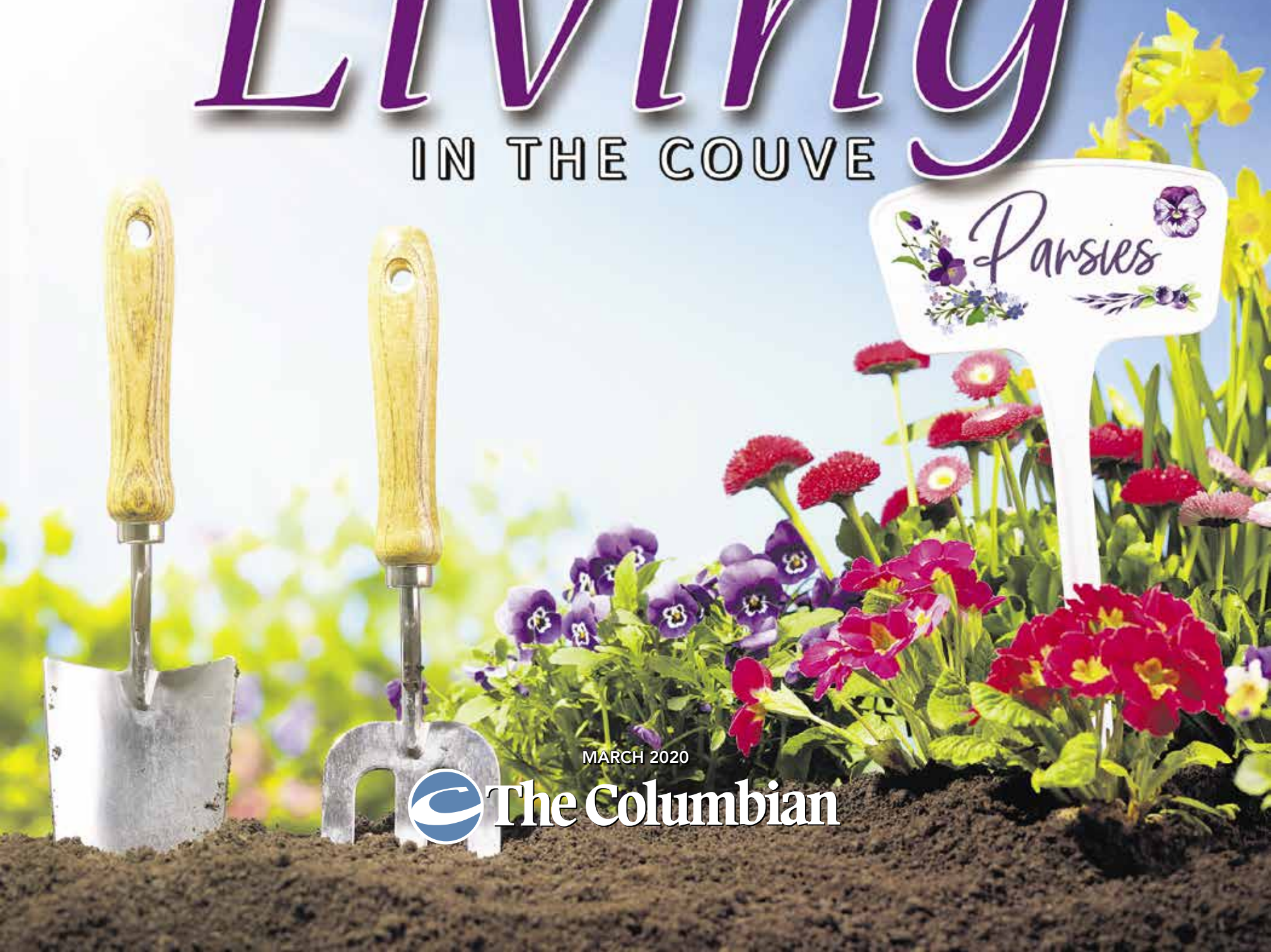


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MARCH 2020



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# Living

IN THE COUVE

*What is The Couve?*

**The Couve** geographical name

\ 'thē cōv \ rhymes with 'move'

(noun)

**1** —Nickname for Vancouver, Washington.

**2** —The original Vancouver.

**3** —A small city with vibrant communities, urban attractions, and natural recreation areas.

**See Also:** Greater Couve, Clark County, Southwest Washington

Current issue published March 22, 2020

Look for the next issue on April 19, 2020

April theme: NW Destinations

Find past issues archived online at

[www.livinginthecouve.com](http://www.livinginthecouve.com)



Each monthly issue of Living In The Couve captures a glimpse of life here in Vancouver and Greater Clark County with special local features and community event listings, as well as regularly occurring topics related to: Health & Fitness, Kids & Family, In the Garden, Tastes & Brews, Food & Recipes, Money & Finance, and Arts & Culture.

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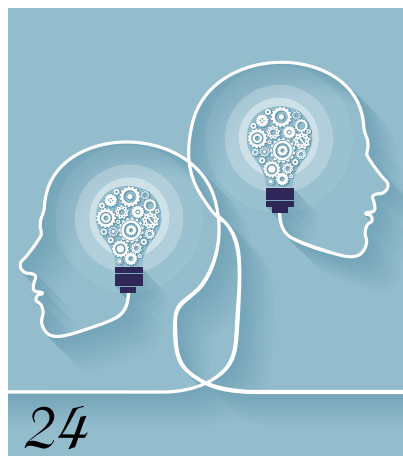
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# INVESTING IN COMMUNITY SUPPORTED AGRICULTURE PUTS LOCAL FOOD ON YOUR TABLE

---

by EILEEN COWEN, for *The Columbian*

6 | MARCH 2020

Spring is finally here and for many people, that means getting gardens and in order. Seed catalogues are filling mailboxes and garden centers are stocking plant starts. However, for Clark County farmers, spring often means getting their marketing plans in order. They will soon be filling our plates and restaurants with fresh vegetables, and there is a lot of competition to get produce to consumers. Many farms have found success by tapping into the lucrative Community Supported Agriculture market.

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CSAs, as they are commonly known, are direct-to-consumer shares of a farm's available crops and are a surefire way for farms to get their produce directly into the hands of the people in their community. CSAs are sold on a yearly subscription and generally offer weekly or bi-weekly shares of the available harvest.

The last decade was a volatile time for family farmers. Urban sprawl, aging farmers and the recession all contributed to a decrease of arable farmland and willing agricultural participants here in Clark County and beyond. However, some good emerged from the upheavals in the farming community. A rise in the awareness of CSAs dramatically expanded the opportunities for small farms. Vancouver area farms especially have benefited: currently, there are over a dozen small acreage farms that feed our residents, either through farm shares or at local restaurants. And, bucking the national trend of aging farmers, many small local farms are run by younger families and people striving to create healthy lifestyles outside of city life. They know how to advertise their farms and CSA offerings online, and many farms have very active social media pages.

“ It is now easier than ever to find and support growers and producers in Clark County. By purchasing a CSA share, YOU have the opportunity to financially invest in a family farm while receiving fresh local produce in return. ”

What does this mean to consumers? It is now easier than ever to find and support growers and producers in Clark County. By purchasing a CSA share, YOU have the opportunity to financially invest in a family farm while receiving fresh local produce in return. It is a win for consumers as well as farmers: pre-purchased shares infuse needed operating funds when farms need them most – during the early planting season. Most farms are already selling shares for 2020 and some of the more well-known farms are nearly sold out. Here's a list of a few of the Clark County farms that offer seasonal shares. Look online at [ClarkCountyGrown.Org](http://ClarkCountyGrown.Org) for a more complete list and information on how to sign up!



#### **NORTHWEST ORGANIC FARMS**

17713 NW 61st Ave, Ridgefield, WA 98642

[northwestorganicfarms.com](http://northwestorganicfarms.com)

Northwest Organic Farm has been growing healthy CSA shares for over a decade and is considered the organic standard in Southwest Washington. Their shares include a wide array of produce, including berries, peas, tomatoes, garlic, potatoes, squashes and more. They also host an annual Garlic Festival in the fall that is not to be missed!

#### **RED TRUCK FARM**

3557 S 15th St, Ridgefield, WA 98642

[www.redtruckfarm.com](http://www.redtruckfarm.com)

Located in Ridgefield, Red Truck Farm offers certified organic produce through their CSA share. They also distribute produce to local restaurants such as Elements and Rally Pizza, as well as selling out of their farmstand located on their property. They are known for their delicious greens, herbs, kale, and hothouse tomatoes.

#### **HEAVENLY BOUNTY**

19811 NE 157th Ave, Battle Ground, WA 98604

[www.heavenlybountyfarm.com](http://www.heavenlybountyfarm.com)

Heavenly Bounty is one of the newer farms on the CSA scene, but that doesn't mean they are amateurs when it comes to farming. This mother and daughter team have over 30 years experience in horticulture and offer a wide array of fruits and vegetables from their family farm.

#### **APRIL JOY FARM**

[www.apriljoyfarm.com](http://www.apriljoyfarm.com)

Ridgefield is lucky to have so many amazing small farms, and April Joy is no exception. Their guiding principles show a deep respect for their land and animals, and promote ethical consumption. Their CSA is a little different because they let consumers choose items from the available harvest rather than have a specific share.

#### **FULL PLATE FARM**

28502 NW 51st Ave, Ridgefield, WA 98642

[www.fullplatefarm.com](http://www.fullplatefarm.com)

Full Plate Farm is a 5-acre family farm in Ridgefield that is certified organic. They specialize in winter CSA shares, something that makes Full Plate a little different than other farms in the region. They also include food offerings from other farms, including bread shares and egg shares.

#### **GREENE JUNGLE FARM**

3316 NW 289th St, Ridgefield, WA 98642

[www.greenejunglefarm.com](http://www.greenejunglefarm.com)

In addition to growing the usual fruits and vegetables, Greene Jungle has set themselves apart by offering meat and egg shares. Consumers can purchase beef, pork, and lamb shares that assure a portion of the meat harvest. All of their products are Animal Welfare Approved, assuring ethical practices on the farm.



TIPS TO  
MAKE

# Spring cleaning

EASIER  
AND GREENER

By KALEY MCLACHLAN-BURTON  
for Clark County Public Health Solid Waste  
and Environmental Outreach

The tradition of spring cleaning has a long history, and may have roots in several different religions. In the nineteenth century, people got in the habit of cleaning their homes each spring to clear out the soot, ash and smoke that accumulated from using coal-burning sources of heat during the long winter months. In our modern age, spring cleaning often involves decluttering, in addition to cleaning. This year, tackle your spring cleaning armed with a plan and plenty of local resources.

I've found a four-step approach to organizing helpful. First, identify the messiest areas of your home. This can be entire rooms or smaller spots of clutter. For example, in our home we decided that disorganization in our laundry room was making it less likely that we would be inspired to do the laundry! The second step is to think about the causes of that specific area of clutter. For our laundry room, lack of surfaces for storage was a big issue. Our laundry room is small, with space for only a washer and dryer. We had one wall shelf where we were storing everything from detergents to towels and linens. The third step in the organization process is to brainstorm possible solutions. Finally, select and implement the solutions that make the most sense for you. For our laundry room, we took advantage of high ceilings to add more shelving, and we moved linens into the guest room dresser. The clutter in the laundry room hasn't returned, and we've used this same method to organize other areas of our home.

Getting rid of clutter often means letting go of items that we no longer need, want or use. When you're ready to sort through what you've

Continued on next page ▶



accumulated, tackle one room at a time. Sort items into boxes or piles of things to keep or toss. I usually have piles for items that need to be thrown in the garbage, items that can be recycled, items that I'd like to donate or sell, items that need to be put away in another area of the house and items that can remain in the same room and be put away. Determining what to do with items can be tricky, unless you know where to find helpful information about recycling and reuse options. Go to [recyclinga-z.com](http://recyclinga-z.com) and enter the name of the item you have into the search tool. The results will give you options for disposal, including recycling and reuse/donation options if they're available. You can also find the search tool in the RecycleRight app from the iTunes and Google Play stores. Many broken items can be repaired for free at Repair Clark County events, and then continue to be used, or donated. Go to [repairclarkcounty.org](http://repairclarkcounty.org) to find upcoming repair events.

You can also sell items you no longer want on websites like Facebook, Craigslist and Nextdoor. Increasingly, neighbors are finding value in using "Buy Nothing" groups. These groups are restricted to neighbors and provide a forum for giving items, for free, to neighbors who could use them. Go to [buynothingproject.org](http://buynothingproject.org) to find out how to join the

group nearest you. According to the Environmental Protection Agency, reducing how much you throw in the garbage and reusing items whenever possible are important ways to prevent pollution, reduce greenhouse gas emissions, slow the filling of landfills and sustain the environment for future generations.



Now for the actual cleaning part: scrubbing away the dust and grime that built up during the winter spent indoors. Many cleaning products you find in stores contain chemicals that are hazardous to human health and the environment. They can add pollutants to your indoor air, and leave residues of hazardous chemicals. Instead, make your own cleaners out of safe (and inexpensive!) ingredients like vinegar and rubbing alcohol. You can find recipes and tips for using "green cleaners" at [clarkcountycomposts.org/mcr/how-to-green-clean](http://clarkcountycomposts.org/mcr/how-to-green-clean). If you purchased cleaning products that contain words like "dangerous," "flammable" or "caution" on the label, dispose of them properly by taking them to a waste transfer station for safe disposal. The search tool at [recyclinga-z.com](http://recyclinga-z.com) will give you information about free disposal options for household chemicals.

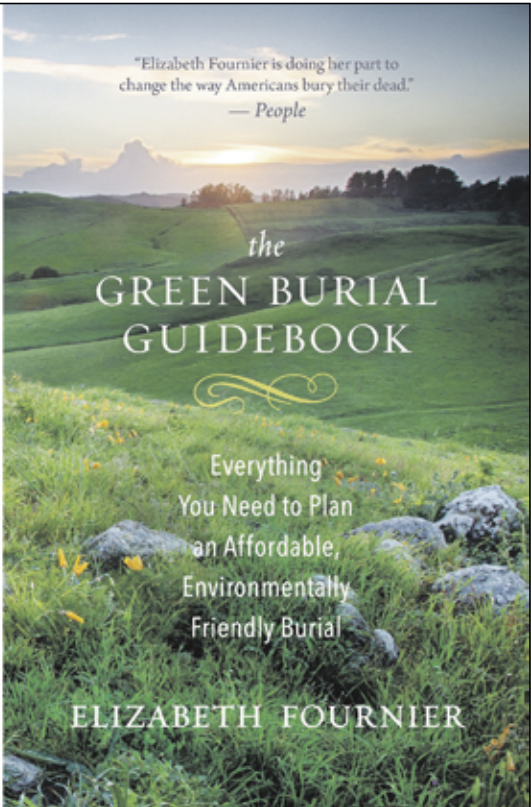
Armed with the right tips and resources, your spring cleaning can be less daunting and more enjoyable. As you clean and organize, consider that buying less throughout the year would reduce how much time you'd need for this annual task. Ask yourself, "Do I really need this? Or will I need to get rid of it when I do next year's spring cleaning?" After all, one of the best ways to protect our environment is to use less!

# Green Burial in Clark County

Join Elizabeth Fournier, Director of Cornerstone Funeral Service in Boring, Oregon and author of *The Green Burial Guidebook*, for an informational session about sustainable and affordable burial. The Green Reaper, as she is known, will explain the regulations and current practices of environmentally-friendly burial

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# USHER IN NEW COOL WEATHER CROPS

*March signals the end of the gardeners' winter hibernation*

By LIZ PIKE, WSU Clark County Extension Master Gardener

Don't get too comfortable next to a warm fire! Come March, a new planting season begins. In Southwest Washington, the month of March is the unofficial starting gun for a new marathon alongside Mother Nature. With temperatures in the 50s, it's an ideal time to start cool weather crops. Seeds of arugula, onions, leeks, mustard greens, peas, radish and spinach may all be sewn directly in the garden during March. These early crops are hardy and manage to germinate in relatively cooler weather.

## TRANSPLANT OTHER CROPS THIS MONTH

March is also an appropriate time to transplant certain cooler crops into the garden. These slightly less hardy crops need warmer temperatures in order to germinate. If you didn't have an opportunity to start them as seeds indoors, they may be purchased as starts at your favorite nursery or garden center. Transplant broccoli, brussels sprouts, Chinese cabbage, cauliflower, celery, and lettuces out into the garden this month.

As with all transplants, harden them off before exposing them to the harsh realities of early spring. The term "hardening off" means to gradually expose them to the conditions of living in your soil over a period of about two weeks. Before planting directly into soil, leave the new starts outside only during daylight

hours for the first week, bringing them in each night. Then set them outside for the following week, being sure to cover them at night with protective plastic. After this hardening off period, plant those babies! Your transplants should be ready to make a smooth transition into the outside elements of your garden.

## TIPS FOR BOUNTIFUL YIELDS

Treat your soil with the reverence it deserves. It's the lifeblood of your bounty. Plants growing in fertile soils that contain lots of composted organic material will develop better root systems. A healthy root system will deliver more nutrients to plant parts and provide higher crop yields. Before planting seeds or transplants, add about 10% of new compost to your garden soil areas.

For optimum performance, soil needs air, water and nutrients in the form of organic compost. In healthy soil, millions of microbes go to work to digest the organic matter. All this activity going on under the surface will provide improved water holding capacity and increase the overall quality of the soil.

## ENJOY THE FIRST SALADS OF THE SEASON

In no time at all, you'll be preparing spring salad mixes grown in your own back yard. The flavor and nutritional value of freshly harvested food is

unmatched by anything you'll find at your local grocers. By planting seeds and transplants for appropriate cool weather crops in March, you'll get a jump on a brand new growing season. Happy gardening!

*Liz Pike is a Master Gardener, artist, farmer and beekeeper. She operates Shangri-La Farm, a small scale organic farm in Fern Prairie. The property was selected to be a part of the Clark County Natural Garden Tour in 2018 and 2019. Liz can be reached at [pikeadvertising@comcast.net](mailto:pikeadvertising@comcast.net).*







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**Kubota**



A close-up photograph of several pointed plant buds, likely from a perennial vegetable or herb. The buds are a mix of deep purple and vibrant green, with small, clear water droplets clinging to their surfaces. The background is a soft, out-of-focus green.

# PERENNIAL VEGETABLES AND HERBS

*by LAURA HELDRETH,  
WSU Clark County Extension Master Gardener*



Over the last ten years, I've added more perennial vegetables and herbs to my curbside vegetable garden to provide reliable and low maintenance crops for me and my neighbors to enjoy year round. Through the winter, I use the woody herbs like thyme and rosemary to season my soups and stews. [pull out quote] In the spring, I eagerly wait for the herbaceous perennials to sprout up and then I plant around them with annual vegetables, herbs, and edible flowers.

Most perennial vegetables like asparagus, artichokes, and rhubarb require a couple of years to get established, but they are worth the investment in time. After the first couple of years, they require less water and just need one or two applications of an organic fertilizer. It is important to be persistent on looking for pest problems before they become a big issue because these crops will not be rotated.

# PERENNIAL VEGETABLES

Perennial herbs are simple to grow, nutritious, and delicious. For the same price of a bundle of herbs at the grocery store, you can purchase a plant and harvest off of it for years. Do a little homework on the size of the plant and how much it will spread in the garden. Mint and horseradish are ideal candidates for containers.

- Artichokes
- Asparagus
- Cardoon
- Rhubarb
- Sunchokes
- Sorrel
- Tree collards



Artichokes



Asparagus



Rhubarb



Sorrel

# PERENNIAL HERBS

- Bay
- Bronze fennel
- Chives
- Horseradish
- Mint
- Lavender
- Lemon balm
- Lovage
- Oregano
- Rosemary
- Sage
- Tarragon
- Thyme

Local nurseries carry a variety of perennial vegetable and herbs. If you are looking for something more unusual, check out the One Green World nursery and Raintree Nursery. I encourage you to add perennial vegetables and herbs to your garden.



Rosemary



Bay leaves



Lavender



Oregano



Thyme



## CELEBRATE THE EARTH WITH STREAMTEAM

*by DAMEON PESANTI, for Clark Public Utilities*

Whether it was in your own backyard or deep in the mountains, at some point you might have stopped and thought about how much you get out of life in the Pacific Northwest and longed for a way to give something back. Well, here's your chance.

On Saturday, April 18 the Clark Public Utilities StreamTeam and a small army of volunteers will spend the morning planting trees, picking up garbage and pulling noxious weeds in the greenway around Salmon Creek Regional Park. Afterward, they'll mix and mingle with Clark County residents of all ages to laugh, learn and enjoy one of the region's largest conservation celebrations—Earth Day Fest. The volunteer work runs from 8:30 a.m. until noon. Earth Day Fest kicks off at 10 a.m. and goes to 2 p.m. "It's amazing how much work our community can accomplish when we come together," said Maddy Loy, Clark Public Utilities' StreamTeam program coordinator. "In just a few hours we're able to plant hundreds of trees, pull dozens of pounds of garlic mustard and pick up tons of trash."

"After we're done planting, the volunteers enjoy a tasty lunch and enjoy some fun entertainment at the Fest," she added.

Coming into its twenty-first year, Earth Day Fest is an annual tradition for families and volunteer-minded folks of all ages. No experience is necessary to

participate. Most people will plant more than 20 varieties of native plants in the watershed. StreamTeam staff will supply all the planting tools and trained planting leaders will provide instructions throughout the day on the best way to plant the saplings (there's more to it than you may think).

Volunteers who are feeling a bit more adventurous should consider joining the garlic mustard pull. Garlic mustard thrives in our environment and easily outcompetes native vegetation. If botany doesn't feel like your strong suit, the trash pickup is happening across the site. Volunteers can participate in whichever effort they'd like, but registration is required to ensure enough supplies, doughnuts and lunches are provided. This year Burgerville has generously donated the burgers for us to enjoy.

All Earth Day Fest volunteers receive a commemorative T-shirt as a thank you for the hard work. Volunteers under 18 who come without a guardian will need to bring a signed copy of the guardian release.

Last year's event made a tremendous impact on the site. Just over 500 volunteers planted nearly 1,100 trees, pulled dozens of bags worth of garlic mustard and picked up truckloads of trash.

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**Continued on next page ▶**



## "IT'S AMAZING HOW MUCH WORK OUR COMMUNITY CAN ACCOMPLISH WHEN WE COME TOGETHER..."

If you're planning to take your volunteerism to the next level, sign up to be a planting leader. StreamTeam will train leaders to coordinate and train a group of planting volunteers during Earth Day Fest and/or Make a Difference Day in October. Training will be held April 11 from 9 a.m. to 2 p.m. Lunch and tools will be provided. Registration is required.

If volunteering isn't in your future, no problem! Bring the family down to the Earth Day Fest to celebrate all the beautiful aspects of our local ecosystem.

There is no need to register to attend the Fest, which begins at 10 a.m. Following the music, Mr. Lizard will bring his Mobile Zoo, loaded with amphibians and reptiles for all to see. OMSI will impress the audience with Radical Reactions, a fun and entertaining introduction to the world of chemistry. Plus, there will be numerous vendors with interactive displays and plenty of free activities for kids to learn, craft and grow.

Kids will also be given a passport, which they can get stamped at different booths. Fill the passport and they'll be entered in a raffle for some excellent prizes.

Parking is always tight at the site. Visitors should use the Chuck's Produce parking lot on Highway 99 and 117th, which is closed on Saturdays and has generously granted use of the parking lot, or park at the C-Tran 99th St Transit Station. C-Tran will provide a free shuttle from both locations and the park every 15 minutes from 7 a.m. to 3 p.m.

"Earth Day Fest is one of our favorite events of the year," Loy said. "Not only does the community come together to make a real impact, but people from all walks of life blend together and make new friends. Plus, parents who may have grown up attending this event, bring their little ones and introduce a new generation to environmental stewardship."

To register, obtain release forms or get more information on Earth Day Fest, planting leader training, and all other StreamTeam Events visit [ClarkPublicUtilities.com/streamteam](http://ClarkPublicUtilities.com/streamteam). Alternatively, you can contact Maddy Loy for more information at [MLoy@clarkpud.com](mailto:MLoy@clarkpud.com) or 360-992-8585.



### Energy Efficient New Construction

Building or buying a new home? Talk to your builder about energy efficient upgrades and the Clark Public Utilities Performance Homes Program.

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# Small Fruits for a Small Garden



*by BEKAH MARTEN,  
WSU Clark County Extension Master Gardener*



If you are looking to add food production plants to your landscape while also adding visual interest, consider adding small fruits to your home garden. [Pull out quote?] Many berries grow quite well here in Western Washington's typically acidic soils. Berries are also a high value crop, so planting them in your landscape allows you to eat the freshest fruits and save some money.

Unlike fruit trees, many berries take very little space and do not have the maintenance requirements of other fruit crops. Given the right site conditions and sunlight, you will be harvesting a bounty of berries for years to come.

The most commonly recommended berries for the backyard grower here in Western Washington are blueberries, blackberries, raspberries, and strawberries. These are a good place to start for any gardener, because they are fruits that are tried and true. WSU has produced many publications following years of research that outline the best cultivars to choose for our growing area.

## Blueberries

Blueberries are a fruiting shrub that add year-round interest to your landscape. The more commonly seen northern high bush varieties live for 40 years or more and grow as tall as five to eight feet.

In the fall, a blueberry shrub is covered in vibrant red and orange leaves, and through the winter the red twigs of new growth add color to your garden. Come spring you will find your blueberry bushes covered with dainty, bell-shaped flowers that will become your summer crop.

All blueberry cultivars prefer acidic soils and full sun for best fruit production. It is important to note that while blueberries are self-fertile, planting two different varieties with bloom times that will overlap each other ensures better fruit set.

### Blueberry Cultivars Recommendations:

- Duke
- Bluecrop
- Spartan
- Liberty
- Olympia
- Darrow



## Raspberries

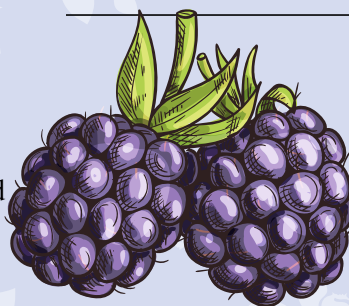
Raspberries are another fruiting crop that grow well in our climate. They are a prime candidate for that narrow, sunny location in your garden that has good drainage.

A ten-foot row can produce anywhere from 25 to 35 pounds of raspberries and will produce for about ten years. They do need support in the form of trellising as their canes are not strong enough to support themselves when set with fruit.

Raspberries can either be summer-bearing or fall-bearing, however the summer-bearing cultivars are more commonly seen in garden centers and have had more research performed on these cultivars for Western Washington.

### Summer-Bearing Raspberries:

- Prelude
- Killarney
- Cascade Dawn
- Cascade Bounty
- Boyne
- Cascade Delight



## Blackberries

While you can find thickets of blackberries throughout the county to pick, you could also choose to plant some thornless cultivars in your garden and not have to travel more than a few steps to have those delicious berries. Blackberries are very similar in growth habits as raspberries and do require trellising.

### Thornless Blackberry Cultivars:

- Black Diamond
- Columbia Star
- Triple Crown
- Chester Thornless

## Strawberries

Strawberries make a delicious choice for your landscape whether they are in a raised bed, a pot on your patio, or used as a ground cover in your ornamental beds. They are a very versatile plant that also produces a tasty berry.

There are three types of strawberry plants available for the home gardener, and you will often find plants labeled as such when you purchase them. June-bearers produce a bumper crop in late May to June and then the plants are finished for the season.

Ever-bearing strawberries have a large flush of berries in June and then a smaller picking in September.

Lastly, day-neutral strawberries will produce berries all summer long. Strawberries require well-draining soil and full sun regardless of type. With their shallow roots, they are perfect for use in a container garden setting.

### Strawberry Recommendations:

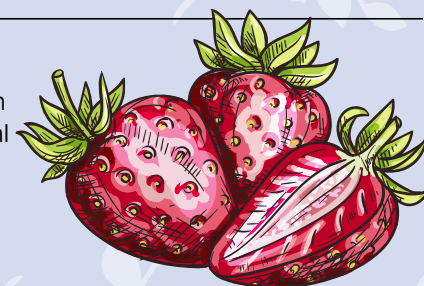
- Shuksan (June-bearing)
- Puget Reliance (June-bearing)
- Aromas (Day-neutral)
- Tristar (Day-neutral)
- Quinalt (Ever-bearing)
- Ft. Laramie (Ever-bearing)

This is just the beginning of berries for the home gardener, but it is a fantastic place to start. For the smaller scale gardener, there are varieties of blueberries, raspberries and blackberries that have been bred to grow in containers. Once you have grown these tried and true fruits, it may be time to branch out and try new-to-you berries. Who knows, a few years from now you may be planting a gumi berry or aronia or honeyberry.

Many fruit trees and vines can grow here in the

area as well, but they require more work on the part of the gardener. Gain confidence with these smaller fruits first. In the meantime, take a day trip with the family out to Hood River and read the bounty of apples, peaches, pears and cherries there!

For further information on the cultivars listed in this article as well as their planting and pruning needs, please refer to "Growing Small Fruits in the Home Garden" WSU publication EM 2015-1434.







# SPRING BREAK: *Get Outside, Rain or Shine*

*by EILEEN COWEN, for The Columbian*





Photos this page by Eileen Cowen

During the spring, a sunny day can seem like the pot of gold at the end of a rainbow: beautiful and tempting, if illusive. Sometimes it is as if the excessively rainy winter just doesn't want to give way to spring. We here in the Northwest have come to relish the seemingly elusive days where we can feel the warmth of the sun. When a warm window of weather sneaks up on me, I usually want to get my family outside for a quick hike. However, the question is always, where? Since weather can vary widely from area to area, it can be difficult to pin down a place to hike. The coast can be rainy, the gorge can be windy and brisk. By the time we argue about our options, the window of sun has usually passed and we missed our chance for a quick spring walkabout.

Our family does have a few favorite go-to places that are not far from our home in Downtown Vancouver. One such place is Round Lake in Camas. In addition to being close, it is a loop that can quickly be finished if it begins to rain, or can be a place to take time to explore in the event of a long break in the weather. The trails easily connect to Fallen Leaf Lake as well as the extensive LaCamas Heritage Trail if you are up for a longer stroll through the woods in Camas.

Recently, we took advantage of a nice day and spent the morning checking out some of the trails beginning at

Round Lake. The space itself has various environmental characteristics that make for an interesting hike. The trail is best known for beautiful springtime blooms of camas lily. The tuber of the lily is intrinsically important to Native American tribes in the Northwest, as the collection of this food source continues to be a culturally significant annual event for tribal members. In addition, the camas field, the region around Round Lake boasts large boulder outcroppings, heavily wooded stretches, and amazing views of Lower LaCamas Creek and Pothole Falls. The creek flows below the dam over basalt bedrock, creating pools and tempting swimming holes during the summer. The thundering rain runoff over the falls during the winter and spring melts are equally impressive. Be sure to keep your eyes out for the interpretive signs on the trail that marks important geologic and environmental features along the lake path.

At the south east side of the lake, the trails connect with the path into LaCamas Park. The park is surprisingly lush with duffy undergrowth, rife with wildlife and songbirds. We even saw a small deer snacking its way through the afternoon. There are multiple spurs off the trail. My family took the short spur leading to Woodburn Falls. It had recently been raining so the falls were quite pretty and full of water. The spot would be a great place to visit in the summer for a refreshing break from the heat.

We found our way back up the spur and continued north west around Round Lake. In this spot, the trail is quite wide and able to accommodate strollers, bikes, and runners. We passed a small stream to our right and after walking over the bridge that protects the marshes, we quickly found ourselves at the wetland observation area. A small dock juts into the lake and is a good bird viewing spot. We enjoyed watching the cormorants sitting around the lake, and could see three herons along with countless geese and ducks. About that time, the sunny break in the weather was changing back to rain, so we were glad to be close to the parking lot to avoid getting stuck in a downpour.

If you are looking to get your family out for a quick hike when the weather looks promising (even if for just a few hours), Round Lake can be a beautiful place to spend time outside with those you love.

*Eileen Cowen is a transplanted Mainer living with her Washingtonian husband and children in Downtown Vancouver. She enjoys hiking, camping, playing music, tasting local beers, and talking to neighborhood cats.*

GO ONLINE FOR MORE INFORMATION,  
MAPS, AND TERRAIN UPDATES:

CITY OF CAMAS  
[www.cityofcamas.us](http://www.cityofcamas.us)

CLARK COUNTY PUBLIC WORKS  
[www.clark.wa.gov/public-works](http://www.clark.wa.gov/public-works)

WASHINGTON TRAILS ASSOCIATION  
[www.wta.org](http://www.wta.org)



The first daffodils and tulips have arrived, and so have spring vegetables. Why not add some of the fresh offerings this new season brings to your table? While you are happily tucking your heavy sweaters away, give your meal plan a similar shift and swap heavy winter vegetables with the lighter spring ones. Replace denser root veggies and your trusty frozen ones with some of the tender, new spring varieties that are just poking their heads out. Here are a few fresh finds coming soon to a market near you.

Fresh **SPRING PEAS** and tender **ASPARAGUS** are two popular choices to herald the new season. Lightly steamed, peas shine with just a touch of butter or oil and a bit of lemon, or some chopped fresh mint for something a bit fancier. Asparagus is delicious steamed, roasted, or lightly grilled. Use the spears whole or chop them into smaller pieces to add to omelets, sandwiches, soups, salads or pizza. For an easy spring side dish, stir roasted or steamed asparagus into risotto with some freshly grated Parmesan and a bit of lemon zest.

Small, thin skinned **NEW POTATOES** are a great choice for busy cooks. Quickly boiled or steamed, you can dress them simply with butter and a little salt for an easy side dish that is sophisticated and simple. Look for multicolored varieties for added color and interest, and consider cooking extra to halve and dress with a tangy vinaigrette for a deliciously different potato salad.

**SUGAR SNAP PEAS** have become a year-round supermarket favorite for both snacks and crudité. If you find some at the market, snap them up. Sliced thinly, they add a sweet crunch to your salad or cold noodle dish. Plus, they taste great eaten just as is.

**SWEET ONIONS** are an easy choice. Grill large slices for unbeatable flavor on your burger or sandwich. Or, for nuanced, soft, fresh flavor, pick some shallots. Use them for vinaigrettes and dishes where you'd like a milder undertone of onion with hint

of garlic. **RAMPS** are a different, but an equally good choice. Lightly grilled or sautéed, they add a delicate flavor to rice or pasta dishes.

At their least expensive and most tender in the spring, **LEEKS** are a good option any place you'd use an onion. I love using leeks for Colcannon, an Irish dish of leeks, kale, and buttery, creamed mashed potatoes. Grown in sandy soil, leeks are usually in need of a good cleaning. Start by trimming the root end and removing the dark tops. Typically, you will use the light part of the leek for your recipe and save the dark part for stocks. Slice in half lengthwise, then fill a baking dish with water and add the leeks, separating them as you go. The leeks will float and the dirt will sink to the bottom.

Snap up some **SCALLIONS** for stocking your crisper. Keep them on hand to add gentle flavor to broths, stir fry, or salads. I use the white part as a "zero waste" way to give flavor when I'm making soup. Simply slice and sauté in a bit of oil, using just as you would any other onion.

**ARTICHOKES** are a show-stopper. Although a bit time consuming, learning how to trim and prepare them yields a stunning reward for your efforts. My favorite way to cook artichokes is to trim and stuff them, Italian style. The leaves get pulled back and stuffed one by one with a pinch of seasoned meat filling. Nestled in a huge baking pan and smothered with tomato sauce, they bake in the oven until tender. Delicious!

And now the greens... **CHARD** and **KALE** can both be used raw and cooked, in soups and salads, and lightly sautéed as well. Try cooking either with a bit of olive oil, some minced or sliced garlic, and a dash of red pepper flakes with a sprinkling of sea salt and a few grinds of black pepper to finish. Simple and delicious! **COLLARD GREENS**, when fresh, can be used as a nutrition boosting plant-based substitution for tortillas, making them a good choice for wraps.

For something truly different, try **CARDOONS**, **FIDDLEHEAD FERNS**, or **SORREL**. Look for these unusual offerings as you're shopping, then be bold and try something new to add some interest and a little spring flavor to whatever else you might be serving. Search for recipes on Google once you get home, then dive right in!

Finally, spring greens. **ARUGULA**, simply dressed with a squeeze of lemon, a drizzle of good olive oil, and some salt and pepper forms the groundwork for a salad you can morph a million different ways. Add shaved or crumbled cheese and fruit-of-the-moment for a low-stress, high-impact salad. **ENDIVE** is sultry and exotic looking. Slice it and add it to salads or try using it as a dipper. Make an easy

appetizer by filling its boat-shaped leaves with a bit of cheese and a drizzle of honey. And don't forget the herbs. Nothing beats the flavor of fresh herbs and adding a sprig here and there is a nice touch, elevating everything you serve.

The Vancouver Farmers Market opens March 21 and it's the perfect place to explore, admire, and seek out something different. There is no better way to spend a Saturday or Sunday than adventuring, coffee in hand, through the many stalls, visiting your favorite vendors and seeing what is new. Pick up a market bouquet of fresh flowers, fill a bag or two with fruits and veggies and enjoy the beautiful day. It's a great place to find many of the ingredients for fresh spring salads and other recipes.



Photos by Donna Ferguson

# Say Hello to Spring!

by **DONNA FERGUSON**, for *The Columbian*

The Vancouver Farmers Market Opens March 21 and it's the Perfect Place to Explore, Admire, and Seek Out Something Different.



## Spring Market Salad

*This salad combines fresh greens, herbs, and the season's first beets in a light vinaigrette. Sweet and earthy, tender spring beets are perfect for using in salads. Roasted beets are simple to prepare, and extras can be whirled into hummus, tucked into a sandwich, or blended with garlic, almonds and olive oil to make a striking purple pesto. Use the recipe below as a starting point and be creative. Consider adding sliced fennel, snap peas, endive, roasted asparagus, freshly sliced orange segments, or sliced strawberries, to your salad, using what's available at the market as your guide.*

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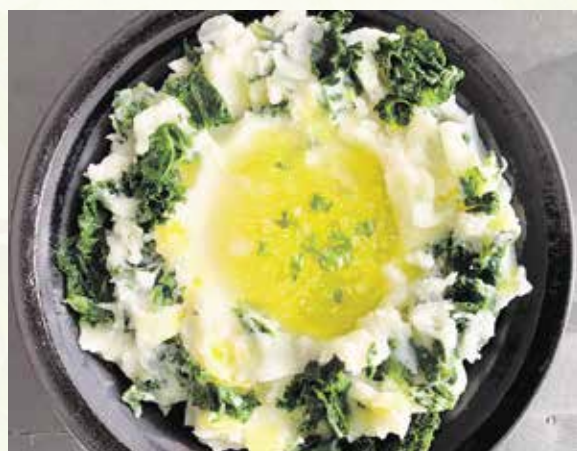
### INGREDIENTS

1 pound assorted beetroots  
1 Tablespoon orange juice  
2 teaspoons sherry vinegar  
1 Tablespoon olive oil  
Salt and fresh ground black pepper  
Assorted spring greens - arugula, baby spinach, etc.  
1/3 cup fresh parsley  
1/4 cup fresh mint leaves  
1/3 cup grated carrot  
Blue cheese or gorgonzola, small chunks or crumbled

### INSTRUCTIONS

1. Preheat oven to 400°F. Wrap beets individually in foil; bake 40-70 minutes. Beets are done cooking when they are soft all the way through, or when a sharp knife passes easily through the center of each beet. Set aside to cool, then peel and cut into chunks.

2. Whisk orange juice, sherry vinegar, olive oil, salt and pepper in the bottom of a large bowl. Add beets, mixed greens, parsley, mint, and grated carrot; toss lightly. Season with salt and pepper to taste, then gently fold in cheese. Spoon onto salad plates, topping each with additional cheese.



*watercress, and radicchio are all possibilities. Or, try shaved Brussels sprouts or other types of cabbage such as Savoy, Napa, or red cabbage.*

*Colcannon can be made up to a few days ahead of time. Reheat, covered, in a 350°F oven, or in a slow cooker, adding additional liquid and butter, if necessary, to loosen.*

### INGREDIENTS

3 pounds Russet potatoes, peeled	fat half and half
18 ounces fresh kale, cored (veins trimmed)	1 Tablespoon minced fresh parsley
2 small leeks, chopped	Salt and freshly ground pepper
1 cup (approx.) whipping cream, half and half, or reduced	1/2 cup (1 stick) butter, melted

### INSTRUCTIONS

1. Cook potatoes in large saucepan of boiling salted water until tender, about 30 minutes. Remove potatoes with slotted spoon and transfer to a large bowl. Drain well.

2. Cook fresh kale in same saucepan of boiling salted water until soft but not mushy, about 20 minutes. Drain.

3. While kale is cooking, combine chopped leeks and enough cream to cover in heavy medium skillet and simmer over medium heat until soft, about 15 minutes. While kale and leeks are cooking, mash potatoes.

4. Stir warm leek mixture into potatoes. Blend in kale and parsley. Season with salt and pepper.

5. Mound potato mixture in serving bowl. Make well in center and fill with melted butter. Serve immediately. Makes 8 servings.

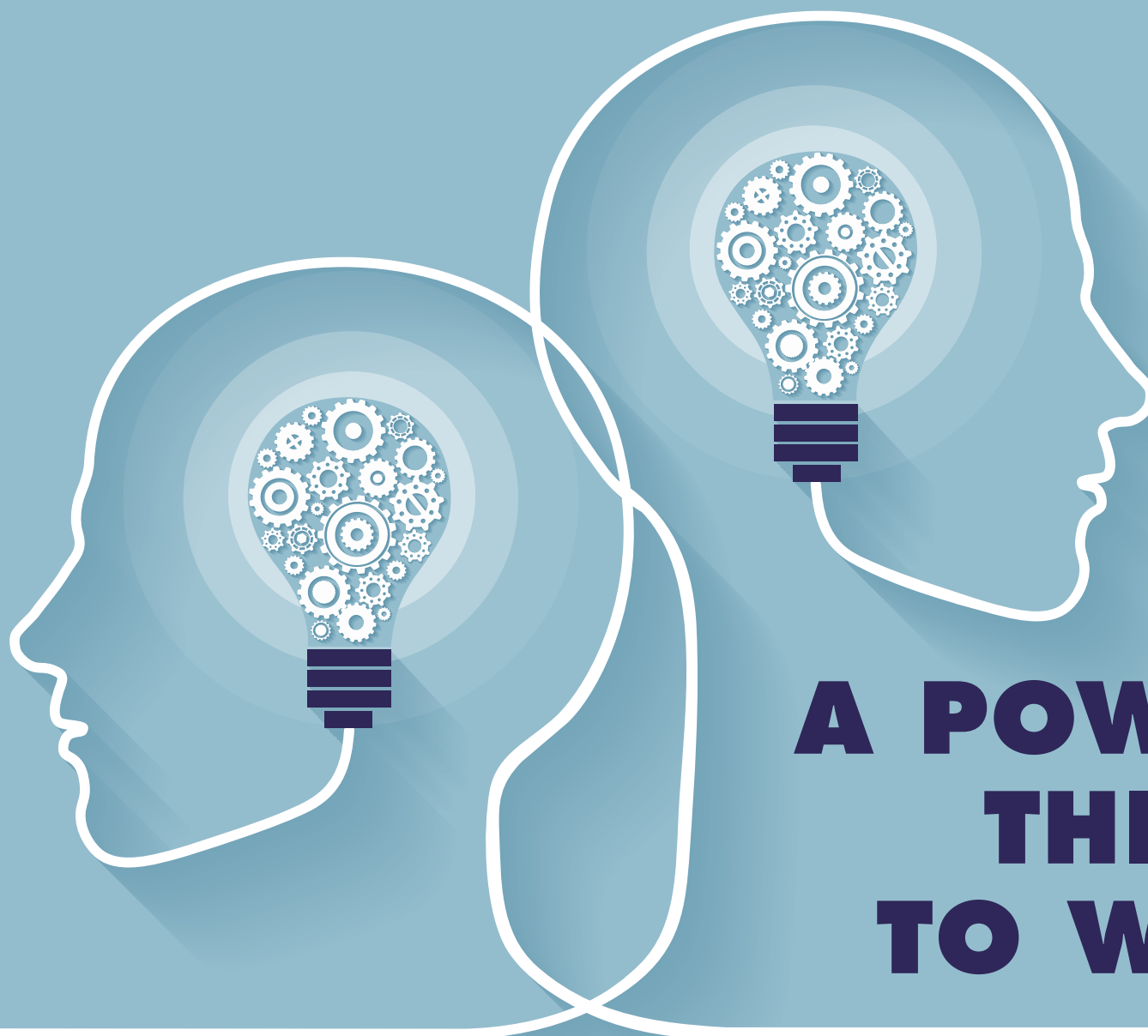
*- from Bon Appétit, March 1984*

## Colcannon

*Traditionally served on Halloween, Colcannon is an Irish side dish of mashed potatoes mixed with garden-grown kale or cabbage. I usually use kale when I make this, because it lends bright, green flecks to the creamy white potatoes, making it festively colored for St. Patrick's Day, which is when I like to serve it. Kale and leeks are abundant in the springtime, but you could use other farmer's market veggies as well. Spinach, chives, chard,*

*Note: Made exactly as directed, this recipe is delicious, but I typically lighten it. You can reduce the fat and make it healthier in several ways. Lighten the mashed potatoes but keep them flavorful by adding a tablespoon of reduced sodium chicken bouillon base to the boiling water. In this case, reduce the amount, or skip the salt you would usually add. Instead of the cream, simmer the leeks in half and half, or you could also use reduced fat half and half. The recipe calls for an entire stick of butter, but two tablespoons of melted butter is enough to make a nice effect in the well on top.*

# Your Mind



**A POWERFUL  
THING  
TO WASTE**

*by LETHA BRANDENBURG,  
Owner The Healthy Weigh*





**W**e work to follow our diets, we try hard to be consistent with exercise, and we even spend time evaluating the emotional connection with our eating habits, but we're not sure about a powerful tool that can help us accomplish all of those things with greater success... visualization. Visualization is a powerful tool.

A fascinating fact about your non-conscious mind is that it's completely deductive in nature. In other words, it is fully capable of working backwards from the end to the means. You do not need to have the means or the "know how" to achieve a goal at the time you first set the goal, because if you "program" only the outcome (the goal) successfully into your "mental computer," then your subconscious will take over and help you find the information and means and carry out the actions necessary.

Although visualization is widely used today, even people who are familiar with it often don't realize its versatility and many applications. Arguably the most frequent use of visualization is by athletes (as well as musicians and other performers) as a form of mental rehearsal. Research has shown that "practicing in your mind" is almost as effective as practicing physically, and that doing both - mental and physical practice - is more effective than either one alone.

A common and simple use of visualization in the fitness context is "goal visualization," which is

simply making mental images of yourself already having achieved your perfect goal weight or with the type of muscularity you desire (i.e., see yourself with the "body of your dreams"). However, visualization does not need to be limited only to mental rehearsal or seeing pictures of your dream body in your mind's eye. The technique of visualization knows no bounds - because remember, you are working with your imagination.

One creative way you can use mental imagery is called "process visualization." It works like this: Once you've set your goals, it's fairly easy to come up with a list of daily habits, behaviors and action steps you'll need to take to reach your goal. So write the action steps down and visualize them (the whole process, not just the end result). In your mind's eye, see yourself food shopping and making the right choices, see yourself ordering healthy foods from restaurant menus, visualize yourself saying no to sodas and drinking water instead, and mentally project yourself going to the gym consistently and having killer workouts. Some people literally visualize their entire "perfect day" as they would want it to unfold. When you do this as vividly, emotionally and in as much detail as you can, you will be neurologically priming your brain to carry out those behaviors.

Therapeutic imagery usually consists of a 20- to 25-minute session that begins with a relaxation exercise to help focus attention and "center" your mind. Very often it is done in combination with positive affirmations. These exercises aid in weight loss by allowing people to envision how manageable lowering their weight is and what they would look like.

During a typical session of imagery, you focus on a predetermined image designed to help you control excessive and unhealthy eating (active imagery) or you allow your mind to conjure up images that give you insight into your weight and fat (receptive imagery). Imagery can be explored on your own, with the help of a book or audiotape, or with a counselor's guidance (guided imagery).

I hope you'll take some time to see yourself at goal weight this beautiful spring season. See yourself where you want to be physically, emotionally and spiritually. Your mind...it's a powerful thing to waste!

*Always encouraging you,  
Letha*

*Letha Brandenburg, Owner,  
The Healthy Weigh, Vancouver, WA*



# The Last US Bag Company

**BUSINESS NAME:**

The Last US Bag Company

**OWNER OR CEO:**

Will Macia & Al Nyman

**YEARS IN BUSINESS:**

17

**WHAT PRODUCTS DO YOU MAKE?**

We design and build products for retail, industrial and military clients globally. Products include everything from recreational backpacks to cargo carriers for space travel! We manufacture an entire line focused around the Home/Craft/Hobby lifestyle called Bluefig.

**WHERE ARE THEY AVAILABLE?**

Our house-branded products are available at [lastusbag.com](http://lastusbag.com) and select distributors across the US for industrial markets such as the energy market and heavy construction. Our Bluefig line of quilting and sewing products can be found online at [www.bluefig.net](http://www.bluefig.net) or through one of our many dealers across the US, including local favorites House of Sewing in Vancouver, WA and Save Stores in Portland, OR.

**WHAT MAKES THEM UNIQUE AND SPECIAL?**

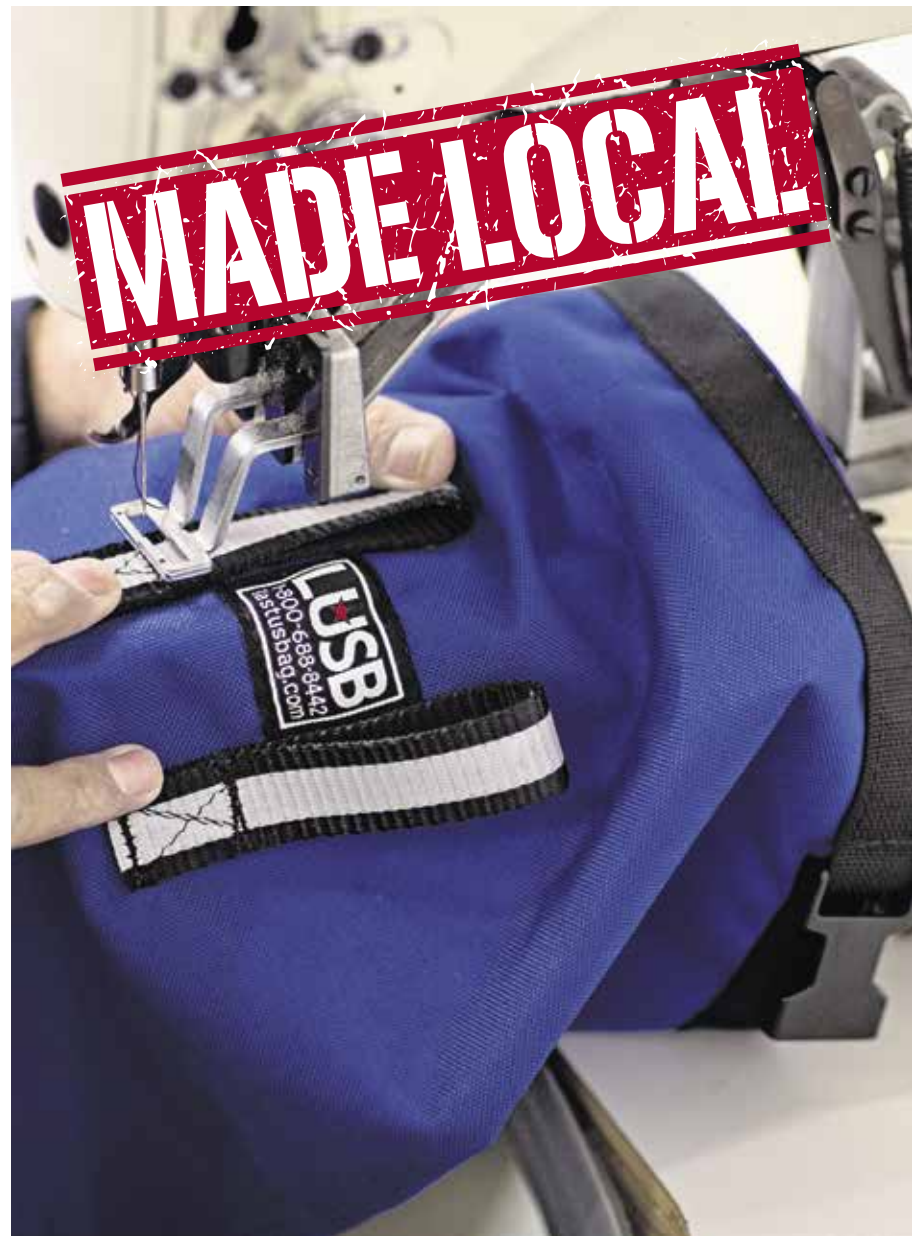
One of our unique lines of products is our heavy-lift cargo bag line called the 500 Series. The 500 Series incorporates a high-tenacity yarn and proprietary laminate construction that reduces the opportunity for failure in the field when lifting heavy cargo. The advances in materials in this product far outlast other products in the market today.

**WHAT IS YOUR COMPANY'S MISSION AND VISION?**

We strive to deliver a high value in design and product quality to our customer. We strive to be the market leader in industrial textile-based safety products.

**WHAT IS ONE OF YOUR BUSINESS GOALS FOR THE NEXT YEAR?**

Through careful efforts in zero-waste design strategy, we look to reduce our fabric waste impact. We currently operate at about a 9% waste yield, and our next target is 4%.

**ANYTHING ELSE YOU WOULD LIKE READERS TO KNOW ABOUT YOUR COMPANY AND YOUR PRODUCTS?**

LUSB is heavily involved with INSEAM (Industrial Sewing Education for the Arts & Manufacturing) designing and coordinating accredited programs for textile-based vocations. Through partnerships with local community colleges such as PCC, we are already teaching the next generation of students about the many STEM careers in textiles, and working to rebuild the infrastructure of textile fabrication in the United States.

**Website:**  
[Lastusbag.com](http://Lastusbag.com)

**Phone:**  
1-800-688-8442





If you or someone you know is a local maker that we might feature, please send contact information to [laura.wenrick@columbian.com](mailto:laura.wenrick@columbian.com) for consideration.



# BEWARE New Tax Scams

**T**hey arrive in your email inbox and via the U.S. mail, by robocalls or texts on your phone, sometimes scammers even show up in person. These are the routes in which tax scams find their way to you. And while most know better, many don't.

First, know the rules: the IRS doesn't conduct official business using email, nor will representatives call you (in most cases). The IRS initiates most contacts through regular mail delivered by the United States Postal Service.

Unless you have an overdue tax bill, have a delinquent return or employment tax payment, or tour a business as part of an audit or investigation, the IRS won't

call or visit. And when they do, they'll issue official notices through the mail beforehand.

But scammers prey on taxpayers' fears and insecurities, and some will fall for the scheme. Scam artists work year-round, according to the IRS, flooding email inboxes with phishing scams and robocalls that seem authentic enough that some lose money.

Continued on next page ►



## New Scams Uncovered

Recently, the IRS warned taxpayers involving two new twists on tax scams involving Social Security numbers and threats from a fictional government agency.

In the first instance, scammers claim to be able to suspend or cancel the victim's Social Security number, a common fear tactic in which con artists mention overdue taxes and use these false threats to fleece people.

The second new scam involves the scammer sending a letter threatening a lien or levy. The letter is from a fake agency called the "Bureau of Tax Enforcement, which doesn't exist according to the IRS. But it also references the IRS, which may cause the recipient into believing the letter is authentic.

### What the IRS won't do

- Call to demand immediate payment using a specific payment method such as a prepaid debit card, gift card or wire transfer. Generally, the IRS will first mail a bill to any taxpayer who owes taxes.
- Demand that you pay taxes without the opportunity to question or appeal the amount they say you owe. You should also be advised of your rights as a taxpayer.
- Threaten to bring in local police, immigration officers or other law enforcement to have you arrested for not paying. The IRS also cannot revoke your driver's license, business licenses or immigration status. Threats like these are common tactics scam artists use to trick victims into buying into their schemes.

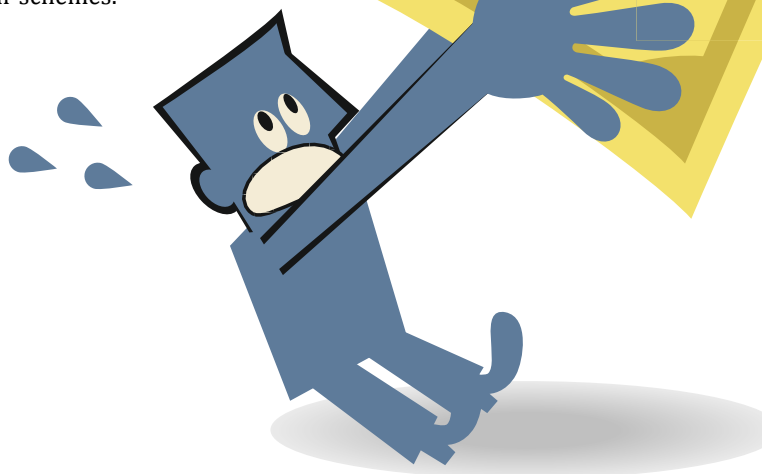
### If you receive any of these threats, here's what you should do:

Contact the U.S. Treasury Inspector General for Tax Administration to report a phone scam. Use their "IRS Impersonation Scam Reporting" web page. You can also call (800) 366-4484.

Report phone scams to the Federal Trade Commission. Use the "FTC Complaint Assistant" on [ftc.gov](https://www.ftc.gov). Please add "IRS Telephone Scam" in the notes.

You also should report an unsolicited email claiming to be from the IRS, or an IRS-related component like the Electronic Federal Tax Payment System. Contact the IRS at [phishing@irs.gov](mailto:phishing@irs.gov).

-Green Shoot Media





# EVENTS

ALL EVENTS SUBJECT TO CANCELLATION

MARCH - APRIL



March 21-22

## OPENING WEEKEND @ VANCOUVER FARMERS MARKET

Discover fresh and local produce, flowers, plants, baked goods, delicious food, pet treats, and accessories for yourself, home, or garden. The Vancouver Farmers Market is a pet friendly place where you can chat with people who have grown or created your purchase, grab a bite to eat, listen to music, stroll through the park, watch the kids play, and enjoy a wonderful, relaxing day. Saturdays 9am-3pm. Sundays 10am-3pm. 605 Esther St, Vancouver



March 22, 9am-1pm

## COUVE CLOVER RUN

3 mile, Lucky 7 miles, and 10 mile courses to take runners and walkers through some of the most scenic areas of Vancouver including historic Officer's Row, Fort Vancouver, the Columbia Riverfront, the Waterfront Trail and more. The course is mostly flat with a couple short hills. Kids 17 and under get to race the 5K for free. Post-event festivities will be hosted by Main Event. Go to [whyracingevents.com](http://whyracingevents.com) for registration information.

30 | MARCH 2020

April 16, 1pm

## SAKURA FESTIVAL @ CLARK COLLEGE

Celebrate the legacy of international friendship and learning between the City of Vancouver and Japan. The festival will begin with an opening ceremony under the cherry blossoms in the Royce Pollard Japanese Friendship Garden. Festivities and entertainment will follow in the Gaiser Student Center. The annual event is free and open to the public. 1933 Fort Vancouver Way, Vancouver

April 18, 9am-12pm

## EARTH DAY WORK PARTY @ VANCOUVER LAND BRIDGE

The City of Vancouver and Fort Vancouver National Historic Site will partner to organize a volunteer Earth Day work party to tend the 40-foot wide earth-covered pedestrian bridge that arcs over State Route 14, reconnecting historic Fort Vancouver with the Columbia River. Volunteers will help shovel, haul and spread mulch, pick up trash, weed, and plant. The Vancouver Land Bridge is one of the Confluence Project's six sites along the river. The Confluence Project is a community supported nonprofit with the purpose of connecting the history, living cultures, and ecology of the Columbia River through Indigenous voices. Go to [www.confluenceproject.org](http://www.confluenceproject.org) for volunteer information.



April 18, 8am-5pm

## NW'S LARGEST GARAGE SALE & VINTAGE SALE @ CLARK COUNTY EVENT CENTER

Over 600 Indoor Sellers. Household items, furniture, tools, clothing, jewelry, toys, electronics, and so much more. Food & Beverage available for sale.

Admission: Early Bird: Doors open at 7:00am - \$20. General Admission: 8:00am - \$6. Children under 13 - Free. Parking: \$6.00 per vehicle (cash only). 17402 NE Delfel Rd, Ridgefield.

# KIDS & FAMILY EVENTS



March 25, 3pm-5pm

## CRAFTERNOON @ KAZOODLES

School-aged children drop in Wednesdays between 3-5 pm. \$2 per crafter. March 25 craft: Mini Flower Gardens. 13503 SE Mill Plain, #B-3, Vancouver



March 27, 10:30am-11:30am

## KIDS STORY & CRAFT HOUR @ EARTH, GLAZE AND FIRE

A story time and follow the reading with some ceramic painting. The ceramic item is pre-selected to correlate with the story. Painting time may vary based on group inter-activeness and interest in the painting process itself. \$5 per child. RSVP required. [www.earthglazeandfireceramics.com](http://www.earthglazeandfireceramics.com)



April 4, 10am-1pm

## HEALTHY KIDS DAY @ CLARK COUNTY FAMILY YMCA

A **FREE** event filled with activities, games, cooking demonstrations, nutrition and health education, crafts and vendors from all around Clark County. 11324 NE 51st Circle, Vancouver. [ymcacw.org](http://ymcacw.org)

## REMEMBER THE MAGIC OF YOUR HOMETOWN TOY STORE? IT'S STILL HERE!

Toys, Books & Games for Healthy Play  
from Vancouver's Favorite toy store!

Great Selection  
Amazing Service  
Expert Advice



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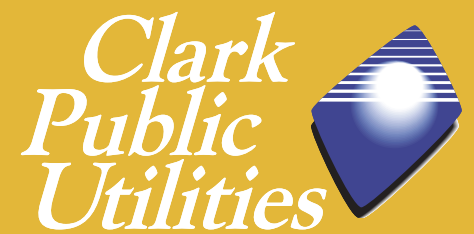
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