

Friends of Adams Farm

Newsletter

Winter 2018

Number 48



A Message from the President

Happy New Year and thanks for being a member of the Friends of Adams Farm!

The cold and snow can be the best reason to bundle up and enjoy a visit to the Farm. The wildlife and serene peacefulness of the many paths, fields, and woods are waiting for you to visit during the week or on the weekend. Wildlife can be hibernating or a bit harder to spot than in warmer months, so watch for animal tracks and hearty birds.

May I also suggest that you look at the photos taken on your smart phone, and send them to our Facebook page? I bet you can enhance our pictures with your memories taken this fall or winter. Whenever I see a professional photographer at Adams Farm taking family photographs or graduation pictures, I think of the wisdom of the town's residents just over 20 years ago to create what I consider the jewel of Walpole, our Adams Farm. It belongs to all of us, and being a contributing FOAF member strengthens our ability to keep the beautiful red barn and recently painted white fences looking their best, as well as covering many other Farm-related expenses.

Please ensure that your membership is up to date and spread the word to your friends and family. There are several enhancements to Adams Farm currently in the planning stages, including improved mapping of the trails and adding a trail link to Willett Pond (see article below). As you enjoy cross country skiing or walking the trails, please continue to be mindful to leave Adams Farm cleaner and even better than before your visit. This includes following the instructions on the signs and message board. Also, please let us know of any motorized vehicles accessing the property as this is not allowed.

As I write this, we are expecting 18 inches of snow today. A special 'Thank You' to the Town employees

who keep our special place running smoothly! This includes rubbish removal, water line access, and road maintenance. The Walpole Police and Fire Departments are also caretakers of the Farm, which is much appreciated.

Once again, a sincere thank-you for your FOAF membership. May 2018 offer you many peaceful visits to Adams Farm with friends and family.

Roy Noepel
President, Friends of Adams Farm

P.S. – The FOAF Board of Directors is always interested in hearing from our members and visitors on how best to enjoy and utilize Adams Farm. We welcome your input and suggestions. Reach out to us by sending an email to me at rnoepel@gmail.com.

Upcoming Events at Adams Farm

The frigid temperatures of late may have kept you from visiting the Farm, but with warmer days in the forecast we encourage you to head to the Farm to take a brisk walk on the Monarch Trail or venture out into the woods for a peaceful stroll. Think spring and mark your calendar now for our annual Seed Swap that will take place on April 4th at the Walpole Public Library.

April

4 Seed Swap at the Walpole Library

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.

FOAF Annual Meeting

The FOAF Annual Meeting took place on Tuesday, October 24, 2017, in Room 116 of the Walpole Town Hall. Officers for 2018 are Roy Noepel, president; Susan Packenham, vice president; Dave Hoag, treasurer; and Yvette Morrill, secretary. Directors include Lori Fopiano, Ed Jastrem, Fern Miller, Mary Sullivan, and Jack Wiley. Non-voting directors are Anne Belliveau, Eileen Jensen, Jessica Lasterza, 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.

Butterfly Garden Blanketed by Snow

Our Butterfly Garden is now covered with a deep layer of gentle snow. Before the freezing temperatures arrived, the bushes and perennials were trimmed back to prepare for healthy spring buds and flowers. Also, the ever-present grass and ‘weeds’ were pulled from the back section of the Garden, which will make visiting the Garden this spring even more enjoyable. It will feel as if the Butterfly Garden has grown by 30%! We send a special thanks to all those who volunteered to help with weeding last season, and hope you’ll lend a hand again when the warm weather returns.



The many plants purchased for the Butterfly Garden from Southridge Farm last fall thrived this year, welcoming a record number of Monarch butterflies. The bees that live in the Farm’s beehives surely appreciated the plants and are now patiently waiting for spring.

You can still enjoy the Butterfly Garden this winter by walking its paths and taking a relaxing seat on the bench in the heart of the garden. Take in the wonderful view of the red barn and pavilion, the

Community Garden, and the snowy fields leading to North Street.

Donate Seeds to the Seed Library!

We’re looking for more seeds to replenish the supplies in the Seed Library for the next growing season. Seeds may be dropped off in one of the drawers of the Seed Library which is located adjacent to the circulation desk at the Walpole Public Library. Since seeds are generally good for many years, if you have leftover seeds from past years, feel free to donate them as well. To find out when seeds are ready to be “borrowed” for the upcoming gardening season, contact Susan Packenham at Packy5@comcast.net.

And don’t forget to join us for this spring’s Seed Swap (see article below) which will take place on April 4th in the Community Room at the Walpole Public Library.

Seed Swap on Tap in April

The 5th Annual Seed Swap will take place on Wednesday, April 4th, 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.

Donating Appreciated Investments: A Win-Win for Donors and Charities Alike

by Ed Jastrem, FOAF board member

If you’re looking for a way to make your charitable dollars go farther and make more of a difference to a cause you care about, consider donating appreciated investments directly to the Friends of Adams Farm portfolio. A charitable contribution of long-term appreciated securities – i.e., stocks, bonds and/or mutual funds that have realized significant appreciation over time – is one of the most tax-efficient of all ways to give.

By taking advantage of the applicable tax incentives, donors can significantly increase the amount of funds available to them for charitable giving. Your tax-deductible gift is an important resource to FOAF for major projects and improvements to the Farm. For more information on donating securities to FOAF, contact Yvette at yvette@adams-farm.com.

New Trail to Willett Pond Proposed

The Neponset River Watershed Association (NepRWA), a non-profit organization that protects the water, wildlife and land of the Neponset River and Watershed, is joining forces with Open Space Results, LLC, to work on a conservation project which would improve public access to the land around Willett Pond. Included in the proposal is the creation of new trails near Willett Pond, as well as a trail on the opposite side of North Street that would provide visitors to Adams Farm with the opportunity to hike over to Willett Pond.

NepRWA will acquire pond frontage along Willett Pond from the Neponset River Land Holding Association (NRLHA), as well as land from the New England Forest Foundation (NEFF) linking the NRLHA land to North Street. A trail easement on NEFF land west of North Street (formerly owned by Jessamine Warren) and adjacent to Adams Farm will allow for the creation of a trail connecting the Farm to the new trails at Willett Pond.

Details of the trails project were presented at a recent Adams Farm Committee meeting. However, before the new trail connection can become a reality, there is a lot of work to be done. The Adams Farm Committee's particular areas of concern are the creation of a parking area for visitors that would be accessed from North Street and the safety of pedestrians crossing North Street to visit Willett Pond. We'll provide more information when the project gets underway.



Lichens growing on a fence rail

Lichens

excerpted from an article by Rosemary Mosco, a Naturalist and Marketing Coordinator, in the January-March 2016 issue of Connections, the Mass Audubon Member Newsletter

It's likely that you often walk past lichens without giving them a second thought. But next time you pass by a patch of crust, leaf-like flakes, or tufts growing on stone, trees, or the ground, take a closer look. Is it a fungus? Or maybe a plant? If you're

having trouble deciding, you're actually on the right track. Lichens are more than just one life-form – they're an intimate relationship between two, or sometimes three, types of living things.

One partner in this relationship is a fungus. It creates the lichen's durable structure. Interwoven with the fungus are other partners: an alga, a cyanobacterium, or both. These organisms can make food from sunlight, and the fungus takes a share of the nutrients they produce. In return, it protects its sensitive companions from the dangers of UV rays and desiccation (drying up).

This unusual strategy has proven to be enormously successful. Lichens are found on every continent – even in the most desolate barrens of Antarctica. They play important roles in ecosystems, serving as food for creatures from moose to mites, or as nesting material: the ruby-throated hummingbird builds her nursery from lichen pieces and spider silk.

Lichens are valuable to people as well. Cultures around the world use them in medicines, dyes, food flavorings, and much more. The famous litmus test, which checks a substance's acidity, uses pigment from them. Lichens are also a litmus test for the health of our environment since many are highly sensitive to pollution. A landscape rich in lichens is one that's good for people.

A Slow-Cooker Soup to Warm your Winter

by Sue Shocket, FOAF board member

This recipe is adapted from an old recipe that I had from an unknown source. It's about the easiest winter soup that I've ever made and it freezes beautifully. I love to serve it with a side of cornbread in the winter.

Slow Cooker Chicken Tortilla Soup

4 boneless chicken breasts (about 2 lbs.) trimmed of fat, but otherwise not cut

2 14.5 oz. cans black beans, undrained

2 14.5 oz. cans petite cut tomatoes or crushed tomatoes

1 14.5 oz. can tomato sauce

1 cup salsa

1 tsp. cumin

½ tsp. or to taste chili powder

1 Tbsp. or to taste pickled jalapeños, chopped

Tortilla chips

Grated Cheddar or Jack cheese

Sour cream

Combine all ingredients through jalapeños in slow cooker. Stir gently to mix and cook on low for 8 hours. Just before serving, remove chicken to a plate to shred by pulling apart with two forks. Return

chicken to slow cooker and stir into soup. Serve soup with tortilla chips, cheese and sour cream.

Time to Renew Your Membership

Now is the time to renew your membership for 2018! 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:

<i>Individual</i>	\$10.00
<i>Family</i>	\$15.00
<i>Sponsor</i>	\$25.00
<i>Patron</i>	\$50.00

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