



Willits Economic Localization

The WELL Bucket

Volume 4 – Issue 2

February 9, 2009

Schedule of Events

February & March 2009

February 11 – 9:30 am
Coordinating Committee Meeting
WELL Office (at the WAG)
221 D South Lenore in Willits

February 19 – Film 7:00 pm
Power of Community
Little Lake Health Center
45 Hazel Street in Willits

March 11 – 9:30 am
Coordinating Committee Meeting
Home of
Ann Weller & Richard Jergenson

March 19 - Film 7:00 pm
The Real Dirt On Farmer John
Little Lake Health Center
45 Hazel Street in Willits

March 29 - 4:00 pm
WELL General Meeting
Local Granary, Mendo Credits &
Household Food Storage
Little Lake Grange
291 School Street, Willits

Grange Breakfast

Little Lake Grange Pancake
Breakfast 2009 Calendar:

{NOTE: Price is \$6.00 for pancakes,
eggs, ham or bacon, coffee, tea, &
juice. Real maple syrup and
Thanksgiving Coffee are now
available!}

4th Sunday of every month:
January 25 February 22
March 22 April 26
May 24 June 28
July 26 August 23
September 27 October 25

8am - 11 am

291 School Street, Willits

Super Food Bowl Was a Win

by Jason Bradford

The Little Lake Grange hall was at capacity for WELL's "Kick-off" event for 2009—a Super Food Bowl in which over 100 people ate a very hearty meal, learned from one another, and generally socialized contentedly.

WELL decided to hold its main event on Sunday afternoon to attract a bigger, more diverse crowd, and to offer meals. This strategy appeared to work. The meeting was somewhat similar in style to the early WELL formula, with community announcements, a brief explanation of WELL, and then a series of descriptions by community leaders regarding projects or topical areas to discuss further with those interested. After the initial formalities, the atmosphere became somewhat party-like, with people flitting about from table to table, food in hand or lap, to find those they wanted to connect with.

Event planners decided upon seven discussion topics, identified appropriate spokespersons for each, and had them write short descriptions of their work. Below are the categories, people and their written statements.

Cooking with Stored Foods – Preparing Whole Grains and Beans

Anne Waters-Weller

This topic is for all of us who eat – esp. those wanting to improve the economy of their meals, simplicity of preparation, using healthy food choices. Besides - Stored beans and grains are a low calorie, high nutrition option, so you can even use them to lose weight! They are always ready in case of emergencies and making them a part of your daily diet insures that your family will learn to love them.

I am going to cook some white rice– in 20 minutes we can eat it. Here I have a pot of boiling water & I am adding rice - 2 parts water to 1 of rice, and as soon as it comes to a boil again, I stir it briefly, & turn it off to finish cooking by itself, saving fuel and concerns over burning or overcooking. Just don't open the lid for 20 minutes. Now, I can go away and play or prepare veggies or some other food & in 20 minutes we will have some perfectly cooked rice, a great centerpiece for any meal. You can put sauces on the table for your family to add to their rice...suggestions include soy sauce, Thai curry sauce, Italian marinara, salsa, cheese or butter, olive oil, garlic, herbs ...try something different or keep it familiar.

In a rice cooker I have cooked some brown rice that was done easily with no overseeing and no mistakes. It will be on the buffet table for you to try. I have also used a crock pot filled with beans; the crock pot makes my prep time fast and easy. I can have a soup or any kind of beans cooked up for making burritos, main dishes and even desserts. It costs less than \$2 to fill this pot up, and will feed a family handily in a few minutes of work time. This is the "No Money, No Time" way to cook nutritious meals that everyone can love! Imagine going off to work for the day and coming home to the delicious smell of dinner ready to eat... for just pennies!

Continued Page 2 – Super Food Bowl



Hospital Garden Making Progress

The garden at the new hospital site is progressing. Ananda Johnson, who has been the projects champion and driver for over four years, reports that this season they are planting the orchard (Apples, Pears, Plums, and Berries). What has been accomplished so far is:

- The layout is completed
- Deer fence has been installed around 8 acres
- The well is drilled (220 feet), but not developed
- The pump and solar panels have been purchased, but not installed

Super Food Bowl - Continued From Page 1

Community Commercial Kitchen

Patty Bruder and Cyndee Logan

707-456-9005 and mendofoodfutures@gmail.com

North Coast Opportunities Community Action (NCO) and the Willits Action Group (WAG) received a two year grant from the California Endowment. The goal of the grant is to strengthen our local food system. The overall project is called Mendo Food Futures and has three primary components: Community Kitchen, Local Distribution System and Local Granary. This project creates partnerships with farmers, food advocates, agencies and community groups such as WELL, Mendo Futures, STEPS, and others.

We are working with the Little Lake Grange to remodel the existing kitchen to provide a certified commercial kitchen that can be rented at an affordable rate to people who want to process food and create value-added products for resale or home use. It could also be used by groups such as the gleaners, canning groups and for cooking classes. We are currently finishing the inspection of the building; finalizing the blueprints, working on needed approvals and will be soliciting bids to complete the remodel work.

Growing More Farmers (was Local Distribution System)

Patty Bruder and Cyndee Logan continued

Our original goal was to develop a web based system, including a transportation component, that would be designed to support the distribution of locally grown products to local markets. We have found eager buyers but the biggest obstacle we have encountered is the lack of food being produced locally. This component has shifted somewhat to an emphasis on growing more farmers. We are currently researching training programs, ways to make connections between land owners and farmers, and internship programs among other ideas. We are also developing a web based system that we will be testing. As part of this component we have assisted and supported the creation of three year-round farmers markets – in Ukiah, Willits & Anderson Valley.

This project seeks to make local foods available to all residents regardless of income level. To that end we have sponsored projects such as food vouchers that are earned by volunteer work done at local community gardens and are redeemable at the farmers market, and accepting food stamps at the Willits Farmers market (also accepted at the Ukiah Saturday market). Also, we plan to operate a farm stand beginning late Spring 2009 at the WISC garden. This farm stand will accept food stamps as well as selling produce to low income people

Granary and Local Currency Project

Jason Bradford

The local food system is missing many parts. One of the biggest is the capacity to store dry grains and beans, which are a dense and potentially long-lasting source of calories and proteins. Mendo Food Futures is supporting the establishment of a grain and bean buying club that aims to develop local storage facilities in Willits. It is being uniquely funded by a combination of start-up grant monies and the sale of credit notes that can also act as a local currency.

Shipments of grains and legumes, 4 tons in total, have arrived in Willits. Holders of credit slips can trade them in for food at prices that are stable for a year from the issue date, acting as a hedge against inflation. Guides for storing and using grains and beans, and a flour mill, are available too.

Purchase Mendo Credits at the Willits Farmers' Market, Leaves of Grass, The Book Juggler, Mendonesia or Bank of Willits. We also encourage people to use them as cash around town so that a local currency, backed 100% by food reserves, takes hold in our community. Starting on February 12, Mendo Credits may be redeemed at the Willits Farmers Market.

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Start Here With:

- Organic and Open Pollinated Vegetable Seeds
- Certified Organic Potatoes
- Naturally & Locally Grown Vegetable Starts
- Fruit & Nut Trees

**Sanhedrin Nursery**

1094 Locust St. Willits 459-9009

**Serving Our Community One Family At A Time****Carrie Avezos ☎ 707-367-2868***Authentic Locally Handmade Medallions*

See our catalog at

<http://www.quicksilvermint.com>**10% discount when you say:****"I saw it in the WELL Newsletter"****459-3094****Brookside Farm***People-Powered Produce*

...would like to thank WELL for its support.

Four shares for 2009 remain available. The price of \$750 per share is an inexpensive way to receive quality produce for 12 months of the year. Ask about payment plans!

A share of Brookside Farm not only feeds your family, it...

Supports a local farmer

Sponsors youth education

May teach you new skills

Is a lot of fun

Interested? Contact Jason Bradford at 456-0760**Recent Links & Blogs****A Better Way of Making a Living For Humanity**

by Chuck Burr - January 2, 2009

Posted on CultureChange.org

We are no more able to find our way forward living as Homo modern as we are living as Homo hunter-gatherer. Both ways are blocked. Living today on the infinite growth treadmill as Homo modern results in the death of our planet. Homo sapiens has exploded our population to a level that we can no longer run back into the forest to make a living like the Mayan did. So what are we to do?

The question is actually, not "what are we going to do?", but "how are we going to make a living?" First let's rule out the obvious: we can no longer make a living as Homo consumer. Peak oil will put an end to our happy motoring and consuming lifestyle before we get the chance to consume the world.

More at <http://tinyurl.com/co4nvm>**Advice to Pres. Obama (#6): Beware the Hungry Ghosts**

By Jason Bradford – January 28, 2009

Posted on The Oil Drum

Dear President Obama,

You don't know me personally, but we have a few things in common. Like you, I became a community organizer after earning an advanced degree (my doctorate is in biology). Thanks for dramatically elevating the status of my current work. I was also elected president once, though that was over twenty years ago while I was in high school. Our children are about the same age (my pair are boys) and I especially enjoyed watching yours during the inauguration, imagining what an adventure this must be for them.

The theme of your campaign was hope. Quite honestly, I don't have a whole lot of hope for my children's future, and that's why I am doing something as audacious as writing you a letter. I am a worker, not a big complainer, and I will suggest some concrete steps that would make me hopeful. But first I want to connect hope to something else, realism.

More at <http://www.theoil drum.com/node/5004>

Coordinating Committee Briefs

WELL Coordinating Committee Meeting January 12, 2008, 9:00am, at the WELL Office

At the Jan. 12th Coordinating Committee meeting, we discussed detailed plans for the Jan. 25th "Food Bowl" event. We also made plans for the fund appeal mailing, gave suggestions for future newsletters, and heard reports on the Grange kitchen project and website updating.

The next C.C. meeting (Jan. 28th, 9:30am) will focus on future plans and activities for 2009 and a review of finances.

WELL Coordinating Committee Meeting January 28, 2008, 9:00am, at the WELL Office

Upcoming CC meetings will be: Feb. 11, 9:30 at the office, and Mar. 11, 9:30 at Annie & RJ's house (put in address).

The CC was thrilled with the success of the Food Bowl on Jan. 25th (see other article in this issue), and discussed ways such events could be even better in the future (such as clear guidelines for presenters and more organized food lines). The PR committee (Annie & Kimball) would love a volunteer to help with poster design for future events.

The main topic was planning events for the rest of 2009. Building on the success of the Food Bowl and keeping the focus on food, we decided on the following outline of events for the year:

March 29th: Granary, food security, local currency issues. Invite Tom Allman, Richard Willoughby & others. Potluck food could feature granary ingredients, and ask folks to bring recipes. This meeting will also include election of 3 CC members.

May: Garden planning. Invite Becky Bowlds, Partches, Max Meyers, John Jeavons, Richard Jeske, Jason, Drells, Antonia Partridge, etc. This should also include water systems (grey water, drip, etc.) to address another likely drought year. It's noted the City just put out the job description for the water conservation officer; once that position is filled, we'll want to work with him/her.

July: Farm tours, ending with an outdoor potluck (maybe BBQ).

Sept.: Harvest Festival. Main event is the dinner, with daytime workshops the responsibility of various presenters.

Nov.: Food Film Festival (also to include the Fall CC election). Many excellent films on food issues are available. Again have an evening potluck.

In addition, we discussed the current move of our website to the new domain (www.WELL95490.org) and the need for a volunteer webmaster to update and improve the accessibility and options of the website.

Another goal the CC wants to keep in mind is youth outreach, including working with Becky Bowlds at WHS; the "Be the Change" day (now being rescheduled to late Feb. or early March); Steampunk ideas; and perhaps the Rotary's kids group "Interact".

We will continue monthly newsletters (at least 5 months), and we're hoping ads will begin to generate revenue to offset the costs. Members are welcome to contribute articles and/or ads! We also will minimize the number of email updates between newsletters

Complete minutes of meetings will be posted to the website.

Farmers Market Indoors until April

It will be held each Thursday at the Community Center in February and the Little Lake Grange in March from 3:00 to 6:00 pm.

Your Ad Here

Is your company locally owned?

Do you qualify as a Local First Business?

Then...

We want your ad!

\$15 per month for this sized ad

\$10 per month if you buy six months or more

l iam@well95490.org

Willits Walk for Health

Come join your friends and neighbors for the first walk in 2009 with a special focus on water.

When: Saturday, March 7, 2009, 9:30 A.M. Registration

Where: J.D. Redhouse & Company, 212 S. Main St.

What: 10,000 Step Walk (approximately 5 miles)

Walk begins in downtown Willits and winds through the neighborhoods. Walk as little or as much as you like.

How Much: It's FREE for all. Spread the word!

Why: For our health and the health of the community.

You can also support the Willits High School seniors who are walking for cancer awareness and taking donations for Howard Hospital Building Fund and Mendocino County Cancer Resource Center.

Who: Men, women, and children of all ages

(Plus well-behaved pets on leashes)

There's More: Free prizes donated by local businesses.

For Further information or to volunteer to help:

Jed Diamond (Co-Founder Willits Healthy Action Team)

707 459-5505 E-mail: Jed@MenAlive.com

Coordinating Committee Members

Mary Zellachild - 459-3963 - maryzel@saber.net
 Jason Bradford - 456-0760 - jason@redinet.org
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 Roger Wilson – 456-4111 - roger@jollyone.com
 Ann Waters Weller – 459-6362 - abweller@pacific.net
 Richard Jergenson – 459-6362 - rjergenson@saber.net

Willits Contra Dance

February 28th. 7:00 PM

Willits Center for the Arts – 71 E. Commercial St. in Willits

For information contact Roger: (310) 245-4821 /
roger@jollyone.com

7PM - Lessons for Beginners 7:30 - The Dancing starts!

Adults – \$7 Under 17 – \$3 Under 9 – 5 cents.

And for those of you dancers over 66, you're invited for free.



Three varieties of Triticale

Now & Then Film Series

Presents

the Power of Community**How Cuba Survived Peak Oil**

When the Soviet Union collapsed in 1990, Cuba's economy went into a tailspin. With imports of oil cut by more than half – and food by 80 percent – people were desperate. This film tells of the hardships and struggles as well as the community and creativity of the Cuban people during this difficult time. Cubans share how they transitioned from a highly mechanized, industrial agricultural system to one using organic methods of farming and local, urban gardens. It is an unusual look into the Cuban culture during this economic crisis, which they call "The Special Period." The film opens with a short history of Peak Oil, a term for the time in our history when world oil production will reach its all-time peak and begin to decline forever. Cuba, the only country that has faced such a crisis – the massive reduction of fossil fuels – is an example of options and hope.

7:00 pm, Thursday, February 19

Little Lake Health Center

45 Hazel St.

Enter by back door in parking lot

Free Admission! Everyone Welcome!

**Suggested Donation of \$5 to Help
 Build WELL Film Library**

Super Food Bowl – Continued from Page 2**Notes on Triticale Use**

Ursula Partch

Triticale (pronounced "triticaylee") is a hybrid between wheat (triticum) and rye (secale) and was first bred in laboratories in the late 19th century. Triticale can be grown in areas where wheat is not a dependable crop. Triticale is higher in protein and lysine, and lower in gluten than wheat.

Triticale can be used in many recipes like wheat, although baking bread with triticale is most successful when methods are adapted to the lower, more delicate gluten content of triticale. Sourdough bread with triticale works well – less kneading is required than for sourdough bread with wheat. Working methods for yeast bread should be modified to knead gently, reduce kneading time, and only let rise once before baking.

In addition to typical baked goods (e.g., bread and cookies), examples of triticale use include:

- breakfast cereal with cracked (coarsely ground) triticale, sautéed in butter, and then cooked in water or milk for 15-20 minutes
- triticale tabuli salad with coarsely ground triticale, soaked in boiling water and mixed with diced tomatoes, cucumber, onions, parsley and mint; dressed with olive oil and lemon juice
- meat loaf with medium cracked triticale
- triticale dumplings with spinach

Continued on Page 6 – Super Food Bowl

Super Food Bowl – Continued from Page 5**Farms and CSAs****Brookside Farm****Jason Bradford****707-456-0760**

Brookside Farm is starting its third year as a local CSA specializing in fresh, organic vegetables. During the main growing season weekly baskets are picked-up by farm members, and monthly pick-ups occur in the winter.

Membership is limited to 16 this year, and only a few shares remain available. The price is \$750 for the year, which is a great value (less than \$2 per pound) compared to grocery store prices of comparable items. Furthermore, supporting Brookside Farm is a way to reduce the fossil fuel intensity of food production and delivery, and helps develop a fantastic education and demonstration farm at a local grammar school.

Brookside Farm has an Advisory Team of farm members, and is a non-profit project managed by North Coast Opportunities. The Brookside Farm Manager works closely with the garden and nutrition educator of Brookside School, and food from the farm also goes to the adjacent preschool and Brookside cafeteria.

Also present: **Happy Belly** (Holly Madrigal), **Farming Co-operative** (Michael Stewart and Mike Curry), **Green Uprising Farm** (Michael Foley and Sara Grusky), **Live Power Community Farm** (Gloria and Stephen Decatur), and **Mendocino Organics** (Adam Gaska and Paula Manalo).

Willits Farmers' Market

Another great way to buy food from local farmers is to attend the Willits Farmers' Market. The web site for the County markets is: <http://www.mcfarm.org/>. The Willits Market is outdoors May through October in City Park from 3 to 6 pm on Thursdays. It will be held each Thursday at the Community Center in February and the Little Lake Grange in March.

Household Food Gardens

Household Food Gardens**Max Meyers - MELC****707-456-0779 or on the web at www.melc.us**

Recently there has been an interest in the county to begin developing more community, victory, school and demonstration gardens. This "locally grown" movement seems to be gaining strength, from renewed focuses on environmentally friendly initiatives, dwindling resources and rising food costs. Learning to grow food within our community and with respect to our bioregion is an empowering step towards sustainability and healing relations with each other and the earth.

The Mendocino Ecological learning Center (MELC) is offering an organic food garden design and installation service for local residential and community gardens. We offer fast and affordable garden design and installation services intended to produce as much local organic food as affordably as possible. These are small to medium gardens installed quickly and efficiently with the goal of installing as many as possible in the Willits/Ukiah area.

Community Food Gardens**WISC Garden****David and Ursula Partch****707-459-7054**

The WISC garden (AKA The Willits Community Garden) is located at the Willits Integrated Services Center at 221 South Lenore Street. It serves as a Permaculture community demonstration garden, as well as an inspirational, educational and fun place for the community of Willits to enjoy.

The garden has several functions:

- It provides an educational opportunity in gardening techniques that might be used at home.
- It serves as a demonstration site for Permaculture.
- It provides a healthy and stimulating way for people to perform community services hours.
- It serves as an attractive space for community functions including art, music, poetry and other social events.
- It promotes the concept of food security within the context of a local economy.
- It provides surplus food for the needy.

We are growing a variety of perennial and annual plants, including vegetables, kitchen herbs, flowers and other plants that attract bees and other beneficial insects, fruit trees, medicinal plants, grains, as well as cover crops to nourish the soil. Classes, workshops and discussions open to the community are held at the garden. Classes planned for the future include: growing food in your own garden, processing and storing food, collecting seeds, and using medicinal herbs.

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The Rebuild Store

You already recycle glass, plastic, and aluminum...what about windows, cabinets, and that extra roll of tar paper in the shed?

Do you want to put in double pane windows to save energy, and save money too?

The Rebuild Store is a project of North Coast Opportunities that takes your used items and sells them (cheap) to people who can use them.

Their show room is open several days each week at:

75C Kunzler Ranch Road in Ukiah (707) 671-6581

Super Food Bowl - Continued from Page 6

Willits High School Farm

Becky Bowlds

The Willits High School farm is being developed to include animals, fruit trees, grape vines, cane berries, and vegetable plots. More garden space exists than what is needed for students, and a community garden program is possible with sufficient interest and support.

The Grateful Gleaners

Karen Gridley

707-459-2101

The Grateful Gleaners is a volunteer group that provides the most basic of food activities. We work to communally harvest fruits, nuts and vegetables that would normally go to waste. We pick produce from community members who have excess and donate a portion of our harvest to those in need, including the Food Bank, Willits Daily Bread, seniors and school children. The remainder goes to the gleaners and special community events. There is something deeply satisfying about harvesting the fruits of the land and sharing it with our community. We feel that through our activities we strengthen community ties and also promote the growing and preservation of local, seasonal organic food.

We function as a kind of emergency fruit response team. We require a certain spontaneity of the volunteers because ripened fruit doesn't wait to fit into someone's schedule. Although spontaneity is a plus, we try to make sure that people who work full time can pick too.

Our organization requires a group of gleaners and a handful of dedicated team leaders who organize gleaning events for a two-week shift from June to October. Being a team leader involves contacting a grower, setting up a gleaning time, organizing a team from the gleaner list, and making sure that all parties (gleaners and growers) sign a liability waiver. When the harvesting is done, the team leader distributes the produce. We currently need two more team leaders. We like all volunteers to be trained in harvesting techniques and safety procedures and encourage car-pooling to and from the harvesting location. We also hope to encourage gleaners to learn to preserve their produce.

Next Steps

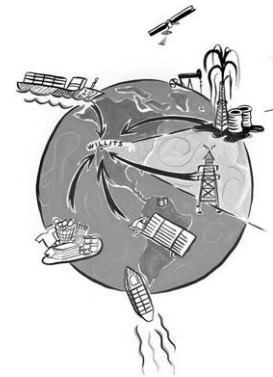
WELL events are meant to inform, enroll and connect. Most of the transformational work happens between meetings as people gather on their own terms. Outcomes and potential next steps can be gleaned from the following bits and pieces of conversation:

Many people shared favorite tips at the Cooking table, such as using vegetable odds and ends to make a broth. There was great enthusiasm for local cookbook and we shall see if anybody takes on this worthwhile project. Max Meyers was asked for advice and request for services installing food gardens, both at home and in shared spaces, with the Senior Center being a potential client. The WISC garden is a natural place to incorporate social services programs, and those who work with foster children were in attendance and had ideas. High school ag teacher Becky Bowlds was able to meet many who offered to move the School Farm project along. Brookside Farm found a new CSA member. Several hundred dollars worth of Mendo Credits were sold.

WELL has decided to support the Granary and Local Currency project with our next general meeting March 29 at the Grange. In May the topic will be planning and establishing food gardens. Keep looking for our schedule of year-round food events in upcoming newsletters.

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Where Willits Is Today



Where WELL Wants Willits To Be

Art by Linda MacDonald

Economics has failed manifestly to see the global financial crisis coming. Only those once derided as doomsayers and crackpots were anywhere near the mark. An entire generation of richly-remunerated experts got it wrong, once again.

Andrew Boughton of the Sydney Morning Herald - February 6, 2009

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