



Transforming our relationship with farming and food for a healthier planet



*626-Acre Nonprofit Educational Farm
Open Free to Visitors Every Day
in Freeport, Maine*

We are all connected—through food

Whether Wolfe's Neck Center is near and dear to you or you have yet to visit, we welcome you. Wolfe's Neck Center is a place for you to connect to nature, learn more about where food comes from and how it is grown, and watch organic farming in action. It's a place that reminds us our planet is a valuable resource, and we need to take care of it as much as we can.

2020 has certainly reminded us that as much as we need to care for our planet, we need to take care of ourselves, too. While we are fragile to circumstances beyond our control, times like these beckon us to not let basic necessities—like access to fresh food—become too far out of reach.

Local food producers play a powerful role in this, feeding our community and supporting small businesses like restaurants and local markets. But we *all* have a critical role to play, from

choosing where we buy our food, to deepening our relationship with what we eat.

Now more than ever is when we need places like Wolfe's Neck Center— a place that is training new farmers, and educating people of all ages on how connected we are (and can further be) to our food.

This year, we are going through a significant experience together with the pandemic and stay-at-home order. It is challenging all of us in various ways, but through it, food is a shared experience. Food has and will continue to be, personal. What we eat, who taught us to cook, memories associated with certain foods—this is part of our identity. Throughout this newsletter, we'll explore more about the role local food plays within our community by highlighting Wolfe's Neck Center (*The Place*), our farmers and staff (*The People*), and the impact of our important work on a local level and beyond (*The Footprint*). Together but apart, we've faced an uphill battle with a pandemic like we've never experienced before. Food can continue to be our shared community builder.

Dave Herring, Executive Director

Plan Your Visit

Wolfe's Neck Center is always open free to the public. Come visit the livestock, attend a program, and more!

SEASONAL ACTIVITIES

- Oceanfront Camping
- Kayak & Canoe Rentals
- Bicycle Rentals
- Farm Café
- Community & Visitor Programs

YEAR-ROUND OFFERINGS

- Barnyard & Gardens
- Extensive Nature Trails
- Educational Workshops
- Group Experiences

NEW THIS YEAR

- Online Farm Store

Non-Profit
U.S. Postage
PAID
Portland, ME 04103
Permit #454

Can Seaweed Curtail Effects of Cow Burps?

Studying a new way to reduce methane emissions

By Leah Puro, Agricultural Research Coordinator

The B3 (Bovine Burp Buster) Project begins this summer at Wolfe's Neck Center to study the effect of adding seaweed to the diet of dairy cows on reducing methane emissions. This project is a collaboration between Wolfe's Neck Center, Bigelow Laboratory for Ocean Sciences, the University of New Hampshire, University of Vermont, Colby College, and Bates College.

In livestock production, methane emissions come from feed supply, processing, transportation and emissions from the cows during digestion of grasses. Cows have four compartments in their stomachs to digest the tough grass fibers. The first compartment is the rumen. Microbes that live in the rumen break down the grass and release methane. That

methane is released from the cow in the form of cow burps. On average, 44% of the total global livestock methane emissions come from the cows during this digestion process (FAO).

Many livestock farmers already feed kelp products to livestock, including our dairy farmers at Wolfe's Neck Center. Kelps and seaweeds are high in micronutrients that aid in immune system function and overall animal health. We will be testing seaweeds that are native to and produced on the coast of Maine, and have the potential to reduce methane emissions from the cow digestion process.

At Wolfe's Neck Center, the experiment uses two mobile feeder trailers that will follow the cows

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Visit the Farm and Campground

Wolfe's Neck Center for Agriculture & the Environment is a nonprofit organization with a mission to transform our relationship with farming and food for a healthier planet. Situated on over 600 acres of preserved coastal landscape in Freeport, Maine, we use our setting to connect people of all ages to the food they eat and where it comes from.

We are open year-round for visitors to enjoy the barns, trails, and coastline. Check out our seasonal Farm Café, or stay in our oceanfront campground. From nature trails to community programs and more, visitors of all ages can immerse themselves in food and farming!

How to find Wolfe's Neck Center 184 Burnett Road, Freeport

From I-295 North or South: Follow Interstate 295 to exit 20, or US Route 1 to Freeport. Across from L.L.Bean turn onto Bow Street. This becomes Flying Point Road. After approximately 2.5 miles, turn right onto Wolfe's Neck Road. Travel 1.5 miles, turn left onto Burnett Road. You are now on Wolfe's Neck property. Continue across the bridge to reach the farmhouse office, animal barns, and trailhead. Continue 800' further down Burnett Road to find our Campground office with kayak and bike rentals, and our Farm Café. Drive slowly to enjoy the scenery and keep our neighborhood safe.



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Wolfe's Neck Oceanfront Camping
(207) 865-9307
freportcamping.com
Follow us on social and sign up for our weekly emails to stay in the know!

The mission of Wolfe's Neck Center is to transform our relationship with farming and food for a healthier planet.

In 2017, we changed our name from Wolfe's Neck Farm to Wolfe's Neck Center for Agriculture & the Environment. This reimagined name represents the breadth and focus of our work and how it has grown over the past few years. It serves to improve and enhance your experience here, while at the same time allowing our organization to join others around Maine and throughout the country who share serious concerns about the state of our food system and the planet, and are working together to strengthen them.





On Your Visit

Deepen your experience with fun activities for all ages



COVID-19 Safety

We welcome you on your visit! Please be mindful of social distancing. Adults must wear a mask in barns. Additional portapotties and sanitizing stations are available throughout the property.



Livestock Education Barn

Walk through to see chickens, sheep, and goats when they're not out on pasture. Learn about our livestock and how we care for them. Free and open to the public year-round.



Farm Store – Now Online!

Stock up on organic produce, pasture-raised meats, eggs, Wolfe's Neck Center gear, and more, available by curbside pickup at our Campground Office. www.wolfesneck.org/farmstore



Community Programs

Engage in moments of fun and learning through one of our many educator-led programs. See the full list below.



Nature Trails

Our 600 acres span an array of ecosystems, from coastline, forest, salt marsh, and pastures. Head out for a walk to spot clues of wildlife that call this place home!



Farm Café

Enjoy a quality meal or tasty treat from our seasonal Farm Café. Meals feature farm ingredients, but there's also Maine lobster rolls, ice cream, & more! *June-Labor Day, takeout only.*



Watch a Milking

Take the Discovery Trail over to our new organic dairy facility. Look for cows on pasture, or watch a milking from the parlor viewing room — cows are milked around 4:30pm each day.



Bike & Kayak Rentals

Paddle the calm waters of Casco Bay by kayak or canoe, or enjoy the peaceful country roads & scenic vistas by bicycle! Call the campground office to book. *June-October*

Program Highlight: Salamander Meander

Explore the forests & see who calls them home

By Michael Messina, Education Programs Assistant

When a river meanders, it bends, curves, loops, and wanders away from the straight and narrow path. There is an aimlessness to this meandering, but that is the beauty of it: no matter how circuitous the river's course, it still reaches its destination. The same can be said of Wolfe's Neck Center's naturalist program, Salamander Meander.

The premise is simple: take a walk in the woods to look for salamanders. But where to look? What does finding one tell you about where you are? And, the most common, *Can I hold it if I find one?*

These are the questions I try to answer over the course of the program. We start near the barn, eager salamander meanderers gathering in a loose huddle around me. From there, we'll move towards the pasture behind the barns, then on into the woods, asking as we walk, *Would a salamander like living here? How about here? Here?*

By the time we reach the outdoor classroom, the tension is palpable. Usually 15 minutes have passed by now, and most of the program has been about *not* finding salamanders. I often imagine the kids' inner dialogue going something like this: *We've been walking for FIFTEEN whole MINUTES and all we've done is NOT find salamanders...not in the parking lot, not in the field, not even at the beginning of the woods! Something funny is going on here, and I'M NOT LAUGHING!*

Just beyond the outdoor classroom, at a fork in the path, I ease their tension—*this* is where we will start looking for salamanders! A bit further down the path is a vernal pool, where amphibians lay their eggs without fear of predators. All around the ground are fallen and decaying logs, making great hiding spots for salamanders and their prey. After a quick demonstration on how to properly look for



With a bit of patience, you're likely to find and even hold a salamander.

salamanders (gently roll back the log, get your hands dirty if you want to pick it up, scoop with two hands, gently place it back where you found it and carefully roll the log back into place), the kids are off, the disappointment of moments before forgotten. Often, many or all of them find and hold a salamander by the end of the program. All of them wander from the trail to do so.

Community & Visitor Programs

For the health of educators & visitors, this season's programs are offered at limited numbers and with extra precautions. Please refer to our website for any updates.

- Barn & Garden Tour, Ages 10 & up
- Moovin' in the Pasture: Walk with Cows, Ages 10 & up
- Salamander Meander, All ages
- Chicken or the Egg, Ages 6 & up
- Taste of the Farm, All ages
- Private Farm Tour, All ages
- Private Goat Hike, Ages 6 & up

Farm Café Menu

OPEN 8:00 AM TO 8:00 PM

Daily through Labor Day

BREAKFAST Served all day

Breakfast Panini

Our pasture-raised egg and provolone

Grilled Blueberry Muffin

Stonyfield Yogurt Parfait

Apple Cider Donut

8" PIZZA Served 11am-Close

The Classic with red sauce & mozzarella

The Garden with seasonal farm veggies

The Pig with our crumbled sweet

Italian sausage and bacon

BURGERS & MORE Served 11am-Close

Wolfe's Neck Barn Burger

Our own pasture-raised beef, lettuce,

tomato, onion, pickle, served on a toasted bun

Fresh Maine lobster roll

Zesty Italian Dog

Our own sausage, provolone, mustard, grilled

onions and peppers on a split top bun

Grilled Cheese Panini

LIGHT & FRESH Served 11am-Close

Garden salad with farm veggies

Hummus plate with farm veggies

Lobster Roll BLT Salad

Farm Wrap

SIDES

French fries

Cucumber salad

Side garden salad

DRINKS

Coffee or tea (Hot or iced)

Italian sodas

Orange juice

SWEET TREATS

Maine-made Gifford's Ice Cream

Banana "Nice" Cream



Organic Dairy Program

A two-year residential apprenticeship program training the next generation of farmers to enter the organic dairy industry in our state

All In a Day's Work

One apprentice's experience at the dairy farm

By Corinne Carey, Organic Dairy Apprentice

A typical day as a dairy apprentice is different each and every day. I normally start my days by waking up 3:30am to be down at the barn by 4am. I get to the barn a little bit before 4am and turn on all of the lights. My manager or another apprentice is always there to work with me. I start up the tractor for barn chores and start the sanitation cycle for the parlor.

Next, I go out to the headlocks and lock them so I can feed grain to the cows. The milk herd gets fed grain five times a day. Once at 4am, 7am, 12pm, 3:30pm, and 7pm. After I'm done graining the cows, I head inside to set up the parlor and milkhouse while the other person tills the pack, which entails using the tractor to stir up the bedding of hay, sawdust, and manure that becomes compost for the fields come springtime. Once everything is set up to milk the cows and the pack is tilled, we bring the cows in. After the cows are brought into the holding area and parlor, the person doing outside chores scrapes the cow yard with the skid-steer. There is one person that milks the cows and one person that does outside chores and feeds all of the other animals. With our current milk herd of 60 cows, it takes about two hours to milk them.

The person doing outside chores is responsible for scraping the cow yard, feeding out a bale to the milk herd, feeding the calves, cleaning the calf pens, feeding grain and hay to the heifers, and cleaning the heifer pens. We have other animals to care for, too. We go around to all the other barns and fields around the farm to feed the sheep, goats, broiler chicks, laying hens, and pigs and fill all of their water. We also feed the dry cows (not being milked)



While one apprentice does outside chores, the other is milking the cows. Head into our Milking Parlor Viewing Room around 4:30pm daily to watch apprentices at work.

grain and hay and pick their pack. When that person gets back from chores they wash the dishes (bottles, buckets, etc.). Morning milking and outside chores are usually done around 8am.

After morning chores are done, it is time to turn the cows out to pasture! From 8-9am we have our breakfast break. When we get back to the barn at 9am, we have our daily morning meeting to go over projects for the day. For the next three hours until noon, we work on projects and things that need to get done. Some daily tasks and projects are fueling up equipment, scraping and bedding up groups of animals, pressure washing equipment and the parlor, washing eggs, fencing, etc. At noon we bring the cows back to the barn from pasture. All of the cows are fed grain, 4oz of kelp, hay and molasses. We also take temperatures of the fresh cows who have just given birth and the temperature of the bedded pack. Every couple of days we add wood

shavings to the bedded pack. It takes about fifteen buckets each time we bed it up.

You might notice that we paint the tails of our cows different colors. This has to do with heat detection. The cows that have green tails are open (not pregnant), blue tails are pregnant and orange tails are pre-fresh (close to calving). When the paint is completely rubbed off of a cow with a green tail, that means they are in heat. It is important to check each cow tail every day to monitor heat activity.

When noon chores are done, the cows are unlocked and hang out until 3:30pm when we start afternoon chores. Lunch is around 1pm and lasts 30 minutes to an hour depending on the day. After lunch we head back to the barn for some more small projects before afternoon chores. At 3:30pm we start all over again and do the same routine as we did in the morning. We normally finish work around 7pm.

Apprentice Graduates: Where are they now?

Meet two former apprentices continuing farm careers



Tierney Lawlor
2018-2020

I am now a herdsman in Western New York. I work at two organic dairy farms that milk between 400 and 500 cows each. The cows go out on pasture every day and are milked twice a day. I take care of anything cow related. I tend to sick cows in the hospital, fresh cows that have recently given birth, treating illnesses or problems, cow health, hoof trimming, vaccinations, cow moves between pens. I also help milk the fresh cow groups, recordkeeping, pasture management, calf transport and many other things.

I really enjoy the daily challenges I face and the constant stream of learning the dairy industry provides. Wolfe's Neck Center provided me with the opportunity to build my dairy knowledge foundation. At Wolfe's Neck Center, I learned everything from cow health to financials, to mechanics and machinery operation. With the knowledge from Wolfe's Neck, I gained the confidence to be able to take on new challenges in the dairy industry and expand my expertise on a daily basis. Without this, I would not be able to do what I do today and I am very grateful for the experience I was afforded at the farm.



Haden Gooch
2017-2020
One year as Journeyperson

I'm raising 6,500 birds this season for Walden Local Meat Co, the same company Wolfe's Neck contracts some birds for as well. I was very lucky to have had an instrumental role in developing a relationship with Walden during my third year at Wolfe's Neck. That relationship carried over very easily into my own personal endeavors, which made securing purchase contracts from Walden a breeze. I secured a \$50,000 loan from the FSA to purchase/build equipment and infrastructure and to cover a portion of the first year's operating costs. I've built and developed everything almost entirely by myself which has been very satisfying. A lot of those skills (basic electrical, plumbing, construction, etc) I developed on farms I have worked for in the past, including Wolfe's Neck.

I'm also working full time at the Milkhouse Farm and Dairy in Monmouth, Maine. I help out with all things that come along with a dairy farm: hay production, pasture management/planning, milking shifts, etc. My love of farming continues and a great future goal of mine is to have a dairy farm of my own.

There's an app for that

Storing farm data digitally with farmOS

farmOS

Our farmers use FarmOS, a web-based application for farm management, planning, and recordkeeping, to track animal movements, document seedlings and plant growth, capture vegetable and hay harvest data, and store on-farm research data. This information can then be used to support future farm planning and ongoing research at Wolfe's Neck Center and its research partners.

FarmOS was developed by a community of farmers, developers, researchers, and organizations with the aim of providing a standard platform for agricultural data collection and management. This is one of the software tools in a full suite being brought together by our new OpenTEAM project, established in July 2019. Learn more about OpenTEAM on page 10.



Fruit & Vegetable Farm

A seasonal internship program training the next generation of farmers through a 3.5-acre organic fruit and vegetable production system



In her second year at Wolfe's Neck Center, Eliza is able to demonstrate her acquired knowledge to new interns.

My Day as a Vegetable Farmer

A second-season intern's perspective on summer in the plot

By Eliza Baker-Wacks, Assistant Grower

A typical day of veggie farming at Wolfe's Neck Center always starts in our propagation house. Every morning we meet there to water the baby plants and discuss the plan for the day. We try to mimic a "gentle rain cloud," making sure the plants get enough water to stay saturated until midday in the 95-degree propagation house.

Next, we catch up on weeding. While it's minimal in the spring, by late June the weeds seem to multiply overnight. It is best to try and stay ahead of it! During this time in the early season before harvesting becomes a large part of our days, a lot of our time is spent doing tractor training. We also use tractor attachments to get our fields ready for production. Last year was my first season on the farm, and within a month of being here I learned

to use the large John Deere tractor. It is exciting to now learn how to use our smaller Ford 3600 tractor this season, which was out of commission last year. I have enjoyed building on my knowledge and completing more skilled and difficult tasks on it. Working with one of our new interns, Sarah, on the tractor has been particularly rewarding because it has been a great way for me to demonstrate my knowledge and assist her in learning.

After a long day spent in the sun weeding, planting, preparing beds, and setting up irrigation, we often finish the day by sitting in the shade and seeding our next successions of lettuce, herbs, and greens. This ensures a steady supply of favorites throughout the season for our CSA and Farm Store customers!

Green Crabs as Fertilizer

One innovative strategy used on our organic, chemical-free farm

All of our fruit and vegetables are certified organic, important for our own health and for the environment. Some organic farms use approved pesticides in operations, but our farm is 100% chemical-free. While we're proud to represent a farm model with limited environmental impact, this means a lot of extra work and innovation!



Solution in the form of an invasive species

One technique our farmers use to build soil nutrients is part of a greater issue affecting our coast. Invasive green crabs are destroying the soft shell clam population in Maine, but Quahog Bay Conservancy is working to revitalize this ecosystem. We've partnered with them to use the trapped crabs as fertilizer on our fields. They are rich in nitrogen, phosphorus, and calcium, all essential growth nutrients for our crops.

Oceanfront Campground

Campsites, cabins, "Comfort Camping" & more in a family-friendly setting

A Place Like No Other

Endless activities await outside your tent door

Wolfe's Neck Oceanfront Camping has been hosting campers for decades—and some loyal visitors have even been coming that long! While much has stayed the same in the campground over the years, like the pristine ocean views, adjacent farmlands, and escape to nature just minutes from the amenities of downtown Freeport, there has also been exciting growth.

Open May through October, our award-winning campground offers over 130 campsites and three oceanfront cabins. Book online at freeportcamping.com.

One camper said in a testimonial of their Summer 2019 trip, "I was so pleasantly surprised at how wonderful our experience at this campground was! There are not words for how beautiful and peaceful it is. Getting breakfast at the [Farm] Café was a huge treat, as well as biking around and just taking in all of the farming going on, and the water views. It was fun to go into Freeport, and it is surprising how close you are yet so far removed from the hustle and bustle."



West Bay, East Bay, Middle Bay, and Quiet Cove areas of the campground each offer unique experiences.

Another camper had made plans to stay one night on their way to Acadia, but as soon as they drove into the campground, they made a change of plans and stayed for the week.

The magic of camping at Wolfe's Neck Center is that not only are there several ways to stay entertained and have access to daily needs, but much of the newer amenities serve a greater purpose: to connect campers with our mission. We want each visitor to engage on a deeper level with their connection to food and agriculture. We are all linked to the food we eat and its impact on the environment.

By camping at Wolfe's Neck Center, you can watch apprentices farming in the fields, training to be the next generation of farmers. You can meet a goat or walk out into the pastures with cows in a community program, and taste some of the food grown and raised right on these fields, directly from our Farm Café menu.

While much has evolved since our campground first opened for nature enthusiasts, the experience you are offered here is one that is as original as can be.

Learn more at www.freeportcamping.com



Research on Pastures

Using our fields to learn more about how agriculture can be part of the solution to climate change

Cows, Seaweed

Continued from cover

as they make their way through the pastures. These trailers have devices that can read an ID chip in the cow's ear to identify each cow in the study. One trailer contains the seaweed feeder and automatically dispenses the correct seaweed ration based on the cow's ID tag. The second trailer measures the methane emitted from the cow burps. The researchers will collect data on milk production and milk quality for each cow to understand how the seaweed affects production and compare them to a baseline. Blood, fecal, and urine samples will be taken to monitor animal health during the experiment. Researchers will also measure the amount of grass in the pasture before and after the animals graze to measure how much each animal eats in a day.

Through the B3 Project, Wolfe's Neck Center is contributing to science and innovation, hosting interns to provide on-farm research experience, and educating through community engagement to share our results with other growers, other organizations, and our visitors.

This year we are hosting two research interns to assist with the on-farm research projects and to participate in the larger OpenTEAM community. The internships provide undergraduate and graduate students the opportunity to learn how to conduct on-farm research trials, connect with farmers, academics, and industry partners, and to learn about agricultural research from the perspective of the researcher and the producer.

As the new Agricultural Research Coordinator at Wolfe's Neck Center, I hope to use my diverse agricultural background to support not only the B3 project, but the growing number of research projects coming to the farm. My farming journey began on a diversified vegetable farm in the mountains of



"It is so important to build bridges between our working landscape and waterfront, and this project can help to share knowledge that will contribute to climate adaptation and mitigation," says our research director Dorn Cox.

Northern Argentina, then to farms in South Carolina, Vermont, and the Hudson Valley. I was swept away by the natural cycles, the connection to the earth, and a strong tie to the community through nutrient dense, beautiful, fresh produce and meat. Captivated by plants and soils, I went for a Masters of Science in International Agricultural Development from the University of California Davis. As a graduate student researcher, I conducted research projects in Vietnam and Cambodia with the International Center for Tropical Agriculture and in California with the University of California Cooperative Extension. These projects shed light on how fragile our agricultural system is in the face of a changing climate. This led me to Stone Barns Center in New York where I managed livestock operations (cattle, sheep, goats, pigs, poultry) on over 300 acres of public land and contributed to the development of a long term monitoring program through a partnership with New York State to assess the impacts of the

multi-species grazing system on soil health and insect, plant, and bird biodiversity.

Now at Wolfe's Neck Center, I am coordinating the on-farm research trials with our academic and institutional partners, working with a cohort of research interns, translating our research into educational programming and connecting with the larger regenerative agriculture community through OpenTEAM. I was drawn to Wolfe's Neck Center's dedication to education, community, research, and the commitment to agricultural practices focused on soil and ecosystem health. Many of the existing regenerative practices are indigenous techniques that can be validated and enhanced with data, which may lead to policy change and influence decision making. Researchers, farmers, tech developers, and industry can join together to conduct research and broaden our understanding of these regenerative practices to contribute to healing our food system and planet.

Beneath the Farmhouse Siding

Wolfe's Neck Center is part of a history of the land which dates back centuries

By Kathy Smith, Local Historian



Restoration on the Little River Farmhouse, a mid-19th century Greek Revival, brought back the poise of a longstanding home on Wolfe's Neck and even exposed some clues of its past along the way.

A lucky discovery this spring, thanks to the sharp eye of a carpenter, is helping solve a mystery. Who built the 19th century farmhouse that is now Wolfe's Neck Center offices? What story does it hold? As siding was removed during restoration, the following appeared carved in the wood beneath: **WL June 23, 1845.**

Who was WL, and how does that person fit in the unfolding history of the house and the land on which it stands? The land holds a story that goes back thousands of years. After a series of tragic wars between native Abenaki people and the first European settlers had left the southern Maine coast deserted in the early 1700s, a committee in Boston set out to organize European resettlement. Maine was at that time part of Massachusetts.

The land now at the heart of Wolfe's Neck Center was given as a gift to the Resettlement Committee as thanks for its work. A member of that committee sold the land in the mid-1700s to Jacob Anderson of a Scots Irish community that settled Flying Point and today's Flying Point Road.

Land deeds at the Cumberland County courthouse provide a chain of land ownership, but none reveal who built the farmhouse at Little River and when. An 1857 Freeport map shows the name Henry Orr at the site, so an assumption has been that he built the house. It has the architectural characteristics of the Greek Revival style popular before the Civil

War, adapted for a modest farmhouse—sidelights by the doors, pilasters at the corners, returns at the eaves. But the initials on the wood are WL, not HO. And the date is 1845, before Orr, of the family of Orr's Island, owned the land.

A new look at the land deeds suggests the answer. By 1823, Hezekiah Merrill, who lived at the corner of Burnett and Wolf Neck Road, had come to own the land. In that year he sold the Little River land to Samuel Lufkin, a mariner. That same year Samuel resold it to Benjamin Lufkin, likely a relative. Thanks go to John Mann, a surveyor known to many in this community and whose family dates back to the first Ulster-Scots in the area. He found William Lufkin, along with Albert Lufkin the only living heirs of Benjamin. The most likely possibility now is that William built the house for Benjamin. It is likely this family was related to the Lufkins who settled at Mast Landing. There is more research to be done.



Voices From the Farm

Tips & recommendations about food, farming, and caring for the planet from the people doing the work

Our food philosophies

Food, the environment, and our economy are all interconnected. Knowing where your food comes from and its impact means you can make more informed decisions. These values are the root of our mission, *Transforming our relationship with farming and food for a healthier planet*, and what our staff and board are committed to carrying out in their work. Here are some ways we individually stay connected to food and farming.

What We're Reading

Our resident bookworm is Marissa M., Grants & Development Manager. Take a look at her curated collection if you're just getting into themes of food, farming, and the environment:

- I learned the basics of farming through Maine native Eliot Coleman's *The New Organic Grower*
- My love of permaculture design stemmed from reading *Gaia's Garden: A Guide to Home-scale Permaculture* by Toby Hemenway and *Permaculture: Principles and Pathways Beyond Sustainability* by David Holmgren
- My favorite compilation of agricultural essays is *The Gift of Good Land* by Wendell Berry
- For the most inspiring writing about gardening, read *Animal, Vegetable, Miracle* by Barbara Kingsolver
- The best book to learn everything there is to know about the fermentation process is, in my opinion, *Wild Fermentation: The Flavor, Nutrition, and Craft of Live-Culture Foods* by Sandor Katz

Where We're Eating

Maine Beer Company



Do what's right.

"Maine Beer Company! They partner with local farms (including Wolfe's Neck Center) to create inventive pizzas using local ingredients. They also donate 100% of tips towards environmental nonprofits and clean energy initiatives."

—Michael M., Education Programs Assistant

Portland's Pai Men Miyake for savory comfort dishes. Sometimes you'll find our pork on the menu.

—Allison C., Communications Manager

"Go for the grilled cheese and Wolfe's Neck bacon at the Farm Café."

—Sam S., Board Member

Recipe: Garden Pizza

What's for dinner? When in doubt, roll out dough and top with what's in season! This version uses early CSA season Hakurei turnips.



Makes one 12-inch pizza

- 1 tablespoon extra-virgin olive oil, plus more for brushing the dough
- 5 garlic scapes, bud ends trimmed off
- 1 ball pre-made pizza dough
- 1 cup shredded aged Gouda cheese
- 5-6 small Hakurei turnips and their tops, trimmed and very thinly sliced
- 1/4 to 1/3 cup finely diced pepperoni
- Salt and freshly ground black pepper

Place a rack in the middle of the oven. Preheat the oven to 425°F.

Heat oil in a large skillet over medium-high heat. Place garlic scapes in the hot skillet in a single layer, pressing them down so they lay flat. Cook for 3 to 4 minutes per side, or until slightly charred.

Spray a baking sheet and place stretched dough on the prepared baking sheet.

Brush the dough lightly with olive oil. Sprinkle on half of the cheese, then arrange the turnip slices on top, followed by the garlic scapes and raw turnip greens. Sprinkle with the pepperoni and the remaining cheese. Season with salt and pepper.

Bake 10-15 minutes, until the crust is golden and the cheese begins to brown in spots.

Remove the pizza from the oven and let it rest for 5 minutes, then sprinkle on the micro herbs; slice and serve.

Try our spin on a Garden Pizza at the Farm Café. Toppings rotate weekly!

Food Tips for a Healthier Planet



NORA HEALY
BOARD MEMBER

"Grow something edible at home, whether it's just a few herbs or some cherry tomatoes in a pot. Not only will you love eating a little something you grew yourself, it will deepen your appreciation for our local farmers and the hard work that it takes to produce food."



ALLIE ARMSTRONG
WORKSHOP EDUCATOR

"Instead of tossing your veggie scraps, collect them all in a bag in the freezer to make veggie stock once you have enough. Onion skins, carrot tops, celery ends, mushrooms all work well, but you can really use any veggie. Use the stock in soups, stews, or in any recipe that calls for broth or water."

Apprentice Spotlight: Corinne Carey

Corinne is a dairy apprentice in her second year at Wolfe's Neck Center. She shares how she got here and how she's grown since her start in our organic dairy program.



When not working, Corinne loves to be creative with hobbies like photography, drawing, painting and wood burning.

From a young age, growing up in New London, NH, I have always loved the outdoors and felt a special connection with animals. By high school, I was working on a couple of horse barns where I took riding lessons. The experience made me decide that I wanted to work on a farm with cattle, and I found Cascade Brook Farm, which raises 100% grass fed Black Angus beef. Coming to the farm with little experience, I soon learned how to drive a tractor, how to graze cattle and how to grow farm-raised, healthy food. I worked on the farm for over a year as the lead ranch hand. After graduating high school in 2019, I wanted to seek more opportunities in agriculture. I found Wolfe's Neck Center and fell in love with the location and type of work.

I have been a dairy apprentice at Wolfe's Neck Center for over a year now. I started my journey here on April 22nd, 2019. In just that short year I have learned so much more than I ever thought I would. When I was in training, I was told I would have to milk the cows by myself once I got more comfortable. The thought of milking by myself intimidated me. A year later I am milking the cows by myself in the parlor each day and I could not be more comfortable. A year ago, I could not back a trailer up. I was overwhelmed by the thought of doing it. Now, I can confidently say that I can back up a trailer. I wouldn't be able to do these things if it weren't for the people who trained and taught me.



Voices From the Farm

Tips & recommendations about food, farming, and caring for the planet from the people doing the work

Learning & Staying Active

Our educators love showing visitors why we should feel connected to food, farming, and nature. They've put together some activities you can do from your own home! *Interested in learning more?* Visit our website for upcoming community programs, workshops, and our digital Educational Activities page.



Kids Activity: Bee Hotel

Make a home for pollinators in your own backyard

There are more than 4,000 native species of bees in North America. Bees are incredibly busy—it is estimated they are responsible for pollinating one third of our food supply! With the recent decline in many pollinator species, it is important we do our part to protect them.

Unlike the social, hive-nesting honeybees, solitary bees nest as individuals. Most are **ground nesters** (like bumble bees), but many are **cavity nesters**. Cavity nesters lay their eggs in small holes—like those in wood made by birds, or in dried hollow reeds or stems. They start by filling the back of the cavity with nectar and pollen then deposit an egg and seal it with mud or chewed leaves.

Bee hotels provide shelter for pollinators to rest and lay eggs, and make a positive impact on local ecosystems in our backyards and neighborhoods!

You will need:

- A frame— a small tin can, like a soup can
- Hollow bamboo canes or paper straws
- Fill material (twigs, leaves, small pines cones)
- String
- Scissors or other tool for cutting tubes

Instructions:

Measure and cut each tube so it is ¼ inch shorter than the length of the tin can you are using.

Place your tubes in the tin can until 80 percent full. Fill the rest with leaves, pine cones, twigs and cotton. Get creative! The space between the tubes and the fill is just as important a nesting area as the space inside the tubes.

Your bee hotel is ready to be hung when you can hold the tin can upside down without the contents falling out. Wrap string or twine around the can and hang it outside. It's time to display your vacancy sign — you're open for business!

Bee hotels should be hung outdoors where they are protected from rain and exposed to morning sunlight. The sun's warmth acts as an alarm clock and lets the bees know it's time to get up and go to work. Finally, just like any accommodation business, it's important to keep the rooms clean for guests. Your bee hotel should be carefully cleaned each year after the young bees have emerged in the summer.

Make Your Own Pine Syrup

Herbalist and educator Allie Armstrong guides us through a step-by-step tutorial for making your own pine syrup with simple ingredients:

- White Pine needles
- Water
- Raw honey
- Stovetop and pot

Instructions

1. Go outside and collect a few handfuls of White Pine needles. To ensure that you are collecting White Pine and not the needles from a similar looking tree, remember this trick: White Pine trees have 5 needles per bundle and "WHITE" has 5 letters.
2. Put needles in a pot with enough water to cover the needles and bring to a boil.
3. Simmer for about an hour. If desired, while simmering you can strain off a cup of the water for tea while you wait.
4. Let water cool to lukewarm, then strain and compost the needles.
5. For every 1 cup of pine water, stir in ½ cup of raw honey to lukewarm water (make sure it's not hot). Ex: If you end up with 4 cups water, add 2 cups honey.
6. Pour into glass jars or bottles and label.
7. Enjoy! Take 1-2 tsp., 2-3x/day or add to your favorite smoothie, juice, or anything else you can think of. Store in the refrigerator for up to 6 weeks or on the counter for up to 3 weeks.

Other immune boosting plants include rose hips (also high in vit. C), medicinal mushrooms (reishi, cordyceps, chaga), astragalus, lemon balm (antiviral), elderberries, garlic, ginger, holy basil/tulsi, and many more!

Find upcoming on-farm workshops led by Allie at www.wolfesneck.org/workshops

Staff Spotlight: Laura Demmel

OpenTEAM Global Coordinator and Community Facilitator



Laura joins Wolfe's Neck Center to support our role as an emerging soil health leader in a global partnership.

I grew up on a farm in Nebraska and have always had a passion for sustainable agriculture with my first enterprise being pastured chickens and sweet corn sales. My interest in scaling soil health practices nationally and internationally through systemic changes has brought me here to Wolfe's Neck Center in this new position.

At Wolfe's Neck Center, I coordinate the global community for the Open Technology Ecosystem for Agriculture Management (OpenTEAM) initiative, bringing together stakeholders across the agricultural value chain to facilitate a community and technological platform to support farmers in improving soil health. This open, collaborative community will help facilitate points of connection for farmers to better access agricultural data insights, ecosystem markets, and other conservation incentives, regardless of geography, production system or farm scale (Learn more about its impact on page 10).

In my free time, I enjoy being outside and bringing people together through a home cooked meal.

Learn Where Your Food Comes From



Do you know the path from the food on your plate? Write down everything you ate today, then try to see if you can map where it came from.

Commit to making just **one product or ingredient** you eat each day come from a local source. As educator Andrew says, "You don't have to cut meat out of your diet to make an environmental impact, just cut out meat that doesn't come from within 50 miles. *It tastes better anyways!*"



Feeding Our Community

Four-season growing for access to fresh, nutritious food all year long



Prioritizing season extension over the past four years has increased our ability to donate to food pantries year-round. This year, it's more important than ever.

Four-Season Farming

How we scaled up infrastructure to meet food pantry needs

By Tom Prohl, Fruit & Vegetable Production Manager

In 2016 we were awarded a grant by Harvard Pilgrim Health Care to support infrastructure for season extension and year-round food donations. We used the funding to build four high tunnel greenhouses, the largest being 75 feet long, the mobile “high roller” 45-foot tunnel and two small 22-foot frames. These tunnels have been instrumental in our ability to grow more food for our community, and donate food to Freeport Community Services throughout the winter.

The tunnels are only heated by the power of the sun, and sunny days in January can raise inside temps to over 60 degrees, even when the outside temp is 10 degrees or colder. This allows our hardy

winter vegetables like carrots, kale, bok choy and spinach to continue growth and survival through the winter months. In the summer these tunnels grow our heat loving crops like tomatoes, peppers, flowers and eggplant. The infrastructure in the tunnel allows us to trellis our tomatoes to the roof supports, and grow them to a height of 14 feet. This is where the efficiency of the high tunnel really shines: the ability to harvest 30 pounds of tomatoes off each plant throughout the growing season, while the plant is only occupying a square yard of tunnel space. Yields in the field are much lower. High tunnels produce higher economic returns per square foot of growing space. Here in Maine, we

barely have 90 days of frost-free farming time. The season is short, and the “shoulder seasons” are very important in getting plants started. The shoulder seasons are early spring and fall, when field plantings can be risky due to chance of a killing frost, or cold rain and bad conditions. The tunnels allow us to get started early, with the protection from wind, moisture and early frost events. This is greatly important in producing more food, and spreading the harvest out for a longer period of time.

The high roller greenhouse was custom built on-site and has a one-of-a-kind jack and wheel system, which facilitates its mobility. Right now, the tunnel is sitting in its “winter spot.” Each June, we roll the tunnel 45 feet over pre-made no-till permanent growing beds. Tomatoes, peppers and eggplant will be planted, and the tunnel will remain there until November. In November we roll the tunnel back over to its winter spot and will roll onto the winter crop which will have been seeded in early September. The greenhouse mobility allows us to move the tunnel back and forth and keep it fully planted with mature plants 365 days of the year.

We aim to donate between 4,000-6,000 pounds of produce locally each year, and during the summer season we are donating on a weekly basis. Our deliveries are made by the season's interns in our “Veggie Van.” Come fall, we make a 1,000-2,000 pound delivery of winter squash and potatoes to Good Shepherd Food Bank in Auburn. It is always a special feeling to roll up with the van loaded full of our lovely squashes, and to know they will be sent all over the state of Maine.

Reimagining 'Farm to Table'

Transforming our Farm to Table event series to better serve our community

Our work to transform the way we farm and eat has never been more important. A stronger local food system will help all of us through this crisis, and will create a more resilient future for food and farming.

The COVID-19 pandemic is highlighting what we have known for a long time – our food system is facing major challenges. As global and national supply chains struggle, our regional and local food systems need to play a much bigger role in ensuring equitable access to fresh, healthy food. At one level or another, we have all felt a wave of anxiety about our access to food during this pandemic. But for those who were already struggling with food insecurity, and the many more who are facing an uncertain economic future, the question of where their next meal will come from looms large.

Each year Wolfe's Neck Center holds a series of beautiful Farm to Table events at our historic Mallet Barn where chefs from local restaurants prepare delicious food using fresh ingredients from our gardens and pastures. To ensure the health and safety of our friends and supporters, we have cancelled the 2020 Farm to Table series. Working with our restaurant partners and local food pantries, we are shifting the food, staff time and logistics that would have gone into these events to people facing food insecurity.

So far this year we have donated fresh produce, meat and eggs, and later in the season we will work with our restaurant partners to get prepared meals on the table of those who need it most. Our community has come forward to support our efforts to help the people in our community who are being hardest hit during this crisis and supporting Wolfe's Neck Center's efforts to create a stronger, more resilient food system for everyone.

Our Lead Sponsor:



Bath Savings Institution, a long time friend and partner of Wolfe's Neck Center, has made a generous gift to this effort. Their support of our organization and the community during these challenging times truly reflects their commitment to strong, healthy communities.

2020 Farm to Table Partners



Support Our Efforts

To learn more about the series and support by joining our Host Committee, visit:

wolfesneck.org/farm-to-table-series



Our Growing Impact

Supporting a better future for food and farming, in our community and across the globe



Farming Locally, Thinking Globally

For more than 60 years, Wolfe's Neck Center has been a valuable community resource and a destination for people of all ages to learn about agriculture and enjoy this beautiful landscape. With a renewed sense of purpose, we have expanded and evolved to address the growing climate crisis and challenges in our food system. Our unique mix of diverse ecosystems, varied farming operations, a wide range of educational opportunities and robust public engagement provide an ideal setting for innovative, forward thinking work around food and farming. On any given

day Wolfe's Neck Center is bustling with activity, but our impact reaches far beyond the boundaries of the farm. At a time when food and farming are playing an increasingly important role in addressing a wide range of national and global issues, Wolfe's Neck Center is emerging as a leader in regenerative agriculture.

Take a look at how the work happening in our barns, pastures, gardens and greenhouses is helping farmers, scientists, and researchers across our state, the country and the globe to build a better future for food and the planet.

Local & On Farm

Maine & New England

National & Global

Food

Producing organic and pasture-based food in our farmer training programs

Fresh produce donations to local food pantries help fight food insecurity

We work with Walden Local, a New England-based distributor of pasture-raised meats

We supply Stonyfield with our organic milk, distributed as yogurt nationwide

Training & Education

Producing organic and pasture-based food in our farmer training programs

People of all ages connect to the source of their food through on-farm experiential programs

More farmers are using regenerative practices to strengthen our food system, grow our economy, and fight climate change

Shared information through open source technology connects farmers from around the world to build soil health

Convening & Collaboration

Using fields for research advancing regenerative agriculture and a platform for sharing information

Educators, scientists, and researchers from all over come to learn and share knowledge while boosting our local economy

University research teams and internship programs are doing on-farm projects and sharing outcomes

Global collaboration with businesses, farmers and researchers find ways to scale up regenerative ag and reduce GHGs

How We're Going Global: Technology

Connected to partners worldwide through OpenTEAM

By Laura Demmel, OpenTEAM Global Coordinator

At Wolfe's Neck Center, our track record for innovation and experimentation can now not only impact our region but also extend to agricultural and food systems around the world through the use of technology.

We believe that agriculture is a shared, public science and that **technology today can and should enable farmers and eaters to gain more insight into the food they grow and eat.** With this vision as our compass, Wolfe's Neck Center has been leading a collaborative community called Open Technology Ecosystem for Agricultural Management (OpenTEAM).

This community of farmers, researchers, farm organizations, agricultural technologists, food companies and regenerative agriculture advocates

are building an open technical and social environment that supports farmers' journeys to better soil health management and an affordable technology ecosystem to inform local/regional food systems.

OpenTEAM

The impact of the OpenTEAM community seeks to create a global shift in agriculture toward greater knowledge in the hands of farmers and ranchers, more producer control over how the data they create is used, and more value derived to support a more equitable and transparent food system.

Find out more at www.wolfesneck.org/openteam



Jeff Herrick of USDA-ARS demonstrates LandPKS, an app for farmers to store soil health data.



Support Our Important Work

Become a sustaining donor or member so we can build a more resilient food system and healthier planet



Our popular art auction is a fundraiser for our work in addressing climate change through farming.

Farm to Easel Art Auction Coming This Fall

Join us this September for a special online experience

We are thrilled to host our 3rd Farm to Easel Invitational Art Auction this fall. This year's online auction will feature over 40 local artists, and a range of experiences from private dinners to goat hikes on the farm. Bidding opens Thursday, September 17th and culminates with a live online auction event on Sunday, September 20th.

For our theme, artists are asked to contemplate their own perspective on the climate crisis using inspiration from the farm or their own backyards. They will consider what drives them to act, create, and engage in the effort to fight climate change,

what is at stake, and what is most important to protect.

At Wolfe's Neck Center we are finding ways to make agriculture part of the solution through the demonstration of regenerative farming practices, soil health research, and educational programming for people of all ages. This fundraising event will support our research initiatives, training for new farmers, and programming that highlights the connection between what we eat and the impact it has on the planet.

Become a Member

Support us—and get farm perks, too—with an annual family membership

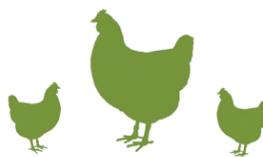


Green Thumb

\$35 Individual Membership

Plant a seed, and watch it grow! Support from our wide base of individual members makes up a community of people that keep our tractor wheels turning.

The array of offerings you read about in this newsletter **rely on member support**. Become a member today to support place-based education, farmer training, and immersive experiences for people of all ages. Your membership makes this vision a reality through the development of programs to give visitors a deeper understanding of where our



Flockstars

\$60 Family Membership

Be a good egg and make a gift for your whole brood. Our Flockstars are the life of the barnyard and support fun and learning for all ages.

food comes from and why farming is important for our planet. Perks include discounts on festival admission, Farm Café, early access to ticket sales for popular events, members-only events, and more!

www.wolfesneck.org/give

2020 Events Season Update

In response to COVID-19, we have made modifications to our season, including limiting visitors, and canceling all annual events, festivals, and Farm Camp. We look forward to a special 2021 season.

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Sharon and Don Bushey	Holly Fowler and Scott Richardson	Susan Mosher	Susan Mosher	Bernhard Scully	Christine Wolfe and Michael Perry
Katie Byrnes and Joe Adams	Tina and Aaron Francis	James Moshier	James Moshier	Nicole and Michael Sears	Hannah Wolken
Matt and Edwin Cahill	Susan Frank	Mary and Randy Mraz	Mary and Randy Mraz	Barton and Carrie Seaver	Crystal Woller
Anna and Declan Cahoon	Polly Frawley	Jennifer Mrowka and John Kirkham	Jennifer Mrowka and John Kirkham	Judy and Ken Segal	Jess and Mike Woodford
Adam and Marie Caldwell	BJ Fredricks and Wende Persons	Ezra Mroz and Abigail Endl	Ezra Mroz and Abigail Endl	Priscilla Seimer	Jane and Rick Woodruff
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Rachel and Ben Caldwell	Russell French	Rebecca Kilty	Rebecca Kilty	Keith Shaughnessy	Christine and Herb York
Geralyn Campanelli and Matthew McLaughlin	Rachel and Ben Caldwell	Mary Murray Coleman	Mary Murray Coleman	Linda and Tom Shelley	Barbara Young and Jim Fast
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Lindsey and Ben Campbell	Julia and Jim Fusari	Catherine and Daniel Nein	Catherine and Daniel Nein	Sarah and Paul Shinkman	Tracy and Sam Zager
Kate and Mike Canavan	Jon Gagne	Geoffrey Nelson and Pauline Wood	Geoffrey Nelson and Pauline Wood	Gabriel and Heather Shirley	Anne Zill
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Elizabeth Chapman	Denise Goode	Diane and Joe Olimpio	Diane and Joe Olimpio	Meredith S S Smith	
Susan Cherbuliez	Nancy and Frank Goodwin	Kate Olson and Matt Cheney	Kate Olson and Matt Cheney	Minie Smith	
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Laurence Ciembroniewicz	Lisa Gorman				
Sarah Clark	Cari Goodrich-Gorman and Shawn Gorman				
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