



# THE BEET



## Finding Common Ground at Food Roots

As we enter the coming year, I have to reflect back upon the power, impact and importance of community; people, neighbors and organizations working together with shared purpose to achieve shared goals.

It's not always easy to work collectively for a literal or figurative barn-raising, but the outcomes can provide a tremendous return. Place and food are common denominators where we can come together, take action and see mutual benefit for the greater-good of our Tillamook County community.

I believe in my heart that even though we all are different, most of us want the same things for our children, our families and our communities - our basic needs

being met, health, and vibrant economies, so we can provide for our families.

The north coast is a caring place of independent spirit, holding self-reliance in high regard. I warmly remember 1979, arriving in Tillamook County as a young dairy farmer and seasoned dairymen Dale Buck and Max Hurliman, reaching out and helping to get me started. We need to keep investing in our young farmers and entrepreneurs. They are our future.

Helping and volunteerism is rampant in our communities; it's part of our culture. Over 100 folks volunteered with Food Roots in 2012; enabling us to serve over 350 kids through garden, nutrition, and

cooking education programs; to put on Grow the Coast farmer/gardener conference, bring folks together interested in revitalizing the Fairview Grange in Tillamook; and a host of other food and farm activities.

Food Roots' work depends on community and individual support. As we enter 2013, let us embrace, celebrate and nurture our place through existing and new partnerships that will continue to make Tillamook a vibrant and supportive community. And, if you are interested in seeing the Fairview Grange active again give us a call or drop us an e-mail.

Shelly Bowe, Director  
Food Roots

FOOD ROOTS  
EXISTS TO  
CULTIVATE A  
HEALTHY FOOD  
SYSTEM FOR OUR  
NORTH COAST  
OREGON  
COMMUNITIES

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SHELLY BOWE  
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RANDALL KOCH  
TAYLOR LARSON  
LAUREN SORG



artwork by alleykids.com

## Farm to School A New Season with Food Roots

Here at Food Roots, our Farm to School programming is growing with each season. Our partnership with FoodCorps and our wonderful community partners, volunteers and school district, all see the value in teaching our children tangible skills; understanding where food comes from, and who is producing our food.

When I arrived in Tillamook five months ago, as Food Roots' FoodCorps Service Member, I knew that I would be working with a broad age range of kids. Food Roots is now offering garden based programming for students from pre-school, with Tillamook Bay Child Care Center, through High School. Food Roots' partnership with Tillamook's Options Program (TOPs) and THS' Garden Club are flourishing this year. Through these programs, students are learning about and building skills in gardening, agricultural production, healthy cooking, food system awareness, good food access for all and entrepreneurship.

I am seeing other valuable outcomes: empowerment and pride in a group of teenage girls who mastered power tools and hand saws, to build grow tunnels for season extension. Problem solving, teamwork and hard work



help grow a sense of community, which is enhanced in the growing, making and sharing of food.

Every Tuesday I head out to East Elementary and Tillamook Jr. High Schools to lead Food Roots' after-school program, Root Troop. Many of these students have been Root Troop members with Food Roots year after year, and have acquired skills like plant and seed identification, and often help teach our volunteers gardening skills.

These kids are dedicated, hard workers. On one my first days, this fact was made obvious to me, as we bent over to harvest our ripe bed of potatoes. Halfway through our potato-digging contest rain started to fall. I asked if we should head into the greenhouse and got the unanimous

If you would like to volunteer with any of these education programs or get your hands dirty in our gardens, please contact Allyson Gardner at [farm2school@foodrootsnw.org](mailto:farm2school@foodrootsnw.org) or call 503-815-2800

reply of "Why should we? We're Tillamook-ers."

In 2013, Food Roots will be enhancing both Food Roots East Elementary and Tillamook Junior High Gardens with edible perennial installations, and will build outdoor classrooms for each of these garden sites to further integrate classroom-based education and on-site gardening instruction. Additionally, we'll be working with Tillamook Bay Child Care Center to install an onsite garden which will provide even the youngest of green thumbs with daily garden experiences. We hope you will join us in growing the skills and enthusiasm in the next generation of local food producers.

By Allyson Gardner

Food Roots Farm to School Coordinator  
and FoodCorps Service Member



Photographs by Roger Ross Photography, 2012

# Community Food Conversations

What comes to mind when you think of an assessment? For me, it conjures up images of standardized tests and out of touch bureaucracies, informing me how far from perfect I am at the moment. This coming year, in partnership with Oregon Food Bank, the University of Oregon's RARE program and Food Roots, I'm charged with conducting a Community Food Assessment for Tillamook County!

There is no perfect food system. Rather, there's the food system we've

got and there's the food system we'd like to have. The goal of this year's Community Food Assessment, is simply to tell the story of what's happening here in our County around agriculture, fisheries and food and to help identify opportunities that exist to strengthen our regional food system.

So, what is a food system? A system is a set of things - people, cells, molecules or whatever - interconnected in such a way that they produce their own pattern of behavior over time and

food is what you eat. A food system is all the interconnected parts that allow us to eat. Broadly speaking, these parts include production, processing, distribution, access, and consumption.

The 2013 Community Food Assessment aims to provide us with detailed, update to date relevant data, as well as tell the human stories, of the food system of Tillamook County, so that it becomes clear who's doing what, and where. *continued on page 4*

## First Annual Grow the Coast Small Farms Conference Draws a Crowd!

[Food Roots & North Coast Food Web's] Grow the Coast, the first local food conference of its kind, made a huge first step toward bringing together local small farmers and growers, to share not only knowledge and skills, but also wisdom and inspiration. "Small farms create healthy communities," said Garry Stephenson, OSU Small

Farms Director, noting that farming was prominent in coastal communities until the mid-twentieth century. He quoted American writer and farmer, Wendell Berry: "When going back makes sense, you're going ahead."

In all, the conference offered a choice of 12 dynamic classes in three concurrent sessions, which kept class sizes small and allowed for interaction amongst growers and instructors. One of the cultural aims of Food Roots is to develop a community of food growers in

Tillamook and Clatsop counties who will support each other and grow together, with the shared goal of feeding local people. Sharon Thornberry, of Oregon Food Bank, and one of two keynote speakers at Grow the Coast said, "The energy and strength of a farming community coming together to feed themselves and others is without parallel."

**By Mary Faith Bell**  
[mfbell@countrymedia.net](mailto:mfbell@countrymedia.net)

**HEADLIGHT HERALD**



Over 125 participants listening to keynote speakers



Dane Osis, Ranger Fort Stevens National Park, Mushroom Foraging session



Carol Carver, Farmer Island's End Farm, Fermentation session

## How We Can All Take Part in Growing Our Community

Imagine a new commercial kitchen in town serving local food producers. Imagine that it is planned, built, financed, and owned by everyone in the community.

The citizens of Port Townsend, WA have made headlines across the country for financing what their town needed. They needed a general store to serve the town's needs, so they created it themselves. [Watch](#) their story about the power of local investing.

Now, what if North Oregon coastal towns from Astoria to Tillamook wanted to grow local, vibrant economies? Where would they start? Amy Pearl of Springboard Innovation participated in the "Grow the Coast" Conference held in Nehalem this year, and

presented on local investing tools. In 2013, they will be rolling out a series of partnership programs to enable community investing. Starting with each community's unique assets and challenges, they work with citizens for 12 months. Check out [www.changexchangenw.org](http://www.changexchangenw.org) for more.

Amy Cortese, author of "Localvesting" says it well; "How are we going to begin rebuilding the broken economy and creating jobs? Where is the investment going to come from? One answer is taking shape in dozens of towns and neighborhoods across the country, as citizens from Brooklyn, NY to Port Townsend, WA are figuring out ways to invest in the local businesses that create jobs and help build strong local economies."

By Lin Lu

Springboard Innovation

[www.springboardinnovation.org](http://www.springboardinnovation.org)



## COMMUNITY

### Food Conversations, *Continued from Page 3*

The idea is that by gaining an overall picture of what's happening in our local food system, we'll be better able to make coordinated, intelligent decisions when it comes to shaping and implementing the future of how we feed ourselves here on the coast.

Tillamook County's Community Food Assessment can only succeed if there is broad based community input from the local food and agricultural stakeholders. Please don't hesitate over the next seven months to contact me with any ideas, inputs or suggestions. I want to talk with as many farmers, gardeners, fishermen, processors, distributors, restauranteurs, shop owners and eaters as possible. Please consider attending either the South or North County Community Food Conversation potlucks in February and help shape the future of the food system here on the North Oregon Coast.

By Taylor Larson

Food Roots Community Food Developer and RARE Service Member

## WANT TO GET INVOLVED? Check out these Upcoming Events:

### JANUARY

#### PIE DAY AUCTION & FEAST

Saturday, January 26 at 7 pm  
NBUMC Community Hall, Nehalem  
\$5 donation/admission

#### GARDENS GATHERING

Thursday, January 31 from 6 - 8 pm  
Tillamook County Library, Tillamook  
Soup supper provided; bring a dish to share

### MARCH

#### OSU SMALL FARMS CONFERENCE

OSU's Campus/Corvallis - March 2

Details at <http://smallfarms.oregonstate.edu/sfc>

\*Food Roots is attending as a participant only.

Contact us about farmer scholarships to attend this conference

### FEBRUARY

#### COMMUNITY FOOD CONVERSATIONS

SOUTH COUNTY - Tuesday, February 19 at 5:30  
Kiwanda Community Center, Pacific City

NORTH COUNTY - Wednesday, February 20 at 5:30 pm  
North County Recreation District (NCRD), Nehalem

### ON GOING

#### FAIRVIEW GRANGE REVITALIZATION

Food Roots is working to revitalize the Fairview Grange in Tillamook. If you would like more information, call our office or email [RARE@foodrootsnw.org](mailto:RARE@foodrootsnw.org)

A BIG THANK YOU to  
volunteers, supporters  
and donors!



## Food Roots Gives Thanks

Every single volunteer and every single dollar makes an impact at Food Roots. Our community members, partner organizations, and our donors help us to accomplish our goals by believing in our vision and our work. The following is a list of our partners and donors throughout 2012. A huge thank you also goes out to individual donors and to our Volunteers! **Thank you!**

### DONORS/PARTNERS

Astoria Cooperative  
Blacktail Cafe, Pacific City  
Blue Scorcher Bakery Cafe, Astoria  
Bornstein Seafood, Astoria  
Church of the Nazarene, Tillamook  
Ellis Foundation  
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FAFO (Farmers Advocating for Organics, Organic Valley)  
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Spirit Mountain Community Foundation  
Whole Kids Foundation

\*Our faithful supporters who donate regularly!

### COMMUNITY PARTNERS

CASA of Oregon  
Camp Magruder  
FoodCorps  
Lower Nehalem Community Trust  
Manzanita Farmers Market  
North Coast Food Web  
NRCS-USDA, Tillamook & Clatsop Counties  
Port of Tillamook Bay  
Oregon Department of Agriculture  
Oregon Food Bank  
Oregon Youth Authority  
OSU Extension Service  
Tillamook Bay Childcare Center  
Tillamook Bay Community College  
TBCC Culinary Arts Program (HTR)  
Tillamook County Farm Bureau  
Tillamook Farmers Market  
Tillamook County Master Gardeners  
Tillamook Small Business Development Center  
Tillamook School District:  
East Elementary  
Tillamook Junior High & High Schools  
Tillamook Options Program and the OYCC



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## STAY IN TOUCH

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info@foodrootsnw.org

**E-NEWSLETTER**  
Visit our website to sign up  
for our E-Updates  
www.foodrootsnw.org

**FACEBOOK**  
www.facebook.com/foodrootsnw



**We are cultivating** a healthy food system for our north coast community, with children, individuals, families, and partnership organizations; Won't you join us?

**A fifth grade homeschool** student is pictured here slicing tomatoes that she and her peers grew together at Root Troop, a program of Food Roots.