

POSTED: Tuesday, Jul. 05, 2011

## Whatcom County's farm and food festivals are part of a tasty summer

NANCY GING - FOR THE BELLINGHAM HERALD

Summer in Whatcom County is the scene of many festivals and events celebrating locally grown food. Some are hosted by individual farms, and others are organized by groups or communities. Here are a few examples I know about, including some tips on finding out about others.

Last week I mentioned Boxx Berry Farm, located near Ferndale, who just recently hosted their annual Strawberry Festival. Besides serving up their famous strawberry sundaes they offered wagon rides, kiddie train rides, magicians, live music, balloons, hot dogs, and a raffle that raised over \$6,000 for the LivLife Organization, dedicated to kids who need organ transplants. (If you missed the Festival, you can still enjoy a sundae at the Boxx farm store - see Resources for address.)



Later this year Boxx plans a Raspberry/Blueberry Festival and a fall Corn Festival which features a pumpkin picking patch. Your family can get their Halloween decorations, enjoy tasty food, and spend a lovely day together on the farm all at the same time. (See their website at: [www.boxxberryfarm.com](http://www.boxxberryfarm.com))

Lynden Chamber of Commerce has details about some major food and farm events each year, such as the Northwest Raspberry Festival scheduled for July 15-16 this year, and the Puget Sound Antique Tractor Show & Threshing Bee planned for August 3-6. Contact the Chamber at (360) 354-5995 or see their website at [www.lynden.org](http://www.lynden.org) for more details.

Cloud Mountain Farm and Nursery hosts an annual Fall Fruit Festival, a remarkable event where you can taste samples of over 200 varieties of common and uncommon fruits and nuts - advertised as "all fruits you can grow in NW Washington!"

Besides the tasting tables, they have live music, activities for kids, and lots of fruit, pumpkins, gourds, and squash available at their farm store for you to take home for fall baking, canning, decorating, or just eating as is. Their nursery also sells starts of most of the fruit varieties and more. Cloud Mountain is also a research farm, and provides a tremendous amount of information to local farmers, home gardeners, and orchardists about Northwest fruit growing techniques. Contact them at (360) 966-5859 or see their website at [www.cloudmountainfarm.com](http://www.cloudmountainfarm.com) for complete information.

For the fourth year, Sustainable Connections is organizing a Whatcom County Farm Tour set for Saturday, Sept. 10 this year from 10 a.m. to 5 p.m.. So far there are 13 farms who have volunteered as destinations. Says Sustainable Connections: "This free, self-guided tour is a treat for the whole family, cyclists and more. With exciting educational and interactive activities at each tour stop, fabulous products for sale at farm stands and a number of bicycle routes - the Whatcom Farm Tour is a real adventure!" Maps for the tour will be available starting August 15 at the Co-op stores, farmers markets, local businesses and at the Sustainable Connections office. Call Sara Southerland at (360) 647-7093 for information.

Note: Whatcom Locavore (that's me!) will be demonstrating some apple recipes at BelleWood Acres near Lynden during the Whatcom Farm Tour this year. I hope you'll stop by and say hello.

## **HOW TO FIND OUT ABOUT OTHER LOCAL FOOD EVENTS**

Because weather affects the time when farm products reach their peak of ripe perfection, you'll need to watch the farms' websites or stop by their stores regularly to get farm festival dates when they are announced. Some farms have Facebook pages or email newsletters you can subscribe to for up-to-the-minute information. Festival dates may not be available until soon before each festival is held because Mother Nature can change things quickly. A long rainy stretch followed by some sunny days, and produce may ripen practically overnight.

Most organizations have websites, email newsletters, or Facebook pages, too. Others advertise shortly before their events. Contact each farm or organization for information on how best to monitor their event schedules.

Finally, Sustainable Connections publishes the Whatcom Food & Farm Finder booklet every year with information about farms, restaurants, organizations and food producers in the area who focus on local food. It also includes an event calendar which lists some of the food and farm events scheduled for this year, along with contact information for getting more details. The Food & Farm Finder is available at both Community Food Co-operative locations, at farmers markets and other locations around Whatcom County (see Resources below for addresses). Contact Sustainable Connections at 360-647-7093 for more information. They also have a booth every Saturday at the Bellingham Farmers

Market where you can find out more about their Eat Local project, part of their Food & Farm program.

This week's recipe is simple, elegant, and delicious.

Note: A "Marco Polo" option is a non-local herb or spice - an exception to the locavore rule of eating only locally grown food. The only time I've ever used a "Marco Polo" exception in previous recipes was for a holiday pumpkin pie - cinnamon, ginger, allspice and cloves. However, in this recipe, the smoked paprika makes such an incredible contribution to the flavor that I simply couldn't omit it. See what you think!

Producers are listed after each ingredient.

## **CRISPY KALE CHIPS**

### Ingredients

1 bunch kale (Nettles Farm, Lummi Island)

Salt

"Marco Polo" option: smoked paprika

### Directions

Preheat oven to 350 degrees.

Remove stems from kale leaves. Chop leaves into 2 to 3-inch pieces. Place on cookie sheet, spreading evenly.

Bake until crisp, turning over once, for 12-15 minutes.

Salt to taste. Lightly sprinkle with smoked paprika, if desired.

Makes approximately 1 1/2 cups

## **LOCAL RETAIL FOOD RESOURCES**

Appel Farms Cheese Shoppe, 6605 Northwest Road, Ferndale; open Monday to Saturday 9 a.m. to 6 p.m.;

Artisan Wine Gallery, 2072 Granger Way, Lummi Island; open for tastings Saturdays 1-5 p.m.;

Bellingham Farmers Market, Railroad at Chestnut, Saturdays 10 a.m.-3 p.m.; also at Fairhaven Village Green, 10th Street and Mill Avenue, Wednesdays noon to 5 p.m.;

Boxx Berry Farm Store and U-pick, 6211 Northwest Road, Ferndale; open Mondays to Saturdays 9 a.m. to 5:30 p.m. and Sundays 10 a.m. to 3:30 p.m.;

Cloud Mountain Farm Nursery, 6906 Goodwin Road, Everson;

Community Food Co-op, 1220 N. Forest St. or 315 Westerly Road, Bellingham;

Everybody's Store, 5465 Potter Road, Deming;

Ferndale Public Market, Centennial Riverwalk in downtown Ferndale, Saturdays 10 a.m. to 4 p.m.;

Field of Greens, corner of Kale and Everson roads, Everson; open Wednesdays to Fridays 2-6 p.m., Saturdays and Sundays noon-4 p.m.;

Half Acre Farm U-pick, 6211 Northwest Road, Ferndale (behind Boxx Berry Farm Store); u-pick open July 2, hours TBA;

Lummi Island Farmers Market, across from the ferry dock, Saturdays 10 a.m. to 1 p.m. and Sundays 2 to 5 p.m.;

Lynden Farmers Market, grounds of Third Christian Reformed Church in downtown Lynden, Saturdays, 10 a.m. to 3 p.m.;

Red Barn Lavender Farm (eggs), 3106 Thornton Road, Ferndale; Saturday at the Bellingham Farmers Market; or call for availability during the week 360-393-7057;

Small's Gardens, 6451 Northwest Road, Ferndale; spring hours Tuesdays and Saturdays 9 a.m. to 6 p.m.;

The Islander, 2106 S. Nugent Road, Lummi Island;

Terra Organica, 1530 Cornwall Ave., Bellingham.

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Read more: <http://www.bellinghamherald.com/2011/07/05/2083109/whatcom-countys-farm-and-food.html#ixzz1RpEFb1wS>