



A bountiful selection of Sweetwater Meadows produce. (Photo provided)

Sponsored Feature:

Sweetwater Meadows farm invites community to become 'localvores'

It is easy in Southwestern Oregon to day-dream about gardening and fresh vegetables when hibernating during January's frost and fog.

But imagine picking up a box of tasty, locally grown vegetables each week, without having to shop for them. Or better yet, without having to plant, weed, water, and harvest. Sweetwater Meadows proposes exactly that solution.

Sweetwater Meadows is a small, family owned vegetable farm in Illinois Valley. Originally the Baldwin Homestead, established in 1895, the Stehelin Family purchased it in 1991.

Sabre & Trudy Stehelin have 100 acres of land, and love to garden, but they always ended up with too much produce. Last year they purchased a tractor, and started a Community Supported Agriculture (CSA) farm to encourage the community to eat locally.

Noted the pair, "We offer fresh produce for weekly pick up to members who prepay for each season. Members are presented with a box of freshly picked produce every week for the duration of the growing season. Our season runs for 18 weeks, from June through October; longer if weather permits."



Members pledge their support to the farm before the growing season begins by purchasing a share in the harvest. An initial \$50 non-refundable deposit reserves the member's share, and the balance is due March 15, unless a payment plan has been arranged.

A share is \$540 (\$30 per week) and will feed a family with two small children; or two to three adults; or a family that enjoys eating lots of vegetables every day.

Half-shares are available for \$360, or members can save money by splitting a share. Other options for CSA members include free-range eggs on either weekly or bi-monthly plans. Pastured poultry is available by contract.

Flower shares might consist of cosmos,

snapdragons, Shasta and crazy daisies. Another basket might include a bouquet of sunflowers, rudbeckia, butterfly bush, zinnias, gladiolus and marigolds.

Sweetwater Meadows produces more than 80 varieties of fruits and vegetables. Tomatoes, peppers, squash, and potatoes of different types will be included in the baskets. Other choices include beets, onions, turnips and mustard greens. Beans, broccoli, cabbage and carrots round out the selections.

New items planted are garlic, shallots, leeks, artichokes, and rhubarb. Lettuce and peas already have been started in the greenhouse. Fruits include apples, pears and plums from nearly 40 trees.

Extra produce is available upon request; preserve or freeze to enjoy produce during the winter.

"In an effort to balance our need for financial support with a desire to keep our CSA accessible to lower-income families, we offer a limited number of low-income shares," said the Stehelins. "Please contact us if you would like to apply."

"We also welcome donations to go toward additional low-income shares and sponsored shares for those otherwise not able to join."

"We invite you to join the growing community of folks who enjoy eating food that is clean and chemical-free. We are committed to using ecologically sustainable agriculture practices free of conventional chemical pesticides, herbicides, fertilizers and genetically modified organisms."

The dedicated farmers continued, "Our number-one goal is to nourish and care for the land that surrounds us. Our produce is clean and pure because we use only organic soil amendments and natural methods of pest control. The beautiful and nourishing foods we grow are a living testament of our devotion and stewardship to the land," they said.

Trudy also owns Moon Dance Soap Co., producing luxurious eye and dream pillows, body massage oils, soaps, and lavender sachets. Another best-seller is her lip balm, either unscented or in delicious flavors such as mint, grapefruit and sweet orange.

Those interested in becoming "localvores" can mail their reservation to 9375 Caves Hwy., Cave Junction OR 97523. For more information, phone 592-4637 or email sweetwatermeadows@yahoo.com.

~ Zina Booth

Last-second victory for HV vs. I.V.

By KENNY HIX
For IVN

Illinois Valley boys' varsity basketball team fought valiantly all game long, only to come up short in the waning seconds of the game against the Mustangs of Hidden Valley.

The Mustangs jumped to a 7-point lead early on Friday, Jan. 16 in Ken Mann Memorial Gym, and by the end of the third quarter had a 4-point lead 34-30. But in the fourth, the Cougars clawed their way back to take the lead 39-36 when Andrew Augustadt hit back-to-back 3-pointers for six of his game-high 14 points.

After a couple of I.V. turnovers and trading baskets, it came down to the final eight seconds. Driving to the hoop, Cougar Antonio Escalante was fouled, but missed the front end of the 1-and-1. Kevin Snook went hard to the glass and came up with the rebound; however, he was called for a foul on a questionable push, which sent HV's Kaylan Maynard to the line for 2. He handled the pressure and sank both for a 46-45 lead.

With 5.8 seconds left,



Cougar Kevin Snook drives past Hidden Valley defenders. (Photo by Mike Wilbourn, for Illinois Valley News)

point guard Augustadt drove the length of the court through traffic to get off a last-second shot, which rattled the rim to no avail.

Kevin Snook was two blocks shy of a triple double

and finished with 11 points, 12 rebounds and eight blocks. Nathan Heath added 12 points. Maynard had 12 points. The Cougars are 5-7 overall, and 0-3 in Skyline Conference play.

Oregon airmen Iraq-bound

Some 20 Oregon National Guard soldiers mobilized in support of Operation Iraqi Freedom earlier this month with a ceremony at the Oregon State Capitol.

Soldiers from 2-641 Aviation are set to rotate into theater and relieve their Oregon National Guard unit counterparts who departed in August 2008. The 2-641 Aviation soldiers will continue to conduct flight missions required for battle command of theater operations, and liaison among theater commands.

They'll also transport

supplies, equipment, and personnel within the Iraq area of responsibility. For sustainment of operations, 2-641 AVN will perform those missions, which lie between the strategic and intratheater missions performed by the U.S. Air Force and the tactical maneuver and movement performed by U.S. Army rotary wing or Unmanned Aircraft System, or ground assets.

Gov. Kulongoski and Maj. Gen. Raymond F. Rees, the adjutant general/Oregon, attended the ceremony.



Illinois Valley Cougar wrestlers traveled to Eureka, Calif. for the Pacific Classic Saturday, Jan. 17. I.V. finished seventh out of 22 Northern California and Southern Oregon teams.

(Above) Sam Winter took 1st place in the 142-pound class; Lance Tausaga (below) finished 2nd in the 217 lb class. (Photos provided by Ward Winter)



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Slick roads and cold fog contributed to two single-vehicle roll-over accidents Tuesday, Jan. 20; one (above) shortly before 8 a.m. on Holland Loop near Fort Briggs. Driver Doug Kendall (left, with Josephine County Sheriff's Office Deputy Jim Mason) suffered minor injuries. Illinois Valley Fire District (IVFD) also responded. Another roll-over mishap was reported at 8:33 a.m. on Deer Creek Road in Selma. The driver was transported by American Medical Response. (Photos by I.V. News and IVFD Media Dept.)



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