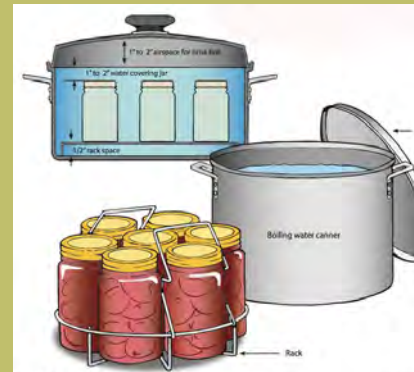


SJI GRANGE #966

GROWERS, MAKERS, AND KEEPERS WORKING TOGETHER FOR
MUTUAL BENEFIT AND COMMUNITY BUILDING

WSU Extension Food Preservation Workshop Wednesday, May 10 at Grange Hall

- 11am-12pm—Water-bath canning
- 12-1pm—Pressure canning
- 1:30-2:30pm—Pickling and fermentation
- 2:30-4pm—Freezing, drying, storage, and reducing food waste



REGISTER at

<https://www.eventbrite.com/e/wsu-san-juan-food-preservation-tickets-604093127807>

**Bringin' Back
the Potluck!**

Third Thursdays
6-9pm @ The Grange
For Grangers & Guests

Local dishes & drinks encouraged
Starts January 19th!



San Juan Island Grange #966 is a grassroots, non-partisan advocacy group supporting a resilient community on San Juan Island.

The Grange serves San Juan Islanders with legislative programs and community activities, such as talent and craft contests, scholarships, and more. You don't have to be a farmer to belong, though many are. Our elected officers are volunteers, and our "work" is done through committees. The heart of our mission is fostering community well-being, and we enjoy gathering to celebrate this.

We are a 501(c)(8) organization, accepting donations towards our programs and to maintain Grange Hall, in downtown Friday Harbor.

Officers of San Juan Island Grange #966 may be found at sanjuangrange.org/officers.html

Our bylaws and resolutions may be found at sanjuangrange.org/structure.html

San Juan Island Grange #966
P.O. Box 2013
Friday Harbor, WA 98250
(360) 378 6632

admin@sanjuangrange.org

rentals@sanjuangrange.org

facebook.com/SJIGrange966



2023 San Juan Islands Agricultural Summit

By Bruce Robinson

This year's Ag Summit took place on San Juan Island, March 3 and 4, bringing together a variety of farmers, gardeners, and food enthusiasts from across the islands and the Pacific Northwest.

Opening day found more than 100 participants enjoying presentations and displays at local farms, Skagit Valley College, Brickworks, and our very own Grange Hall.

Roger Ellison and Sarah Severn represented Grange agricultural interests by moderating the Farmers Roundtable, where a variety of topics were discussed.

The following day the summit resumed at the UW Friday Harbor Labs, with breakfast, a keynote address, and a variety

of workshops. The 94 attendees had the choice of many presentations, including Agroforestry, Wetland Grazing, Water Storage and Irrigation Systems, Growing Grain, and Opportunities in Fiber.

Congratulations to the summit organizers for gathering 38 presenters whose knowledge and skills have helped increase food security in the islands.



Letter from the President

The current food system is built on a foundation of cheap fossil fuel energy, a foundation that is currently crumbling. Recent advances in renewable energy are encouraging, but it is unlikely that renewables will take over for fossil fuels without great disruptions to the economy.

There will be a shift to local food production, but we must prepare for that shift and build resilience, to avoid some serious shocks.

Individual families can and should work to become more resilient, but solo efforts can only go so far. We could lobby lawmakers for changes to our economic and political systems, but that does not look promising, given current hyper-partisan politics.

Where working at the family level looks like “too little” and working at the state and national levels looks like “too late,” working with others at the local level looks “just right.” Here are some things our Grange can do to improve our resilience by working together:

Create a Mutual Aid program that includes a directory of members, listing their skills and interests. Encourage Grangers to team up on teaching skills and working together on “barn-raising” and other resilience-building activities. The Grange Hall can be the nexus for this effort, hosting workshops, exchanges, and social events.

Create a Land Host program whereby landowners lease parcels of land to SJI Grange, who then sublease individual plots to growers. Parcels can range in size from small vegetable patches and allotments that allow berry bushes, fruit trees, and poultry, to large farm plots for commercial growing. Your Grange can be the stable go-between—matchmaker and communicator.

Create a Farm Assist program whereby Grangers work together to help farmers at critical moments like planting and harvest times. A well-coordinated corps of volunteers would relieve the farmer of the need to train each new volunteer.

Continue our cooperative activities in buying feed together, lending out food processing equipment, encouraging use of our commercial kitchen, and expanding our presence at the farmers market.

Grangers, there is a lot we can do for our future by working together as Growers and Makers. Let’s roll up our sleeves and get to it! Others in the county are working to relocalize our food system. I encourage you to attend the county Food System Plan presentation (see page 8) and to join in.

Roger Ellison, 2023 President



Spring Garden Sale
May 14 at Grange Hall
Will you have extra young plants this year? Perennials that need dividing?
Bring them to the Spring Garden Sale and go home with treasures from others' gardens!
Proceeds will support our Seed Bank and Seed Library.

April 19 Potluck
Theme: Rhubarb
Get ready to share your best rhubarb recipe! Think shrubs, chicken tagine, or rhubarb oat shortcakes. At 5pm, Nancy Best will prepare her rhubarb and mint chutney in the Grange kitchen!



Seedy Sunday Successful!

By Nancy Best

An enthusiastic crowd turned out for our second Seedy Sunday. Grangers and community members generously shared their home-grown and extra commercial seeds, filling Grange Hall with free seeds. Ardent seed savers rubbed shoulders with newbies looking to fill their garden beds inexpensively, and a good time was definitely had by all.

There was something for every gardener: vegetables, fruits and herbs from amaranth to zinnia; old favorites like Provider beans to unusual local varieties like Sea Blush flowers and Waldron Kale, shared from Eliza Habegger's home garden. Eliza, who manages native seed propagation for the San Juan County Land Bank, gave an entertaining and educational talk on Seed Saving for the Home Gardener.

Seed saving increases our food security, and as we grow more plants for seed, can increase the adaptation of the plants we grow to our area.

Thanks to the many hands that lifted this event up: Grace Lembo, Liz Pillow, Nan and Steve Simpson, Lois Moore, Bruce Clark, Christina Sesby, and our peerless fearless leaders, Bruce Robinson and Roger Ellison.

We look forward to another seed swap next year!



The Grange Exchange

The Exchange is the "Classified" section of the newsletter.

Contact Deirdre Morris to post anything you would like to buy, sell, borrow, trade, or give away at d2morris@gmail.com

To re-list an item, contact Candace at snowberryfarm@rockisland.com

Friday Harbor Film Festival

Each month through September, the festival will offer *Best of the Fest*, featuring award-winning documentaries and a livestream Q&A. Programs begin at 7pm. Some are at the San Juan Island Library; others are at San Juan Island Grange Hall. Here's the schedule:

The Pollinators – April 14, SJI Library

Haida Modern – April 28, Grange Hall + a weekend of special events with Robert Davidson

The Boys Who Said No! – June 23, Grange Hall

Short Film Showcase – July 21, SJI Library

Let There Be Drums – August 11, Grange Hall

Alan Magee: art is not a solace – September 8, SJI Library

Details about the films in the series are available at fhff.org

MEALWORMS FOR POULTRY FEED

By Elaine Kendall

In last month's newsletter, we talked about black soldier flies. This month it's mealworms!



overview of growing mealworms.

Also, check out How to Start Your Own Meal Worm Farm to Feed Your

Chickens (Part 1) youtube.com

Mealworms are the larval stage of the darkling beetle, a small black insect that lives for five to six months. Its eggs hatch to become one-inch larvae or mealworms.

Mealworm larvae have significant nutrient content and can contain over 50% protein.



Mealworms are edible for humans and are processed into several insect food items available in food retail, such as insect burgers. They have been authorized for human consumption by the European Union. Our intention, at this time however, is to promote these little critters for poultry feed. The chart to the right gives a great



A Reminder of What's Cookin'

By Deb Nolan

April 5, 4pm (prior to monthly meeting):

Eggs, Onions, and Instant Pot

Come dye eggs using onion skins and fresh leaves to create a design. Use the onions themselves to make delicious French Onion Soup using an instant pot, for our pre-meeting



dinner.

Contact Deb to reserve a spot at Debnolan@rockisland.com



April 19 Potluck theme: Rhubarb

Grange members, get ready to share your best rhubarb recipe! Think shrubs, Chicken Tagine, or Rhubarb Oat Shortcakes. At 5pm, Nancy Best will be preparing her Rhubarb and Mint

Chutney in our beautiful Grange kitchen. Come learn with Nancy and taste this delicious condiment!

April 4, 8am - noon:

Sourdough Bread Workshop with Pam Stewart, owner of the former, much-loved Cafe Demeter. Class will focus on starters, how to feed and use them. Yes, there should be warm bread at the end too!

There are still places left in this workshop. Contact Deb Nolan for more information at Debnolan@rockisland.com





WSU EXTENSION
San Juan Extension and
San Juan Island Grange #966
Present:

FOOD PRESERVATION WORKSHOP



MAY 10TH AT THE SAN JUAN GRANGE, 11AM



Learn to safely preserve the harvest! Join WSU Food Preservation Instructor Jennie Goforth for a full day featuring four classes to learn the basics of water bath canning, pressure canning, pickling and fermentation, freezing, drying, and microclimate storage. 11am-4pm, for more details please visit the registration page.

**WSU STAFF
JENNIE GOFORTH**

**TO REGISTER: USE CODE OR LINK
HTTPS://WWW.EVENTBRITE.COM/E/WSU-
SAN-JUAN-FOOD-PRESERVATION-
TICKETS-604092917177**



questions? j.bryan-goforth@wsu.edu



Food System Plan for San Juan County

Join us at these upcoming town hall events to help shape our shared food future!

Sun 4/16, 5pm: Orcas Island @Oddfellows Hall(112 Haven Rd, Eastsound)

Tue 4/18, 5pm: Lopez Island @Community Center (204 Village Rd, Lopez Island)

Thu 4/20, 5pm: San Juan Island @Brickworks (150 Nichols St, Friday Harbor)

All islanders are invited to participate in these highly interactive 1.5hr events.

Building on three years of research and engagement by the San Juan County Food System Team, the Food System Plan will serve as a shared roadmap to relocalize our food system equitably.

The plan offers specific strategies designed to foster a thriving local food culture and economy that is grounded in ecological resilience, justice, and innovation, and will be published in summer 2023.

These town hall events are one part of a broader engagement effort to shape the Food System Plan and will be facilitated by Maggi Adamek of Terra Soma, the Food System Team’s guide in the planning process. These sessions are an opportunity to give feedback on the draft plan and help prioritize strategies to ensure a robust and resilient food supply in San Juan County.

We all have a role in our local food system, and your voice and experience are crucial to shaping this roadmap. Please join us to share your perspective!

Accessible parking is available. Please reach out to foodsystem.sjc@gmail.com for accessibility needs or information.



