

ELAWA FARM FOUNDATION

FALL NEWSLETTER 2019



Dear Friends of Elawa Farm,

What a wonderful summer it's been at Elawa Farm once it finally began! With the unusually wet and soggy spring, the garden took a bit of tender loving care and extra patience, but in the end the fresh bounty was plentiful.

*On September 7, the community gathered for an evening on the Farm to celebrate the season's harvest. Our very successful **Harvest Dinner** was held under the stars at the foot of the gardens with chef Luke of **The Publican** featuring produce from our garden. Special thanks to Craig Bergmann Landscape Design for the absolutely beautiful tent décor. And a grateful thank you to all donors.*

The Garden, Kitchen and Market had another brilliant season thanks to our creative & enthusiastic staff — Catherine Gregg, Kelly Guerrero, Elaine Madansky, Katie Merkle, Ana Poznanski & Erika Vernon. A special thank you to Joanne Miller, our Executive Director for her continued dedication to Elawa Farm.

As the Garden Market season draws to a close, we look forward to our Holiday Market and reflect on the new initiatives the Farm took on this year. Our goal is to inspire our community and offer new & engaging ways to learn about plants, food, landscaping, sustainability & more:

First year of having Backyard Chickens • Increased on-site composting capacity to reduce waste • Eliminated single-use plastic water bottles in the Garden Market • Encouraged market customers to BYOB, bring your own bag • Showcased the City of Lake Forest & Green Mind's recycling board to educate residents on proper recycling guidelines • Hosted our first zero-waste event, our annual Beer Garden • Leaf-blower free property

It has been a fantastic year at Elawa Farm thanks to the exceptional support of the community, our loyal volunteers and our generous donors. As the Elawa Farm Foundation receives no tax dollars, we depend on solely donations.

Keep Elawa growing! Alex Hodges, President





Notes from the Farm

Elawa Farm celebrated 102 years this year. In keeping with our history, we grow vegetables & flowers in the same place the Armour family originally gardened on the property. What was once hundreds of acres, Elawa Farm is now only about 8 acres surrounding the buildings. The property is managed entirely chemical-free— even our lawn, which is aerated twice per year and fertilized with compost and organic chicken fertilizer.

Each year we host summer interns who work in the kitchen, garden & market. These students come to the farm with an interest in food and they learn everything from seeding crops in the greenhouse to early-morning baking in the kitchen to engaging with customers in our weekly Garden Market. Our interns are an integral part of our farm family each year and often choose to work at Elawa for multiple summers.

We enjoy welcoming school groups and garden clubs, hosting local organizations like the Lake Forest Lake Bluff Chamber of Commerce and teaching kids about all things food during our Farm Camp sessions. Join us as we usher in the changing seasons with our **Thanksgiving Market**, **Holiday Market** and winter **Take & Bake** program.

"And all at once, summer collapsed into fall." - Oscar Wilde





*THANK YOU to all who contributed
to a successful 2019 Garden Market season*

The Garden Market at Elawa Farm is open
mid-May through October
Fridays & Saturdays
8am - 1pm

T&B Fridays from
the Elawa Farm Kitchen

Take
&
Bake

JANUARY— APRIL



Salads • soups • main course • stews • desserts • scones • pies • quiches

Preorder items from a new menu each week, thoughtfully
crafted by Katie and cooked with love for your family & friends right
here at the farm. Pick up each Friday in the kitchen 9am-12pm.

*Sign up for our email newsletter for weekly menus
or visit our website often at elawafarm.org*



**FLORAL ARRANGING
w/ Katie Ford**

Join Katie for the following autumn classes centered around blooms, greens & grasses. Katie shares her love of all things floral design and class attendees leave with a gorgeous piece for their home or to gift to a friend.

DAHLIA LOVERS WORKSHOP

THURS | OCT 17 | 10 — 11:30am | \$85

THANKSGIVING CENTERPIECE

THURS | NOV 21 | 10 — 11:30am | \$85

HOLIDAY WREATH-MAKING

THURS | DEC 12 | 10 — 11:30am | \$100



**BEE-BOPPERS MUSIC FOR KIDS
w/ Miss Lindsey**

Wednesdays and Fridays @ 10:15am

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

Also available for private parties

Classes available as drop-in (\$15) or 4-pack (\$50). Ages 0 - 4.



**HOLISTIC COOKING
w/ Jane Casey's Kitchen**

Stay tuned for these upcoming classes with Jane Casey on supporting your health through holistic cooking & oils.

BONE BROTH

date TBD

FERMENTS FOR GUT HEALTH

date TBD

ESSENTIAL OIL PREP FOR COLD SEASON

date TBD

www.janecaseyskitchen.com



**MASTER CLASSES
w/ Gale Gand**

THANKSGIVING SIDES

MON | NOV 11 | 12 — 2:30PM | \$85

MON | NOV 11 | 5:30 — 8PM | \$85

Come learn some great ideas and tips for your Thanksgiving table.

HOLIDAY APPETISERS & DESSERTS

MON | DEC 9 | 12:00 — 2:30PM | \$85

MON | DEC 9 | 5:30 — 8PM | \$85

The holidays always means company and company means baking. Gale will share her current favorite holiday inspired desserts.



BUILDING A FLAVORFUL PLATE

MONDAY | NOVEMBER 18 | 12 — 2pm | \$75

Join local chef & food blogger Wendy Franzen for a class dedicated to building a flavorful meal of fresh, nutrient-dense ingredients easily scalable from a simple family meal to a delightful dinner party. Think spinach salad with duck fat dressing, frittata, cauliflower steaks & more. With the holidays coming up, you can present these options right next to your more traditional family dishes.

Wendy focuses on cooking simple, beautiful recipes that have guests asking for more while also promoting the health of our gut & reducing inflammation. Her cooking reflects her belief that our bodies function better when we eat minimal sugar, lots of veggies & plenty of good fats.

www.fletcherandfork.com

film night

FARMER'S FOOTPRINT

date TBD | FREE

Farmer's Footprint is a coalition of farmers, educators, doctors, scientists, & business leaders aiming to expose the human & environmental impacts of chemical farming & offer a path forward through regenerative agricultural practices.

We are partnering with Forever Om Yoga to bring you this film featuring the trials, learnings & victories of the fourth generation Breitreutz family from Stoney Creek Farm transitioning from conventional farming to regenerative agriculture in Redwood Falls, Minnesota.

Discussion to follow.



FARMER'S FOOTPRINT



discussion

LANDSCAPING FOR WATER

THURSDAY | OCTOBER 24 | 10am-12pm | FREE

Everyone seems to have a horror flooding story these days with the heavier and more frequent rains. Join us in the Hay Barn for a conversation on ways to mitigate water issues at your own home simply by how you landscape and what plants you choose. Hear from local experts and bring your own questions.

Bob Dean, *Center for Neighborhood Technology*, will present their *RainReady* program. CNT works with municipalities, including Oak Park and Wilmette, to develop & implement comprehensive water plans.

www.cnt.org



THANKSGIVING

made with love from Elawa Farm to your Thanksgiving table

Fresh Turkeys from Gunthorp Farms in Indiana, pasture raised with no antibiotics — **Side Dishes** both small and large servings — and of course, our **Thanksgiving Pies**

Preorders only — no day-of orders
Simply place your order at elawafarm.org or 847.234.1966

Pick Up — Wed, Nov 27 8 am - 12 pm

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HOLIDAY MARKET



Dec 6 • 7 • 8 *from* 10am - 4pm



Artisan Gifts — Festive Foods — Holiday Décor

Frasier fir trees, holiday greens, wreathes and potted arrangements. Hand-decorated gingerbread houses and cookies, handcrafted soaps, unique and amazing artisan gifts, treats from the Elawa Kitchen and amazing visiting vendors.

VISIT ELAWAFARM.ORG FOR MORE INFO OR CALL: 847.234.1966



The ELAWA FARM Foundation would like to thank all of our guests and sponsors for a wonderful evening in celebration of the season at our annual farm-to-table event, *The Harvest Dinner*. Guests enjoyed a fantastic dinner prepared by Chef Luke & his team from *The Publican*, featuring garden produce.





ELAWA FARM FOUNDATION

1401 Middlefork Drive, Lake Forest, IL 60045

www.elawafarm.org | 847.234.1966

A Community of Natural Splendor
and Historical Significance

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Our Mission

Elawa Farm, a restored gentleman's farm and garden, enriches our community as a unique center for hands-on learning and inspires an appreciation for gardening, healthy living and historic preservation.

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 use the farm for public and private special events, celebrations, garden workshops, programs and meetings. Please help us continue our mission.

Donate online at www.elawafarm.org or fill out the enclosed envelope and mail it in.

Memorials and Tributes

By making a gift to the Elawa Farm Foundation you can honor or remember a loved one. We acknowledge all gifts to their recipients and keep the amount of the donation confidential.

Matching Gifts

The amount of your gift may be doubled at no expense to you if you work for an employer who matches the charitable gifts of employees. Simply contact your company's human resource department.

Stock Gifts

Please contact the office for instructions to donate stock. 847-234-1966