



Cedar
Circle
Farm

Crops to Tabletops

Summer 2006



Farmstand & Education Center
CERTIFIED ORGANIC

And Into the 21st Century We Plow

Cedar Circle Farm enters into the 21st century ready to tackle the energy crisis head on. The Association for the Study of Peak Oil states, "The world is inexorably approaching 'Peak Oil.' Although political and economic events could shift the timing, we are nearing the date when it will become impossible to further increase oil production. After that point, oil production will stop growing." CCF is working to stay abreast of the energy crunch with innovative forms of renewable energy. According to farm manager Will Allen, "We must embrace alternative forms of energy. Our role as sustainable farmers dictates that we provide organic produce to local communities and also steward

the resources." Will, co-manager Kate Duesterberg, and field manager Luke Joanis have attended several workshops and seminars to help make the farm more energy efficient.

Historically, the farm is operational roughly nine months out of the year. During the colder months, the cost of heating the greenhouses is prohibitive—a cost that will only increase with the escalating price of oil. To meet this challenge, the farm purchased a Clean Burn Multi-oil Heating System that runs on used vegetable oil and dramatically decreases greenhouse heating costs. (It can also burn home heating oil and used motor oil, but the least polluting fuel is

FARMSTAND
Monday–Saturday
10 AM–6 PM
Sundays, 10 AM–5 PM

HELLO CAFÉ
Monday–Friday
7 AM–5 PM
Saturday–Sunday
8 AM–5 PM
SEPTEMBER–OCTOBER
Closed Mondays

vegetable oil.) Several local restaurants, such as Molly's Restaurant, the Canoe Club, and Murphy's on the Green, all in Hanover, New Hampshire, and the Salt Hill Pub in Lebanon, New Hampshire, work with CCF to provide a source of used vegetable oil.

Currently the vegetable oil heater is *continued on page 3*

Don't Miss the 4th Annual Strawberry Festival!

Sunday, June 25 marks our 4th Annual Strawberry Festival from 10–5. Children's activities, horse-drawn wagon rides, live music, farm tours, draft horse and oxen demonstrations, oxcart rides, a cooking demonstration, prepared food and berry picking. Fun for the whole family and no admission fee! See page 4 for festival schedule.

North Duesterberg-Chavez



Photovoltaic panels have been installed on the roof of the Hello Café as a solar source of electricity.



Meet the Field Manager: Luke Joanis

One of our dedicated farmers, Luke Joanis is committed to cultivating a harmonious symbiosis between healthy families and the earth through organic farming. Luke is the CCF field manager who leads seven other like-minded fieldworkers, some of them aspiring farmers as well, to provide fresh organic produce to our local communities. He came to Cedar Circle three seasons ago after working for a year on an organic farm in Wisconsin, and two years as a produce manager for Whole Foods Markets. It was through these experiences that Luke became aware of the organic and sustainable farming movement. At age 27, he strives for self-sustainability. A fine carpenter, he is building himself a cabin from recycled material. "Construction is still underway," he says with a smile. Luke currently lives without electricity or plumbing, and has a class-4 trail for a driveway.

When asked what an ordinary day at CCF looks like, he says, "Each day begins with a galaxy of possibilities! There is an ever-changing list of priorities, so I couldn't tell you exactly what we'll do tomorrow. We have seeding schedules, harvesting timelines and such, but

because we work in tandem with nature, we need to remain flexible. For example, the sun may be out and we'll need to harvest one crop and cover another, or the rain will come and each plant will react differently." On any given day, Luke is urgently riding his rusty banana-seat bike around the farm, carrying shovels and rows of drip tape. His passion can be seen in every greenhouse, in every row of vegetables, and in every beautiful piece of produce he sends off to the farmstand and farmers market. Asked about the source of his passion, Luke becomes straight-faced and responds, "These plants are my babies. I feel responsible to care for them from seed until customers pick them from the shelves.

I believe everyone deserves to have access to fresh-picked, local, organic produce that's ripe and in season." Luke is constantly seeking ways to make a difference.

Cedar Circle Farm encourages all of its employees to become active and learn about the politics of food. According to Luke, "Will and Kate run the farm like a huge family. They teach and encourage everyone to be innovative. They support our staff in trying new things

Field Manager Luke Joanis explains to the Worcester Youth Center Farmer Outreach Program participants how to tie up tomatoes in Greenhouse Eight, powered by a Clean Burn heater.

and experimenting with new crops and techniques. My hands are unbound by chemicals and bureaucracy, and in their place are living soil and ideas. We grow the food that we eat which is magical in itself."

Outside of farming, building his cabin, and sharing each season's challenges with the crew, our CCF field manager plays Ultimate Frisbee, pitches a mean horseshoe, and is 4th Kyu in Aikido. Thanks, Luke!



A portion of the CCF Family poses for a photo in front of the Hello Café. From left to right: Judy Vaughan, Doug MacKinnon, Madi Arnold, Keith Friedland, Kathy Friedland, Sie Arnold, Will Allen, Michael Kanter, Zuri Allen, Zurael Star, Ali Burnett, Noah Duesterberg-Chavez, Kate Duesterberg, Sara Herr, Justin Park, Luke Joanis.

CCF Welcomes New Education Program Coordinator

CCF welcomes Michael Kanter to its family as education director. Michael comes from a background in youth activity programming and counseling. Will Allen, Michael Kanter, and Xavier Johnson hope to expand the Farmer Outreach Program to other communities using the Worcester Youth Center as a model. Michael states, "The program is designed to introduce inner-city youth to farm-fresh food rather than fast food and processed foods. Once they learn how to grow it themselves, they make low-cost, nutritious food available

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Noah Duesterberg-Chavez





Into the 21st Century We Plow *continued from page 1*

heating one greenhouse (Greenhouse Eight), and plans are underway for expanding coverage to others. Excitement was in the air as the farm staff started the heater last March. Will recalls, “Once we finally fired it up, we all yelled and celebrated. It’s a step toward sustainability as we get deeper into the energy crisis.”

The introduction of the vegetable oil burner is just one of four measures CCF is using to keep energy costs down. Mounted above the Hello Café coffeehouse are several photovoltaic panels. Once they are wired into the electrical system, these panels will draw energy from the sun, and convert it to

electricity for various functions on the farm. Each greenhouse is equipped with lights, and fans to circulate warm or cool air. By lowering the cost of greenhouse electricity consumption, growing flowers and produce will remain affordable.

In the fields, CCF uses efficient means of irrigation, land preparation, and harvesting. We recently built a new horse barn, behind Greenhouse One, to house Jack and Jerry, our team of Belgian draft horses. The horses are used to prepare the soil and to plant seed. In the process, the horses do not compact the soil, allowing it to retain more water and micro-organisms, which in turn reduces the amount of irrigation required. CCF uses smaller tractors that require less fuel and have less impact on the soil. Another way the farm cuts down on irrigation time and water

consumption is by using drip irrigation. A technique perfected by Israeli farmers, drip irrigation significantly cuts down on the amount of water needed by dripping water directly onto the plants. As a result, it reduces irrigation time and water-pump fuel consumption, as well as manpower needed for weeding.

CCF joins the global effort to reduce the use of fossil fuels, in hopes that many more farmers will learn from their experience. There are several farmers around the state using vegetable oil burners. According to CCF co-manager Kate Duesterberg, “The information we’ve gained comes from research, visits with other farmers, and farming conferences. It’s exciting to be part of a movement toward sustainable energy production.”

The Farmer Outreach Program is Growing

The Farmer Outreach Program (FOP) is rapidly growing and gathering momentum. Earlier this year, the Worcester, Massachusetts, FOP coordinator, Xavier Johnson, took on the role of program coordinator for the Worcester Youth Center. This new position allows him to give more of Worcester’s youth access to the Outreach Program than before. For the second year, the FOP is collaborating with the 4-H camp in the nearby city of Spencer. The 4-H donated a half acre for the Youth Center garden, and opens up its camp activities to Youth Center/FOP participants. CCF Manager Will Allen states, “Currently we have four garden sites, one at CCF, one at the 4-H site, and two at the Youth Center. Our goal is to plant different crops in each garden, and stagger the harvest times so the Youth Center can sell a continuous supply of organic produce at their farmers market.”

The Youth Center receives the added benefit of having a flourishing garden.

Where there once was trash and debris on the two strips of land in front of the Youth Center, CCF and Youth Center members planted a garden full of onions, spinach, tomatoes, beans, radishes, collard greens, and pansies. Looking at the new developments, Xavier says, “It’s a great chance for these kids to see how they can change their environment for the better. They learn math, science,

and marketing skills you can’t get from a textbook, and gain new experiences denied them due to socioeconomic restraints.” The 4-H site has scallions, peppers, lettuce, beans, and broccoli, all hand-planted by youth center participants. In June, a small group of the kids will come to CCF to plant pumpkins, squash, melons, kale, lettuce, and manage a field of strawberries.

Dine on the Farm; In the Field

Enjoy fresh food from the farm, on the farm, featuring guest chefs and presenters. Join us for an intimate country dinner alongside the Connecticut River, at tables set with linens and tableware. In July and August, we host three Saturday night Dinners in the Field.

The festivities begin **July 29** with **Divine Flavors of the Field** featuring guest Chef Peter Heaney

of Twin Farms Resort in Barnard, Vermont. Come feast on expertly prepared, farm-fresh, organic veggies and fruits, locally raised meats, and locally produced artisan breads and cheeses—\$35 per person.

Our second dinner, **Rustic Italian**, on **August 5**, features Jeremy Stephenson of Bel Terreno Imports in Norwich, Vermont, and Horace Palmer of Boldo’s, in Fairlee, Vermont.

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Strawberry Festival Schedule-Sunday, June 25

- 10-4: Horse-drawn wagon rides to and from the strawberry patch, strawberry picking, kids' activities—roving veggie characters on stilts, face painting, flower pot painting and planting throughout the day
- 10:30-1: Ongoing oxen handiness demonstration by Ray Morvan of Heritage Ox Farm, Northfield, Vermont (canceled if rain)
- 11: Organic food concession opens—homemade strawberry shortcake, farm-fresh salad, grilled local sausages, and Strafford Organic Creamery ice cream
- 11-1: Ongoing cooking demonstration with Ellen Ecker Ogden of Manchester Center, Vermont, author of *From the Cook's Garden*
- 11&2: Draft horse cultivating and planting demonstrations
- 12-3: Live folk & blues duet, Wicker Windsor & Keith Friedland
- 12&3: Guided informational farm tours with Will Allen, CCF farm manager
- 1-2: Oxcart rides given by Ray Morvan of Heritage Ox Farm (canceled if rain)
- 5: Festival ends

New Coordinator

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to their community. In essence, the Youth Center kids are ambassadors of social change in their neighborhood, and CCF is merely providing the necessary tools."



Farmstand & Education Center
CERTIFIED ORGANIC

225 Pavillion Road
East Thetford, Vermont 05043



GROWING FOR A SUSTAINABLE FUTURE





Good for 1 small espresso drink in the Hello Café

Serving Mon-Fri, 7-5; Sat-Sun, 8-5
Valid through August 31, 2006.

Farmstand & Education Center
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Dinner in the Field

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Jeremy Stephenson introduces farmstead Parmesan cheeses and specialty olive oils imported from Italy. Horace Palmer invites guests into the Italian artisan traditions of sausages, salamis, cheeses, and breads combined with our farm-fresh fruits and veggies—\$25 per person.

On **August 19**, come enjoy **Mexican Night** featuring Cedar Circle's own Will Allen! Delight in his tamales, enchiladas, and farm-fresh salad made from our tomatoes, peppers, and corn. Share in a discussion on foods indigenous to the Americas—\$25 per person.

Please call 802-785-4737 for reservations; the dinners fill fast as they

are limited to 30 guests.

Be sure to sign up for our mailing list at the farmstand or by giving us a call. We are always adding additional events to our schedule such as a Film Series, Hello Café Nights, and more!

ORGANIC YOU-PICK BERRIES

Strawberries: Mid-June until the first or second week in July.

Blueberries: Mid-July through August, even into September depending on the weather and vigor of the plants.

Call ahead for availability and hours.

Mark your Calendars!
4th Annual Pumpkin Festival
October 8, 10-5

**"TO FORGET HOW TO DIG THE EARTH AND TEND THE SOIL
IS TO FORGET OURSELVES."**

— Mahatma Gandhi