

Friends of Adams Farm

Newsletter

Summer 2017

Number 46

Upcoming Events at Adams Farm

Lots of events fill the calendar at the Farm this summer, but you don't need an event to give you an excuse to stop by the Farm. The woods, meadows and meandering trails are beckoning. Drop in anytime for a relaxing escape from life's hectic pace.

July

- 19 Mountain Bike Short Track Race
- 22 Blossoms by Bees 5K Trail Race
- 23 Community Garden Potluck
- 28 Barn Burner Bike Race Set-Up
- 29,30 Barn Burner Bike Race

August

- 20 Community Garden Potluck

September

- 9 Norfolk Hunt Club Drag Hunt
- 30 Adams Farm 20th Anniversary Celebration

October

- 14,15 Vintage Thymes Market
- 22 Young Life Walk-a-thon
- 24 Norfolk Hunt Club Drag Hunt
- 28 7th Annual Grief Relief 5K Run/Walk Fundraiser

Come Celebrate the 20th Anniversary of Adams Farm on Sept. 30th!

Join us at Adams Farm on Saturday, September 30, as we celebrate the 20th anniversary of this wonderful place. (Rain date for the event is Sunday, October 1.) Created in 1997 by a vote of the townspeople of Walpole, the Farm has entered its 20th year in fine form. The parking lot is filled most days with the cars of hikers, dog walkers, mountain bikers, volleyball players and gardeners enjoying the fresh air and open space that the Farm has to offer.

A variety of events will take place throughout the day with activities for grown-ups and kids alike, and of course lots of great food as well. If you have an idea for an event or activity at the celebration, please send it to event coordinators Mary Sullivan at marywol@gmail.com and Susan Packenham at packy5@comcast.net.

More information will be sent to FOAF members via email later in the summer. If you aren't on our email mailing list, send your email address to yvette@adams-farm.com to be added to the mailing list or keep an eye out for news of the 20th anniversary celebration in the local papers. We'll need lots of help to make this happen, so look for a volunteer opportunity that appeals to you and pitch in to make this event a success!



2017 Boston Rebellion & Barn Burner Race

On July 29 and 30, the Boston Rebellion & Barn Burner Race will be back at Adams Farm for its 5th edition. In addition to top tier pro and amateur mountain bike racing, the weekend will feature the Boston Rebel Run trail run in 6km and 12km lengths, a vendor expo, food trucks and the Sierra Nevada beer tent.

The uniquely New England-style course at Adams Farm attracts top pros from all over the world, ranging from past and future Olympians to national champions. Racing starts Saturday morning with the Rebel Run and then heats up with the Amateur Olympic XC, followed by the Pro Women and Pro Men. Sunday features Amateur cross country mountain bike racing at all levels and ages, followed by the Pro Men and Pro Women back in battle again on the short track course.

Spectating can be done anywhere on the course and some sections will provide some exciting action. If you choose to venture onto the course, please pay close attention to the race and yield to all racers at all times. Always try to walk against traffic so you can see approaching racers. When a racer approaches, please step completely off the trail. Full details can be found at www.bostonrebellion.com.

Waterers Needed for Butterfly Garden

We need your help to keep the Butterfly Garden in bloom this summer. As in past years, we've set up a SignUpGenius that you can access via the link at the end of this article to volunteer to water or weed the Garden. If you're a plant lover or just appreciate the chance to spend some time in a beautiful garden setting, this is the opportunity for you! No experience required, just come prepared to spend some time wandering the Garden with a hose in hand or clearing weeds from the gravel paths. We'll be happy to meet you there to provide a few pointers if you'd like. To volunteer, please click on this link - www.signupgenius.com/go/20f054bada72eaafa7-watering2.



Mulch for the Butterfly Garden

Scouts from Boy Scout Troop 44 pitched in to help spread a much-needed layer of mulch in the Butterfly Garden on Saturday, May 13. The scouts and their parents spent several hours hauling mulch donated by Southridge Farm and Nursery, located at 400 South Street in Walpole. Southridge also supplied a number of perennials and bushes that were purchased to spruce up the Garden last fall. Stop by and check out the scouts' handiwork. There's always something blooming in the Garden to enjoy!

Blessed Sacrament Butterfly Release

First-graders from Blessed Sacrament School brought their newly-hatched butterflies to the Farm on Wednesday, May 24, to set them free.



Community Garden Thriving

Despite getting off to a slow start this spring due to the abundance of cool, rainy weather in May, all the plots in the Community Garden have been planted. Now that warmer temperatures have arrived, the gardeners are busy watering and weeding their plots, eagerly awaiting the first harvest of the season.

The Bee Yard, managed by Community Garden gardener and beekeeper Konstantin Pandelov, survived the winter. He reports that both beehives are doing well. The bees are doing their job pollinating plants in the Garden while collecting nectar to turn into honey.

Seeds Still Available!

by Susan Packenham, FOAF board member

The Walpole Seed Library still has seeds that can be planted now. Located at the Walpole Public Library in

the copy area adjacent to the circulation desk, the Seed Library allows local gardeners to "borrow" seeds as long as they "return" seeds at the end of the growing season to stock the Seed Library for the next growing season. All seeds are FREE for the taking.

How to Save Lettuce Seeds from Your Garden

Lettuce is a cold-weather crop and can be planted through August for harvest this season. As of this writing, there are still lettuce seeds available in the Seed Library. If you love the taste of fresh, just-harvested lettuce of a particular variety, you might want to start saving your own seeds. Plus, it will save your family money.

To save lettuce seeds, you'll need to allow one or two lettuce plants to "bolt". This just means that you let the lettuce plants to get tall and send up shoots. You'll harvest the seeds from these shoots. One lettuce plant will provide more than enough seeds for most gardeners to grow a second round of lettuce this season and another round the following season.

Most lettuces start to bolt when the temperature gets too hot. Once the plant starts sending up its seed stalk, the leaves aren't worth eating; they become bitter and tough. But it also means that the plant is getting ready to bloom, and after blooms, of course, come seeds.

The plants will send up their flower stalks, and eventually you'll have clusters of small yellow flowers resembling tiny dandelions. And the resemblance doesn't end there. Once the seeds have ripened, they produce "fluff", much like a dandelion does.

The seeds will take anywhere from twelve to twenty-four days after blooming to ripen. Once the flower heads are fluffy and starting to look dry, it's time to harvest. Start by carefully putting a bag over the entire flower stalk. Cut the stalk below the flowering portion and then shake it in the bag to catch any fully-ripened seeds. Remove the fluff and chaff (the husk part of your seeds) and the seeds are ready for planting.

Enjoy! There's nothing as good as freshly harvested lettuce in your salad.

New Trees Added for Shade



Two new Kousa dogwood trees were planted this week adjacent to the Butterfly Garden to provide more natural shade for visitors to the Farm. A third tree – a sugar maple – will be planted behind them closer to the white fence. As these trees grow to their mature heights, they'll create a naturally

shaded area just beyond the Butterfly Garden that will be known as the Shade Grove. MTN Landscaping of Walpole, the firm that takes care of the lawn mowing at Adams Farm, put the trees in for us and provided

irrigation bags to ensure that they're properly watered during the summer.

Fences Sparkle at the Farm

You may have noticed on a recent visit to the Farm that the wooden fences along North Street and behind the barn are sporting a fresh coat of white paint. We have Tom Lambert Painting of Norwood to thank for the spruced up fencing, paid for by your generous donations to the Friends of Adams Farm.

Rocket Derby Blasts Off at the Farm

Cub Scouts from Pack 44 and their parents had tons of fun launching home-made rockets into the blue on Sunday, May 21. The Rocket Derby is an annual event at the Farm that never fails to draw a crowd of eager scouts, ready to launch and re-launch their rockets to see whose will fly the highest before plummeting back to Earth.



Summer Vegetable Lasagna

from Susan Pakenham, FOAF board member

Add your summer produce to whip up this delicious vegetable lasagna.

Ingredients:

About 1/2 cup olive oil, divided
3/4 lbs. zucchini (about 2 medium), ends trimmed, thinly sliced crosswise between 1/8- and 1/4-inch thick
Kosher salt
3/4 lbs. summer squash (about 2 medium), ends trimmed, thinly sliced crosswise between 1/8- and 1/4-inch thick
3/4 lbs. eggplant (about 2), ends trimmed, thinly sliced crosswise between 1/8- and 1/4-inch thick
15 no-boil lasagna noodles (1 box)
3 tablespoons butter
3 tablespoons all-purpose flour
1 quart whole milk
2 ounces freshly grated Parmigiano-Reggiano cheese
1 quart homemade or store-bought crushed tomatoes
3/4 lbs. fresh mozzarella cheese, torn into rough chunks
Handful of basil leaves

In a large skillet, heat 2 tablespoons olive oil over high heat until shimmering. Working in batches and being sure not to crowd the pan, add zucchini, season with salt, and cook, turning, until just tender and browned in spots, about 4 minutes per batch. Add more oil as needed to prevent pan from drying out, and adjust heat as needed throughout to maintain a very hot, but not heavily smoking, pan. Transfer each batch to a baking sheet and spread in an even layer to cool, then transfer cooled slices to a second baking sheet or plate. Repeat with remaining zucchini, squash, and eggplant until all vegetables are lightly browned.

Place lasagna noodles in a 9- by 13-inch casserole dish and cover with hot water. Let noodles soak while you prepare the white sauce, agitating them every few minutes to prevent sticking, about 20 minutes total.

Heat butter in a medium saucepan over medium heat until melted. Add flour and increase heat to medium-high. Cook, stirring with a whisk, until pale golden blond, about 1 minute. Whisking constantly, slowly drizzle in milk. Continue to cook, whisking frequently, until mixture comes to a boil and thickens. Remove from heat and add Parmigiano-Reggiano. Whisk until smooth. Season to taste with salt. Set aside.

Season crushed tomatoes to taste with salt.

Preheat oven to 375°F and adjust rack to center position. Transfer noodles to a clean kitchen towel or layer with paper towels to dry them. Dry the casserole dish carefully and brush with olive oil. Spread a thin layer of crushed tomatoes on the bottom of the baking dish. Layer with 3 lasagna noodles. Top with 1/4 of eggplant, zucchini, and squash, 1/5 of crushed tomatoes, and 1/5 of white sauce. Repeat layers three more times. Place the final lasagna noodles on top and spread with remaining crushed tomatoes and white sauce. Scatter mozzarella evenly over surface and add basil leaves. Drizzle lightly with olive oil.

Cover dish tightly with aluminum foil and place in oven. Bake for 30 minutes, uncover, and continue baking until lightly browned on top. Remove from oven, let rest 10 minutes, slice, and serve. Serves 8.



Plants by the Wagon-load!

You had to get up early to cash in on the Plant Swap, which took place on Saturday, June 3. This year's swap was another huge success! Eager gardeners began appearing with their plants by 8:30 a.m. and the swap was soon underway shortly after 9 a.m. An hour or so later, happy swappers were loading up their newly-acquired seedlings or full-grown plants, ready to head home and start planting.

Milkweed: The Ultimate Sanctuary

excerpted from the July – September 2016 issue of the Mass Audubon Connections newsletter

The milkweed plant is like its own tiny wildlife sanctuary. The flowers provide a safe place for small animals to seek food, water, and shelter. Some animals can only find the food they need on milkweed. The next time you're around some milkweed, take a closer look and see which of these creatures you can find.

Monarch Butterflies



Monarch butterfly caterpillars only eat milkweed leaves. Although the plant is poisonous to most creatures, these caterpillars aren't harmed by the poison and will store it in their bodies. Predators who are foolish enough to try to eat one of these caterpillars will get sick and will probably leave the other monarch caterpillars alone.

Bumblebees

The bumblebee is one of the few insects big and strong enough to carry milkweed pollen. The plant makes a lot of sweet nectar in return for the bee's hard work. Look carefully at the bumblebees you see on the flowers. Do they all look the same? Probably not – there are at least seven different species that can be found just in and around Boston!

Eastern Milkweed Bugs

This insect has a mouth that looks and works like a long straw. Poking its mouth into a milkweed seed, the bug slurps up the liquid like a milkweed-flavored milkshake. Look for these bugs on the milkweed's seed pods in late summer.

Crab Spiders

These spiders, which look like crabs, can change color to match the part of the flower they're using as a hiding place. This comes in handy when hunting for bees, their meal of choice.

Red Milkweed Beetles

These funny-looking beetles grow up underground eating milkweed roots. Once they become adults, they come up out of the ground and eat the plant's leaves and flowers. If you carefully pick up a milkweed beetle and hold it to your ear, you'll hear a soft, mechanical squeaking sound. It makes this sound when it's upset, so put the little bug back gently!

Time to Renew Your Membership

There are currently over 320 members of the Friends of Adams Farm. If you haven't already renewed your membership for 2017, please take a moment to do so now.

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

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.

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.

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, Inc., 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