

ELAWA FARM FOUNDATION

Fall 2014



Elawa Farm: Seasonal News & Notes—Fall 2014

Then and Now: Like many of you, whenever approaching Elawa Farm by bicycle, car or foot, I think back to what must have been a remarkable and cherished past for Elsa and A. Watson Armour – with this architectural gem emerging as a Gentleman's Farm nearly 100 years ago. A "hobby" farm in the country, an escape from the big city noise, dirt and pressure. And today, renovation and adaptive reuse of the buildings and garden to recreate the past with a modern touch. How fortunate we are!

Writing my first Elawa Farm newsletter early this year, I mentioned buds beginning to swell on trees along with early perennial flowers beginning to bloom. And now, with the miracle of nature, we experience those same buds falling to the ground in their transformation to colored leaves as the trees prepare to form new tiny buds for next spring. In a similar manner, the wide range of activities at the Farm today flourish and cycle through their stages of life. Our garden has produced a range of bounty from peonies and dahlias to kale, zucchini blossoms, tomatoes and squash. Much of this production being sold in the Garden Market has been harvested throughout the spring and into the fall. Some of it has been used in the Farm

Kitchen in preparation and cooking or baking of a variety of fresh breads, pizzas, soups and salads to those fantastic pies and a tasty assortment of scones, tea breads and cookies. Several hundred neighbors and guests have also enjoyed the bounty as incorporated into dishes for our Summer Solstice and our fall FEAST farm-to-table dinner events hosted in the farm buildings and garden. We even received an early touch of late fall at our FEAST dinner – an event planned by co-chairs

Mary Gesualdo and Pam Bailey, at which we enjoyed dining with food preparation created by Chef Partner Doug Psaltis of RPM Steak, RPM Italian, Paris Club and Bub City.

At the same time that we have been growing flowers and produce, our Board of Directors and Associate Board have been planning for the future and overseeing their current responsibilities. Under the leadership of Claire Simpson and Don Johanson, our Associate Board planned and implemented the highly successful Summer Solstice event - which received a surprise pre-event storm before a wonderful dinner and evening, attended by over 200 guests.

Our Board of Directors has been actively engaged in many aspects of governance and operational oversight, primarily through our

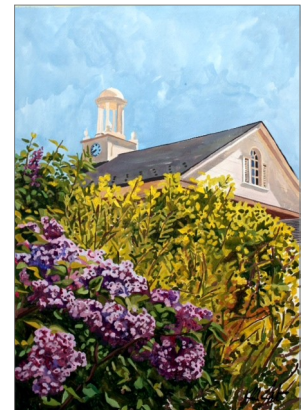
committee activities. The Garden Operation committees have been busy with most facets of production, conversion and selling – responding to a challenging growing season and evolving kitchen and market practices. A very loyal volunteer corp has provided support to staff – and we will be looking to further develop this volunteer pool with intergenerational representation for next year. Our other board committees have been active with marketing, financial and strategic planning initiatives.

As described in the Spring newsletter, the Foundation is now operationally independent from the City – and both staff and board members are busy with the transition. Our first fully independent budget is currently being prepared. Following internal review and presentation to the City's Elawa Farm Commission, it will be submitted to City Council during November. On the revenue side, it is driven by garden based sales, community and private event revenue and donations. Volunteers and donors are crucial to our ability to serve the community with education, preservation, locally grown flowers and produce, event hosting and just being an incredible place to go "feel good" with family and friends.

As a 501c-3 non-profit organization, volunteers and donors are

so important to our success and ability to serve the community. Thank you volunteers and donors! Thank you staff and board members! And a hearty thanks to everyone who visited the Farm this summer and those who will visit throughout the fall, Thanksgiving and during our Holiday Market on December 5, 6 & 7.

Robert G. Shaw, President
Bob Shaw
Elawa Farm Foundation



From the Garden at Elawa Farm

Rain fell through the spring, disappeared for most of August and was replaced with a chilly September that is hinting at colder days to come. The garden seemed to change just as quickly, with one vegetable stepping up after another. Sharp green onions would fade just as gorgeous violet colored purplette onions popped up. The tender heads of Skyphos lettuce popped in May, then came baby Red Norland potatoes and Garlic Scapes, soon joined by cherry tomatoes, purple haze carrots, rich spicy jalapeños and many more unique varieties of summer. Over the season we've seen new peony bushes bloom in the northern border, wonderful new crops such as sweet pea and hairy vetch, all flowering as cranes, bees, and rabbits visited alongside our volunteers.

It's so heartening to see volunteers from Deerpath Middle School, from Lake Forest College, from local business and homes, wonderful individuals from all over, pitching in. That help allowed us to plant over 70 different types of vegetables and flowers in 154 different beds. A monumental undertaking, so many thanks from all of us at Elawa!

While the days offer constant change the season is following a familiar rhythm as we turn into fall. We start putting beds one at a time to sleep for the season. Some beds will be planted with vetch to provide protection from erosion, others covered in compost made on site to enrich the soil. Some beds will be planted with garlic saved from the past season for the next. Beds of kale and spinach will be rigged with conduit hoops and shielded from the winter's cold by cloth covers to extend the season. Up until the snow falls though we encourage visitors to check out our beautiful garden. Learn about season extension, crop rotation and organic practices at our Stewardship Saturday events whose times and dates will be updated on our Facebook and website.

It is also the time when we begin looking forward to next year. Managing the garden and grounds is a monumental task. Our staff strive daily with our volunteers to keep the grounds looking crisp and the market full of beautiful produce and flowers. Over the past year the weeds have run rampant in the grass turf surrounding the garden. To address this we'll be exploring herbicide options for the surrounding grass areas. All steps will be taken to ensure that these herbicides are applied safely to minimize risk to our vegetable garden. We'll be setting up the appropriate barriers to ensure our garden stays safe. We appreciate your continued support!



Jesse Rosenbluth, Garden Manager

Volunteers help us Grow at Elawa!

At this time of bounty and harvest, we are extremely grateful for our volunteers and all of the time, effort and talent they contribute to help Elawa's garden, kitchen, market and special events grow and thrive. From weeding, watering, tending, planting and harvesting in the garden; to chopping, rolling, scooping, mixing, peeling, cooking, baking, decorating and packaging in the kitchen; to flower arranging, merchandising, greeting, cashiering, sampling and tidying in the market; to brainstorming ideas, organizing aesthetic details and managing follow through for many a special event--our volunteers are an integral part of the operations and spirit of Elawa. Best of all, the dedication of our volunteers fosters a special sense of place, fellowship and community at Elawa that is enjoyed by all who visit here throughout the seasons of the year. A big bouquet of thank you to our volunteers!

If you are interested in volunteering at Elawa as an individual, family or group, please contact us at volunteers@elawafarm.org or 847-234-1907. Immediate volunteer opportunities include baking pies the week before Thanksgiving, helping to bake and construct gingerbread houses (ongoing in October and November) and signing up for a volunteer shift for our Holiday Market (December 5th – 7th). Please join us, this is a festive time of year at Elawa!



Remembering Barbara Capstick



In 2008, Barbara Capstick came to the Elawa Farm garden as a volunteer. She and husband John had just moved into a townhouse in Lake Forest to be near their youngest son; the older son still lived in London. Barbara loved to be outside and didn't have a garden so she began coming to Elawa two afternoons a week. She was a hit the minute she arrived, being chatty and well-educated, she could talk and work simultaneously. And so began a wonderful friendship as my husband and I often met the Capsticks for dinner and I worked in the Elawa garden every afternoon I could.

Being British, it was entertaining to hear the Capsticks talk; the voice inflection is different and there are frequent sentences phrased as questions. Loo, lift and car park became familiarities as did the sight of John Capstick walking into the garden at quitting time to say hello. They had their own cars but this was a gesture that was sweet and he turned out to be just as good company as his wife.

Working the flower tiers in the Elawa garden is a treat; it has four rooms which resemble mazes, surrounded by boxwood hedging. When you settle in to plant seeds or weed a bed, you are almost invisible to other human beings. Barbara did this sitting on the grass paths, legs in a side-stroke position and was able to get up from that which impressed me! I remember we used to take a break midway through our shift and meet on the allee, often huddled in the two feet of shade the boxwood hedging provided. There we gossiped about the Elawa workers which included the Uline guys; Barbara always knew everything about them. They're the same guys that have been coming for years, wonderful men who work hard and have fun doing it. The garden wouldn't be what it is today without them and they in turn were crazy about Barbara Capstick.

I sensed there were two subjects she didn't care to discuss: her health and her age. She took her time walking up the allee, often stopping to gaze across the garden beds which gave her time to catch her breath, I began to realize. And I didn't care how old she was but guessed by the ages of her two sons that she and I were in the same ballpark.

And so it was a terrible jolt when John called last March to say that Barbara had died of a heart attack in Bermuda where they spent their winters. At this point he mentioned that she'd smoked for forty years, had an artificial hip and knee along with a fused ankle. She never talked about these things, just kept marching along taking art classes and giving Elawa Farm two afternoons a week of her time. At the Holiday Market, she and John chose to work in the unheated wagon shed where the wreaths and greens were sold. I found her one day without gloves out there and forced her to put on mine as I was working in the barn. Amongst the expressions that Barbara used, my favorite was her use of the word "shan't", what she would not be doing or thinking. There was so much about her that was fun but she wasn't a goody-goody. If she was angry or outraged about something, she spoke her mind; she also had a sense of mischief and loved gossip. We will dearly miss all of that and although we shan't be seeing her anymore, we will certainly never forget her.

To Nate, Phil, Jerry and Jesse, Barbara was just wonderful company:

"We couldn't wait for her to show up. Her famous words were HELLLLLLOOOOO BOYS, in her native accent. Barbara was someone who would always encourage us and always put a smile on our faces. She not only cared about the garden she cared about our well-being."

It was our honor to share the sunshine, the flowers and a patch of earth in need of weeding with such a sparkling woman.

With Love, Deedee Borland



Programs at Elawa Farm

NEW! Wellness and Yoga at Elawa Farm



Feal Real™ Group Journey - 2 class session: 10/20 & 11/3 from 10am—12pm \$100, pre-registration required.

Get your spark back! Find your own path to wellness and start shining again through a completely new and compassionate approach to healthy living, called Feal Real. Developed by Pam Gross, Holistic Health Coach and Yoga Instructor, Feal Real is a wellness journey for enjoying an authentic life.

This two-part transformative workshop is designed to help you uncover what is needed to feed your own unique body, mind and spirit. Each session includes discussion, meditation and gentle yoga aimed at teaching you how to eat well, curb cravings, boost energy, reduce stress, live with intention and shine brightly.

No yoga experience needed to enjoy the journey! Wear comfortable clothes. Bring a yoga mat.

Email nmoore@elawafarm.org or call 847-234-1966 with questions. Visit www.pamgross.com for more info and registration.



Root to Rise – A Mini Wellness Retreat Monday, Dec 8 from 10:30am—1:30pm \$100, pre-registration required.

Back by popular demand! Give yourself the gift of self-care and celebrate the season with Chef Gale Gand and Holistic Health Coach & Yoga Instructor Pam Gross. Escape the holiday bustle to set your intention and feel grounded in what you truly want to experience this season, so that you can mindfully rise up to what life sends your way. Farm-to-mat yoga and Sankalpa ceremony led by Pam Gross. Farm-to-table lunch and cooking demo by Chef Gale Gand. Email nmoore@elawafarm.org or call 847-234-1966 with questions. Visit www.pamgross.com for more info and registration.



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**



Thanksgiving Centerpiece

Tuesday, November 25

10am - noon

Holiday Wreath Making

Saturday, December 13

10am - noon



NEW! For Kids:

Healthy Holiday Treats - Cooking Class December 20 from 9 am - 11 am - Cost \$45 register at: www.elawafarm.org

This Class will give your kids a few ideas about making healthy choices this holiday season. We will make 2 healthy seasonal favorites such as Pumpkin Pie Milkshakes, Cranberry Reindeer Bites, or Holiday Star Sandwiches. We will also have a Nutrition Activity on 5 Ways to Make Your Holiday Healthier!

The mission of Healthy Hands Cooking is to empower and educate our youth with the critical skill of nutrition education and healthy cooking so they can make informed decisions for a lifetime of wellness.

Watch for more upcoming classes & workshops. Birthday Parties also available!



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

Integrative Nutritionist Carol D'Anca MS, CNS, LDN

Saturday, January 24, 2015 1:00p—3:00p \$65

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 winter lunch for the class to enjoy! Attendees will receive educational handouts from Carol's cooking school and recipes used that day Register at www.elawafarm.org



From Musical theater to singing with the band, Lindsey has performed locally and all the way to the west coast.

Bee-Boppers with Lindsey Smithwick

We are happy to announce Bee-Boppers Music will be here through the fall and winter season! After children's musician Lindsey Smithwick made her debut at Elawa Farm earlier this summer, the class has become wildly popular among parents, nannies, grandparents and most importantly, those little bee-bopping kids. Lindsey plays and sings songs that will make your little one want to move, groove and clap along. From simple stan-

dards to original tunes, Bee-Boppers is a great way to incorporate music and early socialization skills into your child's life in a fun, interactive environment.

Wednesdays 11:15 – noon

1 class—\$15 4 class—\$50

*note, no class on 10/15, 12/24, 12/31



Stay tuned for special holiday performances in December!

Pre-register at www.elawafarm.org

Birthday Parties:

Is there a special birthday coming up? Bee-Boppers Music is also available for private parties. Enjoy a 45-minute private performance for your little one with all of his/her friends. Fun for both kids and parents!

Call us at Elawa Farm

847-234-1966 for availability and details.



Chef Gale Gand's Master Classes

Chef Gale Gand is pastry chef/partner of the newly opened Spritz Burger in Chicago, a collaboration with The Hearty Boys, and partners in the Michelin one star, Tru, host of Food Network's "Sweet Dreams," and author of 8 cookbooks. She produces Gale's Root Beer, has received a James Beard Award, and is mother of 3.

Upcoming Classes:

November 11 -

Thanksgiving Sides

December 9 - Holiday

Food Gifts

January 14 - Vanilla

February 12- Chocolate

March 18 - Eggs

April 22 - Pies and Tarts

May 13—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 and pre-payment are required.

To register please call 847-234-1966 or www.elawafarm.org



Don't miss Gale Gand's newest cookbook, **Lunch!**



Tamara Mannelly is a Certified Health Coach, Blogger, and Real Food Educator

Fermenting Class with Tamara Mannelly, Med, HC

Tamara Mannelly, MEd, HC is passionate about Real Food and healthy living. She works with men and women who are tired of overly processed foods and helps them learn to transition to a more nutrient dense food lifestyle. She is also passionate about the healing powers of traditional foods and preparations, the way our ancestors ate and prepared foods.

One such preparation is fermenting foods. She teaches everything you need to know about the art of fermentation: the importance of gut bacteria, the health benefits of fermented foods, the technique and many delicious recipes. She also blogs at www.ohlardy.com, which has become a popular website focusing on healthy eating and living.

Classes at Elawa Farm:

October 20 12:00p - 2:00p
Healthy Soda Alternatives

November 6 12:00 p - 2:00p
Fermented Foods for the Holidays!

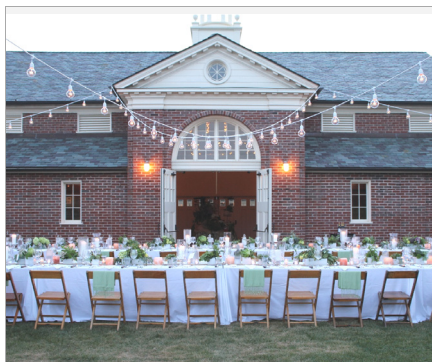
Pre-registration required, \$75

To register please call:

847-234-1966 or

www.elawafarm.org

Thank You to our Sponsors for the 2014 Summer Benefit, Here Comes the Sun



HOSTING AN EVENT? Elawa Farm offers beautiful and unique event sites for your meeting, event, or special occasion. You'll find a variety of settings to choose from, indoors and out. Whether you're looking for a place to have an intimate gathering, class reunion, or wedding reception, we can accommodate your party of 2 to 200. Uniquely situated adjacent to both the Middlefork Savannah and Lake Forest Open Lands, Elawa Farm provides a stunning backdrop for your next function. Please call Natalie Moore at 847-234-1966 for more information on renting our facility.

Coming this Spring:

Plant Chat - FREE!

Every Friday in the Garden at
ELAWA FARM from 10am—11am
New topic each week. Bring along your questions for our Garden Manager. Watch our Facebook page for each week's topic.

*Sandhill Cranes,
regular visitors of
Elawa Farm, having
a snack in the
Garden.*



Wildlife Discovery Center



Students at West Oak Middle School who are participating in our "Crocodiles in the Classroom" program showing off their baby Nile Crocodile.

October is CROOctober at the WDC as we celebrate the world of crocodiles! On Sunday, October 26 we will be celebrating CROOctoberfest from 10-4. The \$5 admission fee will help fund worldwide conservation efforts to save critically endangered crocodilians in addition to helping to care for the crocodilians that reside at the WDC. We'll have many alligators and crocodiles on display and we'll be unveiling the opening of our new Siamese Crocodile exhibit

that is part of an incredible re-introduction effort in Cambodia to help save one of the world's most critically endangered species. Babies that are born here are going to be part of a unique program called "Crocodiles in the Classroom" where participating schools can raise a baby crocodile for one school year and we have designed a curriculum to go along with it. The WDC is spearheading this program and is partnering with Dallas World Aquar-

ium, Crocodile Encounters and Newport Aquarium. We currently have two schools piloting this program. Both are raising a baby Nile Crocodile that the WDC provided, to teach important environmental education principals. Come see our other amazing animals too! Open Tues, Fri, Sat, Sun, from 10-4. Admission is free but donations greatly appreciated! For more info go to www.wildlifediscoverycenter.org or carmichr@cityoflakeforest.com

JOIN US AT ELAWA FARM THIS HOLIDAY SEASON



THANKSGIVING PIES AND TURKEYS!

Choose from four of our most delicious pies of the season:

Classic Apple; Pumpkin Spice; Chocolate-Bourbon-Pecan;
Or Pear-Cranberry-Ginger with streusel topping

We can accept reservations with your pre-payment through
Friday, November 21st. Pies may be picked up from
3:00 to 5:00 pm on Wednesday, November 26th.

Place your order at elawafarm.org

Elawa Farm's 4th Annual Turkey Sale:

We are proud to offer heritage and pasture raised turkeys
for your Thanksgiving feast!

Gunthorp Farm Broad Breasted White Turkeys: \$4.99/lb.

Caveny Farm Heritage, Bourbon Red Turkeys: \$7.99/lb.

All orders must be placed no later than noon on Friday, Nov
14th. Pick up will be Tues, Nov 25th between 10am - 2pm.

To order, please call Jesse: 847-234-1907



2014 HOLIDAY MARKET

**December 5th & 6th, 10am to 4pm
& December 7th, noon to 4pm**

Shop for festive foods, gifts and holiday décor:

Frasier fir trees · fresh holiday greens and arrangements ·
Hand-made gingerbread houses and cookies · handcrafted
soaps · farm preserves and jams ·
toffee, truffles, brownies, tea cakes · unique artisan gifts

*Silhouette portraits on Sunday of the Holiday Market - Ap-
pointments strongly recommended!*

To make a silhouette portrait appointment:

call 847-234-1907 or email Lisa: llyon@elawafarm.org



Silhouette Portraits at the Holiday Market

We are pleased to announce that Cassidy Alexander, a nationally known portrait and silhouette artist, will be participating in this year's Holiday Market (on Sunday, 12/7 only), to cut silhouettes of you or your children.

Silhouette portraiture is a timeless and traditional art that is practiced by few artists in the country. Cassidy is a local artist who cuts freehand, with paper and scissors only — no preliminary drawing, shadow tracing or digital manipulation. She creates a charming, heirloom-quality miniature paper profile in just a few minutes. The charge is \$24 for one person and only \$10 for extra copies when cut at the same time. Also available is a fine, matte finish black oval frame specially made for silhouettes at \$12 each. Cassidy can cut any age person from wee ones to seniors. Wiggly kids are not a problem! To make an appointment (strongly recommended), please contact Lisa at 847.234.1907 or llyon@elawafarm.org



ELAWA FARM FOUNDATION

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info@elawafarm.org

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