



Bountiful Clatskanie!

"Bringing the Farm
Right to You!"

PO BOX 1501, Clatskanie, OR 97016

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Sowing the Seeds for a Successful

Season: Goal to "Grow Our Market!"

By Sonia Reagan

Happy New Year! Looking back on the year just behind us is a great reason to celebrate! The continued success of the Clatskanie Farmers Market is due to the great support and dedication from all of YOU! Many thanks to our customers, vendors, farmers, artists, sponsors, community partners and volunteers. You are so appreciated. Wishing you a beautiful year ahead in 2016!

And now, some thoughts for a new year. Just as gardeners, farmers, artisans and crafters work diligently through the winter months, browsing seed catalogs, planning their crops and crafting new inventory; our farmers market Board of Directors continues to work hard to ensure a successful market season. There is much to be done during these short winter days and this is a valuable time to evaluate the previous season and communicate with current vendors and customers. This newsletter, the first of many to come, is written with the goal of good communication in mind.

For the Clatskanie Farmers Market, things are starting to get exciting – in a good way! During our second year, we turned our little Market into a non-profit organization which is governed by a dedicated volunteer Board of Directors.



Vendors, both new and returning, joined together for 20 weeks of beautiful Saturdays to hold a delightful open air produce and craft market in downtown Clatskanie. We also introduced the "Power of Produce" program, allowing youth to shop for produce of their own – funded by generous donations.

USDA Grant Award

In September, just as our second season wrapped up, we were honored to be awarded funds from the USDA Farmers Market Promotion Program Grant (FMPP) that will allow us to build our Market further by reaching out to our community through education about the value in fresh local food.

Two part-time outreach specialists will be diligently working on this exciting project over the next two years. Hands-on classes held throughout the area will introduce customers to cooking, preparing and tasting local, fresh food. Weekly food demonstrations at the Market will highlight the best of the area's seasonal produce. Through partnerships with local agencies, we will connect directly with customers who use food assistance benefits and continue to advertise that the Market accepts SNAP, WIC and FSNP funds as payment for various food items sold by local vendors.

Goals of the Project

The goals of the work which will be accomplished during the FMPP grant period are to expand our consumer base, including those using food assistance benefits, increase the sales of agriculture products, and increase farmer vendor participation. Specifically, we aim to see all shoppers at the Market buying and preparing fresh produce, cooking class participants acquiring skills and gaining confidence in adding fresh, seasonal produce to their diets; and food producers receiving economic benefits from increased sales at the Market.

We will evaluate outcomes during this project by tracking SNAP/WIC/FSNP sales throughout the season, counting shoppers as they come into the market, tracking vendor sales, and administering pre/post-tests during food literacy classes. When the project is completed we will compare all quantitative data with baseline information that was collected during the 2015 season; we will also compare food literacy class pre-tests with post-tests to check the participants' confidence levels in buying, storing and purchasing fresh produce at the Market.

Ongoing data collection will continue to be essential to the success of this project, and we will appreciate your assistance with customer and vendor surveys which will help us track progress of the grant work. All data collected will aid us as we seek to improve and promote the Market, and certain data will be used to report on the benefits of the FMPP funding to help other farmers markets nationwide.

During the late winter and early spring we will continue to cultivate community partnerships, working closely with Head Start, Turning Point, Local Schools, and Senior Centers. We will draft the surveys, write the curriculum for our cooking classes, develop advertising materials, and keep in touch with our consumer and vendor base via this monthly newsletter.

The Clatskanie Connection

Farmers and consumers will all benefit from improved access to healthy, local food in our community, but building connections between farmers and consumers takes work. These important connections, in part made possible through the efforts of our Market organization, will help to grow economic opportunities for small family farmers, increase consumer access to healthy, local food, and overall will improve the greater Clatskanie community.

Bringing in more consumers and recruiting more farmers and producers will also result in more visitors to our great little town. The Market is riding the "buy local" wave of energy in which folks are connecting with their food, supporting small businesses and bolstering their local economy.

The FMPP is a component of the Farmers Marketing and Local Food Promotion Program which is authorized by the Farmer-to-Consumer Direct Marketing Act of 1946. The goal of this act is to build up local and regional food systems by expanding marketing opportunities, and the goal of our work through this project is to create a ripple effect where increased food literacy leads to increased demand for local products, where more families can benefit from increased access to healthy food, and where farmers can find satisfaction and profit while nourishing our citizens. We look forward to the connections that the work from this grant will bring to our community, and hope that you do, too!

Coming up Next!

Mark your calendars now and plan to join us for a potluck dinner discussion to be held on Monday, January 11th in the CES Library.

Even as early as January, we can begin to sow the seeds for the next market season. We have an upcoming production-planning meeting where farmers and producers will enjoy a mini-class on reading a seed catalog, garden planning and succession planting. We will also use this time to discuss the upcoming season and what the expected bounty of produce will look like.

The food producers at the Market (produce, eggs, baked goods, honey, and much more) are also essential to the upcoming CFM Outreach Project. We will be encouraging the purchase of FRESH, LOCAL, and SEASONAL foods, and our goal is to lead by example. As the Market Chef plans the cooking demonstrations, it would help to know what you are planning to offer and a general idea of when it will be available. Produce will be needed in quantities great enough to run the demonstrations, and also to direct our shoppers to purchase the ingredients on site.

To encourage variety and quantities, we're hoping to get as many of our food producers (including those of you who consign surplus from your garden at the Community Booth, backyard gardeners and even full-scale farmers) as possible involved in this discussion to find out which crops have been most popular and where gaps need to be filled; what you enjoyed most about participating in CFM and what you'd suggest to make the Market even better. Your feedback and suggestions are very important to us.

Being able to connect people with things they need is very rewarding, and it is our aim to make the Market a place where families can obtain resources for healthier living. Additionally, it has been rewarding to see participating farmers do well at the Market as they connect with grateful consumers. With persistence and dedication, the Clatskanie Farmers

Market will continue to create a success story for all those involved.

If you have friends who are curious about becoming a vendor, bring them too! RSVP by Jan. 8th, to ClatskanieFM@gmail.com. Even if you are unable to attend, your feedback and any information about what you are planning for 2016 would be much appreciated.

Thank you for reading. We would love to hear from you! Please contact us if you have ideas or questions as we prepare for another wonderful season of your very own Clatskanie Farmers Market. Additionally, there are many opportunities to volunteer with us throughout the year, and tax-deductible donations can be accepted to help fund the Power of Produce program and many other facets of the Market.

Contact us at ClatskanieFM@Gmail.com. Visit our website: ClatskanieFarmersMarket.com

Like us on Facebook, too!



Recipe Corner!

Butternut Squash Lasagna with Smoky Marinara

This incredible, 12-layer lasagna utilizes one of the most popular winter-keeper vegetables: the butternut squash! This recipe makes one dish to bake now, and one to freeze for later! Makes 2 dishes: 9 servings each.

Timesaver/Shortcut Tip: purchase marinara (a 48oz jar) instead of making it from scratch. *Preheat oven to 375*

Lasagna Ingredients:

- Olive Oil
- 3 cups chopped onion
- 10 cups fresh spinach
- 3/4 cup (3 ounces) shredded sharp white cheddar cheese or provolone
- 1/2 cup chopped fresh flat-leaf parsley
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 2 large eggs
- 1 (32-ounce) carton ricotta cheese
- 3 cups peeled, diced butternut squash
- 12 oven-ready lasagna noodles (such as Barilla)
- 1 cup (4 ounces) grated fresh Parmesan cheese
- 1 recipe (6 cups) Smoky Marinara

Smoky Marinara Ingredients:

- 1 tablespoon olive oil
- 3 garlic cloves, minced
- 1/4 cup chopped fresh basil
- 2 tablespoons chopped fresh parsley
- 2 tablespoons chopped fresh oregano, or 2 teaspoons dried oregano
- 2 teaspoons balsamic vinegar
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 2 (28-ounce) can crushed fire-roasted tomatoes, undrained



For Marinara: Heat oil in a large saucepan over medium heat. Add garlic, basil, parsley, and oregano; sauté 1 minute, stirring frequently. Stir in vinegar and remaining ingredients. Reduce heat, and simmer 20 minutes.

For Lasagna: In a separate saucepan: boil squash cubes just until tender and drain well. Meanwhile, heat a large Dutch oven, or heavy saucepan, coated with olive oil, over medium-high heat. Add onion; sauté 4 minutes or until tender. Add spinach; sauté 1 1/2 minutes or until spinach wilts. In a large bowl combine cheddar, parsley, salt, pepper, eggs, and ricotta cheese. Coat the bottom and sides of two (8"x8"x2") baking dishes with olive oil. In each dish, layer the following:

1. Spread 1/2 cup marinara in the bottom of prepared dish.
2. Arrange 2 noodles over marinara.
3. Spread 1 cup cheese mixture over noodles.
4. Arrange 1 1/2 cups squash over cheese mixture.
5. Spread 3/4 cup marinara over squash.
6. Arrange 2 more noodles over sauce.
7. Spread 1 more cup cheese mixture over the noodles.
8. Arrange 1 1/2 cups onion mixture over cheese mixture.
9. Spread 3/4 cup marinara over spinach mixture.
10. Arrange 2 noodles over marinara.
11. Spread 1 cup marinara evenly over noodles.
12. Sprinkle with 1/2 cup Parmesan.

Cover one pan with heavy-duty foil and bake at 375° for 30 minutes. Uncover and bake an additional 30 minutes. Freeze second pan: cover with plastic wrap, wrap entire dish in heavy-duty foil. To prepare frozen unbaked lasagna: Thaw completely in refrigerator (about 24 hours). Preheat oven to 375°. Remove foil; reserve foil. Remove plastic wrap; discard wrap. Cover lasagna with reserved foil; bake at 375° for 1 hour. Uncover and bake an additional 30 minutes or until bubbly.