

<b>TFSC / Thurston Food System Council</b>	
<b>June 5, 2013</b>	3:00pm – 5:00pm at TRPC
Monthly Meeting	<b>Monthly Meeting Minutes</b>
Facilitator	TJ Johnson, Chair
Notes	Diane Grace, Secretary <gracedd@earthlink.net>

**AGENDA:**

- I. INTRODUCTIONS (10 min.)
- II. MAY 1 MEETING MINUTES (5 min.)
- III. PUBLIC COMMUNICATION (10 min.)
- IV. EDUCATIONAL PRESENTATIONS:
  - a) Kim Gridley, Nisqually Tribe Salmon Recovery Biologist (15 min.)
  - b) Elise Krohn, Northwest Indian College Educator (15 min.)
- V. WORKING ISSUE TEAMS (WIT) REPORTS:
  - a) MEMBERSHIP (10 min.)
  - b) COMMUNICATIONS (10 min.)
  - c) NEIGHBORHOOD EMERGENCY FOOD (10 min.)
- VI. LEGISLATIVE UPDATE (Karen Parkhurst) (10 min.)
- VII. NEW PROPOSALS (10 min.)
- VIII. PUBLIC COMMUNICATION (5 min.)
- IX. EVENTS and ANNOUNCEMENTS (10 min.)

**NEXT MEETING: Wednesday, JULY 10, 2013 at TRPC 3:00pm.**

Future 2013 Meetings: August 7<sup>th</sup> and September 11<sup>th</sup>

**Attendance and Introductions:**

TJ Johnson, Sustainable South Sound; TFSC Chair  
Karen Parkhurst, Thurston Regional Planning Council  
Peter Witt, Friends of the Farmers Market  
Loretta Seppanen, Slow Food Greater Olympia, SSCFT Membership  
Lesley Wigen, Thurston County Public Health, TFSC Communications/Website  
Lisa Smith, Enterprise for Equity  
Katie Rains, GRuB Executive Director  
Sarah Rocker, Staff Advisor for TESC's Flaming Eggplant Café  
Diane Grace, Food Sovereignty Nutritionist, TFSC Secretary  
Aslan Meade, Bank Local Washington, West Olympia Farmer's Market Board  
ABSENT:  
Lucas Patzek, WSU Extension/Small Farms for Thurston County  
Erik Hagan, WSU Extension/Small Farms, for Mason and Thurston Counties; Mason Conservation District and Co-Founder of West Olympia Farmers Market  
Sash Sunday, OlyKraut, TFSC Co-Chair  
Zachary Fleig, TESC Campus Food Coalition and Coordinator

VISITORS:

**Elise Krohn, Northwest Indian Treatment Center/Nisqually** ekrohn@nwic.edu  
**Brent Chapman**, Horticulture Technology Instructor, SPSCC [bchapman@spscc.edu](mailto:bchapman@spscc.edu)  
**Laurel Smith**, AmeriCorps Vista Volunteer with CCBLA/Center for Community Based Learning & Action at TESC [ccbla.vista@gmail.com](mailto:ccbla.vista@gmail.com) , [smithla@evergreen.edu](mailto:smithla@evergreen.edu)  
**E.J. Zita**, Armstrong-Zita Ranch, Thurston County Agriculture Advisory Committee; Physics and Ag Instructor at TESC [ejzita@gmail.com](mailto:ejzita@gmail.com)  
**Brandon Best**, Best Family Farms: U-pick Strawberries; vegetables and more; sells at Chehalis Farmers Market; Full-Time Farmer. [*Unable to locate contact information*]  
**Greg Schundler**, Cascadia Cargo Cooperative, Food Distribution  
**Victoria** (Koni?), Evergreen Student.

**II. MEETING MINUTES for May 1, 2013: Amendments** (- Diane Grace)

*Italicized* corrections to page 1 of the Initial Draft for May 1, 2013 Meeting Minutes:

- **Next TFSC meeting** is **July 10<sup>th</sup>** (not July 3<sup>rd</sup>).
- Friday, **July 12<sup>th</sup>** is the correct date for **Robert Coit's "Food 101: Food & Waste"** presentation, 8:30am at Sustainable Thurston, TRPC (not July 5 or 11).
- **"Farm to Table"** events are listed at the **Food Council's website Events page**, <http://thurstonfoodcouncil.org/events> (not at <communityfarmlandtrust.org>).

Public Communication (page 2), Brent Chapman: (*Delete last sentence, "They are working to mitigate..."*).

May 1<sup>st</sup> Minutes were motioned for Approval with the amendments noted above; seconded; passed for Approval; submitted for website upload on 6/6/2013.

**III. PUBLIC COMMUNICATION**

**E.J. Zita, Armstrong-Zita Ranch** with organic pastured Beef; **Thurston County Agriculture Association** has an open position; interested individuals are invited to contact Zita or Lucas Patzek; **Physics and Ag Instructor at TESC**. [ejzita@gmail.com](mailto:ejzita@gmail.com)  
"Post Food-Summit": Zita encourages partnerships for experienced older farmers to mentor younger farmers.

**Greg Schundler, Cascadia Cargo Cooperative:** Greg is developing a major model for ecologically sustainable alternative food distribution, by swapping fossil fuel for human energy. This model uses sailboats, canoes and bicycles to transport food along shorelines. Using a significant infusion of money, Greg is exploring the economics of cooperative alternative energy and biofuel development for farms and local food systems; ("maple syrup" mentioned). As a Princeton graduate (2007), his program is transparent and includes media, experts and interviews; "Five Nodes". Pay structure includes \$10/hour to canoe food. A co-operative of inventors has already begun. The scale is designed to "start small with a pure seed" of well planned infrastructure, to develop for large impact. A "kick-start campaign", for \$5~\$10K in start-up money, will occur during the next 2-months. See a slideshow presentation at <http://www.slideshare.net/gregschundler/cascadia-cargo-cooperative> or [cascadiacargocooperative@slideshow.net](mailto:cascadiacargocooperative@slideshow.net) . < gregschundler@gmail.com >

#### IV. EDUCATIONAL PRESENTATIONS:

(a) **Kim Gridley, Nisqually Tribe Salmon Recovery Biologist:** Kim has worked in the Nisqually Watershed for 10-years, and 1-year with the Salmon Recovery project. Kim brought local crackers and hummus to share, from the Food Nook at Fertile Ground Commons.

- **“What is the potential overlap and association between TFSC/Food Council and the Nisqually Tribe regarding Food Security?”** Kim began with this question, interweaving this inquiry throughout the presentation.

The **Salmon Recovery program** seeks to restore a viable, sustainable and natural fish stock in the Nisqually River, Puget Sound and near the South Sound shoreline, over the next 10 ~15 years.

From 1930 ~ 1950, the **fish stock was extinct in the Nisqually River**. New fish stock was brought in from Puyallup and Green River hatcheries. Some fish strayed up river and became locally adapted.

In 2010, a “weir” was installed to prevent strays from going up river. Fish are “clipped” to distinguish hatchery from wild fish, with 99% accuracy. There are many reasons why many fish do not return; even fewer wild fish return. **What can be done?**

- **Changes – Restoration – Regional behavioral change?**

The **Nisqually Tribe has shellfish beds at Woodard Bay and Henderson Inlet**, managed by their **She Nah Num Seafood Company** with geoduck and crabbing throughout the South Sound. A Wildlife *Refuge* at the mouth and National Park at the headwaters of the Nisqually River secure preservation of this natural resource. There is a strong movement for economic development.

- **“Distribution?”** Two gas stations, one in Lakewood, the other in the Nisqually valley (I-5, exit 114) local sell frozen and smoked salmon.

Comment: Nisqually’s Seafood Company just contacted TESC’s Flaming Eggplant to provide salmon patties. Rick Thomas, formerly of NW Indian Fisheries Commission has a “branding” and processing initiative, to assist a web of Salish Tribes (from here to Alaska) get their salmon filets to market.

- **Fisheries: to increase local food?** “What can we do to help local Nisqually Salmon (as a food supply)?” “What if 25% of local salmon was planned as protein for our food supply?” “Behavioral change?”
- A moratorium or “pull-back” on “catching” would be complex and politicized: Tribes depend on their 50% (of financial “take” from fishing) for their sustenance.
- “Is there available Data? Maps? Catch yield?” Kim will ask the GIS person. We can consult with Fishery’s SSHIP, the Salmon Stewards’ Inventory Analysis.
- IDEAS? “How can we work together... for long term recovery... 7 generations deep?” “What steps can we take today?” “Hold back on harvesting for 10 or 15 years?” Kim will follow-up with Aslan and our Membership Team on this.

**GROUP DISCUSSION: The question of availability and yield for Tribal and local demand is an ongoing concern.** Salmon numbers are decreasing. Hatcheries and clones are increasing, with diminished genetics (diversity). Some years, the yield is “boom” or “bust”. Environmental behavioral change: Kim doesn’t eat salmon often, due to demand. Now there are “millions of Pink salmon” (which endure over-fishing but are not a “first choice”) yet there are few Chinook and Coho salmon. Chinook Salmon and Steelhead Trout are both listed on the Endangered Species List throughout Puget Sound and in the Nisqually River.

What is our mission? TFSC’s mission strives to elevate local food, food systems, political will and behavior change for environmental stewardship (“it’s nebulous”).

Kim said the Braggett Farm has been purchased, with 5~10 acres of active farmland, 2 acres of vegetables, Native Medicinals (herbs and food); the tide gates and agricultural dikes were removed to increase breeding area. They are planting sweet grass for weaving baskets. The farm is not currently a financial enterprise for the Tribe; it is a teaching and cultural resource. Caitlin Krenn and Carlen are the contacts. There will be a Solstice 2013 celebration focusing on engaging the tribal members (only); in future years they hope to reach out to the broader community.

**(b) Elise Krohn, Northwest Indian College:** Traditional Foods Educator & Herbalist; and Northwest Indian Treatment Center/Nisqually; [ekrohn@nwic.edu](mailto:ekrohn@nwic.edu) .

Elise teaches and travels regionally:

- Wild Medicinals and Tribal Herbs (also at Radiance in Olympia);
- (2005) Traditional Plants Program and Native Foods, integrated into Tribal life (grant funded). [www.nwicplantsandfoods.com](http://www.nwicplantsandfoods.com)
- Teaches classes (3 hours) and “Trains the Trainers” (1 to 4 days) on Traditional Tribal food gardens and Native Foods, including follow-ups. 65 classes have been hosted by 18 Tribes.
- Works with the culturally based Squaxin Island 45-day Drug & Alcohol Rehabilitation Program.
- Associates with The Evergreen State College.

From 2004-2011, Elise apprenticed with Bruce Miller, a revered Skokomish elder and cultural bearer who inspired the Northwest Indian College Traditional Plants and Foods Program. Due to continued requests, Elise took over after Bruce’s death, partnering with the regional Tribes to “honor” and integrate the teachings into tribal life as a “culture keeper” (including Diabetes Treatment).

There has been a large renaissance of interest in traditional Salish region Tribal foods. The main Campus of the Northwest Indian College is at the Lummi Reservation; 6 of 8 Staff members are Native born. There is a second “Extended” Campus. With support from many Tribes and many grants, they travel throughout the region, including to local Squaxin, Nisqually, Skokomish and Chehalis Tribes.

**Tribal Food Sovereignty is a growing National movement.** Research grants have asked “How?” By reviewed historic documents and gathering Elder’s stories, 4,000 tribal books have been distributed at nutritionally superior Tribal Cooks camps. Access!

Culture is the medicine, with faith in the nourishment of the land. Local tribes donate 1% of profits to fund food gardens – without outside funds for this.

Muckleshoot - Valerie Segrest (Native Foods Educator with IATP's Food & Community Fellows; [vsegrest@gmail.com](mailto:vsegrest@gmail.com)) co-authored a segment of the local book "**Our Food, Our Rights**" with Elise. Valerie has been working with "Food Access & Land Partnerships" with DNR, Cedar River, and WSU; with Seattle's Food Policy Council, "Farm to Table" and also attended Italy's Slow Food International Congress, promoting gardens on Tribal land.

Aware that the Food Council is seeking the contributions of the Tribal Voice at the table, Elise provided this information, noting that each Tribe has unique interests:

- **Lummi** – Vanessa Cooper, Traditional Plants & Foods Educ. [vcooper@nwic.edu](mailto:vcooper@nwic.edu)
- **Skokomish** – Delvert Miller (nephew of Bruce Miller) was developing Tribal Food Gardens (2006-2010).
- **Squaxin Island** – Charlene Chrisst

There is a **Partnership with Ft. Lewis** to gather **Camas from the prairie** through a Nisqually Referendum (?). They are working to find a balance of fluid movement between Politics – Tribes – Leadership.

**Squaxin Island:** They receive GRuB Elders' boxes. **Veterans Garden** - Their **Sustainability Council** is developing a **Native Culinary Arts program**.

**Chehalis:** They have a new **Camas Prairie Grant**, with Oakville funding (a food desert) to increase food resources, justice and access, including wild food resources. Makah and Quinault Tribes will be invited to participate.

**Portland City Co-operative Partnership:** 15-acre old land fill is now growing berries and camas!

**Questions & Answers:** "**Wapato**" is a small, **local**, high-iron, fresh water "potato" that originally grew in Tacoma's industrial area of Wapato Creek and Columbia River basin. Wapato is being re-established in edible landscapes, backyard ponds and grown around homes.

**What can we do? "Honor Tribal Foods and Avoid Over-harvesting."**  
[www.nwicplantsandfoods.com](http://www.nwicplantsandfoods.com)

<b>V. WORKING ISSUE TEAMS (WIT) REPORTS:</b> <b>(a) MEMBERSHIP</b> (- Loretta, Aslan, Katie)
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A process update of "how" to get essential voices to the table was discussed, noting the busy schedules and demanding workloads of full-time Farmers, and the Food Bank's Robert Coit who also manages Emergency Food and many other committees. Robert will present focused goals at the DOH "Thurston Thrives" meeting, Tuesday, June 11, 2013 at 3:30pm at the Courthouse.

A **Form** is being designed by the Membership Team which will explain the commitment and expectations of being a Food Council Member and sector liaison; also “what is the barrier (that prevents me from joining)”? Current TFSC members will be asked to fill out the form, including skills and knowledge they bring to the table.

**Define Sector Liaison? How am I an Ambassador?** How do members fulfill this voice? The process of inquiry continues.

The process of scheduling potential members for presentations was discussed, “who and when”, between Agenda planners and Membership outreach. A conference phone is available (for teleconference speakers for meetings). PowerPoint presentations can be emailed to Karen Parkhurst on “the day of presentation”; (“thumb-drives” are not allowed in the building). CD’s or “Drop Box” submissions can also be used.

Assistance from the Communications Team is requested, to come up with a concise statement (“text”) to describe “who we are” and what we would like speakers to address.

#### **V. (b) COMMUNICATIONS**

(- Lesley, Peter, Karen, Zach)

A final draft of the “**TFSC Communications Strategy**” was distributed. This “defines communications principles guiding the TFSC’s aim to successfully spread core messages” and includes website, logo and potential channels of communication.

**Outcomes** include increased engagement and collaboration among diverse community stakeholders. A TFSC **Fact Sheet** will be designed, as a hand-out.

**Member “Bio” profiles** are to be gathered and posted on the website, identifying “who we are”. We **seek a volunteer** to fulfill this function.

Generally, **more people and resources are needed for the Communications Team**. Jeff Kleingartner of Timberland Regional Library shares his skills and resources. Ron Lawson, Lacey City Council, is also on the Team. Suggestions: **Add a “Volunteers needed!” page to the website**, to email and forward; Offer a “**Summer Internship**” for credit.

The website is functioning well. Lesley can “cut and paste” the logo onto documents. (However, the TFSC Logo does not yet appear on Lesley’s work computer.)

The monthly “2:00pm Communications Team meeting, prior to Food Council meetings, is now cancelled. Future meetings will be arranged by email.

#### **V. (c) “NEIGHBORHOOD DISASTER FOOD RESILIENCE”**

(- Diane Grace)

This Temporary WIT Project was moved and seconded for a Vote, “to Authorize, add the TFSC Logo, upload onto the TFSC Website under Links & Resources, and distribute via web address”. A quorum voted in favor, none opposed, passed.

With a Council Member’s suggestion to identify Authorship: “Created by Diane Grace” was added under project title on Resources page, and to the project’s Reference [6]. [Diane signed up as TFSC “Nutrition” Liaison, and to help with “Citizens, Seniors and

Emergency Management”, which are supported in this project.] Lesley and Sarah will add the logo, and upload onto TFSC website.

Diane was “given free license to do what is needed” to distribute the Template, an “open source” Public Service document. Jennifer Kenny, City of Olympia and Rosanne Garrand, Washington State Emergency and Disaster Management Publications, asked to review the Template for potential upload onto their websites. Vivian Eason, Thurston County Emergency Management Coordinator, asked Diane to introduce the Template at their June 24<sup>th</sup> monthly meeting.

A **Press Release** is desired, “as **this is the Food Council’s first project**” and an opportunity to get the logo circulated. Diane will draft “content”, and Peter will write and distribute a press release.

This WIT is now completed and closed.

<b>VI. LEGISLATIVE UPDATE:</b>	(- Karen Parkhurst)
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“Nothing happened.” Nothing passed.

Legislative issues included Preserving Land; and Farmers. These issues cross isles and boundaries. **Bring Legislators to our meetings, after the session.** They are not up for re-election: (Rep. J.T. Wilcox?)

The issues are supported by locals, but not by other Food Councils. Legislative Collaboration with Food Councils statewide is on the radar – it might happen. We need to find and connect with other councils.

Portal: Categorize Food Enterprises throughout Puget Sound and Statewide for collaboration. We could do this in January 2014, “like-minded Associations”? Include Health, State DOH, and Sabine Meuse (see TFSC March 6 Minutes: Washington State Food System Round Table, and “Food Policy Tool Kit” to be released on-line.)

<b>VII. NEW PROPOSALS</b>
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(1) Lisa Smith, E4E: (To be Advised) We are on a “Precipice: Larger \$ Investment Needed”. We should be a part of this, Enterprise for Equity and TFSC, for regionally specific invitations to a “**Commerce of Local Food**” to advance what we do.

(2) TJ Johnson: **New WIT: “TABLE for OLYMPIA”**. In less than 2 weeks, allies and sponsors were identified. For \$100 per table, funds for basic costs were raised to convene on **Saturday, August 3, 2013, from 5pm-8pm** in front of **Darby’s and the Capitol Theater**, on **5th Avenue between Franklin and Washington**. TRPC, the Land Trust, Slow Food, Darby’s, Sustainable South Sound, Nutritional Therapy Foundation, Olympia Meat Collective... others are pending, MIXX 96, Friends of the Farmers Market?

Sustainable South Sound has been the workhorse for this event, and will be the Fiscal Agent, paying the bills. Food Council Members should be there as Ambassadors.

Could TFSC collect \$100 to sponsor a table? Outreach for new people! Brandon Best offered to sponsor the TFSC Table (!) and TJ will follow-up with him.

Could TFSC be the “big name” sponsor of the event? SSS is open to this. A question of a “**Thurston**” Food Council sponsoring a Table for “**Olympia**” event was examined: Start with small pieces that are available, recruit a “Rochester Table”, Yelm, Tenino, Rainier, etc. Branch out as opportunities arise.

We still need funding for music, Kay Records may help. Katie Rains and Laurel Smith provided contacts for Poster Design volunteers. Lisa Smith will help leverage and lift up the event. A “Save the Date” notice will go out.

Volunteer Opportunities could “reduce the cost”. We can generate a Task List; and sign-up people for Key Roles. Existing funds will cover “closing the street” and “table rentals”.

## VIII. PUBLIC COMMUNICATION:

**Brandon Best, Best Family Farms:** Full-Time “Capitalist” Farmer, located 16-miles south in Chehalis. Not in favor of organic, considers it “worthless”, and practices Principles of 1902 Agriculture, “\$1 dollar a day, 2012 income”. Just grow, with U-pick and free marketing. Come on and visit! He heard about TFSC via Lucas’s survey; they spoke last week at Puyallup Convention. “Reduce Rules and Regulations”.

**Laurel Smith**, AmeriCorps Vista Volunteer with CCBLA/Center for Community Based Learning & Action at TESC [ccbla.vista@gmail.com](mailto:ccbla.vista@gmail.com) , [smithla@evergreen.edu](mailto:smithla@evergreen.edu)  
Laurel has **Student Interns to match with Table for Olympia. She is volunteering to do the Graphic Design** which will fulfill her summer credits.

**Kim Gridley, Nisqually Tribe Salmon Recovery Biologist:** Is there a conflict between “**Habitat Restoration**” and “**Farm Preservation**”? How do we get Food Sovereignty and Water Rights to come together? She would like to talk about this with us, including with Brandon Best, Farmer.

**Greg Schundler, Cascadia Cargo Cooperative:** Greg is interested in an “International Food System”, and asks if we can define our Food System in percentage of calories grown here (within County boundaries) vs. imported calories. What would reality look like, if we quantified the numbers of demand and supply?

TJ referred Greg to Sustainable Thurston’s “**Production / Consumption Report 2013**”. Greg is interested, will volunteer on this (and will put it on his resume’).

## IX. EVENTS:

[Kindly email content copies to Lesley (for website) and Diane (for Minutes).]

- DOH’s “**Thurston Thrives**” presents Food Goals for Security, Sovereignty and Gardens, to the Board of Commissioners on Tuesday, **June 11, 2013 at 3:30pm**, Room #152 at the Thurston County Offices -Courthouse. Commissioner Karen Valenzuela hopes listeners will provide prospects and feedback.
- Former TESC **Flaming Eggplant Graduates** have **bought** and now own the former “**New Moon Café, opening August 1, 2013 as a co-operative**. They will be sourcing “way better food” with local produce. Under the umbrella of “Black Moon

Cooperative” they will begin to seed other co-ops: micro-lending, Dentist, etc. starting with a Fundraising event in 50 days, “Indie Gogo”. Sarah will send us the video link.

- **Friends of the Farmers’ Market** starts their **Demo’s** on Sunday, **June 9 through September 29, 2013** (except 6/16 and 9/1/13) from 11am-1pm. Treacy Kreger sets things up, and seeks volunteers to sign-up for 2-hour shifts, “comparing fresh Farmers Market tomatoes with store bought ones”. The **100% Local Food Progressive Dinner is June 20<sup>th</sup> at 6pm**, featuring Acqua Via, Basilico and Swing Wine Bar. After they researched the challenge, the price of \$70 was set. Other 2013 seasonal events are **July 24<sup>th</sup>, August 20<sup>th</sup> and September 14<sup>th</sup>**.
- **July 13-14, 2013 are Children’s Days at the Olympia Farmer’s Market**, and Dixie Havlak, Registered Dietitian [havlakRD@comcast.net](mailto:havlakRD@comcast.net) “**still needs volunteers**”. Thousands of kids get to “go look for a certain fruit or vegetable” and vendors mark their success.
- **GRuB** has received a South Sound Conservation Grant, providing 99 years of Security. **GRuBuation** will be tomorrow, June 6<sup>th</sup> with “Friends” of GRuB.
- **Thursday, June 6<sup>th</sup>: “Earth Economics” with David Beckter, 7pm** at Lacey Community Center. Free and open to the public, hosted by TRPC and encouraged by Commissioner Sandra Romero as a community event.

**NEXT MEETING: Wednesday, July 10, 2013 at 3:00pm at TRPC**  
Sarah Rocker will present the “Local Farms, Local Markets” Assessment

- **TFSC August 7<sup>th</sup> Meeting:** Diane Gassaway of Northwest Cooperative Center will present.
- [The **Statewide I-522 GMO Labeling Campaign** speaker will be rescheduled soon.]