

## Plowing Forward Summer 2018



### Pastured Chicken Eggs

Along Church Road, you'll see two mobile hen houses and a flock of the happiest chickens around!

For several months out of the year, our chickens live in the pasture. It's ideal for chickens to live outside in their natural habitat with plenty of fresh air, sunshine, and room to roam. Chickens love to eat bugs, worms, seeds, and grasses.

Every couple days you will see that the portable houses have moved to a new location. This allows the chickens to have a fresh patch of grass to peck through.

Each hen house has perches, nesting boxes, ramps, food and water. The floors of the house are slatted so manure can drop into the pasture. This fertilizes the land and is a perfect example of sustainable agriculture.

Being outside brings some dangers. So our flock is protected by electrified netting and a pair of geese. These geese are excellent guardians! They raise the alarm if any predators approach by land or by air.

Pasture raised eggs taste delicious but did you know they are also extremely nutritious? Compared to a supermarket egg, pasture raised eggs have twice as many omega-3 fatty acids, and higher concentrations of folic acid, beta carotene, and Vitamins A, B12, and E.

When you buy your eggs from Hillside Farms, you are supporting sustainable agriculture, humane treatment of animals and getting a superior product.

To learn more about our hen houses, please watch the video above featuring our founder, the late Dr. Doug Ayers.

**[CLICK HERE to learn more about egg nutrition](#)**

## Rain Garden



Have you noticed the rain garden in our parking lot? It's not just another pretty garden! It was purposefully planted to help protect land.

When there are heavy rains, water gathers in the depression. It soaks gradually back into the earth rather than rushing through a storm drain and causing erosion and flooding downstream.

The plants in the garden have deep roots that assist the water to permeate into the ground and also filter out pollutants.

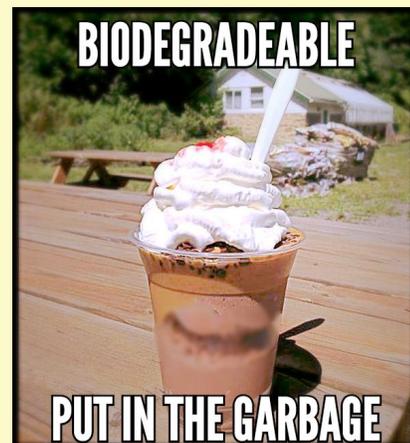
## Biodegradable Ice Cream Cups

Our ice cream cups are biodegradable and not made of plastic so please throw them in the garbage (and not recycling) when you are done.

In the garbage, the cups will break back down into the raw materials they were made of.

We need to reduce our use of plastics in order to take better care of our planet. A regular single-use petroleum-based plastic cup could take several lifetimes to decompose. Plastic waste already litters our planet.

Our spoons are recyclable so please put them in the blue recycle bin.



## Hillside Farms in the media:



Our friends at Discover NEPA created a stunning video of our farm. Their aerial shots give a rare look at our precious land!



This summer, Hillside will host 3 separate weeks of Grief Camp for children. FOX 56 reported on our efforts to help children process difficult feelings and learn coping strategies with barnyard friends.



Hillside's Education Department regularly visits Children Service Center with farm animals to help students grow through Animal Assisted Activities.

**CLICK HERE** to watch Discover NEPA video

**CLICK HERE** to see Fox 56 coverage

**CLICK HERE** to read CSC article

## Quick & Easy Summer Dinner

On a hot summer day, the last thing you want to do is spend hours in the kitchen. We've got the perfect solution for grilling up a delicious, nutritious, and local meal. All items are available in the Dairy Store.



### Shopping List:

- Hillside Farm's humanely raised, grass-fed and pastured beef patties
- Grimaldi Brioche buns
- LeRaysville cheese
- Mrs. Fritz's homemade fresh dill pickles
- Pittson Ketchup
- Stonewall Kitchen caramelized onion mustard

## New in the Dairy Store:



### GRC Cold Brew

Grateful Roast Coffee Roasters are located in Nanticoke. Their Nitro-Brewed black cold coffee in a can is a perfect pick-me-up for a hot summer day!



### LIU18 Vegetables

Our friends at LIU18 Dream Green Farm grow the most delicious vegetables at a patch of land at Hillside Farms! They are now available in our cooler!



### Dr. Ayers' Dairy Barn Update

Finally, all of the permits and approvals have been granted and we have broken ground!

The site is being prepared for the arrival of the contractor. The green house, utilities and fencing were removed and disconnected to make way for construction.

The cows have a new temporary path that goes around the worksite and to the pastures.

We are so grateful for all of our generous donors that have made this incredible project possible.

## Upcoming Events at The Lands at Hillside Farms

### August

- August 3,4 & 5 from 10-4 Historic Camp Reenactment & Shoot at Springbrook
- August 6-10 Farm Science Week at Farm Camp grades K-8
- August 10-12 Wyoming Valley Art League Exhibition in the Museum Barn
  - Aug 10th Opening Reception from 5-7
  - Aug 11th from 10-4
  - Aug 12 from 12-2
- August 11 at 8pm Star Gazing and Owl Calling Tractor Ride \$10 per person
- August 13-17 Children's Grief Camp
- August 18 at 6pm The Lorax movie in the Coach Barn

### September

- September 8 at 11am Historic Tour of Spring Brook \$10 per person
- September 14 at 6:30 pm Farmers For America documentary in the Coach Barn
- September 15 & 16 Vintage Furniture & Furnishings Sale at The Cottage
  - Sept. 15 from 10-3
  - Sept. 16 from 12-3
- September 16 from 10-4 Art, Craft, and Vintage Market by NEPA Craftworks

## Sustainability Around the Farm



We're so proud of our new flower cart outside of the greenhouse. It was constructed from the carriage of an old hay wagon. The tin roof was salvaged from a local egg house that was over 100 years old.

With a little elbow grease, we created something wonderful from materials that would have otherwise gone to the garbage dump.

### Our Mission:

The Lands at Hillside Farms is a non-profit, historic, educational farm that teaches sensible and sustainable life choices which, if enough of us adopt, will allow those born in 200 years to inherit all the resources and opportunities we have now.

The Lands at Hillside Farms is a non-profit, 501 (c)(3) educational farm.

### Visit us today!

The Lands At Hillside Farms

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<http://www.thelandsathillsidefarms.org>

Please join our growing Facebook and Instagram communities by clicking below for up-to-date information and gorgeous pictures of our land.



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**HILLSIDE**  
FARMS  
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**Tradition not trends.**

