

Lettuce Ink



Lettuce Link creates access to fresh, nutritious and organic produce, seeds, and gardening information for low-income families in Seattle in an effort to educate the community about food security issues and sustainable food production.



Lettuce Link Highlights of 2006

Despite the dreary winter months, Lettuce Link could always use volunteers in the office!

Call 694-6754 or email michelleb@solid-ground.org


In-kind or cash contributions are also graciously accepted.




Inside this issue:

<i>Pathway to Solid Ground</i>	2
<i>Winter Soups: Feed Your Soul</i>	3
<i>New Leaf in the Lettuce Patch</i>	4


As 2006 came to a close with cold mornings and blistering nightly winds, it was nice to reflect on the warmer and more fruitful months Lettuce Link and its supporters had this year. With the growth of many of our projects, Lettuce Link staff is encouraged by our dedicated volunteers, interns, and community gardeners. A huge thank you to everyone for making this such a fabulous year. Below are some highlights of our accomplishments:


 In the spring and early summer, we distributed thousands of seed packets to 30 different locations, including food banks and senior centers. Food Bank directors say the seeds are greatly appreciated. Anticipating testimonials from clients in 2007, we hope to paint a holistic picture of the importance of free seeds and gardening information.

 Throughout the year, we worked closely with the Seattle Parks Department and dedicated members of the South Park community during the site planning process for Marra Farm. Things to look forward to include a visionary site plan, pine-rail fences, more farm land, signs, and wheel-chair accessible pathways.

 We expanded our Garden and Nutrition Program at Marra Farm to reach over 100 students, twice that of the previous year! A newly designed children's garden with circular beds allowed for more students to have their own garden plots and more space to integrate horticulture, science, mathematics, and nutrition in an explorative and experiential manner.



 Community Fruit Tree Harvest volunteers were able to glean and donate nearly eight times what we did in 2005! With over 50 private household owners donating the fruit from their trees, 3118 pounds of salvaged apples, pears, and plums were harvested and delivered to local food banks, meal programs, and low-income senior housing centers. We hope to raise funds to continue the project in 2007.

 Nearly every P-Patch garden has exceeded their 2005 Giving Garden Totals. At this point we know that over 41,000 pounds of fresh produce was donated last year. More than 8,000 more than 2005!! Thank you for your tremendous generosity and time!

Pathway to Solid Ground

After over 30 years of service, the Fremont Public Association has undoubtedly outgrown our name. Starting in a small building in Fremont, our first services were an emergency food bank, a clothing bank, and an employment program. Now in our 33rd year, our mission has remained focused on providing social services and addressing poverty issues in our community, yet we have grown into 30 different programs operating out of four different locations. From shelter and housing assistance to advocacy, direct service, and food the Fremont Public Association has been a frontrunner in fighting poverty.

With an official name change to Solid Ground, the staff and programs stay the same and will continue to fight poverty with the same commitment as before. Solid Ground was decided as a name that better reflects our scope of services in King County and beyond, but the mission remains the same: to end poverty in our region and support people in reaching solid ground.



Please note our new email addresses, and help us spread the word about our name change. Lets stand together with Solid Ground!

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[Http://www.solid-ground.org/client/food.html#lettucelink](http://www.solid-ground.org/client/food.html#lettucelink)

Interbay P-Patch Brings Home the Produce!

The Interbay P-Patch is one of Seattle's hidden treasures. With gorgeous gardens, friendly gardeners, and a picturesque plaza used for picnics and gatherings, neighbors have enjoyed its peace and beauty for years. Look deeper however, and you will find there's more to the Interbay P-Patch than just its outward appearances. As a part of the Food Bank program, the gardeners donate from designated food bank plots and from their own personal gardens, to various food banks in the area. This year, they donated more than 3,000 pounds of produce, almost 3 times the amount of last year!

Jude Berman is the Assistant Coordinator for the Food Bank program and is also one of the gardeners who donates from her own personal plot. Jude chose Interbay P-Patch as her home for the connections it offers, the tight-knit community, and the sense of camaraderie. "...The P-Patch allows me to walk my talk and contribute in a meaningful way that also satisfies my soul," Berman said.

There are many reasons why the Interbay P-Patch Food Bank program is successful, but one in particular is Deb Rock. Deb does a spectacular job organizing the program and recruiting gardeners and community members to help. Additionally Interbay recently created an incentive piece called the Interbay P-Patch 100 Pound Club. As the name suggests, the gardeners in the 100 Pound Club have each contributed at least a 100 pounds of produce to the food bank from their own gardens. This year there were ten gardeners in the club and together they donated a total of 1,112 pounds! So although they do have lovely grounds, it is the generous spirit and the desire to reach out to the community that makes Interbay P-Patch really beautiful.



Deb Rock and Jude Berman

Winter Soups: Feed Your Soul



It never fails. When we feel the hint of cooler weather coming, our appetites turn to hot, hearty soups. There is something comforting about soup that is both inviting and calming at the same time. Packed with fresh vegetables, hearty meats or legumes, soups are the nutritious answer to busy schedules and stuffy heads. Because they freeze and store so well, soups are also a natural for make-ahead meals. Making soup at home can be easy, inexpensive, and more nutritious than store bought varieties because you control what is put into it.

Our featured soup comes from the cookbook entitled *Feeding the Whole Family; Whole Foods Recipes for Babies Young Children and Their Parents* by Cynthia Lair. Rosemary Red Soup is a gorgeous red color with a deep, satisfying taste to match. Because of the combination of legumes and vegetables, all you need is some whole-grain bread and salad to make this in to a beautifully balanced meal.

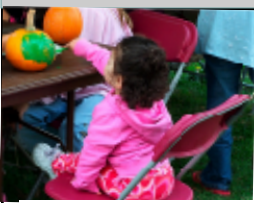
- 3 medium carrots
- 2 beets
- 1 tablespoon extra-virgin olive oil
- 1 large onion, diced
- 2 tablespoons fresh rosemary or 2 teaspoons dried
- 1 tablespoon fresh/dried oregano
- 1 cup dried red lentils
- 2 bay leaves
- 6 cups water or stock
- 2-3 tablespoons light miso



Scrub and chop carrots and beets. Heat oil in a soup pot; add onion and sauté until soft. Add carrots and beets; sauté a few minutes more. Finely chop rosemary and oregano leaves, if using fresh herbs. Wash and drain lentils. Add herbs, lentils, bay leaves, and water or stock to onion mix; bring to a boil. Lower heat and simmer 40 minutes. Remove bay leaves. Eat soup as is or puree in blender or food processor. Dissolve miso in ½ cup water and add to soup. Gently reheat before serving.



Pumpkins, Gunny Sacks, Cider, Oh My!



An Artist and Her Creation

In October, the Marra Farm Coalition held our 7th Annual Fall Fest replete with live music from My Dog Jasper, grilled salmon, delicious apple cider pressed on the spot, pumpkin painting, leaf collages, and gunny sack races for the children. As this is Marra Farm's largest event, the Coalition did a lot of planning to bring in a diverse crowd and provide a fun farm-themed day, right here in the city of Seattle!



Gunny Sack Races!



Pressing Fresh Apples into Cider

The clouds held off their rain, and everyone enjoyed a barbeque accompanied with delicious sautéed vegetables prepared by Marra Farm's Mien Community Gardeners. A large thank you goes out to the many volunteer hands from Seattle Youth Garden Works and Lettuce Link. The community, young and old alike, came out and had a great time!

Works of Art From South Park's Youth



News & Information

Produce and the Media, 2006

2006 was a popular year for produce. Whether it was life threatening diseases, controversial books, or ground breaking research, fruits and veggies have definitely been getting their moment in the spotlight. Check out some of the hottest produce stories from the past year.

- An outbreak of Ecoli that affected 199 people was linked to Spinach that was grown and bagged in California last year. The cause was shown to be groundwater contaminated by cattle, then used to irrigate the spinach crops.
Read more: www.cdc.gov/foodborne/ecolispinach/ or www.fda.gov/oc/opacom/hottopics/spinach.html
- Is there a relationship between IQ and preference for vegetables? Apparently so. According to a new study released by British researchers, there is likelihood that a child's taste for meat declines as his/her IQ rises.
For more information: <http://www.turks.us/article~story~VegetarianGeniuses.htm>
- According to a governmental study, fruits and vegetables of today aren't nearly as nutritious as 50 years ago. The study showed that of 13 major nutrients in fruits and vegetables, six showed noticeable declines -- protein, calcium, phosphorus, iron, riboflavin and vitamin C.
For the whole story go to: http://seattlepi.nwsourc.com/health/261163_veggie01.html

"To eat is a necessity, but to eat intelligently is an art."

- La Rochefoucauld

From the Office

My time with Lettuce Link has come to a close, and I wanted to take a moment to thank everyone for a wonderful experience. You all were very patient with transitions in the office, and I appreciate your support and encouragement along the way. Michelle had left me big shoes to fill, and I do hope that I was able to meet the needs of Lettuce Link and its supporters.

Temporarily, I will be staying within the bounds of food security issues as I fill in as a temporary educator with Seattle and King County Public Health's S.N.A.C. nutrition education program. After that I am anticipating entrance into graduate school as I pursue a concurrent Masters degree in the Education and Public Affairs. I do hope to continue to see your faces at Marra Farm, Farmer's Markets, and other niches in Seattle food system arena!

Thanks Everyone!

- Caitlin Dean



A New Leaf in the Lettuce Patch

Aliya Jade has made her way into the Lettuce Link office! Born September 24th and weighing in at 7 lbs. 9 ounces, she has been growing steadily ever since. As of January, she has taken up day time residence with all of us in the office. She is definitely keeping our spirits up and testing our will to get work done amidst such an adorable and welcome distraction. It has been a great start so far and she looks forward to spring weather, getting out into the gardens, and meeting the gardening community. Thank you everyone for all your well wishes.

Aliya enjoying one of many snow days.

