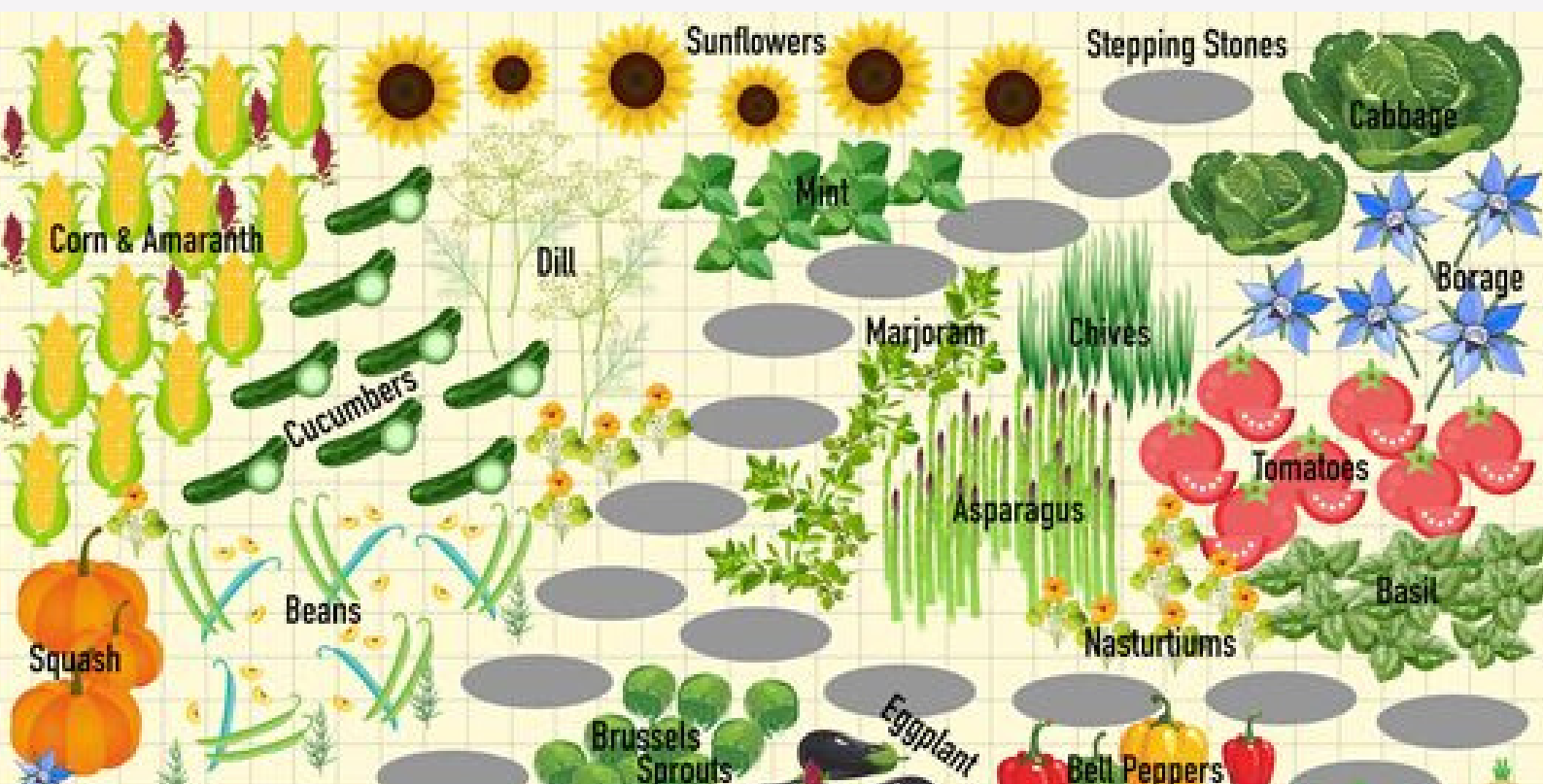


# THE BUMBLEBEE

*Bringing You The Latest Buzz from Skookum Food Provisioners' Co-op*



## THINGS WE CAN DO TO BUILD A MORE FOOD SECURE COMMUNITY AND FUTURE

*Written by Kevin Wilson + resources compiled by Brooke Oxley*

### Grow Your Own

- Plant a garden, no matter how small, and cultivate fruit, vegetables, herbs, mushrooms
- Raise small livestock: bees, worms, chickens and goats
- Grow a winter garden (start those seeds in summer!)

### Preserve Your Harvest

- Preserve locally-raised food from your own garden or local growers
- Join with others to buy food in bulk, preserve and store
- Trade and swap preserved food with others (via Skookum Chat & Social!)

*(continued next page)*

## THINGS WE CAN DO TO BUILD A MORE FOOD SECURE COMMUNITY & FUTURE

### Save and Trade Your Seeds

- Save seed in your own garden (see [last month's newsletter](#) for tips)
- Trade and share seeds with your neighbours, friends and family
- Start a [neighbourhood seed library](#) ->
- Attend [Seedy Saturday](#), donate seeds, take seeds home to grow
- Buy from [local and regional seed producers](#)



### Support Your Local Growers

- Shop at the summer weekend [Farmers Market](#)
- Shop at the summer midweek evening/winter weekend [Uptown Market](#)
- Use the [online Farmers Market](#) (keep an eye out for Powell River's coming soon!)
- Shop at individual [farm gate stores and stands](#)
- Sign up for local [CSA's](#) and [Farm Bonds](#)
- Buy and barter with [local growers](#)
- Buy locally-produced food at larger stores
- For items which are not raised locally, [try regionally](#).

### Support Your Local Food Businesses

- Buy from them
- Sell through them
- Work for them
- Encourage them to source ingredients locally
- Create your own local food-based business and become part of a network

### Share What You Have, Include Everyone

- Give away what you grow to friends, family, and neighbours
- '[Grow a Row](#)' to share with the [Food Bank](#)
- Teach people to cook, grow, preserve
- Give away basics that help people support themselves: seeds, tools, knowledge, and equipment
- Share your land/garden space (and encourage your organizations to do so)
- Offer work (or other) trades and scholarships
- Sponsor, donate to, and work on community-based projects
- Make projects inclusive and family-friendly

*Are we missing something? Head over to [Skookum Chat & Social](#) on Facebook to share your ideas and resources!*

# SOUR-DOUGH-NUTS

Recipe from [Whattomunch.com](http://Whattomunch.com)

## Sourdough Doughnut Dough

1 ½ cups fed sourdough starter 300 grams fed the night before or about 8 hours prior  
1 ½ cup lukewarm water about 85 degrees  
6 tablespoons butter softened  
4 egg yolks  
1 tablespoon vanilla  
¾ cup sugar  
½ teaspoon baking powder  
1 teaspoon grated nutmeg  
1 tablespoon sea salt  
6 -7 cups bread flour  
vegetable oil for frying

## Vanilla Glaze

4 ½ cups powdered sugar  
2 teaspoons light corn syrup  
¼ teaspoon salt  
1 tablespoon vanilla  
½ cup hot water

- Whisk together the active sourdough starter, water, butter, egg yolks, and vanilla.
- Add 6 cups of the flour, sugar, the baking powder, nutmeg, and sea salt.
- Knead for about 6 -8 minutes until you have a smooth but very soft dough. You may need to add more flour. But it should still be slightly sticky.
- Scrape the dough into an oiled or buttered ceramic or glass bowl, cover with plastic wrap or a damp towel.
- Let rise until doubled, about 2 hours depending on your kitchen temperature. You could let it rise in an oven with a pan of hot water underneath to make a proofing box if your kitchen is too cold.
- When the dough has doubled, flour a large work surface. Pat the dough out to approximately ½ inch.
- Cut the doughnuts with a 3 ½ inch doughnut cutter or a 3 1/3 inch biscuit cutter and a ½ inch round cutter for the holes.



*Try some with cinnamon sugar as well!*

- Transfer each cut doughnut and hole onto a wax paper lined tray or part of your work surface.
- Let rise for 30 -50 minutes until the doughnuts have become puffy and doubled in size.
- In a large flat-bottomed pot, using a candy/frying thermometer, heat about 2 inches of oil to 350 degrees
- When the doughnuts have doubled, fry a few at a time trying not to overcrowd the pot. Fry for 45 seconds until they just start to get golden brown. (the doughnuts will darken even more as they cool).
- Flip each doughnut and fry for an additional 45 seconds.
- Drain the doughnuts on paper towels as you cook more batches of the doughnuts.

Start the glaze as soon as you have cooked all the doughnuts:

- Mix all the ingredients in a large bowl. You may need to thin out the glaze with a few more tablespoons of the hot water if it looks too thick.
- While the doughnuts are still warm dip the tops of each doughnut into the glaze twisting to make sure the tops are completely covered.
- Invert the glazed doughnuts onto a rack to let the glaze drip over the sides.
- Let the doughnuts sit to let the glaze set for a few minutes. They are delicious slightly warm or let them cool.



## LOVAGE SIMPLE SYRUP

Recipe from [thekitchn.com](http://thekitchn.com)

*Delicious with sparkling water, add some Prosecco for a cocktail!*

2 cups chopped lovage leaves and stalks (but do experiment with other herbs too!)

1 cup water

1 cup granulated sugar

- Place chopped lovage in a heat-proof glass bowl or 4-cup measuring cup.
- In a small saucepan over medium-high heat, bring the water and sugar to a boil then lower the heat to low and stir constantly until the mixture is clear and sugar is completely dissolved, about 4 minutes.
- Pour the mixture over the lovage and stir.
- Let the syrup cool to room temperature, then strain out the lovage and pour into a glass jar or bottle with a tight seal.
- Store in the refrigerator.

For a stronger syrup, let the lovage infuse overnight in the refrigerator then strain and bottle the syrup. The syrup can be stored in the refrigerator for up to 1 month.

*What the heck is Lovage? [Learn more here.](#)*

“I love spring anywhere, but if I could choose, I would always greet it in a garden.”  
- Ruth Stout

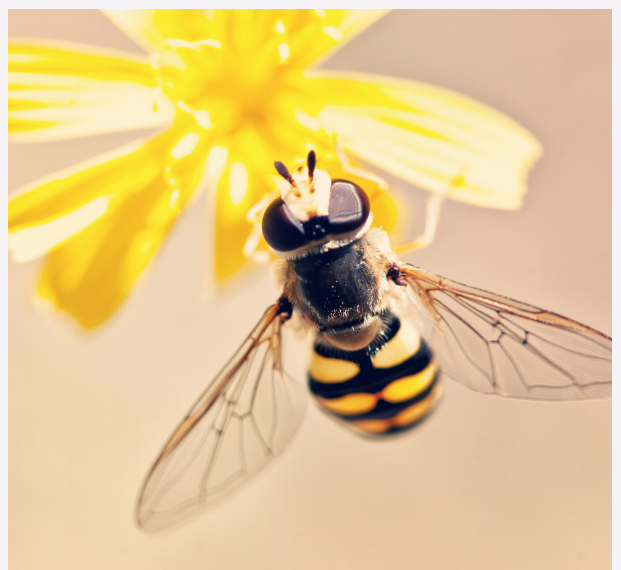


### PLANT TREES FOR BEES!

**"HERE'S AN ARTICLE  
ABOUT PLANTING TREES  
FOR BEES, PROVIDING A  
BOUNTY OF POLLEN AND  
NECTAR OVER THE YEAR"**

[WWW.KEEPINGBACKYARDBEES.COM](http://WWW.KEEPINGBACKYARDBEES.COM)

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MASTER BEEKEEPER  
& CERTIFIED BEEKEEPING INSTRUCTOR



## GLEANERS PROJECT UPDATE

With things as they are, it's just not safe to proceed with the program this year, at least for now. If the public health situation improves and it is safe to open the program later in the season, we'll let our pickers and members know. As it stands, we're still working on a new web app that will help the program run more smoothly, thanks to the amazing volunteers working on this piece! - Erin Innes, Gleaners Project Coordinator

For the present...please enjoy some community contributions on this topic!

## SKOOKUM COMMUNITY GLEANING

*Giovanni Spezzacatena*

This documentary features the sound of the Skookum Gleaners project, from the initial call to the coordinator, through two gleaning sessions in July 2016 featuring tree owners, pickers and their friends and family on the pick site, as well as some thoughts by the project coordinator, on the process. The soundtrack does not feature narration, but a tapestry of interview segments and environmental sounds of crows, bees, birds and music. ([Listen to this documentary here](#)).



## NOTES FROM A PICKER

*Jack Saunders*

Can't remember where I heard of the group, probably from a friend talking about it - Gleaners was a group that you could call if you had a fruit tree and pickers would come out, pick your tree clean, then give the fruit away. I remember one time I had a truck full of apples - I dropped some off here and there and asked some senior friends if they wanted some. It seemed like it had a good reason for existing - the fruit was going to drop off anyway. I thought it was nice that it might help save some bears too, without the fruit left on the trees they'd hopefully move along. Seems to be a win, win, win - the owners, the pickers, the bears...just seemed like a common sense idea.

It was nice to meet people, spend some time with them and hear what they are up to. It was fairly social! Another social event I remember is the cider press, I had never seen something like it before. Happened at the fall fair - they collected a bunch of apples and volunteers came and chopped apples, turned the crank, made the juice, heated the juice and sold the juice. A whole bunch of people came together, folks you knew from around. A fun thing I looked forward to at the fall fair, a comfortable group of people. Nice to take a few containers of fresh juice home too.