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June 2017

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Field Notes
Strawberries
Goodin Family Farm
Llama & Alpaca Day
The Local Dirt
and more

Apple varieties • Chef Robert Fong • Dairy goats
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FAIRHAVEN VILLAGE GREEN 1207 10th Street
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Field Notes
A brief look at related news, business and happenings

Strawberry festivals: 80th annual Berry Dairy Days and more this month
COUNTY – The strawberries are getting ready, and local communities are prepping for their annual celebrations. The following events are taking place this month:
• The Marysville Strawberry Festival will be Saturday, June 10-17. Activities and entertainment include rides, children's activities, arts, crafts, parades, a car show, live entertainment, Berry Fun Run, talent show, strawberries and more. See www.maryfest.org/.
• The 80th Annual Berry Dairy Days will be Friday through Sunday, June 16-18. This celebration of local agriculture and heritage in downtown Burlington includes strawberry shortcake, grand parade, entertainment, kids zone, car show, food vendors, fireworks show, free outdoor movie of “Rogue One: A Star Wars Story” and more. For a full schedule, see www.BerryDairyDays.com.
• The annual Biringer Farm Strawberry Fest will be Saturday and Sunday, June 17-18. Participants can enjoy fresh strawberries, ride the Biringer Farm Jolly Trolley out to acres of berries, kids activities, farm market and more. On Saturday, Kate Halstead, of WSU Snohomish County Extension Food Safety Program, will present “Summer in a Jar” short cooking demos including jams, jellies, spreads and taste tests from 9:30 a.m. to 2 p.m. Admission is free. Biringer Farm is located at 21412 59th Ave NE, Arlington. For more, see www.biringerfarm.com/events/.
• Boxx Berry Farm, of Ferndale, is bringing back its Strawberry Festival, and will announce dates this month. Stay tuned to their Facebook page or website at www.Boxxberryfarm.com.

Biological control workshop June 14-15
MOUNT VERNON – A workshop and educational tour/demonstration to learn approaches to manage common pests on nursery plants will be held June 14-15. This workshop and tour will train field and greenhouse growers in methods of biological control. Topics include critical thinking for using biocontrol, new research, attracting beneficial insects, biocontrol application methods and timing, and question and answer panel. Speakers include: Suzanne Wainwright, Buglady Consulting; Breanne Chavez, WA State Nursery & Landscape Association (WSNLA); and Alison Kutz, Sound Horticulture. Training has been approved for continuing education credits. The workshop will be held at Washington State University Extension Building, 16650 WA-536, Mount Vernon. Registration is $65 for both days, $45 for one day, $25 for a half day. For more information, see http://www.pesticide.org/biological_control_workshop_2017.

Find more Field Notes and updates at www.grownorthwest.com. Have news you’d like to share? Send submissions to editor@grownorthwest.com.

Vivian Smallwood: Honored for 35 years of service
MOUNT VERNON – A “35 Years of Service” Celebration was held in honor of Vivian Smallwood on May 23 at the WSU Skagit County Extension. Smallwood, a WSU Skagit County Food Safety and Preservation Advisor, joined the Master Food Preserver team back in 1982 as a volunteer, then a few years later became a WSU staff member. According to the WSU Extension, “She’s been teaching ever since, offering classes and workshops in canning, freezing and fermentation. Her kraut-making skills and salsa recipes are legendary. She answers questions during her food demonstrations and returns calls that come in on the WSU Food Safety advice line. Vivian is a treasure and a talent! Her classes fill quickly and attendees are inspired, entertained and trained in best practice in safe food handling and successful food preservation techniques. She has a wealth of knowledge that she gladly shares and is an engaging presenter—a joy for those who attend her classes. One attendee stated “learning from Vivian reminds me of being with my grandma in the kitchen—warm and inviting…I learned so much in such a short time.”
To learn about upcoming classes this summer, call (360) 428-4270, ext 239 or visit the Extension website at extension.wsu.edu/skagit.

PHOTO COURTESY OF JENNIFER BRYAN-GOFORTH/WSU EXTENSION
Residents and visitors are invited to attend several farm tours and events designed to share information about livestock, grains, and more.

Ranching for Resilience—A Field Day for Producers and Consumers

Roots of Resilience, Matheson Farms and North Cascade Meats - A Farmers’ Cooperative, present this tour on Saturday, June 24. Visitors can tour a working farm, see yaks and cows, and learn about the holistic approach to livestock grazing and ranch management. North Cascades Meat Producers Cooperative will bring their new mobile processing unit. The morning producer educational program is tailored to livestock producers, agencies, and organizations. Registration is $37, $17 for each additional member of the family or farm, $17 for students. The afternoon consumer tour and program is free. The Bellingham Community Food Co-op, North-west Agriculture Business Center and others will also be on hand. Space is limited and registration is required. The event runs 8 a.m. to 4 p.m. and is kid friendly. To register, see the Facebook event page or visit http://pnchm.org and click on workshops. Contact info@pnchm.org. Matheson Farms is located at 236 W Smith Road in Bellingham.

Livestock Advisors Farm Tour: Skagit River Ranch

The Livestock Advisor Program is offering this free farm tour at Skagit River Ranch in Sedro-Woolley on Wednesday, June 28. Since 1998, the owners, George and Eiko Vojkovich, farm biodynamically to build the soil and nutrient-rich grass that grows healthy animals. They offer beef, pork chicken and eggs, and are USDA Certified Organic and Certified Humane. The tour runs 6-8 p.m. To register, visit farmtours.brownpapertickets.com. For more about Skagit River Ranch, see www.skagitriverranch.com.

Growing Washington: Tilth Farm Walk

Growing Washington, a Certified Organic 70-acre farm in Everson that grows over 200 varieties of fruits and vegetables each year, welcomes the public for an on-farm tour through Tilth Alliance. This Tilth Farm Walk on July 10 will focus on “Season Extension in High Value Specialty Crops,” showing participants their use of six greenhouses and over 20 high tunnels. Growing Washington sells through its CSA program of roughly 1,500 members and at 15 farmers markets in the Puget Sound Region. For more information about this event, see www.seattletilth.org under Farm Walks.

2017 Small Grains Field Day

Anyone interested in learning more about local grains – farmers, millers, bakers, maltsters, distillers, brewers, growers and others – are invited tour the research fields at the WSU Skagit Extension Center on Friday, June 30. Participants can discuss the production of small grains such as wheat, barley, and buckwheat in western Washington for food, feed, and malt. The event runs from 1-3 p.m. and is free and open to all at 16650 State Route 536, Mount Vernon. For more information, check out http://extension.wsu.edu/skagit/.

2017 CSA

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Llama, alpaca educational workshop marks 10 years

JNK Llamas hosts owners, professionals

by Mary Vermillion

For 10 years, JNK Llamas has hosted a free informational event for the benefit of current and interested llama and alpaca owners and their animals. What stemmed from a rescue incident a decade ago, has become a continued community effort that welcomes questions and provides answers from seasoned owners and professionals.

Back in 2007, local volunteers and law enforcement officials rescued 41 neglected llamas from a property in northwest Whatcom County. Emaciated and ill, some of the animals had to be euthanized. Others died soon after being placed with foster families.

JNK co-owner Niki Kuklenski was among the first people law enforcement officials contacted. News coverage spurred calls from people wanting to adopt the rescued llamas or donate money to buy feed, halters, leads and other supplies. Kuklenski screened the calls and visited potential foster homes.

Realizing the new llama owners needed information to properly care for their adopted livestock – and determined to prevent similar tragedies in the future – Kuklenski and other volunteers used some of the monetary donations to create a workshop. The free Llama and Alpaca Information and Education Workshop is held each spring on JNK Llamas' 5-acre farm just outside Bellingham.

As word spread, llama owners and others curious about owning alpacas or llamas asked if they could attend. By the third year, up to 100 people showed up for what Kuklenski said is the only workshop of its kind in the nation.

“We want to get to interested people before mistakes happen and give people the tools to make good decisions,” said Kuklenski, who is also a substitute teacher with the Mount Baker School District.

Reservations are required for the day-long event, which includes lectures on basic care as well as hands-on exercises shearing llamas and trimming camelid toe nails. Kuklenski said the workshop is a success because it is purely educational; there are no animal sales or farm promotions. Donations cover costs.

She added all of the volunteers donate their time, gas, money and materials. “This is done out of the goodness of everyone’s hearts!”

While people successfully raise alpacas and llamas, it’s difficult to make money from fiber sales, breeding or packing, Kuklenski shared. And, as with any livestock, raising llamas or alpacas is a lot of work.

She and her husband Jeff show their llamas – a mix of smooth-coat classics and curly-coated woolies – at competitions and raise them for fiber, packing and cart driving, as well as selectively breeding and selling them. Their llamas are also trained therapy animals. The animal’s range of use is one reason why Kuklenski loves them.

She also likes their personalities. “They’re like a cat, a dog, a horse and a goat all rolled into one,” she said.

Today, 75 percent of the 50 or so people who attend the workshop own or are considering buying llamas or donate money to buy feed, halters, leads and other supplies. Kuklenski said the workshop is a success because it is purely educational; there are no animal sales or farm promotions. Donations cover costs.

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Today, 75 percent of the 50 or so people who attend the workshop own or are considering buying llamas. For those who already own, “there’s always a story,” Kuklenski said. “They find out it’s not easy and definitely not a way to make money. They take the hit and learn to care for the animals, or they do what someone did to them and pass them off to the next person.”

Kuklenski spends $2,000 to $3,000 annually on each of the 20 llamas at her farm. “There’s a vet bill always around the corner,” she said. Other costs include high-quality hay and llama minerals, not to mention the time spent cleaning the stalls twice a day and training.

“Many people have a romantic notion of farming,” Kuklenski said. “It’s not glamorous. I can’t leave on a moment’s notice, but I chose this. And I love my lifestyle. We just want to encourage people to do their homework.”

The event presents basic care needs and more for llamas and alpacas, including shearing (above) and trimming (below). PHOTOS COURTESY OF JNK LLAMAS

Presenters: Vet information and more

Check in for the 10th annual event is at 8:30 a.m. A series of 45-minute classes begins at 9 a.m. and continues until 5 p.m. There are 15-minute breaks for coffee and opportunities to talk one-on-one with camelid experts. During the lunch break, participants can network with presenters and other guests as well as visit the resident llamas.

Classes include: Veterinary information with Dr. Mike Anderson of Kulshan Veterinary Hospital and conservation tips for confinement areas presented by the Whatcom Conservation District. Volunteers share grooming and shearing basics, pasture management, fiber demonstrations, toenail trimming (including a hands-on session), basic training and more. A special class on geriatric animal care was popular in 2016 and may be offered again this year.

RSVP is required. For more information and to RSVP, visit http://www.jnkllamas.com/llamaalpaca-information-day.html. A Facebook event page is also available at: Llama and Alpaca Information Day. For email contact, send to info@jnkllamas.com.
**OUR FARM**

Goodin Family Farm

_by Cassie Goodin_

Farm life is the life I always wanted but didn't know I needed. I used to ask my parents, “Can't we just buy a farm!?” like it was that easy. My husband, did grow up doing things like raising and butchering meat birds, going to 4-H as a family, bucking hay, the whole bit. I gave up my farm life idea in high school when I was dead set on being a zoo keeper. Then I met my wonderful husband at the grand age of 16! I was barely 18 when we got married and had our first child 2 years later. Fast forward to 10 blessed years of marriage, 3 amazing kids later and somehow I've found myself running my own personal zoo, or what most people call a farm.

Five years ago we watched a documentary called Food, Inc. It changed our way of life overnight. I literally couldn't eat the pork chops I'd bought at the grocery store the day before. At the time we still lived on Whidbey Island where we had grown up. I started making a weekly trek to one of my favorite places still to this day, the Skagit Valley Food Co-op. With the growing grocery bill we decided to start a garden with my in-laws on their 7 acres, which then snowballed into getting 40 laying hens, Scottish Highland Cattle, and 50 meat birds. It pretty much continued to snowball from there.

In 2013, we made the exciting move to our first farm in Skagit County out by Big Lake. Our first week of living on the mainland we purchased 2 Berkshire cross pigs. Little did we know what they would start! Those first few years taught us A LOT! Blood, sweat, and tears really do build a farm and a farmer. We had three failed gardens in that time. Countless chickens lost to coyotes. A mean sow with 12 piglets who wanted to eat us. Spent a year and a half milking goats with my first baby goat being born, a massive 14-pound buckling that I had to pull out of his poor mother, who we aptly named Hagrid. I don't know if I would ever want to redo those first years again because they were rough. I had many a time when I questioned what on earth I was doing and if I was really cut out for doing this. But the thought of not doing it was worse.

This last March we made our final move to Day Creek in Sedro-Woolley where we found our dream farm and home. This place is what gave me hope again. We have had some trials here too already, like extremely smart ravens who were taking my meatbirds. Instead of feeling sorry for myself, I’ve managed to persevere. We have to deal with each issue and hopefully learn something from it.

I was not the most patient person in the world. All of these things I want to do right now because I’m so passionate about it! But, it takes time to grow a pig, build a fence, and save up funds to be able to do it all correctly. Patience, it’s the biggest lesson I’m learning here and probably always will be! For now, I’ll be thankful for this farm life that has found me!

For more information about Goodin Family Farm, visit their Facebook page or www.goodinfamilyfarm.weebly.com, or call (360) 929-1331.
Pilot project: Skagit retailers offering Farm Fresh Food boxes

In an effort to make healthy, affordable food available in underserved areas, the WSU Skagit Extension is piloting a new project connecting farmers, retailers, and consumers. The Farm Fresh Food Box (FFFB) project is pairing farmers and small retailers in Marblemount, Burlington, and Conway to provide a weekly box of fresh produce at designated retail sites that provide access to consumers.

Similar to a CSA farm share, but without the upfront commitment and expense, this alternative will make available local produce in different size boxes to best meet the customer needs. Diane Smith, WSU Extension Food Access Specialist, is overseeing the project.

Well Fed Farms will be delivering to WD Foods on Chuckanut Drive and Fairhaven Market in Burlington; Waxwing Farm will drop off at Conway Chevron; and Blue Heron Farms will deliver to Choms Chevron in Marblemount. Each store will list the produce that will be available for the upcoming week for customers to preorder, then pick up at a designated day and time that is consistent with the harvest schedule.

Customers can pre-order advertised boxes at the retail site or online on a week-to-week basis for later pick-up. The items offered in the box will change throughout the season to make available produce that is most abundant. This pilot project is funded by USDA with WSU Skagit partnering with a team in three participating states: Vermont, Washington, and California. FFBF addresses the complex supply, demand, and distribution challenges faced by producers and retailers of fresh local foods, while overcoming barriers that consumers face in accessing affordable, healthy food.

This low-risk strategy will determine if rural economies can benefit by providing rural grocery stores and convenience stores with easy access to stocking fresh, local produce without overhead costs, increased foot traffic and creating opportunities for additional sales, according to Smith. It also provides farmers with an additional and new direct-marketing opportunity, and offers a different approach for consumers who are unable to pay for a season’s produce up-front or may be uncomfortable shopping at a farmers market.

The first weekly deliveries of Farm Fresh Food Box will be around June 15 in Conway and Burlington/Bow, and June 30 in Marblemount. Check with the local stores for a list of farm box items, or contact Diane Smith at diane.smith@wsu.edu or (360) 428-4270 ext. 235 for more information.

—WSU Skagit Extension
The joy of June: Strawberries

by Kate Laurel

The joy that we feel in June is a welcome feeling. After a long winter and spring, the sun is shining more often and the temperatures are finally warming. While it’s been a challenge getting some crops in the ground, things like strawberries are showing their rich red offerings inviting us to kick off the beauty of summer. We’re ready.

When the berries start, it’s one of the best times of the year. Picking, eating, more picking, more eating, storing, saving, freezing, jamming, dehydrating. It’s a delicious, busy process that we look forward to all year. We savor the moments we can eat the fresh berries, and work hard to save them in many ways for the rest of the year. They truly taste better than any berries grown anywhere else! Oftentimes, our hopeful to-do list is never quite covered; but it’s rewarding to get as far as we can.

One of the recipes you see this month is the green salad with the strawberry vinaigrette, courtesy of the Whatcom Farm to School’s Harvest of the Month program. We thank them for sharing their monthly recipe with us! If you have not yet tried this vinaigrette, you will find this to be a great addition to any salad or side dip for crackers and other vegetables.

The strawberry yogurt popsicle recipe is easy to do and makes for a very refreshing treat! Use any yogurt that suits you; we prefer Grace Harbor Farms’ yogurt. This is fun to make with the kids! And we’re also trying this with blueberry juice from Bow Hill Blueberries, which should make for another summer time hit!

If you enjoy drizzling syrup over ice cream, pancakes, pound cake and more, then try the strawberry syrup. It almost feels wrong cooking down fresh strawberries with sugar to make syrup, but the outcome is a delicious condiment. For more strawberry recipes, search the cooking archives at www.grownorthwest.com or get into a good cookbook.

Enjoy June!

Harvest of the Month: Green Salad with Strawberry Vinaigrette

Recipe provided by Whatcom Farm-to-School

**Ingredients**
- 1 cup olive oil
- ½ cup balsamic vinaigrette
- Juice of ½ lemon
- 1 cup strawberries, tops removed and cut in half
- 1 tsp salt
- 1 clove garlic or ¼ cup diced garlic scapes
- 1 tbsp fresh thyme leaves

**Salad components:** 1+ cup spinach, chopped walnuts, snap peas, and feta

**Directions**
Combine ingredients in a blender and blend until smooth. Use immediately or store in a sealed container for up to 2 weeks. Substitute other berries as they are available seasonally. Serve over a bed of spinach with chopped walnuts, feta, snap peas, and other things you like!

Strawberry Yogurt Popsicles

**Ingredients**
- 2 cups chopped strawberries
- 1 cup vanilla yogurt (we love Grace Harbor Farms’ yogurt!!)
- 1/2 cup apple juice or other juice
- 3 tablespoons honey

**Directions**
Place strawberries, yogurt, juice, and honey in a blender, and mix until smooth. Add more juice (or some water) as needed if the mix is too thick. Place the mixture into ice pop molds and freeze until solid (best overnight). “If you do not have popsicle molds, use small yogurt or fruit containers. Place a popsicle stick in and you’ve got yourself some popsicles!”

Strawberry syrup

**Ingredients**
- 1 quart strawberries
- 1 cup sugar
- 1/4 teaspoon lemon juice

**Directions**
Place strawberries in a food processor and process until smooth. Using a wire-mesh strainer, pour the puree into a saucepan. Get rid of the seeds. Place the saucepan over low heat. Mix in the sugar and juice, and cook until the sugar dissolves. Next, turn the heat up to medium-high and bring to a boil. Simmer for 5 minutes, and continue to skim the froth from the top. Remove the pan from heat and cool down the mixture. Place in glass jar when cool, and enjoy over pancakes, ice cream, pound cake, and other treats. This will make at least 3 cups.
Growing

APPLES: Finding the best variety for your space

Sweet, tart varieties in our northwest corner

by Terry Maczuga

When many people think of adding fruit trees to their garden or property, they think first of apple trees. Apples are relatively easy to grow, and there is nothing like picking an apple on a crisp September morning and eating it right then and there.

Apples are relatively easy to grow, and there is nothing like picking an apple on a crisp September morning and eating it right then and there.

Doing just that was a big part of my childhood, growing up on a commercial apple orchard in the Chelan valley. We would often duck into the orchard on our way to the bus stop for a ‘breakfast apple’ to eat on the bus. I moved to Whatcom County in 1976 to go to school, and ended up settling here. I’ve been gardening the same seven acres north of Bellingham since 1981.

In the early 90s, my husband and I decided to plant the first of our orchards. What have we learned over the years? Our first lesson: don’t buy 17 bare root fruit trees and bring them home without first digging the planting holes!

First step, decide what sort of apples to plant. What kind of apples do you like to eat? Do you want an apple only for eating? Or do you want to cook with them, and make pies and applesauce? Do you want to press apples for cider? We had thought about all those questions, and knew the answers were ‘all of the above’. Answering these questions will help you decide which varieties to plant. For easiest growing, choose varieties that have some resistance to scab and powdery mildew, two fungal diseases common in our wet springs.

Basic requirements to grow apples in your yard include full sun (6-8 hours spring through fall). You will need at least two different varieties for cross pollination as apples are not self-fertile. By choosing carefully, you can ensure cross pollination and spread out your harvest season from late August through mid-October. In our orchard, we start eating apples in mid-August, and have apples in our fridge through February some years (not counting the applesauce, dried apples and cider).

Apples are grafted onto different rootstocks that will help determine how big they can get, how far apart you need to plant them, and whether they need support or not. If you have a small yard, and want a long harvest of apples, planting 4 or 5 trees on mini-dwarf rootstocks 4 feet apart will take up only a little space, and each tree has the potential of 50-60 pounds of fruit each year. On this rootstock, the trees need permanent support. At the other end of the spectrum of tree size, semi-dwarf rootstocks let you plant 12-15 feet apart, only need support the first few years, and have the potential to give you 150-200 pounds of fruit per tree. That’s a lot of apples! But if you want to make sweet or hard cider, it takes 15-20 pounds of apples to give you 1 gallon of juice. Most of my trees are semi-dwarf trees, as cider was and is one of our primary reasons for growing apples.

Because of our cool summers, almost all apples grown here do have a blend of sweet and tart flavors, making them good for eating, cooking and making juice. If pressing apples into juice for sweet cider, a blend of several varieties gives you the best flavor. Fruit that ripens from mid-September or later has more complexity for the best ciders.

What if you want to turn that sweet cider into hard cider? Coming soon, hard cider basics!

Varieties to consider planting

The apples you buy in the market are often grown in a hotter summer climate, and many of those varieties won’t work well here. But, here are some comparisons:

<table>
<thead>
<tr>
<th>IF YOU LIKE:</th>
<th>PLANT:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sweet, crisp, low acid</td>
<td>William’s Pride, Zestar, Tsugaru, Honeycrisp</td>
</tr>
<tr>
<td>(Gala, Fuji, Delicious)</td>
<td>Beni Shogun, Melrose, Hudson’s Golden Gem</td>
</tr>
<tr>
<td>Good for pies or applesauce</td>
<td>Gravenstein, Akane, Freedom, Spartan, Liberty, Florina, Pink Pearl, Jonamac</td>
</tr>
<tr>
<td>Complex, sweet-tart</td>
<td>Fiesta, Freedom, Idared, Gravenstein</td>
</tr>
<tr>
<td>Good for Sweet or Hard Cider but also good eating/cooking</td>
<td>Karmijn de Sonneville, Ashmead’s Kernal, Roxbury Russet, Ananas Reinette</td>
</tr>
<tr>
<td>Long term storage</td>
<td>Melrose, Ashmead’s Kernal, Florina, Freedom, Roxbury Russet, Idared</td>
</tr>
</tbody>
</table>

From eating fresh off the tree, to baking pies and making cider, a diverse selection of sweet and tart varieties do well in our northwest climate. PHOTO BY TERRY MACZUGA
Garden, home tours offer a mix of summer sites

Local residents and visitors have several garden and home tours to choose from this month, offering a variety of garden styles and sizes.

**Summer Tour of Whidbey Island Gardens:** Hosted by WSU Whatcom County Master Gardeners on Thursday, June 15, participants can see multiple gardens on Whidbey Island. The tour includes Children Garden in Oak Harbor; Island County Master Gardener Demonstration Garden in Greenbank, and a private garden in Coupeville. Registration is $28. The bus will return to Bellingham by 5 p.m. For more information, contact Barb Shickler at barbarschickler2@gmail.com.

**Orcas Island Garden Tour:** Held Saturday and Sunday, June 24-25, this tour is the highlight of the year for the Orcas Garden Club. This year the tour includes a mix of five gorgeous gardens – a historical garden, waterfront estate garden, artist’s garden, community-participatory farm, and school garden. Tickets are $20 and available at Darvill’s Bookstore, Crow Valley Gallery, Driftwood Nursery, Smith, Speed Mercantile, and at sites during the weekend of the tour. For more information about the tour and the club, see www.orcasislandgardenclub.org.

**Imagine This! Home and Landscape Tour:** This 15th annual tour presented by Sustainable Connections offers eight stops, showcasing the best in natural, eco-friendly homes and landscapes. For $10, participants can take a self-guided tour – visiting local homes utilizing the latest innovations in green design, reclaimed materials, near zero energy, rainwater harvesting, passive solar construction, rain gardens, low maintenance landscapes, and more.

The VIP Bus Tour offers ticket holders guided stops, transportation, drinks, and a local lunch. All VIP tickets must be purchased by June 19.

A free printed tour guide is available at www.WhatcomHomeandLandscapeTour.org or some local businesses in Whatcom County. The website also contains mobile friendly Google Maps, photos, downloadable tour guides, site descriptions, and a directory of local businesses related to home and landscape goods and services.

**Skagit Symphony’s Gardens of Note 2017:** A tour six gardens in south Mount Vernon and Fir Island is available Sunday, June 25, presented by the Skagit Symphony. The tour runs from 10 a.m. to 4 p.m. Tickets for this event are $25, and will be available for purchase at Christianson’s Nursery, “D” Avenue Nursery, Skagit Valley Gardens, and Wells Nursery, as well as through Brown Paper Tickets or by calling the Symphony office at (360) 848-9336. For more information, see www.skagitsymphony.com.

**Whatcom Horticultural Society 31st Annual Tour of Private Gardens:** Various gardens around Whatcom County are included on this tour Saturday and Sunday, July 8-9. This is a ticketed event. For more information, see whatcomhort society.org/garden-tour/.

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**PLANT OF THE MONTH**

**Phenomenal Lavender**

June is for lavender, and our staff favorite, as well as the most requested lavender from our garden clients, is called Phenomenal Lavender. It has the best traits of French and English lavender, with its extra long blue purple flower spikes, and is long blooming from June through Fall. This is one of the hardiest of all lavenders zone 4 to 8, and has the highest essential oil content of any lavender. This lavender is a 24- to 34-inch tall pollinator magnet.

—Marcy Plattner, Garden Spot Nursery
LOCAL LIFE

Send your photos to editor@grownorthwest.com. Your photo may be included here in our next issue. Seasonal content only please: food, farms, cooking, gardening, DIY, crafts, adventures, events, landscapes and more. Be sure to include name of photographer and brief description of material.
Clematis vine at Wells Nursery. PHOTO BY CLAUDIA ANDERSON

Potatoes coming up. PHOTO BY BECCA SCHWARZ COLE

Horse and fruit trees. PHOTO BY CLAUDIA ANDERSON

Cattle in the fields. PHOTO BY CLAUDIA ANDERSON

Blue Columbine in front of the barn. PHOTO BY KIMBERLY LANCE

Classic red barn. PHOTO BY CAROL KILGORE

Teeny is growing. PHOTO BY BECCA SCHWARZ COLE

June 2017  grow NORTHWEST 13
 TABLE TALK Q&A

Chef Robert Fong on food, home cooking, and more

by Mary Vermillion

Please note: The conversation with Robert Fong was edited for clarity and length. A longer version can be found online at www.grownorthwest.com.

Descended from Chinese chefs, Robert Fong grew up in Hawaii, traveled the world in his 20s, and, in 1985, opened one of Bellingham’s iconic restaurants. For 23 years, the Pacific Café was a trendsetter in local fine dining. Now, Fong says home cooking is the next big thing, and he’s once again leading the way by teaching cooking classes at the Community Food Co-op.

The chef sat down at the Firehouse Café in Bellingham to share his cooking philosophy. Fong answered questions between texts from his daughter, a phone call volley with his wife Leslie to plan meals for their visiting son and granddaughters, and bites of a chocolate chip cookie from the café’s bakery. In words and execution, the conversation was a balancing act of family, food and memories. Very much like the life of the chef himself.

Mary Vermillion: I know you’re from a family of chefs. Tell me about your family.

Robert Fong: My grandfather was a chef and a Chinese herbalist. This was years past – World War II and post-World War II – and a number of his sons and sons-in-law ran many of the restaurants in Chinatown (in Honolulu) in the 40s, 50s and 60s. They all started retiring in the 70s, right when I started becoming interested in it (cooking).

MV: And you were traveling at that time?

RF: Yes, just to see what was out there. I backpacked around the world three times, a couple years at the time. My main interest was the food of various cultures. That (experience) as well as growing up in Hawaii, eating Chinese food from my family, shaped my taste. I first went around the world in the late 1960s. I came back and told my uncles, who were all retiring, I have a concept. Let’s do this. I wanted them to open a Cantonese bistro, a Chinese bistro, but the food would be plated and garnished in the European style.

MV: You were ahead of your time.

RF: Yes. So, when we opened Pacific Café in 1985 (in Bellingham), it was very eclectic. Back then we didn’t know what to call our cuisine. People were trying to label it. They called it Pan Asian or fusion cuisine. Eventually, we came up with East West Northwest, spices from East and West but using Northwest products.

MV: How did you end up in Bellingham?

RF: Leslie and I moved here in 1975 to help our Tai Chi teacher write his book. We initially planned to stay just one year. I kept telling Leslie don’t plant a garden. Well, it took quite a long time to write the book. One thing lead to another.

MV: What other fine dining restaurants were in Bellingham when you opened Pacific Café?

RF: Not much. Just a few. The interesting thing is that virtually every restaurant that opened at the time that we did, you know, they all closed. They all went out of business. And after more than 20 years in business, we were almost the only small, so-called mom-and-pop operation, that actually sold. Most went bankrupt. It was very, very hard. This town is very, very tough (for restauranteurs). ....We looked at many, many restaurants and cafes and bakeries in the area, and we thought we could do better, which I think we did. And that was the problem because we upgraded everything. We saw successful restaurants – and there were a number of them like in LaConner or in Seattle or in Mount Vernon – we thought well, we can do all this, but we elevated to Danish, French, we started using butter instead margarine, we started using organic flours instead of commercial flours, we started using good oils. We had people growing vegetables for us. We were buying eggs from people. Everything now that people are doing we were doing in 1985.

Many of our workers had gardens. People brought in edible flowers. Holy cow, back then. We hand squeezed organic oranges. We made our own bread. We spent a lot of time with coffee. One of our first employees was a barista at the espresso cart in front of Nordstrom (in downtown Bellingham). We started shopping the best coffee available. Of course, we ground our own beans. We paid a lot of attention to the temperature of the water.

The thing that really hurt us the most is we were non-smoking. 1985, non-smoking, are you kidding? So many people were angry at us. Many smokers banned us. They thought we were restricting their freedoms, or whatever they thought. Many of them told me: “We’ll never go in there if we can’t smoke.” 1985.

Saving farmland for farmers

Contact Chris Elder, Whatcom County Purchase of Development Rights Program, (360) 778-5932 or celder@whatcomcounty.us
Who did that? Well, we did that. And people would walk into the restaurant and say this doesn’t smell like a restaurant because it was clean. And most of the restaurants back then had old, stale oil and cigarette smoke put together. That was the smell in most restaurants because you had smoking, and they used bad oil. So, in the beginning we did have a hard time.

Four or five years ago, someone asked my son: What kind of restaurant did your dad have? His answer: A restaurant that was way ahead of its time. And we suffered — in the beginning. But, the outcome was really pretty good.

MV: What do you think of the emphasis on Farm to Table restaurants now?
RF: Overall, it’s great. Unfortunately, that’s just language, too. Almost any restaurant that opens now will say, “We are farm to table.” The problem is that it’s easy to get the language; it’s very hard to execute. So, when people use these concepts after a while they become platitudes. I don’t think any restaurant says we use the oldest fish; all our food comes from cans and is old and frozen. No, everyone will say we’re farm to table, we buy local. And it becomes a cliche... And, so, to me I know that food in general has improved around the world. Fine dining and so on. But I personally believe that the real future is home cooking. I really do. Get away from all the language. Get away from all the hype. Get away from all the you, know, frou-frou garnish. And truly, really, honestly get simple, well-grown food, done well... And you have to go back to very simple cooking. Using the best ingredients. For real. Simple. Handle it well. Use good oil. Use good spices. Use good salts. Cook on good material.

MV: Is that why you’ve been teaching the co-op classes for so long because you want to help people become better home cooks?
RF: I tell my students that all the time. I tell them that if they pay attention to what we’re doing here with our recipes, with our tips, and what they do and they really care and they actually go out and do it (with many exceptions, of course) they can cook better than almost any restaurant out there. Absolutely. Because they will use better quality oil. They will, in fact, use better produce if they get it from the Farmers’ Market here in Bellingham, for instance.

MV: I’ve noticed that you’ve been collaborating with some of the new, young chefs in town.
RF: I have some very young enthusiastic and talented, young budding chefs that I really encourage because they have great attitudes and they have skill. It’s really exciting. It’s interesting, they are very excited to work with me. Of course, I have some skills. But then it occurred to me, that in general, all these young chefs I’m working with, they are 40 years younger than I am. 40! Not 10. I never realized it until I was working with Blaine (Wetzel, the James Beard Award-winning chef at The Willows on Lummi Island). We have fun. We cook. We eat. I cook some stuff for him. And he says, “Wow! How do you do that? Where did you learn that?” I say, “Blaine, I’m four decades older than you. I’ve done a few things.”

MV: Why is it important to you to collaborate with these younger chefs?
RF: As always, the young are the future. Right? They are eager to learn, and I am eager to teach. We have a lot of fun together. I love their energy. I love their honesty. I love what they bring. I can feel that they really want to do something special with their cooking, special with their careers.

MV: The rise of food shows on television has probably changed both the sophistication of local diners as well as the interest in becoming a chef.
RF: I believe the food shows on television have contributed to that a lot. What I don’t like about the food shows, I personally don’t like all the competition. I think it sells. I think it gives drama. I think it’s fun. It leads to some interesting things. But I don’t really think it should be driven by competition. It’s too egotistical. So that’s another question. It’s a great, grand question about art. Why are you doing your art? I don’t think it’s egotistical at its highest level. You’re trying to learn something. If it’s a craft, there are some skills involved. But you do something because you are trying to create something that puts you in touch with yourself. To get in touch with who you are. In this case (cooking), it’s the earth, the land, the water, the sea. That’s just personal. I’d rather people develop their art because they really enjoy what they are doing, they love exploring, they love sharing, they love doing the best that they can. Not necessarily because they are going to be honored for it by the media or elsewhere.

MV: What else excites you about our local food?
RF: From the land, of course, it’s obvious. The farmers’ markets, the various ones in this county... many of the small farmers come. The produce here is excellent. And some of the farmers are starting to raise chickens, ducks, geese. Spend some time, and you can find people who are raising cattle, grass fed. There are some fishermen now who handle fish the right way. So, there are many people who are going back to the land, kind of doing what the so-called hippies of the 1960s were trying to do, but many of them didn’t have the skills. It’s exciting that people are paying attention to these types of things now.

MV: Is there a local ingredient, produce, that home cooks probably haven’t tried but should?
RF: What I particularly like is the Caraflex cabbage. It’s common in Germany. They make sauerkraut from it. Mary von Kroesnith (farm manager for The Willows’ culinary gardens) planted a lot of it because Blaine (Wetzel) likes it. It’s wonderful. The best you can get that comes close to it is Savoy. Caraflex has a full taste; it’s slightly sweeter, not as watery. It sars well, too.

MV: Why do you love to cook?
RF: Well, first of all, of course, I love to eat. Basically, like I tell my students, if you really want to eat well, you have to learn to cook. Because even if you have very good restaurants, when you cook your own, you have better control of your ingredients. I’m not talking about fancy cooking. I’m talking about good, clean, wholesome tasty food. You have to do it yourself. I really believe that. I’m not talking fancy. I’m talking simple. Buy a great egg. Misty Meadows Farms here in Whatcom County... it’s an excellent egg. So, learn how to poach an egg, beautifully. Put it on some nice bread, or some kind of starch like rice, and you have a beautiful meal. But learning something like learning how to poach an egg takes some skills. You have to learn a little. You have to pay attention. You have to care. You do it yourself. You can do it with love and care.

MV: What do you tell people who say, “I can’t cook.”
RF: I say that’s ridiculous. You just never tried, honestly. You tried one time and you quit. It’s basically your attitude. I love to teach people who say they can’t cook anything. I see it as a challenge. I say: don’t think, just do it. Stop saying I’m not a good cook. Just do it. And pay attention. If it’s no good, observe it. Well, that’s no good. Well, cook it again. See how that one was. Do it again. Cook it a third time. Cook it 50 times. Not enough? Cook it 100 times. It’s not enough? Cook it 200 times. And every time you look at it, you will learn how to cook and you will be surprised. Don’t be intimidated. Do the best you can. That’s really the key. Home cooking is where it’s at. Simple, simple, simple.

Seared Salmon with Orange Strawberry Salsa

When asked to describe a perfect Northwest Washington summer meal, Chef Robert Fong offers the following.

When asked to describe a perfect Northwest Washington summer meal, Chef Robert Fong offers the following.

“Seared sockeye salmon from Lummi Island Wild, I make it with fruit salsa, berries from here. Very simple,” he said. Serves 4-6 persons

**Ingredients - Salmon**
- 2 lbs wild salmon filet
- 1 tablespoon olive oil
- Sea salt

**Directions**
Rub the filet with 1 Tbsp. olive oil and 2-3 Tbsp. medium grain sea salt. Slice the salmon on a bias, 1/4 inch thick and fan out overlapping the slices. Wipe a heavy skillet or cast iron pan with vegetable oil, heat until almost smoking, place salmon skin side down on the smoking pan and cook for around 3 minutes. Turn the salmon over using a large spatula, reduce heat to low and cook another 2 minutes. The center of the fish should be lightly pink and soft, just past raw. Carefully remove salmon to a serving plate - ladle the salsa over the cooked fish. Pour a touch of olive oil and a squeeze of lemon juice over the entire dish.

**Ingredients - Orange Strawberry Salsa**
- 2 oranges; 1 for juice, 1 cut into small cubes
- Several ripe strawberries
- Zest from 1 lemon
- 1 teaspoon extra virgin olive oil
- 2 Tbsp. minced fresh cilantro
- 2 Tbsp. minced fresh mint
- 1/4 cup finely miniced sweet onions
- 1/2 cup peeled, seeded and diced tomatoes
- 1 tsp. Thai chili sauce
- 1-2 tsp. sea salt and freshly ground white pepper to taste

**Directions**
Mix the juice from the oranges with all of the ingredients. Adjust seasonings to your taste.

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DAIRY GOATS:
A basic introduction of what you need to know

by Corina Sahlin

I'm a sucker for baby goats. There's nothing cuter than a couple of caprine kids headbutting each other, twisting and turning as they jump high into the air, and egging each other on to cause mischief.

In 15 years of raising goats, I have attended every single birth of all my goats. I adore their fun personalities, love making cheese and soap with their milk, and attribute my thriving vegetable garden to the compost made with the bedding from the goat barn.

Goats are an integral part of our homestead, workshops and retreats. I couldn't imagine life without these gentle, lovely critters.

But before you run out and get yourself some goats, make sure you know what you are doing. Read books, learn online, and/or take a course. Reach out to network with others who raise goats.

Keep in mind that keeping a goat, or any animal, is a big responsibility and commitment. Make sure you're up for it! Here is some very basic information to get you started.

Goats are very social animals and will not thrive if they are alone; keep at least two goats. Female goats are called does, females less than one year old doelings, male goats are bucks or billy goats, and castrated male goats whethers. All baby goats are called kids.

There are many different breeds of goats, including the tiny-eared Lamanchas (my favorites), or Nubians with their long drooping ears and Roman noses, or the more dish-faced Saanens, or tiny Nigerians.

Get a high quality goat from a reputable breeder who tests their goats. There are weird diseases out there that can kill a goat and infect others, and someone could sell you a diseased animal without knowing about it.

Fences
Goats are escape artists and talented climbers! They are very smart and can open latches or find their way over, under or around fences. Make sure your fences are sturdy and effective. Along our field fence, I like running a strand of electric fencing 8 inches from the ground, and one 18 inches from the ground, and then touch the goats' noses to it so they know it hurts. I only do this once, and they learn very quickly to respect the fence. I like moveable electric netting to rotate their browsing areas.

Housing
Goats aren't fussy when it comes to housing. Each goat needs at least 20 square feet of space. Their shelter needs to be dry, clean and offer protection from drafts, since goats can be susceptible to pneumonia. It should be practical (make sure you can maneuver a wheelbarrow), with enough storage for feed, hay and bedding. It's handy to have water and electricity out there.

Goats like to chew on things and climb on everything, so make sure everything is sturdy.

Dirt floors are ideal, but opinions on this vary. If you have a concrete floor, make sure to cover it with enough bedding for warmth and absorption.

Feeding
Goats are ruminants (they have four stomachs and chew their cud) and need lots of roughage like hay and browse to keep their rumen in good shape. Don't expect them to mow your lawn, because they are not like sheep who graze neatly, but are browsers who like to eat brushy stuff.

Never overfeed goats or switch their grain on them suddenly, and don't overfeed them with lush green grass if they are not used to it, because this can cause bloat and death.

Pregnant and lactating does need a 16 percent grain ration, and dry mature does and bucks a 12 percent ration.

They need lots of calcium and other trace minerals in the form of free choice goat minerals. I also offer baking soda to keep optimal acidity in the rumen.

Since our soils in the Pacific Northwest are deficient in selenium, we need to supplement it as well.

Maintenance
When keeping goats, you need to perform not-so-pleasant chores like trimming hooves, deworming, and possibly disbudding, castrating, vaccinating and tattooing.

Goats can be crippled if their hooves aren't trimmed correctly. If they don't have access to climbing on rocks or other hard ground, they need their hooves trimmed more frequently. I like to trim hooves after the goats walked on wet grass instead of being dry, because it's easier. Take a course (I teach them) on how to properly trim hooves, or watch a friend or youtube video.

Deworming is important because a parasitic overload can kill a goat. I raise all my animals naturally and avoid medication, so I have used herbal dewormer for years with great success. Other people use chemical wormers available at farm stores or online.

Milk
I love goat milk and have made hundreds of wheels of artisan goat cheese and many bars of goat milk soap over the years (I teach how to do this in my retreats). Goat milk is easier to digest than cow's milk because the fat globules are finer and more easily assimilated. It's also rich in antibodies, with a lower bacterial count than cow's milk when freshly milked.

The peak of the lactation curve is two months after giving birth, and then it gradually drops off. I milk my goats for ten months, then dry them off two months before they give birth (gestation is five months). They need a break before giving birth again because the demand on their bodies is too great if they have to produce milk and grow babies at the same time.
Craft & Home

Calendula: How to make infused olive oil and salve

by Corina Sahlin

Calendula is a cheerful annual flower known for its beauty and medicinal qualities. I use it in my garden, for medicine and soap making. Cheesemakers and cooks used to add the petals to butter, cheese and custards to make them look more golden. Either grow the plants from seed and collect the petals yourself, or buy dried flower petals. (Rose Mountain Herbs sells dried calendula in bulk online.)

If you grow your own plants, make sure you purchase the correct seeds. You want Calendula Officinalis, not other kinds of cultivated marigolds. I seeded half a flower bed years ago, and it faithfully comes back every year - voluntarily spreading cheer in other places, too. Be aware it wanders and spreads because its seeds are prolific.

Calendula has been used for eons to heal wounds and irritated skin. It is anti-inflammatory, antimicrobial, astringent, antifungal, antiviral, and an immunostimulant. Since the properties in calendula stimulate the production of collagen, this plant helps to minimize scarring and wounds, and also helps with plant burns, diaper rash and wounds, and also helps with plant burns.

My favorite way to use calendula is to infuse it in olive oil, which I then make into goat milk soaps. Another favorite is to make salve with it. Let me show you how.

Infused olive oil: Step by step

When the flowers are gorgeously bright and open, harvest them. Harvest them every day if you can: the more you cut them, the more they will bud and grow. I don’t use scissors - I squeeze just below the blossom with my thumb and index finger, and the top pops off. You don’t want the green stem to come with it, because then it takes longer to dry. My honey bees LOOOOOOVE calendula! So when I’m out there in my harvesting frenzy, I take care not to squeeze an innocent bee and get stung by it.

Dry the flowers on a screen in a warm place in your house or use a dehydrator. I dry them in my greenhouse for a couple of days. Make sure air can circulate around the petals freely, and that the flowers dry completely (especially the fleshy part in the middle), otherwise the moisture could cause trouble later (rancidity, bacteria) when you put them in oil. Once dry, I pick the petals off some of the blossoms so I can put them directly into my goat milk soaps to add color and texture.

However, for infusing the dried blossoms in oil, you don’t need to go through all the hard work of picking the petals off.

To make calendula-infused oil, let time and warmth do their magic. Stuff a jar full of the dried petals and pour enough olive oil over them to submerge every single petal. Put on a lid and shake it up. Then, let the jar sit in a sunny window for four to six weeks. Some people put the jar into a paper bag so that UV light doesn’t break down the medicinal constituents. Shake it daily, if you remember. Some people like to speed up the process and put the oil and flowers into a crock pot set at medium heat and warm everything for five hours. I prefer the slow, sunny method. It seems more natural, alchemical and more potent that way.

Once thoroughly infused, strain the flowers through cheesecloth or an old pillow case. Squeeze everything really well to get every bit of the oil out. Discard the spent flower blossoms into the compost.

Store the oil in a cool place (not in the fridge) and use the oil directly on your skin or as a carrier oil in soap. Keep this in a sunny window for four to six weeks. Some people put the jar in a dehydrator. I dry them in my greenhouse for a couple of days. Make sure air can circulate around the petals freely, and that the flowers dry completely (especially the fleshy part in the middle), otherwise the moisture could cause trouble later (rancidity, bacteria) when you put them in oil. Once dry, I pick the petals off some of the blossoms so I can put them directly into my goat milk soaps to add color and texture.

Salve: What you need

This is super easy, very quick and saves you money! You need: 4 ounces calendula-infused olive oil (see above), 1/2 ounce grated beeswax (about 2 tablespoons packed down), and about 20 drops of essential oil (this is optional). I love lavender with this!

Put a stainless steel bowl inside a pot of boiling water. This creates a double boiler effect. Melt the beeswax inside the stainless steel bowl, and once it’s liquid, add the calendula oil. Keep this in the double boiler and warm it up for about a minute, and then stir it together so it’s all mixed and blended well. Add essential oil if desired. Pour this into a small container and let it cool. You can buy little tins for this, or just use what you have in your home.
**Good Pickin’s**

**Compost and Soil Building Workshop**
Saturday, June 17: The Chuckanut Center is hosting a day of five workshops about compost and soil. Martin Passmore will present “Leaf Mold” at 10:10 a.m. followed by Alicia Wills with “Outdoor Worm Compost Bins” at 10:30 a.m. Following are Alison Kutz with “Compost Tea” at 11:15 a.m. and Nicole Styles presenting “Bokashi” at 12:15 p.m. Ellen Jacobs shares Korean Natural Farming Method at 1:15 p.m. Registration is $20 for all, or $5 each. Lunch break included. Chuckanut Center, Bellingham. For details, see their Facebook page or visit www.ChuckanutCenter.org.

**14th annual Rose Festival**
Saturday and Sunday, June 17-18: Starting at 11 a.m., Nita Jo Roundtree will share her new book, “Growing Roses in the Pacific Northwest: 90 Best Varieties for Successful Rose Gardening”. At 1 p.m., Rebecca Reed will describe characteristics and qualities of David Austin varieties. At 2 p.m. enjoy an old-fashioned ice cream social featuring Mallard’s Rose Ice Cream (made from real roses!). Keynote speakers Ciscoe Morris and John Christianson (aka “The Rosebuds”) present at 3 p.m. Skagit’s Tri-Valley Rose Society hosts a rose display in the Schoolhouse throughout the day. Christianson’s Nursery, 15806 Best Road, Mount Vernon. See www.christiansonsnursery.com.

**Succulent Succulents: Easy Beauty**
Monday, June 26: Succulents have many charms and new varieties. Cover planting basics, creative containers, winter care, peruse some pretty pictures and lots of pretty plants! 6:30-8:30 p.m. Free. Skagit Valley Co-op, Mount Vernon. Register at http://www.skagit-foodcoop.com/event/.

**JUNE EVENTS**

Send event submissions to info@grownorthwest.com. Find more updates online at www.grownorthwest.com.

Puget Sound Jr. Livestock Show: Thursday, June 1 through Saturday, June 3. Open to all 4-H and FFA members who’d like to exhibit, sell or market swine, goat, sheep or steer. Skagit County Fairgrounds, Mount Vernon. For more information, visit www.pugetsoundjuniorlivestock.org.

**Blast from the Past Festival:** Friday through Sunday, June 2-4. This local Sedro-Woolley event has many different activities over the three days, including kids’ contests, art and craft vendors, a quilt show, art show, car show and more. For more information, see www.sedorwoolley.com.

Everett-Wetmore Food Truck Fridays: The Washington State Food Truck Association and the City of Everett partnered to offer this food truck lot on Wetmore Avenue. Explore this pilot program from 11 a.m. to 2 p.m. See the truck schedule on Facebook at www.facebook.com/wafoodtrucklots/.

**Mosaic Nunu Felt Tunic:** Friday, June 2 and Saturday, June 3. In this two-day workshop with Patti Barker, students will learn how to build a seamless: Nunu felt tunic using a resist pattern, a variety of silk scraps, a little wool, and soapy water. 9 a.m. to 5 p.m. $150. Ragfinery, Bellingham. (360) 738-6977, Ragfinery.com.

**Farmers Day Parade:** Saturday, June 3. Watch tractors, trucks, horses, bands and more salute the agriculture industry of Whatcom County along Front St. in Lynden. The parade starts at 10:30 a.m., and runs from 10th St. to 3rd St. Free to spectators. In addition, the Farmers Day Pancake Breakfast runs from 8-10:30 a.m. at the Lynden Community Center. Adults pay $5, children are $3. All you-can-eat pancakes, french toast, biscuits and gravy will be available. 11 a.m. – 2 p.m. Free. Contact the Lynden Community Center, 451 2nd St. Call (360) 988-2501.

**Rome Grande Community Pancake Breakfast:** Sunday, June 4. Made from scratch pancakes, french toast, sausage, scrambled eggs, juice and coffee. Biscuits and gravy available, too. Meet and greet local politicians, as they serve you coffee and breakfast. Adults/$5, kids 6-10/$2, kids 5 and under eat free. 8 a.m. to 1 p.m. Rome Grande, 2821 Mt. Baker Highway, about 1/2 mile east of the “I” Road. For more information call (360) 739-9605.

**Free Ice Cream Social:** Sunday, June 4. The Children’s Giving Garden of Christ Episcopal Church invites you to a free ice cream social featuring community spirit, share ideas, and enjoy ice cream. Made possible by a generous grant from the Whatcom Community Foundation’s “Project Neighboring” program, supported by the Bellingham Food Cooperative, Edaleen Dairy, Pacific Building Center and TW Landscaping. Free and open to all ages. Noon to 2:30 p.m. Christ Episcopal Church, 382 Boblett Street, Blaine.

**Vegetable Gardening for Beginners:** Saturday, June 3. Learn everything you need to know about getting started on the path to growing your own food with Cyndi Stuart from The Root at Reddy Creek. Cyndi’s book, “Real Food from a Real Farm: Eating Through the Seasons” will be available for purchase. 11 a.m. – noon. Christianson’s Nursery. $8, reservations required. (360) 466-3821.

**Whatcom County Dahlia Society hosts 2017 A.D.S. New Introductions:** Monday, June 5. Laurel Grange, 6172 Guide Meridian, 7-9 p.m. This event is free. Refreshments will be available. Contact wcdspublicity@gmail.com.

**Chef’s Choice:** Tuesday, June 6. Karina Davidson puts together an all-delicious menu of favorite recipes. 6:30-9 p.m. Cordata Co-op Local Roots Room, Bellingham. $45. Enroll online at communityfood.coop/events/2017-06/.

**Easy Growth of Mushrooms on Your Table with Qi Lou:** Tuesday, June 6. Learn how to grow and harvest mushrooms at home. Qi Lou will share experiences of growing our own mushrooms from prepared mushroom logs. Written instructions and a sample of logs will be provided. 6:30-8 p.m. Free. Skagit Valley Co-op, Mount Vernon. Register online at www.skagitfoodcoop.com.

**3rd Annual “Our Future, Our Valley” Breakfast:** Wednesday, June 7. Join Skagitonians to Preserve Farmland for our annual celebration of past, present, and future Skagit Valley agricultural leaders over a hearty breakfast. WSDA Director Derek Sandison will share his perspective on the trade and economic outlooks for Washington State. 7:15-9:15 a.m. Free; donations requested. RSVP required to Linda@skagitonians.org or (360) 336-3974. Get more information at www.skagitonians.org.

**Introduction to Fermented Foods:** Wednesday, June 7. Join Andy Walton for an introduction to fermented foods and how they influence health. Make sauerkraut, and taste test previously fermented sauerkraut and a sample of kefir. 7 p.m. Free. Sumas Community/Senior Center, 451 2nd St. Call (360) 988-2501.

**Summer Menu for Healthy Blood Sugar with Mira Sweeney:** Wednesday, June 7. Mira Sweeney shares easy-to-prepare summer recipes and healthy eating tips for maintaining healthy blood-sugar levels. 6:30 p.m. $15. Downtown Co-op Connections. Contact Bellingham. Enroll at communityfood.coop/events/2017-06/.

**Sorticulture:** Friday through Sunday, 10 a.m. – 6 p.m. and Saturday 10 a.m. – 4 p.m. Sponsored by the Sumas Friends of the Library and the Sumas American Legion. For information, visit www.skagitfoodcoop.com.

**Floral Art:** Friday, June 9. Designed by an artist, over 60 artists joined together to create a floral show, art show, car show and more. Hours are 10 a.m. to 6 p.m. and Sunday 10 a.m. to 5 p.m. For more information, see www.sanjuanislandartists.com.

**FOSL Spring Bake Sale:** Saturday, June 3. Pick up some delicious handmade cookies, breads and other baked goods. Sale held at the annual Fishing Derby at the Howard Bowen Memorial Park on Hoveland Road. Support the Sumas Friends of the Library and the Sumas American Legion at the same time! 9 a.m. to noon. For more information, contact the Sumas Library, (360) 988-2501.

**26th annual San Juan Island Artists’ Studio Tour:** Saturday and Sunday, June 3-4. This year 20 island art studios with over 60 artists joined together to create the largest weekend event yet. Take the self-guided tour and watch art in the making. 10 a.m. to 5 p.m. Free admission. See www.sanjuanislandartists.com.

**Garden Tour:** Tuesday, June 6. Join Cyndi Stuart from The Roost at Roddy Creek. Cyndi’s book, “Real Food from a Real Farm: Eating Through the Seasons” will be available for purchase. 11 a.m. – noon. Christianson’s Nursery. $8, reservations required. (360) 466-3821.

**Sorticulture:** Friday through Sunday, 10 a.m. – 6 p.m. and Saturday 10 a.m. – 4 p.m. Sponsored by the Sumas Friends of the Library and the Sumas American Legion. All profits will be donated to local non-profits. For information, visit www.lynden.org.

Marysville Strawberry Festival: Saturday, June 10-17. The Marysville Strawberry Festival is a week-long community festival in Marysville. Activities and entertainment include rides, children’s activities, arts, crafts, parades, a car show, live entertainment, Berry Fun Run, talent show, strawberries and more. See www.maryfest.org.


19th annual Solstice Parade: Saturday, June 17. Join the parade celebrating the start of summer, from Eastsound starting at noon. The theme for the parade this year is Solar Flair. The parade route will go from Main Street to North Beach Road and will finish at the Village Green, where there will be music and dance performances.

Father’s Day Car Show & Barbecue: Sunday, June 18. Live music, breakfast, barbecue and car show! Car registration is $15 per vehicle at gate. Country Band 12:30-3 p.m. Proceeds from the car show benefit the Whatcom Humane Society, Bellingham Food Bank, Vietnam Veterans, and Alzheimer’s Association. 10 a.m. to 3 p.m. Bellewood Acres, 6140 Guide Meridian, Lynden. (360) 318-7720, bellewoodfarms.com.

Take the Confusion Out of Drip Irrigation: Master Gardener and home irrigation expert Jeff Thompson cuts through all the confusion about low volume drip irrigation systems in a hands-on workshop sponsored by Whatcom County Extension. The workshop is designed to make a novice comfortable with all aspects of designing and implementing a low volume drip irrigation system for the home gardener. 10 a.m. to 2 p.m. 59th Ave NE, Arlington. See http://extension.wsu.edu/skagit/mg/ or call (360) 432-5709.

Farm Roundtable: Small Farm Cultivation Night: Wednesday, June 21. Hosted by Cloud Mountain Farm Center, this workshop presents Jason Weston, co-owner of Joes Gardens, who will share his experience rehabilitating Planet Jr. walking tractor. Weston will have his collection of old and new equipment on hand to demonstrate and share how their size and versatility have improved his systems. Farmers are encouraged to share about their own systems and challenges. Registration is $30 per person including dinner, and includes an extension service handout. To register, visit http://extension.wsu.edu/snohomish/ or call (425) 375-0639.

KIDS: Braided T-shirt Rugs: Thursday, June 22. 3-4:30 p.m. Kick off summer break with a new skill which will keep kids busy at home or on the go. Kirsten Warren shows kids how to use this 4-strand braiding technique to make a colorful, sturdy rug using reclaimed t-shirts. Ragfinery, Bellingham. (360) 738-6977, Ragfinery.com.

Pirate Festival: Friday through Sunday, June 23 -25. The Port of Friday Harbor is hosting their 15th Annual Pirate Festival. The Lady Washington will be joining us, plus food, games, music, vessel tours, local sails and more. For details, call (360) 378-2688 or see www.portofthedayharbor.org.

10th annual Alpaca Informa- tion & Education Day: Saturday, June 24. A day of workshops and education about alpacas and llamas is free to anyone that currently owns alpacas or llamas or is thinking about raising these animals. RSVP is required to attend. A group of caring owners and speakers will discuss care, basic information and raising alpacas and llamas. For details, call (360) 724-0885.

Ranching for Resilience—A Field Day for Producers and Consumers: Saturday, June 24. Hosted by Roots of Resilience, Matheson Farms and North Cascades Meat Producers Cooperative will bring their new mobile processing unit. The morning producer educational program is tailored to livestock producers, agencies, and organizations. The last hour of the workshop is free to anyone that farmer or anyone that farm. No reservations required. To register, visit the Facebook event page or visit http://pnchm.org and click on workshops. Contact info@pnchm.org.

Fairy Day Fun at The Garden Spot & Make it and Take it: Saturday, June 24. In celebration of International Fairy Day on the 24th, Garden Spot Nursery will be hosting a party for fairy enthusiasts, families and kids throughout the day. Call (360) 378-6977, Ragfinery.com. Visit www.alpacalama.com for the kids and your face painted by a local artist. Enter our drawing for a chance to win a potted fairy garden. Event is free. 11 a.m. to 2 p.m. As part of our Fairy Day celebrations we’ll be offering a drop-in fairy garden class for $39. These miniature pot landscapes are fun and easy to make. Garden Spot Nursery, Bellingham. (360) 676-5480, www.garden-spot.com.

Summer Propagation: Softwood Cuttings: Saturday, June 24. The skill of propagating cuttings is something every gardening enthusiast should have in their tool box. These low-maintenance propagation lines are followed, softwood and semi-ripe cuttings can be very successful. The summer season is the most effective for the propagation of many woody plants. Learn how to propagating plants during the growing season, and discuss timing of cut, condition of wood, and caring for cuttings during and after the root- ing process. $10 per person; registration sold out.

continued on the next page

June 2017

GROW NORTHWEST 19
Livestock Advisor Program is offering this River Ranch: from Washington Tractor will read a story: Mount Vernon. Regsiter at http://www.skagitriverranch.com. We’ll cover planting basics, creative lentents increase in popularity every year as Busy People: Monday, June 26. Succes - different fabrics, materials, and accesso - commodation, see http://www.skagitsymphony.org. office at (360) 848-9336. For more infor - three local nurseries, through Brown Nursery’s own Rose Garden to make a - beautiful, fragrant rose petal jelly and sor - Nursery, Smith and Speed Mercantile, - of five gorgeous gardens, including a his - Saturday and Sunday, July 8-9. Visit various gardens around Whatcom County. This is - and more. Take your guess as to who will win Best Trick, Most Spots, Longest Beard and other exciting contests. Vote in the People’s Choice Awards for Adult and Youth cos - 2017 Small Grains Field Day: Friday, June 30. Farmers, millers, bakers, malt - oard, through mid-September. See http://www.skagitriverorchard.com. -en, radish, and green beans. The Ski Kokedama: Using a moss ball to plant - door event. For more information, see https://discoverabbfest.com. -races, obstacle courses and more. Take - mercial tasting glass. Adults 21+ re - Mount Vernon Farmers Market: Saturdays 9 a.m. to 2 p.m. through mid-October at Waterfront Plaza. The Wednesday market runs 11 a.m. to 4 p.m. at the Hospi - Mount Vernonfarmermarket.org. Mount Vernon Farm, Arlington. www.goatalym - s, distillers, brewers, and grain enthu - and wine garden featuring local beer and wine makers. Join the Plein Air Paint - nts for an after hours event to learn the Japanese tradition of kokedama: Using a moss ball to plant and create a hanging garden. Karyn will show you how to plant using moss as a - a jar of fresh-made salsa. 6:30–9 p.m. In - making their own bouquets from the many varieties in bloom. Demonstrations cover topics such as lavender cultiva - tion, harvesting, essential oil distillation, history & uses, cooking with lavender and more. The Craft Tent is open all day long in the fields for adults and children to make wands, wreaths, crowns and more. Enjoy the tastes of lavender, with lavender ice cream, lavender lemonade, cookies, coffee and more. Over 30 local vendors will have their work on display and for sale in the fields. 10 a.m. to 5 p.m. Free admission. Pelindaba Lavender Farm, San Juan Island. See www.pelindabalavender.com. - is an outside event, please dress accordingly. - Fifty gorgeous gardens, including a his- ural area and get food. Free admission, free parking, free music. Presented by the Stanwood-Camano Arts Guild. Enjoy art booths, a live music stage, and a cake - bamboo offered in Whatcom County. - bamboo to harvest their own bouquets from the -en’s Evergreen Room in County Extension’s. Tomatoes, Salsa, & Relish: Monday, July 17. Learn how to preserve fresh foods safely in this series at WSU Snohomish County Extension’s Evergreen Room in McCollum Park, 600 12th St SE, Everett. Learn how to turn the local abundance of tomatoes and fresh vegetables into jars of color and flavor for the dreary days of winter. Come prepared to cook dur - of color and flavor for the dreary days of - ISLAND

**Bayview Farmers Market: Saturdays 10 a.m. to 2 p.m. at Bayview Corner (Highway 525 and Bayview Road) in Langley, through Oct. 21. See www.bayviewfarmers-market.com.**

**Clinton Thursday Market: Thursdays, 8 a.m. to 5 p.m. at Clinton Community Hall, 6411 Central Ave., June 29 through Sept. 3. See clintonthursdaymarket.com.**

**Coupville Farmers Market: Saturdays 10 a.m. to 2 p.m. on the Community Green next to the Coupville Library, through October. See their Facebook page.**

**South Whidbey Tilly Farms Market: Sundays 11 a.m. to 2 p.m. at 2812 Thompson Road, through mid-October. See southwhidbeytilly.market.html.**

**Oak Harbor Farmers Market: Thursdays 4-7 p.m. State Highway 20, Oak Harbor. See their Facebook page.**

**SNOHOMISH**

**Arlington Farmers Market: Saturdays at Legion Park, 200 N Olympic Ave, July 1 through Sept. 9. See www.amfarmersmarket.com.**

**Everett Farmers Market: Sundays 11 a.m. to 4 p.m. at 615 13th St. Boxcar Park, Everett, through Oct. 15. The South Everett Friday Community Farmers Market runs Fridays June 23 through Sept. 8 at 1402 SE Everett Mall Way Georges Park.**

**Marysville Farmers Market: Saturdays 10 a.m. to 2 p.m. at 1035 State Ave. Marysville, June 24 through September. See www.marysvillefarmersmarket.blogspot.com.**

**Port Susan Farmers Market: Fridays 2-6 p.m. in the parking lot next to the Amtrak Train Station in east Stanwood at 8727 21st St. NW, through Oct. 13. See portsus.org.**

**Snohomish Farmers Market: Thursdays 3 to 7 p.m. at Pearl Street and Cedar Avenue in Snohomish, through September. See snohomishfarmersmarket.com.**

**Tomatoes, Salsa, & Relish: Monday, July 17. Learn how to preserve fresh foods safely in this series at WSU Snohomish County Extension’s Evergreen Room in McCollum Park, 600 12th St SE, Everett. Learn how to turn the local abundance of tomatoes and fresh vegetables into jars of color and flavor for the dreary days of winter. Come prepared to cook dur - the hands-on session and take home a jar of fresh-made salsa. 6:30–9 p.m. In addition, the online course Preserve the Taste of Summer, while a ‘preference to the three hands-on classes, is also a great stand-alone course on safe home food preservation. $25 per course. Visit PreserveSummer.cahns.wstu.edu to register.**

**Summer Harvest Day 2017: Saturday, July 22. Our annual open farm day gives visitors a unique opportunity to experience Cloud Mountain Farm Center. Taste freshly harvested fruits and vegetables, see what’s possible to grow in your NW garden, learn how we propagate nursery stock, and explore the orchards. Talk with local beekeepers about the importance of pollinators. Bring your garden questions and connect with the expertise of Center staff and partners. Enjoy guided farm walks every hour, 10 a.m. to 5 p.m. 5:30 p.m. Garden S"
June is Dairy Month! What do you know about local dairy farms?
What do you want to know?

Unscramble these words:
NEJU _______________________
ADRIY _______________________
OWC _________________________
OLHSINTE ___________________
JEEYRS _______________________
NSGREYUE ___________________
ROBWN SSSWI ________________

Funny Farm
Where do cows go when they want a night out?
To the moo-ovies!

What do you call a cow that has just had a calf?
Decalfenated!

What do you call a cow that doesn’t give milk?
A milk dud!

This month’s project
Learn about dairy cows

Did you know cows drink about a bathtub full of water a day?! Or that it takes 12 pounds of whole milk to make one gallon of ice cream? Did you know an average dairy cow weighs about 1,200 pounds? And, that spots on a Holstein (breed) are like a fingerprint? No two cows have exactly the same pattern of black and white spots! Other popular dairy breeds are Jersey, Guernsey, and Brown Swiss! These are just some facts about dairy cows. This month, learn what you can at your local library, see online, or ask to visit a local farm to learn more about what they do!

Want a free coloring book?

Unscramble Answers:
JUNE, DAIRY, COW, HOLSTEIN, JERSEY, GUERNSEY, BROWN SWISS

Want a free Junior Growers sticker?
Send a quick note about the great stuff you’re doing and learning, and we’ll send you one! It’s green! Email editor@grownorthwest.com or send to PO Box 414 Everson WA 98247.
**Animals & Services**

- **Alternative Humane Society of Whatcom County**: Adoptions, Volunteers, Fosters. [www.alternativehumanesociety.com](http://www.alternativehumanesociety.com)

**Arts & Crafts**

- **Good Earth Pottery**: Bellingham's premier pottery gallery, representing 50 local artists! [www.goodearthpottery.com](http://www.goodearthpottery.com)

**Baked Goods, Sweets & Treats**

- **Triumph Bakery & Bistro**: “We Source Locally, so You Can Too” Scratch-Cooking made with Love! Dedicated GF + Soy/Peanut Free Veg*n Facility & Menu. [www.triumphbakeryandbistro.com](http://www.triumphbakeryandbistro.com)

**Beer, Cider, Spirits & Wine**

- **Skagit Building Salvage**: Salvaged and used building materials, salvaging, deconstruction and work. [www.skagitbuildingsalvage.com](http://www.skagitbuildingsalvage.com)

**Building & Construction**

- **REStore**: Salvaged and used building materials, salvaging, deconstruction and work. [www.restorewhatcom.org](http://www.restorewhatcom.org)

**Commercial Kitchen**

- **Stanwood Commercial Kitchen for Rent**: Large Kitchen w/6 burner gas range, 2 convection ovens, freezers, refrigerators, washer in cooler, dishwasher, storage & much, much more! Plus Possible small storefront in high traffic area also available. (425) 737-5144 or cookiespirk@wavecable.com

**Education, Learning & Workshops**

- **Greenwood Tree**: A Waldorf-inspired cooperative school offers classes, homeschooling support, and community events for families with children ages 18 months – 14 years old. [www.greenwoodtreeclassicalschool.com](http://www.greenwoodtreeclassicalschool.com)

**Garden Supplies & Nurseries**

- **Azusa Farm & Garden**: Skagit Valley's elegant garden center tucked in a beautiful flower farm. (360) 319-6000, Mount Vernon. [www.azusa.com](http://www.azusa.com)

- **Garfield Greenhouse**: Certified Organic. Blueberries, ice cream, jam and more. Stay tuned for fresh berries! bowhillblueberries.com

- **Bow Hill Blueberries**: Certified Organic Blueberries in the beautiful Skagit Valley. Frozen berries, ice cream, jam and more. Stay tuned for fresh berries! bowhillblueberries.com

**Food Bank Farming**

- **NE Bellingham**: Volunteers wanted to grow organic food bank veggies. Times flexible but every Tues morning and Mon evening during summer. John @ sawdadd86@gmail.com [www.newalliancefarm.org](http://www.newalliancefarm.org)

**Food & Beverage**

- **Shambala Bakery & Bistro**: “We Source Locally, so You Can Too” Scratch-Cooking made with Love! Dedicated GF + Soy/Peanut Free Veg*n Facility & Menu. [www.shambalahut.com](http://www.shambalahut.com)

**Health & Wellness**

- **Moonbelly Midwifery**: Mary Burgess, Licenced Midwife. Compassionate, nurturing, culturally-sensitive care. New office at 700 DuPont Street in Bham. [www.moonbellymidwifery.com](http://www.moonbellymidwifery.com)

**Help Wanted**

- **Skagit County Health Department**: Volunteers and paid positions are available. Please visit [www.skagithealth.org](http://www.skagithealth.org)

**Homes, Land & Construction**

- **Skagit Building Salvage**: Salvaged and used building materials, salvaging, deconstruction and work. [www.skagitbuildingsalvage.com](http://www.skagitbuildingsalvage.com)

**Mushrooms**

- **Cascadia Mushrooms**: We have been a WSDA/USDA Certified Organic producer since 2009 and have been growing gourmet & medicinal mushrooms in Bellingham since 2005. [www.cascadiamushrooms.com](http://www.cascadiamushrooms.com)

**Nuts**

- **Hazelnuts/Filberts**: 4/5s to 1 lb. Clean/no spray grown. Call for farm store hours. Mark and Susan Richardson, 360-966-7700 or 360-393-2665, No Test Messages.

**Property, Real Estate & Rentals**

- **Skagit's Own Fish Market**: Fresh seafood and daily lunch specials. Thank you for supporting local! [360] 707-2272, 1804 Hwy 20, Burlington. [www.skoafighish.com](http://www.skoafighish.com)

**Services**

- **Lil John Sanitary Services, Inc**: Septic Tank Pumping, OSIS Inspections, Minor Repairs, Riser Installation, 633 E Smith Rd, Bellingham. [360] 398-9828, [liljohnsanitary.net](http://liljohnsanitary.net)

**Talent**

- **NTI Socialize**: Chris L. Jones, 503-387-9977 or [cklouis@nwi.edu](mailto:cklouis@nwi.edu)
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