both meat and eggs, still persist in our neighborhoods. These birds are heavier than straight egg-layers, are suited to confinement and come in a plethora of plumage colors and styles.

Like a colonial chicken farmer, try raising heritage chickens. You can help keep diverse breeds in existence. Enjoy researching the many options like the Dominique, one of America’s oldest breeds, with beautiful black and white plumage.

Seattle Tilth’s Chicken Coop & Urban Farm Tour

Saturday, July 12
10 a.m.-4 p.m.

Tickets at seattletilth.org.

CONTINUED ON PAGE 2
Knowing Where Our Food Comes

Andrea Platt Dwyer, Executive Director

When I was a young girl, my mother would pile all seven of us into the family station wagon and drive out to the edge of town for a visit to Mumma’s Fruit Farm, where she would purchase flats of berries and bushels of apples, peaches and apricots. She and my grandmother would then spend days in the kitchen producing jar after jar of jams, preserves and compotes. My mother was never a big gardener, but she always grew a few tomato plants, as well as peppers and a handful of herbs. When we had a surplus, she would turn those items into a spicy mix we called chilli relish. I can still vividly recall the amazing flavors and aromas from those long ago summer days.

I would guess that people my age who are reading this have similar memories, or, for those younger than I am, have comparable experiences, such as trips to the farmers market, or opening the weekly CSA box. For centuries, most people either grew their own food or bought it directly from someone who did. In the last few decades, many of us lost both the art of growing food and the knowledge of how to use or keep what was grown.

One of the many joys of my job is seeing a resurgence of interest in growing, cooking and preserving food. Better yet, this interest cuts across demographics. Our classes, workshops and volunteer crews are filled with children, young adults, baby boomers and elders from all across the region, which enriches and informs our programs significantly.

This renewed interest in learning how to grow food sustainably inspired us to produce a new edition of our Maritime Northwest Garden Guide. The very first garden guide produced by Seattle Tilth was an 18-page booklet written by Robin Stern in 1989, who “found that a month by month checklist helped me stay on top of things.” Over the past twenty-five years, that simple idea – expanded upon through multiple iterations – has helped countless people learn to garden successfully in the Pacific Northwest. We are proud to carry on Robin’s work with this new publication. Buy a copy today, or pull out the well-worn version you have on your shelf, and get to work creating those indelible memories with your family!

SAVE OUR HERITAGE! Continued from page 1

Wyandottes, ranging in color from blue-gray to buff, silver or gold-laced, also originated in the United States. They are docile and popular show birds. They are such good mothers that both of my Wyandottes, Pearl and Dandelion, are prone to going broody and periodically need to be discouraged from squatting on un-fertile, or even non-existent, eggs.

I wanted a Jersey Giant, bred originally to replace turkeys, but I ended up with a Black Australorp with just a hint of giant in her strong wings. Then there is the Delaware, the Plymouth Rock and the Ameraucana aka Easter-egg. These are just a few of the American breeds available. Check out the American Poultry Association for a complete list. Take Seattle Tilth’s Chickens 101 and 201 classes for a excellent way to start your chicken venture.

Another great way to learn about different breeds that abound in our region, join us for the Seattle Tilth’s Chicken Coop and Urban Farm Tour on July 12. Meet your neighbors and see how they incorporate chickens into their busy lives. The multi-colored flocks anchor us to our past and lead us well into the future. Join us and you, too, will have a story to tell!
A Fling to the Finish

When was the last time you went to a gala fundraising event complete with greenhouses and wetlands, chicken coops and compost bins? Never, right?

On Sunday July 27 we are teaming up with our campaign partners to host the first sit-down dinner of its kind at Rainier Beach Urban Farm and Wetlands called the Urban Farm Fling.

The Fling offers a wonderful meal prepared by Herban Feast with fresh food straight from the farm and will provide a tremendously fun way to do something really important — build a vibrant urban farm that helps to feed our families, teach our kids and nourish our urban souls. Experience for yourself why this place is so special!

Tickets for the Urban Farm Fling are $300 (yep, it’s a lot of dough, but when else can you wear jeans to a gala?).

Get your tickets at seattletilth.org/rbufw.

RAINIER BEACH URBAN FARM CAMPAIGN

Continued from page 1

We are launching a community campaign to complete the Rainier Beach Urban Farm capital campaign. This is where all gifts—from $5 to $5,000—have tremendous importance and power in helping to reach the final goal.

We are inviting our friends and neighbors to make a gift to the capital campaign today at seattletilth.org/rbufw. It’s as easy as a click!
Did You Know?

- According to The Livestock Conservancy, there are almost 50 varieties of heritage breed chickens in the U.S. today.
- Single family households in Seattle recycled 70% of their waste in 2012 – the highest rate to date.
- According to the United Nations Development Programme, an estimated 15 to 20 percent of food is raised in urban settings worldwide.
- Seattle has 16 farmers markets with 215 vendors, four farmers market associations and four year-round farmers markets.
- In 2013, 2,600 low-income Seattle residents participated in the Fresh Bucks program and 500 shopped at a farmers market for the first time.
- Seattle Tilth Produce is at four regular markets – Columbia City, South Lake Union, Wallingford and University District.
- Seattle has seen a 104% increase in publicly accessible land for growing food since 1990, including 8 acres at Rainier Beach Urban Farm and Wetlands.
- The City of Seattle has set three food related goals for 2014: increase healthy food access, increase urban food production and increase local food consumption.

See our sources and more fun facts at seattletilthblog.org.

Volunteer Profile: Mario Luppino

Composting and Conservation in Action

Maren Neldam, Environmental Program Coordinator

Our Master Recycler Composter Eastside volunteer training program finds creative ways to engage community members in practicing sustainability and resource conservation. Graduates from MRC Eastside program are making it fun to learn about composting and recycling.

The first time Mario Luppino came to volunteer at the Pickering Garden in Issaquah, he was handed a hori hori and asked to deal with the buttercup weed problem. Not only did he spend hours meticulously weeding, he kept coming back. Falah Jones, our Pickering Garden coordinator, had found an amazing volunteer.

It was obvious from the get-go that Mario was a young man on a mission. At 20 years old, we was already an avid home beekeeper and organic gardener. He had just completed an interdisciplinary program at Bellevue College learning about the food system and was passionate about resource conservation. His motivation extended beyond doing his own part; he “wanted to teach others and get them excited about making a difference.”

After becoming a garden steward at Pickering Garden, he joined the 2013 training for Master Recycler Composter Eastside. During the intensive 28 hour training, Mario learned the ins and outs of recycling, the nitty gritty details of soil science and decomposition, how to build compost systems, and creative ways to manage pests without harmful chemicals.

He was really inspired by the field trip to Cedar Grove where he learned about large-scale composting systems.

Part of the Master Recycler Composter Eastside program is a 20 hour volunteer commitment to do outreach and education on recycling and composting. As Mario says, “I love being able to talk to people and make the one-on-one personal connection. I think that is really what inspires people and makes a change.”

Mario led gardeners at the Sustainable Renton Community Farm in building a hot compost pile and taught kids and families about worm composting at the Salmon Days Festival in Issaquah. Every Saturday during farmers market season, he teaches Pickering Garden visitors about the garden’s composting systems and demonstrates beekeeping to get people excited about the garden ecosystem. Great work, Mario!
Summer Kid Crafts: Plant Pharmacy

Lisa Taylor, Children’s Program Manager

Did you know that there is a medicine chest just outside your door? Many of our most familiar garden herbs and flowers can be used for healing. Here are some nifty preparations that will heal summer’s scuffs and tumbles -- and the kids can help create the concoctions!

Ditch the Itch

After rolling around in the grass at Zootunes, relieve itchy skin with a homegrown remedy. This soothing Anti-Itch Powder will bring relief to itchy insect bites or any itchy skin condition.

Collect calendula petals, lavender blossoms and comfrey leaves – show the kids how to carefully hold the stem with one hand and pick one petal, blossom or leaf at a time.

• Lay out on newspaper or on racks of dehydrator.
• Dry flowers and leaves until brittle.
• Grind to a powder in an electric spice mill.
• Mix with ¼-cup baking soda.
• Store in jar out of direct sunlight. Let the kids decorate the label. Will keep more than one year.

Use powder on affected area as needed. Alternatively, mix powder with water to make a paste to coat affected area.

Cool the Burn

If summertime leaves your skin sunburned and scratched, make a soothing oil of calendula flowers. This golden oil is great for healing cuts, scrapes, burns and other skin irritations.

• Fill a half pint jelly jar with clean, dry calendula flowers – get the kids to help pick flowers!
• Leave about 2 inches of headspace.
• Pour in enough olive or grape seed oil to cover flowers by about an inch.
• Cover with jar with a paper towel secured with a rubber band.
• Let sit on the counter for 2-3 days, out of direct sunlight.
• Strain through cheesecloth then refrigerate. Will keep for 2-3 months.

Chill Out with Teatime

Trying to keep up with the non-stop pace of summer fun can be stressful. Lemon balm iced tea is easy to make and relieves stress, sadness, headaches and stomachaches. Have a home grown tea party!

Put 4 teaspoons of fresh lemon balm leaves (or 2 teaspoons of dried leaves) into a cup of boiling water. Cover and let steep for 5-15 minutes and then refrigerate. Sweeten with honey if desired. Drink ½-2 cups daily.

Treat the kids to fun projects all summer in Seattle Tilth’s summer garden and farm camps! Sign up for camps in North and South Seattle and in Woodinville. Teachers, treat yourselves to our week-long Garden Educator Workshop: Summer Intensive. Get re-inspired for the school year! Visit seattletilth.org.

Thank You for an Amazing May

Intermittent bouts of rain did not dampen the brilliant enthusiasm and support at our May Edible Plant Sale. We sold more than 50,000 locally and organically or sustainably grown plants. Thank you to our 5,000 shoppers, 8 growers, 400 volunteers, 20 vendors and our sponsors: Greenwood Hardware, Big Dipper Waxworks, Clif Bar, Seattle Seed Company and SAGe collective. Special thanks to our unfappable and hard working volunteers. Thank you all for helping Seattle grow more food and supporting Seattle Tilth!

On May 6, 250 people donated $27,000 through The Seattle Foundation’s GiveBig event. It was a HUGE success, and we can’t thank you enough. Matched by a handful of Seattle Tilth’s generous leading donors, and stretched by the Seattle Foundation, our community raised about $60,000 for Seattle Tilth. Incredible!
June, We Love You

June and July are exciting months in Maritime Northwest gardens. June is the time for transplanting heat-loving crops such as tomatoes, peppers, eggplant and basil. Watering becomes a full time job. Sow successions of beans, cucumbers, beets and carrots as well as zinnias, nigella, borage and other flowers for blossoms and harvest in September.

Just as everything has settled into place July starts the whole business over. Known as our “second spring,” July and early August are the time to plant cool season crops. These sowings will be harvested in fall, winter and the following spring.

Timing is critical for growing food year round and Seattle Tilth’s Maritime Northwest Garden Guide takes the guesswork out of what to plant when. After 16 years, Lisa Taylor, Bill Thorness and Seattle Tilth garden educators have revised and expanded this best-selling guide. With a fresh new design, updated varieties and many new articles and charts, the second edition of the Maritime Northwest Garden Guide will continue to help folks grow their own organic food year round.

You clearly know when your plants are in need of water, right? They droop their leaves, dry out around the edges, lose some color and darn near die! Do you know that your body does the same thing? Our droop might come in our energy levels, or dry lips and it sure takes a toll on our health. Heading into the rare hot days of a Seattle summer calls for a reminder to hydrate yourself, not just the garden!

Plain old water is always best, but just in case you’re the type that needs the flair of flavor to drink that recommended 8 glasses of water, we’ve got you covered! This recipe puts together the best of summer joy: twist of lemon, fresh picked berries, nectar of the bees and salt from the seas. This is the basis of an “electrolyte” drink, giving your body the salts it needs to function properly: sodium and potassium. Mind you that water is really all you need, but a few extra nutrients might just help your droopy leaves!

Berry Good Water
Yields 3 cups

Ingredients
1 quart filtered water
1 cup fresh blueberries
2 tablespoons honey
¼ teaspoon salt
Juice of 1 lemon

Instructions
- Fill ½ gallon pitcher with filtered water.
- Place blueberries in a bowl and gently smash them with a fork to break the skin to release juice. Pour into water.
- Add honey, salt and lemon juice; stir.
- Taste and adjust to desired flavor and strength.
- Add ice and enjoy!

Other additions
- You can use other berries for this drink, including strawberries, blackberries and raspberries.
- Try cucumbers in place of blueberries.
- Add in fresh mint, lemon balm or other refreshing herbs to suit your taste.
**Hot Questions from the Garden Hotline**

*Laura Matter, Garden Hotline, Seattle Tilth*

**Q. I am going to be planting new seeds for succession crops of lettuce and carrots soon and am concerned about making sure they get enough water as they start to grow. How do I manage that?**

**A.** This is a very important thing to be thinking about as we enter our dry season. To make sure that new seedlings are getting consistent water, there are a few things you can plan into your garden to help. One of these is to install either a drip irrigation system or a soaker hose in your garden bed before seeding the beds. These methods of watering prevent evaporation, allow for deeper soaking and can free you up to weed and harvest instead of hand watering. Another valuable tool to use is floating row cover over your freshly seeded beds. Also known by the brand name, Reemay, this porous white fabric should be spread across the bed and anchored at the edges to keep it from blowing off. The fabric allows light, air and water to come through it so you do not need to remove it to water the bed. It will help to keep the soil moist by preventing evaporation. It also can prevent flying insect pests from laying eggs on susceptible plants like carrot, chard, spinach and plants in the brassica family.

**Q. Help! I am finding a ton of aphids on my beans right now and want to know a safe way to get rid of them.**

**A.** Ah yes, it is black bean aphid season! These prolific critters love green beans, but luckily they love nasturtiums even more. We recommend placing “trap” plants of nasturtiums nearby to lure them away from your bean plants. Of course this is unfortunate for those of us who love to eat both green beans and nasturtiums! Another thing to try is a mild non-detergent soap spray. This should only be done if your plants are inundated because even though soap sprays are accepted organic practices, the spray can harm beneficial insects. A long-term approach is to make sure you have plants that attract parasitoid wasps. We especially recommend plants in the carrot or Apiaceae family, including many herbs like parsley, dill, fennel and lovage. Harvest some of the herb but let some bloom to ensure the little wasps will be there to manage your aphids for you!
Learn, Grow, Take 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. 101.

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

Organic Gardening
- Small Space and Vertical Gardening,
  $36/$25/$54
  Thursday, June 5; 6:30-8:30 p.m., GSC
  Wednesday, June 25; 6:30-8:30 p.m., BGP

Organic Gardening 101, $55/$46/$90
- Saturday, June 7; 10 a.m.-2 p.m., BGP
- Saturday, July 19; 1-5 p.m., BGP

Secrets of Companion Planting,
$36/$25/$54
Saturday, July 19; 10 a.m.-noon, BGP

Teacher Training
- Garden Educator Workshop: Summer Intensive, $325/$375
  July 14-18; Monday-Friday, 9 a.m.-3 p.m., GSC

Urban Livestock
- Raise City Ducks, $36/$25/$54
  Wednesday, July 16; 6:30-8:30 p.m., GSC

City Chickens 101, $40/$30/$60
Saturday, July 19; 10 a.m.-12:30 p.m., GSC

Raise City Rabbits, $36/$25/$54
Wednesday, July 23; 6:30-8:30 p.m., GSC

Beekeeping 301: Harvest Honey and Winterize Your Hive, $36/$25/$54
Saturday, July 26; 10 a.m.-noon, GSC

Kitchen Classes
- Basic Canning 101, $45/$35/$68
  Thursday, July 10; 6:30-8:30 p.m., GSC
  Saturday, July 26; 2-4 p.m., GSC

Harvest Wild Sea Vegetables,
$36/$25/$54
Sunday, July 13; 11:30 a.m.-1:30 p.m.,
Golden Gardens Park (8498 Seaview Pl NW, Seattle)

Pickles and Fermentation, $45/$35/$68
Thursday, July 17; 6:30-8:30 p.m., GSC

Make Herbal Salves, $45/$35/$68
Thursday, July 24; 6:30-8:30 p.m., GSC

Permaculture & Sustainable Landscapes
- Get Water Smart with Jessi Bloom, FREE
  Tuesday, June 3; 4:30-6:30 p.m., Molbak’s (13625 NE 175th St., Woodinville)
  Monday, June 16; 4-5:45 p.m., Swanson’s Nursery (9701 15th Ave NW)

Weave Flowers Into Your Edible Garden,
$36/$25/$54
Thursday, June 12; 6:30-8:30 p.m., GSC

Start Your Fall and Winter Garden,
$36/$25/$54
Saturday, July 12; 10 a.m.-noon, BGP
Thursday, July 31; 6:30-8:30 p.m., GSC

Intro to Permaculture, $45/$35/$68
Saturday, July 26; 9 a.m.-noon, GSC