

Dear Friend,

Once a month we welcome our extended SouthCoast community to Round the Bend Farm (RTB) to participate in Open Farm Days (formerly called Open Market Days). **Open Farm Days** have products for sale; however their purpose is much deeper. As a living laboratory of restorative living, we want to invite individuals to share in robust programming that cultivates a community that cares for their health, food and environment and to act as a resource that fosters inspiration and the integration of people, land, animals and plants.

Our next Open Farm Day is this **Saturday, May 9th**, from noon to 6pm. We will be offering two **FREE** exciting workshops. The first is a Propagation Workshop that is being led by RTB's produce farmer, Ashley Brister. The workshop will run from noon to 2 pm and will cover seed sowing, soil mix recipes, watering techniques and perhaps most important yet most difficult to follow – space saving techniques. In addition, participants will have the chance to get their hands dirty while making their own herb container to take home. Space is limited for this workshop and will be offered on a first come; first served basis. Please RSVP to secure your spot.

We will also be offering folks the opportunity to come and make their own **Shiitake Mushroom Log**. There are many health benefits associated with eating shiitakes; they are low in fat and high in protein, vitamins and minerals. The shiitake workshop will be ongoing throughout the day (noon - 6 pm), we will be set up down at the barn. All you need to do is bring a drill (charged cordless drills are preferred) and a 5/16" drill bit. We will supply the properly-sized oak logs and shiitake plugs. No worries if you do not have a drill, we will have one on hand.

**Additional Open Farm Day Highlights include:**

- An interactive farm tour at 2:00 pm. This is a great time to get all your RTB questions answered and to learn about the role we play in the production of food.
- Ashley will be selling tomato plants that were grown with organic practices.
- Hana's Honey will be available.
- **New to RTB, we will be offering local (Western MA) maple syrup for sale.**
- RTB meat is currently unavailable as all our animals are on pasture and engaged in the delicious and sustainable process of growing. We promise it will be worth the wait!

We hope to see you on the farm!

With gratitude,



Elizabeth Wiley  
Education & Project Manager  
Round the Bend Farm - *A Center for Restorative Community*