

## Policy Committee crafts agricultural policy recommendations for Jefferson County

The JCLFSC Policy Committee kept up its busy pace this year, pivoting from providing input to the City of Port Townsend Comprehensive Plan (as required by the State's Growth Management Act) to providing input to Jefferson County for its update. One key difference is that the County and its regulations and policies have a much greater potential impact on local agriculture and food production.

Although the Committee considered multiple issues and concerns, the focus of its work ended up being around the question of whether greater density should be allowed in areas zoned for agriculture. For example, current zoning regulations do not allow for parcels of under 20 acres, with just one home and one accessory dwelling unit per parcel.

Parcels of this size not only pose an economic hurdle to start-up farming operations, but aging owners of agricultural land often face difficulties keeping larger parcels in active agricultural use. The committee worked hard looking into this density issue, including the related issues of septic system requirements and the lack of county regulations allowing greywater systems.

The end result of the committee's work was a 14-page position paper that was submitted to the County for evaluation. Soon committee members will be presenting and explaining their recommendations to the Planning Commission.

Next up for the Policy Committee: a further look at how State regulations might need to be changed to support local food. If you would like to participate in this evaluation, please email [jcllocalfoodsystemcouncil@gmail.com](mailto:jcllocalfoodsystemcouncil@gmail.com).



## A Taste of Preparedness: Food security during an emergency

You've read the statistics—in the event of a major emergency you need to plan to be on your own for 21 days to a month. No matter where you live, grocery stores only have 2-3 days of food available. You know it's time to assemble your "go bag" so you are prepared to survive for up to 30 days without help.

Maybe you have already started on your own, but aren't sure you have the right things. Or maybe you live in one of more than 150 neighborhoods in Jefferson County looking at local responses to a major emergency. Have you thought about what you and your family or neighbors actually *want* to eat during an emergency? Are Meals Ready to Eat (MREs) even worth considering? And what do you need to know to store food safely?

Get answers to these questions and more at "The Taste of Preparedness" at the Laurel B. Johnson Community Center in Coyle, Saturday, October 14, from 10 am – 2 pm.

This is your chance to taste MREs as well food from several other "only need to add water" vendors. Also, Neighborhood Preparedness, a branch of Local 20/20, will be on hand to demonstrate food storage options. You'll have an opportunity to see what foods you like and what works best for you and your neighbors to prepare for self-sufficiency during an earthquake or other major disruptive event.

This free event is sponsored by the Jefferson County Emergency Preparedness Department and hosted by the Coyle Women's Club. For more information, call 360-344-9729.



## Jefferson County Local Food System Council NEWSLETTER Summer 2017

### JCLFSC members

#### New

Carol Cahill  
Teresa Cofone  
Mark Cooper  
Linda Davis  
Jenna Dern  
Alison Hero  
Karen Kastel  
Laura Llewellyn  
Amanda Millholland  
Samantha Sparks  
Stuart Whitford

#### Returning

Judith Alexander  
Steve Baker  
Joanmarie Eggert  
Stacey Larsen  
Jeannette Martens  
Meghan Mix  
Denis Stearns  
Eric Toews

#### WSU Extension

Kellie Henwood  
Laura Lewis

Special thanks to retiring members Kayla Boyd and Brendon O'Shea!

### This spring we saw some **good** news about what is going **right** with the world!

Sponsored by Local 20/20, Students for Sustainability from PTHS, and Chimacum School District, TOMORROW, a beautifully filmed documentary, packed the Chimacum High School auditorium on a sunny Saturday afternoon in April. The film presents concrete, down-to-earth solutions from all over the world for sustainable living and community resilience. The first chapter showcases local food projects that are making a real difference in communities, from a network of urban gardens in Detroit to successful small intensive organic farms all over Europe.

The film premiered at the Paris climate talks in 2015 and has been presented across Europe to standing ovations. TOMORROW debuted in the U.S. during the April 15 event in Chimacum and opened in larger cities, including Los Angeles and New York, the following weekend. It also had a weeklong run at the Rose Theatre.

Following the film, the audience was invited to an open house hosted by local organizations promoting sustainability and resilience. Conversations at the various tables covered local food, energy, transportation, waste, education, emergency preparedness, local economy, and affordable housing.

JCLFSC members anchored the local food table, exchanging ideas about many elements of our food network, such as permaculture, local dairy operations, and community garden proliferation. TOMORROW is inspiring ideas for action that can happen today, such as launching an "Eat Local Food First" campaign.

You are invited to be involved in the local food movement, including joining JCLFSC committees. You can get support for starting a community garden in your neighborhood. If you aren't a member of our acclaimed Food Coop, join now! Commit to spending some of your food dollars on the beautiful fruit, vegetables, and other foods at Jefferson County Farmers Markets—and at the same time support your neighbors who rely on the Supplemental Nutrition Assistance Program (SNAP).

Email us at: [jcllocalfoodsystemcouncil@gmail.com](mailto:jcllocalfoodsystemcouncil@gmail.com). "Like" us on Facebook. We welcome your energy and ideas!

The Jefferson County Local Food System Council (JCLFSC) is a group of volunteers who represent a spectrum of experience within our local food system, including farming, seed growing, value added production, nutrition, health care, school food service, local government, research, food law, retail sales, permaculture, food distribution, restaurants, and shoppers and consumers.



## Community Wellness Project supports farm to school in Chimacum

With new board members and a fresh focus on the Chimacum school district, there is positive momentum for the Community Wellness Project (CWP), which supports both student health and academic achievement. CWP is a nonprofit organization that grew from our local Farm to School Coalition in 2010 when the Quilcene and Port Townsend school districts began making changes to their cafeteria menus.

CWP recently created a small grant program for Chimacum teachers and staff for projects aligned with the academic objectives of the schools while also promoting the physical, mental, or emotional health of students. Focus areas include gardening, nutrition, exercise, classroom mindfulness practice, communication skills, club activities, or fund development for a longer-term project.

CWP is also supporting the Chimacum Farm to School Committee, which has been meeting throughout the year to explore the feasibility of programs to enhance food service, support hands-on learning in school gardens, and improve nutrition and academic performance. The farm to school movement is growing nationwide and the concept is not only about food service but also emphasizes school gardens, student health, and academics as essential components.

Bringing farm to school programs into the Chimacum schools will improve the student experience and outcomes by improving nutrition, creating a sense of place, teaching valuable life

skills, creating opportunities for career and technical education, and more. Because the Chimacum School District is in the heart of an agricultural region with several farms in walking distance, it is an ideal opportunity for students to make a positive connection with local agricultural history and heritage.

Chimacum High School teacher Gary Coyan oversees the food and horticulture classes. He revived the garden program and has been recognized for introducing honey bees to the campus. His students created a Chimacum Heritage newsletter and have provided meals for school events. They visited several local farms and invited speakers into the classroom.

CWP will be looking for ongoing ways to support this program and others that emerge. Current ideas include upgrading Coyan's classroom, supplying needed kitchen appliances to the food service facilities, and hiring support staff for the school gardens. We applaud the efforts of the teachers, students, administrators and community members who have been working to support positive change—community support is essential for bringing healthy food to schools.

The current CWP board members are Crystie Kisler, Kathryn Lamka, Abby Jorgensen, Ron McClung and Robin Mills, with Candice Cosler as advisor. Please contact [kathrynlamka@gmail.com](mailto:kathrynlamka@gmail.com) if you would like to learn more, or support this work to improve how our kids eat, think, and thrive!



Healthy Meals Planner cover illustration by Tyler Brown Burnstein

## Dove House healthy meals program continues into year 2

Thanks to a grant from The Fund for Women and Girls and a donation from The Food Coop, guests at the Dove House emergency shelter are enjoying delicious and healthy plant based meals twice a month. Chef and nutritionist Jeannette Martens teaches guests how to prepare meals on a budget from locally available ingredients.

New this year is the Healthy Meals Planner, a calendar book containing over 40 of Jeannette's recipes as well as food bank, farmers market, and nutritional information.

These planners were distributed through Dove House, food banks, and Jefferson County Public Health. Thanks to SOS Printing for helping with the production cost of the planner!



**"A big victory in a small way."**

— Silverwater Cafe owner Alison Hero re: contracting with Red Dog Farm to have a dedicated plot to grow romaine lettuce for the restaurant

## Cultivating community: How local programs are enhancing food security and giving kids a healthy start to their school day

In Jefferson County a rich and vibrant community not only provides crops, but people also work hard to feed our community. However, we do not always know what each other is doing. On January 28 the Master Gardeners Foundation hosted, as part of their winter lecture series, a panel of community members who are focusing on growing and distributing this amazing abundance.

Judy Alexander, Lys Burden, Zach Gayne, Seth Rolland, and Karen Kastel spoke about community gardens, designated food bank gardens, and the distribution of otherwise unharvested gleaned food from local fruit trees and farms, moving food directly into local food banks, senior center meal programs, senior housing complexes, nonprofits such as the Boiler Room, and as snack food for many local school children. Hearing what each of these people is doing inspired interest in folks becoming more involved. Volunteerism is highly encouraged in all areas mentioned.

While the panel was speaking the kitchen at the community center was filling with amazing aromas. Port Townsend School District food service director Stacey Larsen and local food educators/chefs Jeannette Martens and Karen Kastel were preparing a typical school lunch for the audience to experience on a donation basis, to raise money for the school food budget. They cooked minestrone soup, drop biscuits, and coleslaw with a cilantro vinaigrette.

As folks were finishing lunch Stacey talked about changes the school district has undergone in the last few years—changing from heat-and-serve food to cooking food from scratch using produce from the Port Townsend High School (PTHS) garden, as well as donations from community gardens and produce gleaned from local trees and farms.

Many people do not know that the high school has a garden, started in 1999 by science teacher Tim Behrenfeld. The garden was expanded in 2012 with the help of Lys Burden, with produce going to the Port Townsend Food Bank. Two years ago it expanded again to 10,000 square feet, and school garden coordinator Zach Gayne actively involved students—along with many community volunteers—in planting, harvesting, and delivering produce to school cafeterias.

With the renewed commitment to scratch cooking in the school district the produce is now earmarked for the school district menu, with extras still going to the Food Bank. Each Friday during the school year, 9th grade health classes help with garden projects and culinary art students harvest produce and turn it into amazing meals with the help of teacher Jennifer Kruse.

Many community members helped to bring about the change and students are enjoying pesto pasta with chicken, homemade pizza with fresh veggies, and grass-fed beef hamburgers from West Brook Angus ranch in Chimacum. More than \$600 was raised during the January event to help buy local food for the school district—a huge thanks to all of those that are helping us meet our goal of creating a healthy community.