Your Passport to Living in the Puget Sound Region
Welcome to your Passport to Living in the Puget Sound Region, a spectacular place festooned with snow capped mountains, a riot of diverse wildlife, a fiesta of local farm and forest products and a good dose of snappy smart people like you.

Collectively we are 3.7 million people and by 2025, the Puget Sound region will be home to nearly 9.4 million residents. Why does living here matter and when is living on a giant green sponge a good thing? Why are working farms and forests key to our future?

Read on and discover.

Welcome.

What Sponge?

All the lovely, verdant green spaces we race, trace, tromp, troll, skip, run, hike, bike, climb and reflect on are like a giant sponge, soaking in rain and the stuff that rain carries — the detritus of our lives (oil, pollutants, chemicals and other yucky stuff). Farms and forests, along with parks, wetlands and other jewel toned green spaces act as a buffer and sponge against all that life detritus running down our nearly 10,000 streams and rivers right into Puget Sound.

Our places have lyrical names and embody the storied histories of our lives here: Penrose Point, Mayo Cove, Hope Island, Mutiny Bay, Port Susan, Ebey’s Landing, Chico, Tombolo, Lagoon Point, Birch Bay and all those other places where you dug, stretched your legs, found dinner, explored love and otherwise delighted in life here.

Talking about sponges... we do not mean Sponge Bob Square Pants (although we like his style), but all the alive spaces that drew us here to begin with. Put your photo on this Passport and with each stamp you will take a tool with you that will enrich your lives, protect what you love, ensure you can build, decorate, and eat locally and, with that, become part of a local economy that delivers big.
The Top Ten Reasons that Local Food Rocks

**Taste:** Fresher, better tasting, period... with better nutrition to boot!

**Commitment:** Local farms tend to have stronger community ties and are better stewards of the land.

**Efficiency:** Closer food systems mean less energy and pollution.

**Builds Rural Economies:** Local farms are just that, local! More money in the local economy, stronger commitments.

**Connections:** Knowing how your food is grown allows you to make better, more transparent decisions.

**Values:** Family farms are great models for values that count: cooperation and responsibility.

**Diversity:** Locally grown food protects genetic diversity.

**Feasts:** Local farms produce an incredible array of foods for your table. Yum!

**Taxes:** Farms require fewer services than development which keeps government services lower.

**Food Security:** Local food feeds us locally. Like energy, local food makes us more independent.

(Adapted from *10 Reasons to Buy Your Food From Regional Family Farms*, Institute for Rural Innovation & Stewardship and Tilth Producers of Washington.)

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Stamp 1: Buy, Forage & Eat

**Buying Local Food**

Puget Sound is ground zero for yummy, diverse farm products. We have over 120 farm gate products in the Sound’s 12 counties. Let’s get cookin’!

**How To Buy Local Farm Products**

**Find the Farms:**
Puget Sound Fresh: [www.pugetsoundfresh.org](http://www.pugetsoundfresh.org)
This annual guide from Cascade Harvest Coalition is a beautifully produced guide. Use it to buy farm products and to visit farms as well.

**Take Out a Go-Go:**
[www.eatlocalonline.com](http://www.eatlocalonline.com)
(two stores in Seattle and one in Burien)

**What’s Ripe Now?**
[www.seasonalcornucopia.com/sc/default.asp](http://www.seasonalcornucopia.com/sc/default.asp)
How to Help your Neighbors

We produce enough food for everyone to eat. Many families need a bit of help from their neighbors. Here’s how to pitch in:

As a Resident:
Lettuce Link is a great way to share your extra home grown crops, P-Patch crops and community fruit with other families that need help getting nutritious food.

www.solid-ground.org/Programs/Nutrition/Lettuce/Pages/default.aspx
www.seattlefoodcommittee.blogspot.com/p/seattle-food-bank-map.html
www.northwestharvest.org/

Food Life Line runs a number of programs including Grocery Rescue, Produce for the People (King County only) and Kid’s Cafe.

www.foodlifeline.org/how-to-help

If you are in the Food Industry:

www.foodlifeline.org/how-to-help/food-industry

There are state and federal legal protections for food donors:

wwwapps.leg.wa.gov/rcw/default.aspx?cite=69.80.031
www.foodlifeline.org/sites/default/files/goodsamaritan-laws.pdf

On The Wild Side

Foraging Food
(or searching widely- or wildly- for food and provisions)

We have always foraged but perhaps we have forgotten just how much is out there to discover. Puget Sound’s moisture can be a gift, giving us a vast array of mushrooms, berries, wild greens, seaweed and other edible foods that are beautiful, nutritious and really fun to forage for. This is a great thing to do with families, friends and lovers.

Get Connected!

www.pugetsoundbites.wordpress.com/2009/08/20/this-week-in-foraging/
www.fat-of-the-land.blogspot.com/
www.dylantomine.wordpress.com/tag/puget-sound-foraging/
www.notastelikehome.org/TheAfikomenProject.php
(The link above is for Asheville but it’s a great story)

Read about Foraging Tools

www.methowvalleyherbs.com/2012/06/wildcrafting-part-iii-tools-of-trade.html

Learn What to Forage

www.northernbushcraft.com/

Your Connection with Puget Sound’s Bounty

www.wdfw.wa.gov/fishing/regulations/
On The Wild Side: Foraging In The Forest

Exhaustive List of Non Timber Forest Products — Look for Floral Greens, Food, Medicinals and Crafting Materials
www.ntfpinfo.us/

For you Research Geeks, a National Overview
www.fs.fed.us/pnw/pubs/pnw_gtr851.pdf

Mushroom Mania Guide
www.psms.org/MushroomRules.pdf

Permits
If you are collecting for personal use, you don’t need a permit. If you plan to sell commercially, you do need a permit. In the Puget Sound Basin, our Forest Service Lands are the Mt. Baker-Snoqualmie Forest.

www.fs.usda.gov/main/mbs/passes-permits/forestproducts
www.fungaljungal.org/papers/Journal_Sust_For01.pdf

Buying Sustainably Produced Forest Products

There are different systems to manage forests and in this project, we emphasize wood products that are Eco labeled by the Forest Stewardship Council™ (FSC®). This type of forest management emphasizes biodiversity, protects water quality, respects worker and indigenous rights and the efficient use of all the forest’s goods (wood, berries, understory plants, and other products called Non-Timber Forest Products or NTFP). It’s the type of wood specified in LEED® certified green buildings as well.

FSC wood products are identified from start to finish through a system called Chain of Custody (CoC). It’s like knowing where your kids are at all times.

From the Northwest Natural Resource Group
www.nnrg.org/wood-products

Buy from your Local Home Store
You can buy FSC products at a wide range of retailers by simply looking for the label. This includes national retailers like Home Depot, Target, Walmart, Office Depot, Staples, FedEx Office, as well as many other local and regional ones.

Try a Different Search Method On-Line
The main advantage in buying from a CoC company is that the FSC claim can be passed on (i.e. for a LEED® or BuiltGreen project, or for further resale). As an example, you can search for FSC Chain of Custody certified companies at info.fsc.org and do the following:

> Uncheck the Sites/Members box
> Enter “WA” in the State/Province field
> Enter ”United States in the Country field
> You should get 122 or so companies, some of which do retail

If you are a Builder, Architect or in the Trade
You can use the Product Inquiry form at:
This goes to a wide range of FSC companies and is also B2B focused.
Stamp 2: Craft

Wild Crafting (or what Martha would do?)

Make herbal tinctures, home remedies, crafts, gifts and other forms of creative license that will make your friends green with envy

www.facebook.com/PacificNorthwestWildcrafting

A Checklist to Check

www.botanicalstudies.net/wildcrafting/wildcrafting_checklist.php

Stamp 3: Act

“People have forgotten this truth,” the fox said. “But you mustn’t forget it. You become responsible forever for what you’ve tamed.”

- Antoine de Saint-Exupéry, The Little Prince

Got food? Got forest?
Here’s how to Live the Beautiful Life of the Sponge.

Rain Gardens, Native Plants and Standards for Commercial Landscape and Other Groovy Landscape and Green Tools

www.ecy.wa.gov/programs/sea/pugetsound/building/landscape.html

Rain Gardens by Stewardship Partners

www.stewardshippartners.org/programs/rain-gardens/

How to Find a Rain Garden Contractor

www.12000raingardens.org/build-a-rain-garden/contractors/

Native Plant List


Create Wildlife Habitat

www.wdfw.wa.gov/living/backyard/
Water Conservation
www.ecy.wa.gov/programs/wr/wscnnsv.html
www.wateruseitwisely.com/100-ways-to-conserve/

Energy Efficiency
www.energy.wsu.edu/BuildingEfficiency/CommunityEEProgram.aspx
www.energystar.gov/index.cfm?c=mortgages.energy_efficient_mortgages

Take Care of your Trees
www.ext.wsu.edu/forestry/stewardship.htm
www.plantamnesty.org/stoptopping/5reasons.aspx

Policies That Support Working Farms and Forests
For those of you inclined to become more politically active, here are a few policies that you can help promote through your legislators, agencies and elected officials. Let your elected and public officials know that you care about regional farms and family forests.

Protect Working Forests
Policies Important to Small Forest Landowners:
King County Public Benefit Rating System – provides tax benefits for landowners keeping their land as a working forest:

King County Transfer of Development Rights Program – enables landowners to sell a conservation easement and keep their property as working forest in perpetuity:

Protect Farms
Policies Important to Local Agriculture:
Farm Bill (platforms that support sustainable and organic agriculture, community health, etc.)

Climate Change:
Continued funding for Climate Friendly Farming:
www.csanr.wsu.edu/CFF/

Food Safety Modernization Act

King County Farmland Preservation Program
www.kingcounty.gov/environment/wlr/sections-programs/rural-regional-services-section/agriculture-program/farmland-preservation-program.aspx

Organizations you can Contribute to:
American Farmland Trust
Cascade Harvest Coalition:
Our Team Member runs programs that support sustainable farming:
Washington Farm Link, Puget Sound Fresh, Farm-to-Table

Organic Consumers Association
PCC Farmland Trust
Seattle Tilth
Tilth Producers of Washington
Washington Sustainable Food and Farming Network
About Where Cows Meet Clams (Critters + Commerce + Culture)

Recognizing that working farms and small forest lands in east King County were quickly being gobbled up by rapidly expanding housing and other development, a group of four organizations added a bit more to the great ongoing work by King County, Mountains to Sound Greenway Trust and Stewardship Partners by evaluating ways to build success in these working land owners (read: more money, more product market saturation, more support and protect, right-minded regulations), add a tourism twist and widen the camera lens to connect the disconnected:

Forest and Farms + Fish Bearing Streams + Shellfish = Puget Sound Economy and Community
(Critters and commerce and culture alike– in one DNA strand)

Read Some Nice Press Coverage About the Project Here:
www.crosscut.com/2013/02/18/environment/113026/can-farms-save-puget-sound-shellfish/

Washington, the Evergreen State.
Washington, the Farm State.
Washington, the Shellfish State.

We are gifted with an exquisite and particular combination of soil nutrients, mountains and climate, which makes this part of the world one of the most productive places in the United States for farming and forestry.

Where Cows Meet Clams is a project to keep working farms and forests in the Snoqualmie Valley for future generations, including you. The project name implies that how the land in the Valley— as well as other working farms and family forests in the Puget Sound area— is treated affects both the quality of the soil as well as the quality of water in the Sound resulting from polluted runoff from the mountains to the Sound. They are connected, both physically and economically. This means we need to do everything possible to prevent conversion to development, an act of permanence.

Buy Local, be Local, Protect Local.
King County Farming and Forestry and its Context

Washington’s 230 agricultural commodities are second only to California. Our wine industry is the largest in the country after California. Women operate more than 20% of all farms in the state. Agriculture is also the second leading export sector in the State after aircraft and ahead of computers and electronics. (Washington Office of Financial Management (OFM), 2008).

More than two-thirds of King County is forested by 877,000 acres. In 2011, approximately $65.4 million of revenue was earned from timber harvest of timber in King County. If the County develops greater capacity for milling, this revenue source could be increased. Architects and homeowners could walk the forests from which their homes have grown, developing a bond to the ecosystem with which their home is linked (Washington State Department of Revenue Timber Excise Tax reporting). For every million dollars invested in forest health management and forest restoration 15.5 jobs are supported and $1.9 million in extended revenue is generated.

Snoqualmie Valley is flanked to the west by rapidly growing and attractive suburbs and cities and to the east by green-cloaked forests, home to yummy salmon, rural livelihoods, clean water and air, gifted by our forests and what they do for us. There are 1,790 farms representing 49,285 acres, and 3,293 forest landowners representing 73,397 acres of non-industrial private forest land in King County. This part of the world has one of the last intact rain forests in North America. Sandwiched between the more developed west and the forested east is a north-south swath of incredibly beautiful farms and forests that enrich us as humans.

A Stake in the Ground

As citizens, outdoor recreationists, community activists, natural resource policy experts, home dwellers, tourism professionals, chefs, foodies, parents and lovers of things beautiful, you have a stake in the ground:

> Fall in love in the woods
> Buy local shellfish
> BBQ some local oysters
> Cook something yummy from a local farm
> Engage with a farmer and forester
> Eat local food prepared locally
> Build with local timber products
> Luxuriate over a hearty fall meal with morels
> Grill a wild salmon with your friends at the beach
> Visit heritage sites, tourism attractions, unique restaurants and natural places
> Enjoy a view while hiking, uninterrupted by hundreds of acres of forest clear cuts
> Breathe deeply, drink water deeply. Live your values.
Project Team:

King Conservation District: www.kingcd.org

Cascade Harvest Coalition: www.cascadeharvest.org

Northwest Natural Resource Group: www.nnrg.org

Calyx Sustainable Tourism: www.calyxsite.com

It Takes a Village

Over the course of the project many people have devoted time, energy and smarts to the project including:

Ava Souza, Mark Musick and Deirdre Grace, King Conservation District

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Cindy Krepky, Dog Mountain Farm

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Sarah Cassidy and Luke Woodward, Oxbow Farms

David Burger, Alex Ko and Deborah Oaks, Stewardship Partners

Doug Peters, Washington State Department of Commerce

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www.andreaherrick.com