Reflections on 2007...

The fields and forests of D Acres were stewarded by many new hands and hearts this year. Executive Director Josh Trought was joined by new Farm Managers Lauren Buyofsky and Bill Errickson in January. Louis Holland, who has found himself in the role of Hospitality & Livestock Manager, returned to D Acres in February after spending 9 years in North Carolina. Morgan Casella, a 2006 D Acres intern, returned to the farm as a Garden Supervisor for the 2007 growing season. Kevin Wall and Sarah Hall have also come on board as residents of D Acres, and Joe Vachon joined the community as a blacksmith artist-in-residence this fall. The farm hosted interns and apprentices from around the world, ranging in age from 4 to 64 years old! The diversity of the group brought a productive yet lighthearted energy to the farm, and all members of the community learned a great deal from the people and the land.

The Year of the Northern Forest was celebrated with workshops ranging from native bird and medicinal plant identification to wooden spoon crafting and trail construction. A new pasture for August and Henri, our working oxen team, was completed, and the power of community built multiple large trail bridges and began construction on a new greenhouse. Mark Fulford joined farmers and community members for a two-day workshop at D Acres titled “Soil Nutrition from a Plant’s Eye Point of View,” and D Acres learners and staff studied with professionals in agriculture at a number of conferences and events off-site throughout the year. D Acres partnered with Plymouth State University to develop an on-site weather monitoring station that provides real-time weather data to PSU and provides the D Acres community with temperature, moisture, wind, and other climatic readings for multiple areas of the farm. In addition, we can now monitor the output of our two solar hot water rooftop panels, which supplement our wood-fired hot water furnace. With the hopes of further developing the local food sustainability of the Pemi-Baker Valley area, D Acres produced the first edition of a local food guide, to be expanded in 2008!

With the 2007 growing season nearly behind us (the greenhouse kale is still going!), the energy at D Acres has shifted toward 2008, the Year of Gardening for Health, Cultivating Wellness. The winter gives time for rest and reflection, but also for planning, fundraising, and grant writing, and the animal chores and forestry work are continued through the snow. The community is looking forward to a new influx of learners, a new crop of vegetables, and to surprises that 2008 will inevitably bring…

-L.B.
The Mission of D Acres is to improve the human relationship with the rural New England landscape through farm-based research, education, and demonstration of sustainable farming, cooperative community, and healthy living.

Staff
Josh Trought, Executive Director
Lauren Buyofsky, Farm Manager
Bill Errickson, Farm Manager
Louis Holland, Hospitality & Livestock Manager
Morgan Casella, Garden Supervisor

Board of Directors
Brian Eisenhauer, Chairman
Kevin Wall, Vice Chairman
Elizabeth Trought, Treasurer
Kel Rossiter, Secretary
Michelle Dunn
Brett Durham
Mike Long
Brian Marsicovetere
Chip Mauck
Jim Merkel
Judi North

D Acres of New Hampshire
Organic Farm and Educational Homestead
www.dacres.org info@dacres.org (603) 786-2366

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, held annually during the height of the fall foliage season.

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, Rumney, 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
D Acres would like to acknowledge the generosity of our members, sponsors and donors, all of whom help to make all we do here at the farm possible. We greatly appreciate your support throughout the year!

**2008 is the Year of Gardening for Health, Cultivating Wellness**

The U.S.A. is in the midst of a health crisis. We are seeing increasing incidences of diabetes, obesity, and cancer evident even in our children. While our health problems rise in number and severity, we are simultaneously polluting and depleting our natural resources. In a society where the stress levels in our daily lives continue to skyrocket, antibiotic resistance is rampant, and healthcare is becoming less and less affordable, we need solutions that are holistic, ecological, and community based.

The current state of our society has inspired the D Acres community to adopt “Gardening for Health, Cultivating Wellness” as the theme of our educational programs in 2008. Our annual workshop series will include experiential learning opportunities in medicinal and at risk plant identification and use, whole foods cooking and nutrition, gardening as exercise, soil building, and the benefits of organic and local foods. A special herbal medicine mini-series, “Plant Guided Ways to Wellness: An Introduction to Herbal Medicine” will be offered over the course of three Saturdays at D Acres in conjunction with Plymouth State University’s Frost School Community Education program and Wise River Herbals. In culmination of the year of Gardening for Health, Cultivating Wellness, D Acres will host a weekend-long “Cultivating Wellness” Conference on September 13th and 14th, 2008. The conference will feature practical events and educational opportunities on our 180-acre working organic farm. This event will be a celebration of land stewardship and community wellbeing in the White Mountains of New Hampshire, and is designed to educate the general public in our region about the link between the health of the people and the health of the land while providing a sense of wellbeing for all in attendance. We are thrilled to have a growing list of prominent New England herbalists, nutritionists, yoga practitioners, massage therapists, and holistic living experts who will join us as conference presenters and practitioners.

Please contact D Acres (info@dacres.org 603-786-2366) if you are interested in participating in the educational programs. For more information about the Year of Gardening for Health, Cultivating Wellness, please visit our website: www.dacres.org

**D ACRES WISH LIST FOR 2008:**

- Greenhouse
- Watering cans
- Wheel barrows
- Non-glossy newspaper
- Ink-free cardboard
- Mulch hay & leaves
- Grass clippings
- Excavator
- Front-End Loader
- Blacksmith tools
- Anvil & Welder
- Ceramics Tools
- Cutting Torch
- Carriage bolts & nuts
- Laptop
- Answering machine
- Office supplies
- Overhead projector
- Volunteers
- Metal Roofing
- Bread Pans
- Oven mits
- CB Radios
- Bike Pump
- Maple syrup
- collection equipment
- Evaporator

**Thank you**

Brenda and Bob Akerman
Rich Angell
Phil Aroneanu
Marilyn Ashley
Catherine & Rowe Ashley
Laura Bagwell
Amey & Scott Bailey
Patti Bailey & Jerel Harris
Jim Ball
Meredith Barrett
Sarah Bartz & Jeff Oehlert
Galen Beach
Daniel J. Bergeron
Amy Beston & Ben Morgan
Sally Bevan & Cindy Deal
Joe Bish & Becca Rodomsky
Ann & Tom Blair
Shaughn Bolton
Olga Bowen
Jay & Robin Boynton
Dan Brand
Maggie Brox
Scott Bullard
Artie & Diana Burdette
Karen, George, & Lisa Buydovsky
Carrie Byrne & Family
Frank Casella
Tracy Cato
Sho Chang & Family
Stephen Chiocca
Debra Collura
George Conkey
Martha Copithorne
Steve Crane
Roy Dellacriouex
Nancy Donahue
Maynard Weston Dow
Pauline & Win Duke
Richard & Bonita Dunadas
Daniel Dunfey
Brian & Audrey Eisenhauer
Gisela & Paul Estes
Lillian Etmekjian
Bryan Felice,

**Industrial Timber Framing**

Phyllis Fox, Fox Hollow Farm

**Joss & Karen French**

Amy & Carol Friedich,
Currier Brook Farm

Bob, Claire, & Christopher Frilette
Margot Garcia
Ken Gould
Shannon Green
Meagen Grundberg
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Mary Ellen & Jim Holland
Abby Hohn
Mike Iacona
Michael and Gisela Jakubowski
Brian Kendrick
Ronda Kilanowski
Tim, Dawn, & Paul Korade
Jessica Lee
Jay Legg & Family
Kevin Leshane
John & Sarah Lester
Karen Limoges & Family
Mike Long
Kevin Maass & Michelle Dunn
Dara & Mike MacDonald
Michael and Justine Majeski
Janis Mallard & Jim Evans
David F. Mann
Brian Marsicovetere
Charles Martel
Suzanne Martin
Chris & Simon Materia
Chip Mauck, Sunweaver
Mary and Warren McGoldrick
Paul McGoldrick
Colleen, Anastasia, & Armand Hardin
Ryan McMahon
Ruth Miller
Sam, Virginia, & Julia Miller

**Planned Giving**

Elizabeth & William Trought

Marion Mills
George & Martha Morrill
John Morrissey
Mark, Janice, & Catherine Nelson
Judi, Greg, & Jesse North
Jessica Novack
Judith Olsen
Maren Olsen & Tim Mori
Plymouth Area Renewable Energy Initiative
Charles & Barbara Pioli
Nancy & Mike Primeau
Len & Denise Reitsma
Dana Riccoboni
Laura & Gil Richardson
Bob & Celine Richer
Phyllis Rockwell
Kel Rossiter
Nancy & Jerry Roy
Paul & Mandy Ruest
Mary Ann Ryder & Gladys Rose
Olive & Jack Saunders
Danni Simon & Barrie Sawyer
Joel & Deborah Slocum
Mark & Daisy Sorice
Slim Spafford & Sherry Nelson
Larry & Eleanor Spencer
Heidi & Bill Tomford
Betty Ann & Bill Trought
Louise Turner
Upper Valley League of Women Voters
Tom & Peg Vachon
Marika West
Lili Whitin
Anthony Zachcino
Lee Ann, Louie, Jeremiah, & Benny Zeoli

Special thanks to KTM Auto

of Plymouth, NH for their waste vegetable oil conversion expertise!
I wake up to the sound of birds chirping and the sun warming the air. I stumble out of my sleeping bag and gaze at the forest outside of my treehouse window. It is beautiful. I lazily walk up the trail smelling the fresh air and feeling the cool breeze of a summer morning. As I cut through the flower garden, I think to myself that I have not felt this peaceful in a long time. I am greeted inside the community building by interns and staff enthusiastic to begin working. I grab a basket and head to the bean patch…

I graduated from the University of New Hampshire with a degree in Environmental Conservation and was searching for some hands-on experience that could offer solutions to all the problems I had been learning about. A sustainable living class really changed the way I viewed our society and how I wanted to live my life. I realized I had gone along with many of society’s “norms” without ever challenging them. Whether it was eating food from distant countries, driving my car when I could walk, or buying clothes simply because they were on sale, I had been brought up in a country where consuming is what we are taught to do. School subjects prepared me for a college that would get me a job so I could make money to buy things. Realizing this, I felt betrayed. Why did it take me over twenty years to learn the joys of community and nature? Why did I not know what a cucumber looked like, and that it grew on a vine, or that cabbage and broccoli are related? I had never nurtured a plant from seed to harvest. I believe that food plays an important role in our lives. It keeps us healthy, connects us to the land where we live, and is vital to building a sense of community. I felt a desire to take back the control I had lost over where my food was coming from. I began researching farm internships and applied to D Acres when I received an email from my department about the program. I originally did not expect to be exposed to the multiple facets the educational farm has to offer, but the experience was more than I could have asked for.

I will never look at food the same way again. I started work at D Acres at the end of May and stayed until mid-October, so I was fortunate to experience many of the changes in the gardens that follow the progression of the seasons. From weeding, to composting, to planting, to watering, we put a lot of our energy into our plants. At the same time, I was amazed at the amount of food we were able to produce in this harsh northern climate and rugged mountain terrain with our human energy. After having spent a summer eating fruits and vegetables that I grew and picked, I am eager to grow my own food again.

As with food, I will never look at community the same way again. D Acres is an interesting mix of people who each have a different story and reason for coming to stay at the farm. Reflecting on my five months here, I was able to experience how a person arriving or leaving can completely change the atmosphere of the place. People bring their own knowledge, personalities and ambitions. It was interesting to see improvements in D Acres as knowledge is passed down and new people create new scenarios that can be learned from. Just as hard as we worked, we also understood the importance of time for relaxation and fun. From swimming holes, to fires, to playing music, to dancing, I laughed and smiled the summer away. I remember coming to D Acres not knowing what to expect and now I will leave remembering the beautiful gardens, the peaceful woods, and the energy of all the people I met while I was there.

The D Acres Intern Experience...
-Kathryn Daly, D Acres Intern 2007

Education at D Acres in 2007
The Year of the Northern Forest was a great success.
We extend our thanks to the generous supporters of D Acres’ workshop series and educational programs.

Visitors: 2,260
Interns & Apprentices: 18
Volunteer Hours: 742
People on a Farm Tour: 349
Workshops: 37
Classes: 52
Community Events: 42

At D Acres, our integrated organic farm system incorporates various aspects of permaculture and biodynamic gardening. Animals play a role in contributing food, labor, and compost to the system. Biodiversity is key in our gardens, which include over 200 species of annual vegetables, perennial fruit and nut trees, berries, and medicinal herbs.

Produce Harvested: 3,506 lbs
Eggs Produced: 3,876 Piglets Raised: 37