

# ELAWA FARM FOUNDATION

Fall 2012



## *The Constant of Change*

### Changing Seasons



### Save the Date

9th Annual Summer Solstice

Saturday June 22, 2013

6:30-10:30pm

The weather this past winter and summer troubled many—were the changes in our climate permanent? What will fall bring? The upcoming election—change again or more of the same? New faces or old? How will it affect us? Change is everywhere, everyday. It is indeed, the only true constant in our lives. Change, however, is usually an evolution, we grow with it and because of it.

And so it is at Elawa Farm.

Elawa moved this summer from an all volunteer garden of seven years to a full time Director of the Garden. Transitions in many phases. Change in patterns and results. But an evolution in the growth of the Garden.

The Elawa Farm Foundation is undergoing change. We will soon renew a partnership with the City of Lake Forest in the operation of Elawa through the re-establishment of the Elawa Farm Commission. New people will be involved in making decisions for Elawa. The Foundation has welcomed several new members to the Board, while some long-timers will muster off. Change and evolution in the growth of Elawa and its future.

But the biggest constant that changes all the time, but never does, is the community of families and friends that love Elawa—support it with funds and their time, attend functions and buy market produce, love Gale Gand's classes and Rob's wildlife, dig in the dirt and walk the trails. You are the lifeblood of Elawa and for all of you, we will continue to change, evolve and be there. Stay, grow and evolve with us!

### Welcome our new Elawa Farm Foundation Board of Directors Members

Andrew Trees – Andy grew up in Lake Forest and has recently returned after a stellar career in New York as an educator and best-selling author. In Chicago, he is with Trees Investment Council. Andy and his wife, Heesun, have a young son, Spencer.

Julie Gish – Julie and her husband, Ryan, are parents of three active boys, Charlie, Alex and Davis, and moved to Lake Forest two years ago from Chicago. Julie is employed as Director of the Global Client Team at the Boston Consulting Group.

Maria Warden – Maria is the

Vice President and branch manager of the Lake Forest Bank and Trust West branch. She and her husband Michael, have two children, who attend the University of Illinois.

### New Elawa Farm Garden Board of Stewards

Louellen Murray – Louellen and her husband, Tim, moved to Lake Forest after 30 years in Kenilworth, where they raised their three now-grown children. Louellen is active in the Chicago Botanic Garden, the Morton Arboretum and is a candidate for judge for the Garden Club of America. She is also a Master Gardener.

Mary Gesualdo – Mary and Ralph have three children and live in Lake Forest. She is thrilled to be contributing to Elawa's volunteer community since she has always had a passion for gardening.

Mary and Louellen join the dedicated group of Garden Stewards previously established to advise the Director of the Garden: Nancy Isham, Denise Scherck, Charlie Hoffman, Stephen Hough, Jane O'Neil, Craig Bergmann, Leslie Rose, Beth Teich, Holly Rothschild, Laurie Morse, Lisa Karahalios and Joanne Miller.

## The GARDEN at ELAWA FARM



Our volunteers work hard picking and making beautiful bouquets to sell at the Garden Market



Denise Scherck and Nancy Isham helped spearhead the Feast from the Field Dinner



Chefs Justin Dalenberg and Gale Gand working over the fire pit for Feast from the Field dinner.



Various tomatoes and peppers that were for sale during our Garden Market

'It's raining' was a phrase we didn't hear too often this past summer. Nonetheless, when compared to other farming operations in the area, the Garden at Elawa Farm fared just fine; we did however have our share of challenges. Now that fall has arrived, the memory of drought and heat seem a bit distant, but the garden still reminds us that the growing season was far from normal.

When growing vegetables and cut flowers drought is always unwelcome, but it's a challenge we were able to address. Extreme heat however, was another story; it turned out to be one of the most daunting challenges we faced in 2012 due to its adverse impact on germination. In order for germination to occur, both soil moisture and temperature need to be within an acceptable range; the range as you might expect varies based on the seed in question. When the soil temperature exceeds the optimum range for germination, seeds generally don't germinate. What we needed was a means of lowering the soil temperature while maintaining moisture; burlap proved to be the solution!

Knowing that every challenge has at least one solution, we prepped the garden beds as usual, planted various types of seeds and draped the newly planted bed with a single layer of damp burlap. Since evaporation is a cooling process, this solution lowered soil temperature, which in turn facilitated germination. We now have several beds of assorted beets and carrots that have burst

forth because we gave them what they needed from the onset.

Although we didn't serve beets or carrots at our farm dinner in mid-September, our first 'Feast from the Field' did showcase many of the vegetables and herbs we grow at the farm. The dinner, which was expertly prepared by guest chef Justin Dalenberg in collaboration with our own chef-in-residence Gale Gand, was praised by the 65 guests in attendance. Everything from our own fingerling potatoes topped with caviar, bacon or chanterelles, a kale salad that had people going back for seconds, and a delicious eggplant and tomato byali. We supplemented our produce with local trout prepared over an open pit of hardwood coals and Wisconsin apple wood, this being just a sampling of the local food our guests enjoyed. We'd like to thank our team of dedicated garden and kitchen volunteers for their role in making the event a true success!

Since our last newsletter, the Garden at Elawa Farm has continued to seek out various streams of revenue to continue the restoration of Elawa's historic garden. In May, we held a well-attended spring plant sale and since June 5<sup>th</sup>, we've held our on-site garden market three days a week, which will conclude on Saturday, October 27<sup>th</sup>. Please stop by to see what we offer: a wide array of vegetables and amazing cut flower arrangements made in-house by a talented, dedicated group of floral 'engineers'. All of the flowers and vegetables, with the ex-

ception of the sweet corn we sell, are grown on site following organic protocol. Additionally, our fresh baked goods, prepared in the Elawa kitchen under the tutelage of our chef-in-residence Gale Gand are noteworthy. Other items of distinction include Michelle Doll's allergy-friendly baked goods, local hand-crafted soap and Elizabeth Madden's Rare Bird Preserves; the Fig Earl Gray is indeed divine.

And lastly, we want to acknowledge the generous philanthropic support of ULINE Corporation. Three of their dedicated employees (Nate, Phil and Justin) currently perform many of the farm's day-to-day tasks with a consistency and spirit that serves Elawa well. We couldn't have accomplished what we have thus far without their assistance!

Elawa's annual Holiday Market: Friday, November 30<sup>th</sup>, Saturday December 1<sup>st</sup> and Sunday, December 2<sup>nd</sup> from 10 a.m. through 4 p.m. daily.

Rick Belding - Director of the Garden at Elawa Farm  
Erik Dayrell - Assistant to the Director

Back by popular demand

Pre-order free range

Turkeys will be available for your Thanksgiving dinner!!

For more information visit our Garden Market!

**Save the Date**  
**Garden at Elawa Farm**  
**HOLIDAY MARKET**

at ELAWA FARM

November 30, December 1 & 2, 2012

10 am - 4 pm

Fresh Fraser Fir Trees, assorted greens, wreaths, roping, swags and potted outdoor arrangements will fill the outdoor courtyard at the farm. Inside the barn we will have amaryllis and narcissus for Christmas bloom, hand crafted soap, alpaca socks and mittens, gingerbread houses and kits, holiday cookies, variety of holiday foodstuffs made in the kitchen at Elawa and Elawa honey. Proceeds from the Holiday Market will go to ongoing restoration and development of the Elawa Farm Garden.

Elawa Farm

**THANKSGIVING PIES**

Place your order  
[www.elawafarm.org](http://www.elawafarm.org) or call  
 847-234-1966 pre-payment required



Pumpkin

Apple

Pecan

Pear Ginger

Pie pick-up Wednesday November 21st, 1 to 3 pm

***Chef Gale Gand's Master Classes***

Chef Gand continues to offer her monthly Master Classes here in the Elawa Kitchen., the classes have been a great success and sell out quickly. Participants will learn how these foods are grown and harvested, and Chef Gale will prepare dishes with them. The October class will be held on the 17th, 12:30 pm to 3:00 pm, featuring Squash. Tastes will be served and classes are limited to 20 people at \$75 per person. Pre-registration and pre-payment are required at [www.elawafarm.org](http://www.elawafarm.org) or call 847-234-1966. Here is the schedule thru March 2013:

10 - 17 - 2012 Squash 12:30-3pm

11 - 14 -2012 Thanksgiving Sides 12:30-3pm

12 - 12 - 2012 Holiday Food Gifts 12:30-3pm

1 - 16 - 2013 Winter Deserts 12-2:30pm

2 - 6 - 2013 Chocolate 12-2:30pm

3 - 13 - 2013 Spring Brunch 12-2:30pm

**Kids in the Kitchen Classes- \$35 per class**

12 - 15 - 2012 Ginger Bread Houses 3-4:30pm

1 - 26 - 2013 Winter Treats 11-12:30pm

2 - 9 - 2013 Valentines Day Treats 11-12:30pm

3 - 23 - 2013 Easter 11-12:30pm

Thank You to our Sponsors for the 2012  
 Summer Benefit *Here Comes the Sun*



*Pictures from the Farm*



## Schools at Elawa Farm



Some of our students working in the field at Elawa Farm.

District 67's second grade students buddied with DPM 5<sup>th</sup> grade science students to engaged in a newly developed Citizen Scientist Field trip that supported the life science unit on Comparative Cycles & Roles of Insects. The focus of the field trip was to involve students (citizens) in scientific discovery in a natural environment. Rotating through 3 sites on Elawa Farm, buddies addressed the skills of collecting

weather data, going on a nature scavenger hunt, completing a scientific drawing of an insect captured in a viewing container (and later released!), and looking for evidence of insects in the natural environment. Using skills of real scientists, students took digital pictures for evidence of their discoveries and recorded their investigations on a claim/evidence data sheet. Performing tasks of observation and measurement are im-

portant research-related tasks managed by our "citizen scientists!" Collaborating with Lake Forest College, pre-service teachers and their professor provided instruction at one of the sites. Learning took place at all levels of engagement on for elementary, middle school, and college students!

## Wildlife Discovery Center



Young visitors to CROctoberfest enjoy meeting an American Alligator.

Bring your friends and family to the **Wildlife Discovery Center's** celebration of the amazing family of animals called the crocodylians. On Saturday, October 20, 2012, from 11:00 am – 2:00 pm, the **WDC** will host **CROctoberfest**, a fun-filled family extravaganza. You can meet live crocs and talk with experts from the Chicago Herpetological Society and Windy City Reptiles. From noon – 1:00 pm, listen to a special **presentation on the critically endangered Siamese Crocodile**, which

will be given by Rob Carmichael, WDC's curator.

There will also be:

- Kid-friendly activities
- CROC coloring table
- Face painting
- Story teller
- Craft vendors

Fabulous raffle prizes

**CROctoberfest** will be held at the Wildlife Discovery Center, 1401 Middlefork Drive, Lake

Forest. Your **\$5 per person** recommended donation, payable at the door, will help us maintain the high-level of care we provide the animals at the WDC. Additionally, a portion of the proceeds will help support crocodile conservation.

For more info go to our website at

[www.wildlifediscoverycenter.org](http://www.wildlifediscoverycenter.org) or contact Rob Carmichael, Curator, at 847.902.9941.

## Lake Forest Open Lands Association



Jack Lynch (LFHS '12, Colby College '16), Summer Intern Leader and Amanda Bozorgi (LFA '15), CCL intern make pizza from ingredients harvested from the Elawa Garden.

Mentoring, a successful summer!

This past summer was the second successful year that we incorporated mentoring with the summer internship program. For five weeks the summer interns mentored returning CCL students, acting as role models and conversing with them about different environmental topics. The goal for the summer was to create a strong team bond between the

two groups. We were successful in doing so by adding a crew leader to the summer intern team and partnering with Steve Creighton from CROYA to host workshops focused on leadership training and a team building. Michael Hahn, Volunteer Coordinator at Lake Forest Open Lands Association says, "It was exciting to see the two groups bond as one team through the progression of the program; this is something I have not seen to

this degree in previous summers and am excited to see it grow in the future."

For more information about Center for Conservation Leadership, please contact Susie Hoffmann, [shoffmann@lfola.org](mailto:shoffmann@lfola.org)

