



A Dream of Houses Diana Luhn Bower

LCLT

LOPEZ COMMUNITY LAND TRUST

NEWSLETTER FALL 2015

Taking Care of the Long Vision....



Sandy Bishop

From the Director:

This June, 3 women and 3 children moved into 3 new homes on Salish Way, just north of the office. In 26 years LCLT has developed 42 homes. Stable homes in a community translate into entrepreneurial endeavors that lead to more employment opportunities, an increased school-age population, more EMT's, fire fighters and other community volunteers, and the general happiness index keeps going upwards. As the years go by, and more houses become homes, we are thinking of the future. We need to look at succession of leadership in the next five years. Setting Lopez Community Land Trust on solid financial ground is of utmost importance. After all, we have a 198 year obligation to steward the land and community aspects of our work. Please read below the interview with Sue Washburn. She speaks eloquently about the importance of maintaining a healthy endowment. As we look toward the future we are also looking at ways to cultivate new and younger leadership. We are investigating many exciting community endeavors. We know what we want. We want a legacy where Lopez can provide much of its food to keep the island stable and sustainable. We want to keep young and old thriving together and sharing new ideas, expertise, labor, and wisdom. We want to insure that our community has



Salish Way Coop—completed June 2015

safe, stable and affordable housing that is non-toxic, built to last, and uses renewable sources of energy without contributing to further global climate change. All this depends on holding land *in trust* and attracting and keeping a vibrant, creative staff. LCLT is in it for the long haul. We invite you to join us in keeping our Lopez community healthy and vital.

Interview with Susan Washburn, Founding Principal Washburn & McGoldrick, LLC

Briefly, why is it important for LCLT to grow our endowment? [paraphrased]

An endowment is like "seed corn." An endowment is your security as an organization. It is your sustainability fund. Like seed corn that you never eat or sell but rather save for next year's planting, the yield from your endowment fund helps to sustain your organization year after year. You have done great work at LCLT with so much vision. Just start talking the language. I would simply ask, "have you ever thought about providing for the Land Trust in your will, as a beneficiary? That would make a huge difference for us." You want to make sure that the Land Trust will go beyond its current leaders and volunteers and carry on for future generations. This is an opportunity to secure the legacy of this organization and its important work. It's exciting to imagine!

What inspires you about this work? [paraphrased]

There are so many people who say to me that they can't imagine asking someone for money. But when you're asking someone to join you in supporting something special, something important – then it's a conversation between friends. And I've seen people experience such joy in their giving! Who wouldn't want to be a part of that? Many people don't realize that endowment giving or legacy giving is even a possibility. I offer them easy language to put in their wills, and I make sure that same easy (con't. p. 5)



Susan Washburn

LOPEZ BOUNTY FOOD EXPERIMENT

The Lopez Bounty Food Experiment was a great success. All participants expressed gratitude to those who supply local food and plan to include more of it on a year-round basis. The following is a selection of quotes from the participating households:

S & S Homestead, September: This is harvest time. Yesterday, we harvested more than 1,000 pounds of California White, Yukon Gold, Red and White Fingerling and Red Ladoga potatoes, stored in a rodent-proof bin. We also harvested and threshed an acre's worth of barley for animal feed and will be planting winter rye for our bread this month. We have picked many pounds of summer and winter apples, peaches, several varieties of plums, blueberries, strawberries and blackberries. The summer fruit is eaten fresh, or frozen, dried, sauced, pickled and juiced. The apples are made into cider and vinegar or stored for the winter in a cool room. Harvest from the garden is ongoing: root crops, leaf crops, summer and winter squash, several varieties of beans, tomatoes, sweet and Indian corn (for polenta and griddle cakes), basil (made into pesto) and other herbs, eggplant, and sweet potatoes (the peas are long gone from the garden and now stored in the freezer). In the garden, we also maintain a top-bar hive of Russian-Carnolian bees....



Suzanne Berry and Table, October & March: Table—I grew up back in beautiful Pennsylvania, in the suburbs, nourished by microwavable mac and cheese and frozen pizza. My first role model was Lisa Simpson, and in 4th grade when she went vegetarian, I did too. It was a bit of a challenge in my culture, and I had no choice but to start cooking or starve. As time went on, I developed an interest in food and decided to ditch my career at Pizza Hut for a health food store. There, I became acquainted with exotic new concepts like organic, kale, Newman's Own PB cups and nutritional yeast, to name a few. Naturally this in turn led to agriculture.... A few weeks back, I was fortunate enough to attend the Bread Lab workshop at the Ag Summit. KABLOOIE! That was my mind being blown. At the time I found it a bit overwhelming. "What the heck is an autolyse? How do you even say that? What if I don't have a scale/ bread baskets/ scraper thing/ stainless steel table/ timer, oven large enough to cook multiple loaves/ etc., etc., etc." Well I did my best to fear not, and lo and behold LOAVES! Slightly less dense than those of yesteryear. I bake once a week, which gives us enough bread to nosh here and there but not enough to be lazy and ditch out on cooking.



Suzanne—Being on the Lopez diet reconnects me with the historical practice of finding and cultivating foods that fit my local terrain and climate. I am aware that I am usually accustomed to experiencing a diversity of foods throughout any given week. While on the Lopez only diet, the number of foods available to me shrank. I appreciate all the foods and spices we get to enjoy regularly that aren't from Lopez, and at the same time I realize that when less is available, each thing is more precious.

Marney Reynolds, November & February: Born and raised in Seattle I was surrounded by farms, fields and water. My grandparents had a farm raising chickens and turkeys. There were apple and pear fields near my home, and my father introduced me to fishing when I was six. I think that is also when I caught my first salmon. We always had a garden where we lived and when I finally hit grad school, to save my sanity, I put in my first garden. That is when I really started to appreciate what it took to provide food for the table and how best to utilize it. I discovered I loved to grow things, and I loved to cook! At this juncture in my life, growing and cooking food are my passions. I also love to fish and forage. Eating as local as I can is another passion. I believe it is the single most healthy thing I can do for myself, my family and friends, and this planet.



Linda Hudson, December: Over the past few months, preparing for my month of local eating, I have been thinking of how I got to this point, food-wise, versus my childhood and young adult years of Hostess Twinkies, Snowballs and McDonalds. Growing up in the Chicago area, I was exposed to some ethnic foods, most notably fantastic pizza and other pastas served at the Italian restaurants; but at home our spaghetti came in a box labeled Chef-Boy-R-Dee. I remember the box as containing spaghetti, a can of spaghetti sauce and a small container of Parmesan cheese. I remember eating a lot of things out of cans too; Dinty Moore Beef Stew and Hormel Chili were favorites. In 2015, I resolve to cook as locally as possible. If it takes a little more effort to go to a farm stand instead of just grabbing the same item at the supermarket, then make the effort. Check what's in the freezer to see what's left from last year's harvest when planning menus. Be more proactive in networking with local farms and farmers to find some of the extras on my list,



such as eggs, butter and cheese. Cook with what's available at the time. And most important, stay away as much as possible from boxes, bags and cans!

Faith Van De Putte, January—I fill a big stainless pan with my gallon of seawater and put it on the wood stove. Over the next day-and-a-half of evaporating, it condenses, transforms. Turns from clear liquid to white crystalline flakes. It is light, and putting a bit on my tongue, the sharp bite of sea and brine and *salt* expands into my palate. When I scrape out the pan I end up with a cup of salt. One gallon turns into one cup! When I sprinkle the flakes into my dishes, onto my eggs, I am cooking with wind, waves and tide.



Sandy Bishop, April—I had a birthday celebration after our Sunday evening gathering. People were so adventurous and generous in their food preparations. Davis brought venison, with garlic chives, that he foraged from Liz and Teri's flower garden and also some big, plump Scarlet Runner beans. Karen and Marv made a beautiful veggie pie with a crust. Adam brought cooked beans, and Janie made a Tarte Tartin with figs and leeks, that were sautéed to perfection in a hefty supply of butter. Bob brought delicious lamb stew meat with locally grown lime leaves. To top it off, Suze brought a leek potato soup, and Chom brought her famous rhubarb compote and a lovely three layer blue corn bread. Grace and Jean made strawberry brownies (sans chocolate) and a large bowl of strawberry ice cream. Geordie brought a bucket load of fresh tender greens, and we also had some fruit pies and a frittata. It is April in the Northwest, but we had no problem finding enough foods for a celebration.



Terri Linneman and Liz Scranton, May—In reflecting on our month so far, one thing I noticed was the lack of garbage and recyclables. An added bonus for eating local is very little packaging when you are harvesting fresh and local food. Yes, there is some planning that needs to happen with eating local, but so far it hasn't really been too hard. The main thing is to keep the fridge full of options.

I find it interesting how many people I am aware of who know about eating local and still don't make the connection of supporting our local economy. Yes, some, in fact many people grow their own gardens but will then go to the market and buy meat from non-local mostly non-organic sources. With all the GMO grains that are used to feed these animals and all the additives in processed foods, I find it frightening what is called food. I am so grateful for all our local farmers, for the care they put into growing food that I can purchase or trade to make all the delightful fresh meals we had this week. I am happy to support their efforts at a price that is sustainable to them.



Jan & Bob Sundquist & Stella, June—A backward glance: early after taking the leap into joining in the BOUNTY Experiment, I spent much of the "high harvest" of 2014 procuring, processing and storing the foods we've used during our ramp-up to being "it" in June 2015. I'll do the same during this years "high harvest." Why? It Works! Perhaps the most satisfying part of the Experiment for me were the many days I spent exploring my "dated" but fascinating knowledge of grains. I recalled the efforts toward the "standardization" of grains and flours in the United States that I studied while at Kansas State University and the grains my family raised. I like to think my family would have worked toward "diversity" of wheat and other grain crops in order to create a more productive resource. Incidentally, my thanks to Bluebird Grains in Winthrop, WA, for growing diverse grains and Blossom Foods for stocking many of them in their Lopez Island store.



Chom Greacen, July—I was born and grew up spending my summers in a rural village near the Thai-Malaysia border. Clear cool water came from a hand-drawn well located right in the kitchen. My mom or grandmother would prepare meals in a three-foot-wide wok or a pot over firewood or charcoal. Vegetables and fruits mostly were home grown (fertilized with urine) from our neighbors or wild-harvested. Protein came from fish in a nearby pond, chicken in the backyard or occasional game like wild boars from the woods. With no electricity or refrigeration, the best way to preserve food, when faced with a temporary over-abundance (say, from butchering a chicken), was to share with neighbors (who happened to all be blood-related one way or another), in the hope that they too would do the same. The nearest market was an infrequent yet special occasion worthy of getting dressed up for and involved riding an old wooden truck, crammed with passengers (with serious catching up to do), their animals, produce and other trade items. If eating 100% local is like taking a plunge, it feels as if I am falling, but with complete surrender and a smile on my face. Instead of free falling into a scary unknown, I found myself touched and supported by many loving hands holding me up. I think I kind of get it
(con't. p.4)

SUSTAINABLE AG INTERN PROGRAM 2015



Laney Slegner



Alanna Matteson



Sydney Zucker

Laney Siegner from Berkeley Master's Program: *I was surprised how devoted Doug and Tamara are to this mission of growing food for others. They aren't making a living, but this is their lifestyle for their retirement. They even get sweet thank-you notes from customers. People appreciate what they do. I'd like to find a farm that needs a school or a school that needs a farm program—perhaps being involved in an urban agriculture program.*

Alanna Matteson from Evergreen College: *I have vacationed here a lot, but this time I got to see the underbelly of Lopez. Farmers work so hard to feed people, and I'm surprised how hard they work. It is hard because of the small-scale economy and the climate. The class dynamics are more apparent. There are no retirement plans for farmers. I'd like to help each person take more responsibility for growing their own food.*

Sydney Zucker from St. Edward's University, Austin, TX: *I have learned about the way I live in general—how I have not been noticing the seasonal cycles. Now they mean something—I have a stronger connection. I feel braver and more open to trying new things. I have loved getting to know the people I work for—how lucky I feel to work with them. I have so many ideas on how to get the campus garden in shape and everyone to work together when I go back.*

Feedback from Intern Supervisor Susie Teague

Thank you to LCLT for the opportunity this year to have two amazing, talented, hard-working, inspiring interns. I enjoyed finding a balance of teaching the young gals about herbs and processing them, while at the same time receiving additional needed assistance at our herb farm. The interns were super helpful and their work was extremely valuable; we did essential work each day we were together. And, I believe that each intern learned important information as well. What I realized most this summer with having interns is how meaningful our relationship was. Our experience together was even more important to me than getting lots of projects completed. I would want to have another summer with interns at Whispers of Nature in the future, given the right opportunity, and feel grateful for having had the experience.



Sydney, Susie & Alanna

Bounty (con't. from p.3)

now—what it feels like to be a rock star jumping into the waiting hands of a supportive audience. Who knew I'd get to experience the thrills of a well-loved rock star from eating local!

Ande, Scott and Aliza Finley, August—A day or two before we started our month of local eating, Ezra Fradkin (of the excellent Foodshed Assessment Survey) said in response to my trepidation, "You will probably eat better this month than ever before." Looking back over the last 31 days, I have to agree with him. Not that the food was so different from my usual diet, but that I ate with a very different mindset. The level of awareness of what I was putting in my mouth for every meal and where it came from—whether from our own garden, a friend here on Lopez or another community close by—fundamentally changed my orientation to my food. There was allowance for much slower preparation time, a heightened sense of taste and an underpinning of gratitude at every meal. Truly, it takes a village to eat local.....



HARVEST DINNER KEYNOTES—EZRA FRADKIN AND CLAVER BUNDAC

Claver Bundac and Ezra Fradkin will be our presenters at the 2015 LCLT Annual Harvest Dinner. **Claver Bundac** is the CEO and founder of BioMedix, a bio-technology company involved in food safety testing systems, software development, data management, equipment manufacturing and micro-enterprise development. BioMedix is a privately owned enterprise based at the campus of California Polytechnic State University, Pomona, CA., with operations in North America, Europe and Asia. Claver has donated use of the Biomedix Food Safety Lab to the Lopez Community through Lopez Community Land Trust.



LCLT Food Safety Lab

Ezra Fradkin has spent the past two summers on Lopez Island working as an intern at Horse Drawn Farm and with LCLT's SARD program. When not on Lopez, Ezra lives in Craftsbury Common, Vermont, where he studies sustainable agriculture and food systems at Sterling College. He grew up in Amherst, Massachusetts, an epicenter of food and farming and the birthplace of the local food movement. Ezra believes in the power of sustainable agriculture to initiate positive transformations in rural communities. He graduates this December with a self-designed degree in Civic and Community Agriculture, and hopes to continue to work on building resilient food systems in the future. In his own words:

Dear Lopez Community, As I complete my work on the Lopez Island Foodshed Assessment, and as my time on Lopez comes to a close, I am overwhelmed with appreciation. It has been a true privilege to do this work in such an engaged and passionate community, and for that I am grateful. This was an ambitious project, and it could not have happened without the support of the entire island. To those of you who filled out surveys, thank you, thank you! The resounding success of this project is due to your willingness to engage and participate. To date I have received nearly 200 survey responses representing over 15% of the island population! In addition, I have received detailed responses from 24 farmers and 7 restaurants and grocery stores. The data that results from such incredible response is invaluable.

Still more important than the data are the conversations and interactions I have had within this community. Thank you to everyone who supported me during my time here, even in the smallest of ways. I am leaving Lopez filled up with stories, memories, friendships, ideas and new directions. I have thoroughly enjoyed living and working in this community for the past two summers, and I sincerely hope to return in the near future. I will hold Lopez dearly in my heart until then. With gratitude, Ezra Fradkin

Washburn Interview (con't. from p.1)

language is in the publications of an organization, to help open that possibility for people, to start talking the language, to make it more familiar. Sometimes, instead of speaking about an endowment, I speak about a “sustainability fund.” Not everyone understands what an endowment is. I work with people who have been successful in their lives – particularly financially successful – and I help them think about how they want to turn their success into something significant. My experience has been that it is a joyful conversation. I get to be a happy matchmaker between the interests of a donor and the needs of an organization. When these converge, it’s like magic. It’s joyful and it makes a real difference.

[**Sue Washburn** has been coming to Lopez Island since 1980 and has owned a small cabin in the woods off Hunter Bay Road since 1986. She has more than 40 years of experience in educational fundraising in both public and private higher education. Recognized as a leader in the profession, Sue has built her reputation as a strategic thinker, an expert in donor motivation and an outstanding teacher and speaker. As part of her career work, she specialized in endowment building. During nine years at The Evergreen State College, 1979-88, her responsibilities included vice president for development and administration and executive director of the Evergreen Foundation. In these roles, she served as chief advancement officer and chief business officer of the College. From 1988-1996, Sue served as vice president at St. Lawrence University, during which time gift support increased by over 50% with an average alumni participation of 42%.

She holds a bachelor's degree in English from Franklin & Marshall College (where she serves as vice chair of the Board of Trustees), a master's degree in management and marketing from Clarkson University and has completed advanced study at Harvard University's Institute for Educational Management. She founded her own firm in 1995 and has an extensive list of college and university clients within and outside the US. (<http://www.wash-mcg.com/clients/>). She and her partner, writer and photographer Kristin Rehder, live in Lancaster, PA.]

Roots and Branches: A Gardener's Guide to the Origins and Evolution of the Community Land Trust

Lopez Community Land Trust has been featured once again, this time in the online website about the history and evolution of community land trusts in the U.S. All those interested in our early history with some old photographs should follow this link:

<http://greenfordable.com/clt/profiles/lopez-community-land-trust>.

We submitted several photos, such as the one on the right, identified in order: Sandy Bishop, Rod Morgan (namesake of Morgantown), Rhea Miller, Ona Blue, Liz Scranton, and Mary Burke. This group attended an early conference on community land trusts in Burlington, VT, in 1990. We are grateful to this community for what we have accomplished together. We are now a part of history!



Your contributions of time, talent and dollars are what enable this work of unleashing the power of community to be accomplished. Please keep us moving forward! Thank you!



**HARVEST DINNER
KEYNOTE SPEAKERS:
EZRA FRADKIN &
CLAVER BUNDAC**



PREMIERING BOUNTY PHOTO DISPLAY & SILENT AUCTION

OCTOBER 24, 2015, 5 P.M.

Lopez Center for Community and the Arts

Doors open at **5:00 p.m.** Silent Auction begins.

Judging of dishes ends at 6:10 Dinner begins soon after.

Special Presentation at 7:30

Everyone is welcome! Please bring your own plates and cutlery and a potluck dish of local foods. Prizes are awarded to dishes for best presentation and best use of local foods.

Board of Directors

Chom Greacen, Chair
Read Langenbach, Treasurer
Cynthia Moffitt
Bob O'Connell
Eleanor Parks
Diana Sheridan, Secretary
Maija Wilder, Vice Chair
Natalie Wilson

Staff

Sandy Bishop, Executive Director
Rhea Miller, Assistant Director
Michelle McDarmont, Administrative Ass't.
Ken Akopiantz, Seed Librarian

Unleashing the Power of Community Content and Layout: Board and staff Copy Editor: Diana Sheridan
Linoleum Block Prints: Diana Luhn Bower Photos: Staff and friends

LCLT



LOPEZ COMMUNITY LAND TRUST
Building a Sustainable Island Community
P.O. Box 25
Lopez Island, WA 98261

360.468.3723

LCLT@rockisland.com

www.lopezclt.org

NEWSLETTER FALL 2015

Printed on
recycled paper

