

The Beet

VOLUME 4, ISSUE 1

WINTER/SPRING 2011

What's a Food System?

Food systems are complex and it is challenging to communicate why healthy food systems matter. Food Roots believes that local food production, access to that food, education and self-reliance are cornerstones of a sustainable food system. Farms, fisheries, processors, distributors, markets, stores and consumers all have a stake in that system. Opportunities to revitalize our rural economy, increase the health and welfare of families and add value to our natural resources exist through investments in our food system. Food production needs to be ecologically sound, economically viable and socially responsible, for our food system to endure. Read on *about* ways to support a sustainable food system.

Why Gardens?

by Shelly Bowe

Sometimes, folks ask me why I garden. I come from a family of gardeners and farmers. Most families share those roots, if you go back far enough. My first, sweetest garden memories are of my grandparents dwarf peach trees in their backyard in west Texas, in the early 1960s. I remember picking and eating giant, drippy sweet peaches right off those trees. I also remember planting and working in our family garden with mother. Watching my corn grow and grow, taller than me, it seemed like an eternity waiting for the corn silk to turn brown, before harvesting those sweet ears.



Fumie Hiromitsu, AmeriCorps Volunteer, shares garden bounty with preschoolers from Tillamook Bay Child Care Center, with help from HS garden interns.

What I know now about gardening is that you can grow really good tasting, nutritious vegetables and fruit, save money, learn new skills, have fun and even make money. Our region is a gardener's delight. Those hot weather loving crops can be a challenge, but you can eat very well for a good 6-8 months from your garden here on the north coast. Gardens can be large or small. Lettuce and salad greens grow beautifully in large pots, as do sweet cherry tomatoes against a south wall. Or you can break sod in your 'back forty' and put in a large garden that will feed



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

BOARD MEMBERS

Shelly Bowe
Emily Fanjoy
Brian McMahon
Crystal Moeller
Erica Rubin
Colby Weathers

PROGRAM MANAGER

Shelly Bowe

VOLUNTEER & OUTREACH COORDINATOR

Carlotta Roddy

MICROENTERPRISE COORDINATOR OMEN VISTA VOL- UNTEER

Lauren Karl

Food Corps Volunteer coming to Food Roots

Food Roots has been selected as a service site for Food Corps, a new national service program (www.food-corps.org). Ten states nationally were chosen for FoodCorps programs this year. Oregon Department of Agriculture is the host sponsor for the five FoodCorps Service Members coming to Oregon. These volunteers will spend a year of paid public service building



and tending school gardens, developing Farm to School programs and conducting hands-on nutrition education in communities of need. Food Roots will be the only rural community in Oregon to have a FoodCorps. The ultimate goal of FoodCorps is to increase the health and prosperity of vulnerable children while investing in the next generation of farmers and public health leaders.

Gardens, continued from page 1

the whole neighborhood. My advice is start small, find a friend or neighbor who has been growing a garden for years and PICK their brain about when, what, where and how to grow. OSU Extension Tillamook County's Master Gardeners Program is another great resource.

Food Roots has been preaching, teaching and growing gardens for years now. Food Roots operates the Sacred Heart Garden in Tillamook on land owned by the Sacred Heart Catholic Church and the Learning Garden, Hoop House and Orchard at Tillamook Junior High School. We've helped community and school gardens all over Tillamook County get started. We continue to help community gardens keep growing, with materials, services and resources like providing the Pacific City Garden for Sharing with insurance coverage for their garden and Camp Magruder's garden with materials, plants and labor to help construct their garden's hoop house. You can locate independent gardens throughout Tillamook County in the North Coast Food Guide [www.northcoastfood.org].

Food Roots not only grows food, but also skills and awareness. "Hands in the dirt" education, in an outdoor setting, provides a sense of discovery so essential to learning. Our education programs stimulate and enrich lives, and teach the importance of caring and stewardship. Food Roots gardens with a wide range of children and youth – Tillamook Bay Child Care Center kids, East School and Tillamook Junior High School students, TOPS High School students and Teen Parent Program students. Our programs provide a real worldview of bio-systems. Kids and youth gain understanding and learn the value of producing and eating fresh food, and how it contributes to their health and well being. Food Roots believes that by sparking this interest early it will continue to grow, providing a lifetime of skills that in turn will be passed down to the next generation. Our "garden kids" often become teachers to other kids, their teachers, parents and family. What do kids learn? That they can grow things! They learn about "plant personalities" and why some things are harder to grow here than in other places, which plants resent transplanting, the language of gardening [the difference between bi-annuals and perennials], ways to make soil healthier and ways to keep garden pests away. They learn about plant life cycles - when and how plants produce seeds, how to collect seeds and use them the next planting season. New and exotic vegetable foods are introduced, tasted and often become favorites (kids now asking for mizuna!) The kids are so excited and proud to pick, eat and share what they have grown. Their excitement is infectious – I can't stay out of the garden for long either.

Food Roots' Comings and Goings!

- Food Roots thanks **Karen Hansen** and **Brittany Lightfoot** for their service to the board. Having completed their terms, they are moving on to other life adventures.

- In the fall our board welcomed a new member, **Brian McMahon**. Besides being a funny and smart guy, his extroverted personality is a welcome addition to the Board. He also comes with a strong background and understanding of IT issues and computer workings. Food Roots is also excited to have **Emily Fanjoy** join the Food Roots Board. Emily is a recently returned Peace Corps volunteer and future farmer. Emily's quest for quality food, environmental stewardship, and community brought her and her husband to Tillamook County and Food Roots. She looks forward to participating in a lot of fruitful work towards a nutritious and delicious future. In March **Colby Weathers** became a board member. He is a licensed landscape architect, owner of Native Landscape Design LLC, and recognized as one of the Top 5% of American Teachers at the College and University level. Colby is passionate about empowering people in the production of local goods and services.



New Board Members Emily Fanjoy and Brian McMahon

- **Lexie Hampton** has assisted Food Roots 15 hours a week since September as part of unique project with MTC Works. We appreciate her assistance with our school programs at Tillamook Bay Child Care Center with the preschoolers, the teen parent program at MTC, and Root Troop at the Junior High School.
- University of Oregon student **Whitney Taylor, of Pacific City**, will join Food Roots as a summer intern. Her major in journalism and non profit management are great assets to our organization as she assists with outreach and development projects.

Thank You Community Partners

- **Lower Nehalem Community Trust** (www.nehalemtrust.org) helped make Pie Day 2011 a delicious success in January!
- **Tillamook County Library** graciously assisted in the development of our Food Systems Film Series. Food Roots thanks Sarah Beeler for coordinating with us on this project.
- **Tillamook County OSU Extension Services** partnered with Food Roots in running our Financial Literacy Sessions in February. Chris Wagner, Board Chair of CARE Inc., facilitated these classes. The classes, which were open to the public, provided resources and basic information for those wanting to better manage their personal finances.



Check out Food Roots new website

Food Roots' website features beginning farmers resources page and more! www.foodrootsnw.org

Creating Food Habits that Sustain Us

By Carlotta Roddy

The moment I became pregnant with my first child, food took on a new meaning. No longer was I only making decisions for myself, but for the nourishment of my unborn child. The decision making process continued after her birth as I breastfed and introduced solid feedings. Yet deciding what to eat isn't always an easy process. As I shop I'm bombarded with a thousand questions. What is the nutritional value of this food? Were there any harmful chemicals used to grow this product? Were workers treated fairly in growing and bringing this food to me? How far did this food have to travel to get to me? How is it packaged? And finally, is the price reasonable in our family budget? Add a preschooler and infant in tow and this process can be overwhelming.

In the process of making *Broken Limbs* (2003) filmmakers Guy Evans and Jamie Howell comment "that shopping habits formed over a lifetime are not changed overnight, but one small purchase, one meal at a time (www.brokenlimbs.org)." I take comfort in these words as I try to transform my own habits. First, I reflect on what our family is already doing right now to eat in a healthy and sustainable manner and I am pleasantly surprised at the length of the list.



Carlotta and her daughter Anna collect eggs at Lance's Farm Vittles.

For the past four years we have cultivated a garden in our backyard. Although small in size and production it creates a very meaningful connection with the source of food for my daughter. All winter she talks about the raspberries that will come in the summer. We also started a compost pile last summer, cutting down on our garbage pile. Every month I order some food in bulk from Azure Standard with the assurance that the food was grown by sustainable means and that much of it is grown regionally. We also are getting into the habit of buying some of our meat from Lance's Farm Vittles at Second Street Market. As my daughter was cracking eggs one day I was able to tell her that they very well may have been the eggs that she helped collect at Lance's farm just a few miles down the road. I find that once these habits are formed, they become second nature and allow me the energy to move onto new actions. Recently I was delighted to find local eggs at our community grocery store, The Food Basket Market Place. The more we create sustainable habits, the more the resources will become available and thus easier to choose.

So what is the next habit I would like to cultivate? I have pondered joining a CSA (Community Supported Agriculture) to bring more vegetables into my house. I have also thought about buying more fish locally. We live in Garibaldi after all. I am still guilty of buying processed food or visiting a fast food joint occasionally, but I find that focusing on what I can do to make sustainable choices is much more productive than being frozen with that guilt. What sustainable habits do you want to create?

Use the North Coast Food Guide this Year

The 2011 updated North Coast Food Guide will be available in June at www.northcoastfood.org. Here you will find information about and access to local producers and their products, local farmers' markets, community gardens, education resources and more!

IDA Account helps start Ida's Good Eats and Treats

By Ida Monroe

First off, I would like to take this time to thank Food Roots for the opportunity to pursue my dream job of owning my own food business. I signed up for a Food Roots' Individual Development Account (IDA) this past October. This program is helping me start my food service company by matching my savings contribution on every dollar that I save in my IDA account. In February, I participated in 10 hours of financial literacy with Food Roots as a part of the VIDA (Valley Individual Development Account) requirement. My business venture: *Ida's Good Eats and Treats*, will cater to people who want more healthy food options in Tillamook County. My goal is to provide different types of meals for my clients, from early breakfasts to warm comfort lunches, to delightful dinners; including vegan, vegetarian, and specialty diet foods such as sugar-free or dairy-free.



IDA Client Ida Monroe

I have been involved in food service in some form or another for my whole life. Growing up in a large family, cooking was always my 'chore', but it was a chore that I loved. My first cooking job was at age 10, when I stood at my first grill at my aunt's restaurant; at 14, I was a waitress and by the age of 17, I worked along side the head chef at The Dory Restaurant in Pacific City. I have catered, cooked for flood victims and the National Guard during the flood of 1996 here in Tillamook County, worked as a line cook, and was head cook at Nestucca High School until 2009 when I lost my job due to school budget cuts. I have always had a passion for food and it has since grown out of years of experience. As a wife, a mother, and grandmother, to me, food means family, and I have always been cooking wholesome meals from the heart.

Individual Development Accounts (IDA)

Food Roots begins its second year as a provider of Individual Development Accounts. This matched savings program enables low to moderate income entrepreneurs to save to start (or expand) their small businesses. Entrepreneurs' savings are matched at a 3:1 rate through the state IDA partner, Neighborhood Partnerships. Food Roots currently serves seven IDA participants in Tillamook County. These businesses range from small acreage vegetable production, egg production, a CSA, to a specialty diet catering business and a nursery selling acclimatized starter plants, edible landscaping plants and fresh produce. Food Roots will be able to enroll an additional 5 farm and food system entrepreneurs in Tillamook or Clatsop county through December, 2011. Food Roots IDA program is made possible through its partnerships with Oregon Micro Enterprise Network (OMEN) and CASA of Oregon. Those interested in applying for a farm or food system Individual Development Account should contact Food Roots at (503) 842-3154 x 5 or email microbiz@foodrootsnw.org

FOOD ROOTS

P.O. Box 1275
Tillamook, OR 97141

Phone: (503) 842-3154 x 2
Email: info@foodrootsnw.org
www.foodrootsnw.org

MARK YOUR CALENDARS!

INCREDIBLE EDIBLE PLANT AND FRUIT TREE SALE

Saturday, April 23rd 10 AM — 2 PM
Food Roots Office
2105 4th Street in Tillamook

CEVICHE BOOTH at the TRASH BASH

Friday, May 20, 5 — 9 PM
CartM Recycling Center in Manzanita
Vegetarian and vegan options.

COMMUNITY TABLE

Saturdays at the Tillamook Farmers' Market June 11th to September 24th
9AM— 2 PM

STAY IN TOUCH!

E-NEWSLETTER

Visit our updated website to sign up for our e-newsletters www.foodrootsnw.org

FACEBOOK



Find us on Facebook



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 equipment, tools, plants, seeds, supplies and materials
- * Sacred Heart Catholic Church
- * Gray Family Fund of the Oregon Community Foundation
- * Tillamook County Farm Bureau
- * Tillamook PUD & the 'Chip Guys'
- * Lower Nehalem Community Land Trust
- * Meyer Memorial Trust
- * North Coast Food Web
- * Oregon Department of Agriculture & the National Food Corps
- * Oregon Community Foundation
- * Oregon Food Bank
- * OMEN and their Asset Building Corps
- * Ronald E. and Ivy L. Timpe Fund of the Oregon Community Foundation
- * Siletz Tribal Charitable Contribution Fund
- * Spirit Mountain Community Fund
- * Tillamook Bay Boat House
- * Tillamook County Culinary Arts Program
- * Don's Waterfall Farms
- * Tillamook HS Video Production Class
- * Tillamook United Methodist Church
- * TLC Federal Credit Union



SPIRIT MOUNTAIN
COMMUNITY FUND