

Thousands of people enjoyed the annual Seattle Tilth Harvest Fair on September 11. See more photos and thank yous on page 4. Photo by Jake Watrous

This Holiday, Give Thanks By Serving Local Food

Maren Neldam, Program Coordinator

Autumn is an exciting time to celebrate the bounty of the Maritime Northwest. The calendar is filled with harvest parties, farm tours, farmers markets, cooking classes and holiday dinners. This fall, take a trip to a local farm, go on a mushroom hunting field trip or enroll in a class on food preservation. Then, feast on wonderful local foods with friends and family.

Thanksgiving is a time to share and be grateful for all that we have. It is also a great opportunity to challenge ourselves to create a holiday menu that celebrates the harvest. With a little creativity, your whole holiday meal this year can be crafted from the food in your garden and from farms as close as Snoqualmie and Skagit Valley.

It's October, so Thanksgiving is weeks away, right? If your goal this year is to serve a local holiday feast, it is time to start plan-

ning the menu now. This can be a fun activity, filled with harvesting, chatting with growers at the farmers market and cooking. What will you serve? Stroll through your garden for some inspiration. Many vegetables harvested in October can be stored and preserved to be eaten in November.

Here are some menu ideas for a Thanksgiving feast with local foods:

Roasted butternut squash soup with roasted shallots and sage brown butter. Butternut squash skin should be matte (not shiny) and golden-tan in color with very faint or no green stripes. When harvesting them, make sure to leave the stem on, as they will store longer.

Mixed grain risotto with foraged wild mushrooms and artisan cheese.

Local grains can be purchased at many

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Autumn is Time to Plant Native Edibles

Falaah Jones, Environmental Educator

Fall is an awesome time to incorporate native edibles into your landscape. Choose from a vast assortment of berries and nuts, as well as greens and roots. Native plants tucked amongst your ornamentals or at the edges of woods or streams attract wildlife and have various culinary or medicinal uses.

Berries:

Edible berry shrubs and groundcovers that are native to the Pacific Northwest include red huckleberry (*Vaccinium parvifolium*), which thrives on rotting wood or nursery logs. Mountain cranberry (*Vaccinium vitis-idaea*), Oregon grape varieties (*Berberis aquifolia*, *Mahonia nervosa*), and salal (*Gaultheria shallon*) can be planted in areas where they are allowed to spread. Salmon berry (*Rubus spectabilis*), thimble berry (*Rubus parviflorus*) and wild strawberries (*Fragaria sp.*) are wonderful for nibbling, and our native blackberry (*Rubus ursinus*) and oval-leaved blueberry (*Vaccinium ovalifolium*) make great jam.

Edible berry trees include Western serviceberry (*Amelanchier alnifolia*), red elderberry (*Sambucus racemosa var. arbore-scens*) and blue elderberry (*Sambucus nigra ssp. caerulea*). You can even eat the fruit of the pacific dogwood (*Cornus nuttallii*).

Nuts:

Don't forget our native nut trees as a food source. The attractive western hazelnut (*Corylus cornuta var. californica*) is also a favorite with wildlife, though deer seem to stay away from the fuzzy leaves. The dig-

Continued on page 8



Caetana, left, and Aria in the Seattle Tilth Children's Garden.

Gardening Sisters Share Love of Children's Garden

Jessica Heiman, Children's Garden Educator

Eight-year-old Aria Kischner and her eleven-year-old sister Caetana have eight summers in the Children's Garden between them and are practically garden experts. These young gardeners agreed to share their unique perspectives and experiences in the Children's Garden, which has been teaching kids and families to explore, learn and enjoy the garden together for 23 years.

When coming to Seattle Tilth's garden, Aria looks forward to her old favorites like making garden tea and caring for the garden. This summer's highlights for her included making an herbal bath soak with plants she collected and making twine out of stinging nettle. Even with precautions, Aria was stung, but said it didn't hurt that badly and was "actually kind of fun!"

This summer, Caetana participated for the first time as a junior counselor, assisting the teachers and leading our day-campers in activities. She's been looking forward to this role for some time. She enjoyed the independence and interacting with adults and loves learning about all of the plants and how to care for them.

Both girls take their Children's Garden learning to school and home. Aria was well-prepared for the plant parts and worm curriculum she studied in school last year. Their mother, Nancy, says they come home telling her what they "absolutely" must plant in their garden—the latest being stevia—and sharing tips on plant care and harvest. Caetana wants their garden "to be an inviting place that friends and people want to come to." After their dad, Garret, took Seattle Tilth's Chickens 101 class, the family added chicks to their yard as well.

When asked, both girls wanted to share garden insights with other kids. Aria would tell them that "all good food is grown in a garden, not a plastic bag," and Caetana would remind them that it's "really important to think about [the garden], because we can only be happy with a happy environment." She also feels the garden makes her calm and focused and knows that others kids would appreciate this too.

Just as many former Children's Garden participants come back as adult volunteers and mentors to the next generation, these two young gardeners have already begun to pass on the learning and gardening that means so much to them.

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 E-mail firstname.lastname@seattletilth.org

ADDRESS

Seattle Tilth Association
 4649 Sunnyside Avenue North, Room 100
 Seattle, Washington 98103

WAY TO GROW

Bill Thorness *Editor (bill@thorness.com)*
 Liza Burke *Assistant Editor*
 Sarah Kulfan *Design/Production*
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Way To Grow is the bi-monthly newsletter of Seattle Tilth. Readers are encouraged to submit article ideas and photos c/o the editor at the address above or to tilth@seattletilth.org. Tilth reserves the right to edit submissions for interest, length and style, and print them as space allows.

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Tilth \ˈtɪlθ\ n [ME, fr. OE, fr. *tilian* to till] (bef. 12c) 1 : quality of cultivated soil
 2 : cultivation of wisdom and the spirit

Volunteer Appreciation Party

3-5 p.m. on Saturday, October 23

All 2010 volunteers are welcome to attend! Enjoy an apple cider pressing, snacks and door prizes.

Seattle Tilth inspires and educates people to garden organically, conserve natural resources, and support local food systems in order to cultivate a healthy urban environment and community.

Calling for 1,000 Community Supporters: Annual Giving Campaign Provides Essential Funding

Justine Dell'Aringa, President, Board of Directors

We face many challenges as a society and certainly the security of our food system and strength of our economy rank among the most crucial. Over the last 18 months, Seattle Tilth has been working hard to develop new programs that strengthen our local food system, create green jobs and benefit our region's economy. Some exciting new developments include...

- **Partnering with Solid Ground to launch the Community Farm and Good Food Project** to teach people in low income areas how to grow their own food, and provide food banks with healthy food.
- **Adopting Seattle Youth Garden Works**, a program that empowers homeless and at-risk youth by providing job training and helping them find work in farm-to-market related jobs.
- **Expanding, in partnership with with Burst for Prosperity**, an immigrant and refugee farm incubator program that will provide land, training and connections to the agricultural sector to help these individuals become thriving local farmers.
- **Sponsoring several small grassroots community organizations**, including Spring Into Bed, a program to install gardens for low-income families, and Community Kitchens NW, a program to create kitchens where people can cook healthy meals together.
- **Developing a new business plan** that outlines yet more initiatives for 2011-2013.

So what can you do to help? These programs need community support in order to thrive and grow. We invite you to join us in our efforts to strengthen our food system and economy by making a donation.

We are launching a campaign to recruit 1,000 donors before the end of 2010. Whether you can give \$1 or \$1,000, your donation makes a difference and keeps these programs



A Burst farmer sells produce at the Harvest Fair.

not only running but growing. Please support our work by making the donation that feels right to you. You can donate online at www.seattletilth.org/support, stop by our new office or mail a check using the form on page 7. Thank you for your support!

This Holiday, Celebrate Local at Your Table *Continued from page 1*

grocery stores, farmers markets and on-line stores. Check out Blue Bird or Finnriver farms for a great selection of organic grains from Eastern Washington.

Purple mashed potatoes. This is not like green eggs and ham. No food coloring is necessary to impress your children with a beautiful dish of purple potatoes. Check out the amazing varieties of potatoes sold at the farmers market. Ask vendors for the best masher varieties.

Bread stuffing with wild mushrooms and artisan cheese. Add something special to your stuffing. Fall is a great time for wild mushrooms, and if you don't want to hunt them, check out Foraged and Found Edibles at a local farmers market. They deal exclusively in wild Washington foods.

Roasted Brussels sprouts with bacon, garlic and reduced cider vinegar.

Brussels sprouts are a hardy cool season crop and should be harvested when the sprouts are hard, compact and bright green. They store fairly well in the fridge, so can be picked before Thanksgiving if ready.

Local rolls. Purchase delicious breads from a local bakery or consider becoming a super local home baker with local flour. Try Stone Burr or Finnriver's Washington-grown flour.

Local, sustainably raised meat. The original harvest feast held by the Pilgrims featured what was available locally, including fish, deer and other wild game. Turkey only became the centerpiece of the Thanksgiving table during the 1800s. Consider cooking what is available locally. Local, sustainably raised meat can be purchased online or at local farmers markets from growers such as Samish Bay, Skagit

River Ranch, Stokesbury or Sea Breeze, just to name a few. Many of these farms raise heritage turkeys, but they must be ordered well in advance, as they sell out!

Pumpkin pie with whipped cream. Thud your garden pumpkin with a knuckle and listen for a hollow sound. Feel the skin and stem; if they are both hard, the pumpkin should be ripe. One of the best pumpkin pies I've ever baked was actually only half pumpkin, using a large Sugar Pie pumpkin and a large Honeyboat delicata squash. The result was light and sweet.

Embrace the bounty of this season in this place while enjoying the colors, flavors and aromas of a local meal. What better joy than coming together with friends and family to share delicious food while staying connected and giving thanks to the people and land that provides us such amazing bounty.

Harvest Fair-goers Celebrate Urban Agriculture



The urban farm display (left) by Seattle Farm Co-op turned into a petting zoo for many children who enjoyed the chickens and goats, while other kids helped Finnriver Farm turn grain into flour (right).

Thank you Harvest Fair sponsors!

These businesses provided support to make our community event a success:



Bastyr Center for Natural Health
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Little Rae's Bakery
Mighty O Donuts
Organic Valley
Veraci Pizza

Volunteers:

Thank you to the 130 volunteers who assisted in

almost every aspect of the event. The event would not be possible without you!

Special thanks to these Harvest Fair leads:

Pete Covell, sound technician
Julie Hale, program designer
Susan Helf, volunteer coordinator
Gary Luke, emcee
Elizabeth Mullaly, poster designer
Laura Rothberg, volunteer coordinator
Mark Smith, vendor coordinator
Cris Walters, non-profit coordinator
Joan Weiss, farmer coordinator

Thank you to our musicians:

Dermot Creegan and Paul Mooney
Justine Dell'Aringa and John Hurd
Les Chats Creole
Tinkers Dram
Yellow Hat Band

Thank you to all of the speakers and presenters.

Thank you raffle prize donors:

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Woodland Park Zoo

Issaquah: Bird, Snake or Stream?

Laura Matter, Natural Soil Builder Program Manager

The origin of the place name, Issaquah, is certainly Native American, but the meaning of the word varies depending on who is doing the telling. It could be anything from “snake” to “little stream” or the “sound of birds.” These are all appropriately descriptive names for one of the newer gardens where we are gardening and teaching.

From the Pickering Barn garden, where eagles and osprey appear overhead, to the watershed education, and the series of classes about choosing appropriate plants for a sustainable landscape, we are in harmony with the spirit of Issaquah. We are grateful to the City of Issaquah’s Resource Conservation Office and the King Conservation District for enabling us to share our knowledge.

Seattle Tilth is in its third year of managing the garden at Pickering Barn, and it is succeeding with the dedication of our Issaquah garden coordinator Falaah Jones and the dedicated group of volunteers who have been in the garden all season. One hundred and forty pounds of fresh organic produce have been donated to the local food bank, with more to come. You can see the photos of the flora, fauna and fabulous volunteers on our Facebook page. Better yet, you are invited to join our volunteer crew as we continue our work in the garden.

This fall begins a major garden redesign that will incorporate a water theme in this sustainable landscape and increase the food growing space. Volunteers are welcome and needed to assist in this exciting garden transformation.

Our new program, The Watershed Training Project, has been gathering groups of volunteers to help us get the local storm drains labeled with the “Puget Sound Starts Here” logo. This will bring attention to these vulnerable pollution points where toxins travel all the way to Puget Sound, disrupting natural systems along the way. Training includes an overview of the local watershed, what you can do to protect it and how to label storm drains. Personalized

presentations are available for your group or you can come to one of our scheduled presentations in Issaquah during spring.

This fall we are also pleased to offer free classes to the residents of Issaquah where they can learn how to choose appropriate plants to create a vibrant, sustainable garden in their own backyard. This series, “Choosing the Right Plants for Your Sustainable Garden,” offers three classes over a three-week span covering site assessment, plant choices and proper planting and soil preparation techniques to assure a healthy and successful garden. These classes offer “hands-on” opportunities to join in the renovation work parties in the Pickering Barn garden and learn how to apply the principles learned in the classes. This subject is also being offered to landscapers as a one-day workshop and will offer Certified Professional Horticulturist credits through the Washington State Landscape and Nursery Association.

For more information about all of these programs, please see the listings on page 8 or visit the Issaquah Programs page on our website and consider joining us in this grand adventure in the foothills of the Cascades.

Training Teachers for the Good Food Movement

Laura Niemi, Program Manager

Every day Seattle Tilth hears from people who want to get involved in the good food movement to ensure that everyone has access to fresh, healthy food grown in harmony with nature. We believe that education is the foundation and are committed to providing meaningful training opportunities for people to learn how to teach others in their community to care for environment and grow, harvest and prepare organic fruits and vegetables. To this end, Seattle Tilth will be offering two exciting and unique trainings for educators this fall.

Back by popular demand, Seattle Tilth will be offering the Garden Educator Workshop series. This series is designed for teachers, parent volunteers and anyone who is interested in learning to teach gardening to children and youth. This interactive workshop focuses on how to set up and use an outdoor garden classroom, how to use the garden to teach student learning objectives such as math and social studies, and spe-

cific garden activities designed for the Maritime Northwest growing climate.

Students can choose to attend all sessions or just the topics that interest them. A recent participant raved in a class evaluation, “This was one of the most rewarding workshops. The instructors were knowledgeable, and the pace and structure of the course was excellent. There was a balanced mix of participation, info-sharing, and time to enjoy and get to know the garden at Tilth.”

Seattle Tilth also will be hosting a Permaculture Teacher Training for people who want to teach permaculture or those who wish to infuse permaculture concepts into their teaching. This advanced training is taught by international permaculture instructors Kat Steele and Benjamin Fahrer, who are bringing their popular teacher training course to the Pacific Northwest for the first time.

“Our lives are inspired by permaculture and the transformative sustainable design revolution it represents,” says Kat. “Our

goal is to give students tools and experience to further this revolution. This course is intended to be transformative in nature.” The course will take place over five full days and will cover the history of permaculture and the core teaching model, creating a learning community, the art of facilitation, working with culturally and economically diverse communities and more.

Garden Educator Workshop Series

Part 1: Intro to Organic Schoolyard Gardening, Oct. 23, 8:30 a.m.-4 p.m.

Part 2: The Garden Classroom, Oct. 30, 8:30 a.m.-4 p.m.

Part 3: Curriculum Working Group, Nov. 20, 8:30 a.m.-4 p.m.

Location: Good Shepherd Center

Cost: \$120 for all three workshops or \$40 per workshop.

Permaculture Teacher Training Course

Nov. 12-19; 9 a.m.-5:30 p.m. each day

Location: South Seattle Community College

Cost: \$775

The Sophisticated Peasant

A Worm in the Berry

Ian Taylor

On sunny days of warm July
When raspberries are dropping sweet,
Then maketh we our raspberry pie
A toothsome, tasty summer treat.

With sugar, fruit and flaky crust—
Perfection of the baker's art!
But this year's pies were all a bust
Which blew my mind and broke my heart.

A worm! A worm in each bright berry
Squirming through the fruity flesh;
Creeping, crawling, making merry
(All in that sequence more or less).

What is that worm? How came it here?
This pest was never in my past!
I've grown my berries year to year,
Each year was good—except this last.

The news is bad, friends. Lend an ear:
A fruit fly caused this sad disaster.
But do not blame and do not fear
Drosophila Melanogaster.

No, save your anger, save your blame
And I will raise a bitter cry
To call the villain by its name:
Drosophila Suzukii!

(Drosophila Suzukii
Why did you leave your native east?
But since you've strayed
We wish you'd stayed
In Oregon at least.)

Will we, who grow our fruits organic,
Be beaten by this pestilence?
Or—driven by an anxious panic—
Use pesticides in our defense?

Say 'tis not so! For surely we
Can figure out a way to manage
Our berry crops and keep them free
From nasty fruit-fly maggot damage—

Without recourse to poisons, or a
Toxic powder, lethal oil,
But thinking of the micro flora
Living there—protect the soil.

I trust sharp minds are working hard
To bring us all a good solution.
I love the berries in my yard,
But not the damage, and not pollution.

Would more traps do the trick, you think?
A bait of cider? (what a waste
For if the cider's good to drink
Why give it to fruit-flies to taste?)

But we'll succeed, I have no doubt
(An optimistic soul, I am.)
Some gardening geek WILL work it out
And save us from this raspberry jam!

*Ian Taylor welcomes comments & feedback
at crookedcucumber@earthlink.net.*

Garden to Table: Tomato Jam



Tomato Jam



watering lemon pickles
or the sweet and tangy
mango chutneys. My favorite
of all was the tomato jam—
simple yet old-fashioned. For
a traditionalist, it tastes great
on any bread. For a child, licking
a spoonful is more fun.

Decades later and thousands of miles away,
I feel a strong desire to make it again
and create a similar memory for my kids.

This is an easy recipe; one can use any kind of tomatoes. I have used 'orange' tomatoes here; I find the taste of the heirloom varieties amazingly better. The cloves add a warmth to it while the lime juice helps balance the acidity and the sweetness.

Tomato Jam

- 2 pounds plump, fleshy, ripe tomatoes
- 2 cups granulated sugar
- 4 whole cloves
- juice of ½ lime

Blanch the tomatoes by dipping briefly into hot water. Peel the skin and chop them into small pieces. Combine these pieces (along with any juice) with sugar and cloves in a saucepan. Bring it to a boil over high heat. Reduce flame and let it simmer over medium to low heat, stirring occasionally.

After about half an hour, spoon a bit of jam onto a plate and tilt the plate. If the jam trickles down, it has not reached the jammy consistency. As the jam thickens, add a few drops of lime juice to taste.

Once ready, let it cool. Transfer to a sterilized jar. It keeps well in the refrigerator for about two weeks. Can the jars in a water bath for longer storage.

Read more of Lara's recipes at <http://ammedemol.blogspot.com/>

Lara Elizabeth Vyas,
Issaquah Garden Steward

Harvest season is a nostalgic time for me. I remember my childhood days in Delhi, India, working with my mom to plant, nurture and harvest all sorts of edibles in our garden. I used to help her in the kitchen with cooking and preserving the garden produce—whether it was spicy, mouth-

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For an indispensable regional guide to year-round gardening, enclose \$19.50 (includes tax and postage) per copy.

Please send me _____ copies x \$19.50 = \$ _____

Total \$ _____

Mail to Seattle Tilth, 4649 Sunnyside Ave N,
Room 120, Seattle, Washington 98103

Fall Projects: Sheet Mulching, Hazardous Waste Disposal

Q: I've heard that "sheet mulching" is one way to kill off weedy areas and lawn. How does this work?

A: Sheet mulching is a great way to convert your lawn to a garden bed with minimal work. Sheet mulching smothers unwanted plants or grass with a semi-permeable layer of cardboard or several sheets of newspaper topped by a layer of organic material. The sheet mulch is left in place to decompose both the weeds underneath and the materials placed on top. The result will be soil that has increased fertility, more organic matter and few weeds, and it will be ready for planting in about six months.

To find used cardboard sheets, visit local stores for empty merchandise boxes. For organic material, look to your own backyard for leaves, livestock manure and fall trimmings. Wood chips can be sourced from local arborists and tree trimming services. Don't be shy to ask neighbors to collect materials from their yards. Raking the leaves off of your neighbor's property will do wonders for community building!

Place the cardboard over the ground and overlap at all edges of the material by at least six inches. Layer the organic material on top to a thickness of three inches to a foot deep over the cardboard, depending on what is growing in the area you are mulching. In some cases you can grow certain plants as you wait for the mulch to do its work. Seattle Tilth has a fall class that goes over this process, and the Garden Hotline can provide personalized advice.

Laila Suidan, Environmental Educator, NSB Program

Q: I recently moved into a new home and found some old pesticides stored in the garage. Can I dispose of these in the garbage?

A: It's great that you are clearing out old pesticides from your new home.

The first thing to check is the product's level of toxicity. The publication "Grow Smart, Grow Safe," produced by the Local Hazardous Waste Management Program of King County, provides information about common yard products to help you determine how toxic the product is. Some low-impact products can be either used or disposed of in your regular garbage can. If it is on the list as a more toxic one, there are four places in the King County area to drop off materials. You can take one item at a time or begin a collection in a box in your garage in case more materials pop up. You could also do a neighborhood collection and take them all at once to be a good citizen and be more efficient.

Consult the following website for where to take materials: www.lhwmp.org/home/HHW/hhw.aspx. To get "Grow Smart, Grow Safe," call the Garden Hotline for a printed copy or visit this website for an online version: www.lhwmp.org/home/publications/index.aspx.

Laura Matter, Manager, NSB Program

Hot Questions for

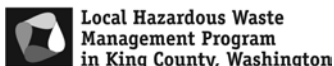


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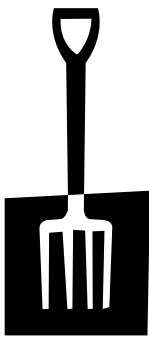
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OCTOBER/NOVEMBER 2010

Fall Classes at Seattle Tilth

Put your garden to bed or learn some new techniques with fall classes at Seattle Tilth. Classes are held either at:

- Good Shepherd Center, 4649 Sunnyside Ave. N., in north Seattle (listed as GSC)
- Bradner Gardens Park, 1733 Bradner Place S., in southeast Seattle (BGP)
- St. James Annex, 9421 18th Ave. S.W., at the southern border of West Seattle (SJA)
- Pickering Barn, 1730 10th Ave. N.W., Issaquah (PBI)
- Other locations as noted

Lower price listings are exclusively for Seattle Tilth members, higher prices for the general public. Advance registration and payment are required. Class details and registration forms are found on our website, www.seattletilth.org under the Learn tab, or can be gained by calling the Seattle Tilth office at (206) 633-0451, ext. 101.

Design an Environmentally Friendly Garden, Oct. 5, 6-8 p.m., PBI, free

Planting Perennial Edible Guilds, Oct. 9, 1-4 p.m. GSC, \$30/\$40

Garden Renovation, Oct. 9, 10 a.m. - 2 p.m., PBI, free

Putting the Garden to Bed, Oct. 9, 10 a.m.-noon, SJA, \$25/\$35

Great Plant Choices for a Healthy Landscape, Oct. 12, 6-8 p.m., PBI, free

Basic Canning 101, Oct. 14, 6-8 p.m., GSC, \$40/\$45

City Chickens 101, Oct. 16, 10 a.m.-12:30 p.m., GSC, \$30/\$40

Planting Techniques for a Sustainable Garden, Oct. 19, 6-8 p.m., PBI, free

Choosing the Right Plants for a Sustainable Garden – Training for Landscape Professionals Oct. 21, 8 a.m.-noon, PBI, free

Pickling and Fermentation, Oct. 21, 6-8 p.m., GSC, \$40/\$45

City Goats 101, Oct. 23, 1:30-3:30 p.m., GSC, \$25/\$35

Garden Installation, Oct. 24, 10 a.m.-2 p.m., PBI, free

Putting the Garden to Bed, Oct. 24, 10 a.m.-noon, GSC, \$25/\$35

Putting the Garden to Bed, Nov. 6, 10 a.m.-noon, GSC, \$25/\$35

Be Cistern Savvy!, Nov. 11, 6-7:30 p.m., BGP, \$18/\$25

Permaculture Teacher Training Course, Nov. 12-19, 9 a.m. – 5:30 p.m. each day, South Seattle Community College, West Seattle Campus, \$775.

Harvesting the Rain, Nov. 20, 10 a.m.-noon, GSC, \$25/\$35

Fall Garden Educators Workshop Series

Part 1: Intro to Organic Schoolyard Gardening, Oct. 23, 8:30 a.m.-4 p.m.

Part 2: The Garden Classroom, Oct. 30, 8:30 a.m.-4 p.m.

Part 3: Curriculum Working Group, Nov. 20, 8:30 a.m.-4 p.m.

Location: GSC; Cost: \$120 for all three workshops or \$40 per workshop.

Plant Native Edibles This Fall

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ger pine (*Pinus sabiniana*), a native of California, produces large cones with edible nuts.

Greens:

I am sure that you think of stinging nettles as just that—stinging—but they are bursting with vitamins and minerals and are served as a delicacy by many local chefs. Cooking takes the sting away. Also, the fiddle heads of various ferns such as Lady fern (*Athyrium filix-femina*) can be used as an early green vegetable in spring. Even consider starting a patch of miner's lettuce (*Claytonia perfoliata*)—my chickens love it!

Roots, Tubers and Bulbs:

Experiment with wapattoo (*Sagittarius variabilis*), mariposa lily (*Calochortus nuttalli*), wild onion (*Brodiaea grandiflora*), glacier lily (*Erythronium grandiflorum*) and wild ginger (*Asarum caudatum*). Eat camas (*Camassia quamash*) like a potato!

So, think outside your annual vegetable box and add some perennial natives to spice up your meals. With such happy foraging, you will even be willing to share your newly found bounty with the other creatures in your landscape.

Resources

The Garden Hotline, help@gardenhotline.org, (206) 633-0224

Wally Hanson's Native Plant Nursery, nwplants@gmail.com, (503) 581-2638

Tree Frog Farm, Inc., www.treefrogfarm.com, (360) 758-7260

Tree tour and medicinal garden tours at UW campus, www.cfr.washington.edu/BrockmanTreeTour/