

Friends of Adams Farm

Newsletter

Fall 2018

Number 49

FOAF Annual Meeting on Oct. 25

FOAF members are invited to the FOAF Annual Meeting which will take place on Thursday, October 25, at 7 p.m. in the Pinnacle Room at the Walpole Public Library. We encourage all members to attend and vote on the Directors for next year. Open discussion will follow to answer questions, suggest activities and discuss any other business the membership would like to bring up.

Upcoming Events at Adams Farm

Fall colors abound at the Farm, the perfect excuse to stop by for a short stroll around the Monarch Trail or a longer hike in the woods. Send photos of your adventures at the Farm to yvette@adams-farm.com – we'd love to share them in the next newsletter!

October

- 6 Small Animal Fundraiser
- 8 Cyclocross Bike Race
- 14 Young Life Walk-a-thon
- 18 Cub Scout Pack 44 Meeting
- 20 Alopecia 5k Fundraiser
- 21 Chef's Table Great Grilled Cheese Festival

November

- 4 Community Garden Closing Day



Music in the Barn

The guitar duo Mayberry came to Adams Farm on Sunday, August 19, for the second free concert in the Music in the Barn series presented by the Friends of Adams Farm. The weather cooperated, with a cool, breezy day for concert-goers who spread out on the lawn adjacent to the Butterfly Garden to enjoy the music. The concert drew an audience of over 40 people, many bringing along their dogs – on leash! – as well as footballs to toss, picnic blankets and snacks. During the second half of the concert, some of the younger set turned the pavilion into a dance floor, swinging to their favorite tunes. More Music in the Barn concerts are in the works for next summer.



New Information Kiosks

With the help of his troop, John Chiodo, an Eagle Scout candidate from Boy Scout Troop 44 shown in the photo above, has built and installed four new information kiosks at the Farm. The first of the kiosks is located by the Blue Trail where it enters the woods. A second kiosk can be found at the Frontier Drive entrance to the Farm. The remaining two kiosks were installed in the back meadow, one at the entrance to the meadow from the Blue Trail and the other at the far corner of the meadow where the Blue Trail enters the woods. The kiosks will display the new Adams Farm trail map once it has been completed.

Community Garden Winds Up for the Year



Unusual weather this summer made for a challenging gardening season in the Community Garden. A chilly June gave way to tropical weather in July and August, with lots of humidity and temperatures regularly soaring into the

90°s. The Garden will close for the season on Sunday, November 4.

Registration forms for plots in next year's Community Garden will be available on the Adams Farm website

soon. New gardeners may apply for a plot on January 1, 2019, by sending in their completed registration form to the Friends of Adams Farm, P.O. Box 725, Walpole, MA 02081, along with a check for the \$30 rental fee. Please note that checks should be made out to Town of Walpole – AFC Fee Account. If you have any questions about the Community Garden or renting a plot, please contact Community Garden Coordinator Peggy Burns at peggy.burns1@verizon.net.



Monarch Release

Stuart Tucker, a FOAF member whose photo of a red-tailed hawk is featured on one of the Adams Farm note cards, stopped by the Butterfly Garden on a recent afternoon in September to release a Monarch butterfly. He spotted it as a caterpillar on a milkweed plant in his yard and nurtured it from caterpillar to chrysalis to butterfly. The newly-released Monarch will likely wing its way to Mexico for the winter before returning to the U.S. next spring to lay eggs that will become the next generation of Monarchs.



Why Should We have Seed Libraries?

by FOAF Vice President Susan Packenham

What does “non-GMO” mean? GMO stands for Genetically Modified Organism and refers to a 2016 federal law that mandated uniform labeling of any and all

food products containing genetically engineered ingredients. The labeling movement began because of the public’s confusion with state and federal laws relating to the food they were eating. Honest labeling is the intent of the law.

One reason for the move toward GMO crops is increased harvests. In 1950 the corn crop averaged 50 bushels per acre; today the same crop averages 160 bushels per acre. Some of this increase in yield may be due to better farming practices, but the main factor behind this increase is the use of GMO seeds. However, there are questions about whether crops grown from GMO seeds could be a cause of the increase in gluten allergies or in any allergy to other GMO food types.

Everyone has the right to know what is in the food they eat. Read your food labels! It can affect your overall health!

In 2015 Walpole started a Seed Library to do our part to improve our food supply. The Seed Library is a joint effort of the Friends of Adams Farm and the Walpole Public Library and is located on the first floor of the library in the copy area across from the circulation desk.

In late winter the Seed Library will open for the next season. The Seed Library has only non-GMO organic seeds. If you borrow seeds from the Seed Library, all we ask is that you let a plant go to seed and return the seeds to the library in the late summer or fall to help replenish the Seed Library for the next growing season. If you have questions about the Seed Library, please contact Susan Packenham at packy5@comcast.net.



New Trail Markers

Gary Riggott, chairman of the Walpole Trails Committee and a member of the Adams Farm Committee, has been hard at work creating a new trail numbering system for the Farm. Assisted by Scott Martin, another Adams Farm Committee member, he has created a numbering system for the network of trails in and around the Farm. He’s currently working on a new trail map that will make it easier for hikers to know exactly where they are when hiking at the Farm, which will be posted in the new trail information kiosks.



Painting Class

Rosemarie Morelli’s painting class came to the Farm in July, setting up their easels and umbrellas in the field behind the barn to try their hand at landscape painting.

Butterfly Garden in Bloom

No matter when you visit the Butterfly Garden, there’s sure to be something in bloom. The layer of mulch spread



by Boy Scout Troop 44 in the spring helped the plants survive the hot days of summer. The rose bushes we planted two years ago are thriving, as are several catmint plants which will soon be divided to fill some open spots in the Garden. A new plant you might have spotted near the roses may have looked exotic with its night-blooming flowers, but

it’s actually a weed – Jimsonweed, to be precise, a member of the nightshade family.

brush clearing in the field behind the barn. Lisa also used the tractor to haul wood chips to Jack Wiley, chairman of the Adams Farm Committee, and Roy Noepel (who took the photo), president of the Friends of Adams Farm, which they spread along a section of the Dave Lehto Memorial Walking Trail in the front field. Lisa is also active in the Norfolk Hunt Club whose members help clear the trails twice a year prior to the drag hunts they hold at the Farm.



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.

Time to Renew Your Membership

If you haven’t already done so, 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:

Individual	\$10.00
Family	\$15.00
Sponsor	\$25.00
Patron	\$50.00



Volunteers Pitch in at the Farm

In August Lisa Lewis, a FOAF member who lives nearby, brought her tractor to the Farm to help with some

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.

PHOTO GALLERY



Monarch butterfly at Adams Farm



Adams Farm Committee Member Scott Martin stands next to one of the new info kiosks while doing trail work at the Farm.



A Cub Scout and his father prepare for launch at Pack 44's Rocket Derby held at Adams Farm in May. Pack 44 is sponsored by the Friends of Adams Farm.



Blast off! A Cub Scout launches his rocket behind the barn at during Pack 44's Rocket Derby in May.

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