

Jacqui Fay

From: Monadnock Farm and Community Coalition <coordinator@mfccoalition.org>
Sent: Friday, July 16, 2021 4:10 AM
To: Jacqui Fay
Subject: July Newsletter: Raspberries, blueberries, melons and a Farm Tour



Building a Robust, Sustainable, and Equitable Local Food System

Tomatoes, blueberries, raspberries, melons, corn & more!

If you're having a hard time adjusting to the weather, imagine how fruit and vegetable bearing plants are faring! The good news? The region's farms are brimming with succulent berries and melons, eggplants, tomatoes, sweet corn, summer squash, turnips, beets and beans.

Buy or PYO berries, summer squash, corn, eggplant, kale, beans & more
Farm stands, farmers markets, and certain grocery stores are open and chock full of locally produced vegetables, honey, syrup, meat and a ton of other products. [Find out where they're located!](#) Or scroll down...

Growing and Maintaining your Garden!

Workshops on: Rain Gardens, Garden Insectary, "Feeding the Family" gardens, and much, much more are offered by our members (see "For Individuals" below). Check out our website, ["Food & Gardens for a Resilient Monadnock"](#) for an extensive list of "how to" resources, and connect and learn from others' experience at our Facebook group, ["Gardening Connections in the Monadnock Region"](#).

SNAP/EBT Double your Purchasing Power or get 50% off Fruits and Veggies

- If you receive SNAP benefits, you can **DOUBLE your fruit and vegetable purchases** at farm stands, farmers' markets, and grocery stores! [Find out where.](#)
- Want to know if you're eligible for SNAP? **SENIORS** - did you know you might be eligible for SNAP/EBT too? [Find out now.](#)

- Need help feeding yourself or your family? [Find out where to go to get charitable food.](#)
 - Get 50% off fruit and veggie purchases thanks to the [Double Up Food Bucks program](#) at the Monadnock Food Coop (for SNAP/EBT participants)
 - Don't feel comfortable cooking fresh food? Free, virtual cooking classes available! [Find out more.](#)
-

Spotlights of the Month:

2021 Monadnock Farm Tour SCHEDULED! Seven farms are opening their pig pens (!), llama and horse pastures, milking barns, flower fields, and hoop houses for one day only. Come *experience* their day-to-day lives bringing food to our tables. **Saturday, August, 21, 2021, 12pm - 5pm \$10/car.** Find out more [here!](#)

August is NH Eat Local Month! Become a champion of local food in the Granite State. Farmers, restaurants, food producers, eaters, fishers, hunters, foragers, anyone and everyone who loves local food is coming together for 31 days to rally around the bounty of our state. [Sign up to stay in the loop!](#)

50% off veggies and fruit at Green Wagon Farm (on Court St., Keene between the 7/11 gas station and Savings Bank of Walpole) with your EBT card! EBT accepted and offering Granite State Market Match.

Jobs: Monadnock Understands Childhood Hunger is seeking a part-time coordinator. For a full job description, go [here.](#)

Available jobs within the NH Food System [can be found here.](#)

Article of the Month: "Local Farmers as First Responders during the COVID-19 Pandemic". The [Fair Food Network](#) released a case study exploring how a resilient local food system combined with nutrition incentive programs helped fill the gaps and meet the needs of grocers and families in New Hampshire during the COVID-19 pandemic. Learn more and read the full study [here.](#)

Farmers Markets

Chesterfield Farmers Market, Sat:
9am - 12pm, in front of Town Hall,
Rte. 63, 1.5 from Rte 9.

Farmers Market of Keene, Tues:
3pm - 6pm, Sat: 9am - 1pm (Gilbo
Ave); Hinsdale Farmers Market,
Sun: 9am - 2pm (Millstream Park);

Milford Farmers Market, Sat:
10am - 1pm (300 Elm);



Peterborough Farmers Market,
Wed: 3pm - 6pm (Elm St);
Rindge Farmers & Crafters,
Thurs: 3pm-6pm (W. Rindge
Common Park); TEAM Jaffrey
Community Farmers Market, Fri:
3pm - 6pm: Wilton Farmers
Market, Tues: 3pm - 6pm;
Winchester Farmers Market
(Accepts SNAP), Sat: 9am - 1pm
(Town Hall)

Farm Stands

Archway Farm

183 Arch St., Keene
Pork products, beef, lamb, milk,
condiments, Beni's Bread, Faber
Family syrup, Terra Nova Coffee &
more!

Coll's Farm

63 North St., Jaffrey
Organic and conventional produce,
garden center, florist.

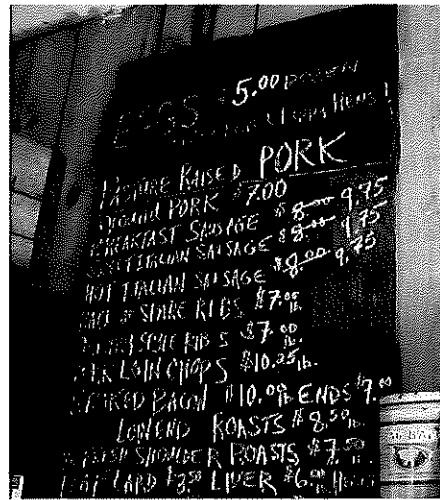
Green Wagon Farm

Court Street, Keene
Small scale produce - greens,
tomatoes, melons, squash, green
beans, corn & more. Cut flower
farm.

Manning Hill Farm

79 Old Manning Hill Rd.,
Winchester, NH
Cow milk soaps & lotions by
Holland Homestead, Cheshire
Gardens preserves & mustards,
Echo Farm puddings, beef, lamb,
milk, syrup, honey & more!

Mayfair Farm



31 Clymers Dr., Harrisville
Online ordering and pick up only!
Farm stand is not open to public.
Fresh prepared gourmet foods (the best quiche ever!) lamb, pork products, soups, cocktails, flowers, greens, groceries & more

Stonewall Farm

242 Chesterfield Rd., Keene
Frozen, prepared meals, Frisky Cow Gelato, yogurt, milk, a variety of gourmet food & more. Featuring heat & serve Indian Food from Shree's Kitchen on Friday nights!



NEW! Tippin Rock Farm

227 Swanzy Lake Rd. Swanzy
Small farm offers vegetables, flowers, maple syrup & more!

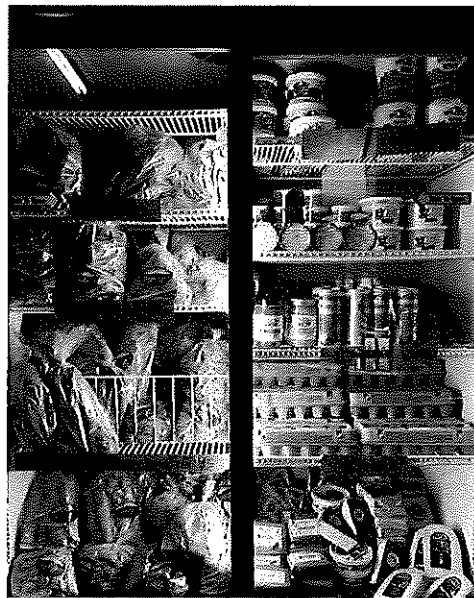
Tracie's Community Farm

72 Jaffrey Rd., Fitzwilliam
The store is fully stocked! Come grab some veggies, eggs, meat, bread, cheese, pudding & more!



Whitakers Homestead & Greenhouse

236 Forest Rd., Alstead
Fresh flowers, lettuce, greens, peppers, tomatoes, squashes, melons, okra, broccoli, beets, radishes, onions, eggplant, cucumbers, blueberries, strawberries, apples, peaches, corn, and much more for produce, herbs, veggie starts, flower starts, hanging baskets, oval planters, and memorial pots. We will also have local products, maple syrup, honey, maple candy, soda, honey sticks, cheeses, eggs, and much more here in the Farm Store.



CSA sign ups



FALL CSA'S AVAILABLE at some farms. Abenaki Springs (Walpole) Cornucopia Project (Peterborough) Foggy Hill Farm (organic, Rindge) Hemenway Farms, (Charlestown), Hillside Springs CSA (organic, Westmoreland), Holland Farm, (Milford), Hungry Bear Farm (organic, Mason) , Picadilly Farm (organic, Winchester), Stonewall Farm (organic, Keene), Sun Moon Farm (Rindge), Tracie's Community Farm (Fitzwilliam) **AVAILABLE**, Village Roots Pastured Meat & Greens, (Alstead) **AVAILABLE**

Monthly Updates

For Children/Teens

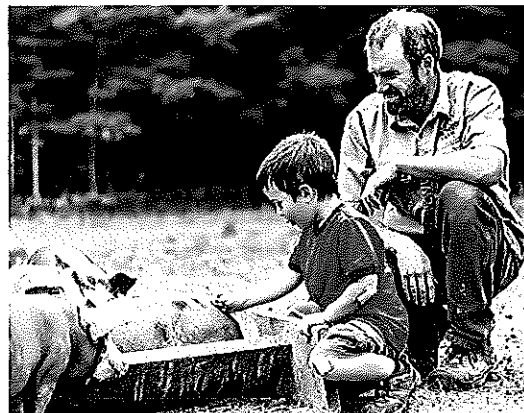
Monadnock Farm Tour
August 21, 2021, 12pm - 5pm
Scroll down to "Events" below

Movies Under the Stars!
Scroll down to "Events" below

WHO'S HUNGRY?! Mark your calendars! To kickoff 2021 NH Eats Local Month on Sunday August 1, we want all Granite Staters to take a big bite of something local—pancakes with local maple syrup and fruit! Share your pancake pics and be a part of the fun. **Find out more!**

Summer Camps at Stonewall Farm
Since 1990, hundreds of children have learned about farming, plants, hiking & more at this 120-acre outdoor classroom and farm!
Find out more

Summer Fun at East Hill Farm!
Pat the Bunnies, Milking in the Barn, Scavenger Hunts, Arts & Crafts & more. Come stay at the Farm!



For Individuals:

Join Community Garden Connections on **Wednesdays from 4:00-6:00pm** for garden work parties!

The Westmoreland Garden Project is located at 203 River Road, in Westmoreland, NH.

Please bring enough water for you, and optional hat, work gloves, and bug spray.



Feeding the Family Series
NOFA - NH

Are you tending a garden for the first time, or have you been growing for many years now? NOFA-NH's "Feeding the Family" Organic Gardening Workshop Series with organic farmer **Ron Christie** offers tips for new and experienced gardeners seeking to feed themselves and their families.



15 INDIVIDUAL WORKSHOPS, TUESDAYS 6:00-8:00 PM
February 23 • March 2, 9, 16, 23, 30 • April 6, 13, 20, 27 •
June 8 • July 13 • August 10 • September 7 • October 5

Learn about garden planning, healthy soils, pests and diseases, container gardening, building raised beds and so much more in this 15-class online workshop series! Attend 1, 2, 3 or all 15 classes!



August 10 - Instruction and Q & A Discussion
September 7 - Instruction and Q & A Discussion
October 5 - Instruction and Q & A Discussion
Individual class registration

Rain Garden Workshop, August 11th at 5pm. Join the Cheshire Co. Conservation District to discuss how a beautiful addition to your property can positively impact your community. Registration coming soon on the CCCD website.



Free Seed & Gardening Tool Library at Keene Public Library, thanks to Monadnock Grows Together.

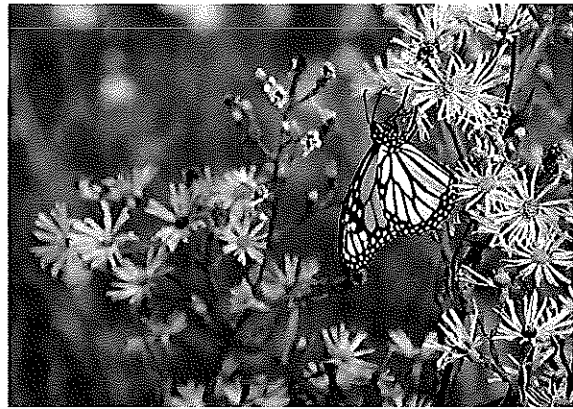
Growing Well Workshops
The Cornucopia Project
Plant Families & Friends, 7/16
The Garden Insectary, 7/30
Gardening with Native Plants, 8/15
Storing Your Harvest, 9/24

Food & Gardens For a Resilient Monadnock
New website for garden education and tools, and where to find charitable food (food access)

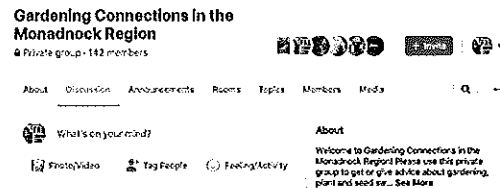
Gardening Connections in the Monadnock Region
NEW Facebook group (private) - learn from others, share lessons learned, swap seeds, & more!

For Farmers & Producers:

The USDA has opened applications for its **Meat and Poultry Inspection Readiness Grant (MPIRG)** program, due August 2, 2021. The program will assist current operational meat and poultry slaughter and processing facilities in obtaining a Federal Grant of Inspection under the Federal Meat Inspection Act (FMIA) or the Poultry Products Inspection Act (PPIA); or to operate as a State-inspected facility that is compliant with FMIA or PPIA under a respective Cooperative Interstate Shipment (CIS) program. [Grants board page.](#)



FOOD & GARDENS FOR A RESILIENT MONADNOCK



Join the **Northeast Farmers of Color Land Trust and Agrarian Trust** for a co-learning and training series focused on equitable farmland tenure models and how to build them. [Read more here.](#)

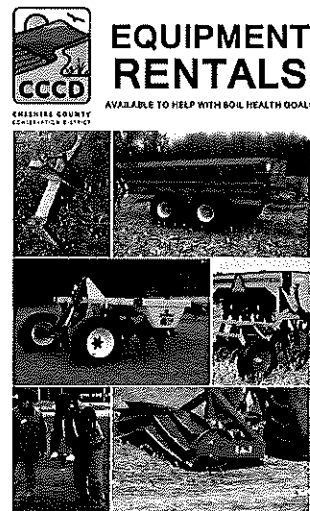


NH Eat Local month starts August 1! Become a champion of local food in the Granite State. Farmers, restaurants, food producers, eaters, fishers, hunters, foragers, anyone and everyone who loves local food is coming together for 31 days to rally around the bounty of our state. [Sign up to stay in the loop!](#)



Add your products to [The Local Crowd Mercantile page.](#)

Update or share your farm information on the Farm Directory - what are you selling? Do you offer CSAs? Are your products being sold at your farm stand or another? [Email Marcia Passos-Duffy](#) now! Both the CCCD and MFCC work from this list! Please help us, help YOU *market your farms!*



Farm Rental Equipment available at Cheshire Co. Conservation District.

Want to find farm land to lease or purchase? Need to retire from farming and could use help? Have land you want to make available for farming? [Contact Land For Good.](#)



Gaining ground for farmers

For Teachers:

From Screen to Green Webinar Series for Children

Join New Hampshire Environment Educators and the NH Schoolyard Habitat Grant Partnership for their Screen to Green webinar series for educators. Watch the full series below or check out each individual video.

"Demonstration Pollinator Garden Virtual Tour Webinar" -
[Watch Here!](#)

"Screen to Green Virtual Sampler"

[Watch here!](#)

Designing an Outdoor Classroom by Marilyn Wyzga -
[Watch here!](#)

Safe, Happy, Healthy Outdoor Learning

[Watch here!](#)

[Watch the full series!](#)



For Edible Educators!

The Edible Schoolyard Project's goal for their Summer Training at Home 2021 is to provide an engaging, joyful, and dynamic experience. Join in for an exciting series of free workshops, webinars, and skill shares that will bring together edible educators from around the world. Learn more about the full calendar and register [here!](#)



Indigenous Harvest Calendar - SUMMER!

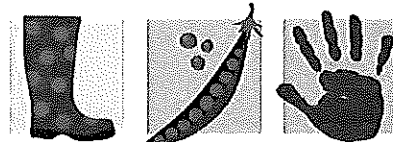
Explore the Indigenous NH Harvest Calendar for the Niben (Summer) season. Learn about foraging for wild blueberries and sunflowers, fishing for salmon, and cooking with shellfish.

[Check it out.](#)

Summertime in the Garden!

Just a friendly reminder about the amazing resource that is the New

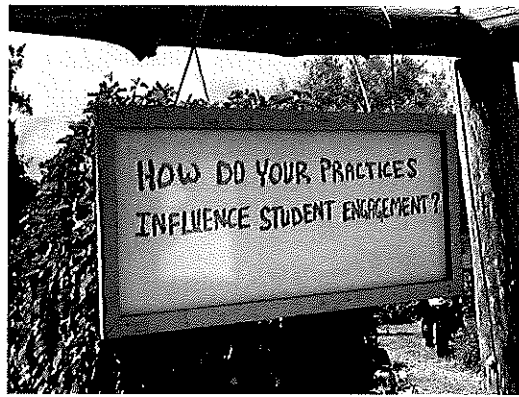
NEW HAMPSHIRE
School & Youth



Garden Network

Hampshire School & Youth Garden Network. Head to their website at the [here](#) to access garden curriculum, events, and more.

New Hampshire Agriculture in the Classroom has opened ordering for educators to select from a variety of curriculum kits, from books to educational crafts. **ORDER TODAY!**
LEARN MORE & ORDER >>



Getting Local on All Plates!

Cooking Matters at Home!

Thursday morning workshops for parents in July 15 & 22: "Hack Your Snack" and "Drink To Your Health"

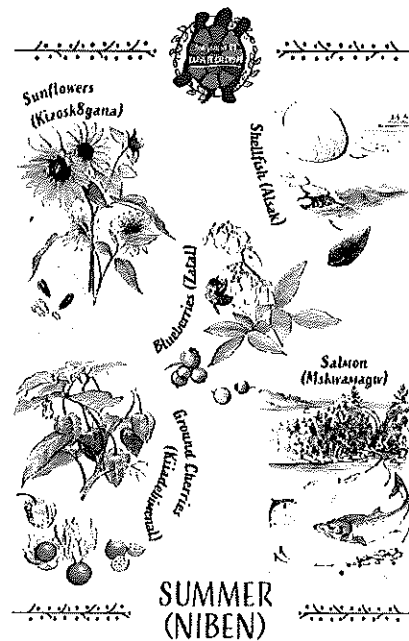
- Two sessions on Zoom
- Participants receive a \$10 Hannaford's gift card for each session!
- Sessions include discussion and a recorded or live cooking demonstration
 - Topics include using mix & match recipes, meal planning tips, healthy snacks & beverages

Sign up today!

Virtual Family Cooking Class!

Tuesday evenings, July - August

- Four cooking sessions (Zoom platform) + recorded video lessons
- Cookbook, recipes and door prizes!



Registration required! Income eligibility required.

Granite State Market Match (GSMM) helps SNAP customers DOUBLE vegetable and fruit purchases!

Shop with your SNAP/EBT at the following locations to double your dollars! 50% CSA shares with SNAP at Picadilly Farm!

Learn more about GSMM

Free Seed & Gardening Tool Library at Keene Public Library, thanks to Monadnock Grows Together.

50% off veggies and fruit at Green Wagon Farm (on Court St., Keene between the 7/11 gas station and Savings Bank of Walpole) with your EBT card! EBT accepted and offering Granite State Market Match.

Charitable Food
Newest information on locations and delivery times for **charitable food** can be found at: **Food & Gardens for a Resilient Monadnock website.**



Learn to eat healthier on a budget!

Cooking Matters at Home

Thursdays on Zoom from 10-11am
FREE online workshop series!

Please contact Christine at christine.parshall@unh.edu or 603-331-4793 for more information, or register at <http://bit.ly/July21CM>.

In this four-week interactive series we will cover...

- July 1 Making Recipes Work for You
- July 8 No More Mealtime Madness
- July 15 Hack Your Snack
- July 22 Drink to Your Health



If you qualify for SNAP, WIC, Medicaid, Housing Assistance, or other types of financial assistance, and live in NH, then you qualify to participate in this program, at no cost to you. For persons with disabilities requiring special accommodations, please contact Christine at 603-331-4793 within 7 days so proper consideration may be given to the request. Language assistance is available at no cost.

Income Eligibility Applies.



The University of New Hampshire Extension is an equal opportunity educator and employer. UAH, U.S. Department of Agriculture, and New Hampshire counties comprising USDA is an equal opportunity provider and employer. The preparation of this document was funded under a contract with the State of New Hampshire, Department of Health and Human Services. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) 2014-2017.



Virtual Family Cooking Night
Let's Cook Together!

Sign up for this fun, weekly, virtual family cooking class, and learn more about making healthy choices!

Each class has two parts:

- Family Cooking session on Zoom
- Online video lesson for parents (watch on your own time)

PRIZES!

Sample of video lesson:
<https://youtu.be/1ZH4bBUKp3Q>



Date: Tuesdays – July 6, July 13, July 20, July 27, Aug. 3, Aug. 10
Time: 5:30pm – 6:30pm
Place: in your own home!

Registration Required:

<http://bit.ly/Cooking21>
Or contact Christine Parshall
christine.parshall@unh.edu,
call 603-331-4793 or text 603-355-7166

INCOME ELIGIBILITY LIMITS APPLY

If you qualify for SNAP, WIC, Medicaid, Housing Assistance, or other types of financial assistance, then you qualify to participate at no cost to you. Language assistance is available at no cost. For persons with disabilities requiring special accommodations, please contact Christine at 603-331-4793 within 7 days so proper consideration may be given to the request.

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**\$1-for-\$1 match at these locations
when you shop with SNAP/EBT!**

Peas Slaw
Open Mon-Sun 9am-6pm
Tue-12 in Wolfe

STONE WALL
De Jure
Mon&Tues: 10am-4pm
Wed-Sun: 10am-2pm
Crested Hill in Keene

KELLI'S MARKET
Sat: 9am-1pm
Tues: 6:30-7pm
Good Ave in Keene

PICADILLY
50% CSA shares with SNAP!
Wolfeboro, NH

Open Saturdays 9am-1pm
Main St. in West ester

50% CSA shares with SNAP!
Ridge, NH

STONE WALL
Open Fridays 3pm-6pm
Main St. in Jaffrey

EXPRESS MARKET
Open Sundays 9am-1pm
Main St. in Hopkiss

THE SUTHERLAND
Open Fridays 3pm-6pm
Main St. in Jaffrey

Map Locations: Wolfeboro, Westwoodland, Keene, Woodbury, Jaffrey, Hopkiss, Wolfeboro, Rochester, Ridge.

We want to help you stretch your SNAP!
Visit any or all of these locations and we'll double your SNAP dollars!
www.cheshireconservation.org/granite-state-market-match

How do we build a viable food system assuring food security for future generations?

By bringing our members together regularly in work groups and quarterly forums.

2021 Forums

**Food Access Initiative and
Mobile Food Pantry Community
Engagement forum**

This Fall! Check back for details.

Monadnock Fresh capacity building forum - Date: TBA

2021 NH Agricultural Policy forum - November 9, 2021



Events

2021 Monadnock Farm Tour

Saturday, August 21, 2021

12pm - 5pm

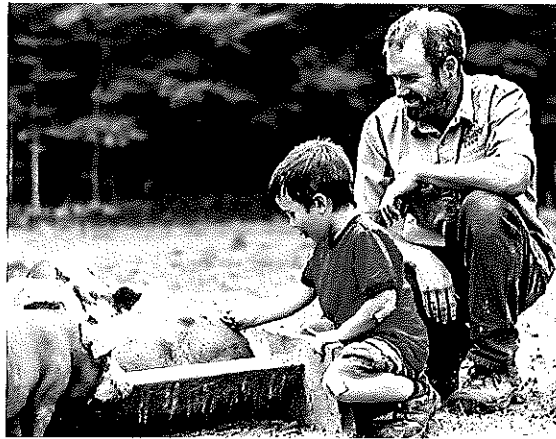
At Farms Throughout the Region!

Participating Farms:

- **Archway Farm**, (Pastured pigs & chickens) Pasture walks, food onsite & to go, Keene
- **Cheshire Gardens**, (Flower Farm) flowers, jam, fruit pops, custards & more, Winchester
- **Cornucopia Project**, (2 acre student-operated vegetable farm) Native Pollinator Habitat, High Tunnel tours & more, Peterborough
- **Crescendo Acres**, Surry (Llamas, mini-horses, xmas tree farm, maple syrup) make it & take it farm crafts for children, visit the animals, farm store with alpaca clothing & more
- **Draft Gratitude**, (Draft Horse Rescue) Meet the Draft Horses! Learn about our work, Winchester



- **Echo Farm Puddings** (First farm to be designated humane dairy farm) pudding samples, tour the milking robot, visit our cows & calves and more, Hinsdale
- **Peep-Willow Farm/Monadnock Pastures** (agricultural and equestrian farm/condo development), tour the farm, meet the horses, foal to final furlong talks, Marlborough

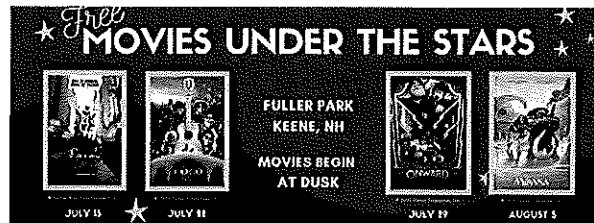


Farm Tour ticket info, farm info, tips, and rules can be found [here](#).

Movies Under the Stars!

Monadnock International Film Festival and Keene Parks & Recreation invite you to a FREE outdoor family movie series at Fuller Park.

Enjoy a free film outdoors on the big screen with family and friends! Movies begin at dusk, but make sure you arrive early for the best viewing spots. Bring your blanket or lawn chair, grab some grub from MFCC member, CC&D's Kitchen Market, sit back, relax, and enjoy the show. Produced by MONIFF and City of Keene.



Stonewall Farm Community Nights!

Fridays, 4pm - 7pm,
 Memorial Day - Labor Day
 Local craft beers, Yahso Jamaican Grille, breads, donuts from Nordshire Farm, Monadnock Oil and Vinegar and more vendors!





Communications

**NEW! MFCC's
Food & Gardens for
a Resilient Monadnock website**

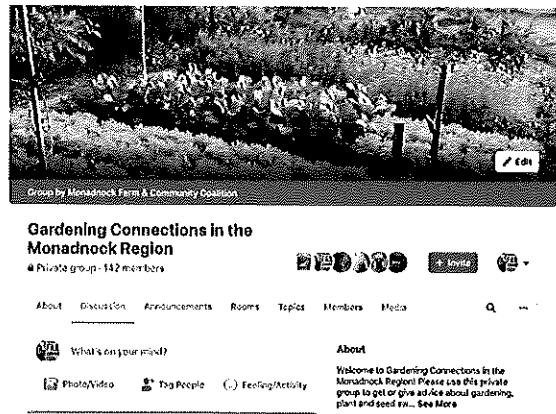
**FOOD & GARDENS FOR A
RESILIENT MONADNOCK**

Do you need help with your garden? Our new website, provides EVERYTHING you might need to know!

- **Get the Stuff** you need to plant a garden -- Seeds, raised bed kits, community garden plots, discounts on garden supplies, tools & more!
- **Learn the Things** -- Links to UNH Extension Master Gardeners, Soil Testing, Planning a Family Garden, Companion Planting, Guides to Building Raised Beds, Indoor Gardening, Composting & more!
- **Educational Resources** -- online gardening networks around the region & state, recommended books, blogs, local experts & more!
- **Other** -- Care & Maintenance, Storing & Preserving, Putting Garden to Bed & more!



Join our private Facebook group, "Gardening Connections in the Monadnock Region" -- members connect with local experts and each other about lessons learned, ideas, tools, & more!

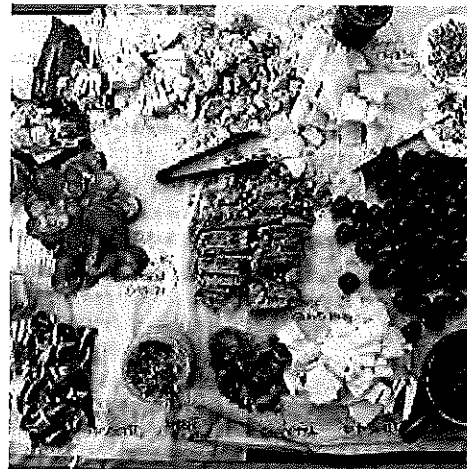


Did you know if everyone spent \$5 a week on local food, we would add \$338 million to New Hampshire's economy? Join the \$5/wk movement!

Other GREAT PLACES to buy local!

CC&D'S Kitchen

79 North Street, Keene
Tues - Thurs 11am - 6pm
Thursday - Full BBQ menu
VOTED BEST BBQ IN AREA!
Sandwiches, soups, desserts,
catering & more!



Crescendo Acres

21 Carpenter Rd., Surry, NH
5.9 mi north on 12A from Court
St./Maple roundabout



Crescendo Acres Farm

BUY LOCAL!

LOTS OF ALPACA SOCKS & CLOTHING FOR MEN AND WOMEN
Scarves • Shawls
Hats & Mittens • Jackets
Sweaters • Vests
Stuffed Animals • Gift Baskets
Holiday Craft Items & More
SHIPPING AVAILABLE

COVID COMPLIANT

Our Own Maple Syrup
Mustards • Honey Products
Beeswax Candles • Byers' Choice
Fresh Cut or Cut Your Own CHRISTMAS TREES • 4' & UP
Tree sales start Nov 27th
Open 7 Days 11-5 until Christmas
21 Carpenter Rd., Surry, NH
5.9 mi. north on 12A from
Court St./Maple Ave. Roundabout
603.352.9380
www.crescendoacres.com

A circular logo for Crescendo Acres Farm featuring a stylized mountain and the text "CRESCENDO ACRES FARM".

Hannah Grimes Marketplace

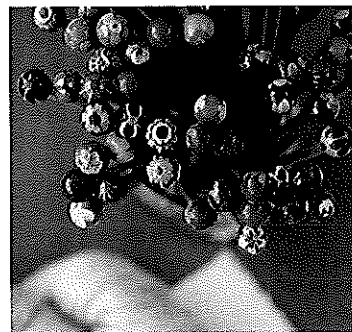
42 Main Street, Keene
Over 250 local artisans! Gift baskets, gourmet food, glassware, ornaments, skin products, syrup, honey, cheese, crafts, toys, puzzles, & more!



The Local Crowd Monadnock

Local products online! Gift certificates for massage & yoga, original paintings, candles, ornaments, fiber arts, toys, & more!

Featured photo: Hand painted knitting needle tops from Harrisville Designs!



**PLEASE SUPPORT YOUR MONADNOCK
LOCAL FOOD SYSTEM
ASSURING FOOD SECURITY FOR FUTURE
GENERATIONS!**

I Support the Coalition!

The Monadnock Farm and Community Coalition is a coalition of 140+ member organizations and individual members who come together regularly to build a robust, sustainable, and equitable local food system in the Monadnock Region of Southwestern NH.

**Monadnock Farm & Community
Coalition | 802.275.4191**
www.mfcommunitycoalition.org



Monadnock Farm and Community Coalition | 11 Industrial Park Drive, Walpole, NH 03608 802.275.4191

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