

# Marys River Messenger

## The Marys River Grange Newsletter



Vol. 1, Issue 6

July/August 2019

### Grange Member Farm Spotlight: Sunbow Produce



Photo by Teresa Matteson



“We grow food that draws you in,” says Yadira Ruiz. Every week, she and partner Nate Johnson at Sunbow Produce give a preview on their web site – [sunbowproduce.com](http://sunbowproduce.com) - of what will be available at the Sunday Farm Stand (at the intersection of Bellfountain Road and Chapel Drive from 10 to 2), from May until the end of October. Fresh, organic, seasonal produce is what the business is all about. Melons will make an appearance in August, for example. The seasons extend year-round, too, to their email subscribers, with customizable orders and direct pickup or delivery from the farm itself on the border of Philomath and Corvallis. They even offer their own currency: colorful 5 Sunback bills, which each buy \$5 of produce and dried goods. Fifty-five Sunbacks may be purchased for \$50, especially worthwhile for the 10% bonus. And, they have a work-exchange program, so nourishing food is accessible to the community regardless of an individual’s income.

Sunbow Produce is on land leased through a farm trust LLC, which was created with owners Harry MacCormack and Cheri Clark who established Sunbow Farm in 1972. It’s a win-win arrangement, in an age when it’s difficult for young farmers to become established and older farmers are retiring. Nate and Yadira met there as apprentices to Harry in 2013, where they learned for a year under his direct instruction and rich mentorship, a super-immersive hands-on education. When Harry and Cheri wanted to retire in 2014, they approached the apprentices and explored an arrangement for the long term, with provisions for organic management and outreach, and maintenance of equipment. In 2015, the new operation opened for business. Then the Farm Stand started in 2017.

“You don’t make a lot of money, but you get paid in scenery,” Harry MacCormack has said. He still manages Cosmic Compost and Mulch at Sunbow Farm, and is a founding and current board member of Ten Rivers Food Web.

Continued on next page.

Nate was originally inspired by Harry's book *The Transition Document: Toward a Biologically Resilient Agriculture* and *The New Organic Grower* by Eliot Coleman. Nate had done home gardening and was interested in year-round production. He became motivated by the idea of regenerative agriculture and a smaller scale produce farm. He also likes to eat well, and to be hooked into the local network of food producers. Nate took a workshop by Harry about fall and winter gardening and composting, through which he learned of an opening for an apprentice. Yadira met Harry while she was working at First Alternative Natural Foods Co-op, which had been a conductor for her to understand what was going on and dip her feet into food distribution. She, too, was offered the opportunity to become an apprentice at Sunbow Farm. Nate arrived six weeks before Yadira, who moved in April. They were impressed with each other right off, working so hard and sharing similar views, and their relationship naturally developed as they got to know each other. By June, they sparked.

Most of the perennial crops were put in before they took on the maintenance, such as Thompson table grapes, golden currants, figs, boysenberries (100 year old plants), and rhubarb, so Yadira is unsure of the names of all the varieties. There are hoop houses, a shade house for when it's too hot to start plants in a hoop house, and open fields, through which crops are rotated. Some crops are co-planted. For instance, peas planted in January shade the brassicas grown alongside. (Note: this is a great pea year). The squash like to be east of the sunflower windbreak. Some crops are harvested in different ways at different times. Potatoes planted in January/February are first harvested as new potatoes, picked as needed by carefully feeling around in the nice, loose soil at the edges of the plants, then all are fully harvested when the skins are thick. The seed is high quality, and the varieties may be heirloom or regional.

Composted wood chips and leaf mulch build the soil, as well as cover crops. In fact, there is approximately 80% compost mixture in the soil in the fields. Being diversified also helps, so there's less risk of pests taking everything. And, they plant enough to share with the deer. Birds and pollinators like the sunflowers, planted in 50 ft. rows every 40 ft. Yadira describes their farming approach as "stewardship." "The land has wisdom and resources. We're trying to conform to what makes sense here." For instance, observation teaches them to navigate when pests arrive, which does not occur all year or under all conditions. She and Nate are encouraged that every year gets better. They like the variety of it, living there, to follow the season and cycles, that it feels very connected. "Enlivening." They say their biggest challenge is not enough time to get the operation exactly the way they want it, yet they're getting more efficient. They're continually learning about producing as growers

while running a business, and marketing and growing the business. "Our business model works best with people who want to be engaged with their food," states Yadira. Sunbow offers full engagement on a level not usually seen.

The Sunday Farm Stand in particular is a very effective way to achieve financial goals and meet people; they get to do everything they love in a four-hour period and they don't compete with Saturday's Farmers Market. It proves the vision of the farm is achievable, and makes it accessible for customers. It's a social mixer. They feel that people are rediscovering connection through their work and shared experience.

Nate and Yadira have made connections through Marys River Grange, as well, which they joined as a way to meet like-minded people. They will soon be married there at the Hall. Nate had attended Friends of Family Farmers listening sessions a couple times at the Grange, and knew a little of Grange history from course work that mentioned how it was organized politically and socially. Though he was not a Grange member before, he found he shared the philosophy and values at Marys River, as he became more familiar with it. "You get to put your efforts into something that's right in your own neighborhood and see results quickly," Yadira commented. Their involvement helps make this Grange and this community a special place indeed.

For more information about Sunbow Produce, check out the website at [sunbowproduce.com](http://sunbowproduce.com), email [sunbowproduce@peak.org](mailto:sunbowproduce@peak.org) or call 541-929-4951. While the farm stand is on Bellfountain Road (on Sundays), the farm's address is 6910 S.W. Plymouth Drive in Corvallis.

- Judy Hays-Eberts

"To forget how to dig the earth and to tend the soil is to forget ourselves."  
- Mahatma Gandhi



[www.sunbowproduce.com](http://www.sunbowproduce.com)

MRG member Steve Northway plants milkweed for Monarch butterflies. See him in this episode of Oregon Field Guide: <https://www.pbs.org/video/oregon-field-guide-monarchs-milkweed/>

## Harvest of Happenings

A calendar of upcoming Grange, community, gardening, livestock, land-based or farming events in the local area. Send info to [marysrivergrange@gmail.com](mailto:marysrivergrange@gmail.com)

**Tuesdays - Yoga at the Grange**, 7:00-8:00 PM, Marys River Grange Hall, 24707 Grange Hall Rd., Philomath. Free for Grange members, sliding scale for non-members (\$5-\$20 per class). Contact Laura Coen, 331-201-5458 or [lauraploeg@yahoo.com](mailto:lauraploeg@yahoo.com) for details.

**Weds. July 3 – Marys River Grange Business Meeting**, 6:30-9:00 PM, 24707 Grange Hall Rd. Potluck at 6:30. Meeting and activities for juniors begin at 7 PM.

**Tues. July 9 – Willamette Grange Business Meeting**, 6:30-8:00PM. 30012 Hwy 99W, Corvallis (7 miles south of town). Potluck at 6:30, Meeting begins at 7 PM.

**Tues. July 9 – Yoga at the Grange**, 7:00-8:00 PM.

**Weds. July 17 – Yoga at the Grange**, 7:00-8:00 PM.

**Tues. July 23 – Yoga at the Grange**, 7:00-8:00 PM.

**Fri. July 26 – Community Game Night**, 6:30-? PM. Marys River Grange Hall, 24707 Grange Hall Rd., Philomath. Board and card games played and free popcorn provided. Everyone welcome, may bring games and snacks to share.

**Tues. July 30 – Yoga at the Grange**, 7:00-8:00 PM.

**Tues. August 6 – Yoga at the Grange**, 7:00-8:00 PM.

**Weds. August 7 – Marys River Grange Business Meeting**, 6:30-9:00 PM, 24707 Grange Hall Rd. Potluck at 6:30. Meeting and activities for juniors begin at 7 PM.

**Fri. August 23 – Community Game Night**, 6:30-? PM. Marys River Grange Hall, 24707 Grange Hall Rd., Philomath. Board and card games played and free popcorn provided. Everyone welcome, may bring games and snacks to share.

## Yoga at the Grange Summer Session



**Mary's River Grange is offering yoga classes  
Tuesday evenings from 7pm-8pm.**

Classes are free for Grange members,  
with a sliding scale fee for non-members (\$5-\$20 per class).  
This is an all-levels vinyasa flow class. All abilities welcome!

Summer session yoga classes will run June 25 - August 20.  
The 3rd week of July class will be on **Wednesday, July 17.**

Questions? Email or call Laura Coen:  
331-201-5458 [lauraploeg@yahoo.com](mailto:lauraploeg@yahoo.com)

## Amazing Grange Day

**Saturday, August 10<sup>th</sup>**

**10:00 AM - 4:00 PM**

**A fundraiser to replace the 50 year-old  
wood-burning furnace.**

**Large Rummage Sale**

**Pie Auction: Silent, Live, & Buy-It-Now  
Snacks and Drinks**

**All Ages - Free Prizes for Kids - LIVE MUSIC**

**\*\*\* Not to be Missed \*\*\***

**Marys River Grange Hall  
24707 Grange Hall Rd, Philomath  
Questions? 541-829-2907**

**Tues. August 13 - Willamette Grange Business Meeting**, 6:30-8:00PM. 30012 Hwy 99W, Corvallis (7 miles south of town). Potluck at 6:30, Meeting begins at 7:00 PM.

**Tues. August 13 – Yoga at the Grange**, 7:00-8:00 PM.

**Tues. August 20 – Yoga at the Grange**, 7:00-8:00 PM.



**Like Marys River Grange on Facebook!  
Check out our web site: [marysrivergrange.org](http://marysrivergrange.org)**

MRG members: Need a ride to meeting?  
Call 541-829-2907 or email  
[marysrivergrange@gmail.com](mailto:marysrivergrange@gmail.com)  
We'll see what we can do.

## Historically Grange

Excerpts of Minutes from August 16, 1929

Mary's River Grange #685 met at 8:20 P.M. at the Hall. Grange opened in due form.

Minutes of August 2 read and approved...

Special Fair Committee reported the following recommendations, in substance.

1<sup>st</sup>. Not wise to exhibit at state fair on account of limited time.

2<sup>nd</sup>. That we hold a local fair on the same date in Sept. before state fair – to be held at our regular meeting place from 2 P.M. to 10 P.M. on date finally chosen. All exhibits to be on display for full time. Suitable classifications of exhibits and suitable honor to be provided.

Report presented by Mrs. Elma Huffman for the Committee.

Report adopted and committee continued.

It was voted (17 – 9) to invite people of the community to take part on an equality with grangers.

...Lecture Hour. The Lecturer provided an hour of entertainment and diversion into which members and visitors entered heartily.

Good of the Order.

Penny drill – 40 cents

Sisters N. Brown and H. Gray presented an attractive rug for adornment of Grange Hall. Gift accepted with a rising vote of thanks.

Greetings were brought by Bro. Edward D. Strauts and Sister Strauts of Summit Grange.

Members present: 33.

Grange closed in due form.

- Mark Phinney – Secretary

## Recipe Corner

### Lemon Bars

As requested when they were brought to a MRG event. Similar recipes abound. The lemon zest is particularly important.

#### Ingredients

##### Crust:

1 c butter, softened

2 c flour

½ c powdered sugar

Salt to taste

##### Filling:

2 c granulated sugar

¼ c flour

4 eggs, beaten

6 T fresh lemon juice (about 2 lemons)

grated lemon zest (from both lemons)

Preheat oven to 350.

Mix crust ingredients well. Press into 9x13 lightly greased baking dish. Bake for 18 minutes or until lightly browned.

Meanwhile combine granulated sugar and flour. Mix in eggs, lemon juice and zest. Pour into cooked crust as soon as it comes out of the oven. Bake an additional 25 minutes.

Cool. Cut into squares.

– Judy Hays-Eberts



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## OLD BLUE Raw Honey

Old Blue Raw Honey is a small beekeeping enterprise owned and operated by Henry and Camille Storch in Philomath, OR. Henry's ecologically diverse apiaries provide his bees the ideal environment for producing varietal honey. By raising his own survivor queens, Henry is working to preserve and propagate the hardy honeybee populations adapted to the flora and climate of Western Oregon. His practice of incorporating local feral genetics into managed colonies for migratory pollination is critical to the long-term resilience of regional food systems.

Old Blue Raw Honey is never heated over natural hive temperatures and is only filtered minimally, so it may include pollen, small wax particles, and the occasional bee bit. All natural honey will solidify eventually. To liquify, place the jar in a bowl of warm (not boiling) water.

> website: [oldbluenaturalresources.com](http://oldbluenaturalresources.com) | > contact: [oldbluerawhoney@gmail.com](mailto:oldbluerawhoney@gmail.com)  
> facebook: [facebook.com/oldbluerawhoney](https://www.facebook.com/oldbluerawhoney) | > instagram: [@oldbluerawhoney](https://www.instagram.com/oldbluerawhoney)

## Gathering Together Farm

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[www.gatheringtogetherfarm.com](http://www.gatheringtogetherfarm.com)



### Marys River Grangers Serve at State Grange

Several Marys River Grangers serve various functions in the State Grange organization and were present at the Oregon State Grange Convention, which took place in Molalla on June 22 – 27. Recent MRG member Tim Dehne served as Assistant Steward and member Jay Sexton as the Overseer (vice-president) among the Oregon State Grange Officers. Sonny Hays-Eberts, on the State Communications Team, helped announce the policy text while the delegates worked to approve or reject resolutions proposed by the various Granges around the state. Toni Hoyman was present as the Director of the State Deaf Awareness and Family Health Committee. Granger Jim Gray assisted the Gatekeeper at the entrance to the convention floor.

Locally, Marys River Grange was represented by delegates Sonny Hays-Eberts and Jim Gray, while Willamette Grange was represented by Toni Hoyman and Judy Hays-Eberts. Benton Pomona (county level) Grange was represented by delegates Lyle Utt of Fairmount Grange in North Albany and Jay Sexton of Marys River Grange in Philomath.

Benton County Granges proposed the following policies:

- Advocate for Ban on Direct to Consumer Marketing for Medication
- Require Prescription Bottle Label Have Large Print Purpose and Drug Name
- Allow Alcohol Use at Grange Sponsored Events
- Recycling Deposit on Wasted Single-Use Aluminum Containers

- Advocate for Rural Broadband Internet and Support Net Neutrality

All of these were approved by the Oregon State Grange Delegates.

State Grange policies are supported by the part-time lobbyist of the Grange in conversations with State legislators. Oregon's new Grange policies are also submitted to the National Grange for consideration and, if adopted, they are promoted in the Federal Legislature.

- Jay Sexton




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Philomath, OR 97370

www.greengable.com  
facebook.com/greengablegarden

## What has the Grange accomplished?

When an organization has recently celebrated its 150<sup>th</sup> birthday, one hopes the years are marked with accomplishment and purpose. The Grange was founded to promote and develop rural community and agriculture, and over the last century and a half there have been many notable accomplishments, some failures, and a mistake or two along the way.

Perhaps less well known of the ruthless practices of the early American railroads was the monopolistic practices railroads employed against farmers. The cost of storing grains in silos (often owned by the railroad companies themselves), as well as handling and transporting charges, enraged farmers, who joined the Granger movement in large numbers. *Munn V. Illinois* reached the US Supreme Court in 1877, the same year as the Great Railroad Strike. Chief Justice Morrison Rernick Waite sided with the majority in deciding a private enterprise that affects the public welfare is subject to regulation.

Until the late nineteenth century, rural Americans had to travel to urban post offices or pay a private carrier to deliver their mail. Local businesses feared Wards and Sears would steal business and opposed general rural mail delivery. In Indiana, Granger Milton Trusler engaged a sixteen year campaign of free rural mail advocacy. In 1880, Fayette County in Indiana became the first county to deliver rural mail for free. It spread slowly, however by 1896 it had become the official service of the US Post Office.

The Constitution, as written by the founders, stated that two Senators for each state would be chosen by the state legislature. Shortly before and after the Civil War, there were often vacant Senate seats (due to local tensions) and charges of improper elections by several legislatures that resulted in lengthy legal contests. The Grange joined the call to ensure states would hold public elections, beginning with Oregon in 1907. Eventually the Seventeenth Amendment was passed in 1913, ensuring the system we use today.

Cooperative Extension Services exist to improve the quality of people's lives by providing research-based knowledge to strengthen the social, economic and environmental well-being of families, communities and agriculture enterprises. Extension experts focus on, among other subjects, food safety and quality, the plight of young children, revitalizing rural America, sustainable agriculture, and waste management. Many rural and even urban residents of Oregon avail themselves of the services of the Oregon State Extension Service – from pest identification to Master Canning and Gardening programs. The Grange advocated for this program, which was established in 1914 and tied Extension Services to Land Grant Universities.

The Farm Credit System is a nationwide network of borrower-owned lending institutions and specialized service organizations. The Farm Credit System provides more than \$304 billion in loans, leases, and related services to farmers, ranchers, rural homeowners, aquatic producers, timber harvesters, agribusinesses, and agricultural and rural utility cooperatives. Congress established the Farm Credit System in 1916 to provide a reliable source of credit for farmers and ranchers.

Since its inception, the Grange has recognized the role of women in farms and rural communities. Several Grange offices are reserved for women only, and women may serve in all other offices. As a result, the Grange was very invested in the cause of suffrage and worked to ensure women had the right to vote, obtained in 1919 with the passage of the Nineteenth Amendment to the Constitution.

The Grange didn't simply restrict its welcome to women. Anyone aged 14 and over (old enough to pull a plow) was allowed to seek entry. Granges did not discriminate on the basis of race, religion, or politics, except in the southeastern United States, where segregation was enforced. Even there, African-Americans were encouraged to open Granges. Today is not the only divisive time in America; yet throughout the years, Grange Halls have allowed people the opportunity to discover that those who hold differing philosophies in politics or religion are not so dissimilar when engaged in meaningful conversation.

In 1934, The National Grange lobbied for the delivery of electrical power to rural communities. While city residents were quite familiar with electricity, those in the country often lived in the same style as a resident of the mid-nineteenth century. In 1936, as part of FDR's "New Deal", the Rural Electrification Act was passed. In the spirit of the Grange, Rural Cooperatives were established for this purpose. Over time, many Granges created coops for sale of goods, storage, and even loans - some of the earliest credit unions. The Rural Electrification Act established cooperatives because for-profit companies did not see a way to make a return on the large investment of bringing electricity to smaller communities. Marys River Grange is advocating that a similar program be undertaken to bring broadband Internet access to rural communities.

For a century and a half, the Grange has worked as an advocate for all rural Americans.

- Sonny Hays-Eberts

Rent Marys River Grange for your event!  
Reasonable Rate, Cozy Comfortable Hall  
Details at [marysrivergrange.org](http://marysrivergrange.org)

## Marys River Messenger Editor Honored at State Convention

Our own Judy Hays-Eberts was honored at the Oregon State Grange Convention when she was called up to the podium to receive a "Grange Hero" superhero cape to wear throughout that day.

She had been nominated by Marys River Grange members for her tireless and cheerful work on the *Messenger*, the Junior activities at the Hall, the Food Bank donations from our Grange, spearheading the creation of our free Lending Library, and her constant presence helping out with all Grange activities.

And best of all – she gets to keep the cape!

- Jay Sexton



## Mindfulness Workshop at the Grange

Grange Member Audrey Perkins organized a workshop on Mindfulness which was held at the Hall on June 15<sup>th</sup>. About 30 people attended this 2 ½ hour introduction, practicing stress reduction techniques, and cultivating awareness of the constant mental chatter that often disturbs our calm. This event was videotaped to provide a portfolio of Audrey's teaching experience to satisfy a requirement of her certification as a Mindfulness Instructor.

Audrey may continue these teachings at future times at our Grange Hall, and these will be announced on Marys River media.

- Jay Sexton



### Most Wanted by the Philomath Food Bank:

Personal care items, feminine products, canned meat and fish, condiments, canned entrees, boxed entrees, ready to eat soups, laundry soap, jams, jellies, syrups. Everything is appreciated! However, they cannot distribute home canned foods, previously opened packages, or food without original labels.

Food bank hours: Tues. 5:00-7:45 p.m., Thurs. 9:00-11:45 a.m. 360 S 9<sup>th</sup> St, Philomath; 541-929-2499.

Checks designated for the Philomath Food Bank may be mailed to PO Box 1334, Philomath, OR 97370.

*Marys River Messenger* Editor & Publisher:

Judy Hays-Eberts, with Sonny Hays-Eberts

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Contributors to this issue: Emmie Blume, Judy Hays-Eberts, Sonny Hays-Eberts, Jay Sexton

Email submissions to [marysrivergrange@gmail.com](mailto:marysrivergrange@gmail.com) or mail to Marys River Grange, PO Box 1301, Philomath, OR 97370.

No fee for advertisements from Marys River Grange members.





Marys River Grange #685  
PO Box 1301  
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### Grange Cedars Felled

Three Port Orford cedars at the Grange Hall, which died last year, were felled by member Lige Weedman with the help of son Taigue, Dad Jay Sexton, and neighbor and member Demetri Balint (and his tractor). We hope to have the logs milled, on site, to produce beautiful and fragrant wood for trim and projects around the Hall.  
– Jay Sexton

## Amazing Grange Day

Saturday, August 10<sup>th</sup>

10:00 AM - 4:00 PM

A fundraiser to replace the 50 year-old wood-burning furnace.

Large Rummage Sale

Pie Auction: Silent, Live, & Buy-It-Now

Snacks and Drinks

All Ages - Free Prizes for Kids - LIVE MUSIC

\*\*\* Not to be Missed \*\*\*

Marys River Grange Hall

24707 Grange Hall Rd, Philomath

Questions? 541-829-2907

There is plenty of time for second plantings, especially in the Coastal range, and these plantings will insure plenty of good eating into fall. – Organic Gardening and Farming, Aug. 1959