



from our farms to your table

PORT SUSAN FARMERS MARKET

Volume 1, Edition 9 • September 19, 2012

# lettuce EAT

## Market Hours

Fridays 3:00pm ~ 7:00pm  
Through September 21st

## Location

Downtown Stanwood  
in the Viking Village across  
from the American Legion

## Contact Information

Leslie Collings,  
Market Manager

leslie@portsusan.org  
(360) 202-3932

P.O. Box 1072  
Stanwood, WA 98292



Downtown Stanwood

*A program of the  
Port Susan Food & Farming Center*

## Ending and Beginning

By Toni Rush, <http://www.geekinthecountry.com>

The little vine maple tree which sits next to my front door is telling me that fall is fast approaching. His tiny leaves are getting redder every day, signaling the end of another growing season. It goes by so fast.

This coming Friday and Saturday are the last days of the Port Susan Farmers Market for this year. They will coincide with the Harvest Jubilee, which starts Saturday, with some farms open into Sunday.

and their customers are very enthusiastic about it. Attendance was good this year and we gained more vendors as the season progressed. Local businesses got involved and folks lingered downtown as they stopped at the market. It was a good way to end the week as we traveled home after work, picking up some fresh goodies for the weekend along the way. As people talk about "our farmers market" throughout the winter, anticipation for fresh produce



This is your chance to see a few of the farms that have been selling at the market and to see how all this produce made it to your plate. Go visit them.

This ending is not really an ending at all. It is merely a turning of the season. We know the market will be back next year since both the farmers

will drive the success of next year's market. (Of course, I may just be the eternal optimist, but I think that's what will happen.)

Until then, go to this week's market, eat local and eat healthy. Oh, and I'll see you at the Harvest Jubilee!



September 19, 2012

## Sponsor Spotlight: The Alternative Medicine Clinic, LLC

What is better than excellent health! It starts with something we do every day: Eating real food. Good nutrition is at the root of good health. A regular diet of wholesome, nutritional food is your best defense against illness and disease.

When a new patient comes into our clinic, one of the first things we focus on is making sure they know how to get the nutrition their body needs —

highly personalized Naturopathic health care. We work closely with you, the patient, through a comprehensive evaluation to find the root cause of your illness and develop a treatment plan to relieve your symptoms and strengthen your body's own innate ability to heal.

We specialize in comprehensive care for women and men that blends traditional Western medicine with a

therapies. NDs can also prescribe conventional drugs, order lab tests and imaging and perform minor surgery when necessary. Holly McClenahan, RN, is a Bioresonance practitioner specializing in allergy elimination and trauma resolution.

Janelle Timmons, LMP, is a licensed massage therapist and certified Bowenwork practitioner. Dr. Maria Eckert, ND, practices classical homeopathy.

The Alternative Medicine Clinic dispensary is open to the public, offering a wide variety of guaranteed potency, physician-quality vitamin and nutritional supplements.

We accept many health insurance plans.

The Alternative Medicine Clinic is located at 7206 267<sup>th</sup> St. NW, Suite 102, Stanwood (across the street from Bartell Drugs).

See our website at [www.AltMedClinic.com](http://www.AltMedClinic.com) for clinic hours and other health resources. 360-629-2222.



From left to right: Holly McClenahan, RN and Dr. Melanie Whittaker at the Farmers Market.

from the food they eat and, if necessary, from high quality natural vitamin and mineral supplements.

Patients come to natural medicine looking for ways to feel better in their everyday life and decrease their dependence on drug therapy. Many are concerned with issues as common as high blood pressure or the common cold, and as complicated as chronic diseases such as lupus or fibromyalgia.

The Alternative Medicine Clinic offers

wide range of safe, natural therapies. Our clinic offers a calm, inviting environment, with bright, spacious rooms.

The clinic provides on-site services from a variety of practitioners:

Dr. Melanie Whittaker, RN, ND, is a state-licensed Naturopathic physician. NDs are primary care physicians, licensed to diagnose and treat disease using herbal/botanical and nutritional medicine, homeopathy, physical manipulation, body work, counseling and other natural

## Volunteers Needed

### September 22nd for Harvest Jubilee

- Setup  
9:00am to 11:00pm
- Tear-Down  
3:00pm to 4:30pm

For more information call Janet at: (425) 422-1538





## Farmers Market Vendors

Cats Paw Bees, Balanced Systmes Farm, Freshly Doug Vegetables, Lozano & Good Medicine Farms (VIVA Producers), Shambala Permaculture Farm and Edible Nursery, Natasha Clark (Herbalist), Nancy Merklingshaus (produce), White Picket Herb Farm, Silvana Produce, Delightful Dahlias, Golden Glen Creamery (butter & cheese), Wild Patch Bread, Aldrich Farms, Martin Family Orchards, Sno-County Farm, Rents Due Ranch, Bayside Gardens, Volio (Olive Oils), Darlena J's Gourmet Nuts, Alterna Sweets, Papperdelle's Pasta, Blue Stilly Coffee Roasters, Mount Baker Kettle Corn (Sept. 21 & 22), Trilby's BBQ Sauce, Stella Lu Soaps & Lotions, Camano Writers Group, Alternative Medicine Clinic, Stanwood-Camano Arts Guild, Tricia's Scraps, music by Peggy Wendel and Robbie Egelstad, Community Booth: (rotates weekly) Cama Beach Quilters, Absolute Cheer All-Stars, Safe Harbor

Free Clinic, Camano Community Wildlife Habitat Project, The NOAH Center: Northwest Organization for

Animal Help, Snohomish Conservation District, Stanwood Senior Center, Stanwood Co-op Preschool.



The Martin family of volunteers. From L to R: Zack, Hannah, Faith and Amanda.

| Photo by Janet Walrath



AND EARN  
**Market  
Bucks!**

AT PARTICIPATING BUSINESSES

Candie's Kids • Laurie's  
Boutique • Snow Goose Books  
Del Fox Meats • Sterling Bank  
Stanwood Auto Parts • Lenz  
Earthworks • Ramona Lisa's  
Union Bank • Clover Antiques  
Cama Beach Cafe

SPEND YOUR MARKET BUCKS FRIDAYS  
3:00PM TO 7:00PM

*Don't Miss*  
**Market  
Fresh**  
**PIZZA**



**Pulled Pork BBQ • Caprese**  
At the *lettuce EAT* food booth





## Recipe of the Week: Corn Chowder

5 ears fresh corn  
7 oz. scallions (about 20 medium)  
3 slices bacon, cut into 1/2-inch pieces  
1 Tbs. unsalted butter  
1 jalapeño, cored, seeded, and diced  
1 tsp. kosher salt; more to taste  
Freshly ground black pepper  
3-1/2 cups low-salt chicken broth  
1 large Yukon Gold potato (8 to 9 oz.),  
peeled and cut into 1/2-inch dice  
1 large carrot cut into 1/2-inch dice  
1-1/2 tsp. chopped fresh thyme  
2 Tbs. heavy cream

Husk the corn and cut off the kernels. Reserve two of the corn cobs and discard the others. Trim and thinly slice the scallions, keeping the dark-green parts separate from the white and light-green parts.

Cook the bacon in a 3- or 4-qt. saucepan over medium heat until browned and crisp, about 5 minutes. With a slotted spoon, transfer the bacon to a paper-towel-lined plate. Pour off and discard all but about 1 Tbs. of the bacon fat. Return the pan to medium heat and add the butter. When the butter is melted, add the white and light-green scallions and the jalapeño, salt, and a few grinds of black pepper. Cook, stirring, until the scallions are very soft, about 3 min.

Add the broth, corn, corn cobs, potatoes, and thyme and bring to a boil over medium-high heat. Reduce the heat to medium low and simmer until the potatoes are completely tender, about 15 min. Discard the corn cobs.

Transfer 1 cup of the broth and vegetables to a blender and puree. Return the puree to the pot and stir in the cream and all but 1/3 cup of the

scallion greens. Simmer, stirring occasionally, for a couple of minutes to wilt the scallions and blend the flavors. Season to taste with salt and pepper and serve sprinkled with the bacon and reserved scallions.



**Thank You Sponsors!**

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GRAB CRACKER  
"You gotta crack it open  
to get to the good stuff!"

STERLINGBANK



## Harvest Jubilee Farm Tour: September 22

Harvest Jubilee Festival and Farm Tours is a free, family-friendly event with exhibits, demonstrations, and presentations to inspire future farmers and food entrepreneurs, as well as to entertain and educate everyone who attends. Every farm is unique! Experience many working farms. You can see where your food is grown and what they do.

### Balanced Systems Farm

**1464 Dallman Rd, Camano Island**

Our chickens and beef are sold by preorder, so call to place an order. Our farm demonstrates how animals and produce raised in a balanced system can provide food for the farm and community while improving the land. We raise pastured Freedom Ranger broiler chickens, pastured eggs and 100% pastured miniature Hereford beef.

### Bayside Gardens

**635 Iverson Beach Rd, Camano Island.**

We are a small family farm specializing in organically grown gourmet seed and food garlic. We are currently growing 5 different varieties of hardneck and softneck garlic, as well as greenhouse grown vegetables, nursery plants, vegetable starts, garlic braids and more.

### Clear Valley Farm

**727 Lakewood Rd., Arlington**

Our farm was established by my grandparents in 1951. Our barn and our home were both built in 1930. Everything on our farm is grown naturally, using organic seed for our vegetables and only natural or organic feed to our animals. Located just 3.5 miles off I-5 exit #206.

### Del Fox Custom Meats, Inc.

**7229 300th St NW, Stanwood**

retail meats and award winning smoked meats for sale. Farm custom butchering, cutting and wrapping services for beef, hogs, sheep, llama, goats and buffalo. We process game

and make game sausage, too. Open for Harvest Jubilee with something good on the BBQ (to be announced).  
**Greensward Fruit & Vegetable Farm, 19231 40th AVE NW, Stanwood**

We grow and sell a wonderful selection of uncertified organic fruits and vegetables, free of pesticides and herbicides. We have 1,000 square feet of cold frame beds that extend our growing season and provide favorable

### 6th Annual



Stanwood / Camano / Silvana

## FARM TOUR

### VISIT THE FARMS

Saturday & Sunday Sept. 22nd - 23rd

10:00am ~ 5:00pm

Balanced Systems Farm • Bayside Gardens • Clear Valley Farms  
Del Fox Meats • Greensward Farm • Jordan Nursery • Mossyback Farm  
Open Gate Farm • Orchard's Nursery • Out on a Limb Orchids  
Quite Light Candles • Schuh Farms • Shambala Permaculture  
Silvana Meats • Soggy Bottom Plants • Whispering Wind Farm

### PICK UP A FREE TOUR MAP

at the Harvest Jubilee Market

Saturday, Sept. 21st 11:00am ~ 3:00pm

Located in the Viking Village



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





## Jubilee

Continued from page 5

conditions for tomatoes, lemons and cantaloupe.

### **Jordan Nursery**

**30407 68th Ave. NW, Stanwood**

Fourth annual Bloom Festival last weekend of September. Blossoms on display for next year's pre-orders.

### **Mossyback Farm**

**29203 Old 99 North, Stanwood**

Lots of in-season produce for canning. We also offer local live oysters and clams. Free roasted corn during Harvest Jubilee.

### **Open Gate Farm**

**269 Russell Road, Camano Island**

Certified Naturally Grown (organic) – only what we grow or make at our little farm ourselves. Lettuce, carrots, fennel, basil, beets beyond belief and more. Free recipes and tours with the chickens and ducks. Cinnamon rolls everyday!

### **Orchard's Nursery**

**10521 SR 532, Stanwood**

Full scale nursery. Shrubs, trees, roses, perennials, grasses, blueberries, raspberries, grapes, annuals and vegetable plants. Fertilizers, seeds, soils, insecticides, repellents, garden tools, garden pots, décor and gifts.

### **Out on a Limb Orchids / Camano**

**Island Lavender Farm**

**353 E. North Camano Drive,**

**Camano Island**

Many varieties of blooming orchid plants. U-pick or we pick berries, black currants and lavender in summer months. Aronia Superberries and products including jam, syrup and more. On the Farm Stand has veggie starts, fresh produce, berry plants, herbs, honey, fresh eggs and lavender.

### **Quiet Light Candles**

**29206 -64th Ave NW, Stanwood**

100 percent pure beeswax candles and large gift selection at wonderful prices. Learn about bees and their wax and its health benefits. Pour your own candle. Something for everyone

to enjoy! Groups welcome.

### **Schuh Farms**

**9828 SR 532, Stanwood**

Providing farm-fresh produce, fresh baked goods, specialty foods, flower bouquets, bedding plants, hanging baskets, and home and garden decor. Our produce is fresh from us, E. Washington and other local farms.

### **Shambala Permaculture Farm and Perennial Edible Nursery**

**395 E North Camano Dr.,**

**Camano Island**

Perennial vegetable and native edibles nursery. Weekly CSA shares available for organic produce June-Sept. Food forest display gardens, edible-landscape installations, on/off-site permaculture classes, exclusive events and weddings, monthly community potlucks and local seed saving exchanges.

### **Silvana Meats Inc.**

**1229 Pioneer Hwy., Silvana**

"You deserve the best..." all natural vegetarian fed beef and pork, free-range chicken, dry-aged prime rib steaks, fresh and smoked specialty sausages and dry cured ham. All ground beef is made from pure chuck

ground fresh on site.

### **Soggy Bottom Plants and Gifts, Inc.**

**23421 Marine Dr. NW, Stanwood**

We offer annuals, veggie starts, perennials, hanging baskets, native trees and shrubs. Shop for locally made jewelry, spa items, hand crafted birdhouses and cedar planters. Ceramic pots in many sizes also available. Pick up your seasonal produce here! Also offering grass fed beef by the quarters.

### **Whispering Winds Farm Featuring Freshly Doug Vegetables**

**24008 Valde Road, Stanwood**

We grow and sell a wide variety of seasonal WSDA Certified Organic produce. Our season is typically June through Sept./Oct. (weather permitting). During the season, our weekly harvest is either delivered or picked up on the Farm through CSA (Community Supported Agriculture) method. Or, if CSA isn't for you and your family, we have a small honor system produce stand that will be well stocked. Visit our blog for what's in the produce stand or just to find out what's happening "down on the farm."



Charlene and Doug Hyde from Whispering Winds Farms featuring Freshly Doug Vegetables.