

SEED TO TABLE: Program promotes healthy eating options

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produce shares will be available for local families.

“Each share provides locally and organically grown produce for 18 weeks, June-September,” said Seed to Table Director Audrey Tehan. “Last year we had 30 members and they just couldn’t get enough of the high-quality produce being grown right here in Sisters.”

This year Seed to Table will be selling 60 produce shares, which begin at \$25 a week, and they expect them all to be sold quickly.

“It is really amazing the move the Sisters community is making towards making really healthy choices for themselves and their families,” said Tehan. “Their healthy choice goes directly back to supporting education programs in the schools and feeding families in need all throughout Central Oregon.”

All proceeds from the sale of the produce shares go directly back into providing close to 1,300 Central Oregon students with farm-based nutrition and science and art education, as well as feeding the community thousands of pounds of amazing food.

Produce share members benefit from a unique community which increases their awareness around their personal connection with food, community and wellness. Many members participated in

the produce share as a way to kickstart their family’s change in diet.

“I was not always eating the most healthy of foods growing up and was not always the most connected with food,” said Tehan. “I started participating in a produce share in college; my conceptions around the food I was putting in my body really transformed for the better.”

Through the produce share families receive a box of fresh vegetables as well as the option to add local beef from Splitting Acres Ranch run by Sisters graduates Jenna and Remington Pike, and Cada Dia Cheese, made in Prineville.

Tehan also distributes a weekly newsletter that captures the stories of the farmers, the high school interns, and the struggles and successes on the farm. Tehan also weaves in recipes, tricks and tips to storing food and creative ways to save money through the winter by making veggie stocks and preserving food.

“We really stay with you the entire way,” she said. “Every week families get to stop by the farm, no further than driving to a local grocery store, and engage with other members and your farmers. This is many members’ favorite times and my favorite part of the share.”

In addition, members benefit from access to the farm, they can bring family members to harvest foods, participate in gardening classes and receive discounted event tickets.

“It’s more than a farm,” says Tehan. “It’s a community.”



PHOTO BY JODI SCHNEIDER MCNAMEE

Frosty the Snowman is always a hit with the youngsters.

PARADE: New entries enhanced this year’s event

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There was a big shout-out to Sisters-Camp Sherman RFPD, which has served the Sisters community for eight decades.

A new addition to the parade was an old Amish wagon representing Alpenhimmel Creative Arts Emporium in Sisters. Art teacher and employee Wendy Bachmeier and her whole family came up with the idea to dress as traditional German folk. Bachmeier’s dad, Leon Baker, and her mom, Betty June Baker, wore traditional Bavarian clothing.

“My parents bought the old Amish wagon several years ago,” Bachmeier told *The Nugget*. “They use to do horse farming and had horses that pulled the wagon. Riding on our wagon, my mom was playing the accordion, my brother David the violin and

his wife Evija was taking care of their four girls.”

Bachmeier’s brother-in-law Andy was driving and his wife, Cindy, along with their five kids, handed out candy to the crowds.

Pickers and Peddlers Antiques in Tumalo rode in their vintage sleigh with some guests of the furry kind following close behind. The guests were from Harmony Farm Sanctuary, another new addition to the parade. Founder Robine Bots, her family and their volunteers brought horses of all sizes; goats; and a dog to join in on the festivities.

“Tammy and Jon from Picklers and Peddlers invited us to walk with them. Our theme for the parade was country Christmas-tree hunt,” said Sana Hayes, volunteer coordinator for the sanctuary.

“Sisters’ Christmas Parade is one of my favorite parts of my job,” said Jeri Buckmann,

Sisters Area Chamber of Commerce event coordinator.

“What a better way to start off the season than a Christmas Parade. All the entries are wonderful, especially the animals. You can’t help but smile when you see llamas, dogs, horses and even a pig dressed up!”

Sisters residents and visitors had more special events to enjoy after the festivities of the parade on Hood Avenue.

Santa stopped in for a visit at the Sisters Chamber office on Main Avenue directly following the parade for one-on-one visits with the youngsters. Harold the Hodag, Hoodoo’s mascot, was there as well.

“Visits with Santa at the Chamber is always a fun time right after the parade,” added Buckmann. “I could not do it without the help of our Chamber volunteers Kati Lindbloom, Ronni Duff and Susi Geren serving the hot drinks and snacks.”

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