

THE
STREETER WOODS REPORTER
SUMMER 2008



D Acres of New Hampshire

Organic Farm & Educational Homestead

www.dacres.org

info@dacres.org

(603) 786-2366

**Gardening for Health,
Cultivating Wellness in 2008**

A holistic approach to wellness integrates people and the land; efforts to maintain pristine soil, water, and air result in a healthy environment in which humans can thrive. Food grown ecologically and sustainably is necessary as the basis for a healthy individual and a healthy planet. To honor this connection, D Acres has chosen Gardening for Health, Cultivating Wellness as our educational theme for 2008.

The year of “Gardening for Health, Cultivating Wellness” will culminate with the two-day **Cultivating Wellness Conference, September 13 & 14, 2008**, featuring herbalists, nutritionists, wellness experts, energy healers, and more! The desire to implement the 2008 Cultivating Wellness Conference at D Acres arises amidst the growing need to develop the holistic health community in New England as conventional healthcare becomes less and less affordable. Society is in dire need of other options, and D Acres is very excited to provide a venue that will convene and centralize the efforts of wellness practitioners and teachers who offer traditional, sustainable alternatives to conventional healthcare. Notable speaker Jim Merkel, author of Radical Simplicity and founder of the Global Living Project, will offer a keynote address entitled “Wellness Through Simplicity.” Michael Phillips, author of The Apple Grower, of Heartson Farm in Groveton, NH will offer two workshops: Medicinal Properties of Fruits and Fruiting Plants, and The Garlic Connection, which discusses garlic as a key player in herbal healing. Ross Conrad, author of Natural Beekeeping, will share his knowledge of apitherapy, health and healing with products from the beehive. Other exciting workshops will focus on using edible and medicinal herbs and mushrooms, herbs for animals, craniosacral therapy, back-to-the-land homesteading, yoga, natural soapmaking, aromatherapy, self-transformation, botanical nutrition, and how to “cultivate wellness” in our daily lives.

We would love for you to join the D Acres of NH community for this first-ever event! A registration form is included inside this newsletter. Additionally, we are pleased to announce that **conference scholarships**, made possible by a grant from the Robin Colson Memorial Fund, are available! To apply for a scholarship, send us (by mail or e-mail) a brief description of what you would like to learn at the conference and how you plan to share your newfound information.

We'll see you in September!



D Acres of New Hampshire
P.O. Box 98

218 Streeter Woods Road
Dorchester, NH 03266

Return Service Requested

2008 is the year of
Gardening for Health,
Cultivating Wellness

Non-Profit Org.

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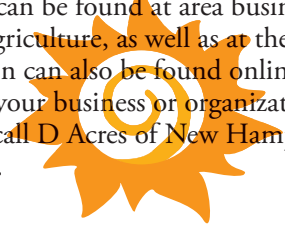
Do you know where *your* food comes from?

Are you having trouble finding food that is fresh, nutritious, and locally grown? The supermarket can be a scary place filled with processed cheese, exotic fruit sprayed with toxic pesticides, and unlabeled genetically modified foods. When food travels from California, Chile, or China, a tremendous amount of fuel is used to package, refrigerate, and transport the food during its long voyage. **Food that is locally grown travels a short distance, from the farm to your plate, so it is still fresh and full of life when you eat it.** Fresh tomatoes from Wentworth certainly use less energy to reach your salad bowl than those that come from Texas, and they are often harvested the same day they are sold. When purchasing food from a local farmer, you can ask important questions that usually cannot be answered by the cashier at the super mega-mart, such as; “How did you grow this food?” “Did you use any chemicals?” “How are you preserving topsoil for the next generation of growers?”

The good news is that there is more to eat than pine cones in the Pemi-Baker Valley, and now, residents have a new resource to help them find local foods, farms, and homegrown goods. D Acres has recently released the **2008 edition of the Pemi-Baker Local Food Guide**, which contains information about farms, natural food stores, and restaurants that grow, sell, or serve local food in the area. In the foothills of the White Mountains, there are many farms that provide fruit, vegetables, eggs, meat, dairy products, maple syrup, herbal teas, and baked goods that are grown and prepared right in your community.

The Pemi-Baker Valley Local Food Guide, designed by local artist Stacey Lucas, also provides information on farms that have farm stands on-site, where you can purchase food fresh from the field. Some growers even offer pick-your-own gardens where you can harvest your own blueberries, raspberries, or fresh flowers. Many growers are proud of the high quality farm products they provide to this region and are happy to meet more folks in the community who believe in this important work. They encourage visitors to stop by and see how their food is being grown. Supporting local agriculture preserves open space by allowing Pemi-Baker farmers to continue their stewardship of the land, producing food for the community, while preventing development. Most importantly, when buying from a local farmer, you can shake the hand of the person who has grown your food.

The Pemi-Baker Local food guide can be found at area businesses, libraries, and churches that support local agriculture, as well as at the Plymouth Farmer's Market. A digital version can also be found online at www.dacres.org. To request free copies for your business or organization, or to be included in the 2009 edition, please call D Acres of New Hampshire at 603-786-2366 or email info@dacres.org.



2008 Workshops & Events

Please visit www.dacres.org for workshop descriptions and to view our full calendar of events!

AUGUST

- 1 Pizza & A Movie 5:30pm \$5-\$15 donation
- 3 Farm Feast Breakfast 10am-1pm \$10 donation
- 3 Open House 1pm FREE
- 5 Garden Medicinal Plant Walk 6pm FREE
- 16 Farm Day with the Crunchy Western Boys**
4pm \$10 suggested donation
- 18-22 **Kids' Week at D Acres** 9am - 1pm \$200, sliding scale available
- 23 Circle Dance with Jan Nash 4-6pm FREE
- 29 Open Mic Night 8pm FREE
- 31 Volunteer Day 10am-4pm with lunch FREE

SEPTEMBER

- 5 Pizza & a Movie 5:30pm \$5-\$15 donation
- 6 Herbs for Kids 10am-12pm \$16
- 6 Hard Apple Cider 1-3pm \$20
- 7 Farm Feast Breakfast 10am-1pm \$10 donation
- 7 Open House 1pm FREE
- 7 Apple Cider Making 1pm Free
- 13-14 Cultivating Wellness Conference**
9am-4pm \$100 - \$150 (discounts apply)
- 16 Full Moon Potluck 6pm FREE
- 19-21 MOFGA Common Ground Fair, Unity, ME
- 20 Seasonal Soup Night 6-8pm \$5-\$15 donation

Visit us weekly at the **Plymouth Community Farmers Market** every Thursday from 3:00-6:00pm for fresh bread, produce, flowers, and more!

No time to shop at the market? Order your fresh local goods online through Local Foods Plymouth:
www.lfp.dacres.org

Yoga is now held twice per week at D Acres:
Tuesday, 9:30 to 10:45 AM with Darcie Shedd
Wednesday, 6:30 to 7:45 PM with Sarah Hall
\$10 per class, or pre-pay 4 classes for \$32
Buy 8 classes and the 9th is **FREE!**



D Acres of New Hampshire
2008 Cultivating Wellness Conference
September 13 & 14
Registration Form

Name _____

Address: _____

Phone: _____

E-Mail: _____

*View a list of
workshops and
speakers online at
www.dacres.org*

_____ \$100 Two-Day Registration (\$75 for D Acres members or Grafton County residents, \$50 for members in Grafton County)

_____ \$125 Two-Day Registration, 2 Lunches (\$100 for D Acres members or Grafton County residents, \$75 for members in Grafton County)

_____ \$150 Two-Day Registration, 5 Meals, and Camping Space (\$125 for D Acres members or Grafton County residents, \$100 for members in Grafton County)

\$ _____ Total Enclosed

Please make your check payable to:
 D Acres of NH
 and return with this form to:
 Lauren Buyofsky, c/o D Acres of NH
 P.O. Box 98, Dorchester, NH 03266

*Scholarships are available!
 To apply, send us (by
 September 1st, please) a
 brief description of what
 you hope to learn at the
 conference and how you
 will share the information.
 Recipients will be notified
 prior to the conference.*

*For more information, visit www.dacres.org
 We'll see you in September!*

Farm Day 2008: August 16th

On **August 16th**, D Acres of NH is hosting our annual Farm Day Celebration! In addition to celebrating the harvest season, this year Farm Day will highlight 2008 as the year of the Gardening for Health, Cultivating Wellness at D Acres.

During Farm Day, we welcome over 300 guests to D Acres. Visitors can expect to dine on pig roast fare, consisting of a pig born, raised, and currently growing here at the farm. This will be accompanied by an abundance of locally grown produce such as salad greens, corn and potatoes as well as fresh baked bread from the D Acres kitchen, so there's plenty of vegetarian and vegan fare available. Please bring your favorite dessert to share!

This year's live music will feature local favorite the **Crunchy Western Boys!** The Crunchy Western Boys "deliver a homegrown, crunchy cookin' performance with mandolin, bass, fiddle, guitar, dobro, banjo, harmonica, and vocals. Their unique, smooth sounds are sure to tame the wildest beast or maybe even awaken the spirit within! Performances include original, crunchy, bluegrass, folk, and americana tunes." Learn more about them, and hear some music samples, at www.crunchywesternboys.com!

In addition to music and food, Farm Day is a great time to test your luck at prize winning and to support the farm. We will have a raffle featuring items donated by local businesses to raise funds to support the farm. Last year, prizes consisted of everything from oil changes donated by KTM Auto to a gift certificate to Off the Hanger.

The event starts at 4pm, with food being served beginning at 5:30. A suggested \$10 donation will be greatly appreciated. Proceeds generated from this event will be used to fund educational programs and operational expenses for the farm. We hope to see you and your family at Farm Day 2008!

Wish List

We would love for you to support the farm by donating one of the following items...your donation may be tax deductible!

- | | |
|---|------------------------------|
| Musical instruments | Scrap steel |
| Large dry-erase marker board | Hay |
| Blacksmithing tools | Honey extractor (hand-crank) |
| Edible or medicinal perennial plants | Swarms of bees |
| Canning jars and/or new lids (all sizes) | Greenhouse |
| Like-new bedsheets (twin, double, queen) | Excavator |
| Computers- working laptop and PC | Front-end loader |
| B&W non-glossy newspaper | LCD projector |
| Bird-proof nets (for fruit trees) | Straw bales |
| Silk screening supplies | Organic chicken feed |
| Like-new plain T-shirts (assorted colors) | |

Kids' Week at the Farm

D Acres of New Hampshire is pleased to announce a new alternative to what has come before. From **August 18th- 22nd**, "Kids' Week" will be drawing 5-11 year olds to 218 Streeter Woods Rd. in Dorchester, NH from 9am to 1pm. Each day during the third week of August, D Acres welcomes youth to participate in **real farm activities, including feeding the pigs, and chickens, gathering eggs, harvesting food from the gardens, and preparing and eating it in a tasty, healthy lunch.** Young people will be encouraged to marvel at the diversity of life at the farm, and begin to see how plants, animals, insects, and others all work together in a healthy ecological system. Participating children will see that for the farm, and the world beyond, to work, ants, bugs and worms are no less important than oxen, trees, and people. Daily visits to the farm will feed the curiosity children naturally exhibit while fostering growth in a fun and exciting environment. "Kids' Week" registration cost is \$200, with a sliding scale and family discounts available. For more information, or to register, please contact Tyler Durham (Youth Education Coordinator at D Acres) at info@dacres.org or (603) 786-2366, or Larissa Phillips (our guest Workshop Coordinator) at bookerd@earthlink.net.

Blacksmithing at D Acres

A Dorchester blacksmith shop in the 21st century? That's right! We live in times of such wastefulness that the utilization of a blacksmith is becoming an increasingly more efficient asset to the community. With a few precise blows of a hammer, an old, mangled reinforcement-bar from a demolished building can be straightened out and crafted into a lovely fire-place set. A beat-up lawn mower blade can be transformed into a functional knife or sickle, while an old leaf spring can be reshaped into an axe head. The possibilities are endless!

In the mainstream lines of production, the majority of the metal in local scrap yards is sold to China, processed overseas, and re-sold to Americans as a finished product. Local blacksmithing can help keep the steel, and it's monetary value, in the region while reducing the use of oil currently being used to ship steel half way around the planet. **At D Acres, blacksmith Joe Vachon has set up an on-site "smithy" where he produces a variety of artistic and functional objects for use on the farm, display in local art galleries, and for sale to individuals in the community using our ever-growing collection of scrap metals.** He teaches small groups and gives hands-on, one-on-one instruction of basic blacksmithing techniques. Additionally, Joe does custom work, which includes chandeliers, fences, gates, candleholders, and more! We are thrilled to have Joe as a local resource available to teach the community at large how to set up individual blacksmith shops in which beautiful and functional steelcrafts can be created via the reutilization of scrap materials. To learn more, place a custom order, or schedule your first lesson, please contact Joe Vachon at 603-786-2366



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Become a Member Today!

Members of D Acres are at the heart of the organization. Memberships and donations (tax-deductible) are a fantastic way to directly support the educational activities at the farm. Please consider purchasing a membership for yourself and/or a young person who might benefit from the programs that we offer. Members save **25%** on D Acres workshops and classes, **10%** on hostel fees, and are honored at our **Member Celebration dinner**, to be held October 12, 2008.

To become a member, or to renew a membership, please mail this completed form, with payment, to:
D Acres of New Hampshire, P.O. Box 98, Dorchester, NH 03266

Name: _____
Address: _____
City, State, ZIP: _____
Phone: (_____) _____
E-Mail: _____
Preferred contact method: mail E-mail

____ Student, Senior, Low Income (\$15)
____ Individual (\$25)
____ Family (\$35)

\$ _____ Additional Donation to support D Acres educational programs

Corporate Employer Match: Yes No
Name of company: _____

Total Donation: \$ _____

THANK YOU