Upcoming Events at Adams Farm

New Year’s Day brought warm temperatures once again and despite a ferocious wind, the parking lot at the Farm was packed as hikers and bikers stopped by to enjoy the day. Although there aren’t many events on the calendar at the moment, we encourage you to bring a friend and come to the Farm during the winter months for a brisk walk in the woods. Check out the new bog bridges that will help keep your feet dry on notoriously swampy sections of the trails!

March
19  6th Annual Seed Swap at the Walpole Library

May
5  Community Garden Opening Day

President’s Message

Adams Farm welcomes visitors year around, and winter provides the perfect time to bundle up and see nature at play. The Friends of Adams Farm Board of Directors plans events that bring fellow members and visitors to the Farm in all seasons. This past summer we held several music events at the barn. We look forward to holding more music events again this year, which are a great opportunity to hear local artists in a lovely outdoor setting.

Speaking of the beautiful red barn, it’s available to rent for the day for your special occasion. Weddings, receptions, and family reunions have all been held at the Farm. Renting the barn provides funds to maintain Adams Farm. See our website for details.

FOAF is currently sponsoring a project to improve signage on the trails. Working with the Walpole Trails Committee, our goal is to ensure accurate trail markings that identify path intersections. This project will be completed later this year, allowing visitors to take new paths and discover more of Adams Farm.

I hike often at the Farm and get to meet and say hello to many people on my walks. Most of the talks are enjoyable. One conversation, however, brought up a current challenge. A group of horse riders mentioned an unleashed dog chasing their horses. On other walks I’ve seen the challenge of dog droppings left on the property.

As your Board of Directors, we’re always trying to come up with ways to make Adams Farm walkable for those with pets and those without pets. Your ideas are welcome and will be shared with the Adams Farm Committee.

Please consider renewing your membership in the Friends of Adams Farm. The benefits include feeling good about supporting such a peaceful spot. I just renewed my annual membership while on vacation in South Carolina. Even though I was so many miles away, Adams Farm was on my mind, and I hope it will be on yours as well as we begin the new year. Thank you for the opportunity to serve as the President of FOAF and best wishes for an amazing 2019.

Roy Noepel
President, Friends of Adams Farm

New Bog Bridges Span Wet Areas

On New Year’s Eve, a crew of volunteers led by Walpole Trails Committee Chairman Gary Riggott (center) assembled and installed several wooden bog bridges over wet areas on the trail that traverses the back field at the rear of the Farm, as well as on the Monarch Trail.

The bridges are intentionally designed in small segments so that they can be moved as needed to various wet areas at the Farm. Care was taken to position the bridges so as to encourage grass growth and to provide ease of access to the trails for hikers. Claudia Mackey; Lee Leach, commissioner of the Norwood Conservation Commission), and Roy Noepel, president of the Friends of Adams Farm, also helped with this project.
Seed Swap Returns on March 19th

The 6th Annual Seed Swap will take place on Tuesday, March 19th, in the Community Room of the Walpole Public Library from 7pm to 8:30pm. The Walpole Seed Library will be available for those wanting to take seeds for the upcoming gardening season. All area gardeners are invited to attend and bring a friend. Also, feel free to bring seeds and gardening tips to share. The mix of experienced gardeners and first-timers is what makes this event so much fun!

For more information or if you’d like to volunteer to help package seeds for the event, contact Susan Packenham at Packy5@comcast.net.

Butterfly Garden Update
by Roy Noepel, Butterfly Garden Manager

2018 was a banner year for the Butterfly Garden. The new plants we’ve added (roses, phlox, tickseed, and catmint, to name just a few) are thriving, along with some well-placed weeds (like Jimsonweed, mentioned in the fall newsletter!). If you took photos of the Garden during the summer, now that the gray days of winter are upon us, perhaps the time has come to pull them up on your smart phone to relive nature’s beauty.

The plants and walkways in the Garden have benefited from summer and fall pruning and weeding. For those who have spent hours weeding, a special thank you. Earlier in the year, Boy Scouts from Troop 44 helped spread 8 yards of mulch in the Garden. Three trees – two dogwoods and a red maple – were also planted just outside the Garden area. They will provide needed shade during the hot summer, and are one more reason to stop by and enjoy the Butterfly Garden.

My favorite spot in the Butterfly Garden is the bench. Now that you know my secret spot, please make time to visit the Garden and sit down. You’ll see the beautiful birch trees in front of you, along with the picturesque red barn. Professional photographers know the Garden well, and have taken countless photos of high school seniors and families there.

Even in wintertime, the Butterfly Garden is a special place to visit. You can feel nature resting and planning for spectacular blooms in springtime. Make it a point to include a walk on the gravel path around the Butterfly Garden the next time you visit Adams Farm.

FOAF Annual Meeting

The FOAF Annual Meeting took place on Thursday, October 25, 2018, in the Pinnacle Room at the Walpole Public Library. Officers for 2019 are Roy Noepel, president; Susan Packenham, vice president; Dave Hoag, treasurer; and Yvette Morrill, secretary. Directors include Ed Jastrem, Alan Marshall Fern Miller, Mary Sullivan, and Jack Wiley. Non-voting directors are Anne Belliveau, Lori Fopiano, Eileen Jensen, Sue Shocket and Roger Turner.

We’re always on the lookout for new ways to bring more visitors to Adams Farm. If you have ideas for events or activities that could be held at the Farm, please get in touch with us by emailing yvette@adams-farm.com.

Community Garden Plots Available

Registration is now open for plots in next summer’s Community Garden. If you’d like to have a garden plot at the Farm next summer, registration forms are available online by clicking the link on the Community Garden page of the Adams Farm website (http://adams-farm.com/community-garden/). The cost of a 20x20-foot plot is $30.

Plots will be allocated on a first come, first served basis. Names will be put on a waiting list if there are more applicants than plots available. Just fill out the form, make your check out to “Town of Walpole – AFC Fee Account”, and send them both to the Friends of Adams Farm, P.O. Box 725, Walpole, MA 02081. Checks will not be cashed until plots are assigned. For questions about the Community Garden, please contact Peggy Burns, the Community Garden Coordinator, at peggy.burns1@verizon.net.

Drainage Improved on Blue Trail

Volunteers led by Walpole Trails Committee Chairman Gary Riggott (left) recently dug a channel
through a section of the far end of the Blue Trail that the DPW had leveled and lined it with a board to temporarily improve the drainage on that section of the trail. When the warm weather returns, two ditches similar to those on the front end of the trail where it enters the woods will be dug and lined with boards to ensure that water drains off properly to the sides of the trail.

Why Don’t Ducks’ Feet Freeze in Winter?
Excerpted from an article by Robert Buchsbaum, Mass Audubon Southeast, Cape, and Islands Regional Scientist, in the January–April 2014 issue of the Mass Audubon Connections newsletter

Have you ever wondered why the feet and legs of ducks and other water birds don’t succumb to frostbite in winter? Humans certainly can’t stand on ice for hours, or swim and sleep in icy water. So how do birds do it?

Ducks have a few strategies. First of all, even on cold days, they don’t feel the chill – their feet and legs are basically skin, bones, and tendons, with few nerve receptors to register pain. Also, the muscles that power those legs are positioned close to their bodies, which helps keep them warm, as do water-repelling feathers and an insulating layer of fat.

But they have an extra secret – a specially adapted circulatory system. When ducks send blood from their warm hearts to their feet, they risk losing precious body heat to the frigid water. So, they’ve got a special “heat exchanger” in their legs. Here, the warm blood from the arteries (which send blood to the feet) heats up the veins (which send blood back to the heart). The veins can therefore return heat to the duck’s core, and the cooler blood that heads to the legs is still warm enough to avoid frostbite. Humans use the same principle, called countercurrent heat exchange, in refrigerators and a number of industrial processes.

Time to Renew Your Membership

Now is the time to renew your membership for 2019! Your membership fee goes toward maintenance costs such as sanitary facilities, electricity, and haying the fields, and also allows you to receive our quarterly newsletters and other email updates about happenings at Adams Farm.

Currently, over 300 families are members of the Friends of Adams Farm. Please take the time to talk to your friends, neighbors and relatives about Adams Farm and the many activities that take place there, and encourage them to join the ranks of our members.

FOAF membership dues are as follows:

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<th>Membership Level</th>
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<tr>
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Membership forms are available in the map box at the Farm, in the Selectmen’s office at Town Hall, and on the Adams Farm website (www.adams-farm.com), and should be sent, along with a check made out to The Friends of Adams Farm, to P.O. 725, Walpole, MA 02081.

Dedicated to the Preservation of Adams Farm

Adams Farm

Located at 999 North Street, North Walpole, MA

Friends of Adams Farm, Inc.
P.O. Box 725, Walpole, MA 02081

www.adams-farm.com