



Wind Hill Happenings

AUGUST EDITION

What's happening

Welcome back to Wind Hill Happenings.

The legendary Fountainhead returned to Wind Hill and gave a fabulous performance! Thank you to everyone for coming and supporting us!

We also finished up Farm Fresh Kids and did some work in the community.

As September has arrived we are excited to host a few more events, at the farm and Amy Gallatin & Stillwaters will perform at the Riverfront Community Center. Take a look at upcoming events to learn more.



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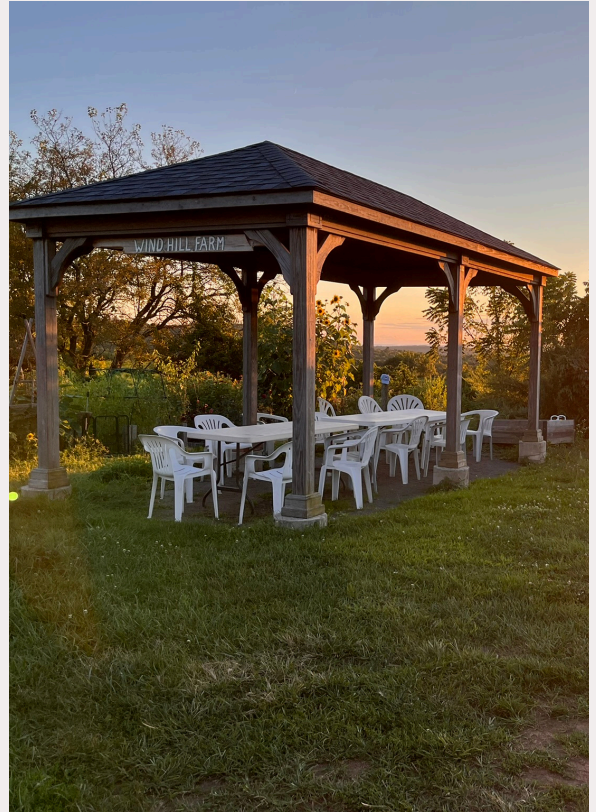




GIVING BACK TO THE COMMUNITY

Everything we do at Wind Hill Community Farm & Learning Center supports “Giving Back to the Community.” Many of you may not be aware of the breadth of our involvement with Giving Back to the Community so here is a brief summary of our programs is:

- Every summer for over a decade, we have offered Farm Fresh Kids, a great alternative to traditional summer camp, where over 50 kids ages 5 - 12 attend a one week program to learn more about gardening, nature and healthy snacks. See more in our FFK recap.
- One of our members designed and helped plant a vegetable garden for a senior residential facility in Glastonbury.
- We sponsored three Agriculture and Farming Students at Glastonbury High School for a valuable summer experience.



In our community



- Our 29 raised garden beds are rented to local gardeners so they can grow their own flowers and produce.
- We have a Community Supported Agriculture (CSA) Program with over 40 subscribers where we provide fresh produce (Produced without chemicals) weekly for 14 weeks.
- Members of Wind Hill Farm have dropped off over 150 lbs of Farm produce to local food pantries so far this year.
- We have sponsored educational seminars including a bird walk, moon walk, perennial gardening and cultivating shitake mushrooms.
- On a lighter note, Wind Hill Farm sponsors low key concerts such as Fountainhead and Amy Gallatin for the community to enjoy.



FARM FRESH KIDS

Recap

Wind Hill Community Farm and Learning Center puts the “learning” into our Farm Fresh Kids program. We teach children from ages 5-12 about how vegetables are grown, what they look like in the ground (think carrots or onions) or above the ground (think lettuce or tomatoes), how they are harvested and best of all, how to prepare and eat them! The program uses one of the farm’s 29 raised beds, where the children plant, weed, tend and harvest vegetables. We also take them on a tour of the farm, showing them where we grow a variety of crops, and encourage them to make signs with pictures of vegetables. The program includes a walk on the trails of the Longo Farm Open Space where Wind Hill Farm is located. Teachers guide and instruct the kids about the plants they see and various aspects of the geography of the space.

At the end of each session, the children prepare healthy snacks using some of the produce grown on the farm.



Looking ahead



We partner with Glastonbury Parks and Recreation Department to offer this program.

Each session is held 3 times a week, for 2 hours each day. For over a decade we have offered 3 sessions in the past. Because of the popular demand of this program we are considering adding a fourth session next summer.

Next month we are planning our annual Halloween event at the end of October and hope that participants will return to the farm for fun, games and treats.



CSA

Summer ends

As the CSA is coming to an end we are truly grateful to our subscribers who joined this year and supported us in our efforts to bring farm fresh food to as many tables as possible.

The CSA last pickup is Tuesday, September 16th from 4:00 - 6:00pm. If you missed a day picking up your share, let us know if you would like to come to the farm on September 20th for a make-up share, please contact us if you are interested.



What's Next



We truly appreciate our CSA subscribers for their support of this initiative and overall commitment to our mission of "Giving Back to the Community."

A big thank you also goes to Jim for his hard work in his first year as our Farm Manager and for making the CSA a success! We also thank all our volunteers who helped Jim and made our CSA happen. We are beyond grateful!



UPCOMING EVENTS

Amy Gallatin & Stillwaters

Wind Hill Farm will host Amy Gallatin & Stillwaters in concert on Saturday, September 13, from 4-6 pm. The concert will be at the Glastonbury Riverfront Community Center at 300 Welles Street, on the lawn on the north side of the Center. Bring your friends and a picnic, chairs and blankets, and enjoy the music of these talented musicians. Their music features original works, with blends of blue grass and county sounds. Children are free. Ample free parking is available in the Community Center lot.

Tickets are \$25 each, 4/\$75, available at windhillfarm.org.



About the band



Amy Gallatin and her band Stillwaters have taken the stage at some of the most prestigious venues in the U.S., Canada, Mexico, UK, and Europe. Their tour of The Netherlands, Germany, Czech Republic, Switzerland and Denmark--the band's fifth--drew extremely enthusiastic crowds at house concerts, music clubs, theaters, country & bluegrass festivals. They have twice had the honor of representing the United States as the featured performers at the European World of Bluegrass convention in The Netherlands.



The Legendary Fountainhead returned and gave an awesome performance!

We are grateful to everyone in our community who came out and brought friends and hope that you enjoyed the evening as much as we did.

Fountainhead, was formed in 1974 and played in the heyday of the 80's club scene. They rocketed to local and regional stardom opening for and playing with Lynyrd Skynyrd, the Allman Brothers, The Marshall Tucker Band, and The Outlaws, to name a few.

Band members include Art Deske - lead guitar, Steve Nystrup - rhythm guitar/vocals, Maureen Wasik - vocals, Steven Woods - Drums, Stephen Bruno, - bass. To learn more about the band and to experience their awesome sound click the link to follow them [Fountainhead Facebook page](#)





FRIENDS OF THE FARM

Join Our Community

We are grateful to everyone who supports us. A big thank you to all our volunteers. You help us thrive and always exceed our expectations.

We have a couple of months left before the end of the season and have a few projects that you can help with. This Saturday, 10am we will be installing bird houses donated by a volunteer. Please stop by if you have time

At the end of season, we need to put the gardens to bed, with tasks such as removing poles and stakes for storage, closing up the hoop house, spreading wood chips and compost and clearing invasive plants from around the fields.

Interested in becoming a volunteer? Go to www.windhillfarm.org/getinvolved and sign up or email us @ windhillfarmglastonburyct@gmail.com



Contribute

Whether it be money your feedback or a few hours of your time at the farm or in the community, we ask that you help us as we strive to be a example of helping others within and throughout the community.

Visit us at the farm or go to our website windhillfarm.org





GARDENING TIPS

What's in your garden

As September arrives and we go into the cool season of gardening, you may wonder what you can still plant.

Many vegetables will grow and produce now, past first frost and even through the winter. This is a great time to plant cool weather crops – radishes, peas, lettuces, kale and spinach. Spinach may last throughout the

winter, depending on the severity of the weather. How about a fresh spinach salad for Thanksgiving? This is the time of the year to plant garlic; it needs the cool fall to settle in, and the winter to rest. Remember, you need to use seed garlic, not the garlic sold in grocery stores.



More tips



For your flower garden, fall is the optimal season to plant perennial bulbs.

Nurseries and catalogues sell varieties of those flowers we love to see in the spring: crocus, daffodils, tulips, hyacinth and iris. Plan ahead for beautiful spring color!

For more tips from master gardeners you may want to visit [College of Agriculture, Health and Natural Resources UConn Extension](#)



POLLINATOR FACTS

Bats AKA The Night Pollinators

Birds, bees and other beneficial insects are not the only pollinators. Bats are among other things, the night pollinators.

In movies and television they are associated with the supernatural, when actually they are unlikely heroes with a global impact. They are one of the most important misunderstood animals.

Bats play an essential role in pest control, pollinating plants and dispersing seeds. Recent studies estimate that bats eat enough pests to save more than \$1 billion per year in crop damage and pesticide costs in the United States corn industry alone.

Unfortunately, bats are declining across the globe. Many bats are needlessly killed because people do not understand the important role bats play in a healthy ecosystem.

To learn more visit the U.S Fish & Wildlife website and see how you can help.

[U.S. Fish & Wildlife](#)



The Bees and the Wanna Bees



Bee Facts

We all know about the honey bee and bumble bees, well the Wanna bees are called bogus bees. "Bogus bees" refers to insects that mimic bees, but are not actual bees. Examples are wasp, solitary bees and carpenter bees who are also pollinators just not as friendly.

The U.S. Fish & Wildlife service are collecting information on the decline of the bee population and are collecting data on the Wanna bees and it led to wonderful app called Inaturalist that has a great plant identifier as well as a community of bee lovers, check it out. <https://www.inaturalist.org/>



RECIPE OF THE MONTH

Roasted Tomatoes

3 cups cherry tomatoes, halved
Extra-virgin olive oil
Sea salt and freshly ground black pepper
Fresh thyme, optional

Instructions

Preheat the oven to 250°F and line a large baking sheet with parchment paper.

Place the cherry tomatoes cut side up on the baking sheet. Drizzle with olive oil and sprinkle with salt, pepper, and fresh thyme, if using.

Roast the tomatoes until they're well shriveled around the edges, 2 to 3 hours. The time will vary depending on the size and water content of your tomatoes.

Roasted tomatoes are the easiest way to add flavor to summer pizzas, pastas, and more! Note that your cooking time will depend on the size and juiciness of your tomatoes. Be sure to roast until they're shriveled and brown around the edges!



Visit our website for more recipes. If you have a recipe that you would like to share with the community please share it with us

Garlic Oil



- 1 cup olive oil extra virgin or regular
- 6-8 large FRESH crushed garlic cloves (do NOT use canned or jarred minced garlic.)
- Place the oil and the garlic in a medium pot. Cook over low heat for 20 minutes until the garlic is soft and golden brown. Do not allow the garlic to overbrown, or it will become bitter.
- Allow to cool, strain out the garlic cloves, and use the oil in the recipe of your choice. The garlic oil will keep well sealed in the fridge for up to two weeks. The garlic cloves should be refrigerated and used within a few days.



GROWING SHARING TEACHING

We hope you enjoyed this edition Wind Hill Happening that focused on “Giving Back to the Community”. We hope it gives a better understanding of our mission and the meaning behind Growing, Sharing, Teaching.

We have a few more events coming in October, the end of the year harvest event to bring the community together to enjoy good food and fellowship.



Wind Hill Community



President Jan Edmondson

Treasurer Dr Joel Reich

Secretary Jennifer Brook

Jody Bentley

Sandra Hassan

Gail Wozenski

Farm Manager Jim Peppin

To contact us go to windhillfarm.org or email us at windhillfarmglastonburyet@gmail.com