

SUMMER 2021



Photo credit: Sonja Zinke

Hi Neighbors!

What a year it's been on our family farms! Like many of you we spent a lot more time with family and a lot less time traveling to meetings. Believe it or not, even farmers became well acquainted with Zoom meetings and remembering when to mute our mics!

Some Freund's Farm updates: At CowPots, we introduced the newest style, a 4 in. round pot that has excelled at growing herbs in our farm market greenhouse this spring. Freund's Farm Market installed a new and improved produce cooler and a 2nd high tunnel greenhouse for extending our growing season. On the dairy farm we are commencing a 5-year conservation farming trial in collaboration with American Farmland Trust, testing 3 variations of cropping practices while monitoring soil health.

Some Laurelbrook Farm updates: This spring we completed renovations on our milk house and are now direct loading milk into trailers to improve efficiency. We are very proud of our college graduates, Bailey from Centenary University and Morgan from UMass Amherst. We're excited to see where they go next.

And we welcomed the 5th generation to our farm family! Lindsay and Dalton had a baby boy, Colton Peter Jacquier this summer. It's been a busy year for our farm and we are ready to put Colton to work.

Sincerely,

The Friends and Jacquiers



Welcome baby Colton



Farmland Stroll & Graze

The Freund family has had roots here for 7 decades. Those roots have relied on healthy and productive soils to grow the crops and sustain a multi-generational livelihood.

You are invited to join us for an upcoming Thursday evening stroll:

August 19, & September 30

Proceeds from each Stroll will support an organization that influences and/or supports our farm's working lands.

Registration is required, \$20/person:

freundsfarmmarket.com/stroll-graze
or call Amanda at 860-824-7520



Cheers to the Milk Truck Driver!

Billy Mangan was our milk truck driver for over 2 decades. Driving for Rapid Dairy Transport, he was an integral part of our farms. Kenny & Mike Vaill and Billy made the daily commute between the farm and dairy processing plants 365 days/year. He made sure that the milk tank was pristinely cleaned for each trip, a reflection of the quality of the product he transported. We were lucky to have such a dedicated man that drove on holidays, in winter storms and on many of the coldest mornings he even delivered a hot cup of tea. *Billy, good luck with your next adventure!*





The Freund & Jacquier Families

PO Box 636
East Canaan, CT 06024

PRSR STD
ECRWSS
U.S. POSTAGE
PAID
EDDM RETAIL

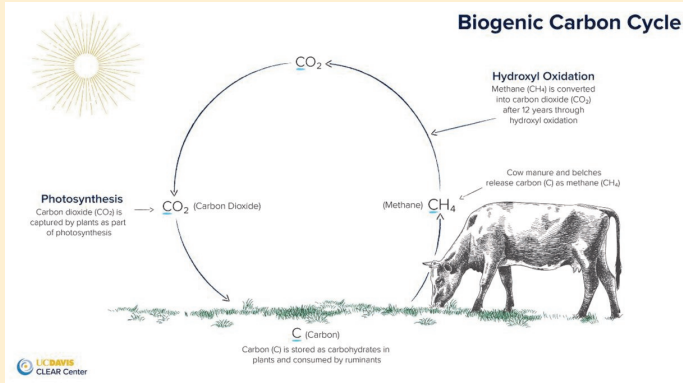
New direct load set up at Laurelbrook Farm. Did you know that milk travels from our farms to your fridge in just 48 hours?

Local
Postal Customer

Climate Change Solutions Start Here, on our Farms!

Not all greenhouse gases function the same way. Cows and even wetlands emit Methane (CH₄), a greenhouse gas. CH₄ is also generated from consuming deep underground reserves of gas and oil. The source of the gas has different climate impacts.

It is important to understand beneficial agricultural cycles:



Source: clear.ucdavis.edu/explainers/biogenic-carbon-cycle-and-cattle

Through photosynthesis, plants capture Carbon Dioxide and release Oxygen. When we harvest grass and corn to feed our cows, that Carbon, stored as a carbohydrate, is consumed by the cow and released by her rumination (digestion) in the form of CH₄. Methane is a short lived gas, breaking down after 10-12 years. The forages and cover crops we grow to feed our cows offset and balance the bovine emissions.

Beyond the naturally occurring carbon cycle, our farms have implemented a variety of practices that reduce CH₄ emissions. This includes no till cropping systems which keep the soil intact and crop residues in the field. Soil is an important tool of ours to continue to sequester Carbon. Our methane digester captures Methane which we use as a renewable energy for heat. Adding value to our dairy's byproduct (manure) in the form of compost and CowPots is another way we manage our resources and reduce our climate impact.

Dairy farmers across the US have made a goal to achieve net zero emissions by 2050 and we are on track to meet that goal.



Video series about Dairy Sustainability

Animal wellbeing, sustainability and flavor are your priorities when purchasing dairy foods.

Those are our top priorities too!

This spring we created a video series about how sustainability influences cow care, the environment, nutrition and dairy in our own farmhouse kitchen. Members of the Freund family along with Director of Nutrition Programs at New England Dairy share their expertise about the ways we are committed to making great tasting milk in a responsible way.

A local production by Pig Iron Films. Funding for this video project was paid for by the Connecticut Milk Promotion Board.



Use the QR code to view the 4 videos:



To watch the Dairy Sustainability Series, visit:
freundsfarmmarket.com/dairy-series

Got a Dairy Question?

Contact the Freund family:
amanda@cowpots.com

Jacquier family:
laurelbrookfarm@sbcglobal.net

