



Cedar  
Circle  
Farm

# Crops to Tabletops

Summer/Fall 2007



Farmstand & Education Center  
CERTIFIED ORGANIC  
VEGGIES & BERRIES

## Farmers Active in Anti-War Efforts

As we learn more and more about the war and its terrible effects on the people of Iraq and the United States, we increasingly look for ways to do something about it. This war has had a particularly devastating effect on rural America. Of the men and women killed or wounded, a much higher percentage have come from rural communities. Vermont, in fact, has the highest death rate in proportion to population, in the country. The increasing cost of fuel has also affected farmers profoundly. In addition, there have been numerous USDA programs passed during the last couple of rounds of farm bills which are dramatically underfunded. "Billions in taxpayer money have been diverted to the war effort, and that results in a critical shortage for

**OPEN THROUGH  
OCTOBER 28**  
FARMSTAND  
Tuesday-Saturday  
10 AM-6 PM  
Sundays  
10 AM-5 PM  
HELLO CAFÉ  
*Bring your laptop!*  
Tuesday-Sunday  
8 AM-5 PM  
Closed Mondays

important sustainable ag programs such as the Conservation Security Program, the Sustainable Ag Research Program, and many others," states Will Allen, CCF co-manager.

Two years ago, a group of farmers started an organization called Farms Not Arms. CCF managers Will Allen and Kate Duesterberg serve as co-chairs of this national organization. Others include Michael O'Gorman, who manages a 1600-acre organic vegetable farm in Baja, California; Jim Cochran, an organic strawberry grower in Swanton, California; and John Kiefer, a dairy farmer from Sauk City, Wisconsin. Farms Not Arms (FNA) began by bringing together people from the farming community to oppose the war. But as the organization has

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## Our CSA Keeps Growing!

It's hard to believe we are more than halfway through the CSA season! This year, we have 144 members (up from 96 last season) and the baskets have been bountiful. "This is our best production year yet and the CSA baskets really show that," states CCF field manager Luke Joanis. Thus far, we've had several pick-your-own opportunities for blueberries and cut flowers. If you are interested for next year, be sure to sign up for the mailing list; CSA notices go out in March.



Robert Eddy

Field crew with harvest baskets—  
l to r: Georgia Griffin, Hazel Wood, Luke Joanis, Nic Cook, Noah Chute, Megan Baxter, Sarah Herr, and Raf Kelman



# Meet the Friedlands: Our Farmstand & Assistant Greenhouse Managers

Many of you have met Keith Friedland, our new farmstand manager, and his wife Kathy, our assistant greenhouse manager. Both feel strongly about living a sustainable lifestyle.

“Working on an organic farm gives us a chance to pursue our environmental interests and, at the same time, have a little time in the winter to take care of our land and our maple trees,” said Keith. “I like working at the farmstand and interacting with the customers. We have lots of interesting chats about eating locally and seasonally and I think our farm and CSA help people to do that.”

Flower buyers may have gotten garden advice from Kathy as she has been working at the farm for three years now. She started as a field crew member and joined the greenhouse crew last year. Kathy’s passion for flowers is reflected in the beauty of our bedding plants and cut-flower garden.

Keith started at CCF in 2006, and worked with Will on several major projects. He managed the blueberry patch and helped plant a small fruit orchard in the field near the river, and trees along the bank of the river to enhance the riparian area. This year, in his new job, Keith works closely with Luke Joanis, our field manager, to coordinate the abundance of beautiful organic produce that has been coming in over the last few months.

After growing up in Connecticut, Keith left the urban fringe for Unity College in Maine where he majored in Outdoor Education. After college, he worked with the Youth Conservation Corps for ten years—from the Pacific Northwest to Montana and back to

New Hampshire. Keith also has a long-time interest in music, having taught himself to play harmonica at age 16. In 1999, he traveled around the country playing with the Cold Mountain Rhythm Band. Since moving back to New England, he has played with several bands including the Sofa Kings, the Winsor-Friedland Blues Duet, and his current band, Woodchuck Hollow. Many of you may have seen their lively performance at this year’s strawberry festival. The band regularly plays at “The Twig” in Warren, New Hampshire, and has played at Middle Earth in Bradford, Vermont.

Kathy grew up in southeast Pennsylvania and attended college at Franklin Pierce in New Hampshire where she majored in Environmental Science.

After graduating in 1997, Kathy joined the Peace Corps where she served at a public high school in Portmore, Jamaica, helping the faculty integrate environmental science into the science, history and English curriculums. She worked with the students to create projects that illustrated some of the environmental challenges the citizens of Jamaica faced. “This was hugely rewarding work,” Kathy explains. “The kids even won awards for these projects and it helped instill a sense of pride in what they were learning about the environment.” She also plays the accordion for Woodchuck Hollow.

Keith and Kathy, married in 2002, bought land in Corinth, Vermont, and built their own solar-powered house that is completely off the grid. They planted an orchard, tapped maple trees (their syrup is available in the farmstand), and planted a garden. They have two beloved dogs named Daisy and Bear.

The entire CCF staff is thrilled to have Keith and Kathy on board the team!



Robert Eddy

Keith and Kathy Friedland

## Fair Trade Mexican Pottery

When visiting our farmstand, greenhouses, and coffeehouse, you might notice brightly colored frogs, salamanders, iguanas, and turtles scattered about. Beautiful, hand-painted pots hold some of our geraniums, begonias and other flowers. These pots were shipped to CCF in the spring from Mexico. During the winter months, CCF co-managers, Will Allen and Kate

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## Anti-War Efforts

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grown, our focus has been on the positive things we can do to effect change, especially in rural America. These efforts include supporting local agriculture, growing bio-fuels as a way to lower the carbon footprint of farming and provide economic opportunities for farmers, and creating work opportunities on farms for returning Afghan and Iraq war veterans.

With all the problems returning vets face in trying to obtain adequate health benefits as well as emotional support, FNA seeks to provide opportunities for veterans to work on farms as a healing and re-connecting effort. A young vet from the Iraq war named Matthew McCue has written about his experiences with the war and his ongoing efforts to re-connect with himself and the world through farming. After returning from Iraq and getting out of the Army in 2005, Matthew spent time on an organic farm in Hawaii. He then spent six months in the apprentice program at the Center for Agroecology and Sustainable Food Systems in Santa Cruz, California. He is currently serving as an agricultural advisor in the Peace Corps in West Africa. His words, excerpted from an article written for the FNA website, illustrate the healing power of connecting with the earth.

“If I tell you of my experience in combat surely you will be able to read a story with more bravado, more blood, more adrenaline, and more pain. I can tell you that to kill you have to shut off a piece of your heart, and to see another soldier die will shatter what is left of it. To function you have to become immersed in the machine that is killing you and keeping you alive at the same time. You have to bring life to the machine.

“Rather than thinking of Iraq as the place where my heart was

**“Sometimes I feel that the torment that has plagued me during and after my time in Iraq was just the plowing of the field of my heart before the deep rooted seed of peace and sustainability could grow within my soul. The quiet power of farming has overtaken me and I no longer live in fear.”**

*— Matthew McCue, Iraq war vet*

broken and my mind was controlled I prefer to think of Iraq as the place where I discovered the key to my freedom. . . I witnessed many unforgettable things in Iraq but the aspect that changed my life more than any other was the way the farmers kept working and selling their produce through the chaos of a regime change. Farmers have a quiet power that made me realize that I could not accomplish anything good for the world with my M16 in hand.

“I escaped the army without a scratch—but before learning to care for life I was caught in a slow death with nothing to watch but my own mortality and the horrifying news. I feel like the luckiest person alive because as I work in my field in West Africa my body becomes stronger and I am no longer an observer of the quiet beauty, I am a caretaker.



*CCF farm manager and Farms Not Arms co-chair Will Allen talks with anti-war activist Cindy Sheehan at a meeting in Bradford, Vermont, held in March, 2007.*

Having been very effectively conditioned to kill and accept death, taking care of plants has had a kind of opposite effect on my mind, heart and soul. Sometimes I feel that the torment that has plagued me during and after my time in Iraq was just the plowing of the field of my heart before the deep rooted seed of peace and sustainability could grow within my soul. The quiet power of farming has overtaken me and I no longer live in fear.”

As a result of several gatherings in California, a spin-off of the FNA group has formed called the Farmer-Veteran Coalition. This is a non-political alliance based on the concept of farmers helping vets and vets helping farmers. The effort was enhanced by a group called Gold Star Moms, which includes Nadia McCaffrey, founder of Veterans Village ([www.veteransvillage.org](http://www.veteransvillage.org)), and Mary Tillman, mother of NFL star Pat Tillman who was killed in Afghanistan a few years ago.

Farms Not Arms and the Farmer-Veteran Coalition go to New York City in September for this year’s Farm Aid concert on Sunday, September 9. A public forum takes place the day before with speakers from many national farming organizations. Issues being discussed include the effect of the wars on farms and rural communities; how the loss of young

people, the rise in fuel prices, and the loss of financial support are adding to the already existing crisis of loss of farmland, family farmers, and job opportunities in rural America. FNA members will discuss the concept of using America’s farms as healing centers for our returning veterans, and how we can rally support for a constructive program of supporting family farms, regional agriculture, growing of bio-fuels and the creation of work opportunities on our farms for returning veterans.

For more information visit [www.farmsnotarms.org](http://www.farmsnotarms.org).

# 5th Annual Strawberry Festival – Our Biggest Yet!

This year's strawberry festival was our largest event yet! On Sunday, July 1, the entire farm was teeming with people—picking strawberries, enjoying wagon rides, participating in childrens' activities, watching oxen, draft horses, and cooking demonstrations, listening to music while feasting on farm-made goodies, and even chatting with the strawberry queen! It was a beautiful day and we estimate that about 1500 people were here throughout the day. We sold, literally, almost a ton of strawberries. We're also pretty sure everyone had a good time! A major challenge for these growing festivals is managing parking. We are coming up with plans to make parking easier for the pumpkin festival scheduled for Sunday, October 7. Thanks to all who attended and to all who worked to make this festival such a success!



Above: Stilt-walker Stephanie Daniels, aka the Strawberry Queen, greets festival-goers of all ages. Top right: Six-year old Lulu Blau of Hanover, NH, laughs with Joker and Ace, Brown Swiss oxen owned by Ray and Hannah Morvan of Heritage Ox Farm in Northfield, VT. Bottom right: l to r: Darcy, Cody and Kafré O'Connell of Corinth, VT.



Photos by Robert Eddy

For all that extra squash, why not try putting some up for the winter months? Elise Bratcher, our baker extraordinaire, shares one of her delicious recipes.

## Zesty Zuke Relish

Makes six pint jars

12 cups finely chopped zucchini (Elise uses the food processor) or any kind of summer squash

4 cups chopped onions

2 red bell peppers, seeded and chopped

1 green bell pepper, seeded and chopped

1/3 cup pickling or canning salt

2 ½ cups sugar

1 ½ cups apple cider vinegar

1 cup white vinegar

1 ½ tsp ground nutmeg

1 Tbsp ground turmeric

1 ½ Tbsp ground chili peppers

(use 2 Tbsp for more heat, if desired)

1 Tbsp black mustard seed

1. Combine squash, onions, red and green peppers, and pickling salt. Cover and let stand in a cool place (70-75° F) for 12 hours or overnight. Transfer to a colander and drain. Rinse with cool water and drain thoroughly. Using your hands, squeeze out excess liquid.
2. In a large, stainless steel saucepan, combine zucchini mixture, sugar, vinegars, nutmeg, turmeric, ground chili peppers, and mustard seed. Bring to a boil over medium-high heat, stirring occasionally. Reduce heat and boil gently, stirring frequently, about 30 minutes, or until desired consistency. It will be thicker than commercial relish and about the consistency of wet mashed potatoes.
3. Meanwhile, \*prepare canner, jars and lids.
4. Ladle hot relish into hot jars, leaving ½ inch headspace. Remove air bubbles and adjust headspace as needed, by adding hot relish. Wipe rim. Center lid on jar. Screw band down until resistance is met, then increase to fingertip-tight.
5. Place jars in canner, ensuring they are completely covered with water. Bring to a boil and process for 15 minutes. Remove canner lid. Wait 5 minutes, then remove jars, cool and store.

\* For complete canning instructions, consult any canning guide or go online at <http://foodsafety.psu.edu/canningguide.html>



## HORSE-DRAWN WAGON RIDES TO THE PUMPKIN PATCH

Saturdays and Sundays, 11–4, free!  
Oct 13–14, 20–21, 27–28

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## Dinners in the Field ~ Food From our Fields to Tables Set by the River

This summer, we held three Dinners in the Field, at tables set with linens, china, silver and glassware along the banks of the Connecticut River. The weather was very cooperative and each of the three Saturday evenings was beautiful. This year we increased the seating capacity to 50 guests and still, the dinners filled quickly—with a waiting list for each. The first dinner, Divine Flavors of the Field, featured an interesting discussion led by local cheese producers John and Janine Putnam of Thistle Hill Farm in Pomfret, Vermont, on the resurgence of farmstead cheese-making in Vermont. On Italian Night, participants began the evening with a horse-drawn wagon ride to the sunflower patch with a discussion about on-farm renewable energy initiatives (CCF uses sunflower oil to fuel our Clean Burn stoves in our greenhouses). The 2nd Annual Mexican Night, prepared by CCF's own Will Allen, Kate Duesterberg, and baker Elise Bratcher, featured wonderful tomatoes, peppers, onions, artichokes, and more from the farm. Will led a discussion on crops and foods from the Americas. Several people attended two and even three of the dinners. If you're interested in next year's dinners, be sure to sign up for our mailing and e-mail lists, and keep an eye on our website—notices are sent out in the calendar of events come spring, and now by e-mail. For food lovers who enjoy good organic food in a beautiful and tranquil setting, with opportunities for lots of interesting conversation, these events are not to be missed!

## An Abundance of Blueberries

Maybe it's due to the glorious weather we've been having lately, but our blueberry crop has been one of the best since we took over the farm seven years ago. At that time, we were able to continue the lease arrangement the previous owners had with Dr. Jack Lyons who owns the berry patch. Located one-half mile down Pavillion Road from the farmstand, the sign reads Sunny Fields Berry Farm. Jack developed the berries years ago, but his medical career prevented him from being a full-time grower. You may even see him in the patch from time to time, along with Will or some of the CCF crew, tending the berries. If you didn't get a chance to pick this season, be sure to check out the blueberries next July and August. They're tasty ... and a rich source of antioxidants!



Robert Eddy

Emily Whalen with flat of berries

## Fair Trade Mexican Pottery

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Duesterberg, had a chance to visit a town in Mexico called San Miguel de Allende. There they met another American, Roger Jones, from Massachusetts who had settled in San Miguel and started a pottery export business. He works closely with the nearby village, Doloras Hidalgo, which is famous for its brightly colored pottery. Our friend collaborates with the local artists in the village to come up with new designs, and he makes every effort to pay them fairly. "The whole concept of fair trade is so important," Jones stated. "It is possible to create and export this incredibly beautiful pottery to the US and, at the same time, pay the local pottery-makers a decent wage." In addition, a portion of sales from several of the designs are donated to an anti-war

project organized through the Organic Consumers Organization called "Planting Peace."

Take a look—these items are unique and beautiful!



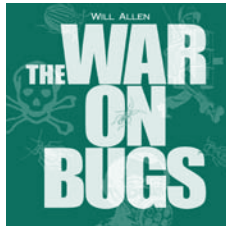
## Coming in January, 2008! Will Allen's New Book *The War on Bugs*

**A**n organic-farming visionary and activist, CCF's co-manager Will Allen understands the complexities of farming firsthand and the impact that industrialization has had. In his new book, *The War on Bugs*, being published by Chelsea Green for distribution in January, 2008, Will reveals how advertisers, editors, scientists, large-scale farmers, government agencies, and even Dr. Seuss, colluded to convince farmers to use deadly chemicals, hormones, and genetically modified organisms (GMOs) in an effort to pad their wallets and control the American farm enterprise. Utilizing dozens of original advertisements and promotions to illustrate the story, he details how consumers and activists have struggled against toxic food. *The War on Bugs* shouts that the time to stop poisoning our food, water, air, and ourselves is now!

Will Allen founded the Sustainable Cotton Project and is a board member of the Organic Consumers Association, Rural Vermont, and is a co-chair of Farms Not Arms.



Robert Eddy



Farmstand & Education Center  
CERTIFIED ORGANIC  
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225 Pavillion Road  
East Thetford, Vermont 05043



GROWING FOR A SUSTAINABLE FUTURE



Farmstand & Education Center  
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Good for **\$5 off** your next purchase of \$25 or more of fall flowers and harvest decorations—mums, sedum, flowering cabbage and kale, pumpkins, gourds, cornstalks and more!



Coupon good through October 28, 2007

## 5th Annual Pumpkin Festival Sunday, October 7, 10-5

- 10-4: Horse-drawn wagon rides to and from the pumpkin patch. Ongoing kids' activities: pumpkin and face painting, cider pressing, kids' mural, and veggie illustrations
- 11: Organic food concession opens: homemade pumpkin pie, pumpkin bread, hearty fall soups, grilled local sausages and veggie burgers, hot cider, and Strafford Organic Creamery ice cream. New this year: NOFA-VT offers Vermont Farmers' Fare pizza from a copper-domed, wood-fired mobile oven!
- 11-2: Ongoing cooking demonstration with Ellen Ecker Ogden, author of *From the Cook's Garden* and *The Vermont Cheese Book*
- 11:30: Draft horse cultivation demonstration
- 12 & 3: Guided tractor-drawn informational farm tours with CCF Will Allen and Field Manager Luke Joanis
- 12-3: Live music under the tent
- 5: Festival concludes

