

THE BUMBLEBEE

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



photo credit: Malerie Meeker

REPORT BACK FROM MEMBERSHIP SURVEY

A huge **thank you** to the 51 members (that's about 15% of you!) who took some time to provide your board with feedback to help us understand what is important to you and plan for the year ahead. What follows is a summary of the results and keep an eye out for further updates from the board as we progress with this information.

Q1: What kind of food-related events and activities would you be interested in participating in?

55% in person and 49% online events

Most popular type of events (*in order of popularity*): classes, equipment-building sessions, potlucks, picnics, garden work-bees and movie nights.

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Q2: When is the best time for you to participate in activities?

Best time *(in order of popularity)*:

- Weekend evenings
- Weekend afternoons
- Weekend mornings and Weekday afternoons

Best season *(in order of popularity)*:

- Winter
- Spring
- Fall
- Summer

Q3: How can we work together to support and develop Powell River's local food community, both online and in person? *(answers grouped and listed in order of popularity)*:

1. **Build Local Food Security System** - support production and preservation of food; encourage people to grow Victory Gardens; curate a weekly email with updates on produce available at local farms; encourage local buying and shorten the supply chain; bulk buying co-ops; aquaculture restoration; support local animal feed production; work towards a BC Food Policy; food security for seniors and disadvantaged populations; Gleaners + fruit tree conservation; build the foundations of a food co-op movement that connects with other food co-ops in surrounding areas; more food hubs.
2. **Encourage Connection** - keep up the newsletter and surveying; networking and collaboration opportunities; offer on-line and in-person get-togethers; sort out the email lists and use one for members to use to share info and resources; explore partnerships and build cohesion (e.g. Seedy Saturday, Fall fair, PRL, edible garden tour, etc.); inspire through action.
3. **Offer Educational Opportunities** - offer classes; hire speakers; coordinate skill-shares; encourage mentorship opportunities; demos at community events.

"inspire through action."

Q4: What online communication platform do you prefer?

- Email 92%
- Facebook 47%
- Instagram 13%

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Q5: a) Would you be interested in learning opportunities? *(in order of popularity):*

- 58% in person (when it is safe to do so)
- 44% online (anytime)
- 25% online (only during COVID-19)

b) On which topics? *(in order of popularity):*

- Gardening
- Permaculture
- Pickling & fermenting
- Co-ops in general
- Foraging
- Cooking
- Tool Care & Canning (tied)

Q6: What is something that you know enough about to teach in an informal skill-sharing session?

- Cooking
- Canning/Preserving
- Cheesemaking
- Fermented food making - water kefir, sourdough
- Gardening
- Managing a home garden on a budget
- Growing hazelnuts
- Shellfish aquaculture and salmon habitat restoration
- Avoiding pesticides in general
- Small animal husbandry
- Raising poultry in urban environments
- Goat care
- How to work with Local Government and what opportunities exist
- The cooperative movement

Q9: Do you feel that you know enough about how Skookum works, what it does, and why it does it?

- Yes 65%
- No, would like to learn more 33%
- No, not interested in knowing more 2%

Q10: How good a job is Skookum currently doing?

- Excellent 18%
- Good 47%
- OK 25%

For complete results, including many detailed comments and great ideas, [click here](#).

Triku

Respect your elders
Because old lives matter now
Listen well we fade

I have not hugged
Anyone for six months already
Now between waves time

Is ticking towards
Next tsunami so embrace the
Last moments of time.

MJG

BLACK & BLUBARB SHRUB

Recipes & photo contributed by Bad Karen

From 'Homemade Root Beer, Soda & Pop' by Stephen Cresswell: "In the nineteenth century, cool places on the farm were at a premium. Yet cold storage even of non carbonated beverages was a necessity, since at room temperature spoilage was likely, especially if fruit juice was one of the ingredients. [People needed] a concentrated drink that would occupy little room in the spring house, but made quite a bit of drink when mixed with water. The presence of vinegar helped prevent spoilage and also added a pleasant bite that sometimes seemed to be missing from more tame, nonalcoholic beverages."

I've developed this recipe based on the one in his book and others floating around on the interwebs:

- 600g mixed blackberries, blueberries & rhubarb (about 4 cups)
 - 2 cups sugar
 - 2 cups vinegar
1. Bring all to a rolling boil, stirring occasionally to ensure sugar is dissolved, then turn off and leave on stove until lukewarm.
 2. Strain into clean bottle/jar and refrigerate.

Recipe scales up or down easily! Experiment with different fruit combinations (berries work best IMHO) and sugars and vinegars. Balsamic vinegar makes a delicious shrub, especially with blackberries! Also, don't discard the fruit pulp. It's terrific spread on toast or baked into all kinds of yummy things.



"Here's a picture of my raspberry patch, getting ready for some raspberry shrubs!" (Bad Karen)

CO-CO (COVID COCKTAIL)

THE SHRUBBERY

- 1 oz shrub
- 3 oz white wine (sparkling or not)
- 1/2 oz brandy (optional)
- Club soda
- Lemon or lime for garnish

(For non-alcoholic version, make with only club soda)

Make in tall glass with plenty of ice. Enjoy with friends, at appropriate social distance. Delicious!



John Adcock out standing in his field. (Malerie Meeker)

MY COVID WOMAN BUILT GREENHOUSE :)



I have to credit both sons too, one for consulting and encouraging the 'you can do it' and the other for fixing a 'what now'. (Susanne Gray)

Egyptian "Walking" Onions taste just like a regular onion! The entire plant can be eaten, but is tougher than regular onions. Shallot-like onions form at the base in the soil. They can be eaten and prepared just like any other onion or shallot.

Why "Walking"? [Click Here](#) to learn more.



*A glamour pic of Egyptian onion tops from my garden, June 8, 2020.
(Giovanni Spezzacatena)*

OAT/NUT MILK

Recipe contributed by: Giovanni Spezzacatena

I have started to make my own nut and oat milk - healthier with no additives/preservatives, and to save some cash (potentially), and the environment by avoiding the terrible wasteful packaging of tetra boxes and whatnot that this stuff comes in, usually. Plus, it reduces the weight of groceries (big deal if you're biking or carrying stuff around).

Easy peasy!

It's a 1:4 ratio nuts/oats to water:

- 1 part nuts [(e.g. raw or roasted unsalted cashews or hazelnuts or almonds without skin as purchased through Rancho Vignola, for e.g.) You can mix n match like half cut nuts and half cup oats. Soak the shelled, unsalted nuts overnight in water then the next day drain and rinse well) or rolled oats (super affordable and no real need to soak for more than 2 hrs)].
- 4 parts water

Blenderize on highest possible setting for 2 minutes (I do this in 2 shots to avoid wrecking the blender)

Strain through fine mesh (if oat milk no real need to strain - chef's choice)

Add pinch salt to taste

Added flavours: After straining, add your choice: 1/2 tsp vanilla and/or 2 tbsp cocoa and/or cinnamon and maybe 2 tbsp maple syrup OR honey OR a pitted date or two, and reblend . (maybe get a bit more experimental too... berries? banana, turmeric (for a latte?)... savoury or spicy mixes?

Refrigerate - Lasts in the fridge about 1 week. Shake before use as it does settle.

Bonus: The residue strained out (before salt/ flavours) can make a good facemask, or the beginnings of a zombie halloween costume.

Buon appetito



**What is so rare as a day in June?
Then, if ever, come perfect
days....**

-- James Russell Lowell--



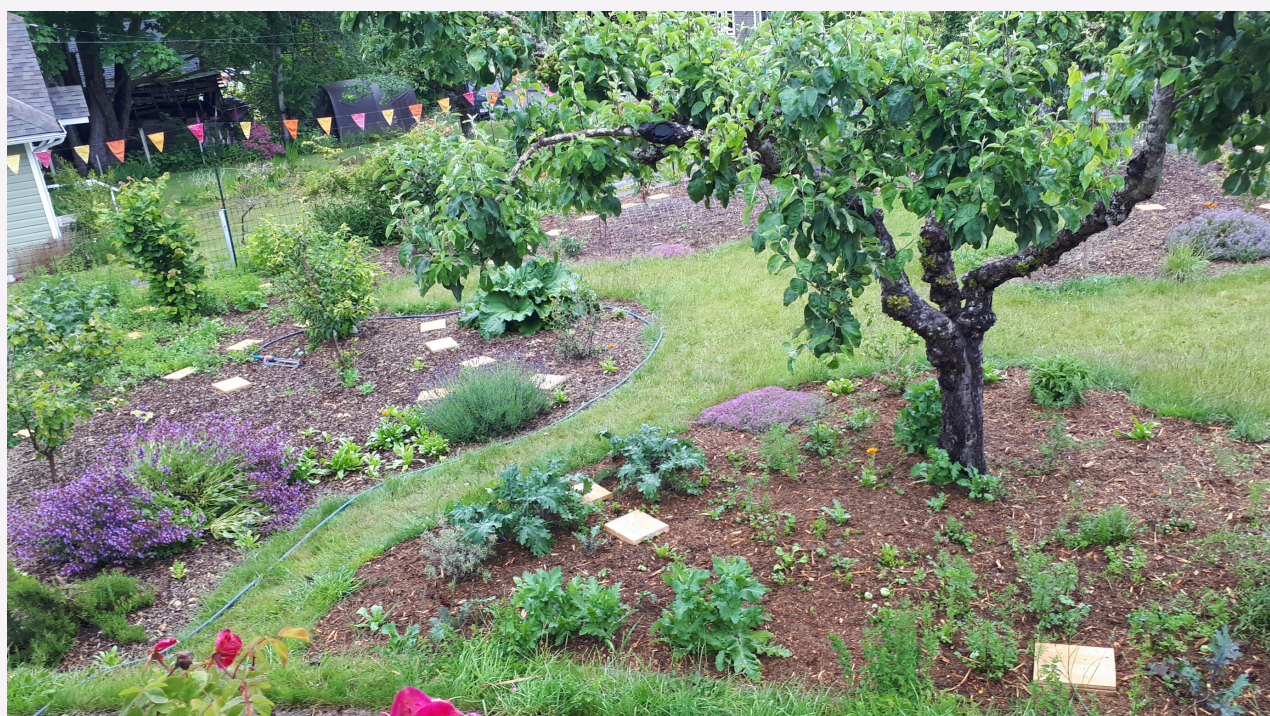


GROWING RAINBOW GOLD (INGALISA BURNS)

This space has been my sanctuary, gym, and classroom since this time of recalibration began. I'm full of gratitude. There are now 7 beds where there once was only sod. You asked for poetry and I'd say that qualifies.

One of the biggest tasks was putting up a deer fence. Doing that taught me the basics of concrete work, driftwood salvaging, carpentry and above all, patience.

Everything in the food forest is edible...from herbs to flowers to fruit trees. I've interplanted a few annuals amidst all the perennials as the soil is so loved up in that space.



QUICK FRIDGE PICKLED VEGGIES

Recipe from Feastingathome.com and contributed by Malerie Meeker

Ingredients:

- Enough chopped fresh raw veggies to fill a 2-quart jar: beets, carrots, radish, turnips, cucumbers, okra, green beans, edible prodded peas, asparagus, red onion, zucchini, summer squash, cauliflower or broccoli florets, garlic scapes, fennel bulbs, cabbage, chard ...
- 1 tablespoon coriander seeds
- 2 teaspoons fennel seeds
- 1 teaspoon mustard seeds
- 6 to 10 cloves sliced garlic

Experiment with alternatives and variations: Just use pickling spice. Try adding sprigs of dill and/ or sliced onion. Add allspice, whole cloves, ginger slices, fresh chilies or chili flakes, peppercorns, cumin seeds, star anise, fresh herbs. Anything goes!

Pickling liquid:

- 2 cups vinegar: White, red wine, apple cider, rice wine, or any combination
- 2 cups water
- 2 tablespoons kosher salt
- 4 to 6 tablespoons sugar (cutting back works)
- The spices/herbs you have chosen

Directions:

1. Prepare the veggies (slice, quarter, chunk) and pack into jars. Layering veggies looks nice and packs well. If you are using fresh herbs for flavour you can add these if you choose, or they can be processed with the pickling liquid.
2. Put vinegar, salt, sugar, and pickling spices in a small pot. Boil for a few minutes.
3. Strain the liquid. (You can leave the spices/herbs in the liquid to magnify the flavours; but it makes them a bit difficult to eat without rinsing them before serving.) Carefully pour the liquid over the veggies while very hot. Press the veggies down with a wooden spoon; more may fit in at this time.
4. Leave the jars open on the counter for several hours to cool, then put the lids on and store in the fridge.

The pickled veggies are good after 6 to 8 hours, but leaving them for several days is best. They last in the fridge 2 to 3 weeks.

OUR FAVOURITE FOOD PRESERVING RESOURCES

[How to Can Everything](#) - website with 100+ Canning Recipes - Recipes from A - Z

[Batch](#) - book with everything you need to know to get started in preserving, canning, pickling, smoking. Gives you instructions for 'batching' different recipes, making a few different things at once, using all parts of the same main ingredient.

[National Center for Home Food Preservation](#) - USDA website that covers almost everything, and you know the recipes have been safety tested.

[Urban Homesteading School of Powell River](#) - workshops and classes