



FRIDAY HARBOR GRANGER



In Essentials, Unity; In Non-Essentials, Liberty; In all things, Charity

SEPTEMBER 2015 Quarterly

Strawberry Fields for Heifer A Fair To Remember



Friday Harbor Grange members Pat Penwell and Minnie Knych volunteered as superintendents of the Food Preservation Department at the San Juan County Fair, organizing the volunteers who staffed the booth. Other Friday Harbor Grange members volunteered to help with staffing the booth.



FH Grange was a sponsor of the San Juan County Fair

Because Friday Harbor Grange donated prizes for the Best of Show winners in the Food Preservation Department, we received listing as a sponsor of the San Juan County Fair.



COMING EVENTS

Sept. 17, 2015
FH Grange Meeting
5:30 PM

Sept. 30, 2015
Hospital District
Candidate Forum
5:30 PM
Skagit Valley College

Oct. 15, 2015
FH Grange Meeting
5:30 PM

Oct. 17, 2015
Making of America
8:30AM - 4:00PM
Skagit Valley College

Nov. 10, 2015
Vietnam Veteran
Reception
5:30PM
Mullis Community
Center

Life is 10% what happens to me and 90% how I react to it.



In addition to assistance in the Food Preservation Department, Friday Harbor Grange #225 provided an artistic display of local produce with interactive Q & A about the Grange. Visitors could learn about the Grange while enjoying the display.

The tree to the right held photos of WA State Grange officers and our Friday Harbor Grange #225 officers.

JUNIOR GRANGE NEWS

Junior Grange members continued their commitment to community service by rolling forks, knives and spoons into napkins for a fundraiser to benefit a local cancer victim.



Timing Is Everything

Reprinted from Farmer's Almanac online

To plan what to plant in your fall garden consult the Almanac to find the first frost date for your area. There is a lot of glorious gardening weather between now and then. Next look at the days to maturity on your seed packets. Even though the days are beginning to shorten, the soil is warmer than it was in May so seeds sown now will germinate much faster.

Seed 'Em and Reap

Fast growing, tender veggies like summer squash and zucchini will bear fruit in 45-50 days. Many varieties of cucumbers are ready to eat in under 50 days and bush beans take about 6- 8 weeks to reach a harvestable size. The only problem with these crops is that they will be killed by frost unless you plan to protect them. If you live in an area with a long growing season this will not be a problem.

Cold Shoulder

The best vegetables to plant now are those that are cold tolerant. They won't be damaged by a few light frosts. Salad greens are fast and hardy; leaf lettuces are ready to cut in 45-50 days. Sometime lettuce seeds have difficulty germinating in hot soil so start new baby lettuces in flats that you can keep well-watered and shaded until the plants are large enough to transplant into the garden. Some varieties of lettuce such as 'Winter Marvel' and 'New Red Fire' are more cold-tolerant than others.

A quick crop of radishes will be ready for the salad bowl in 25 days. Other root crops like carrots, beets, and turnips will take longer but are worth the wait since they seem to get sweeter as the days get cooler. Snap peas and snow peas start to bear in 60 days and peas that mature in cold weather seem especially sweet and crisp. Pea vines can survive temperatures down to 25 degrees. Fall-planted



spinach does much better than spring planted spinach since it is maturing during the cool weather it loves instead of struggling in the summer heat. Swiss chard is another hardy green that reaches an edible size in 25-30 days. Given some extra protection when frost threatens, spinach and chard can last well into fall. If well-mulched, in many parts of the country spinach will winter over and give you an extra-early spring crop of the best spinach you've ever tasted!

Broccoli and kohlrabi mature well in cool weather and will not be bothered by the cabbage moth larvae as much as spring-planted cole crops are. Kale is a winter staple. Try blue-green 'Winterbor' or pretty purple 'Redbor'. They can be harvested long after other greens have been killed by cold weather.

The real stars of the fall garden are the Asian greens. Quick maturing varieties can be harvested in 45 days. Tatsoi, pac-choi, mizuna, and napa are all in the brassica family. They can weather a frost and will last through a hard freeze if given some protection.

Fall can be a second spring. After harvesting garlic in late July, there will be lots of room for fall crops. Freshen up the empty beds with some compost and get ready to plant your second garden.

HOSPITAL BOARD CANDIDATE FORUM

| POSITION 1 | | POSITION 2 | | POSITION 3 | |
|---|---|---|--|---|---|
|  |  |  |  |  |  |
| Michelle Lohan | Barbara Sharp | Maria Harrington | Jerry Ledford | William Nelson | Ed Williams |

Wednesday, September 30
5:30 PM
Mullis Community Center
in Friday Harbor

There are 6 candidates running for three hospital board positions.

Meet the candidates and hear their positions.
BE AN INFORMED VOTER!

Refreshments will be served.

Written questions for any single candidate or for all candidates may be submitted in advance to editor@islandguardian.com

Presented by:  Friday Harbor Grange #225 and  The Island Guardian

RECIPES FROM MARIE SKUFFEEDA

ROASTED BROCCOLI & CAULIFLOWER



INGREDIENTS

- 1 bag frozen broccoli flowerets
- 1 bag frozen cauliflower flowerets
- 1 TBSP. Vegetable Oil
- ½ Packet of Italian Dressing Seasoning Mix

DIRECTIONS

1. Preheat oven to 400 degrees
2. Lightly spray baking Sheet with Pam
3. Toss the vegetables with oil and seasoning mix.
4. Layer vegetables on the baking sheet
5. Roast for 20- 30 minutes till vegetables are soft and lightly charred.



Roasted broccoli and cauliflower make a great and healthy side dish or alternative for vegetarians when entertaining.

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OFFICERS

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**FRIDAY HARBOR
GRANGE #225**
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