



Willits Economic Localization

The WELL Bucket

Volume 6 – Issue 3

May / June 2011

Schedule of Events

May & June

May 5, 3 – 6 pm

May Day / Spring Fest / Open Air
Farmers Market, see page 10
City Park, 459-6362

May 8, 10 am

WISC Community Garden
Volunteer Day, Info:
MaseGiem@gmail.com

May 9, 4 pm

WELL CC Meeting
Willits Library

May 15, 5 pm

Sing for Community benefit
concert, Willits Methodist Church.
For info: 459-6675

May 17, 6:30 pm

Brooktrails Community Garden
Meeting, Brooktrails Lodge,
see page 5

May 18, 19, 20, 7 pm

Willits Mini-Film Festival
Little Lake Grange, see page 4

May 19, 6 pm

Seeds & Starts Swap
Little Lake Grange, see page 4

May 21, 9 am - 5 pm

Brooktrails Community Garden
Work Day, see page 5

May 21, June 4, June 19, Aug. 6

Ecology Action Garden Tours
Plus mini-classes, see page 2

May 21, 7 pm

Community Barn Dance
Center for the Arts, see page 1

continued on page 2

COMMUNITY BARN DANCE

Saturday, May 21, 7 pm

upstairs at Willits Center for the Arts

Live music by

Landis Smith String Band

Old Time Americana Fusion

Featuring local musicians **Cliff & Julia Landis,
Ann Maglinte and Darin Smith**

Calling by Mark Goodwin

No prior dance experience needed. All dances will be taught.

Suggestion Donation: \$8-\$15 sliding scale

TRANSPORTATION FORUM

“LET’S GET MOVING”

Sunday, June 26, 4 pm

Little Lake Grange

Project Snapshots: MTA - Alternative Transport;
Willits Rail; Bypass & RR Avenue; In Town
Improvements; Brooktrails 2nd Access

Share Your Success Story: How do you do it? What
works? WHAT Walks; Bike Commuters; Trails;
Walking / Biking In Town Errands

Bicycle Show: Come show off your ride



Photo by Janet Orth

MANAGER NEEDED FOR REDWOOD AVENUE GARDEN

The Redwood Avenue garden, started by Jason Bradford and Max Meyers as a permaculture demonstration garden, is in need of a garden manager. There are some well-established fruit trees and grapes, plus plenty of other space to grow. Thanks to Kimball Dodge for doing the pruning this year and to many others for weeding and caring for the space. This garden is on land owned by the City of Willits and narrowly escaped the bulldozer due to last-minute citizen organizing. Any produce raised will be donated to Our Daily Bread or the Food Bank. Last year we donated a small amount of tree fruit and 3 pounds of grapes. It's a sweet little space that could be cultivated as a neighborhood garden/park. Now it needs someone to continue the vision and organize volunteers. Anyone who is interested can contact Judy Luria, at judya@pacific.net or 456-9086.

ECOLOGY ACTION GARDEN TOURS

Four 5- to 6-hour Ecology Action Research Mini-Farm/Garden Tours are set for May 21, June 4 & 19, and Aug. 6, 2011. These tours give a good intro to GROW BIOINTENSIVE sustainable mini-farming, what our practical research site is accomplishing, and how our sustainable method relates to world agriculture. Tours include participant introductions; a discussion of the overall world challenges that humankind faces in the areas of soil, food, and nutrition; an exploration of the connection between thinking globally and acting locally; a tour of the garden and discussion of several crops in particular; and 30-minute mini-classes on double-digging, composting, seed propagation, sustainable home garden crops, and cooking with solar ovens. Please pre-register as soon as possible (2 months ahead is best); space is limited. For more information and to pre-register online, see "Tours" at www.growbiointensive.org.

Schedule of Events

continued from page 1

May 23, 6 pm

WELL CC Meeting (tentative)

WAG building, 221 E. Lenore Ave.

May 28, 10 am

10th WHAT Walk

Meet at JD Redhouse

Info contact Jed 459-5505

May 29, 8 – 11 am

Grange Pancake Breakfast

Little Lake Grange

June 5, 10 am - 4 pm

Gleaners Annual Plant Sale

corner of West Mendocino and Spruce streets. See page 6

June 6, 6 pm

WELL CC Meeting

WAG building, 221 E. Lenore Ave.

June 26, 8 – 11 am

Grange Pancake Breakfast

Little Lake Grange

June 26, 4 pm

WELL Transportation Forum

Little Lake Grange, see Page 1

Ongoing Events

Every Thursday, 3 – 6 pm

Farmers Market, City Park

GOT A GARDEN TO SHOW OFF?

WELL will be having our 6th annual edible-garden tour on Sunday, Aug. 28. This year, we are hoping to feature in-town small-scale gardens within relatively easy walking distance of each other. If you have a garden in town, we'd love to include it!

We may also expand the tour beyond walking distance, so let us know about other up-and-growing gardens, too. If interested, please contact Madge at 459-6675 or madgetom@comcast.net.

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**Brookside Farm****People-Powered Produce**

... would like to thank WELL for its support.

Brookside Farm welcomes volunteers to work in a beautiful setting and learn how to garden in Willits. Low income volunteers can earn up to \$20 per week in Farmers' Market credits.

Interested? Contact Antonia at 272-1395**Therapeutic Massage**

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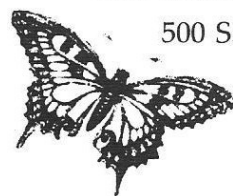
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Now & Then Film Series presents:
Mini-Film Festival in May!!
3 Nights, 3 Films...

Wednesday, May 18th - 7pm **BAG IT!**, the documentary, has been garnering awards at film festivals across the nation. What started as a film about plastic bags evolved into a wholesale investigation into plastics and their effect on our waterways, oceans, and even our bodies. Join the Bag It movement and decide for yourself how plastic your life will be.

Thursday, May 19th - 7pm **The Greenhorns** explores the lives of America's young farming community - its spirit, practices, and needs. It is the filmmaker's hope that by broadcasting the stories and voices of these young farmers, we can build the

case for those considering a career in agriculture - to embolden them, to entice them, and to recruit them into farming. To be preceded at 6pm by a community swap of Seeds & Starts. Bring your extras to sell or to trade!

Friday, May 20th - 7pm **The China Syndrome** is a 1979 American thriller film that tells the story of a reporter and cameraman who discover safety coverups at a nuclear power plant. It stars Jane Fonda, Jack Lemmon, Michael Douglas, Scott Brady, James Hampton, Peter Donat, Richard Herd, and Wilford Brimley.

Little Lake Grange Hall, 291 School St, Willits

Donations of \$5 (children free) are greatly appreciated & will be used to renovate the hall, also to purchase films & equipment

Organic Popcorn, Fair Trade chocolate & snacks for sale benefit the Grange Restoration

WillitsGardens.org

A new website about gardening in Willits, www.willitsgardens.org, put up by Jerri-Jo Idarius, features photographs, articles, event and class listings, and audio / video.

From Jerri-Jo: "Food production is a crucial focus in our small town in Mendocino County town as the people here have become increasingly mobilized toward developing economic localization and sustainability. Willits Gardens features local gardens (family, community, school, research), articles, announcements of special forums and trainings plus instructional and informative audio and video."

Check out the slide shows of photos from the Willits Senior Center Garden or the "Grow Biointensive: A Beginner's Guide" series of videos featuring John Jeavons. If you've got photos, articles or event announcements to add to the website, contact Jerri-Jo at 459-0241 or jerrijo@creation-designs.com.

Mendo Maté is Planting Trees!

Mendo Maté has started the "One For One Campaign": for every box we ship we will plant a tree. We realized that being green is not just having good practices like recycling. It is taking direct action to give back what we have used from the earth. Please let us know if you would like trees planted on your land or yard. We are focusing on planting redwoods in the national forests. If anyone would like to join us on our planting days, contact Ithaca at 456-4414.

Join the WELL Group on Facebook

WELL has a new Group page on Facebook. Search for "Willits Economic Localization" and choose the Group page. "The more people who read our page and post on it the better."

http://www.facebook.com/home.php?sk=group_176718939023521

WELL 2011 GENERAL MEETINGS

Jan. 23 – Water & Energy Forum

Feb. 27 – Swap Meet

Mar. 27 – Growing Home Gardens

April 17 – Guest Speaker Charles Bush

May 21 – Barn Dance

June 26 – Transportation Forum

Aug. 28 – Walking Garden Tour

Sept. 25 – Guest Speaker

Oct. 23 – Emergency Preparedness Forum

**Nov. 20 – Community Brainstorm /
Talking Stick**

Details: Check www.well95490 and future newsletters

Update on Brooktrails Community Garden Project

The next meeting of the Brooktrails Community Garden group will be on May 17 at 6:30 pm at the Brooktrails Lodge in the back meeting room (*go all the way around the lodge building to the right to enter*).

We have also scheduled a work day for Saturday, May 21st from 9 am - 5 pm. We will be constructing raised garden plots. It is a potluck so bring something to share and your own plates, cups and utensils.

At the May 17th meeting we will be discussing/working on the following BTCG agenda items:

- Review minutes from last meeting (*April 26th*)
- Elect officers so we can legitimately open a bank account in the name "Brooktrails Community Garden".
- Plot allotments (*sign-up and payment procedures*)
- Review and finalize our Plot "Agreement"
- *Establishing our on-going meeting time/day/week (for example: Third Tuesday of the month at 6:30 pm).*

- Plans for the workday.

For information about the May 17 meeting, contact Tim, who will be facilitating the meeting. He can be reached at trammimg2000@gmail.com or 707-367-0202

Report from Charles Bush talk

Our guest speaker Charles Bush gave an animated and enthusiastic talk to about 40 people on April 17th. He outlined some of the causes for hope in the future, against a background of the present-day grim news. One of the down-sides of living in a community with such good news sources is that we can get over-whelmed with the negatives and feel powerless.

Charles, in contrast, provides a balancing dose of optimism. He helped found the Coast 20/20 group that gathered some 500 people to envision the kind of future they would like to see, and he encourages Willits to do the same.

There was a lively question & answer session afterward with many people feeling inspired. If you'd like to comment or to have Charles come back, please contact Bill White, 456-0581.

WHAT IS WELL?

Willits Economic Localization

Vision: An enduring local economy that provides health and security for our community.

Mission: To foster the creation of a local, sustainable economy in the Willits area by helping residents to learn valuable skills and to take action, and by partnering with other organizations to share knowledge and support projects that build a thriving community.

WELL is a 501(c)3 non-profit, membership organization. To find out more about us, become a member, or make a tax-deductible donation, check our website at www.well95490.org, or leave a message at 707-459-7076.

Welcome to new WELL Coordinating Committee member Peter Norris, who was elected on March 27, along with returning CC members Madge Strong and Jane McCabe. Thanks to retiring member Richard Hincker for his service to WELL.

WELL Coordinating Committee 2011

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office@WELL95490.org

Holly Madrigal 459-0447
one_visionary@yahoo.com

Jane McCabe 456-9067
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Bill White 456-0581
cortabianco@gmail.com

Willits Grateful Gleaners



**Calling
for
Scions!
(new
recruits)**

**Karen
Gridley
picking
apples.**

Gleaning season will be upon us soon and promises to be bountiful, given the abundant rains this year. We hope some of you will make 2011 the year to join our project and help surpass our good harvest in 2010.

The Grateful Gleaners started up in 2004 as the noble idea of collecting excess fruit, nuts, and vegetables from local orchards and individual gardeners and distributing it to those in need through community organizations such as the Community Food Bank, Willits Daily Bread, Harrah's Senior Center and local schools.

Pioneer Gleaner, Karen Gridley, remembers WELL's early activities inspired her to expand the gleaning efforts she and her friend Esther Faber had initiated: "We thought it was a shame to let all that fruit go to waste when so many couldn't afford to buy fruit, and gradually we organized a group of volunteers."

Veteran Team Leaders give training and direction to volunteer Gleaners and pitch in to harvest as well, of course. However, too often, of late, the "old hands" are the only ones who show up to provide backbone to their good intentions. Hence, the call for scions, i.e., new wood grafted to mature

trees. In our case, we need fresh ideas, enthusiasm, vigor and strong backs to assist us in this important community endeavor. If you are inclined to participate, please look at your busy schedule and see where you can find a few hours a month – usually between late June and end of October – to help out your community. In addition to a good fresh-air workout and good company, you may also receive a portion of the bounty for your family.

To join the Gleaner team, prior to June 1st, please contact **Sara O'Brien at 456-1293** for more details. After June 1st, please call our voicemail box: **459-5490, mailbox # 555**. Leave your name, phone number and best time to be reached so we can get back to you.

If you have an orchard, are a long-time donor or new to the area, please let us know whether you will continue with your generosity, and keep us posted as to probable harvest times.

Gleaners Annual Plant Sale, June 5th

The always popular Gleaners plant sale will be held on Sunday, June 5th from 10 am until 4 pm at the corner of West Mendocino and Spruce Streets (on the Spruce St. side across from the Seventh Day Adventist Church). Any of you with extra plant starts, perennials, shrubs or trees are encouraged to donate them to our fund-raiser. This year we'll also accept used garden tools in good condition, ceramic pots and garden art, so this is the perfect opportunity to clean out that garage or garden shed.

continued on page 7



Bill and Sheryl picking plum tomatoes.

Photos by Marilyn Boosinger

WELL Coordinating Committee Briefs

March 14, 2011 Meeting

We followed up on several of the localization projects WELL recently helped fund: acknowledgement letters have been sent and checks will be sent soon. The Brooktrails Community Garden received the go-ahead from Brooktrails Board, has substantial community involvement, and plans a fundraiser on April 20th. The Willits Creek Trail group is working with landowners, and the Golden State Land Trust has volunteered to serve as a trustee of the project. We'll look into possible insurance coverage and a separate back account for Michael Foley's farm internship project.

For upcoming general meetings, we reviewed plans for the Mar. 27 "grow your garden" forum, which Kimbal will facilitate, and the April 17 talk by George Bush, which Bill will facilitate. It's noted that three CC positions are up for election at the Mar. 27 meeting.

The WELL power point is available for any group presentation. It was shown last month to Soroptomists and recently recorded for showing on Channel 3, thanks to Andy Wright.

The CC also voted to co-sponsor Ukiah Earth Day, to be held on Apr. 22. Madge will follow-up.

April 11, 2011 Meeting

Gardens' News: Antonia Partridge reported on Brookside School Farm, with some good news (a \$4,600 grant that will enable building a hoop grow-house), but dire news that her staff funds run out at the end of June. A subcommittee will explore forming a "friends of the farm" group to undertake fundraising. We also should keep looking for a coordinator for the Redwood Avenue garden. The Brooktrails Community Garden project, meanwhile, is moving ahead nicely.

The CC approved sponsoring Emandal Chorale as a community-building cultural activity, enabling them to use our insurance coverage for rehearsals and concerts at the Center for the Arts, with some contribution toward our costs. We also found that our insurance will not cover Michael Foley's farmer training project and suggested some other possible sources for him to pursue.

Upcoming WELL events were reviewed, with Bill facilitating the Charles Bush talk on April 17; Kimbal planning the May 21 Barn Dance; and Holly (with Madge) leading on the June 26 Transportation Forum. It's suggested we have a standard procedures manual for event planning.

After an update and discussion about the Willits Unified School District Board's choice of buying portables, the CC decided to take a position urging the use of local contractors, consistent with our economic localization goals as well as being more sustainable and responsive to the community.

Holly reports that meetings are progressing toward enabling a Willits Creek Trail, in part with funding support from WELL and with sponsorship from the Golden State Trust.

We also noted upcoming Earth Day events, ongoing outreach efforts (including Channel 3's WELL presentation), and office needs.

We decided to devote our May 9 CC meeting (4pm at the Library) to discussion of goals, with many projects on our "wish list." This focus will ensure that we take on projects only when we have leadership and other volunteers to follow through on them. We'll likely need a regular business meeting on May 23.

Complete minutes will be posted on our website: www.well95490.org

Willits Grateful Gleaners — *continued from page 6*

Call Karen Gridley (459-2101) or Sara O'Brien (456-1293) for more information on drop-off locations for the Plant Sale or any other questions.

Thanks to your ongoing support, the Gleaners have been able to purchase useful and much-needed

harvesting equipment such as safe orchard ladders, fruit pickers, bags, and our latest addition, ingenious walnut collectors. We have more ideas for promoting local sustainable food production in the planning stage, and we would welcome your ideas to expand our efforts.

We look forward to hearing from you.

Grow Your Garden Forum: What We Learned

Seven local gardeners shared their experience with about 50 Willits residents at a lively forum sponsored by WELL (Willits Economic Localization) on Mar. 26. If you weren't there, this article touches on some of the useful tips for starting or expanding your own home edible-food gardens.

Growing more food locally has been a major focus of WELL for several years. Local gardens give us healthier food, and they can also help provide food security, instead of relying on trucked-in products.

The seven gardeners were: Tom DeMarchi, Michael Foley, Ellen Bartholomew, Carol Cox, Antonia Partridge, and David & Ellen Drell.

Tom DeMarchi, who has developed an abundant garden on a sunny Brooktrails lot for the past 30 years, stressed the importance of compost. His yard was hard as a rock when he started; now he has had success with over 30 crops, including several grain crops (barley, rye, wheat, and sorghum). He encourages everyone to just dig in and try things.

Just dig in and try things.

Michael Foley and his family began Green Uprising Farm 3-1/2 years ago on about 3 acres on East Hill Road that already were home to many neglected fruit trees. In addition to rehabilitating the orchard and raising goats, Michael grows vegetables year-round: A large greenhouse and use of Remay and greenhouse plastic shelters enable growing many veggies, especially kale, broccoli, collards, even in the winter. Timing is critical: plants need to be established before the cold and dark days set in.

Ellen Bartholomew manages the Golden Rule farm at Ridgewood Ranch, feeding about 30 residents from the 2 acre farm, with some help from Ecology Action interns. She says, "Ask who you are feeding." Grow what your family will eat, but that doesn't preclude sneaking in more variety. For example, she mixes ½ quinoa (a grain we can grow locally) with ½ rice. In addition to quinoa, she loves growing other grains such as amaranth and sorghum. Like Tom, she emphasizes growing healthy soil: the nutrients in the soil are the nutrients you will get from your crops. Commercial agriculture is leaving a soil wasteland and selling nutrient-deprived products.

Carol Cox was farm manager at Ecology Action (on Pine Mountain) for 20 years. She says, "Soil" is not the same as 'dirt'. You can walk or drive on dirt,

but air is critical for soil. Don't walk on your garden beds!" In addition to needing about 50% air, soil needs water, organic matter (compost) and nutrients, in that order of importance. She advises against rototilling, which aerates the top soil but can compact the deeper soil where roots need to penetrate. She also advises new gardeners to start small.

'Soil' is not the same as 'dirt'.

Antonia Partridge has managed the Brookside School Farm for two years, but comes with much farming training and experience. She strongly encourages people to volunteer – to help grow food for the schools, and also to learn hands-on by working together. She also is developing a very compact, intensive garden at her home in town.



Moles are a common garden pest in Willits.

David & Ellen Drell rounded out the presentations with a rousing account of how to deal with pests. The three banes on their home garden just north of Little Lake Valley are: gophers, voles and moles. Gophers eat from below, pulling whole plants down for snacks. The Drells recommend a cinch trap (currently available only from stores in Sonoma County). Because gophers are territorial, you only need to trap one or two per acre to save your garden for a year or more. Voles (also called meadow mice) come above ground to eat your plants. If you locate their holes and surface trails, place traps on the trail.

The Drells caught over 400 in one year. (Vole population has boomed in part due to a dearth of normal mammalian predators.) Finally, the moles: they are insectivores, so don't eat your crops but can disrupt them with extensive near- surface burrowing for grubs and such. The recommended approaches

Grow Your Garden Form — *Continued from page 8*

are to carefully water back in disturbed plants daily and/or to establish plants well in pots before putting them in the ground.

After these inspiring presentations, audience members asked about another pest: symphyllum, a tiny, fast-moving white centipede-like critter that eats organic matter, including root hairs of your plants. The symptom is failure of plants to grow. There were several ideas about what to do about symphylla: leave the infested area dry and fallow for about two years; strictly rotate crops in different beds each year; don't over-apply organic compost, or apply it mostly in the Fall; plant fava beans and/or let Sudan grass or sorghum grow to maturity in affected beds; apply crab shell, which encourages chitin-eating organisms that then eat symphylla.

Panelists pointed out that little research is available on this pest, mainly because conventional farming, with its nearly sterile, artificially fertilized soil, does not have them. When you garden for more than a few years with good organic practices, you'll find other animals may be attracted by the fruits of your labor. Gardening teaches us a lot about how nature works and invites our creative solutions. Don't give up: dig in and experiment!

WELL thanks all our local farmers, including the seven presenters, most of whom will gladly answer questions and/or trade help for hands-on training. In addition, we are blessed with expert local garden suppliers such as Sanhedrin Nursery, Sparetime Supply, and Bountiful Gardens. WELL also appreciates all the enthusiastic new gardeners in our community.

SUPPORT LOCAL CSAs - Community Supported Agriculture

Three inland Mendocino County farms are offering CSA membership this spring: Live Power Community Farm and Covelo Organic in Covelo are offering weekly baskets of produce, and Mendocino Organics in Redwood Valley is offering a chicken CSA.

Live Power Community Farm is a 40-acre, solar electric and horse-powered, diversified, certified biodynamic farm run by Steve and Gloria Decater. The Live Power CSA offers two sizes of baskets: a garden share (half-bushel) or a family share (bushel). Seasonal produce includes greens, peas, broccoli, cucumbers, beans, peppers, tomatoes, corn, potatoes, carrots, chard, melons and more, from May through November. Baskets can be picked up at 65 Marin St. in Willits on Tuesdays, after 4:30 pm. Other offerings through Live Power include a blueberry or fruit share from Filigreen Farm in Boonville and a brown rice share from Massa Organics.

For more info, contact Gloria at 707-983-8196 or livepower@igc.org or check www.livepower.org. To sign up for the CSA, complete the online form at: <http://livepowercommunityfarm.csasignup.com/members>

Covelo Organic is a 10-acre farm in the north-west corner of Round Valley, which has been worked by Tom Palley since 1988. Covelo Organic's CSA offers weekly boxes of fresh organic produce. In Willits, boxes are available for pick-up every week for 21 weeks at the Willits Farmers Market, 3 to 6 pm in Willits City Park, starting June 7 and ending November 22. Price is \$525. Or you can also arrange for

delivery to your home in Willits for \$630.

In 2010, the first CSA box in June from Covelo Organic included lettuce, green garlic, strawberries, broccoli, bok choy, collard greens, lacinato kale, arugula & rosemary, and the final November box included parsnips, broccoli, cauliflower, cabbage, kale, carrots, peppers, eggplant, butternut squash, beets, onions, potatoes and garlic.

For more info, contact Tom at 707-272-0623 or tom@cveloorganic.com. To sign up, print out and mail in the online form found at the website: www.cveloorganic.com.

Mendocino Organics in Redwood Valley does a fall/winter/early spring produce CSA, but right now they are offering a CSA for chickens fed with certified organic grains and pastured on the fallow part of the vegetable gardens. The chickens enjoy fresh air, water, exercise and sunshine, with protection from predators by the farm's Great Pyrenees guard dogs. The cost for the chicken CSA is \$90 for 5 whole chickens. The chickens average 3.5 to 4.5 lbs. when dressed, and are processed the day before pickup and stored in the freezer. Pickup in Willits will be at the Willits Farmers Market. Depending on the number of sign-ups in Willits, the chickens will be available every other week or once a month. Mendocino Organics will be at the first few Willits Farmers Markets to sell extra chickens and sign up new customers. Contact farmer Adam Gaska at 707-272-5477 or mendocinoorganics@gmail.com. Website is <http://mendoorganicscsa.com/> and you can join and pay through PayPal at <http://mendoorganics.csasignup.com/members>.

Spring Festival May Festival

A free event
on the Village Green
*to celebrate
the opening of...*

Willits Open Air Farmer's Market

Thursday, May 5th, 2011
3 pm to 5 pm

Willits City Park

*A Traditional English Village Market Day
Spring Celebration*



Maypole Dance at 4 pm

Procession with Costumes
Willits Young Actors Theater
"LORAX" Scenes

Music & Song

Drumming

Winged Dancers

Face Painting

Community Picnic on the grass

Bring plates, food, table or blanket.

Wear flowers, garlands, happy hats, costumes
Bring a drum or flowers to make a garland

*This is a seasonal tradition in the Countryside of
England, France, Sweden. Let's make it one for
Willits too. Our 5th year! Join the fun, tell every-
one you love to come and "Dance in the May"*

WELL EMAIL: office@well95490.org Website: www.well95490.org Phone: (707) 459-7076



Willits Economic LocalLization

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