

# grown & grazed

## a letter from the farm manager

Every day when I come into work, I'm greeted by Rosie and Pearl, our two ewes. No matter how tired I feel, they're always ready to start the day, eagerly waiting to be fed. It's a gentle reminder that happiness doesn't have to be complicated—it can be found in the simplest of moments. They've taught me that it's okay to embrace a simpler outlook on life, something I carry with me as I move through my day.

This time of year, I spend a lot of my days planning and talking with residents, staff, community members, and all those who support our mission. I'm constantly brainstorming new ideas for the farm and imagining what the space could become. While I dream big, I always keep my core values of accessibility, sustainability, and community at the heart of it all.

In today's fast-paced world, it's easy to get caught up in trying to be the fastest or the brightest, but I believe it's the simple passions and ideas that lay the groundwork for those bigger dreams. So, I encourage you to take a moment each day to reconnect with simplicity. Whether in your work, your relationships, or your personal journey, it's often the simplest things that make the biggest difference.



## seasonal updates

We are currently growing spinach, basil, romaine lettuce, and red gem lettuce in our hydroponics system.

## contact

Questions, comments, concerns or suggestions may be directed to Olivia. To submit questions for our question corner you can email them to [oclair@pvcommunities.org](mailto:oclair@pvcommunities.org), call in at 717-664-6267 or place a note in Olivia's mailbox.

# hydroponics

After an unfortunate run-in with aphids and eventual crop demolition, we had to restart our hydroponics. However, after tireless hours of cleaning, sanitizing, and planning; we have successfully begun production once again!

In addition to a system reboot, we have also been working towards expanding our nursery and creating even more space for herbs and greens. Our system will continue to be filled with lettuces, spinach, basil, and microgreens to supply H&H as well as food pantries in the community.



# animals

Although it's been a blustery and chilly winter season, the animals are staying warm, content and happily fed.

A few months ago, an unexpected and unwelcome guest (a fox) made its way into our hen house. We lost a few of our ladies, however we recently got more chickens, bringing our total chicken population to 23...talk about a full house!

We are eager to be welcoming the spring time, so we can resume our community and animal interactions.



## sustainability spotlight

Our hydroponics system does not use any non-organic pesticides. All of the sprays that we use are food friendly and environmentally safe!

## animal spotlight

The breed of chickens that we have on the farm are a cross between Plymouth White Rock and Rhode Island Red chickens. This cross is known to lay plenty of eggs and have a friendly personality.



## how to get involved!

Hydroponics volunteers typically meet every Thursday from 9:30 am-12:00 pm.

Animal volunteering is on a rotating and seasonal basis.

Contact Olivia (x267) with any questions or for involvement opportunities.

## question corner

**Q: How many animals do we now have at the farm?**

A: We have 6 alpacas, 6 sheep, 3 goats, and 23 chickens-for a grand total of 38 animals!

**Q: Where can I buy the hydroponic lettuce and farm fresh eggs?**

A: The hydroponic lettuce is typically available Thursday afternoons in the TSN mailroom. The eggs are typically available Friday mornings in the Activities' Room refrigerator in TSN.

They all go quickly, so it is first come, first serve!

## community impact

“Being included in the hydroponics team has been a great source of connection, learning, and fun.”

-Pam Hoffman

## quarterly stats

(October-December)

There were over 8,100 seeds planted in hydroponics.

There have been 786 eggs laid.

There has been over 215 pounds of produce harvested from hydroponics.



## farm funnies!

**how do cows stay up to date with current events?**

They read the moos-paper!

**what did the greens say to ring in the new year?**

Lettuce celebrate!

## word search

lettuce  
nutrients  
sheep  
goat  
coop  
nitrogen  
sustainable

C	C	F	I	B	N	R	N	C	Y	S	Z	Z	I	M
Z	Q	E	L	V	Z	I	L	N	T	Q	D	N	L	F
F	J	G	T	Q	T	M	P	N	T	G	K	U	X	R
O	C	J	N	R	G	N	E	N	M	C	O	C	V	V
V	U	V	O	P	A	I	L	Z	C	O	A	A	N	I
V	W	G	A	A	R	D	O	A	L	O	P	Q	T	L
B	E	G	M	T	W	B	O	F	P	P	C	B	E	N
N	D	G	U	F	U	S	T	B	E	P	R	Y	C	J
N	M	N	F	N	D	D	N	X	C	I	X	W	U	X
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L	Z	T	C	H	S	H	E	E	P	K	G	M	T	U
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I	Q	Y	B	F	V	F	A	Z	S	N	U	U	L	J
F	H	B	D	K	A	U	N	Q	O	U	L	Z	E	Y
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