

# EAST CANAAN FARMS' NEWSLETTER

SPRING 2023

**Our farms are growing a great crop of young farmers!**

From L to R: Delilah, Ashley, Rhyder, Isaac, Ethan, Amanda, Rachel, Dalton, Colton, Caden, Austin, Shelby & Colby

## Hi Neighbors!

There have been some exciting transitions on our farms! The next generation of farmers are stepping up in a big way. We will introduce you to 3 farmers that are keeping our farm businesses growing, with the daily responsibilities of caring for cows, transplanting seedlings or managing our farm teams. When we think of the future of farming it's not just robotic milking, GPS driving tractors and AI. It's also the young farmers that have decided to put their roots down here and make the farms, tucked right here along the Blackberry River in East Canaan their home. Join us this month and celebrate National Dairy Month by enjoying ice cream, cheese and yogurt!

*Sincerely,*

*The farmers at Laurelbrook Farm, Canaan View Dairy and Freund's Farm Market & Bakery*

## Meet Rachel Freund at Freund's Farm Market & Bakery

After returning from a cross country cheese promotion road trip with Cabot Creamery, Rachel stepped back onto the farm ready to take on the range of responsibilities in the farm market. Her 'spring' season begins in February with sowing 1,000 tomato seeds in her house and placing orders for annuals and perennials to fill the greenhouses. As spring turns to summer, she procures local produce from farmers across the tri-state region, picks our homegrown sweet corn and occasionally pops into the bakery to try out a new gluten free cookie recipe!

She's transitioned from worker bee to managing a team of a dozen employees across the greenhouse, market and bakery. Over the next few months you'll find her tending to the plants and answering questions about companion planting, blooming annuals and sun loving plants.



## 300 children visit Freund's Farm & Canaan View Dairy

In the middle of April we welcomed over 300 3rd grade students from Naugatuck for their very first farm tour, ever!

These kids visited the chickens, goats, planted sunflower seeds, learned about nutrition and feeding cows, saw milking robots, enjoyed a cup of chocolate milk and asked so many great questions!

The program was funded by a CT Grown for CT Kids grant, coordinated by Uconn Extension Litchfield County 4-H and Naugatuck School District.



**Attn Elementary Students:**

***Your Local Farmers***

Bring this news-  
letter to Freund's  
Farm Market  
to receive a  
**got milk? cup**



PO Box 636  
East Canaan, CT 06024

Local  
Postal Customer

PRSR STD  
ECRWSS  
U.S. POSTAGE  
PAID  
EDDM RETAIL

***Meet Shelby J Washburn at Laurelbrook Farm***



Leaving the farm for college, I didn't think being a dairy farmer was my chosen career. I loved the farm and was proud of my roots, but was excited to expand my horizons. My first trip home on Thanksgiving break, I knew Laurelbrook Farm would be my future. I had one goal, to finish college and bring my knowledge back to my family farm. In the spring of 2020, I graduated from Cazenovia College with a B.P.S. in Management.

Today, I am proud to be one of the managing partners of the farm. Daily, I work alongside my two brothers, Austin, Dalton, and my cousin Colby operating the dairy together. Grandpa Pete, my dad Bobby and my uncle Cricket, have taken a mentorship role allowing the 4th generation to take the reins. It is safe to say, the 5th generation, Colton and Caden, will take over. Their eyes light up when they are at the farm and it brings back memories of my childhood. Our great grandparents' legacy has been upheld and my family will continue to thrive because of our past generations.

***Meet Ethan Arsenault at Canaan View Dairy***



Canaan View Dairy, formed in the fall of 2022 and is a partnership of Lloyd Vaill and Amy Vaill of Lo-Nan Farms, and Ethan Arsenault. Ethan Arsenault knew from an early age that he wanted to be a dairy farmer. Since high school he has worked on and around dairy farms and when an opportunity was presented in 2022 for him to co-own a dairy farm business with his earliest mentors in Connecticut, he was eager to jump in with both feet.

What's exciting for this new dairy business is that it's set on a sturdy foundation of a 70 year old dairy farming operation. The Freund family began milking cows in 1949 and the farm transitioned to the partnership in September 2022. Canaan View Dairy will build upon the Freund's dairy farming legacy with new ideas, ambitions, and goals.

Animal care and environmental stewardship continue to be central tenets to the farm's success.



Freund's Farm Market  
East Canaan, CT



It Grows On You!

***Have a Farm Question? Contact Us:***

Freunds: amanda@cowpots.com  
Jacquiers: laurelbrookfarm@sbcglobal.net  
Ethan: etharsenault@gmail.com

