

Notice BOARD

Jacqui Fay

From: Monadnock Farm and Community Coalition <coordinator@mfccoalition.org>
Sent: Monday, August 16, 2021 1:18 PM
To: Jacqui Fay
Subject: August Newsletter: Monadnock Farm Tour, Apples, Eggplant, Corn, & Blueberries



Building a Robust, Sustainable, and Equitable Local Food System

Apples, the Monadnock Farm Tour, crisp cucumbers, ripe tomatoes & more!

Ahhh! Goodbye humidity - just in time for **this Saturday's Monadnock Farm Tour!**
Read more about it under "Events" below!

Buy or PYO berries, eggplant, peppers, kale, garlic, leeks, onions, tomatoes, and corn! 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!

"Gardening with Native Plants" workshop (under "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 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. **THIS Saturday, August, 21, 2021, 12pm - 5pm \$10/car.** Find out more [here!](#)

NEW! MFCC, Food Connects, and the Monadnock Food Coop have teamed up to launch the "**Monadnock Local Food STAR restaurant**" campaign! Restaurants that receive a "Monadnock Local Food STAR" designation source from local farms and foodpreneurs and receive free publicity and promotions! **Our first Monadnock Local Food STAR restaurant is...**[Machina Arts Kitchen and ArtBar!](#) Stay tuned, more will be coming...

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.

Available jobs within the NH Food System can be found here.

Connecting food insecure households and local farms. MFCC and our members administered the implementation of two grants working to better connect people experiencing food insecurity with local farms. We hired SW Region Planning Commission to conduct a Food Access Gap & Asset Analysis of current programming, as well as independent contractor, Russ Moore, to produce a Feasibility Study for a Monadnock Mobile Food Pantry. In our upcoming quarterly forum, "Connecting Folks, Food, and Farms" we will share these reports with the public, gather input from attendees, and identify next steps. Stay tuned for details. Email director to register - coordinator@mfcccoalition.org.

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

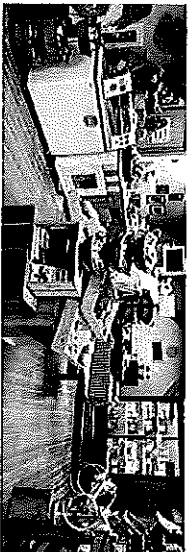


(Accepts SNAP), Sat: 9am - 1pm
(Town Hall)

Farm Stands

Archway Farm

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



Cheshire Gardens

277 Burt Hill Rd., Winchester
Flowers, herbs, vegetables, blackberries, pies, small cakes, fruit preserves and fruity pops!

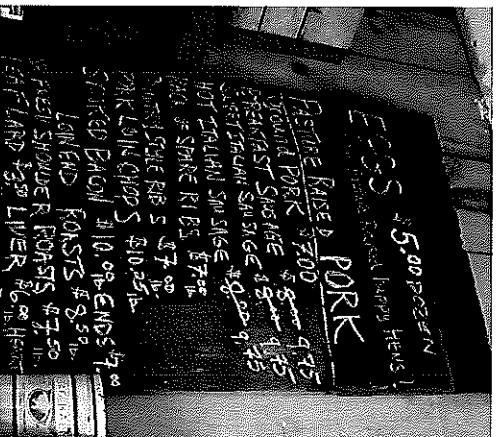
Coll's Farm

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

NEW! Partners Garden

49 Henderson Rd., Nelson

Organic greens, summer veggies,
eggplant, tomatoes, cucumbers,
herbs/medicinals, flowers.
Saturdays: 10am - 2pm

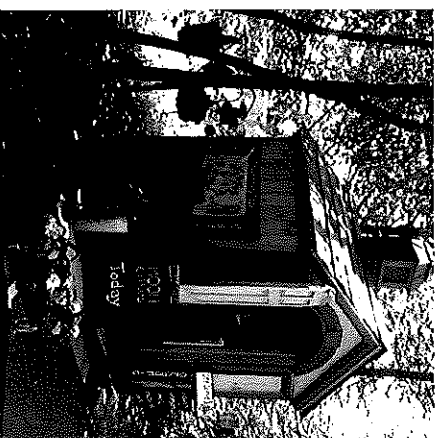
Stonewall Farm

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!

Tippin Rock Farm

227 Swanzey Lake Rd. Swanzey



Small farm offers vegetables, flowers, maple syrup & more!

Tracie's Community Farm

72 Jaffrey Rd., Fitzwilliam

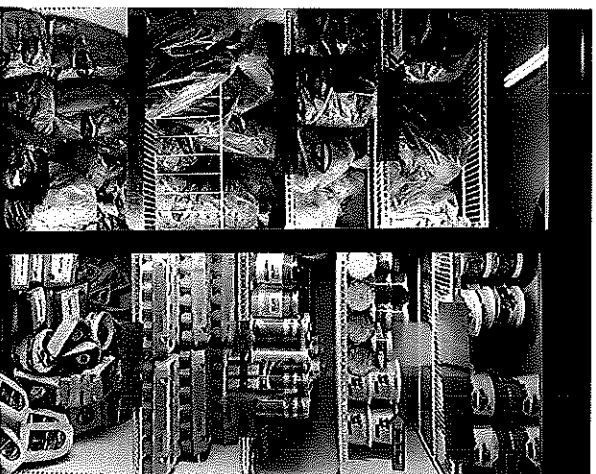
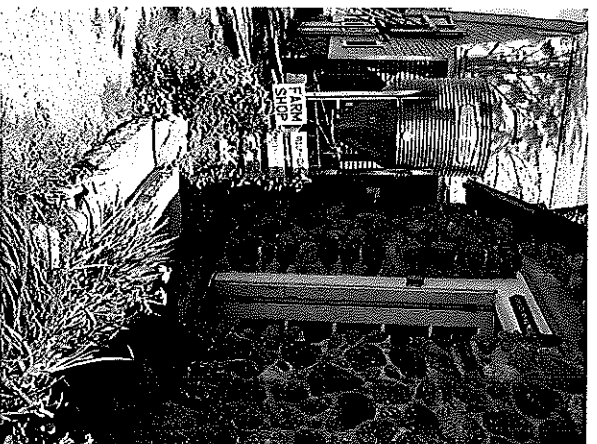
The store is fully stocked! Come grab some veggies, eggs, meat, bread, cheese, pudding & more!

Whitakers Homestead &

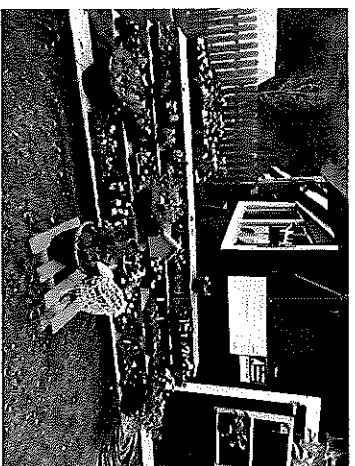
Greenhouse

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 Fall CSA & Thanksgiving Box sign up, (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

Friday Community Night at

Stonewall Farm!

Fridays: 4pm - 7pm

Food trucks, music, Yahso Jamaican Grille, breads, donuts from Nordshire Farm, Monadnock Oil and Vinegar and more vendors!

Summer Fun at East Hill Farm!

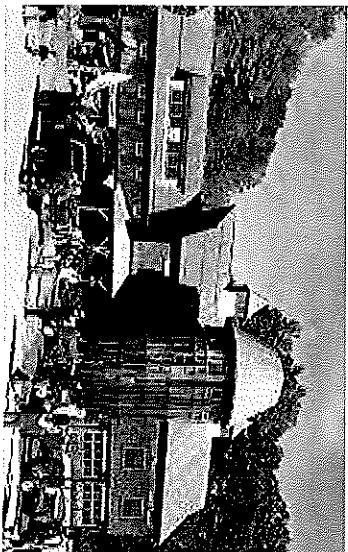
Pat the Bunnies, Milking in the Barn, Scavenger Hunts, Arts & Crafts & more. Come stay at the Farm!

For Individuals:

NH Eat Local Photo Contest

Dine Out, Dine Local! August 15 - 21.

Snap a photo and share your experience dining out at a local New Hampshire restaurant

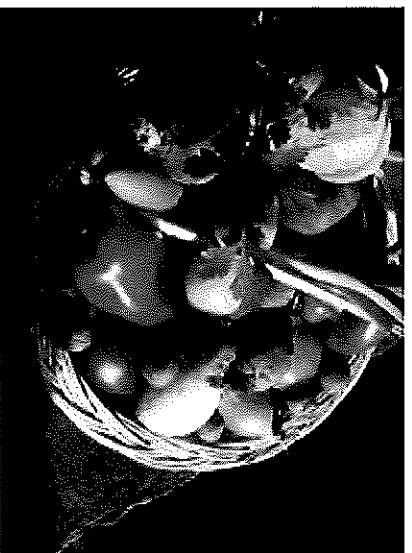


Showing Your Local Love! August 22 - 28. What does local mean to you!

HOW TO SUBMIT YOUR PHOTO

1. Post your photo on Facebook or Instagram
2. Use #nhheatlocal in your caption
3. Tag @nhheatlocal in your photo
4. BONUS! Tag the restaurant, farm, or small business you visited to show your support!

For Rules and more [go here.](#)



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.

Learn about garden planning, healthy soils, pests and diseases, container gardening, building raised beds

September 7 - Instruction and Q & A Discussion

October 5 - Instruction and Q & A Discussion

[Individual class registration](#)

NOFA-NH recordings: Sign up and hear recordings, [click here.](#)

Feb 23 - Vegetable Garden Planning

March 2 - Starting Transplants from Seed

March 9 - Healthy Soil for Happy Plants and Higher Yields Part 1

March 16 - Healthy Soil for Happy Plants and Higher Yields Part 2

March 23 - Container and Raised Bed Gardening

March 30 - Diseases: A Fungus Among Us

April 6 - Pests: The Good, the Bad, and the Ugly

April 13 - Growing Your Favorite Veggie

April 20 - Growing Great Tasting Tomatoes

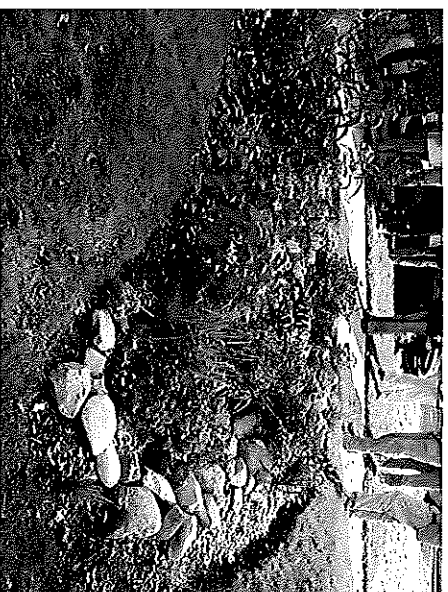
April 27 - A Four Season Harvest

June 8 - Insects, Pests, and Disease + technical assistance



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 15 - August 10 - September 7 - October 5



July 13 - Building a Wick Irrigation System
+ technical assistance

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

Growing Well Workshops
The Commucopia Project
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:

On-The-Farm: Soil Steamer
Workshop
Thursday, September 16,
1pm -3pm, Picadilly Farm



**FOOD & GARDENS FOR A
RESILIENT MONADNOCK**

farming and could use help? Have land you want to make available for farming? [Contact Land For Good.](#)

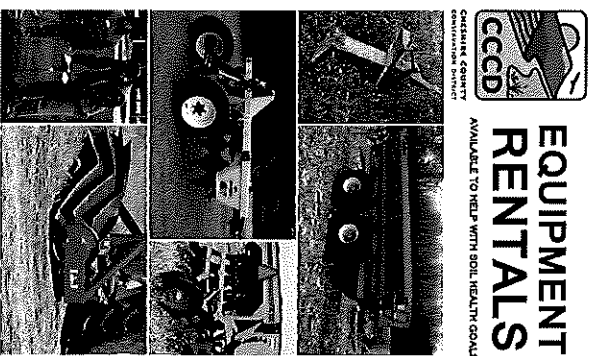
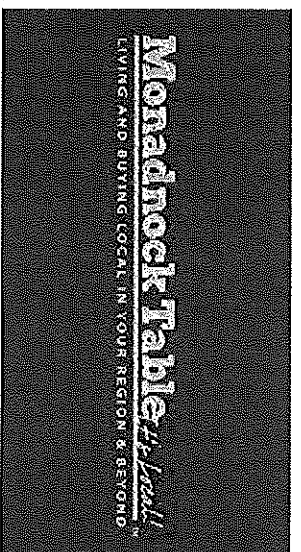
For Teachers:

Join the Monadnock Farm to School Network!
Monadnock Farm to School Network is a community resource for all schools and educators who are pursuing farm to school activities in the Monadnock Region. [Find out more here.](#)

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



A banner for the "Screen to Green Webinar Series". The banner features a collage of three images: a person reading, a person working with a laptop, and a person in a field. Below the images, the text reads "Screen to Green Webinar Series" and "Free series brought to you by:". To the right of the text are three logos: "Project Learning Tree", "NHSE", and "NH AUDUBON". At the bottom left, there is a small logo for "EDIBLE SCHOOL PROJECT" and the text "REGISTER AT WWW.SYGNH.ORG".

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!

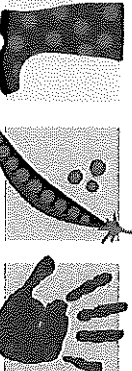
Granite State Market Match (GSMM) helps SNAP customers DOUBLE vegetable and fruit purchases!

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.

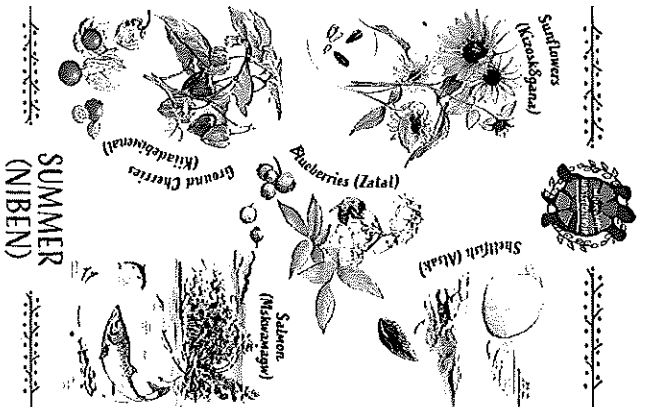
NEW HAMPSHIRE
School & Youth

Garden Network



Charitable Food

Newest information on locations and delivery times for charitable food can be found at: [Food & Gardens for a Resilient Monadnock website.](#)

FOOD & GARDENS FOR A RESILIENT MONADNOCK



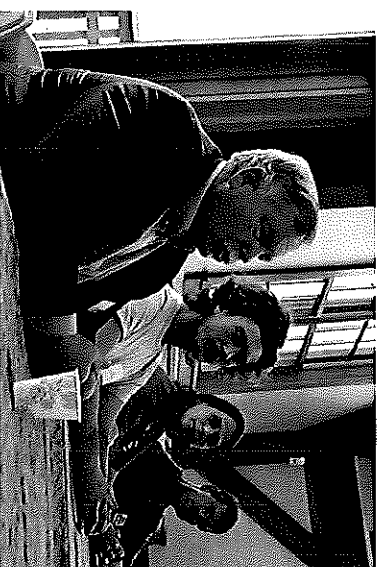
How do we build a viable food system assuring food security for future generations?

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

2021 Forums

"Connecting Folks, Food, and Farms" quarterly forum
This Fall! Check back for details.

Monadnock Fresh capacity building forum - Date: TBA
2021 NH Agricultural Policy forum
- November 9, 2021



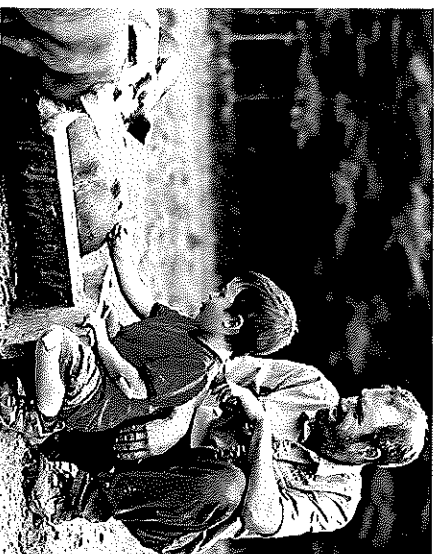
Events

2021 Monadhnock 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**/Monadhnock 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](#).

NOFA CRAFT of Farming Tours

Saturday, September 11

Every year, NOFA hosts a CRAFT tour series. CRAFT stands for Collaborative Regional Alliances for Farmer Training.

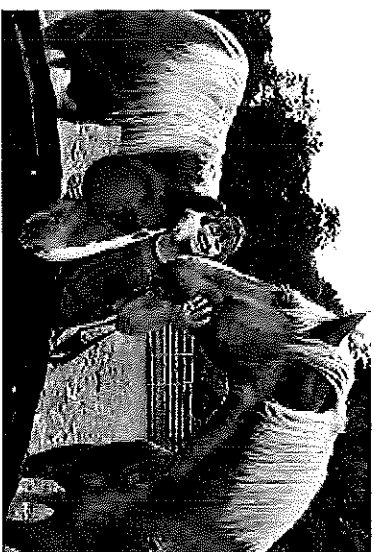
On Sept. 11, Stonewall Farm will be hosting a CRAFT Tour titled,

"Diversifying Your Farm" focusing on the challenges and successes of integrating various enterprises on the farm. [Register here](#).

Harvest Festival

October 3, 2021

This year we will be hosting our first Farm to Fork Festival featuring farmers, brewers, wineries, music, and cooking demos. The ultimate in local food and farming scene. The day's festivities will culminate with a Farm to Table Dinner! Stay tuned for details! Are you a farmer, chef or vendor interested in participating, [contact us!](#)



Radically Rural

Sept 22 - 23, 2021

Land & Community

Radically Rural builds sustainability and success for rural life and places by building a network that connects people to each other and to new ideas. The annual Radically Rural Summit is divided into five different program tracks that feature topics offering strategic opportunities for transformation in rural communities. Land & Community Tracks:

- Refuge in Rural Communities
- Exploring Nature, Renewing Communities
- Native Tribes Lead on Environmental Stewardship

Register today!

The N Word, Nature Revisited:

Conversation with John Muir and

Others

11am, August 22, 202, Livestream on YouTube

Listen to featured speaker

Carolyn Finney share her

thoughts on race, privilege, and

the outdoors; part of this

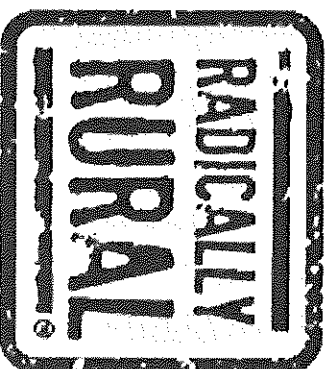
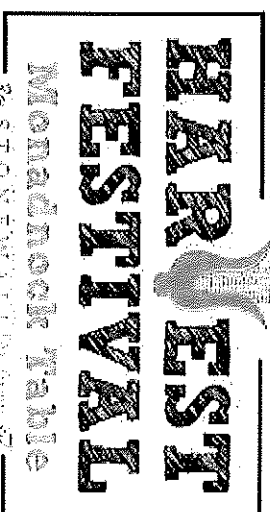
summer's programming by the

Monadnock Lyceum.

More information and listen.

Sponsored by the Monadnock

Conservancy



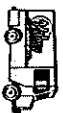
Stonewall Farm Community

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!



STONEWALL
Farm

YAHSO ON THE GO!
at Stonewall Farm

Jerk Chicken Quesadilla	\$12.00
Rice Plates:	
Jerk Chicken	\$10.00
Curry Chicken	
Veggie	
Fish Tacos	\$12.00
Chicken & Waffle	\$10.00
Misc a Chasse	\$5.00
Options for topping +\$4	
Grill Shrimp / Jerk	
Chicken / Bacon	
Jamaican "Empanada"	\$4.00
Patties - Beef / Veggie	

Yahso Jamaican Grille
July 9th, 2021 | 2 PM |

Communications

NEW! MFCC'S

Food & Gardens for
a Resilient Monadnock website

**FOOD & GARDENS FOR A
RESILIENT MONADNOCK**

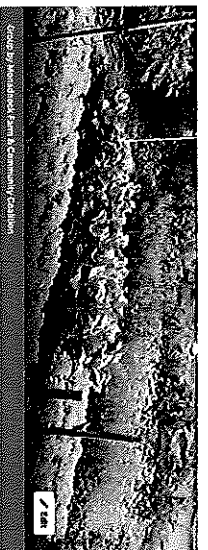
Do you need help with your garden? Our [new website](#), provides EVERYTHING you might need to know!

- **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!



Created by [Monadnock Farm, A Community Garden](#)

Gardening Connections in the Monadnock Region

Private group · 142 members

About Discussion Announcements Rooms Topics Members Media

What's on your mind?

[12](#) PhotoViews [2](#) Big People [1](#) Realizing/Activity

About

Welcome to Gardening Connections in the Monadnock Region! Please share about gardening, plants and food! See here

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!

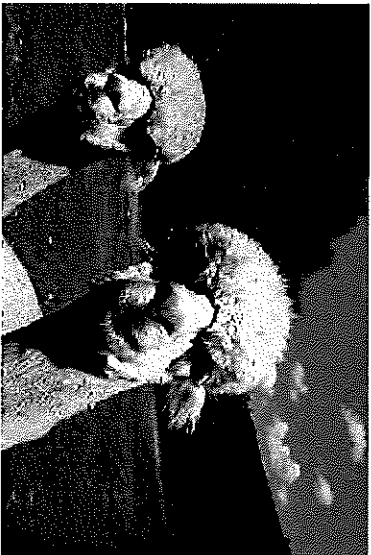
Other GREAT PLACES to buy local!

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

Our Own Maple Syrup
 Mustards • Honey Products
 Beeswax Candles • Byers' Choice

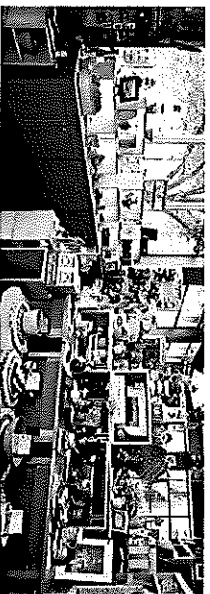
Fresh Cut or Cut Your Own CHRISTMAS TREES • 4' & UP

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./Alpaca Ave. Roundabout
 603.352.9380
 www.crescendoacres.com

COVID CONFINED

Hannah Grimes Marketplace

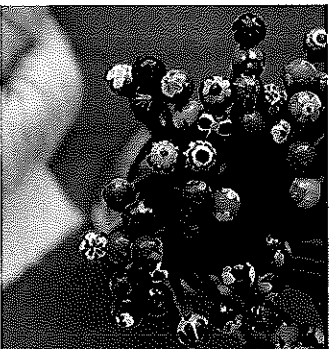
42 Main Street, Keene
 Over 250 local artisans! Gift baskets,
 gourmet food, glassware,
 ornaments, skin products, syrup,
 honey, cheese, crafts, toys, puzzles,
 & more!



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

[Unsubscribe: marlowtownoffice@marlownh.gov](mailto:unsubscribe.marlowtownoffice@marlownh.gov)

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