

THE MAINE DEPARTMENT OF AGRICULTURE, CONSERVATION AND FORESTRY INVITES YOU TO CELEBRATE

Springtime in Maine

Plan a Maine Maple Adventure

**MAINE MAPLE SUNDAY WEEKEND
IS COMING MARCH 26-27!**

**AND... ATTENTION SENIORS:
MAINE SENIOR FARMSHARE
ENROLLMENT OPENS IN APRIL!**

**PLUS A SPRINGTIME ACTIVITY
CHECKLIST AND MORE!**

About this photo: Real Maine member Aroostook Beef Company is located in the St. John Valley town of New Canada in Maine's northernmost county. Their picture shows spring blooms in the gardens, with their herd of beef cattle grazing in the background.



BDN

A Special Advertising Section of the Bangor Daily News • Friday, March 18, 2022

Morning Sentinel • Kennebec Journal • Sun Journal
Times Record • Portland Press Herald • Bangor Daily News

Inside!
**Get Planting
with Try or Buy Tips**

Sustaining Maine Agriculture Starts With How We Eat

Before the pandemic, many of us included Maine-grown foods in our diets, with one Gallup poll suggesting that as many as 75% of Americans try to eat local. And while the pandemic has disrupted many things in our lives over the past two years, it has also caused a lot more people to increase their efforts to buy Maine-grown and produced foods.

Throughout the pandemic, people have relied upon a University of Maine Cooperative Extension web page to locate resources and ways to access food locally during the pandemic. At the Department of Agriculture, Conservation and Forestry (DACF), we also launched a web resource to connect Maine in-

stitutions and businesses seeking locally available wholesale food products. And with people thinking about staying healthy during the pandemic, many of our farm stands, farmers' markets, CSAs and local shops reported increased sales. These examples of increased demand for foods produced here in Maine represent a welcome trend, and with concerted effort, we can all sustain this demand and support for our farmers far into the future.

There are plenty of ways to find and enjoy Maine-grown foods. And with spring nearly upon us, our dedicated farmers will bring us a bounty of fresh produce, meats, dairy products and more. Everyone is encouraged to visit

www.realmaine.com to seek out farms and products produced right here in Maine, and to see what's in season, find recipes and learn about more ways to purchase Maine products.

With spring arriving, this is the perfect time for each of us to start fresh in our search for foods from nearby farms and maybe even plant a few things to grow for ourselves, whether in containers on our front steps or in a backyard garden. However you are able to access Maine-grown food, we hope you are as excited about the growing season ahead as we are and that we can keep working together to build a strong and resilient food system that supports our farmers and enriches all of our everyday lives.

Amanda Beal

Amanda Beal, Commissioner
Maine Department of Agriculture, Conservation and Forestry

Why You Should Read *Everyone at the Table: Maine's Plan to End Hunger by 2030*

DACF handles many agriculture and rural development issues. We have also been working to address food insecurity and hunger in the state in numerous ways, including leading the development of a recently released plan called *Everyone at the Table: Maine's Roadmap to End Hunger by 2030*. This plan aims at addressing the root causes of hunger and food insecurity in our state. DACF recently presented the new strategic plan to the 130th Maine Legislature. It took 28 months to develop, and more than 200 Maine people participated, including those with the lived experience of food insecurity. The report outlines a bold vision to end hunger and reduce the \$1 billion spent annually in Maine on hunger-related costs. We invite you to review the plan posted on the department's homepage at www.maine.gov/dacf.

The Heart of Maine's Agricultural Industry

Last year, the parent company of Horizon Organic dairy announced its plan to cancel its contracts with all 89 of its dairy farmers across Maine, New Hampshire, Vermont and eastern New York in August 2022. Immediately after this announcement, Governor Mills sent a letter to USDA Secretary Tom Vilsack in which she called dairy farms "the heart of Maine's agricultural industry." DACF collaborated with multiple agricultural groups across the state and region to recommend strategies to support a vibrant dairy sector in Maine and New England. Examples of the suggested strategies include investing in Maine's Dairy Stabilization Program, increasing funding to the Northeast Dairy Innovation Center, and investing in new and existing dairy processing capacity.

When shopping for cheese, butter, sour cream, yogurt, ice cream and, of course, milk, keep Maine and New England dairy farmers in mind. Purchasing Maine-produced dairy products will help our dairy farms stay in business.

March to June: A Checklist of Springtime Activities to Celebrate Maine Agriculture

What are your favorite ways to enjoy Maine agriculture year-round? With a wide variety of farm product choices and ways to support farms, every season offers something to celebrate! Real Maine offers a few ideas. Share some of your ideas with friends and family. If you're looking to make a day of exploring agriculture, be sure to check out the trip planner tool on RealMaine.com!



CSA sign up time! Late winter to early spring is ideal for planning your summer produce or flower shares. Consider offerings that pair with local businesses, subscription boxes, or pre-orders and delivery.

Maine Maple Sunday® The 4th weekend in March is always Maine Maple Sunday. Tour sugarhouses across the state! If you miss this event, don't worry! Many farm-stands and sugarhouses sell pure maple syrup year round so you can enjoy it every season.

National Agriculture Week!

Celebrate your favorite farmers with us. Maine offers a variety of agriculture and quality farm products. If you have one you want to recognize on social media, use #MaineAgDay #RealMaine.

Maine Landscape & Nursery Association hosts a market place the last weekend in March. Shop supplies and plan your garden! Visit www.maine-garden-plus-marketplace.com.

Fiddleheads!

RealMaine.Com has recipes and tips for these delicacies that are foraged from the head of the ostrich fern just as it's emerging from the ground—well before it unfurls.



Pause to appreciate the flowers on orchard trees. By March, most of the pruning of the orchards are complete and soon, with the help of good weather, tiny flowers signal the coming of autumn apples.

Seedling sales! There's plenty of time from March to June to entrust farmers to start more than a few of your favorite seedlings. The seedlings will benefit from a healthy start before transplanting into your backyard garden.

Find your Maine fibershed connections at the Maine Fiber Frolic! The event is geared toward celebrating fiber, fiber animals and fiber arts. Visit www.FiberFrolic.com for details.

Look for Maine milk, cheese, ice cream, and other dairy goodness. The seasonal shift to summer begins in June, which is Dairy Month. Use RealMaine.com to find your favorite Maine dairy products to celebrate the arrival of summer!



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shifting the tide



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is in the air...
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Celebrating Maine Maple Sunday

Maine Maple Sunday® is a long-standing tradition where Maine's maple producers (called sugarmakers) invite the public to visit, attend educational demonstrations, take tours, and sample and purchase pure Maine maple syrup and other maple products.

Ready to plan your maple adventure?

Find more than 100 licensed sugarhouses that represent some of the many celebrations and demonstrations happening statewide in honor of Maine's official sweetener. Visit mainemapleproducers.com/events or smmsa.org



Want to find even more delicious Maine maple products?

You can locate Maine maple products year round by using the search functions at

RealMaine.com

See page 8 for details to find Maine maple products and so much more!

Maine Maple Weekend-7TM Week-ends

Running low on maple syrup. Tempted by maple fudge? Want to see a show by Wildlife Encounters or Axe Women Loggers. Want to play a shortened game of corn hole and win maple products? Drive our tractors. See the farm animals. Come celebrate the arrival of spring at Hilltop Boilers! Special pricing on many popular products on all days. While not required, we encourage you to wear masks, social distance, and use our hand sanitizer stations while inside our buildings. Free farm fun for everyone!

HILLTOP BOILERS
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The Best of Maine

March 11th– April 23rd
Friday & Saturday– 9AM– 4PM
Sundays 12PM– 3PM
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Closed Mon–Thurs. & Easter

Where will you buy your award winning maple syrup?????

Pints– \$9 each or 12 pk for \$93 (\$7.75 ea)
Quarts– \$16 each or 12 pk for \$159 (\$13.25 ea)
Gallons– \$55 each or 4 pk for \$199 (\$49.75 ea)
Maple Fudge– \$3 each
Maple Whoopie Pies– case of 12 for \$30
Maple Baked Bean Kits– \$7 each

Special sugarhouse prices only during our open house events.

*Website prices vary slight

*Free shipping in 48 US for online orders over \$50 (use discount code– "bestofmaine")

207-793-8850 * www.hilltopboilersmaplesyrup.com * 159 Elm Street Newfield, ME 04056



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**Maine Maple Sunday • March 26th & 27th
9:00 a.m. to 3 p.m.**

- Self-guided tour through sugarbush -
- Demonstrations in the sugar house -
- Free samples of syrup on ice cream -
- Baked maple goods for purchase -

Pancake Breakfast: Sunday only • 9 a.m. - 1 p.m.

so much to explore



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BDN

Maple Crest Farm

Located in Hermon, Maine

Maple Crest Farm Animal Rescue is a nonprofit and currently home to a combination of rescue and domestic animals. If you are interested in bringing your family to see the animals and farm, please call or email to schedule a personal tour. All proceeds and donations support the maintenance and upkeep of the animals and farm.



View our story on our Facebook page or on our website
www.maplecrestfarm.me

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Celebrating 227 years



COME VISIT US ON MAINE MAPLE SUNDAY
SAT., March 26 • 10a-3p
SUN., March 27 • 10a-3p
207-696-3732
Fish Rd., Anson, ME
www.lucesmaplesyrup.com

MAPLE SYRUP AND TREATS TO BUY

Life is short, make it sweet, make it Luce's.

Producing Quality Syrup: Behind the Scenes of a Sugarhouse

By Real Maine

Wondering how Maine maple syrup producers turn out such amazing products year after year? It's the constant attention — from tree, to tap, to sugar-shack, to packaging — that helps ensure a quality product from start to finish. For example, sugarmakers will carefully examine the sap. Some collect sap in a food-grade safe bucket. Others create a gravity-fed network of tubes for the sap to travel through and eventually collect in large storage containers. Sugarmakers keep sap cool for quality. Then a filter removes any debris (such as moss or flecks of bark). Finally, it slowly evaporates to the necessary consistency and sugar content. Special tools, such as refractometer, measure the sugar level. Maple producers aim for a density greater than 66 percent Brix (sugar content in a liquid) at 68 degrees Fahrenheit. Finished syrup is packed into sterilized containers or further transform the syrup into different maple confections.

Delicate Details

The attention to detail reveals why sugarmakers are proud to provide pure maple syrup: sugaring is a delicate process. Sugaring is not a 'wild guess.' It requires technique, time, and precision. There are no added stabilizers when creating pure maple syrup. These skills allow sugarmakers to produce the most desirable pure maple syrup.

Year-Round Efforts

Collecting sap and making syrup are especially busy times on the sugarmaker's schedule. But there's still plenty to accomplish on the sugarmaker's to-do list throughout the year. The remainder of the year, sugarmakers typically dedicate time to supporting their business. For some farms, producing maple syrup is one of several sources of business income. For many, they spend the off-season learning about best



practices and caring for the trees, equipment, and products. And of course, they will spend plenty of time helping their customers find just the right pure Maine maple

product. These products range from delicious syrup to sugar candies and maple creme, to sugar granules. The delicious flavors are worth the effort and the wait!



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Saturday May 14th
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BEAVER HILL PLANTATION

MAINE MAPLE WEEKEND
March 26th- 27th
9am-4pm

EVENTS AND ACTIVITIES

- Walking tours of our farm
- Tree tapping demonstrations
- Warm beverages and maple treats

Cant Make it? No Problem!

Our syrup can also be purchased online and can be shipped to your home or picked up at the farm. For directions and additional information visit our website below.

beaverhillplantation.com

Join us in celebrating the coming of spring with all thing's maple


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(207) 382-6129

Maple Syrup By the Numbers




40 gallons of maple sap = 1 gallon of pure syrup






Approximate age when a tree is first ready to be tapped for sap collection




2.5%

Approximate percent of sugar in the sap

Sources: Cooperative Extension, extension.umaine.edu/publications/7038e.








IT'S UP TO YOU
COVID-19 VACCINATION

Should I get vaccinated?

COVID-19 vaccines help prevent severe illness, hospitalization, and death. Everyone 12+ also can now get a booster shot to keep up their protection.

Find free vaccines near you at vaccines.gov.

The Extension Foundation, in cooperation with the Extension Committee on Organization and Policy, through an Interagency Agreement with the USDA National Institute of Food and Agriculture and the Centers for Disease Control and Prevention (CDC) are funding the Cooperative Extension System to address health disparities among rural and other underserved communities.



The University of Maine is an equal opportunity/affirmative action institution.

Spring into Real Maine!

Looking for ideas about where to locate maple syrup or area greenhouses? These items are on our minds each spring, and they are often great choices for a local selection of farm products.

➤ Go to **realmaine.com**

➤ Scroll down to the Type of Place listing or choose Food, Farms & Products from the menu at the top.

➤ Select Sugar Shack/Maple Syrup or Nursery/Greenhouse — or any other type of place you're looking for!

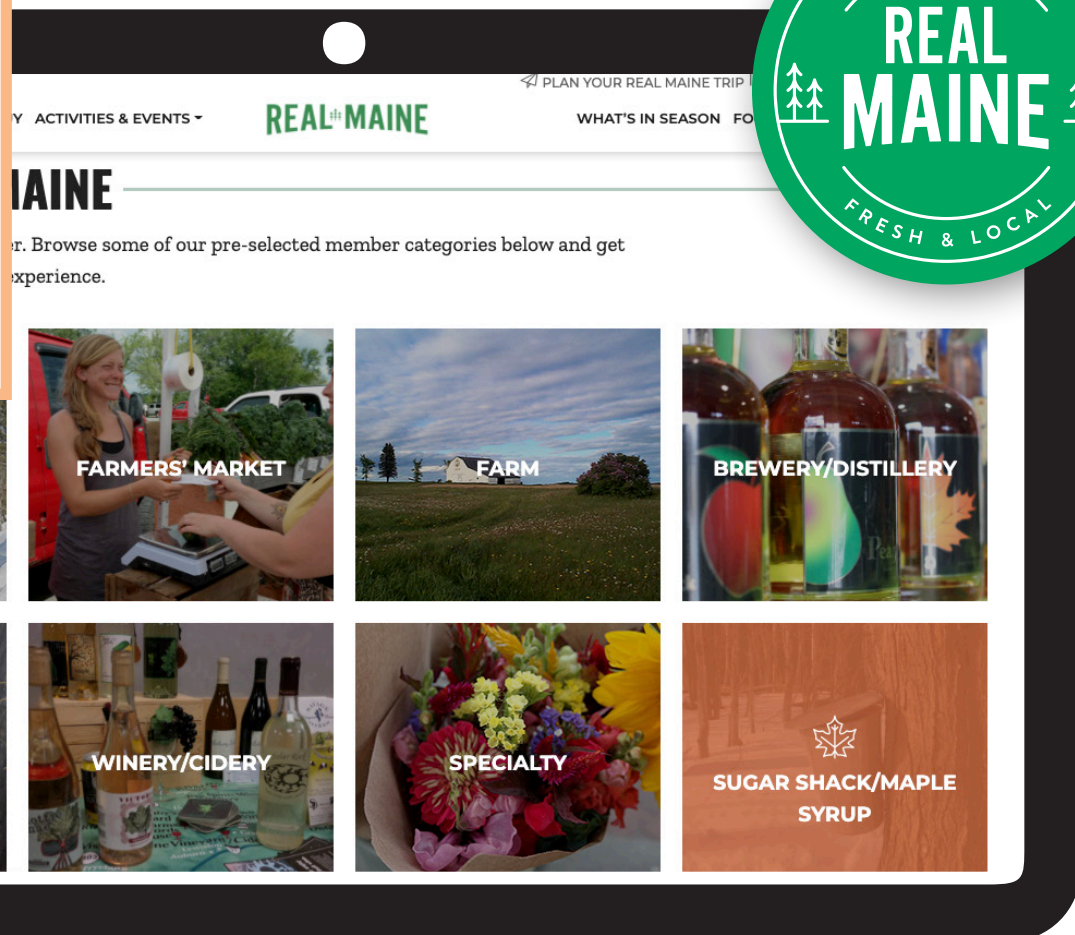
➤ You can also Refine Your Search in the toolbar on the left to find farms offering Tour and more.

RealMaine.com offers different ways for you to search. You can start by locating the type of producer or product, for example a sugar shack/maple syrup. You'll find a list of businesses who offer syrup. Look at the member profiles and you'll learn the different ways to buy.

Share your itinerary and "can't miss" spots for later and sort on your phone. Or share with friends and family via email or social media. And, if you'd like, you can print your own copy to have with you.

Happy exploring!

Visit **realmaine.com** to get started!



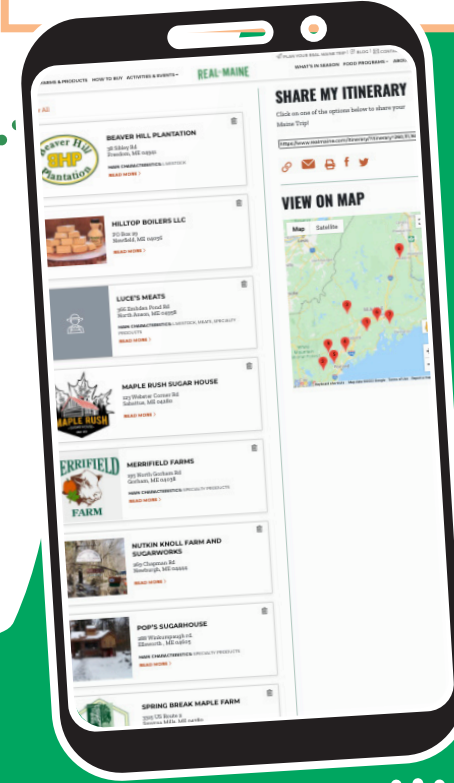
REFINE YOUR SEARCH:

⊗ CLEAR ALL FILTERS

TYPE OF ACTIVITY

- ☐ Arts/Crafts and Music Festivals
- ☐ Pick Your Own (PYO)
- ☐ Cider House & Cider Tastings
- ☐ Winery & Vineyard Wine Tastings
- ☐ Choose and cut Christmas trees
- ☐ Trails
- ☐ Petting Zoo
- ☐ Tours
- ☒ Tours of Food Processing Facility or Factory
- ☐ Cooking and Food Demonstrations

Planning a day of sites?
You can add them to a trip
itinerary and save, print, or
share it with others!



Search for farms, wineries, markets, and more all over Maine! Click "Add to My Maine Trip" and go!

Create your own trip at **realmaine.com**

1

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SPECIALTY

3

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FARMERS' MARKET

4

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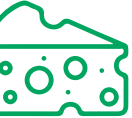


WINERY / CIDERY

5

PUMPKIN VINE FAMILY FARM

217 HEWETT ROAD, SOMERVILLE
We are a goat dairy and farm education center, and a community gathering place.
pumpkinvinefamilyfarm.com



CREAMERY

6

HOPE ASSOCIATION / BRIAR PATCH GREENHOUSE

85 LINCOLN AVE, RUMFORD
We provide horticultural and vocational support to people with disabilities, and grow flowers, vegetables, house plants, and more.
www.hopeassociation.org



NURSERY / GREENHOUSE

7

CHADWICK'S CRAFT SPIRITS

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BREWERY / DISTILLERY

8

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Visit on Maine Maple Sunday for demonstrations, free syrup samples, and maple products for sale.
rachelcecile@gmail.com



SUGAR SHACK / MAPLE SYRUP

Get Growing

How does your garden grow? With knowledge! Here are some tips on when, how, and what to plant to help ensure a beautiful, bountiful garden this season!



Timing

This is an important consideration for farmers and gardeners. Timing is used to coordinate when to plant seeds, how often to plant them, and the types of seeds to plant. For example, some seeds are planted in the late summer or early fall to get a head start on winter or early spring-time harvested crops, others are started in greenhouse nurseries to be transplanted later as healthy seedlings, while other seeds are planted directly into the ground when the soil is ready.

Light

The length of uninterrupted darkness can be important for plant flowering, which is key to plants reproducing from one generation to the next. Many plants require 10 hours of daylight as part of their growth and flowering stages—otherwise, the plants go into a dormant stage.



Temperature

In addition to tracking daylight hours (be it sunshine or artificial lighting), farmers will consider soil conditions, temperature, and moisture—in addition to the plant's genetic tendencies. Temperature influences photosynthesis, transpiration, respiration, germination, and flowering—critical to the life of a plant!


Seed

Seed selection is important. The seed age, depth of planting, and a firm, but not hard, soil that's not too hot or cold will offer a seed its best chance at germination. After germination, it will grow into a seedling or plant (including vegetables, flowers, shrubs, trees, etc.) and the process may be repeated.




Ready to plant? Here are tips to understanding timing, seed selection, light and more!

By Real Maine



Let the Light Shine In



Some plants have different sensitivity to light and may be categorized according to their preference in the differences between hours of daylight and hours of darkness in a 24-hour period (known as photoperiodism), which can play a role in when the plants flower. Flowering may be desirable for blooms and reproduction of certain plants.

Short-day: Requires a long period of darkness.

Long-day: Require a short period of darkness.

Day-neutral: Less sensitive to day length

Intermediate-day plants flower only in periods neither too long nor too short

Looking to add to your skillset and plant knowledge? Here are several resources:

Estimate the hours of daylight: gml.noaa.gov/grad/solcalc

Locate your plant hardiness zone: planthardiness.ars.usda.gov

Remove the guess work

Every seed is different, and unlike a farmer, you may not have the full data tracking, notes, or familiarity that comes with managing a farm business. However, many seed companies, like world renowned Fedco and Johnny's, headquartered in Maine, share their expertise to help you. One handy tool is a digital calculator that can help you estimate when to plant, and how much seed you will need.

Programs like UMaine Cooperative Extension Master Gardener volunteers

Learn useful practical skills, and delve into topics of soil health, botany and ecology, and different varieties of plants. With the help of experts, participants receive training about proper application of pesticides, and how to identify and support healthy plants – from those we eat to beautiful landscapes and habitats. Fortunately, Maine has a variety of skilled professionals eager to share their research and observations to help others.

Try, DIY, or Buy

Some seeds are easy to start at home — others not so much. Check out these suggestions on what to try, DIY, or buy for gardening success this season!

Try it Yourself

Planting seeds directly into the soil is known as direct seeding. With the proper care and attention, some seeds thrive when planted directly into the ground. They benefit from minimal root disruption that occurs from seedlings that are transplanted.

Try Direct Seeding These Fruit, Veggies & Flowers:

- | | | |
|---|-------------|--------------------------|
| • Leafy greens (arugula, mustard, spinach, lettuce) | • Beets | • Sunflowers |
| • Radish | • Beans | • Sweet peas |
| • Potatoes | • Squashes | • Worth the wait: |
| • Carrots | • Pumpkins | • Garlic |
| | • Cucumbers | • Asparagus |
| | • Kohlrabi | |

Tip: To give your seeds a good start, refer to plant hardiness zone maps and planting tips (often included on the seed packet) to know when to plant the seeds. You can achieve a healthy plant with ideal soil that will ensure good seed germination—avoid soil that is too cool or wet. Continue to support the plant by ensuring it has adequate nutrients and spacing, and protect it from unwanted pests or diseases.

When Buying is Better

Healthy seedlings are started in consistent, ideal conditions—such as adequate soil temperature at their germination to seedling stage. An added benefit is you can try different varieties, including those that may require a longer growing season.

Buy These As Seedlings:

- | | |
|---------------------------|---|
| • Tomatoes | • Brassica - cauliflower, brussels sprouts, cabbage, broccoli |
| • Onion sets (also leeks) | • Peppers |

What to Pick Up from CSAs, Markets, Stores and Stands

Even if you have your own garden plot, you may enjoy the variety of Maine-grown delicious produce you can find at a store, market, or stand. This is especially true of vegetables and fruits that require a bit more finesse or attention to ensure a good yield, or when you want to purchase a bulk amount for future storage.

Find It In Season:

- Sweet corn, squashes, carrots, potatoes, brassica, beans, tomatoes, onions, berries, apples, peaches.

Shoppers enjoy the convenience, and support the farm. The farm often has the tools, and dedicates labor and attention to detail—including the time that you may not have—to ensure healthy plants and produce are available.



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Spring in Maine — the sweetest season

Supporting, sustaining and growing Maine's food-based economy for more than a century.



extension.umaine.edu

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✂ Snip & Save!

Get Your Share Delivered!

While many seniors can drive to their farmer's farmstand or meet them at an area farmers' market, some benefit from a delivery of their Maine Senior FarmShare. In Portland, seniors either need to coordinate transportation to a farmstand outside the city or get to the Portland Farmers' Market. These may be barriers to participate for seniors who don't drive or who may live far away from the city center.

Farmer Kev's Organics based in West Gardiner, Maine offers home delivery of CSA shares with vegetables they grow, some they aggregate from other farms, and several grocery items sourced locally and from natural foods distributors. As a participating Maine Senior FarmShare farm,

they offer delivery to senior living facilities from Portland to Lewiston to Waterville.

Rachel Freedman of Wayside Food Programs helped connect several Avesta Housing seniors with Farmer Kev's shares last fall. These senior participants didn't need to coordinate rides and were able to receive the full bounty of the share by the end of the season. That means more of that money gets invested into Farmer Kev's farm, and more of his veggies get into seniors' bellies.

The program also helps to connect residents to one another, especially amidst pandemic isolation. Mariah Bouthiller of Motherhouse mentioned that her residents were always so delighted to get the

call that produce deliveries were coming in that week. Bouthiller worked hard to register several dozen seniors upon hearing about the opportunity.

Susan Iadevaia from North School apartments lauded the program as well. "It certainly builds community. So many people can't afford fresh produce or haven't had the opportunity to try something that might be a little different. It gives them the chance to try something healthy that they might not have had before. I like that they get a variety." Iadevaia recalled that their first delivery had mini watermelons. Two of her residents said they were so much sweeter than other watermelon and that they were much easier to handle with their arthritis.

Sign up for the Commodity Supplemental Food Program

Senior citizens: Would you like to receive a 30-pound box of nutritious, shelf-stable food each month at no cost? The Commodity Supplemental Food Program, administered by the Maine Department of Agriculture, Conservation and Forestry, works with partner agencies statewide to provide the boxes (valued at \$50) to eligible seniors. Each monthly box includes canned goods such as fruits, vegetables and meat/poultry/fish. Boxes also contain items such as pasta or rice, peanut butter, juice, shelf-stable milk, cereals and a two-pound block of cheese. Participating seniors pick up their

In accordance with Federal Civil Rights law and U.S. Department of Agriculture (USDA) Civil Rights regulations and policies, the USDA, its agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior credible activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at How to File a Program Discrimination Complaint and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. USDA is an equal opportunity provider, employer and lender.

boxes at a designated time and place each month. To qualify for CSFP you must be at least 60 years old, live in Maine and meet the USDA income guidelines. (Not all areas have openings, in which case you will be placed on a waiting list.)

For information and to apply, please contact the local agency representing your county:

- **Androscoggin, Kennebec, Somerset, Waldo, Knox, Lincoln, Sagadahoc:** Spectrum Generations at (207) 622-9212
- **Aroostook:** Aroostook Agency on Aging at (207) 764-3396
- **Cumberland, Oxford, York:** Wayside Food Programs at (207) 775-4939
- **Washington, Hancock, Penobscot, Piscataquis:** Eastern Area Agency on Aging at (207) 941-2865 extension 167
- **Franklin:** Western Maine Community Action (207) 645-3764

Get Your \$50 Share of Maine's Harvest Today!

1

Begin at www.RealMaine.com

- Click Food Programs dropdown.
- Select Maine Senior FarmShare.
- Confirm your eligibility.

2

Find a Farmer

- Click the View All MSFP Authorized Farms button.
- Enter ZIP Code to find the one nearest you.

3

Contact a Farmer

- Starting April 1, call or email farmer to request a share.*
- Record farm name and season dates below, and hang this ad on your fridge!

**Shares are limited and your slot is not guaranteed.*

4

Pick Your Produce

- Visit your farmer during the season to pick out fresh fruit, vegetables, herbs, or honey.
- Make sure to note when your favorite produce is in season and remember to use up all of your share!

My Farmer: _____

Last Day of Season: _____

No-Till Drill: A Tool for Healthy Soil Stewardship

By Real Maine



Coordinating planting schedules is a year-round effort. Farmers may use cover cropping, rotating between different fields, and even planting directly into cropland and pastures to ensure the soil and crops are well-managed season-to-season. One technique used to in this schedule that can help with soil stewardship is no-till planting. Many farms across Maine use this technique, and one example of successful use is displayed by Maine's 2021 New England Green Pastures, Dairy Farm of the Year awardee, Harris Farm in Dayton. The farm is known for their delicious bottled milk, fresh produce and winter cross-country ski trails. In the spring and summer, the land transforms to provide food for their livestock and customers.

There's always a reason to choose

REAL MAINE

This spring, experience the flavors of Real Maine with locally grown agricultural products. From fruits and vegetables to cheese and grains, there is a wide variety of products always easy to access and available year-round. Ask for Real Maine where you shop, and learn more online at REALMAINE.com.



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Three Tasty & Terrific Turnip Recipes

Turnips are a great source of potassium, vitamin C, and fiber! They are a tasty, nutritious, affordable, and trendy vegetable for all ages. It's easy to find locally-grown turnips, and they store well at home.

Here are 3 great ways to serve them!

Serves 6-8

Baked Turnips

Ingredients:

- 2 lb. turnips
- ¼ c butter
- 1½ tsp salt
- 1½ tsp sugar
- ½ cup water

Directions:

Preheat oven to 350 degrees F.

Peel turnip and cut in cubes.

Place in a baking dish with remaining ingredients. Cover tightly with aluminum foil.

Bake about 1 hour, or until tender.

Boiled Turnips

Ingredients:

- 2 lb. turnips
- 1 c water
- 1 tsp salt

Directions:

Cut turnips in cubes or pieces.

Heat the water and salt to boiling. Add the turnip.

Cover the pan. Reduce the heat at once to simmer for 20 – 30 minutes.

Drain and serve.



Fried Turnips

Ingredients:

- 2 lb. turnips cooked (using the baked or boiled recipes)
- 1 c butter

Directions:

Fry until golden brown in butter until heated through.

Serve warm.

VOLUNTEERS WANTED

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Visit:
mainefairs.org

Maine Agricultural Fairs need volunteers who support their mission to educate and inspire the next generation of fairgoers, all while having FUN!

Maine Agriculture In The Classroom Congratulates National Teacher Winners From Maine!

The American Farm Bureau Foundation for Agriculture (AFBF) has selected two Maine teachers as national White-Reinhardt Award winners!

In 2021, Abby Plummer, a 5th grade teacher from the Edna Drinkwater School in Northport, was selected. Because the pandemic prevented her from attending the national conference in person, she received over \$1,400 worth of materials from the AFBF educational resource catalog! Classroom readers, lesson guides and agriculturally correct books were provided for classrooms and the library at Drinkwater School.

In January 2022, Stacey Sanborn, a 4th grade teacher at Manchester School in Windham, was notified that she is one of 10 winners from across the country for 2022. Stacey will be recognized at National Agriculture in the Classroom Conference in Saratoga Springs, New York later this year. While there she will participate in workshops and tours to increase agricultural literacy in her students. Both teachers were previously awarded Maine Agriculture In The Classroom Teacher of the Year for 2021 and 2022 respectively! Congratulations to our amazing Maine teachers!



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www.MaineAgintheClassroom.org

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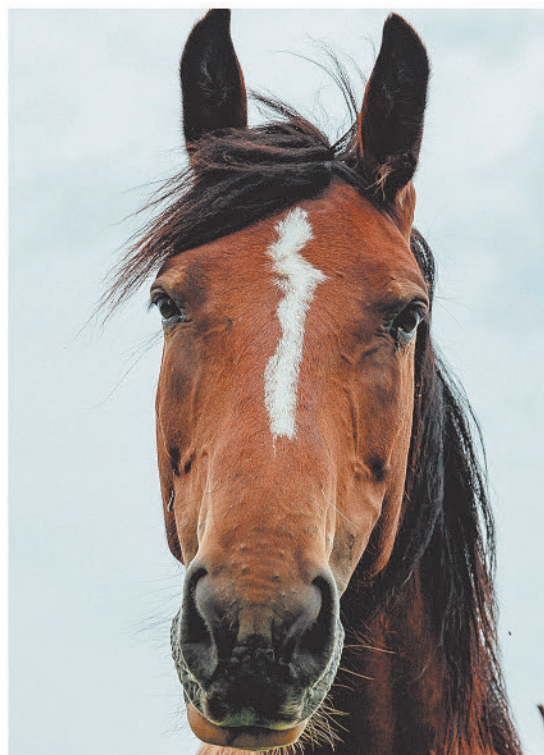
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