

Salmon bake...



PHOTO BY KAREN KASSY

The Lodge at Suttle Lake hosted a traditional salmon bake last Saturday, replete with Native American dancers.

FARM DINNER: Program educates, as well as feeding folks in Sisters

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lady who had just unwrapped a ground cherry and was offering it to her companion. “I’m amazed that you could grow these here,” she added.

After everyone was seated and partaking of the heaped platters of nutritious fare, Audrey Tehan, program director, took the mike and summarized the purpose of the event and how it came to happen.

“I really want to thank my parents, John and Peggy Tehan, for allowing me to experiment turning their pasture into a successful farm,” she said. “In our second year now, we grew over 10,000 pounds of organic food that serviced the community through food banks, school lunches, produce shares, and wholesale accounts. All on about an acre!”

This year alone, the program reached nearly 1,300 students through farm-based nutrition, science, and art education, a goal set forth from the beginning. Students come by the busload to get their hands dirty and learn that many of the vegetables they eat can come directly from the soil, not a can or a bag in the freezer.

The Seed to Table Farm was initiated by Tehan with the help of the Sisters Science Club during the fall of 2013. Her passion to connect children with food

sources evolved to a vision of creating a farm-to-school program, and upon returning from college she was hired to start such a project in Sisters.

Seed to Table is the only farm-based education program serving Central Oregon, and the showcase farm has been recognized by the state to serve as a model for others.

Tehan also serves as agriculture teacher in the high school, is the high school greenhouse manager, oversees all farm operations, grant writing, curriculum development, staffing and more. Seed to Table is funded by many organizations including the Sisters Science Club, Sisters School District, Oregon Community Foundation, Meyer Memorial Trust, The Roundhouse Foundation, the City of Sisters, community supporters and more.

“We had a grueling start this season,” Tehan said. “One morning we arrived to discover that more than 600 of our kale plants had been eaten by ground squirrels the night before. But

we kept pushing ahead and with incredibly hard work by the Seed to Table crew, students, and volunteers, we came out on top. This dinner is to celebrate our success and acknowledge the amazing community support we received.”

Farm Manager Lauren Griswold played a huge part in ensuring that success. Her knowledge and expertise guided the daily operations and helped with the hard decisions of what to plant when and where. Unfortunately, she will be moving back east to be with her family after this harvest. Johanna Boyd and Cailyn Brierley, interns for this season, filled in the gaps that a garden of this size generates on a daily basis. Cailyn has agreed to stay on as the new manager.

CSA (community supported agriculture) shares are still available to purchase for the 2017 season. For more information visit www.seedtotablesisters.org or email Tehan at audrey@seedtotablesisters.org.

Fresh hop festival on tap in Sisters

Sisters is getting set to host the 7th annual Sisters Fresh Hop Festival, benefiting the American Cancer Society.

The event runs from noon to 8 p.m. on Saturday, October 1 at Sisters Village Green Park. All ages are welcome in the tent, but you must be 21 or over to purchase a pint glass and tasting tickets. There will be free live music by Bigfoot Mojo featuring Pete Kartsounes and The Rye Smiles.

The Sisters Fresh Hop

Festival features unique fresh hop brews from 25 breweries around the state of Oregon. Participating breweries bring at least one fresh hop beer (meaning the hops go from farm to kettle within hours!) Adding to the fun, the breweries compete for the People’s Choice award — the coveted Golden Bunny!

Tasting pint glasses and tickets are required to taste the beer. The cost is \$5 per pint glass and \$1 per ticket for a 4-ounce taste.

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Fall has arrived! Check out the **events at the Sisters Library** (and all the libraries) taking place this October & November!

• RAY'S FOOD PLACE:

Baked, roasted, fried, scalloped... it's a most versatile veggie! Now at Ray's, pick up a **5# bag of Russet Potatoes**, just **\$1.29!**

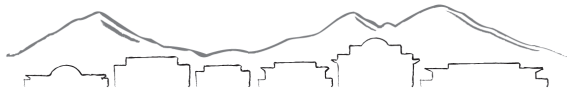
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