



# HAMPDEN PARK CO-OP



June/July 2010  
Volume 21 Issue 3

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## Co-op hours:

Monday–Friday 9:00 a.m. – 9:00 p.m.  
 Saturday 9:00 a.m. – 7:00 p.m.  
 Sunday 10:00 a.m. – 7:00 p.m.

The co-op will be closed on Sunday, July 4.

## Board meetings:

The Hampden Park Co-op Board of Directors meets monthly. See its bulletin board in the entryway for meeting dates and locations.

## Newsletter deadline:

The deadline for the August/September newsletter is July 1. If you wish to write an article for the newsletter, contact Naomi Jackson at [naomijx@juno.com](mailto:naomijx@juno.com), or leave a note in the Membership Coordinator envelope in the entryway.

## HPC Web site:

[www.hampdenparkcoop.com](http://www.hampdenparkcoop.com)



## Daylilies for Dinner

—by Daniel Nidzgorski

This is a great time of year to get out foraging for wild foods, collecting new flavors and interesting plants that you won't find in the co-op or farmers' market. Foraging doesn't require a trek into deep wilderness or knowledge of arcane plant-lore. There are plenty of common and easily-identified edible plants growing right here in the middle of the city. If you can distinguish an apple from an orange, you can start learning a few plants that turn a walk around the block into a bountiful harvest.

One of my favorite sidewalk snacks is the daylily, a common plant in many gardens that most people are quick to recognize and admire, but one that few people eat. Daylilies are a great plant for a beginning urban forager. They're easy to recognize and distinguish from non-edible look-alikes, they require no special preparation to be edible, and they can be harvested freely without harming the plant or preventing it from reproducing.

Daylilies are versatile in the kitchen: flowers and buds can be eaten raw in salads; stuffed, battered, and frittered; or cooked in soups and other dishes. They're crisp and crunchy when raw, and when cooked have a soft texture similar to cooked zucchini. Different colors have different flavors—most are mild and sweet, though my favorites are the deep burgundy ones with a peppery kick. The tubers can also be eaten raw or cooked; they have a corn-like flavor and a pleasant crunch.

## Know your food!

The first rule of eating wild plants is never to taste or eat any plant if you aren't absolutely sure of its identity. Fortunately, with daylilies, it's easy to be absolutely sure. Chances are that you're already familiar with the deep vase-like shape of lily and daylily flowers. Flowers are four to six inches long, with six petals, and come in a range of colors (orange ones are the most common here). The spotted orange tiger lilies are not daylilies, though tiger lilies are also edible.

Daylilies have flowers very similar to those of true lilies, but their foliage and stems are very different. Many of the true lilies aren't edible, so this is an important distinction to look for. Daylily leaves grow from the base of the plant and are long, narrow, and swordlike, with parallel veins running from the base to the tip. True lily foliage is often shorter and flatter to the ground, but the best way to distinguish the two is by the flower stems. Daylily flower stems do not have leaves on them. If the stem has leaves along its length, it's a true lily and should be left alone.

(continued on page 4)

## Membership News

—by Naomi Jackson, Membership Coordinator

### Mayfest follow-up

Thank you to all the people who volunteered their time for the Mayfest weekend. The plant tenders and mini-fair volunteers bravely endured bone-chilling temperatures, and the cashiers deftly worked their way through a mind-boggling list of plant prices. Your contributions are very much appreciated!

After adding up the number of Mayfest weekends that have been cold, rainy, or both, we are looking at a change in format for next year, with more focus on indoor sales and food-sampling.

### Volunteers: looking for a shift?

Did you know that you can request a dedicated shift? Choose a time that works for you (for example, the first Monday of the month, 9–12). Leave me a note in the Membership Coordinator envelope, or e-mail me at [naomi@hampdenparkcoop.com](mailto:naomi@hampdenparkcoop.com).

### Silent auction for food shelf

We had a silent auction at Mayfest, featuring donations from local businesses. The auction raised \$193 for the Midway Food Shelf. Many thanks to the businesses and individuals that made donations for the auction: Shag Studio, Cocoon House, Twin Cities Reptiles, The Edge Coffee House, Sherry Minnick, Hampden Park Co-op, Keys Cafe, Sharrett's Liquor, Barbara Morghon, and Swift School of Music.

### Carrot thermometer

Have you been wondering about the not-quite-full fund-raising carrot posted on our south wall? We will soon begin phase two of our fund raising efforts, to top off the carrot and meet our initial fund-raising goal of \$200,000. We have about \$65,000 to go. Watch for more information.



## Welcome, New Members

Becky Iverson and  
Mike & Haley Van Cleve  
Wilbur Ince  
Adam Wedwick  
Robert & Lisa Sherry  
Lissi Kaufman  
Sequoia Evelyn Rosewood  
Hugh Bennett & Dorothy Maleck  
Han Min Kim & Jin ho Lim and  
Sunny & John Lim  
Amber & Drew Stevenson  
Casey Englund  
Larry & Theresa Larson  
Chen Chen  
Jane Jensen & Nan Nelson  
Mary Lyons  
Dixie Courant  
Will & Caitlin Johnston  
Brittany Johnson & Levi Wolterstorff  
Julia Schumacher & Maddi Green  
Geoff Hart  
Joseph Treder & Alyson Piechocki  
Jeffrey Lund & Lianne Guenther  
Miriam & Russ Martin

Betsy Merck  
Mary Waibel  
Amanda & Tatiana Anderson  
Vu Dang  
Kelly Cox & Eric Mullis  
Kyle Lewis  
Courtney Kocher  
Jen Rodoni & Kari Kustelski  
Tiffany White & Ben Paulus  
Jessica & David Berglund  
Zachary Marchio  
Tami & Patrick Limberg  
Ben & Mandy Brobst-Renaud  
Joseph Rand  
Karl Bischoff & Amanda Sames  
Char & Don Follett  
Linda Young  
Steven Ruggles & Lisa Norling  
Muffi & Tim & Anya & Gier Abrahamson  
Christina & Brian Jenson  
Phil Anderson &  
Elizabeth Luger-Anderson  
Tiffany Coddon  
Ashley Coddon

## Membership Information

Membership at Hampden Park Co-op involves a one-time purchase of one share of stock per household. The cost is \$30. Stockholders can be eligible for dividends at the end of each fiscal year. You may sell back your share if you move away.

### Volunteer discounts

One or two non-senior adults in a household may earn:

- 15% discount for 3 hours/month
- 21% discount for 6 hours/month
- 28% discount for 12 hours/month

### Seniors

All seniors receive a 15% discount on the first Wednesday of each month. Senior members always receive a 15% discount. Your membership includes you and your spouse or significant other. If you are 65+ and would like a senior card, talk to any staff member. Senior volunteers start with a 15% base, plus time worked.

### Food shelf contributions

Any shopper, member or non-member, receives a 28% discount on food shelf items. When you get to the checkout counter, let the cashier know that you have food shelf purchases. Donations go to the Keystone food shelves in the Midway neighborhood.

### Non-discountable items

Certain items in the store are non-discountable. These include milk (quart and larger), eggs, brewed coffee, non-organic frozen orange juice, baby food, HPC hot soups, gift certificates, and some sale items. There is no discount on these items because the mark-up on them is intentionally low.

### Hampden Park Co-op mission

The corporation exists to serve its member stockholders and the surrounding community, promoting wholesome, healthful and ecologically sound food consumption, and permitting member involvement both in the procurement of that product and the operation of the corporation.

## Member Profile: Al Uhl and Nancy Adair

—by Rachel Fang

I first sat down with Al Uhl at his favorite Chinese restaurant on University Avenue in St. Paul (where he bought me lunch!) and we talked about his long history in St. Anthony Park and with the co-op movement.

Linda's co-op graphic

Al has strong ties to the St. Anthony Park neighborhood. His parents met on a blind date in 1923 at an IOOF Christmas party in the Oddfellows Hall upstairs from HPC, and he grew up at the corner of Doswell and Raymond in a house where his mother formed a men's cooperative boarding club for university students. The house contained a 50-seat restaurant when the Uhls purchased it shortly before the 1929 stock market crash. In the ensuing Depression, people quit eating out much and the restaurant was a bust.

The idea to transform the restaurant into a boarding co-op sprang from the poor and hungry students that Mrs. Uhl, a University of Minnesota home economics student, met on campus. The co-op ran from 1931, when Al was four years old, to June 1942. The fare included twenty meals a week, with cold cuts and dessert at the weekly Sunday evening meetings.

At its high point, spring and fall quarters of 1941, more than 120 students took their meals at the co-op in shifts. The co-op folded as almost all of the members went off to war or took defense-related jobs after Pearl Harbor.

"It was a great time," Al remembers, and it helped form his political identity: "I'm essentially a socialist and I believe in co-ops," he said.

**Ad rates:** \$15 per issue for a camera-ready, 2½" by 3½" ad. Ads may be either horizontal or vertical, and may be delivered either electronically or as hard copy. Contact the editor at [naomi@hampdenparkcoop.com](mailto:naomi@hampdenparkcoop.com).

Al's father was a politically radical attorney, often representing Communists and Socialists. Al remembers some of those clients as in "pretty bad shape. Sometimes Dad gave them money with no prospect of getting any fee."

Al's career at Hampden Park Co-op began in 1973 when he joined St. Anthony Park Co-op (SAP) on Cleveland and Buford, across from the farm campus. He became involved with the store when everyone was a volunteer. He went to meetings and began as a produce coordinator, buying from the St. Paul Farmers' Market and DeLisi's, then from a produce distributor in downtown St. Paul.

When SAP incorporated as a nonprofit in 1974, Al Uhl was one of the five organizing directors, working with Helen DuFault and Judy Rosenblatt, as well as two others who have since moved away. Despite financial problems, SAP began to be profitable in the late 1970s while still being run entirely by volunteers.

When Green Grass Grocery (a co-op located where HPC is today) was damaged by fire in 1978 and forced to close, Al was asked to help the store reorganize and reopen. Ultimately he proposed that SAP buy Green Grass for its debts, and SAP Too was formed.

Al calls himself a "political animal." He helped elect the first Democrat from the House district that includes St. Anthony Park in 1968, and he ran for Congress in 1976 as an

Independent, "mostly out of pique with the Democrats, but also with personal desire I suppose," he says. "The old political order needed and still needs changes, and, while the co-op movement isn't the whole answer, it is a piece of it."

On another day, I sat down to talk again with Al and his wife, Nancy Adair, who live in an eclectic and stylishly decorated condominium with views of downtown rooftops and (if you look very closely) the river. Over bowls of delicious white bean soup, Al said, "We eat well because of the co-op. We do most of our shopping at the co-op."

Al reflected that he has lived in 14 different houses in St. Anthony Park. When he and Nancy first married, she found it hard to fit in. Al said, "You are considered a newcomer unless you've been around for a generation or two. But the co-op welcomed Nancy."

"The co-op is a wonderful place to buy good food at a reasonable price, but almost as important is its role in building community and developing a relationship between co-op members and the larger community. Our support as customers is vital to the co-op—it's not just a business, it's a community asset, a model for a different way of doing business."

*[Rachel Fang is a long-time co-op member, a graduate student at the University of Minnesota, and enjoys interviewing almost anybody about their lives and experiences.]*

**(Daylilies for Dinner continued from page 1)**

Daylily foliage is easy to confuse with iris foliage if there are no flowers on the plant. And while daylily tubers are edible, iris tubers are poisonous.

If you're planning to dig for tubers in the spring, before the plant flowers, only do so with plants you've seen flowering in previous years and are sure of their identity. Remember, never eat a plant if there is any doubt of its identity.

**Look both ways before eating**

In addition to identifying the plant correctly, take a minute to look at its surroundings. Anything in the air, water, or soil will end up in the plant as well, so a healthful location is important for gathering healthful food.

Naturalized daylilies are often found in large swaths along roadsides, but major roads are not a good harvest location due to vehicle fumes, road dirt and oil, and de-icing salts. Pesticides and fertilizers are another concern—if you're eating daylilies from elsewhere than your own yard or garden, first find out if they've been sprayed.

As with any new food, it's a good idea to try small amounts at first to make sure it agrees with you. Some people report that raw daylily flowers mildly irritate their throat, though I've never experienced this personally. Daylilies can have a laxative effect in large quantities, but the amounts used in most recipes aren't likely to cause this.

**Gathering the harvest**

Daylilies get their name because the flowers only bloom for a single day before fading. If you're going to cook or dry daylilies, you can pick them at the end of the day when they're done flowering, or even the next day.

For fresh use, the flowers are best picked in the morning. If you prefer buds, harvest when they are about halfway open.

Remove all the parts inside the flower or bud (i.e., pistils and stamens) and rinse to remove dirt and bugs. Cut off the green bases unless you want to leave the flower intact, such as for stuffing. If you're storing them to cook later in the day, shake off the excess water and store them in a container or plastic bag in the fridge.

Daylilies can be dried easily on wire racks at room temperature (or in a dehydrator or the oven, if you're familiar with those methods) and then stored in a cool cupboard. Dried daylilies are called golden needles in Chinese cooking and are an integral ingredient for hot and sour soup.

The one-day-only flowering means that you can harvest buds and blossoms freely without robbing the garden of more than a day's beauty. Daylilies reproduce mainly by spreading tubers, not by seed; so you aren't depriving them of reproduction either.

Rather than wait to deadhead your daylilies later in the season, why not pick them right as they're finishing flowering and make a meal of it? Your neighbors will probably let you pick their daylilies, too, at the end of the day.

Tubers should only be harvested from very large, well-established colonies to ensure that the daylilies will be there year after year. I haven't been able to find any reliable information about eating daylily foliage, so please stick with the flowers and the tubers. Just because one part of a plant is edible doesn't mean that the entire plant is edible.

**Thoughts for preparing daylilies:**

✦ Garnish green or other salads with the brilliant colors and flavors of raw daylily petals or buds, or with the sweet crunch of peeled and thinly sliced raw tubers.

✦ Simmer buds in lightly salted water for fifteen minutes, then serve as you would cooked zucchini.

✦ Stuff daylily flowers for any part of the meal—basil or cilantro pesto makes a great appetizer or side dish; chicken salad or other savories turn them into a main dish. For stunning desserts, fill them with fresh fruit, raspberries and cream, ice cream, or orange or lemon sorbet.

✦ Chop up day-old or dried daylilies for soups or stews. They add a chewy texture and help thicken the broth.

✦ Add daylily buds to stir-fries. You can also use fresh or dried daylilies; just rehydrate dried daylilies in hot water for ten minutes first.

✦ Make pickled daylily buds, using any recipe for pickled zucchini.

**Further reading and eating:**

Much of the information in this article is from local author Teresa Marrone's book, *Abundantly Wild*. If you're looking to learn more about gathering and cooking wild foods in this region, whether in your neighborhood or off in the forest, her book is by far the best I've found.

[Daniel Nidzgorski is an avid cyclist and hiker who loves discovering new foods. He's also pursuing a Ph.D. in urban ecology at the U of M.]



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**(Daylilies cont. from page 4)****Batter-Fried Blossoms**

Serve these as an appetizer or as an unusual side dish. The amount of batter given here will coat about six blossoms; make more as you need it. (from *Abundantly Wild*, by Teresa Marrone)

peanut oil for frying  
 ¾ cup beer or club soda  
 2/3 cup all-purpose flour  
 1/8 teaspoon salt  
 a few grindings of black pepper  
 fresh daylily blossoms,  
 green bases removed

In a deep skillet or large saucepan, begin heating one inch of oil over medium-high heat; it will need to be at 375° F for frying.

While oil is heating, whisk together beer, flour, salt, and pepper in large mixing bowl. When oil reaches 375° F, dip flowers, one at a time, in batter, turning to coat; allow excess to drip back into bowl.

Add battered flowers to hot oil, two or three at a time. Cook until golden brown on all sides, turning carefully as needed. Drain on paper towel-lined plate.

Serve hot, sprinkled with a little garlic or herb salt if desired.

**Ginger-Almond Daylily Buds**

Spicy ginger and bittersweet almonds are nice counterparts for daylily buds in this stir-fry side dish. Makes four servings. (from *Lowder Farm & Nursery*, <<http://chieflandnurseryfarms.com/DayRecipes.html>>)

2 cups daylily buds  
 1 tablespoon peanut oil  
 1/3 cup almond slivers  
 1 teaspoon freshly grated ginger  
 1 tablespoon rice wine vinegar  
 1 tablespoon tamari or soy sauce  
 1 tablespoon water

Steam daylily buds for 10-15 minutes, until tender.

While buds are steaming, in a wok or heavy skillet, heat the oil over a high heat until very hot. Add the almond slivers, sauté until browned. Quickly remove the almonds from the pan; set aside.

Turn heat down to medium. Add grated ginger and cook one to two minutes. Add vinegar, tamari, and water. Stir to mix.

Toss in daylily buds. Serve over hot rice, topped with sautéed almonds.

**Frittatas with Daylily Flowers**

A frittata is an Italian-style flat (not rolled) omelet. This one is great for a nice brunch; serve with fresh fruit and muffins or tea bread. (from *Abundantly Wild*, by Teresa Marrone)

1 medium zucchini, halved  
 lengthwise and sliced  
 1/8 inch thick  
 half of a red bell pepper, diced  
 half of a medium onion, cut in half  
 across the equator and then  
 into thin strips  
 1 tablespoon olive oil  
 1 garlic clove, finely chopped  
 6 eggs (or 1½ cups liquid egg  
 substitute)  
 ¼ cup whole milk or light cream  
 (any unflavored nondairy milk  
 works fine here, too)  
 1 teaspoon chopped fresh oregano,  
 or ½ teaspoon dried oregano  
 ½ teaspoon salt  
 a few grindings of black pepper  
 6 day lily flowers, green bases  
 removed  
 ¼ cup crumbled feta cheese  
 (optional)

Heat oven to 450° F. In large ovenproof skillet, sauté zucchini, bell pepper, and onion in oil over medium heat, stirring frequently, until vegetables are just tender. Add garlic and cook for about a minute longer.

While garlic is cooking, combine eggs, milk, oregano, salt, and pepper in mixing bowl; beat well with whisk. Pour egg mixture into skillet; stir to allow egg to flow around and under vegetables.

Arrange daylily flowers in an attractive pattern on top. Cook without stirring for about three minutes; the top should still be moist, but the bottom should be well set.

Sprinkle feta cheese evenly over the top. Place skillet in oven; cook until eggs are set and top is puffed and bubbly, 5 to 10 minutes.

Remove from oven; cool slightly before cutting into wedges to serve.

Holly House

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## Grazing Through the Dairy Cases

"If you're afraid of butter, use cream." – Julia Child

—by Anne Holzman

Taking my invitation from all that talk about eating from animals that graze, I've done a little grazing of my own in recent weeks, through the HPC dairy fridges.

### Sour cream, the real deal

It started with sour cream. For years, I've been substituting whole-milk yogurt for sour cream in guacamole, on baked potatoes, in salad dressings, and never really minded, not caring in the first place for the sticky gelatin that passes for sour cream in most of those little tubs.

But while I was looking for miso, I noticed a little green-and-white sour cream tub on the shelf below, with an Amish horse and buggy and the Farmers Creamery logo in old-fashioned type. I spun it around to find the contents: milk, cream, and cultures. That's it. No locust-bean gum, no carrageenan (what ARE those two things that have invaded conventional dairy cases?).

Not only that, but it came from Kalona, Iowa, a mainly Amish community where I once spent a happy morning poking around the unbelievably tiny town (I'm talking about the real Kalona here, not the historic village for tourists) while the only car-repair operation in town looked for the source of a nasty humming sound under our hood.

According to the *Des Moines Register*, a consultant named Bill Evans became interested in the Amish Farms around Kalona and formed Kalona Organics in 2005 to market their products.

I brought the sour cream home and soon found myself looking for excuses to eat it. It's great on potatoes and in dressing, of course. But it's even better in a bowl of bean soup, resembling the *crema* that differentiated breakfast from lunch and supper on a plate of black beans and rice when I lived in Nicaragua. If there's not time to run to Mercado Central for

the real *crema*, this is a pretty good substitute to top tostadas and tacos, too.

According to the Web site <[www.differencebetween.net](http://www.differencebetween.net)>, sour cream is not as nutritious as yogurt and has a higher fat content. I bought some more anyway.

### Best in whipping cream

Also in the high-fat-for-low-nutrition category is the co-op's Blackstar Dairy heavy whipping cream. When my husband opened the fridge, he said, "Wow, I've looked all over for whipping cream without all that other stuff in it."

Blackstar's Sue Cloose wrote in April, "The cows will be going to pasture soon, so there will be a slightly noticeable color change in the cream. It will be more yellow due to the higher levels of natural vitamin A from the fresh grass."

Blackstar is in northern Minnesota, so she's celebrating the extra-long season this year. "We normally don't have good grass from the middle of September to late May," Cloose wrote. "This early spring is wonderful!"

During winter, Blackstar's cows get "a grain/mineral ration which is balanced as the grass quality changes throughout the summer," Cloose explained. "We test the pasture grass, as well as the hay, approximately once a month to keep the diet balanced."

HPC also began carrying Blackstar's milk in summer 2009. Cloose said there's more innovation in their dairy than just the cows' diet. Like the long-established HPC source Cedar Summit, Blackstar sells non-homogenized milk. In addition, Cloose said, "We use low temperature pasteurization and cold separation. Low temp pasteurization does not denature the milk molecules, making it more easily digestible and leaving the calcium more available to the body."



Cold separation is also the reason Blackstar can make whipping cream without stabilizers, she said. "A full pint of our whipping cream can typically be whipped in less than one minute."

### Adventures with yogurt

It turns out not all yogurt is lower in fat than sour cream, or not by much. For the past year I've been enjoying Cultural Revolution plain yogurt, also brought to us by Kalona Organics. Its fat content is around five percent, compared with about four percent—the same as whole milk—in Stonyfield's plain yogurt.

But yogurt still has a better bacterial boost than sour cream, and sometimes I want it just for that. My children will drink large quantities of the right kefir, of which the co-op has several choices; Lifeway Kefir's raspberry flavor seems to cover up kefir's rather strong sour flavors best.

We've been tasting some yogurts lately. My four-year-old daughter and I split a 6-ounce cup of Liberté Méditerranée in their mild, tangy lemon flavor, so thick that it's more like ricotta cheese than yogurt. It's a pricey import from Canada, but half the cup made a satisfying treat.

And if I needed to avoid dairy but wanted the biotics, I'd happily go with the strawberry Silk Live soy yogurt, comparatively inexpensive and very smooth and tasty. The co-op carries several flavors.

Some people take to goat's milk products, either because they can't digest cow's milk or because, like much of the world, they're more accustomed to that flavor. The Redwood Hill Farm brand, from

(continued on page 7)

**(Dairy cont. from page 6)**

California, has a mild goat flavor and a wonderfully rich, creamy texture. The flavor was easily disguised in a sweet fruit smoothy, but I happen to like the goat flavor swirled through bean soup, and it would be a perfect topper for Middle Eastern dishes of all sorts.

Liberté has a goat yogurt too, which is labeled “goat fresh cheese” but packaged and shelved like yogurt. My daughter and I tried the strawberry flavor, which does taste like goat cheese and again has a smooth, rich texture and is only slightly sweet. It seems that for this child, fat is at least as attractive as sugar and probably better for her developing nervous system.

The “goat fresh cheese” contains inulin, a soluble fiber that my family doctor has recommended we include in our diets. Inulin has disappeared from Stonyfield’s labels, so it’s one additive I’m glad to find as I browse.

**Save the best for last**

Finally, it wouldn’t be a dairy section without ice cream. Cedar Summit is a favorite splurge, and I recently noticed a few pints of St. Paul’s own Izzy’s. Having that right in the neighborhood could be dangerous to both wallet and waistline!

*[Freelance writer Anne Holzman recently reached the age at which gaining weight becomes far easier than losing it.]*

Park Midway

**Rain Barrels: Free Water for Your Plants!**

—by Claire Bleser

The U. S. Environmental Protection Agency estimates that lawn and garden water use totals 40% of household water use during the summer. This means that 40% of our treated drinking water goes to our lawns and gardens! There is an alternative to using treated water: using natural rainfall.

Rain water does not contain chlorine, lime, or calcium, making it ideal for your garden, flower pots, and even washing your windows. One way to collect rain water is via rain barrels. Rain barrels collect and store rain water that falls onto the roof of your garage or your home and runs down your downspout.

During dry spells, you can use the stored water to water your lawn and garden even if a watering ban is in place. Rain barrels are a free alternative to using treated tap water.

In addition, rain barrels reduce erosion and increase water quality by preventing water from running off into the storm water system, thus reducing the amount of storm water pollution of nearby lakes and creeks. Rain barrels are most effective if you have gutters and downspouts, as you will be able to capture the most rain water.

An average storm event will yield one-fourth inch of rain. In the Twin Cities, we typically get five to six storms a year where we get one inch of deluge. To see how much

rain you can collect from a one-inch rainfall, multiply the square footage of your roof that drains into each individual downspout by 0.6 gallon. This calculation will determine how much water you can capture during a heavy storm. Tip: If your barrel can’t capture all the water that falls onto your roof, try attaching it to a second barrel.

Rain barrels can be found at any garden store. You can also make one yourself with a heavy duty trash can; simply do a Web search with the words “build a rain barrel from a trash can.” Don’t like the color of your rain barrel? Paint it up! Hardware stores have outdoor paint that can easily be used on rain barrels. You can match it to the color of your house or paint an artistic scene.

*[Claire Bleser is the Education and Outreach Coordinator for the Nine Mile Creek Watershed District. She enjoys gardening, cooking, and enjoying family time outdoors with her husband and 16-month-old daughter.]*

**Congratulations to our General Manager Matt Hass and his partner Melissa Williams on the birth of a baby boy. Shannon Matthew was born on May 15, weighing 8 pounds and standing 21 inches tall.**



