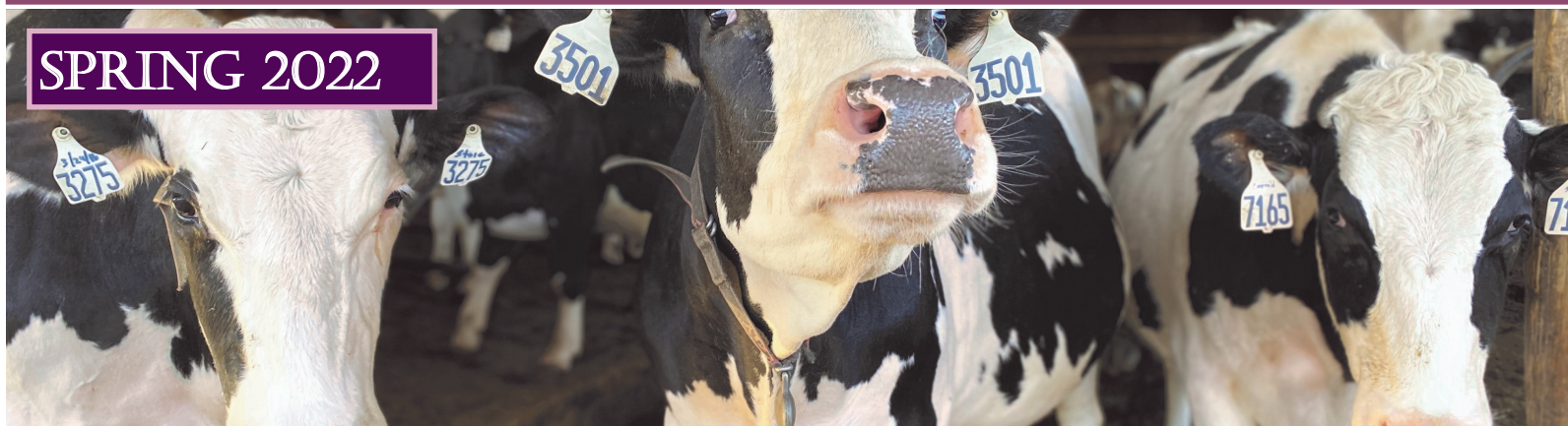


SPRING 2022



Hi Neighbors!

Our farm teams have been busy caring for our cows and planning for the growing season! At Freund's Farm we are in our second year hosting a field study with American Farmland Trust. The goal is to make steady progress in improving our soil health while providing our cows quality forages. Our farm market installed radiant floors for our tomato greenhouse this winter and we are excited to begin picking homegrown tomatoes in June!

At Laurelbrook Farm, our corn crop has begun to germinate and our first harvest of haylage is underway. The 4th generation of our farm family have become vital to the daily work on our farm with Shelby managing herd health, Colby taking full responsibility of planting 1900 acres of corn and Dalton providing oversight of operations at Laurelbrook Natural Resources. We successfully transitioned to direct loading milk, improving efficiency from farm to creamery.

Our farm families are grateful for your support.

Sincerely,

The Freunds and Jacquiers



Have you heard?

We started a podcast!

Amanda Freund hosts, sharing stories and experiences from farmers that have diversified to meet the changing needs of their communities and the environment. We jump right into it in Episode 1 with Matt Freund talking about how CowPots got started on our family's dairy farm.



Farmland Stroll & Graze

You are invited to the 2nd series of Strolls at Freund's Farm on June 30, July 28, and August 18. Event is from 6-8 pm, includes farmer led tour and seasonal grazing box. Cost is \$20/person (+tax).

Call 860-824-7520 or register online: freundsfarmmarket.com/stroll-graze

June is National Dairy Month

Our favorite dairy facts. Did you know?

- ◆ Milk is a local food 365 days/year.
- ◆ One serving of milk (8 oz) contains 8 grams of protein.
- ◆ One cow produces 128 glasses of milk/day.
- ◆ Real milk contains just 2 ingredients: Milk & Vitamin D.
- ◆ Milk contains 9 essential vitamins and nutrients and is a source of calcium.
- ◆ Milk goes from farm to fridge in 48 hours.
- ◆ Aged cheese, like cheddar and is naturally lactose-free.



Use the QR code to listen to podcast.





The Freund & Jacquier Families

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Housy students Mia Chicotelli and Nichole Aguilar at Smoothie Contest.

CT Dairy Grant supports HVRHS Ag Ed and local food pantries

We received a \$5,000 grant and collaborated with HVRHS Agricultural Education advisors and students this year. The funds supported dairy donations to the 5 food pantries in Region 1. Students in the Farm to Table class learned about sustainable nutrition and led a smoothie contest open to the entire student body—#HousySmoothie. FFA students visited 7th grade classrooms at local elementary schools to talk about dairy farming, the environment and dairy nutrition.

Funding for this project was paid for by the Connecticut Milk Promotion Board.



Manure Matters-capturing the full value of our farms' byproduct

A unique aspect to raising animals is that their byproduct, manure, serves as an essential component to growing our crops. Manure is a valuable resource that adds nutrients to our fields, reducing our reliance on synthetic fertilizer. It is a closed loop cycle: fertilizing the land to grow the crops to feed the cows that produce the manure to nourish the land.

Beyond adding nitrogen to our soils, cow manure also serves as a form of renewable energy when we collect the methane in a process called anaerobic digestion. This energy can be used to offset fossil fuels in our community. Manure is also a creative solution for bedding cows instead of sand or sawdust. And at Freund's Farm we are forming our cows' manure into CowPots, biodegradable containers that provide gardeners an alternative to plastic pots!

We know the rich smell of manure can be strong when we are recycling the nutrients back into our fields. We try to get the task of fertilizing done in short time so that you and your family can enjoy the beautiful, rural landscape that we all appreciate having as the backdrop for where we live and raise our families.



Got a Dairy Question?

Contact the Freund family:
amanda@cowpots.com

Jacquier family:
laurelbrookfarm@sbcglobal.net

