

Journey School Food Community CSA Newsletter

Week Twenty-Five: July 7, 2007

What a week! We have been raising chickens for the Lavender Sisters Festival feast (see the following pages for a full schedule of the Festival) and it was finally time to prepare them for cooking. We are so happy with the Freedom Ranger breed! The birds have been quite vigorous since they arrived at our doorstep and truly beautiful. If any of you grow chickens for meat, or know someone who does, we'd be proud to pass on the breeder's information.

On the other side of the coin, our pretty laying hens have been prey to bald eagles recently. We've lost enough that we aren't able to fill the entire dozen per week per share anymore. We are going to try offering Kurtwood Farms milk as a swap item for the eggs only. You may also still trade away your eggs for any item listed in the trade box of the Grocery List. We want to make sure that everyone who really wants eggs is receiving them. Barring any more losses, we will have about nineteen dozen eggs per week available. If we regularly cannot provide eggs for everyone who really wants them, we will supplement with eggs purchased from Sea Breeze Farm. Please let us know!

I will be at the Lavender Festival on Saturday and Sunday with our dolls and dragons for sale. Since we haven't gone to the Farmers Market this year, we are finding out how much we've scattered our "Market" supplies. Before we became farmers, we had been operating our toy company for a few years, attending several holiday and art shows each year. I really did forget how much work it is to be prepared enough to be calm. My hat is off to everyone who continues this great effort at our own Farmers Market each week.

Next week, we'll be spending every moment in the garden. The space in front of the Farm Stand is almost emptied of all the plants that have thrived there since late last Summer. We'll be pulling up the rest of the onions, more garlic, and the cabbage stalks to make way for Fall vegetables. Also, the weeds have gone wild on the last shower/sun storm pattern. If you would like to spend some very casual, good conversation time in the garden weeding or planting with us, please email with the times that work best for you lisa@luckyfarm.us I feel like we have been going a mile a minute and would love the chance to talk with you more. Hope each of you hears a favorite song this week, Lisa Jeff Zoe and Rae

* **A Living Food** - Raw milk contains important enzymes that help you assimilate the nutrients in milk. These enzymes are the natural components that cause the milk to sour normally when certain bacteria are present.

* **Digestibility** - Many nutritionists have reported digestive problems associated with processed milk. Pasteurized milk destroys the living enzymes that are necessary to assimilate the calcium, milk sugars and milk solids contained in milk. Homogenized milk no longer has fat particles sized as they naturally occur. Raw milk has all these essential enzymes and fat particles intact, assuring digestibility and assimilation.

* **Milk Quality** - Anyone who has tasted the difference between processed milk and fresh raw milk needs no convincing. The full bodied, rich flavor of raw milk speaks for itself.

Lavender Festival
with the Lavender Sisters

Vashon Island, Washington,
July 7th and 8th, 2007.
10:00am to 5:00pm

Crescent Falls Organic Farm is on ten beautiful acres on the West side of Vashon Island, overlooking Colvos Passage. Along with fields of lavender, you will find an organic vegetable garden shared by three families, perennial gardens, grassy areas for picnicking and enjoying the view, even a path to the water. We invite you to join us in celebrating the beauty and value of lavender. Lavender lemonade and food will be available for purchase as well as room for your own picnic if you choose to bring one.

INCREDIBLE CULINARY

Kris Dews of Sook Enterprises has taken cooking with Lavender to new heights. Sample her incredible savory recipes-including roasting lavender for cooking with salmon, crystallized lavenders for lavender lemonade and enjoy her lively presentations

Denise Kitchell, pastry chef and proprietor of Chica Dulce. can bake with lavender like no one else. She'll demo her favorites Lavender Palmiers, Triple Berry Lavender cobbler, Lavender Granola, Scones (sweet and savory), and Lavender Spiced Nuts. And for something new, Chocolate Napoleons with Lavender cream!

TAROT READINGS

with Lucy Pond on Saturday and Margaret Graybill on Sunday

CHAIR MASSAGE

with Michelle Najara

LAVENDER WAND WORKSHOP

on going near the music

LAVENDER BINGO! - under the tent!

MUSIC AND SPEAKERS

SATURDAY JULY 7th

10:00 Music: John Browne
Vashon's own incredible and legendary folk guitarist

11:00 Speaker: Kathy Gehrt
"Discover Lavender: Fresh, Fragrant and Flavorful"

You don't have to travel to Provence to enjoy lavender. Vashon Island, home to at four beautiful lavender farms, offers a perfect environment for this versatile plant. At the Lavender Harvest Celebration, Kathy Gehrt will enchant you with her stories about lavender. You will discover how lavender was used in ancient times, why it has been dubbed "the healing herb" and how easy it is to use this herb in your home. Lavender has "magical" power that charms all that encounter this aromatic herb.

Kathy Gehrt, a lavender historian, speaks, writes and teaches about this evocative herb at festivals here in the northwest. Her upcoming book, *A Lavender Feast*, features a collection of lavender-inspired recipes.

11:30 Lavender Field Tour with the Lavender Sisters:

Hear our story; ask all those lavender questions you've been dying to know

12:00 Jean Mann:

A barefoot walk down the road of life-angelic vocals accompanied by guitar, mandolin, cello, percussive groove. CD's also available!

1:00 Terry Welch:

The Boy in the Red Speedo or How a Garden Found It's Designer (the site of the Lavender Sisters Lavender Harvest Celebration)

Take a journey through this beautiful garden with Terry, who's garden designs "are informed both by travels in Japan and the Pacific Northwest and his relationship with the region, its cultural history and cultural geography. His designs incorporate elements of the sacred, spiritual concerns, wildlife and these Asian and Pacific NW inspirations". From Japanese Garden Symposium, 2004.

Remarks about Terry's personal garden: Known for his Japanese gardens, Terry Welch's personal garden on over twenty acres in Woodinville is a Pacific Northwest icon. Linda Plato Those of us who have had the privilege of visiting this beautiful garden can say, "This is truly one of the outstanding private gardens in the United States." Richard Hartlage, director of the

Elisabeth C. Miller Botanical Garden in Seattle, Washington for Pacific Horticulture.

2:00 Friend of Charlie's: acoustic funk folk guitar

3:00 Pat & Kim: lilting melodies by our Harvest Celebration favorites

4:00 Jean Mann: and friends for a final jam

SUNDAY JULY 8th

10:30-noon Annie Roberts and her beautiful daughters play cello

12:00 Speaker: Kathy Gehrt "Discover Lavender: Fresh, Fragrant and Flavorful"

1:00 Pat & Kim's lilting lyrics

1:30 Lavender Field Tour with the Lavender Sisters: Hear our story; ask all those lavender questions you've been dying to know

2:00 Terry Welch: The Boy in the Red Speedo or How a Garden Found It's Designer (the site of the Lavender Sisters Lavender Harvest Celebration)

3:00 Music: John Browne Vashon's own incredible and legendary folk guitarist

Crescent Falls Organic Farm is our Neighbor!
16335 Crescent Drive, Vashon
first driveway on the Sound side, driving north on Crescent Drive