



The Crows' Courier!

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OUR PURPOSE

The mission of Crows' Feat Farm is to build community through a collaborative commitment to regenerative farming



WHAT'S GROWING ON

The Crow's Feat Farm Stand is Open!

Drumroll please...the seedlings we planted in February are now mature and available for sale! Check out the **FARM STAND** button at the top right of the [Crows' Feat Farm website](#). Inventory is limited, but we are continuously adding to our stock, so if you don't get enough of your first choice, please check back. Produce is available for pick-up at the farm on weekends in the spring—we'll have longer hours come summer.

Kale, arugula, swiss chard and spinach are cold-tolerant greens that can soon go into your garden beds. Alternatively, you can place them in a large pot on your kitchen windowsill and harvest the leaves 3-4 times for salads and other dishes, to get an early taste of spring.

We also have fresh eggs from our growing flock of chickens. You'll find that farm-grown eggs have harder shells and brighter orange yolks, a sign of their [higher nutrient value](#)—they are rich in carotenoids. Their sturdy shells also speak to the greater mineral content of our chickens' diets, which will improve your diet as well. Plus, as anyone who's visited the farm knows, these chickens are enjoying a pretty nice life here at Crows' Feat—so long as they keep clear of the crafty hawks who live here too!

We've expanded our flock to 45 chickens, so will have plenty of eggs available for your enjoyment this fall ☺

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JULIA'S CORNER

My partner Elizabeth Haskett and I are developing a small livestock operation, [Capricorn Rising Ranch](#), at Crows' Feat Farm. At a recent enterprise farmer meeting, I expressed the debt we owe to those who came before:

"Even if we're not all physically together, I want to take a moment to acknowledge the land we are all discussing, and its historical caretakers, as well as all the animals and plants living there. Land acknowledgement is something I've noticed happening in more and more circles over the last several years, and while I believe it's important to be mindful not to culturally appropriate practices from Native American cultures without understanding the history and meaning behind such practices, I also think acknowledging and giving thanks to the land and its stewards and inhabitants over the years is an important way to humble us and remind us of what our ultimate goal is with Crows' Feat Farm."

We may never know who the original human inhabitants of New Hampshire were, who arrived here over 11,000 years ago, but their descendants were the Penacook, Abenaki and Wabanaki peoples who have lived here for hundreds and maybe thousands of years.

We honor all the past and present stewards of the land, those known and unknown, for taking care of this land that we love so much. We also thank the land itself, and all the animals and plants living here who make it whole. We give gratitude to the Spirit that imbues everything in nature. We seek to honor the traditions of the Penacook, Abenaki and Wabanaki peoples, and all former inhabitants, by living in a symbiotic, respectful and gentle relationship with the land. And we also thank Karen and Pete for the beautiful opportunity to share in this land."

Working Together

The first Saturday of every month the Crows' Feat Farm team benefits from the genius of this community. And thank goodness—because we have a lot of work to do! *The Dandelion Project, Merryman's Fine Foods* and *Capricorn Rising Ranch*—are establishing their operations and we want to give them every advantage for a great start. You can read all about them on the [Our Farmers](#) page of the website. The community response to our working parties has been overwhelming – so sign up early if you want to participate!

COME & GROW WITH US!

First Saturday Work Parties

April 3rd

May 1st

June 5th

From 9 am - noon, followed by a farm lunch

