



**The Farm at Miller's Crossing**  
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### **From the Farmers...**

Children have so much to learn from being connected to a farm. Though they will absorb some of the information passively through an ongoing connection through CSA or Farmer's Markets, they benefit greatly from getting out into the fields. Seeing where our vegetables & meat are raised is such a rare experience these days.

Walk the fields, show them the stream and explain the vital role that it plays here especially in dry weather. Listen to the birds sing and the water cascade over the rocks. Observe how the plants close to the tree line are stretching for the sun...so different from their sisters and brothers just a few feet further out in the sun. As you look down the long straight rows of beans, can you see the changes in fertility or soil? The plants grow shorter and paler in the gravelly areas...they are more lush and green where the soil is deeper.

Notice the difference in the land where the cows graze and the vegetables grow. The cows are moved from week to week on the hillsides far from the stream. The vegetables are on the flatter fields closer to their water

source, growing on the rich soil deposited there over hundreds of years of flooding and meandering of the stream.

But what are those large sections of grass near the stream that are not vegetables? Those are cover crops...grown mainly for their strong roots that hold the soil and nutrients and provide the ground with very important organic matter which feeds the future vegetables as it breaks down. The cover crops may be plowed back into the soil in the entirety, or they may be harvested for their grain or straw. Right now on our farm grows wheat, oats, barley & peas...can you tell them apart?

The fields are always changing here; keep your eyes wide open and you will see them too..

Enjoy the share, Katie



**Rye straw bales between the fields of oats**

Coming soon...

Get out those zucchini and squash recipes  
**SQUASH, SQUASH, SQUASH**