Friends of Adams Farm
Newsletter

Spring 2019

Upcoming Events at Adams Farm
As a special welcome to spring, the Adams Farm Committee and the Friends of Adams Farm have joined forces to provide visitors to the Farm with a new trail map of the property. Next time you stop by the Farm, check out the new map which is displayed in the main info kiosk by the barn, as well as in several other kiosks strategically placed along the trails. Learn more about the new trail map and new trail markers later in this newsletter.

May
5 Community Garden Opening Day
19 Cub Scout Pack 44 Rocket Derby

June
19 UMass Extension Weed Walkabout

July
27 Private Anniversary Party

November
3 Community Garden Closing Day

Looking for Summer Musicians!
Some of you may have enjoyed the Music in the Barn concerts at the Farm sponsored by the Friends of Adams Farm last summer. The FOAF Board of Directors is looking for musicians who would be interested in providing music for more Music in the Barn concerts this summer. If you know of any local musicians looking for a summer gig, please have them contact Roy Noepel at rnoepel@gmail.com.

New Trail Map!
Following more than a year of hard work by Gary Riggott, head of the Walpole Trails Committee, Jack Wiley and Scott Martin of the Adams Farm Committee, and Yvette Morrill of the Friends of Adams Farm, a new trail map of Adams Farm has been created with new trail markers highlighting several trails. In addition, new location numbers posted at trail intersections are designed to help hikers identify their exact location while exploring the Farm, and make it easier for police and fire personnel to locate people at the Farm in the event of an emergency.

The Monarch Trail, marked in yellow on the map, follows the perimeter of the field behind the barn and is a great short hike for those who don’t have much time or who are hiking with young children. The Blue Trail, a wide path leading to the woods, provides hikers with an hour-long hike that takes them to the back meadow and then loops back through the woods to the barn.

The Orange Trail makes a slightly shorter loop through the woods to the left of the Blue Trail, while the Red Trail heads off to the right of the Blue Trail and takes hikers past the power lines to the far western edge of the property.

Community Garden Plot Update
Several new gardeners will be working their plots when the Community Garden reopens in May. If you’ve thought about growing your own food, consider adding your name to the waiting list for a plot. Any plots that haven’t been worked by June 9 will be given to gardeners on the waiting list on a first come, first served basis.

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 an approximately 20x20-foot plot is $30. 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.
The White Trail can be accessed either from its starting point on the Orange Trail or as it crosses the Blue Trail. While hiking the entire trail can take an hour, combining short sections of the White Trail with sections of the other trails will allow hikers to create hikes of varying lengths to fit whatever amount of time they may have available.

Distance, hiking time and the degree of difficulty of each of the trails are listed on the back of the map, along with a description of the Farm property and several archaeological sites found on the property.

Do You Have an Idea for a Fall Event?

Many of you may remember the Vintage Thymes Marketplace, a wonderful fall event at the Farm featuring vintage décor items, good food and great music. Unfortunately, Vintage Thymes has closed and will no longer put on this event. If you’d be interested in holding a similar event or something completely different, please keep the Farm in mind. If you have any questions about holding large events at Adams Farm, please contact yvette@adams-farm.com.

Butterfly Garden Update
by Roy Noepel, Butterfly Garden Manager

The Butterfly Garden begins the spring of 2019 in wonderful condition. Last year’s extensive weeding, pruning, and watering has prepared the Garden for a vibrant season.

A special thank-you to those that volunteer in the Butterfly Garden. I’m fortunate enough to work from a home office which allows me to spend time at the Garden instead of sitting in traffic on Rtes. 128 and 93. Consider spending some of your free time at the Butterfly Garden, helping to sustain its beauty throughout the season. The butterflies, bees, and birds are all counting on your help!

Flyers Encourage Picking up After Your Pooch

Hoping to persuade more dog owners to pick up after their pets, the FOAF Board of Directors has come up with a “poop flyer” that we’ll be leaving on the windshields of cars parked at Adams Farm. Beyond the unsightliness of the dog droppings, the flyer highlights the sanitary hazards of not properly disposing of dog waste. Nitrogen in dog droppings is harmful to the environment, and too much of it can destroy plants at the Farm. Diseases can also be spread though insects at the Farm who feed on the droppings. The flyers also give visitors an added nudge to obey the leash law and keep their dogs on leash at all times.

Monarch Migration
adapted from an article at www.learnaboutnature.com

With warmer temperatures arriving, the monarch butterflies who flew south last fall will soon be back. Monarchs are not able to survive the cold winters found in most of the United States, so they migrate south and west each autumn to escape the cold weather. The monarch’s winter migration usually starts around October each year, but can start even earlier if the weather turns cold sooner than that.

Monarch butterflies spend their winter hibernation in Mexico and some parts of Southern California where it is warm all year long. If the monarch comes from the Eastern states, usually east of the Rocky Mountains, it will migrate to Mexico and hibernate in oyamel fir trees there. If the monarch comes from west of the Rocky Mountains, it will hibernate in and around Pacific Grove, California, in eucalyptus trees.

Monarch butterflies are the only insect that migrates each year to a warmer climate that is 2,500 miles away. When they migrate, monarchs congregate in the very same trees every year. The monarchs migrate for two
reasons: they cannot withstand the freezing winter weather of the northern and central continental climates and their larval food plants do not grow in the areas where they spend the winter. So, in the spring the monarchs must fly back north to places where the plants that their caterpillars feed on are plentiful.

**Seed Swap Draws a Crowd**

The 6th Annual Seed Swap took place on Tuesday evening, March 19, in the Children’s Room of the Walpole Public Library. Almost as soon as the Seed Library was set up and stocked with seed packets, eager gardeners began arriving to peruse the selection. The event drew gardeners from as far away as Foxboro and Stoughton.

Special guest speaker Master Gardener Debbie Wells of the Norwood Evening Garden Club provided useful information for new and seasoned gardeners alike, giving advice on which seeds to plant now, soil preparation, seed starting, and garden design. She also discussed the importance of crop rotation, thinning seedlings to improve plant growth, and the process of hardening off seedlings started indoors to prepare them to be transplanted outdoors.

As the evening wound down, several of those who attended lingered to continue their gardening conversations with Wells and Susan Clare, manager of the Norwood Community Garden, who helped organize the Seed Swap. According to Susan Packenham who runs the Seed Library, “The borrowing is in full swing, and seed supplies are noticeably lower. Happy problem!”

A special thanks goes to the 10th-grade CCD class at St. Timothy Catholic Church in Norwood who spent many, many hours sorting and packaging seeds for the Seed Library. To learn more about the Seed Library or to donate seeds, please contact Susan at Packy5@comcast.net.

**Fun Facts About Feathers**

excerpted from an article in the Spring 2019 issue of Explore, the Mass Audubon quarterly members magazine

All birds have feathers, and birds are the only living animals that do! The shaft of a feather is like the trunk of a tree with tiny barbs coming off of it like branches. Each barb is lined with even smaller barbules that interlock with other barbules to make the surface of the feather smooth. Most birds drop and grow new feathers every year – a process called “molting”.

Songbirds have 3,500 to 5,000 feathers, while waterbirds may have as many as 12,000. Although very lightweight, a bird’s feathers usually weigh two to three times as much as its skeleton, because birds have hollow bones. Owls have feathers with special edges that allow them to fly silently just inches from their prey without being noticed.

A bird has several kinds of feathers. Flight feathers are found on the bird’s tail and wings. They are shaped to move smoothly through the air. They are lightweight, yet stiff enough to hold their shape to help the bird fly.

Contour feathers cover the bird’s body. The outer part is like a rain jacket and protects the bird from wind, rain, and snow. The inner part is soft and fluffy like a sweater for warmth. Contour feathers can come in bright colors and patterns to attract mates or in dull-colored camouflage to help the bird hide.

Down feathers are soft and fluffy to provide insulation, keeping the bird warm and dry. Sometimes birds will pluck their own down feathers to line their nests to help keep their eggs, and the babies that hatch from them, warm.

Bristles are actually tiny feathers that are usually found on the bird’s head near the eyes and beak. They help some birds sense nearby objects, including food.

**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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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