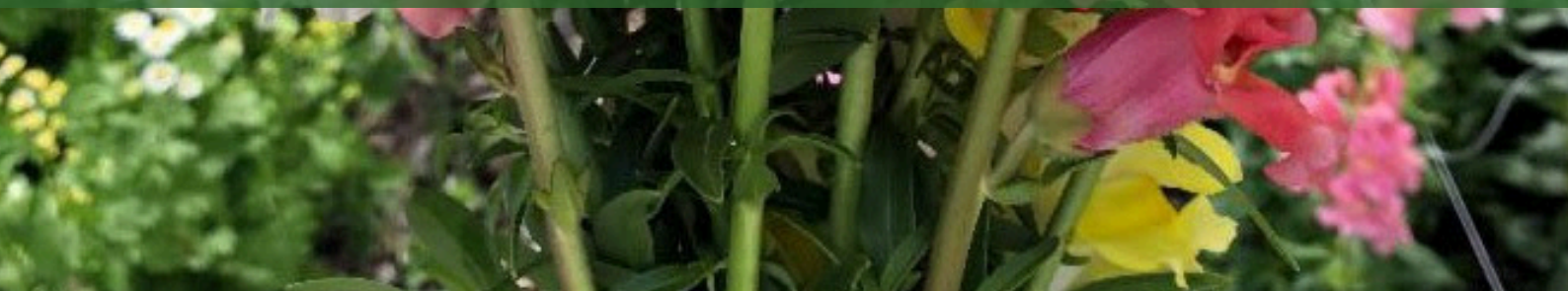




MEMBER & COMMUNITY NEWSLETTER

# SPREADING ROOTS

May 2024



# The flowers are growing ... *organically and sustainably!*

## Did you know?

Our fresh-cut and arranged Organic flowers will be available at our farm stand and at the Cohasset Farmers Market this season?

This season we're planting beds of flowers with more diverse blooms than ever before!

And there's something we want you to know. **Not all flowers - or farms - are alike.**

There's the variety of course, but there's also another critical piece.

How are they grown? How is the farm impacting the health of the soil, land, its creatures, and the greater environment?

**As a Friends of Holly Hill Farm community member, you support our ability to grow *organically and sustainably.***

**Read on to learn more** about what that really means at Holly Hill Farm and how you're helping!

## Did you know?

We're the **only** Certified Organic farm in the area growing flowers!

# Not all farms are alike!

At Holly Hill Farm sustainable growing is at the heart of our mission.

We take extra steps that many farms do not, to grow in a way that nourishes people and the earth too.

Your support allows us to take these critical steps which require more time, attention, and funding!



## How do we do it?

**We grow using regenerative farming practices, too!**

That means we embrace practices that nurture soil and crop health, combat climate change, and leave the land, its creatures, and the environment in better shape for future generations.

*We've been  
Certified Organic for  
23 consecutive years!*

**We never use genetically-modified seeds, synthetic pesticides or fertilizers.**

**Each year we are audited by USDA accredited certifiers.**

**What we grow and what you buy is as natural as the earth intended it to be.**



# Why does regenerative farming matter?

- Supports healthy soil and microbes that reside in it
- Increases root health and provides healthier crops
- Minimally disturbed soil pulls and store more carbon from the atmosphere
- Healthy soil retains water and reduces erosion

## Practices we follow

- We use cover crops
- We are careful not to disturb the soil- *no tilling!*
- We rotate our crops
- We apply healthy organic compost made on the farm to nourish the soil and add valuable nutrients
- We use natural and reusable mulch; no single- use plastic coverings

# Field Notes

*By Jean White  
Co-Founder, Friends of Holly Hill Farm*



Our many visitors to the farm always seem to multiply at this time of year - partly due to the school year winding downward and both students and teachers enjoying **learning in a more natural setting** and one in which both growing and composting can be handily demonstrated.

All the farm animals benefit too. Goats are brushed, offered garlic mustard and mint, while the chickens race to the fence ready to sample anything being offered.

Pumpkin the pony always comes over to say hello and has become proficient in his skills at soccer! His friends Lauri Beth and Jim visit frequently and he always wants to practice!

The **dahlias** are being planted in the Paddock Garden and the perennial flowers are starting to develop buds again.

Courtney the cat watches it all from many favorite spots while keeping a wary eye out for coyotes and the resident raccoon as summer begins again on Holly Hill Farm.

# HOLLY HILL FARM

Thanks to the many volunteers, teens, and organizations who have come for a day, a week, or more to lend a hand!



## It takes a village to feed our community!

As of early 2024, the local and statewide rates of food insecurity remain high - near levels seen at the onset of the pandemic.

This year the Friends of Holly Hill Farm's **Farm to Food Pantry** program is focused on growing, harvesting, delivering, and donating fresh harvests every week of the year. We are proud to continue our partnerships with seven pantries in Cohasset, Hingham, Hull, Quincy, Scituate, Weymouth, and Boston.

And, **to better meet the needs of families and individuals, we will be surveying our local food pantry customers.** By doing so, we'll be able to adjust what we grow and donate, and families will find more of the healthy foods they are looking for when they visit the pantry.

Your support plays a critical part in helping to meet this rising need and making our **Farm to Food Pantry** program possible. Thank you!

(Photo: April 2024 Volunteer Day with G4G Boston)

**Teens can make an impact on the farm and in the community with us this summer - and all year long!**



**Want to be a part of the action?**

**Join our Farm to Food Pantry program as a volunteer! You'll help help ensure more people in our community can access healthy fresh food!**



## Feeding bodies... and minds!

Every day, we are teaching children and adults about caring for the health of our crops, land, soil, creatures, community, and our planet. It's only natural that we make the connection to the health of our bodies and minds too!

This year, we are excited to offer programs focused on **healthy eating** here on the farm - for all ages! And, in schools too!



On the farm, our Farm Educator, Meghan brings her integrative nutrition expertise to children with new **hands-on healthy eating and cooking programs!**

Children learn ways to cook nutrient-dense dishes, build their culinary confidence, and find new healthy foods to integrate into their daily lives!

And, our **adult workshops** provide opportunities to explore topics like **gut health, the mind-gut connection, and eating for wellness, too!**



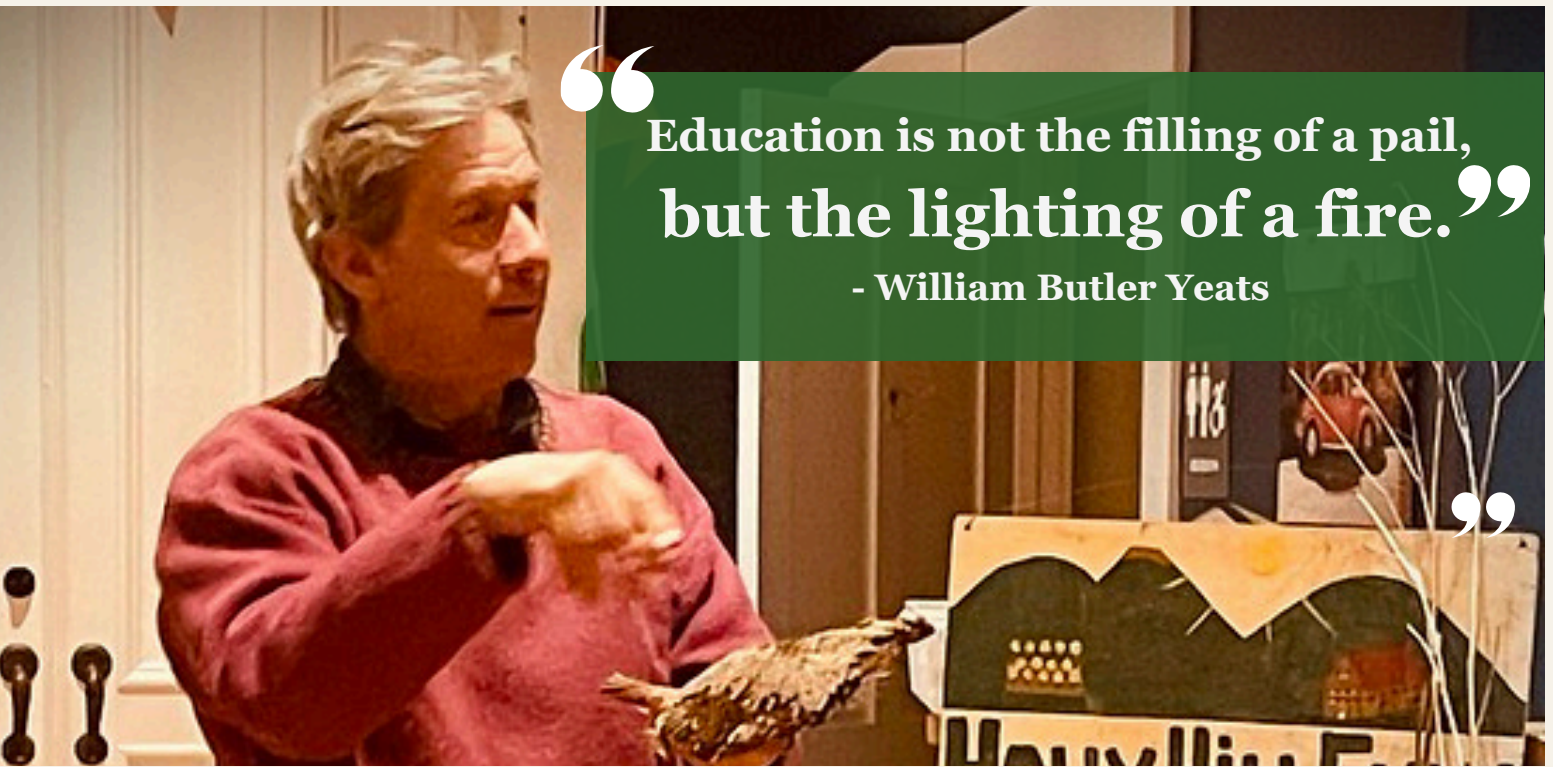
# Calling all teens and *parents of teens!*



With nearly 1 in 5 teens in the US struggling with mental health and depression rates increasing by almost 60% over the last decade,

**we've announced workshops for teens and parents to learn ways to *nourish their mental wellness!***

Workshops will be hosted here on the farm this June and fall and will be led by guest expert, holistic chef and educator, Jessica Arrendol Kiely, PhD of Wellness Literacy.



***You make it possible** for us to provide hands-on and action-oriented learning opportunities to “light the fire” about caring for the natural world - on the farm and in the community!*

This spring, we welcome passionate subject matter experts to widen our perspectives, and learn about the miracles of nature and how to protect it!

Topics we’re exploring include: Edible Plants, Growing Native Habitats, Birds, Ferns, and more!

And, by taking our education on the road, our Community Outreach Director, Jon Belber shared lessons with many residents in the broader community like Hull, Marshfield, and Duxbury Councils on Aging; libraries in Cohasset, Scituate, Weymouth; local garden clubs; Pan-Ethnic Pourovers in Quincy; and even at Untold Brewing in Scituate!

Providing enriching educational opportunities for our community is important to us and **we want as many people to access it as possible!**

Workshop attendees have the opportunity to support our tiered-pricing model. This means that you can pay-it-forward, pay the price of the workshop, or **pay at a reduced rate.**



**Did you know?**

All our educational programming, for children and adults, is offered at three different price levels, including reduced rates!

Edible Plant Walk with Expert  
Russ Cohen May 2024



## As a Youth Education Coordinator, Jessica has been an active contributor here on the farm!

Jessica has been a part of the farm since August 2023 as a TerraCorps service member! To date, she has been focused on projects supporting our School Educational Gardens, Farm to Food Pantry, and Conservation and Stewardship programs. And, she's played an integral supportive role on our education team, too!

Her work will help make care and maintenance of **school gardens** easier by creating manuals to help students, teachers, administrators, and families better utilize and care for their school gardens when our staff is not on site.

Additionally, she is helping to organize our 2024 food pantry customer survey. These surveys will provide us with important information so that we can better plan for and meet the needs of families and individuals who access foods that we grow. And, she's helping to get more teens and adults involved in joining us on the farm to support our **Farm to Food Pantry** program!

Our Native Meadow continues to thrive! Jessica is organizing the work that needs to be done to maintain this precious natural habitat. And, she's heavily involved in the organization of **ongoing conservation efforts** all around the farm. Invasive plants are as persistent here on the farm as they are everywhere, and we are happy to have her support in moving these efforts forward!

We are fortunate that Jessica will serve as a service member through this summer! And, we are excited to announce that we will be continuing our partnership with TerraCorps in the 2024/2025 year!



**TerraCorps**

### Did you know?

TerraCorps (a part of AmeriCorps), partners with a network of 40+ nonprofits in Massachusetts and Rhode Island focused on community needs related to local land conservation and sustainable agriculture.

# Upcoming Events!

**Farm to Table Dinner**  
June 22 from 6 - 9pm

**Wood-Fired Cooking  
Workshop & Bites**  
August 2 from 5 - 8 pm

**Farm Fest 2024**  
September 21 from 6 -10 pm

Visit [HollyHillFarm.org](http://HollyHillFarm.org) for more!

**When you join us you are  
supporting our non-profit and  
everything we do!**