

# Fall 2024 Newsletter



Making food accessible through the cultivation and promotion of local quality producers and products. Our goal is to strengthen knowledge and networking surrounding the local food system in the West Central Mountains of Idaho.

**GET CONNECTED. CHOOSE LOCAL. BE INFORMED.**

## How To Get Involved



### **VOLUNTEER OPPORTUNITIES:**

#### **Join our volunteer steering committee!**

Meetings are the 2nd Tuesday of every month, 5–6pm, virtual (except the summer – We meet in person June–September), contact Melissa Hamilton (chair) for meeting details – [mbhamilton@uidaho.edu](mailto:mbhamilton@uidaho.edu)

#### **Join supporters at WCMFC events!**

Attend an annual event including seed exchanges, potlucks, farmer highlights / tours, follow the podcast, or join the efforts of the steering committee!

# Upcoming WCMFC Events!



## **2nd Farm to Table Dinner**

**SAVE THE DATE - November 2nd, 2024**

*hosted by Paikka Bakery*

Event Registration coming! Check our social media soon.

## **Calling ALL Growers: Gardeners, Farmers, Ranchers, and Local Food Consumers!!!!**

*Annual WCMFC Potluck - Spring date TBD*

Socialize with fellow WCMFC supporters and network!

Guests are welcome to bring a dish or snack to share, but it is not required. Check our social media pages to learn more.

## Local Blog Highlight: The Timber Garden

Are you looking for specifics on garlic varieties to plant this fall? Are you looking for a local fresh food inspired recipe? Look no further - you need to check out The Timber Garden Food Blog (McCall, Idaho) grower.

[Check out this post: How Not to Store Garden Greens](#)



## Visit Our Food Map

### **Don't forget to visit our Food Map**

A community communication tool for locally produced food and food resources

<https://wcmfoodcoalition.com>

Are you interested in adding your local-food-based business to our Food Story Map? You will receive free marketing for your local food-related business while keeping in the loop on how to support locally produced resources! Do you see a resource that no longer exists? Please contact us at [wcmfoodcoalition@gmail.com](mailto:wcmfoodcoalition@gmail.com)



Photo Credit: Donnelly Farmers Market webpage



**Mountain Roots Orchard**

682 likes · 772 followers

## Closing Dates of Farmers Markets - This week!

### **McCall Farmers Market:**

Wednesdays and Saturdays 10 am – 1 pm in downtown McCall at 2nd St. and Lenora St.

2024 Dates: June 12 – Sept 28

### **Donnelly Farmers Market:**

Wednesdays from 3:00 to 6:00PM,  
Last Day September 15  
(this Wednesday!)

### **New Meadows Farmers Market:**

Fall Festival – October 5th

## Community Cider Press: High Country Orchard, New Meadows

Save the Date! October 19th

Join High Country Orchard for a Community Cider Press event. Learn more by visiting their Facebook page or calling 208-628-3017.



## Volunteer at Local Community Gardens

**Want to get your hands dirty and learn by doing?**

Bienvenido Community Garden @ Behind McCall Police Station, October 11 – 4-7pm

Pride of the Pantry Plots @ Cascade Food Pantry  
October 12, 9-11pm (confirm time on Facebook page)  
October 19, 1-4pm, Construction skills welcome

RSVP to Melissa Hamilton, 208-382-7190 or email mbhamilton@uidaho.edu

# GROW YOUR KNOWLEDGE



**The Cultivating Success program has a great fall / spring line-up of courses.**

Annie's Project, Empowering Women in Agriculture.  
Is a small farm in my future?  
Whole Farm Planning  
Building a Marketing Strategy

Learn more and sign-up here:  
<https://www.cultivatingsuccess.org/calendar>

## **Victory Garden Series**

The Victory Garden Series is an online University of Idaho Extension gardening curriculum. It is designed to give learners a broad view of how to garden. Look for local in-person workshops next spring (2025) and attend events with local Master Gardeners in Meadows Valley. You can learn more and join the UI Extension, Valley County newsletter by calling 208-382-7190 or emailing [valley@uidaho.edu](mailto:valley@uidaho.edu).

<https://campus.extension.org/enrol/index.php?id=1000>

# Fall Gardening Spotlight:

## Garlic

If you did not get enough gardening done in our short growing season, don't fret, the garden season is not over! Garlic grows well in our short growing season in the West Central Mountains. Try to grow your own next year (plant now), or you can purchase garlic from Hungry Bear Gardens. They have an abundance of this produce and sell amazing garlic shakers (great for gifting this holiday season).

### **Garlic Production for the Gardener**

<https://extension.uga.edu/publications/detail.html?number=C854&title=garlic-production-for-the-gardener>

### **Garlic Planting Guide**

[https://shop.seedsavers.org/site/pdf/Garlic\\_GrowingGuide.pdf](https://shop.seedsavers.org/site/pdf/Garlic_GrowingGuide.pdf)

The Timber Garden: specific garlic varieties for the WCM region:

### **Black Thumb? Try garlic**

<https://thetimbergarden.com/blog/?p=481>

### **Hungry Bear Gardens**

Buy local garlic shakers (make wonderful holiday gifts!)

<https://hungrybeargardens.com/>