

Dear Friend,

This month's Open Market Day, Saturday, October 18th from 12-5pm, at the farm is sure to have something for everyone.

October is harvest time here at RTB and we thought it would be fun to invite you into our winter pantry. Learning how to preserve your harvest, so it can continue to sustain and nourish you throughout the cold days of winter, is what we will be discussing during our **Fermented Foods Tour and Demo** with Laura Killingbeck, our resident fermentation specialist.

Take a peek behind the scenes at Round the Bend Farm's Fermentation Station! Look at different types of fermented foods that we make and eat here, taste test, and watch or participate in a pickling demo. Fermented foods you will encounter here include miso, wine, fruit and herbal sodas, kefir water, pickles, sauerkraut, kimchi, cheese, sour cream, cultured butter, buttermilk, yogurt, and sourdough. See the variety of fermented foods you can make at home, and learn about the basic principles behind the creation of these foods and their health benefits.

For those of you that prefer to stay outside, Lucy Tabit, our honeybee expert, will be opening her hives at 2PM. Come watch the marvelous bees as you've never seen them before. Lucy will share the unseen world of honeybees (at a distance) and explain the innermost secret life of bees. This is a rare occasion for those interested in this lovely insect that is the only insect that makes food we can consume! **DISCLAIMER:** If you have any bee sting allergies, this is not recommended for you.

Open Market Day Highlights:

- Fermented Foods Tour & Demo: Participants will meet at the barn at noon and stroll up to the farmhouse together. Space is limited (Reserve your seat by emailing Liz at lizwiley@marioninstitute.org)
- Ashley's Produce will be selling kale, chard, spinach, Macomber turnips, potatoes, carrots and radishes.
- Livestock farmer, Geoff will be selling non-GMO sausages, ground pork and various cuts of pork, as well as grass-fed/grass-finished ground beef and stew meat.
- Lucy Tabit will begin her honeybee hive workshop at 2:00pm. She will also have honey for sale, yum!
- Join in on a RTB farm tour beginning at 3:00pm – we will meet at the barn!

With gratitude,



Elizabeth Wiley
Program Manager
Round the Bend Farm - *A Center for Restorative Community*