

# The Beet

VOLUME 2, ISSUE 2

SUMMER / FALL 2009

## Local Food For Hard Times: Entrepreneurship Opportunities Spread in Tillamook County

Welcome to the latest edition of The Beet! This season's newsletter will focus largely on not only local food systems, but also the importance of locally based economies. With the struggling U.S. economy leaving more and more families and individuals jobless,



Henry Laszlo harvests raspberries at Sacred Heart Garden, July 2009

hungry or homeless, the need to cultivate a healthy economy driven by local entrepreneurs is becoming more apparent, especially in rural communities with longstanding traditions of self-reliance. Food Roots, in our efforts to support a local food system, has invested much of our efforts in the economic side of our local food. Here are a few of our most recent efforts to inspire entrepreneurship in Tillamook County:

### Individual Development Accounts (IDAs)

Food Roots has become a provider of IDAs. This is a matched savings program that will assist entrepreneurs with less than \$20,000 total assets (exclusive of housing and auto) with start up or expansion of their small, food-oriented, business. The accounts are not loans, the money need not be paid back. Participants are committed to saving a certain amount of money monthly that is matched at a rate of 2:1. Participants can save up to \$1000 for a total of \$3000 to assist with their business. Additionally, participants must write a business plan and participate in free trainings on financial literacy and running a small business. Technical assistance and support are provided by Food Roots and community partners. Food Roots will be able to allocate 5 of these accounts this year and are seeking families or individuals interested in participating.

*Continued on the next page...*



**Food Roots exists to  
cultivate a healthy  
food system in  
Tillamook County**

### BOARD MEMBERS

Erica Rubin  
Shelly Bowe  
Pam Sears  
Gina Emanuel  
Rebekah Laszlo  
Brittany Lightfoot

### PROGRAM MANAGER

Shelly Bowe

### VOLUNTEER COORDINATOR

Amy Rangel

### VISTA VOLUNTEERS

Katherine Cofell  
Christina Taddy

## Young Entrepreneurs' Business Week

Youth entrepreneurs are popping up all over Tillamook County. Food Roots has facilitated the opportunity for four high school students to attend Young Entrepreneur's Business Week, summer camp at Oregon State University this July. **Lexie Widmer**, **Montana Pullen**, and **Brian Cook** from Tillamook HS attended, along with **Michelle Floyd** from Nestucca HS. All Tillamook County students who applied were accepted! Congrats students!

Young Entrepreneurs' Business Week and The Community Table have been made possible by generous grants from the **Economic Development Council of Tillamook County**. Many thanks to the folks at the EDCTC for making these opportunities available to youth in our county!



### Photo:

Volunteers prepare the market table, from left to right: Claire Bradley (9), youth entrepreneur and Hoop House volunteer; Brittany Lightfoot, Food Roots Board Member; Andie Putman, Community Table volunteer; and Rachel Toulouse, TJHS teacher and partner in the Hoop House project.

## TJHS Hoop House and Tillamook Farmers' Market Community Table

The Tillamook Junior High School Hoop House is in production mode at the moment, bursting at the seams with lettuce, cauliflower, peppers, squash, peas, chard, garlic, tomatoes, carrots, and cucumbers among other delicious organic veggies! Many students have continued to volunteer throughout the summer, and the produce is being sold at the Tillamook Farmers' Market Community Table to support the Hoop House Project. The Community Table is a joint project of the Farmers' Market and Food Roots. The aim of the Community Table is to provide market access for small scale producers. Any home gardener needing an outlet for excess produce is invited to sell their produce at the Community Table. If you are interested in selling your produce at the Community Table, please contact Food Roots with inquiries and for guidelines.



## Food Roots' Comings and Goings!

- Food Roots received a \$24,000 grant from **Oregon Community Foundation** to fund our first two staff positions! **Amy Fullan**, who serves on OCF's North Coast Leadership Council attended our June board meeting to deliver the check. Food Roots extends a big welcome to co-founder and board member **Shelly Bowe** as Program Manager, and **Amy Rangel** as Volunteer Coordinator!
- **Brittany Lightfoot**, a 2007 Tillamook High School graduate, is Food Roots' newest Board Member. Brittany started working with Food Roots as a volunteer this spring and has quickly moved up in the ranks. A big welcome to Brittany,
- VISTA volunteer **Katherine Cofell** has reached the end of her term of service and will be replaced in August by **Christina Taddy**, a recent graduate of the University of Wisconsin-Eau Claire. Christina is excited to begin service in Tillamook County, and we are excited to have her here!



Amy Fullan, Oregon Community Foundation hands over the check to Food Roots' board Co-Chair, Erica Rubin, Secretary Gina Emanuel, and VISTA volunteer Katherine Cofell

---

## 2009 Producer Inventory and North Coast Food Guide

Farmers and farmland are disappearing all over the country, making consumers more dependent on distant farms for food. With the loss of local processors and the changes in markets for farm products, this loss is predicted to continue. The local food movement strives to support farms by encouraging consumption of products purchased directly from local farms, thus increasing farmer income and keeping money in the local economy. The recent growth in the popularity of farmers markets is another indicator of the growing movement to support local farms and enjoy fresh food. Currently, most of the consumer food dollar supports large farms thousands of miles away. Our food now travels more than we do. In the U.S., food currently travels an average 1500 miles before reaching the dinner table. This means that food is now produced more for transportation and shelf life than for taste and nutritional value.

The original North Coast Food Guide, published in 2005, was created to make locally grown food easier to find and to support local producers in Tillamook and Clatsop Counties. Food Roots is now working to update the North Coast Food Guide. Gardeners, farmers, growers, farm stands, CSA (community supported agriculture) operations, ranchers, fishermen, and value added/processed food producers are all encouraged to submit their business information for listing in this free guide. The application is a short 2 page form, available on line at Food Roots' website ([www.foodrootsnw.org](http://www.foodrootsnw.org)) and is also available on paper by contacting Food Roots. Food Roots' partners in the project include **Tillamook Farmers Market, Manzanita Farmers Market, Cannon Beach Farmers Market, OSU Extension Service of Tillamook County and Tillamook County Master Gardeners**. The North Coast Food Guide will be available this fall in both a web based and paper version. **Oregon Food Bank** is providing funding for the project. It is Oregon Food Bank's goal to use this project as a model in other rural regions of Oregon.

## Learning Self-Reliance at Local Food Pantries

Food Roots' Treasurer, Pam Sears, is the founder of Pass It On Ministries Food Pantry and Thrift Shop in Beaver, the only USDA emergency food pantry in South Tillamook County. In May 2008, Food Roots donated 16 fruit trees for PIOM to start an orchard at the pantry. This spring, Sears, alongside PIOM supporters and clients, took the orchard a step further by creating a community garden at the pantry. Sears explains that "most of my clients are on fixed incomes, and stretching their dollars to include fresh fruits and vegetables is almost impossible." Sears "hope[s] that the garden will provide nutritional fruits and vegetables" for the families that PIOM serves. While the garden is intended to provide fresh produce for the pantry, it also creates a space for clients to learn about growing their own food.



Pam Sears, Pass It On Ministries Food Pantry and Thrift Shop founder is hard at work watering in young lettuce

## Cultivating Community and School Gardens throughout Tillamook County

Food Roots believes that all communities benefit when folks in those communities have access to food producing gardens and gardening activities. Food Roots has been sharing educational resources, supplies and materials, seeds, plants, trees, and providing expertise, programming, volunteer coordination and community organizing assistance for several community gardens' success. We're currently working with Camp Magruder in Twin Rocks to develop their fruit tree and perennial fruit garden project. If your community, congregation, school or neighborhood is interested in establishing a community garden, consider contacting us. We won't be your gardener, but we will make every effort to assist in your start up efforts and can direct you to garden resources that can help get things growing.



## Volunteer with Food Roots

There are many volunteer opportunities available with Food Roots for young people and adults. Some areas where we could use some help include:

- Gardens
- Community Table
- Office / Administration
- Youth / Community Education
- Service on our Board of Directors or on a committee
- Events & Outreach
- Micro-enterprise programs

If you are interested in volunteering, please contact Food Roots at 503.842. 3154 X2 or [volunteer@foodrootsnw.org](mailto:volunteer@foodrootsnw.org)

## Meet Your Local Farmer: Tim and Sue Emerson at Ti-Sue Dairy!

By Gina Emanuel

For Tim and Sue Emerson of Ti-Sue Dairy, dairying is a family affair. Their two daughters, Hanna (20) and Haley (15), have grown up helping out on the 200 acre farm eight miles south of Tillamook in Pleasant Valley. Sue is a member of the Dairy Women's Association, and Hanna has competed and won numerous dairy-related pageants.

Hanna, a junior at Portland State University majoring in Pre-Med, spent her childhood milking cows and taking care of heifers and horses. She is passionate about spreading her knowledge of the dairy industry through her current role as Tillamook County Dairy Princess. Haley, a sophomore at Tillamook High School, feeds calves two nights a week during the school year and helps drive the tractors and mow pasture. She is very involved in the raising, breeding, and showing of her herd of Maine-Anjou Beef.

Tim, a native of Vancouver, WA, and Sue, a native of Orange County, CA, met at college at San Luis Obispo, in the Dairy Sciences program. Upon graduation, they worked for various farms before finding and buying their farm in Tillamook in 1982. As Tim put it, "we found the cheapest farm we could afford!" They started out with 60 cows, and for seven years, Tim and Sue did all of the work themselves without one day off. When Hanna was born in 1989, they finally hired some help. The Emersons currently have 175 milking cows (Jerseys and Holsteins) and 120 heifers (non-milking cows) and employ two people. Tim and Sue's business partnership is successful because they each have specialized roles. Tim is in charge of the cattle and employee matters. Sue handles the books and the calves. They are members of and distribute their milk to the Tillamook County Creamery Association (TCCA).

When asked about the most important issues facing farmers and our food system today, the Emersons expressed concern over the price of milk. Milk prices are down 32% in Tillamook since March 2009. The lowered price is based on fuel costs, feed costs, the downturn in the economy, and a surplus of milk. According to Tim, if the low milk prices continue for the next six months, up to 50% of the farms in Tillamook County could go out of business. Business models for the dairy industry need to change. The National Holstein Association is in the process of drafting a new milk pricing policy. To compensate for lower milk prices, more farmers are trying to cut costs by mowing fields and growing their own feed instead of buying it. According to Sue, Oregon is one of the top three states for milk quality, and Tillamook has the highest milk quality in Oregon. And as Sue says, "Good product begins on the farm."



A view of Ti-Sue Dairy pasture, including some of the heifers and their horse!

# FOOD ROOTS

P.O. Box 1275  
Tillamook, OR 97141

Phone: (503) 842-3154 x 2  
Email: [info@foodrootsnw.org](mailto:info@foodrootsnw.org)  
[www.foodrootsnw.org](http://www.foodrootsnw.org)

## MARKET NEWS:

**Summer market season is here! Fresh local food, hand made crafts and live music!**

### Tillamook Farmers' Market

Saturdays

June 13th — September 26th

10 am — 2 pm

At the corner of 2nd St and Laurel Ave  
(503) 842 2146

### Manzanita Farmers' Market

Fridays

June 19th — September 11th

5 — 8 pm

Windermere parking lot on Laneda Avenue in Manzanita

(503) 368 3339

## SAVE THE DATE!

### Food Roots Harvest Dinner Fundraiser

October 5th, 2009



## Thank You \* Thank You \* Thank You

It's time to give a big THANK YOU to all the people and organizations that have given us support during the past year. It helps so much to know that you believe in our work.

- \* Our faithful donors who send regular contributions, and others who help out when they can
- \* Those of you who have volunteered or provided plants, seeds, supplies and materials
- \* Economic Development Council of Tillamook County
- \* Oregon Community Foundation
- \* Neskowin Valley School
- \* Lower Nehalem Community Land Trust
- \* Tillamook Education Foundation
- \* Tillamook County Master Gardeners
- \* Tillamook County Emergency Food & Shelter Program
- \* Oregon Micro Enterprise Network (OMEN)
- \* Oregon Food Bank
- \* OSU Extension Service
- \* American Center for Sustainability
- \* Spirit Mountain Community Fund
- \* The Riverhouse Restaurant
- \* Trust Management Services, LLC
- \* Tillamook County Farm Bureau
- \* Tillamook County General Hospital
- \* The Art Ranch
- \* Grateful Bread
- \* The Delicate Palate
- \* THS Charity Drive
- \* Oregon Volunteers
- \* OMEN Asset Building VISTA Corps



A day is coming when a single carrot, freshly observed, will set off a revolution.

-Paul Cezanne