

LES DAMES D'ESCOFFIER'S GREEN TABLES

JUNE 2020 Chapter Meeting

Featuring Green Tables Grant Recipients

WELCOME TO THE GARDEN PARTY!

Welcome and introductions

WHAT IS GREEN TABLES?

OUR GRANT RECIPIENTS - reaching their community during COVID

City Fruit - Laura Skelton

Tilth Alliance - Sharon Siehl

Food Innovation Network - Dame Kara Martin

Short break to pour a glass of wine or grab your cocktail

COMMITTEE MEMBERS TIPS and STORIES

Cheri Bloom, garden educator: Garden tips with Q&A

Leslie Mackie, baker & wheat farmer: Growing your own wheat

Kristi Drake, bakery owner & home gardener: Creating an outdoor space for our family

Thanks for joining us!!

City Fruit – 2019 Harvest

www.cityfruit.org

LAURA SKELETON







BYRD BARR
PLACE

CITY fruit

City Fruit - 2019 Education Program







City Fruit – Tree Care in orchards







Tilth Alliance

www.tilthalliance.org

SHARON SIEHL



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Nurturing Roots

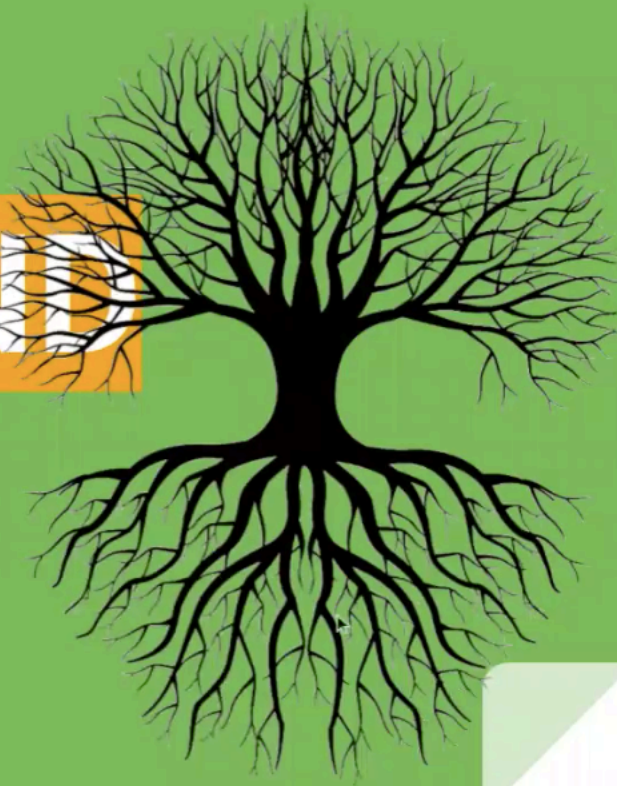
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ROOT BOUND

Growing a sustainable revolution



▶ > Slide 1 ▾ Q & A Notes Pointer Captions ▾ Tips ⏏ ⚙ EXIT

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Stories from the Garden

Nicole Parish and Patty Lavelle



Nicole Parish-Andre...

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Food Innovation Network

www.foodinnovationnetwork.com

KARA MARTIN









A little help from Tilth Alliance

In-kind donation of beautiful produce



2019 Farmer's Market











Tukwila Village Farmers Market



From: The Edible Schoolyard Project

Food provides powerful opportunities for teaching and learning, From celebrating diverse foodways to teaching difficult knowledge that reveals more honest, complex, and complete histories. This knowledge can help shape young people's awareness and their drive to build a more just world. However, this depth is not inherent in food education.

It is our ongoing responsibility as cooking and gardening educators to challenge ourselves to critically reflect and to teach the whole truths and histories of food and land.

WHAT'S GOING ON IN THE GARDEN IN JUNE/JULY & AUGUST

GARDEN TIPS WITH CHERI BLOOM

ANNUALS AND PERENNIALS:

Deadhead your flowers

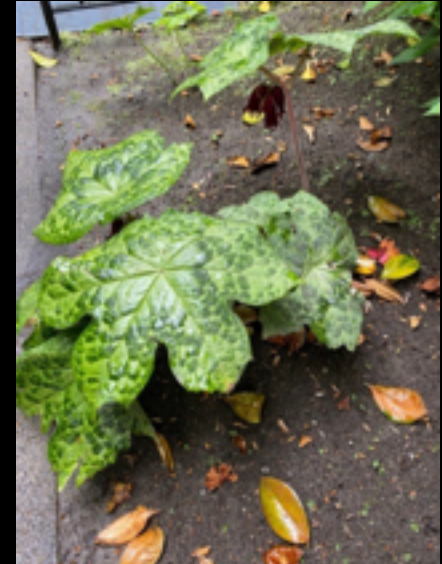
Keep seeding those annuals or wildflowers until Fall

All that dead heading and weeding is food for your compost

Start staking your plants

Harvest herbs and continue to plant more.

It's not too late to get tomatoes out -- the heat has hardly started,
and they will catch up



Suggestions for what you should be thinking about planting for the warmer days ahead and your succession crops:

Slo bolt

Cilantro

Dill

Garlic Chives

Mustard family Greens

Orach- a more wild spinach

Quinoa

Lettuces: Deer Tongue, Optima

Some of your bush (Venture and Roma) and pole beans (Blue Lake and Cascade Giant)

Purslane

Cucumber: Marketmore

Squash: Black Beauty and Scallopini

Recipe from Leslie Mackie

Summer Garden Spritzer

Rose Geranium relaxes the nervous system and soothes your digestive system. Currants are bitter but full of antioxidants, brightens your skin and boosts your immune system. Strawberries are packed with vitamin C and great source of fiber. This fruit syrup is a little bitter but brings fortitude to your garden cocktail!

Makes 1C fruit syrup

Fruit syrup:

1-1/2C	Water
1/3C	Sugar
8	Medium Rose Geranium leaves
3/4C	Red or black Currants
1C	Strawberries, quartered and divided

Combine the water and sugar in a medium saucepan. Bring to a boil to dissolve the sugar and add in the geranium leaves, currants and 1/2C strawberries. Lower heat to medium and let cook for 20-30 minutes.

Pass through a strainer and pushing the mashed fruit through and let cool.

Fill a wine glass 2/3 full of champagne, Rose or Prosecco and add 1T of the of fruit syrup, swirling to combine. Slot the remaining strawberries to be placed on the glass rim for garnish! Enjoy!!



Creating an outdoor space - Kristi Drake

Resources for inspiration:

1. Instagram Faves:

Charlotterowegardens

Houseandgardenuk

Savoygardens

2. Debra Prinzing, Slow Flowers Movement

3. Pinterest.com/Kathi Cardinali (my creative sister and Master Gardener)