

Contact us!

11716 Vickery Ave E.
 Tacoma, WA 98446

(253) 537-7871

Larchefarm@hotmail.com

www.larchethc.org

Spring Hours:
 M-F 9 am - 4 pm
 S 8 am - 4 pm
 Please call ahead for
 Saturday date availability,
 as we may be accommodat-
 ing large groups.

Volunteers are welcome
 and greenhouse tours are
 available!

Something you're just dy-
 ing to know about us? Fill
 us in and we'll try to fea-
 ture it in an upcoming
 newsletter!

**Looking for a way to fill
 up those summer hours?
 We welcome volunteers
 of all ages, talents and
 time availabilities. Email
 to set up a visit and we'll
 be happy to find
 something that works for
 your schedule!**

Hustling in the Heat

As we drive up to the farm each morning, the yellow blossoms atop last season's kale remind us urgently that the warm weather is here to stay. The first sunny days of the season invigorated us and we welcomed them eagerly. Our annuals grew rapidly and our baskets were in full bloom for Mothers Day church sales and for farmers' market season to get in full swing. Somewhere amidst the constant buzz of these sales, however, we missed the last call to board the train and our plants left us in the dust.

Suddenly the grass beside the barn was up to our knees and core member Greg Kingery had more mowing than he had bargained for. It seemed each morning we returned to the farm to find a new plant in bloom. In the midst of this, we reassessed our goals and each core member came up with a new one for the year. Some, such as core member Robbie Habberman's goal to water, were immediately put into action and proved quite help-



Putting leg power into his push, core member Greg Kingery leans into it as he mows the aisles in our fields. As soon as the ground dried up, Kingery put in many hours to try to keep up with the thriving grass and weeds.

ful. These goals helped us to witness as not only our plants blossom but each individual as well.

The beauty that has graced us this past month is a constant reminder that it is a bigger picture than we frequently admit; the weather, the flowers bursting forth with color, remind us that beauty will take part with or without us. It is our opportunity to engage and immerse our-

selves in it. Through economic trials and bad news, life persists. We must choose to be a part of this insistence because stopping to smell the flowers is beyond a cliché; it is a way of being that calls us to recognize the unfailing beauty surrounding us. Is the kale a nagging reminder that we are behind or do we welcome it as a blessed brightening of our world?

You can find us at the...

6th Ave Market—Tuesdays, 3 - 7:30 pm
Steilacoom Market—every other Wednesday,

Downtown Tacoma Market (Broadway) - Thursdays, 9 am - 2 pm
Proctor Farmers Market—Saturdays, 9 am - 2 pm
L'Arche Greenhouses—Weekdays, 9-4; Sat, 10-4

We could really use...

- | | | | | |
|---------------------|-------------------|--------------|----------------------|----------------------|
| *Bales of straw | *Mowers | *Work gloves | *New wheelbarrows | *Hand clippers |
| *Plastic bags | *Chain link fence | *Weeders | *Hoses | *Push brooms |
| *Chicken & pig feed | *Leaf rakes | *Pitch forks | *Your divided plants | *Your helping hands! |

Tomato Mint Quinoa Salad

- 2 1/2 cups water
- 1 1/4 cups quinoa
- 1/3 cup raisins
- 1 pinch salt
- 2 medium tomatoes, diced
- 1 medium onion, minced
- 10 radishes, quartered
- 1/2 cucumber, diced
- 2 tablespoons sliced almonds, toasted
- 1/4 cup chopped fresh mint
- 2 tablespoons chopped fresh parsley
- 1 teaspoon ground cumin
- 1/4 cup lime juice
- 2 tablespoons sesame oil

- Bring water to a boil in a small saucepan.
- Pour in quinoa, raisins and a pinch of salt.
- Cover, and let simmer for 12 to 15 minutes, then remove from heat, and allow to cool to room temperature.
- Toss together the tomatoes, onion, radish, cucumber and almonds in a large bowl.
- Stir in the cooled quinoa, then season with mint, parsley, cumin, lime juice, sesame oil and salt.
- Chill 1 to 2 hours before serving.

Eager Edibles at L'Arche:

Vegetables in 4" and 6-pack pots:

Broccoli—flash hybrid
Kale—many varieties
Swiss Chard
Gourmet Lettuce Blend

Herbs:

Basil—sweet and purple ruffle
Cilantro
Parsley
Oregano

Mint—spearmint, chocolate
Sage—regular and pineapple
Thyme—regular and lemon
Rosemary

Fruits:

Tomatoes—many varieties, in gallons and baskets
Strawberries—in 4" pots, bags and baskets



Separating a handful, core member Tawna Billesbach trims chives after they grew and bloomed vigorously with the heat. The heat left us with a lot of weeding and trimming to catch up on.

It is the mission of L'Arche Tahoma Hope Farm & Gardens to offer a safe and welcoming environment that provides meaningful farm and garden work to persons with developmental disabilities. Working in an integrated setting with people of a variety of abilities and gifts, each farm worker, whether core member, assistant or volunteer, is affirmed in his/ her dignity, self worth and connection to all of life. To put it more simply, the goal of the Farm is to continue "Growing People Growing Plants."