



From left are Lee Norton, John Skow, Jeane Skow and Doug Hendrickson. Jeane describes herself as a city girl who has come to embrace working the land and eating its food. She says she can feel a real shift in her body during the six months she eats fresh produce from the farm. When the CSA season gets back into full swing, "something kicks in and I feel the difference," she says.

salt creek:

(continued from Page 13)

Their first CSA program started with just 20 subscribers mostly comprised of people they knew through ONP.

Neither Lee or Doug enjoy vending so practically all their profits come from the CSA program. With just the two of them and their daughter Hanna, they says it's so important to get help from members and from apprentices there to learn the trade.

Doug says there are approximately 20 people who harbor shares, typically six or seven show up each Thursday and Friday as the harvest crew.

"The success of this really depends on people coming out," he says.

Working members are asked to devote 16 hours a season to the farm.

Working members who put their time, sweat, and hands into the soil are a real asset, helping at harvest, weeding, transplanting and outreach. In return, they receive 20 percent off the regular share price.

Everyone who works on the harvest crew sees value in the food and agrees on the importance of viable farmland supported by the local community, Doug says.

But that's where their similarities begin to scatter in the wind.

You'll find democrats, republicans, retirees, whole families with small children, single people, teachers, farm neighbors and teenagers out in the fields.

With seemingly little in common, John Skow, a WWII veteran with a Ph.D. who communes with the garlic — yes, he talks to it — and 15-year-old Kendra Parks work along side each other.

"This is a traditional kind of farming," John says.

"And even though we are in our modern lives, we can take part in that tradition and appreciate it more."

While it's amazing that four small acres can feed 75 families, Lee does say their CSA is at capacity. They keep a waiting list for the pending season.

"How much we can handle is very dependent on labor," Lee says.

But she also acknowledges that they are limited by water, fertility and the size of their land. More, more, more is not

always the answer.

She and Doug both believe America's current food system can't continue the way it is and think small farms like theirs are part of the solution.

"People take food for granted and don't realize the amount of work that goes into it," she says.

An animal's whole life is about finding food, it stands to reason that ours should be at least a little bit about the same.

They hope to be doing their part to teach others about enjoying the fruits of their labor and Doug and Lee agree CSA members seem to enjoy the challenge of it.

Thoughtful consideration goes into meal planning and CSA members seem to get better at it with each passing year.

They learn to cook with abandon, share their bounty and stay connected with others — healthy living at it's finest.

Salt Creek is one of several farms in Clallam and Jefferson counties with CSA programs. To learn about others, ask around at your local farmer's market.

- Port Angeles Farmer's Market, www.portangelesfarmersmarket.com
- Sequim Open Aire Market, www.sequimmarket.com
- Port Townsend Farmers Market, www.ptfarmersmarket.org
- Forks Open Air Market, 360-327-3877
- Port Ludlow, 360-437-0882
- Chimacum, 360-821-1035



Kendra Parks spent her summer volunteering at Salt Creek.

"I get paid in vegetables," she says.

Of course, being the young savvy-minded teenager she is, Kendra then sells the vegetables to her parents. It's a win win.

Kendra says she likes her job because she gets to be outdoors, but mostly because she loves the goats, dogs and chickens that all call the farm home.

She is beginning her own healthy habits, eating everything the farm produces — except mushrooms and squash — she says.

