

# ELAWA FARM FOUNDATION

Spring 2015



## *Elawa Farm: Seasonal News & Notes—Spring 2015*

Dear Friends of Elawa Farm,

Following another long Midwest winter, we look forward to early signs of spring. However, at Elawa Farm, winter has not been a time for hibernation. Our December Holiday Market—with gingerbread houses, Christmas trees, decorations, hot cider and seasonal treats—experienced its highest attendance and sales volume ever. Community, family and corporate rentals utilizing the barn or meeting rooms occurred throughout the winter as more sponsors and hosts learn about these functional spaces, which offer the additional values of natural setting and preserved but adaptively reusable historical spaces.

Elawa Farm Foundation's Garden, Kitchen, Market Committees, consisting of board members, volunteers and staff, has been busy coordinating with one another and making plans for the upcoming season. Our new Garden Manager, Regina Cady, reports that while the soil is not warm enough to be planting, the garden layout has been planned and seeds are on hand. Regina brings a strong agricultural and horticultural background to Elawa, along

with a passion for teaching and involving community. A Georgia native, she has adapted quite well to the ever-changing Illinois weather and feels at home here, both winter and summer. She has traded in Azaleas for Viburnums and looks forward to meeting everyone who comes to the garden and especially welcomes individual and group volunteers.

Our Associate Board is currently planning their upcoming Annual Summer Solstice party which will be held on June 20. This evening will highlight our exceptional new Chef and Culinary Expert, Steven Chiappetti. Chef Steve brings over 20 years of experience in food preparation, restaurant and hotel ownership/management and education to Elawa Farm. To learn more about Chef Steve's impressive list of accomplishments and experience you can visit the Kitchen page of our website. You will also have a chance to get to know Chef Steve this summer as he brings his own personal flair to farm-to-table cooking at our Garden Market, opening June 5th! With Steve on board we are happy to be able to begin of-

fering more in-house catering options for events—weddings, special occasions and corporate functions.

In March, the Foundation celebrated its first year of sole responsibility for operating Elawa Farm, with the Elawa Farm Foundation/City of Lake Forest operating agreement in full implementation.

Growth requires energy, hard work and change which is taking place under the direction of our Executive Director, Joanne Miller. The Board of Directors are excited by our outstanding 2014 performance and thrilling prospects for this year and the future.

One of our most exciting initiative is developing a new strategic plan which recognizes our maturity beyond garden and buildings restoration, and addresses future community programming opportunities. Under the direction of our Strategic Planning Committee chair and outside consultant, our board is actively engaged in a process which should be completed in May.

As a 501c-3 non-profit organization, we are dependent on the day-to-day work of our volunteers and donors—without whom we could not

serve the community. A sincere "Thank You" to all of my fellow board members, volunteers and staff. And most importantly, thanks to our entire community for supporting us with their participation at Elawa Farm activities. Hope to see you in the garden, at the market, at a meeting or at an event during the months ahead.

*Robert G. Shaw, President*



### **The Garden Market At Elawa Farm**

**OPENS JUNE 5th!**

Fridays & Saturdays,  
8am - 1pm

We can't wait for the burst of peony bouquets, inspired container plantings, freshly baked pies and other farm fresh goodies to welcome the season!

## From the Garden at Elawa Farm

Welcome Spring! The season of all that is new, including the Garden Manager here at Elawa Farm! I am delighted to be here. To those I still have yet to meet, allow me to introduce myself. My name is Regina Cady, I reside just down the road in Vernon Hills where I have lived with my husband and two step-sons for the past six years. There, I worked for the Vernon Hills Park District as Horticulturist, a very enjoyable time, but one that left me with a yearning to be back in the soil more and interacting more deeply with people, teaching and showing all that the Good Earth has to offer.



I have a unique background that will enable me to provide many opportunities to the area residents and visitors to closely interact with the many programs here at Elawa. During the 1996 Olympics, I was Horticulturist for the City of Atlanta. I operated a 20,000 sq ft growing greenhouse, the result of a generous donation made years earlier. All flowering material used in the parks of Atlanta and around City Hall are grown there. I have worked for the University of Georgia in their research programs of Entomology, Plant Pathology and Horticulture in Griffin, Georgia and spent several years with the USDA PGRCU, also located in Griffin.

I come to Elawa excited to continue the good works already in place and to bring forth new ideas to help children and adults alike get closer to the soil and fruits of the earth, to know where ones food comes from and what it really takes to go from farm to table. As the snow recedes and the soil warms, I look forward to assisting staff and volunteers to spread compost, turn beds and begin the process of rejuvenation and life in the flower and vegetable beds here at Elawa Farm. I can't wait to begin working with Volunteers, school groups, Scouts and families as we sow seeds and install the starts of the many plants that are just as eagerly waiting for spring as we are! See you at the Garden!

Regina Cady, Garden Manager

## The Garden Market at Elawa Farm

As seeds are being sown in the garden and recipes are being tested in the kitchen, we are eagerly making plans for the shelves and calendar of the Garden Market at Elawa. The mainstays of the Market are freshly harvested vegetables and flowers from our garden along with an array of goodies cooked up in the Elawa kitchen. Customer favorites include salads, soups, dips, breads, baked goods, sandwiches and other light fare that feature fresh ingredients at their garden best. Along with our popular fruit pies, expect to see some savory varieties on the menu this year.

The Garden Market is also a one-stop shop for such classic pantry items as preserves, jams, pickles, mustards, sauces, honey, olive oils and vinegars. Looking for a beautifully arranged bouquet or a simple bunch of fresh-picked blooms? You will find them at the Market along with a unique selection of plants, topiaries and container plantings. We support local and sustainable small businesses by offering their farm fresh eggs, fruit, artisanal cheeses, specialty spices and unique sweets. Rounding out the shelves are a variety of gift and decorative items. Our chef will be a frequent guest in the market offering tips and inspiration for farm-to-table cooking. Other planned guests include slow cooker demonstrations, specialty flower arranging and tool/knife sharpening just in time for pumpkin and turkey carving. Stay tuned to our website for highlights of the Garden Market calendar. **The Garden Market is held in the beautifully restored Wagon Shed at Elawa on Fridays and Saturdays from 8am to 1pm beginning June 5<sup>th</sup>/6<sup>th</sup> through the end of October.**



## VOLUNTEERING THIS SEASON!

Elawa Farm would not be what it is without the much appreciated time, talents and efforts put in by our community of volunteers. Whether your interest is gardening, flower arranging, cooking, baking, participating in a classic garden market, helping with unique special events or finding fellowship, we have volunteer options for you!

The garden is a wonderful volunteer opportunity for folks who enjoy the outdoors and want to learn, share, teach and exercise their green thumbs. It is also a terrific option for school service hours, master gardener volunteer hours, community groups or corporate teambuilding. Volunteers in the kitchen work as a team to assist our chef to prepare food for sale at our weekly market and special holiday events. Market volunteers welcome visitors to Elawa, arrange flowers for sale and assist with various aspects



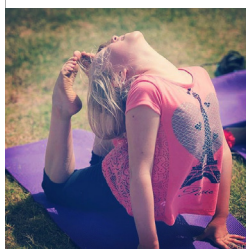
of the Garden Market on Friday and Saturday mornings. Finally, volunteers may also sign up to assist with some of our special events.

The volunteer season is generally April through December, Monday through Saturday. Individuals, families, businesses and community groups are welcome – no experience necessary! Please note, volunteers under the age of 16 must be accompanied by a parent, guardian or group chaperone. *If you are interested in volunteering at Elawa as an individual, family, business team or community group, please contact us at [volunteers@elawafarm.org](mailto:volunteers@elawafarm.org) or 847-234-1907.*

## Programs at Elawa Farm

To register and for complete class listings and updates, visit our website at [www.elawafarm.org](http://www.elawafarm.org) or call 847-234-1966

### NEW—YOGA FOR KIDS! Poser Kids and



#### Poser Tweens Yoga - taught by:

Alison Gildemeister, B.S. Nutritional Science, Certified Physical Education Teacher & M.A. Health Education along with

Kristin Tiveron, Licensed Clinical Social Worker

Session 1—June 6 to June 27 | Session 2—July 11 to August 1 | \$80/session, 8 participant minimum  
Ages 5 - 9 from 8:30am - 9:15am and Ages 10-14 from 9:30am - 10:15am Wear comfy clothing; BYOM

When you think about it, daily life is a series of poses. We pose at conference tables to project power, we pose in line at the grocery store to project a public persona, we pose in relationships to project love. As children we were posers as well, perhaps without knowing it. We pose in every stage of life. Our goal at Poser Kids Yoga is to create awareness around the situations/poses involved in daily life and use the physical aspects of yoga and poses to provide children with the tools to be secure, happy and confident in executing any "pose" while always being true to themselves. Laying the foundation for handling difficult situations and the surprises life throws at us in key to successful relationships with others at school,

### NEW! FOR KIDS! Kids Teacup Flower Arranging Class

May 20, 2015 from 10am – 11:30 am \$35 for ages 8 and up

Learn how to make your very own Teacup Flower Arrangement. Join Lake Forest Flowers' Eileen Looby Weber, AAF for a hands on workshop to create a unique arrangement with season blooms inside a teacup! Lemonade and cookies will be served.

Please bring a good pair of scissors/garden shears and an apron. Teacup and saucer provided, or bring in your own favorite.



### Floral Arranging Classes by Alison Buck - techniques taught in all classes are

environmentally friendly and sustainable (no floral foam!) **Class cost: \$60 which includes container 10am - noon**

#### Fairy Gardens

For indoor or outdoor.  
Saturday, May 2, 2015  
Open to adults and kids.  
10:00am – 12:00pm \$60,



#### June 6 - Peony Party!

You will be lost in a sea of lush peonies grown at Elawa Farm!  
July 11 - Elawa Farm Summer Blooms

#### Aug 29 - Floral Frogs!

Oct 3 - Exploring Fall Colors and Textures  
More classes will be listed on our website: [www.elawagarm.org](http://www.elawagarm.org)

### NEW! Bread Baking Workshop:

#### Bread Baking Workshop 101: Overcoming Your Fear of Yeast!

April 24, 2015 (Fri) 10:00 am - 12:00 pm \$50

Experience the joy of making some darn good bread which is simple, quick and extremely versatile. Learn about different types of yeast, different types of flour, and how interchangeable they are/are not. You'll go home with some great recipes, ideas, and some warm bread from our ovens at well!

Watch for the next class in our Bread Baking series - take one of the classes in our series or take them all!



### Plant Based Nutrition—Think Fresh, Seasonal, and Local by

Integrative Nutritionist Carol D'Anca MS, CNS, LDN

Sunday, May 3 2015 Delicious Preparations of Spring's Seasonal Foods! 11:00p -1:30p \$75

Join Carol D'Anca, integrative nutritionist and founder of The Academy for Plant Based Cooking, for an informative presentation as she shares tips, techniques and strategies for staying healthy. Her presentation is delivered while preparing a hearty, delicious and healthful lunch for the class to enjoy! Attendees will receive educational handouts from Carol's cooking school and recipes used that day.

## Bee-Boppers with Lindsey Smithwick



This spring/summer the Bee-Boppers Music is changing! Singer/songwriter Lindsey Smithwick will be welcoming a new little bee-bopper to her family mid-July so classes will be put on hold beginning July 1 until fall. Take note of the new spring/summer schedule:

**May, 2015: Wednesdays 11:15 – noon | June, 2015: Fridays 11:15 - noon** \*no class from 7/1 through fall 1 class—\$15 4 class—\$50 (suggested age 4 and under) Pre-registration encouraged.

**SPECIAL EVENT: THE ICE QUEEN, and THE SNOW PRINCESS VISIT ELAWA FARM!**  
June 12 11:15 - noon \$15/child (or use part of you bee bopper 4-pack)

Bee-Boppers Music teams up with Pixie Dust Performances for a special event during the June 12th Bee-Boppers class for singing, dancing, story time and photos! Suggested age 5 and under. Costumes welcome. \$15/child pre-registration required.



## Coming Soon! Gluten Free with Carol Keating

My training at the French Pastry School and working professionally in a baking and pastry setting before being diagnosed with gluten intolerance gave me a unique opportunity. I now use my kitchen as a "test lab" to come up with the best gluten free baked goods that look and taste just as great as the ones I was used to!

### CAKES! Fall date tbd - \$75

The basics of gluten free baking. A demonstration of different flavors and simple types of cakes, a versatile filling, and a delicious buttercream are on the menu as I show you how to fill, frost and easily decorate your cake.



### For the Love of Lemon! Fall date tbd - \$75



Lemon Tart, Lemon Cheesecake, Lemon Poundcake and Candied Lemon Peel. Fresh recipes using the lovely lemon as we spring into summer!

## Chef Gale Gand's Master Classes

**Gale Gand** is a pastry chef and partner of the one year old restaurant Spritz Burger, a collaboration with The Hearty Boys, and partner in the Michelin one star restaurant, Tru, both in Chicago. She was the host of Food Network's long running show "Sweet Dreams", and author of 8 cook books.

Gale teaches cooking classes across the country and is an artisanal soda pop maker producing Gale's Root Beer which is sold nationally. She has received two James Beard Awards, has been inducted to the Chicago Chefs Hall of Fame, and is the mother of 3.

### May 13th Master Class: Spring Produce

Tastes will be served. Classes are limited to 20 people and will be held from 12:00 pm - 2:30 pm. Cost is \$75 per person.

Pre-registration is required.

**Stay tuned for upcoming Fall classes!**



## Fermenting Class with Tamara Mannelly, Med, HC

Tired of overly processed foods? Learn about the healing powers of traditional foods and preparations, the way our ancestors ate.

Tamara Mannelly MEd, is a Certified Health Coach and a Real Food Educator. Tamara blogs at [www.ohlardy.com](http://www.ohlardy.com)

where she shares the benefits of living an all around healthy lifestyle.

Classes at Elawa Farm:

April 28 12:00pm—2:00pm  
The Art of Cultured Foods and the Healthy Benefits of Bone Broth

June 10 12:00pm—2:00pm

Healthy Soda Alternatives  
Recipes will include kombucha, water kefir, ginger bug, lacto-fermented soda and more!

More details on our website: [www.elawafarm.org](http://www.elawafarm.org)

Classes are \$75/pp

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THE GARDEN AT ELAWA FARM Invites you to the 2015 - FEAST A celebration featuring a celebrity chef along with our Chef In Residence which will highlight the local food and produce grown in the Garden at Elawa Farm! Thursday, September 24, 2015 Cocktails at 6pm - Dinner at 7pm Tickets available soon at www.elawafarm.org or 847-234-1966.



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**ELAWA FARM FOUNDATION**

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Our mission is to advance and promote Elawa Farm as a center for education and enjoyment of architectural preservation, history, gardening and the environment.

As a nonprofit organization, **Elawa Farm Foundation** relies on the generosity of donors to provide the continued historic restoration of the garden and buildings. Local schools, organizations and businesses are using the farm for public and private special events, celebrations, garden workshops, programs and meetings. Elawa Farm is open to the public and offers a community of natural splendor and historic significance. Please help us continue our mission.

Donate on line at [www.elawafarm.org](http://www.elawafarm.org) or fill out the enclosed envelope and mail it in.

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