

Contact us!

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www.larchethc.org

Spring Hours:
 M-F 9 am - 4 pm

Please call ahead for Saturday date availability, as we may be accommodating large groups.

Volunteers are welcome and greenhouse tours are available!

Something you're just dying to know about us? Fill us in and we'll try to feature 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!

Freedom to Flourish

Many lives come and go here on the farm and in the L'Arche community. Members transition from one house to another, join us or move on to other jobs or homes. We have grown accustomed to the welcoming process and do quite a job of it, but June met us with 13 little lives to greet in a new way.

We welcomed 13 chicks to the team on June 10, 2009. We decided in May to let one of our hens brood. She took ownership of a clutch not all hers and was determined to hatch them, only rising at feed time. On the 10th we found little round heads peaking out from under her wings. Within a day, they were walking around, pecking the ground for food and exploring their surroundings. All 13 survived and are thriving, even pecking off the hens when they try to push their way in for food. Their favorite hangout is Flash's pigpen and Flash does not seem to mind their high-pitched chirping.

Some of the hens may resent the chicks for their freedom, however. In June, we focused much of our time and energy on the fields, planting a late crop. This meant that our chickens spent a few nights in the coop, so the plants had a chance to start growing before our la-



Mixing soils in planting holes, summer assistant Paul Schloesser and core members Debbie Wilson and Leana Shiu prepare a row for onion and greens starts. During the month of June, the crew spent much time in the fields, planting a large crop for late fall and winter.

dies ate away at them. The chicks, however, hopped easily in and out of the chainlink, leaving the older bunch to merely reminisce on their freedom.

In the fields, we formed a rotating job lineup, with each member of the crew focusing primarily on one task each day. We began with tilling, then raked and filled aisles. Next we popped holes and dug, amended the soil, mixed holes and finally planted. Once a plant made it into the ground, someone followed behind with water. An elusive leak in our waterline made hand watering our fragile crop quite convenient,

providing a sizeable pool in the hole we continue to expand in our search.

Through the lineup process, we engaged our different abilities to effectively plant the fields. Someone who did not appreciate the intricacies of planting might be a diligent waterer. One who could not rake, might mix soil amendment thoroughly. Because we each came with different abilities, we tended to our crops' many needs and they quickly perked up. Within a couple of days, they stretched in their new space and owned their freedom, just like our chicks thriving in their new surroundings.

You can find us at the...

6th Ave Market—Tuesdays, 3 - 7:30 pm
Dupont Market—every other Wednesday, 11 am - 2 pm

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

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!

Beet Pilaf Casserole

- 4 c (precooked) rice pilaf
- 2 cans diced tomatoes, undrained
- 10 med/large beets, boiled and peeled, then cubed
- Beet greens from used beets, chopped
- 1 onion, chopped
- 1 c raisins
- 5 cloves garlic, minced
- 1 lb cheddar cheese, sliced
- Sunflower seeds to taste
- Olive oil

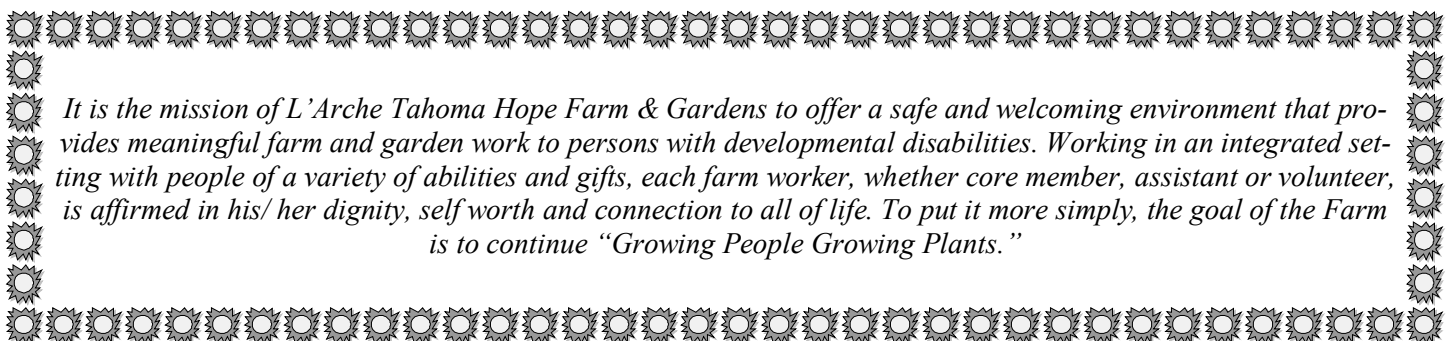
- Combine tomatoes, undrained, with 3 c. water and bring to a boil. Add pilaf and raisins. Cook approx 45 minutes, until water absorbed. Add more water if still hard.
- Boil beets approx. 45 minutes, until fork pierces easily. Drain and submerge in cold water to peel skins. Cube beets.
- Sauté beet greens, onion and garlic in olive oil until greens reduce and are limp.
- Cover, and let simmer for 12 to 15 minutes, then remove from heat, and allow to cool to room temperature.
- Combine pilaf, beets and beet greens in 9x13 casserole dish. Cover with sliced cheese (in checkered pattern). Sprinkle sunflower seeds on top.
- Bake at 400° F for 10 minutes, or until cheese is melted.

Serves 8.S

Thank you, Cameron and Tammy, for sharing your time and energy with us on the farm! You added so many smiles to the team. We will miss your presence each day. Good luck in your new and exciting endeavors, and come back to visit!



Sneaking in an early morning break, core member Robbie Habberman lies in the grass while core member Les Leise continues to rake through the heat. With many days spent in the sun, farm workers had to rally energy and remember their water and sun-screen.



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."