

A Salute to Farmers

Learn to grow your own groceries!



No matter if you only have a tiny apartment deck, small garden space, or plenty of acreage you can grow fresh, healthy food in a healthier, more environmentally friendly way.

The Growing Groceries classes are designed to help you learn how to grow your own food.

With an overall focus on limited space and resources, this series of speakers and topics will help beginners as well as long time gardeners learn more about growing food using healthy and sustainable practices.

All classes take place on Wednesday evenings from 7:00pm – 9:30pm at

WSU Snohomish County Extension's Cougar Auditorium, 600 128th St SE Everett, WA inside McCollum Park.

• Weeding, Watering, Crop Rotation, Succession - Jan. 16

Improve crop health, save time, harvest more

• Vegetables A-Z #1 - Jan.

30
Onion, broccoli, & beet families; how to grow, varieties

• Small Fruits, Big Harvests - Feb. 13

Strawberries, cane berries,

blueberries, other small fruit
• Vegetables A-Z #2 - Feb. 27

Pea/bean, carrot, & lettuce; how to grow, varieties

• Good Bugs, Bad Bugs, & Pollinators - Mar. 20

Learn who's who and how to attract the good guys

• Seed Starting & Raising Transplants - March 27

Save money and raise the varieties that do best here

• Vegetables A-Z #4 - April 10

Tomato/potato/pepper family; how to grow varieties

Take just the classes you want at \$20 per class per person. Or...save and take the ten Growing Groceries classes for \$175.

Register online at

GrowingGroceries.Eventbrite.com. For more information about all classes in the series or download a form for mail-in registration, visit extension.wsu.edu/snohomish/growing-groceries.

For more information about the program, contact Kate Ryan, 425-357-6024, kate.ryan@wsu.edu.

WSU Extension programs and employment are available to all without discrimination. Reasonable accommodations will be made for persons with disabilities and special needs; contact WSU Extension at 425-338-2400 at least two weeks prior to the event.

A Salute to Farmers

Pledge to eat locally grown food this Thanksgiving

Farmers growing for local markets, tend to grow a greater diversity of plant varieties and animal breeds selected for their regional adaptability and flavor. Our local farmers grow over 200 varieties of fruits and vegetables - asparagus to zucchini, including over a dozen delicious varieties of potatoes, plus an array of livestock, poultry, cheese and other dairy products, honey, herbs and flowers.

Buying locally grown products helps maintain this critical diversity as well as ensuring that the food we serve at our table is fresh and full of flavor.

Buying locally grown products also helps put more

dollars in the hands of local farmers.

Plus, shortening the food chain is one way to improve the environment because crops need to be transported shorter distances.

Take the pledge to have at least one locally grown food on your Thanksgiving table and know that the benefits of your purchase stretch far beyond great flavor - it supports the local economy, promotes sustainability and helps protect the environment.

What better time than Thanksgiving to appreciate the gift of local agriculture.

For more information visit www.pugetsoundfresh.org



Dairy in Our Community



Washington's dairy farm families are integral members of their local communities. Many farmers

are the second or third generation to operate their dairies, and feel a strong sense of responsibility to preserve their farms and communities for future generations. Beyond the jobs and businesses their dairy operations support, these farmers have a long record of leadership and service with local community organizations. While Washington's dairy farms may vary in size and operational style, all of them are rooted in strong family ties and a commitment to community service. Dairy farm families are among our best citizens, and their contributions improve our lives and communities. -

www.wadairy.com

Two Locations to Serve You!



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- Full Pallet (50 bags) 10% Discount

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168 Lincoln • Snohomish

Mon-Fri 7am-6pm • Sat 8am-6pm
Sun 10am-5pm

MONROE CO-OP

(360) 794-4663

18422 Cascade View Drive, Monroe

Mon-Fri 8am-6pm • Sat 8am-6pm
Sun 10am-5pm