

# Cedar Circle Farm

## 2014 CLASSES AND EVENTS

225 Pavillion Rd.  
East Thetford, VT 05043  
802.785.4737  
cedarcirclefarm.org

We grow certified organic vegetables and berries, annual and perennial flowers, and offer farm-based educational opportunities for families and groups in East Thetford, Vermont. Stop by the farmstand and Hello Cafe to see our working farm in action. Visit us online to learn more about our seasonal pick-your-own berries, flowers, and pumpkins as well as gardening and cooking classes, guided farm tours, festivals, and tastings.

### FARM EVENTS

#### *APRIL 26, SATURDAY—NOVEMBER 3, SUNDAY*

##### **Farmstand and Hello Cafe open for the season**

Farmstand hours: Monday-Saturday 10am-6pm, Sunday 10am-5pm  
(Saturdays and Sundays 10am-3pm in November and December)  
Hello Cafe hours: open daily 8am-5pm

#### *JUNE 15, SUNDAY 10AM—12PM*

##### **Father's Day Organic Berry Brunch**

Take this opportunity to treat Dad to the spectacular brunch he deserves! Featuring strawberries, farm-made pancakes, Hogwash Farm sausage, farm-fresh eggs, coffee, tea, smoothies and more. Enjoy free wagon rides to and from the pick-your-own berry patch. Live music. Average breakfast price \$12.

#### *JUNE 29, SUNDAY 10AM—3PM*

##### **12th Annual Strawberry Festival**

Lots of family fun and activities! Children's crafts and games, theatrical performances, live music, horse-drawn wagon rides, educational activities and displays, self-guided farm tour, strawberry picking, homemade strawberry shortcake, grilled local sausages, fresh salads, organic local ice cream, and more! Fun for the whole family, rain or shine. \$10 per car (carpooling strongly encouraged). Come by bicycle or on foot and get in free! Help us to reduce waste, bring your own plate, cup, and silverware.

#### *AUGUST 23, SATURDAY 2PM—4PM*

##### **Tomato Tasting**

Join us for a casual afternoon of celebration, local music, and art during which we honor the heirloom tomato in all its diversity, beauty, and taste. All our heirlooms for sampling, plus delicious appetizers prepared by our kitchen and a special market of farm-made tomato products and preserves. Held under a tent in case of rain, in our fields along the banks of the beautiful Connecticut River. \$25 per person. Preregistration is required.

#### *OCTOBER 12, SUNDAY 10AM—3PM*

##### **12th Annual Pumpkin Festival**

Lots of family fun and activities! Children's crafts and games, theatrical performances, live music, horse-drawn wagon rides, educational activities and displays, self-guided farm tour, pumpkin picking, homemade butternut apple crisp, pumpkin brownies, grilled local sausages, fresh salads, organic local ice cream, and more! Rain or shine. \$10 per car (carpooling strongly encouraged.) Come by bicycle or on foot and get in free! Help us to reduce waste, bring your own plate, cup, and silverware.

**Please visit [cedarcirclefarm.org](http://cedarcirclefarm.org) for more details**

### GARDENING CLASSES

- April 26, Saturday: Earth! Soil Testing and Preparation
- May 10, Saturday: Create! Hanging Baskets and Mixed Containers
- May 17, Saturday: This Rots! Demystifying Compost
- May 24, Saturday: Great Gardens! Types of Gardens and Their Plants
- May 31, Saturday: Plant! Beginning Gardener Class
- June 7, Saturday: Success! Succession Gardening
- July 12, Saturday: Buzz! Garden Guests and Pests
- September 13, Saturday: This Rots! Demystifying Compost

Unless otherwise indicated, all gardening classes are led by our Education Coordinator, Cat Buxton.

**Gardening classes are \$20/person.**

#### *APRIL 26, SATURDAY 10:30AM—12PM*

##### **Earth! Soil Testing and Preparation**

It all begins with soil. We'll help you determine how best to proceed in preparing your garden soil to grow a diverse and healthy organic home garden. This class will suit those just starting out or those who are working to improve their soil. We'll provide you with a test kit, help you prepare for a soil test, and help you understand your lab report. All participants should bring a quart jar, half-full of your garden's soil.

#### *MAY 10, SATURDAY 10:30AM—12:30PM*

##### **Create! Hanging Baskets and Mixed Containers**

with Megan Baxter, Production Mgr. and Michelle Shane, Greenhouse Mgr. Our expert staff takes pride in their beautiful arrangements. Learn what goes into making hanging baskets and mixed containers. We'll help you to select plant varieties, find the appropriate container, and figure out the perfect place to display your creation at home. You'll receive recipe cards for making specific containers, and expert guidance from Megan and Michelle.

#### *MAY 17, SATURDAY 10:30AM—12:30PM and SEPTEMBER 13, SATURDAY 10:30AM—12:30PM*

##### **This Rots! Demystifying Compost**

with Cat Buxton and Nic Cook, Cedar Circle Farm's Compost Specialist. Reduce your trash size and smell, feed the soil and save money by composting. Learn to integrate a compost system into your home kitchen and garden without a lot of fuss. Learn about the spectrum of possible and practical compost pile ingredients and compost bins, the role of compost in soil management, and the conflicting lists of compost dos and don'ts. Cat's enthusiastic and simple approach to composting will surely activate your interest and demystify the process. Includes a tour of our compost system.

## GARDENING CLASSES *continued*

**MAY 24, SATURDAY 10:30AM–12PM**

### **Great Gardens! Types of Gardens and Their Plants**

with Megan Baxter, Production Mgr. & Michelle Shane, Greenhouse Mgr. Megan and Michelle will share tips for how to plan your garden and keep it looking its best. Whether you'd like to grow herbs, edible flowers, cut flowers, or vegetables, this class will get you headed in the right direction. Get tips for direct seeding and harvesting vegetables, and what to look for when planting a flower bed including height, growth habits, attracting pollinators, watering, and sun or shade requirements. Stay after for one-on-one recommendations from our expert staff.

**MAY 31, SATURDAY 10:30AM–12PM**

### **Plant! Beginning Gardeners Class**

This class will suit beginning gardeners who have a garden and are ready to plant, but are unsure how to proceed, are looking for new ideas, or are looking for a boost of confidence or inspiration. You'll learn the basic steps to coax seeds and seedlings into becoming healthy productive plants and some tools and tricks to help nurture them through our often dicey New England growing conditions. Topics include: choosing varieties, seeding and transplanting tips, thinning, frost and sun protection, crop rotation, companion planting, foliar feeding and top dressing.

**JUNE 7, SATURDAY 10:30AM–12PM**

**Success! Succession Gardening—Making the Most of Your Veggie Plot**  
This class is suitable for intermediate gardeners who'd like to learn how to maximize the yield from their vegetable gardens, year after year. Topics include: choosing varieties, thinning, pruning tips, frost protection, crop rotation, companion planting, and timing succession plantings.

**JULY 12, SATURDAY 10:30AM–12PM**

### **Bloom n Buzz! Weeds and Insect Guests and Pests**

Learn to identify weeds and bugs and find out which are harmful and which are beneficial. We'll show ways to keep pests in check, and tricks for keeping your gardens looking lush and full throughout the season without harmful chemical fertilizers or pesticides.

Topics include: common garden pests and organic controls, beneficial insects and companion plants, responsible Integrated Pest Management, feeding and forcing blooms, edible weeds.

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## COOKING CLASSES *and other events in our kitchen*

**May 18, Sunday:** Wild Foods Cooking & Gathering

**June 7, Saturday:** Salt Brining the Spring Garden

**July 12, Saturday:** Puddings, Tapiocas, and Fine Custards

**July 12, Saturday:** Second Annual Shell-Off!

**July 26, Saturday:** Community Cannery Day

**September 6, Saturday:** Community Cannery Day

**Oct 25, Saturday:** Fantastic Fall Fermentation

Unless otherwise indicated, all cooking classes are led by our Kitchen Staff.

**Cooking classes are \$45/person unless otherwise indicated.**

**MAY 18, SUNDAY 11AM–3PM**

### **Wild Foods Cooking & Gathering**

Cooking with wild foods enriches our appreciation for eating seasonally. Join Alison and local wild foods expert Mark Kutolowski for an introduction to Vermont's wild edibles and a harvest walk of the farm, followed by a hands-on lesson in cooking with wild foods. Bring layered, comfortable clothing (for both indoors and outdoors) and a change of shoes. Optional but recommended are a notebook and/or camera for documenting the walk, a basket or container for collecting, and your own cutting board, knife, and apron for the cooking portion of the class. Only 12 seats available. Pre-registration required. A light lunch will be provided.

**JUNE 7, SATURDAY 11AM–2PM**

### **Salt Brining the Spring Garden**

As the first harvest starts rolling in from your garden or CSA box, capture the snap and crunch of spring with salt-brine fermentation! Salt brining, or vinegar-free pickling, is an excellent way to preserve crisp spring veggies and get the most out of your early CSA boxes. We'll show you how to salt brine everything spring, from chard stems to green garlic to those first crunchy peas. You will learn about the benefits of fermentation, time and temperature requirements, safety and troubleshooting, plus go home with recipes and instructions for setting up a fermentation workshop at home (no special equipment required). Only 12 seats available. Pre-registration required. A light lunch will be provided.

**JULY 12, SATURDAY 11AM–2PM**

### **Puddings, Tapiocas, and Fine Custards**

Come discover the secrets of rich, satisfying, from-scratch puddings and custards. Join Alison and guest chef Kate Zuckerman, former pastry chef of New York's acclaimed Chanterelle Restaurant, to prepare these timeless desserts using traditional methods and health-supportive ingredients

including organic cream, eggs, and maple syrup. From the simple to the artful, quick stove-top puddings to slow-baked custards and crèmes in the traditional French style, we'll demystify the technique involved and show you how to make the most of these fine favorites. Only 12 seats available. Pre-registration required. A light lunch will be provided. **\$60 per person**

**JULY 12, SATURDAY 11AM–2PM**

### **Second Annual Shell-Off**

Bring your nimble fingers and friends for an afternoon of shelling peas under the shade of our maple tree, and be treated to a delicious lunch made by our dedicated kitchen crew. A spin-off of our cannery days, the shell-off is a great way to catch up with old friends and enjoy a breezy summer day at the farm, while helping to make more organic food available to your neighbors and friends (all the peas we shell are frozen and sold during the winter months when fresh produce is scarce). Note: Depending on our harvest, the date of this event might change. Only 12 seats available. Pre-registration required. A light lunch will be provided. This event is **FREE**.

**OCTOBER 25, SATURDAY 11AM–2PM**

### **Fantastic Fall Fermentation**

Fermentation is a time-honored method of preserving the harvest and boosting the nutrition of the foods we eat. Learn the basics of home fermentation, from simple how-tos to what to do when things go awry. We will discuss fermentation and health, the difference between lacto and other, similar cultures (kefir, kombucha) and get you started on your first ferments! We will also prepare simple dishes using fermented foods and discuss how to incorporate these foods into everyday eating. Bring clean, pint (or quart) sized mason jars with lids for taking your krauts home. Only 12 seats available. Pre-registration required.

**JULY 26, SATURDAY 11AM–3PM**

**SEPTEMBER 6, SATURDAY 11AM–3PM**

### **Community Cannery Days**

In the aftermath of World War II, community canneries opened across America to reinvigorate small towns through cooperative food preservation. Today they are a convivial, cost-effective way to share and preserve the season's harvest. Come solo or come with a group to Cedar Circle's cannery days – now in their third season! Work alongside kitchen staff to can the day's crop and go home with your share of the product – you bring elbow grease, we provide the rest. A light snack is provided. Cannery days are **FREE** and open to the public, but spaces do go fast. Note: Depending on our harvest, the date of this event might change. No experience required. Only 12 seats available. Pre-registration required. **FREE**