



Wind Hill Happenings

JULY EDITION

What's happening

Welcome back to Wind Hill Happenings.

Summer has begun and with it comes the fun. Our first concert of the season is this Saturday featuring the band Fountainhead.

We've also made a few additions to the farm this year. Recently a volunteer built and installed a new bulletin board where you can now get updates about the farm and other activities in the area.

A big thank you to Darius for all your hard work! Treasures like you help us on our path to make Wind Hill a home away from home.



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WELCOME ABOARD

New Board Members

We are excited to introduce our newest addition to the Board of Directors of the Wind Hill Community..

Jodette Bentley and Sandra Hassan join Jennifer Brook, Jan Edmondson, Joel Reich and Gail Wozenski who work behind the scenes to help our community grow.

- Our President, Jan Edmonson works hard to lead the board and directs us,
- Our Treasurer Dr. Joel Reich, who is also our engineer and carpenter and go to problem solver that always comes up with a solution, -
- Our Secretary Jennifer Brook manages the website social media and this newsletter and Gail Wozenski does everything in between.

We are very grateful that Jodette and Sandra have decided to join us in our pursuit to produce farm fresh food and grow our community.



Contribute



At Wind Hill we are grateful to all who support our mission of growing and sharing healthy food and creating a community environment.

If you'd like to be apart of our mission we appreciate any and all you can give.

We are always looking for gently used tools, such as gardening equipment as well as outdoor furniture and decorations or just a few hours of your time. We also accept monetary donations to be used to support the farm.

For donations or information on how to join our growing community go to windhillfarm.org or email us at windhillfarmglastonburyet@gmail.com



CSA

Summer Begins

During our first weeks, our subscribers received spring greens, beets and beet greens, peas, Swiss chard, and baby carrots. As we transition into early summer produce, CSA boxes include kale, beets, lettuces, and kohlrabi with continuing carrots and chard. The heirloom tomatoes are ripening, and beans, cucumbers and peppers will be ready soon. Kohlrabi has been an unfamiliar vegetable to many; it's an odd looking light green sphere. When peeled and sliced, it's crisp and mildly sweet, a welcome addition to salads or used as a dipping chip for hummus. A local restaurant was offering kohlrabi fries as a side to their steak special!



What's growing



Jim continues to plant with the aide of our community and is still producing an abundance of various lettuces, which is great for summer meals. He will be adding Asian greens to crop plan as well for this summer

Flowers will be blooming soon and our herb garden is producing lavender, oregano and sage.

We'll keep you posted of our progress on our website or check our post on social media!



PROGRESS NOT PERFECTION

Farm Features

As we strive for perfection we must settle for progress.

In our 15 years on Longo Open Space we have had our successes and our setbacks.

The successes are many. Over the years we have made a lot of upgrades to the area that we have the pleasure of leasing from the Town of Glastonbury. Our hoop house has allowed us to plant and have early and late crops while our east and rear field have allowed us to diversify our crop plan to increase our variety of produce.

We are 100% self sufficient and off the grid. We utilize a solar powered system to deliver our water and charge our battery bank.

One of our setbacks was drainage until we found EMD Contracting. Which excavated a drainage ditch, filled with trap rock to direct water flow away from the rear field and the area in front of the hoop house. In addition they cut back multiple areas of invasive plant growth.



EMD Contracting

EMD is a local excavation company that specializes in preparation for propane, water, electrical utilities and plenty of other home improvement needs!

We offer a variety of excavation services; Site preparation, Concrete pads/floors/sidewalks & small foundations, 24/7 emergency sewer & water line unearthing, grading, drainage, commercial excavation, municipal excavation & more.

We offer drainage system inspections with our locator camera to pinpoint clogs or breaks with a no-dig solution. The impacts of climate change has resulted in significant rainfall, so we also specialize in installing new culvert piping, French drains, as well as underground rainwater systems, etc. For more information contact Ethan call, text or email to inquire!

860-951-2019

emdcontractingct@gmail.com





UPCOMING EVENTS

Next Saturday

Legendary CT Band Fountainhead returns and brings its magic to Classics and Originals. Saturday July 19th 6:00 - 8:00pm

Bring along a picnic dinner to enjoy with friends, old and new.

Tickets on sale now

1 ticket \$25

Buy 4 get one free

\$30 at the door

Scan QR code

or go to

windhillfarm.org/upcomingevents



Amy Gallatin & Stillwaters

Wind Hill Farm welcomes the powerhouse duo of Amy Gallatin and renowned resophonic guitarist Roger Williams 20 and 40 year veterans of the New England music scene--joined forces a few years ago to explore their mutual love of country standards, served up with an acoustic treatment in the bluegrass vein.

<https://amygallatin.com/>

Tickets go on sale August 1st

September 13th

4:00 - 6:00 pm

go to <https://windhillfarm.org/upcoming-events>





FRIENDS OF THE FARM

Get involved

We not only thrive but survive due to the help of our volunteers.

We are very fortunate this summer. Students from Glastonbury High School Agricultural program, Future Farmers of America join us for this years growing season,

We are very happy with the work they are doing, from helping us in the fields to aiding us in meeting our commitment to our CSA subscribers.

Stop by and see the progress that they have helped us accomplish.



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.

If you'd like to join our garden community, please stop by and help out Jim and meet the Wind Hill volunteers, and learn about the many ways volunteers help at the farm. We welcome all (with any level of gardening experience) to just stop by the farm on any Monday at 4:30pm to meet our volunteers and learn about opportunities.

Interested in becoming a volunteer? Go to www.windhillfarm.org/getinvolved and sign up





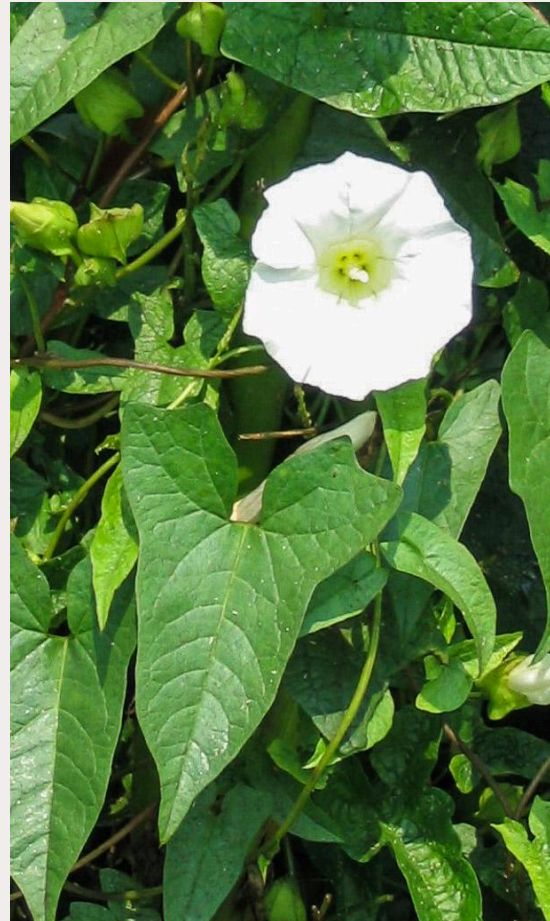
GARDENING TIPS

All About the Bindweed

Convolvulus arvensis is the bindweed we all know and hate. It is another invasive that is very prevalent at the farm.

Commonly mistaken for Morning glory, bindweed can be a daily struggle to keep under control. Common bindweed is a perennial, meaning its roots survive the winter. Simply mowing it or cutting off the flowers will not successfully eradicate it from your lawn and garden. Also, those roots are incredibly tough and can be 20 feet deep! Pulling it is an exercise in patience, as it seems to regrow before your eyes and can easily resprout from small pieces of root left behind in the soil. If you have a small patch and you weed often, you may be able to get ahead of it and eventually weaken the root system.

The best natural way to get this invasive under control is solarization, covering with plastic or black fabric and smothering it out. If you have encountered bindweed and have a solution that follows organic principles on controlling it please share your experience with us.



Beneficial insects



Beneficial insects are those that provide ecosystem services like pollination and pest control, contributing to a healthier environment. They can be broadly categorized as predators, parasitoids, and pollinators. Examples include bees, butterflies, ladybugs, green lacewings, and various wasps.

Natural Defense Tactics:

Spray garlic water or diluted vinegar

Grow pest-repelling plants like basil, mint, and lavender

Attract ladybugs—they feast on aphids

Water early in the day to reduce excess moisture



POLLINATOR FACTS

Save the Fireflies

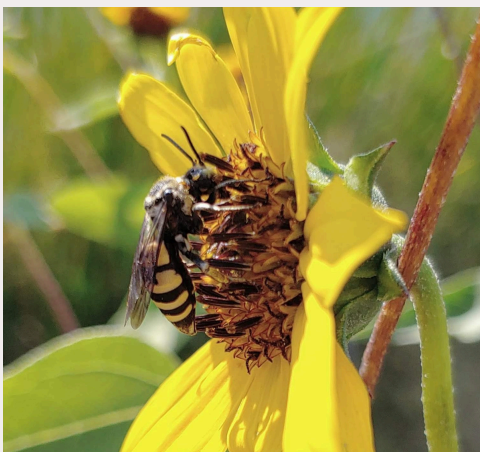
You may not know that fireflies also known as lightning bugs are beneficial insects and pollinators. Not as important as bees, but they play a role just like every other pollinator.

Scientists are concerned about the decline of these beautiful creatures, noting that the population has dwindled over the years. The true cause is not known at this time but there are speculations of the cause being light pollution and the uses of pesticides.

If you want to learn more about how to help save the fireflies, go to firefly.org to learn more about creating a firefly habitat.



Cuckoo Bee



Bee Facts

In my ongoing study of bees I came across an article about this species. The cuckoo bee is very similar to the cuckoo bird with its habit of laying its eggs in another's nest.

Cuckoo bees are considered cleptoparasites!

Rather than to toil away building and provisioning nests for her young, a cuckoo bee will instead rely on the efforts of other bees, and lay her egg in another bee's nest. She does not have specialized hairs for gathering pollen, but instead may have unique structures that allow her to invade nests, avoid detection, or put up a fight if discovered by the owner of the nest.

Her larvae may hatch earlier and eat the food stores gathered by the host bee, or they might have large mandibles that enable them to kill and even eat the host's larva. This is brood parasitism, an intriguing strategy more commonly associated with their wasp cousins — in fact, cuckoo bees are often mistaken for wasps.

To read the full article click the link [The Unique Lives of Cuckoo Bees](#)



RECIPE OF THE MONTH

Beet Green Pesto

Ingredients

- 4 cups of beet greens stems removed
- ½ cup of pine nuts, walnuts or some of other nut can also work
- 3 tablespoons of parmesan
- 4 cloves of garlic roughly chopped
- ½ teaspoon of salt
- ¼ teaspoon of fresh black pepper
- ¼ cup of olive oil
- optional: a handful of herbs such as basil parsley, or cilantro

Instructions

In a food processor, combine all of the ingredients minus the olive oil. Begin to blend while slowly adding in the olive oil until the mixture is fully blended and the olive oil is fully added. Serve over toast, mixed in with pasta, as a dip for chips, and ENJOY!!



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

Growing Sharing Teaching



We hope you enjoyed the another addition of Wind Hill Happenings. If you like what you see we encourage you to go the our website and subscribe to keep up to date on what's going on. Something always happening at the farm.

The portraits on page 1 is titled Nurturing and this picture is called Luminescencia/Afterglow painted by one of our very talented CSA subscribers Jeanne Pinto check out more of her art on instagram [pinto_art](https://www.instagram.com/pinto_art)

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