

THE LANDS AT



PLOWING FORWARD
Summer 2019



Our Mission

The Lands at Hillside Farms is a historic, non-profit 501(c)(3), 412-acre educational dairy 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.

Upcoming Events at Hillside Farms

One of Hillside's core beliefs is that it's essential to spend quality time with family and friends. We hope you can strengthen your relationships with visits to our farm.

Every Wednesday & July 30 and August 20:

Outdoor Yoga 6:30-7:30pm

We welcome The Zen Barre yoga studio to the farm! They'll offer an all levels outdoor yoga class every Wednesday through August 28 at our new barn. \$10. Family Yoga will be held 7/30 & 8/20 at 6:30.

[Click to register](#)

July 19th: Family Movie Night in the Barn: Babe 6pm

Join us in the Coach Barn. Bring chairs to sit on and we'll provide the popcorn. Donations gratefully accepted.

August 3: Historic Camp Reenactment and Shoot at Spring Brook 10am-4pm

Come see how our ancestors lived in the 1700s. Meet and talk with those living history. Learn about the camp, clothing, tools, and hunting tools. Look for the event signs at the corner of Hillside and Chase Roads. Park near the barns. A shuttle will bring you to the camp. Wear sturdy shoes and sunscreen.

August 3: Spring Brook Historic Tour 10am-12pm \$10

This 2-hour tour will take you in and around areas that pre-date the Civil War. You'll see grazing cattle, pastured pigs, 200-year old structures, and remote areas not open to the public. It's a farm-based history lesson like no other. Wear sturdy shoes and sunscreen.

Registration is required. [Click to register](#)

August 23: Family Movie Night in the Barn: Spirit Stallion of the Cimarron 6pm

Join us in the Coach Barn. Bring chairs to sit on and we'll provide the popcorn. Donations gratefully accepted.

August 23, 24 & 25: Art in the Barn: Times TBD

In partnership with the Wyoming Valley Art League, please join us for the third annual art exhibition in one of our historic barns. Any donations or works sold will benefit the Hillside Farms and Wyoming Valley Art League programming.

September 28 & 29: Fall Fest 12-5pm \$10 per carload

Families and children is what Fall Fest is all about! Enjoy the atmosphere of the farm with your family and have fun! We'll have entertainment, food, vendors, animals, games and so much more! If you are interested in being a vendor for this event please send an email to guy@hillsidefarms.org.

October 5: Adult Farm Camp 6am-6pm \$25

This full-day camp is designed to be an in-depth, hands-on physical

experience for those who are interested in learning about sustainable farming, animal husbandry, gardening, conservation, and self-sufficiency. Registration is required. [Click to register](#)

The Dr. Ayers Dairy Barn is open!



When Dr. Ayers died in 2017, our farm and community grieved the loss of a very special person. Without Dr. Ayers, there would be no Hillside Farms. It was through his hard work, vision, and leadership that this beautiful land was transformed into a place where families and friends can enjoy life together, be inspired, and build memories.

Dr. Ayers created a phenomenal place and called upon the community to support and take care of it for generations to come. This community rallied together, invested in the future of this farm, and raised money to build a modern barn for the beloved dairy herd. What a great tribute to honor Dr. Ayers. We are so grateful and excited to say our cows moved into The Dr. Ayers Dairy Barn on May 16th.



Cow comfort, safety, and health are very important to us. Traditionally, our cows crossed Hillside Road several times each day to reach their pastures. Since our new barn is next to the cow

pastures, the cows no longer need to cross the road.

Previously, the cows lived in a tie-stall barn where they each had their own "parking spot" and drinking fountain. Their food was placed in front of them. Our dairy farmer would milk each cow in their stall.



Now, the cows live in a bed pack barn. This novel barn is like a giant hamster cage with soft bedding. There's plenty room for cows to roam around and they can choose which part of the barn they'd like to spend time in. The cows are so relaxed, it looks like they are laying on a beach.

Since the grass is growing, between milkings the cows spend quite a bit of their time grazing out in pastures behind their barn. Food and fresh water are always available in the barn's central alley.



Our herd also has a swinging brush. It looks like a car wash brush and it massages the cows. Not only does it feel good to them, it helps to keep their coats healthy and their bodies cool.

When it is time for milking, our cows are led into a milking parlor. The dairy farmer can milk 4 cows at once.

We had a Barn Blessing and Open House on May 8th. Many families got a tour of the barn and milking parlor. Please stay tuned for future tours. You are welcome to come up and view the barn. We hope you do! We are quite proud of it. Here are a few things to know:

- The barn & cows can be viewed daily from 9:00-6:30
- For safety reasons, only employees are allowed inside the barn.
- If the cows aren't inside the barn, they're grazing in the pasture
- Please, no dogs. We love dogs but our cows do not.
- If the gates are closed, please visit another time.



The Dr. Ayers Dairy Barn is off of Church Road and next to our Education Center. You can walk up or drive.

If you're walking, you'll need to carefully cross Church Road and head up the dirt road. The barn is at the top-you can't miss it!

If you are traveling by car, drive past the Dairy Store, take a right onto Church Road. Then, take an immediate left up the dirt road.

This barn project was financed in part by a Growing Greener Grant provided by the Pennsylvania Department of Environmental Protection. Special thanks for our partnership with the Luzerne Conservation District!



**To learn more about The Dr. Ayers Dairy Barn,
please click on the articles below.**

WBRE: Why Did the Cows Cross the Road?

**The Citizens Voice: New barn at Hillside Farms furthers Ayers'
mission**

**The Citizens Voice: On the move: Hillside cows make final road
crossing to new barn**

Discover NEPA: Dr. Doug Ayers Dairy Barn

WNEP: Final Crossing of the Cows at Hillside Farms

**The Times Leader: 'This is your farm': Community welcomes new
barn at Hillside**

**Lancaster Farming: Bedded Pack Makes Life Easier for Cows &
People**

**Fox 56: No more cow crossing;
The Hillside Farms cows have a new barn**

Donors: Please sign the door



Did you donate to build The Dr. Ayers Dairy Barn?

THANK YOU SO MUCH!

We'd really love to have all the donors sign their names on a piece of memorabilia to commemorate their contribution & the community's huge role in building this barn.

It's the barn door from the original Hillside Farms dairy barn, circa 1880. Our cows lived there from 2006-2019. It will be hung in the new Dr. Ayers Dairy Barn as a reminder of how strong our community is and how deep our roots are.

There are several options for donors to sign the door:

- 1.) The barn door is in our Administration Building. You can stop by Monday-Friday 9am-4pm to sign the door. This building is a white farmhouse with an American flag and is across from The Coach Barn.
- 2.) The door will be displayed at Fall Fest on September 28th & 29th. Join us for a fun weekend and sign it then.
- 3.) Send an email to Julie@Hillsidefarms.org and we will make sure your name is added.

After Fall Fest, this memento will be sealed and then hung for display.

We are expanding our Dairy Store!



We are so fortunate to have another exciting project in the works. Our Dairy Store is expanding! We will have a larger and more comfortable area for our customers.

At Hillside, we believe in preserving historical buildings. The materials for our addition are coming from two historic barns that once stood nearby to the farm. In fact, one was the former sheep barn at Hillside. Both barns date back to around 1825. The addition will be absolutely stunning!

100% of the funding for the Timber Frame Preservation Project is from a private generous grant. We are very grateful that an organization is investing in the future of this farm and helping to repurpose local and historical barns.

This expansion is moving along smoothly and we expect to see it completed around October 2019. Thank you for your patience!

[CLICK HERE](#) to read The Citizens Voice article about the expansion

Meet Mac!



In April, we welcomed this beautiful fellow to our farm! Mac is a remarkable horse and we are thrilled he has joined the Hillside family!

Mac lived with his original owner for several years and was well loved. He was a reining horse, and together they did Western Riding which requires great skill from both rider and animal.

After his owner died, Mac found his way to Blue Chip Animal Refuge for a few years. While searching for his forever home, Mac lived with a handful of other horses and earned a reputation for being a wonderful, trustworthy animal.

Now that Mac has settled in and met the crew, he's the king of the pasture. He's very social and will often go right up to families to say hello. Mac is stunning and sweet and if you can believe it, he's around 25 years old. Stop by to meet him and give him a warm welcome!

[CLICK HERE](#) to read The Times Leader article about Mac

Welcome to retirement, Hazel!



You already know and love Cookie and Cairo! They retired from the dairy herd years ago and are now enjoying retirement as part of our education team.

Now, we'd like to say congratulations and thank you to Hazel as she enters retirement! Hazel is about 14 years old and she's a total sweetheart. She's got lovely coloring, a soft brown.

We are so grateful that she provided milk to our community for over a decade. She has given us all so much and now she will spend the rest of her life as comfortably as possible at our farm, relaxing with the other farm animals.

Right now, Hazel is at Spring Brook with Cookie and Cairo. Spring Brook is a nearby and historic part of our farm with rich pastures. These ladies are galloping around, eating loads of fresh grass and enjoying a different end of the farm for a while. You could say they are on summer vacation and a having a respite from the public eye.

Cookie, Cairo, and Hazel will move back to The Coach Barn as the seasons change. And that's when you'll get to know and love Hazel.

Dutch Belt Calves



Have you seen these beautiful and unique calves yet? Notice anything a little different? They have a white belt around their middle. There are several breeds of cows at The Lands and many of our cows have distinctive markings. But these calves are especially appealing and we are just in love with them!

They are Dutch Belted breed, or Dutch Belts for short. Some people might even say they remind them of Oreos. Their father was a black and white Dutch Belt. This is a heritage breed, originating from Switzerland and Austria. Stop by soon and take a look for yourself!

Little Free Library



In May, we were gifted a Little Free Library by the Books Team from Leadership Wilkes-Barre. The Times Leader donated old newspaper boxes to be repurposed into libraries throughout the community. We are so grateful! You can find ours in front of our Administration Building by the American flag.

How does this work? Take a book for free, and enjoy it. When you

are done with a book, leave it in the box for another person to read. You'll find books for kids and for adults. It's a great way to keep books in the hands of readers. We love to see sustainability in our community!

The 2019 Pennsylvania Ice Cream Trail



The 2019 Pennsylvania Ice Cream Trail is officially open and we are thrilled to be a part of it! There's something really special about enjoying ice cream from your local dairy.

Here's how to participate:

- Start by picking up a passport at our Dairy Store and getting it stamped when you order ice cream in our parlor!
- Then, visit the other stops along the Ice Cream Trail to fill up your passport.

We promise it will be a delicious summer adventure and you'll support local PA farms and businesses at the same time!

As a special bonus, the PA Ice Cream Trail is giving away T-shirts and ice cream bowls if you visit 5 or all stops on the trails by September 2nd. See the website for details.

[CLICK HERE](#) to learn more about the PA Ice Cream Trail

[CLICK HERE](#) to read The Citizens Voice article on the PA Ice

Keeping Milk Cold in Hot Weather



Now that summer is here, hot cars and groceries aren't a good combination. To ensure the best flavor for your milk and preserve its shelf life, we encourage you to keep it cold on your drive home. Here are a couple ideas:

- put your milk in a cooler
- put ice packs around your milk
- purchase some ice from the Dairy Store
- purchase insulated bags from the Dairy Store
- Keep your milk in the body of your fridge, rather than the door
- keep your milk out of sunlight

Happiness Habits

July's Happiness Habit is...

meditation

One of Hillside's core beliefs is that we should take good care of

ourselves. If we positively change our lives, imagine the ripple effect that could have on others. That's why we've been researching and practicing Happiness Habits at the farm this year.

Here's a quick review of science-backed ways to increase our happiness that we've practiced this year at the farm:

- January: gratitude
- February: thank you notes
- March: positive thinking
- April: random acts of kindness
- May: creativity
- June: exercise

July's Happiness Habit is meditation. Meditation can be practiced many ways and a popular way to start is by simply slowing down and doing deep breathing.

There are several physical and mental benefits from meditation. Curious to learn more? Click the link below.

Find your favorite serene spot at The Lands and give it a try!

[CLICK HERE](#) to read about the benefits of meditation

Visit us today!
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Visit our website

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