

Commentary...

Thoughts of spring...

By Audry Tehan
Seed to Table

The snow is starting to fall once again as the Seed to Table Farm is still deep in hibernation. However, I am starting to reawaken and stretch back out, having spent the past few months tediously planning for this coming season.

Planting the first seeds is just a few weeks out as the farm springs to life again. As I write this I am fighting off thousands of seeds and stacks of new lesson plans taking over my desk and threatening to crash down on me at any moment. Hundreds of varieties of vegetable seeds, stacked in packets, take up only a two-foot by two-foot area. These small seeds will soon overtake nearly two acres on Seed to Table Farm. In our sixth season, we will be expanding our growing operations to feed even more families in the area! Our produce shares, also known as community supported agriculture shares, are now available to the Central Oregon community. The produce shares are a fresh path to your family's health, feeding your body and fueling your mind.

So what exactly is a produce share? Our produce share is based on a model called Community Supported Agriculture or a CSA share. In a CSA, individuals or families pay up front for 22 weeks of fresh vegetables. The pick-up is every Wednesday at Seed to Table Farm, from June to October. The Seed to Table Produce Share is so much more than a weekly pick up of seasonal, Central Oregon grown, veggies. It is a powerful investment in the community and your health; it is a simple idea, but the impacts can be profound. Benefits to the member include ultra-fresh and nutrient-dense produce, exposure to new veggies, recipes, newsletter and classes to engage you in a new way of cooking, and family farm events that involve you more deeply in a new community. Lastly your buy-in allows Seed to Table Farm to be a flourishing space, offering valuable opportunities for students to reconnect with the dirt while exploring science and nutrition.

What happens once you sign up for the Seed to Table produce share? Starting on Wednesday, May 29 you drive up to the Seed to Table Farm, tucked into the neighborhood behind the Sisters Elementary School. We also offer a pickup location on

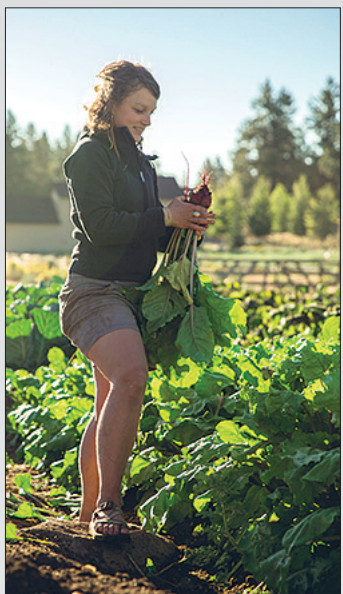


PHOTO PROVIDED

Wednesdays in Bend. When you drive up to the farm you are greeted with rows of greens and our produce stand. The produce stand boasts a beautiful display of twelve different weekly vegetables. Large-share customers grab all 12 veggies offered, and the small shareholders choose seven items.

Seed to Table is proud to include 10 percent more produce than what you would pay retail, allowing your money to go the furthest in feeding your family. At the pick-up you are greeted by Seed to Table's team who helps you decide how to cook certain veggies and gives you the weekly farm update. The shares go for 22 weeks this year and cost \$32 a week for a large share or \$27 a week for a small share.

Visit www.seedtotableoregon.org and go to the Feeding Families page for more information. Financial aid is available, as well as the ability to pay with SNAP. We are committed to providing everyone with fresh food!

CIRCUIT RIDER
CARPET CLEANING
of Central Oregon

CARPET & UPHOLSTERY

"Peter is a master. He made my 14-year-old carpet look like brand new. His rates are very reasonable and he delivers as promised. I will definitely call him again!"

Sue S., Sisters

Peter Herman, Owner

Remove allergens, bacteria, pet smells & stains.

541-549-6471
circuitridercarpetcleaning.com
Residential & Commercial
35 years experience

SPRD plans full slate of events

By Jim Cornelius
Editor in Chief

Sisters Park & Recreation District (SPRD) is planning a full slate of events through 2019 — under the direction of events coordinator Shannon Rackowski.

Several events were canceled last year, and Rackowski left the organization in the midst of organizational turmoil. SPRD has stabilized under the leadership of Interim Executive Director Courtney Snead, and Rackowski has returned to stage the events.

"I came back because Courtney asked me if I'd consider coming back and working with SPRD in some fashion," Rackowski told *The Nugget*. She is working on "resurrecting all the events that got cancelled."

Rackowski is currently working on a May Summer

Kickoff event, where SPRD will gather with partners in the community to share information and celebrate the beginning of the events season.

She also hopes to add a new event each year. This year, that will be Sisters Senior Fitness Games, set for June 1. SPRD will partner with other parks and rec outfits throughout Central Oregon to stage the games in Sisters, focusing on activities for people aged 62 and up.

The annual Crest the Cascades ride will return on June 14-15, with the start moving downtown to the Village Green.

The Glory Daze Car Show, which was cancelled last year, will be back in July, with new groups coming, including a 1930s car club and a Jeep expo.

The popular luau will return on August 8, with Kurt

Silva headlining the music offerings.

SPRD will partner with Sisters Kiwanis on a Homebrew Festival on August 24, and a Senior Health Fair is scheduled for October 18 at the Sisters fire hall. The events season will close with the Happy Girl Half Marathon on November 1-2.

Rackowski said SPRD is actively seeking volunteers for all events. E-mail her at Shannon@sistersrecreation.com or call 541-549-2091.

The events coordinator is in the thick of planning for all of the activities.

"It's quite an undertaking," she said. "More than I seem to remember in the past!"

It's all worth it though, as she sees the community response to seeing SPRD back in the saddle again.

"Everybody's excited," she said.

Tires LES SCHWAB

Doing the Right Thing Since 1952.

FOUNDER'S CELEBRATION

SOME OF OUR BEST-SELLING TIRES ARE ON SALE NOW!

SAVE UP TO

\$140

off a set of 4 tires, depending on tire size.*

ULTRA Z900 & ECLIPSE

Passenger all-season

SAVE UP TO

\$200

off a set of 4 tires, depending on tire size.*

OPEN COUNTRY A/T II & HT

Pickup & SUV

*While supplies last. Cannot be combined with any other offer.

PRICES GOOD THROUGH FEBRUARY 28, 2019

"OUR BUSINESS IS EARNING YOUR TRUST."

Les Schwab

SISTERS LES SCHWAB 600 W. HOOD AVE. • 541-549-1560	REDMOND 845 NW 6th 541-548-4011	PRINEVILLE 1250 East 3rd 541-447-5686	MADRAS 1412 SW Hwy. 97 541-475-3834	LA PINE 52596 N. Hwy. 97 541-536-3009	BEND-SOUTH 61085 S. Hwy. 97 541-385-4702	BEND-FRANKLIN 105 NE Franklin 541-382-3551	BEND-NORTH 63590 Hunnell Rd. 541-318-0281
--	--	--	--	--	---	---	--

www.LesSchwab.com