



Cedar
Circle
Farm

Crops to Tabletops

Summer 2005



Farmstand & Education Center
CERTIFIED ORGANIC

Open for the Season!

After selling Easter flowers March 24–26, the Cedar Circle Farm farmstand and greenhouses opened for the season on April 30. Our greenhouses are once again filled with a wide variety of bedding plants, annuals, perennials, and hanging baskets, and the farmstand has an expanded line of products. The staff worked hard over the winter to research and purchase new items for the farmstand.

MAY–AUGUST
Monday–Saturday
10 AM–6 PM
Sundays, 10 AM–5 PM
SEPTEMBER–OCTOBER
Closed Sundays

In addition to organic fruits and vegetables, we now carry a broader selection of gifts, books, gardening supplies, and local products, such as Strafford Organic Creamery dairy products, Woodstock Water Buffalo yogurt, Cobb Hill cheese, and much more. Our knowledgeable staff is always happy to answer your questions about gardening, cooking, and eating local and organic produce.



E. Ferry

Don't Miss the 3rd Annual Strawberry Festival, Sunday, June 26!

Early summer is the time for luscious strawberries. We expect ours to be ready around the middle of June, usually about the time school gets out. Since we became certified organic last year, demand for our strawberries has been steadily increasing. We anticipate having plenty of berries this year after planting an additional acre-and-a-half

in strawberries. Remember, the fields open for u-pick at 7:30 AM, and picked-for-you berries are readily available in the farmstand. Watch the newspaper for a notice of when the strawberries are in and call for availability before picking.

Our annual Strawberry Festival takes place Sunday, June 26 from 10–5. We'll have our usual array of fun activities for the entire family. Enjoy lively bluegrass

folk music by Kevin Scanlon & Friends, kids' activities, horse-drawn wagon rides to the strawberry patch, draft horse demonstrations, and farm tours. Satisfy your appetite with our yummy strawberry shortcake, organic ice cream from Strafford Organic Creamery, locally-produced grilled sausage, and our own wonderful salad. This year, we have some new and special treats. Ellen Ecker Ogden of Manchester Center, Vermont,

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A New Addition to the Farmstand— Garden Pottery, Coffee & Baked Goods!

We are excited to announce a new addition to the farmstand. The space is connected to the barn and will be used for displaying flowers and pottery. In addition, we will serve coffee, cappuccino, and espresso, herbal teas, and pastries made here on the farm. Some of you may have tried the cookies that we have been selling in the farmstand—they are made by Stacy Burnette, who started working for us this season. Stacy is an excellent baker whose talents will be put to good use in the new space. We will serve Café Mam distributed by Royal Blue Organics, a 100% organic and fair trade certified



Our baker, Stacy Burnette

coffee, which will also be offered for sale by the pound.

On another interesting note, we built this addition using as much recycled wood as possible. Some of the beams and siding are from old barns that Thetford resident Dave Firm has collected and sold to us. The beams are over 200 years old! We think it's beautiful

and is in keeping with our sustainability goals. In the fall, we plan to install solar panels on the roof of this area. We plan to run the solar energy right back into the electricity grid to offset some of the power needed to run the greenhouses and coolers. It's all a work in progress!

Strawberry Festival

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author of *Cooking from Your Garden*, will give a demonstration on preparing some wonderful summer salads. In addition, we are looking forward to a fun, farm-oriented puppet show by our friends from West Fairlee, Vermont, and Worcester, Massachusetts.

So bring the kids, the grandparents, and friends. It's a special day and we hope you can join us!



See you at the Farmers' Markets!

Cedar Circle Farm is proud to once again participate in the Norwich and Lebanon Farmers' Markets. We encourage you to support local producers and these fine farmers' markets.

NORWICH FARMERS' MARKET:

**Saturdays, 9 AM to 1 PM
May 7-October 29**

LEBANON FARMERS' MARKET:

**Thursdays, 4-7 PM
June 2- September 29**

Look What's "Coming up" at the Education Center

The Cedar Circle Farm Education Center works to train new and aspiring farmers, to raise public awareness about the benefits of local organic agriculture, and to increase access to quality organic produce to low-income people. This is our fourth year of educational activities at Cedar Circle and we are pleased to

announce that in October of 2004, Christina Roth shifted from our field crew to replace Norm Staunton as Education Program Coordinator. Christina works with farm staff and management to design and coordinate the farm's educational programs.

During the summer and fall, the CCF Education Center offers a variety of events



Christina Roth, Education Program Coordinator

ranging from draft horse demonstrations to cooking classes. Most of the center's programs are open to the public. A schedule of events follows on page 3. An events calendar is available at the farmstand and online at www.CedarCircleFarm.org. Please call Christina at the farm at 802-785-4737 for more information.



“Duke & Katie”—A Working Team

We encourage you to stop by the farm and meet the newest additions to our staff: Duke and Katie, a team of bay Belgian-Percheron cross draft horses. We purchased Duke and Katie with the help of Earl Silloway, owner of Grandpa’s Rides in Strafford. Earl has given wagon rides and demonstrations at our annual festivals.

Not so long ago, many considered the use of draft animals on the farm to be obsolete. Draft-powered agriculture is now experiencing a revival as many farmers realize that the act of farming is not enough; it is important to look at *how* we farm. Using draft animals is a more sustainable way of farming that is making a comeback.

There are many reasons for using draft animals, but we first started considering it when Earl brought a team of horses

to our Pumpkin Festival last October. It rained a lot the week before the festival, which made us nervous as we had cover crops to plant. Normally, when a tractor drives across soil, the tires compact it



just below tillage depth, about seven to ten inches down, which restricts water and root penetration for plants. When it rains, a tractor compacts the soil even more. But Earl’s horses could do the job! When horses or mules walk across the soil surface, the many points of contact made by their hooves work to open up the ground, naturally aerating the soil instead of compacting it.

Watching the animals work that day, we decided to integrate horses into our system. We’re not going to get rid of our tractors, but we believe that it is important to also use alternative sources of power for our field cultivation. Duke and Katie have a lot of field work to do this season, but they are also available to give customers wagon rides for tours around the farm, and to and from the u-pick strawberry and pumpkin patches.

Duke and Katie are another step in our attempts to create a sustainable farm, protecting the resources for future generations.

July–August

Summer Camp Field Days

Tues, Wed, or Thurs

Farm tours, hayrides, and educational activities customized to meet the curriculum needs of your camp group. \$5 per person, please call to schedule.

July 3

Farm Policy Action Day: Drop-In Activism

Sunday, 10–5

Rick Roth of Amnesty International, and other farm activists, provide information about farm and food policy throughout the day. Come support the sustainable agriculture movement, talk with our guests, and learn what you can do to help.

July 16

“Farming as a Team”: Draft Horse Demonstration

Saturday, 2–4

Amelia Gardner, Christina Roth, and Melissa Gray demonstrate how Cedar Circle’s draft horses are used in our day-to-day farming operations.

SEPTEMBER–OCTOBER

Fall Farm Tours

Tues, Wed, or Thurs

Farm tours, hayrides, pumpkin picking, and educational activities customized to meet the curriculum needs of your Pre-K through 12 classrooms, scout group, or youth program. \$5 per person, please call to schedule.



September 13

Cooking Fresh from the Garden Hands-On Class: Grilling, Roasting & Sautéing Fresh Vegetables

Tuesday, 5–8

Enjoy the bounty of the harvest by joining local Chef-owner Jim Peyton, of Peyton Place Restaurant, in Orford, NH, for a hands-on workshop in grilling, roasting, and sautéing fresh vegetables. \$45 per person, please call to register.

September 27

Cooking Fresh from the Garden Hands-On Class: Putting up Soups, Sauces & Pestos for Winter

Tuesday, 5–8

Chef-owner Jim Peyton returns to give a hands-on class in putting up sauces, soups, and pestos. \$45 per person, please call to register.

Dinner in the Field: A "Slow Food" Benefit Event— August 20

This summer we are trying a new and exciting event—Dinner in the Field. Please join us for a casual dinner from 5:30–8:30 PM at a beautiful picnic spot along the banks of the Connecticut River. Enjoy the bounty of the local harvest and delectable locally-produced farmstead cheeses, while learning about the international Slow Food movement. The meal includes an heirloom tomato tasting, fire-roasted corn, a delightful salad, new potatoes, and locally-



Slow Food

raised meats. Our featured speaker, Jeff Roberts from Montpelier, Vermont, is the founder of the Slow Food Vermont and

is on the board of directors for Slow Food USA. Learn about its mission to preserve and celebrate regional foods from around the world, and share in Jeff's extensive knowledge of farmstead cheeses.

Slow Food was founded in Italy in 1986 by Carlo Petrini to show people that they have choices over fast food and ultra-processed foods found in supermarkets. The organization is now active in 50 countries with a worldwide membership of over 80,000. Slow Food USA believes that by reviving the pleasures of the table, and using our taste buds as our guides, we can work to save our food heritage.

Cedar Circle Farm is pleased to support and be a part of the Slow Food movement. We strive to be a resource to the community by providing tasty,



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CERTIFIED ORGANIC
225 Pavillion Road
East Thetford, Vermont 05043



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wholesome, fresh food, and by organizing events, such as our festivals and this dinner, that provide opportunities for local people to enjoy this bounty... slowly.

CSA—A Community Partnership with the Farm

Last year we offered our first Community Supported Agriculture (CSA) program. Twenty-three members picked up a wonderful basket of produce once a week for twenty weeks.

We now have 60 CSA members, 17 of whom purchased small shares (new this year with pickup every other week). Members also enjoy a 10% discount on all farmstand purchases. The first pickup took place June 7 and the program will continue through October 18.

Anticipating Berries

Strawberries: Mid-June until the first or second week in July.

Blueberries: Mid-July through August, even into September depending on the weather and the vigor of the plants this year.

Raspberries: New this year! Look for them around late July.



Mark your Calendars! 3rd Annual Pumpkin Festival, October 9, 10–5

Much like the strawberry festival but everything pumpkin!

