



SOUTH HERO LAND TRUST

Newsletter

Fall 2015

Celebrating a New Season at SHLT: Welcome to our Outreach Coordinator!



Outreach Coordinator Hired to Expand Community Partnerships and Events

Though the equinox marking the official beginning of autumn falls in late September, the final days of August signify for many the end of the short and sweet Vermont summer. As the “unofficial” end of the season is upon us, South Hero Land Trust is excited to be sharing a new beginning. As you know, long-time Executive Director Minner Hobbs Conboy stepped down in July. SHLT was pleased to hire from within, and Programs Director Emily Alger stepped up to fill Minner’s role. Her first duty at the helm was hiring a new staff member to support and expand community outreach and programming. On September 1st, SHLT welcomed aboard Katherine (Katy) Lord as the new Outreach Coordinator.

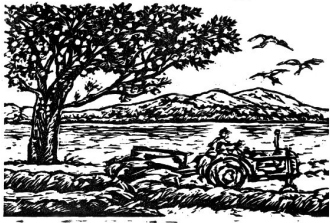
Katy holds a BS in Natural Resource Ecology from the UVM’s Rubenstein School of Environment and Natural Resources. Most recently, she completed a year-long term serving as an AmeriCorps member with three watershed organizations in Franklin County, working to improve the health of Lake Champlain and other northern waterways. In her new position, Katy will take leadership of SHLT publications and communications, plan and coordinate community events, develop educational programming, and much more. She is excited to be part of the world of land conservation, and hopes to apply her knowledge and passion for Vermont’s working landscape and water quality to foster a culture of stewardship of South Hero’s farmland and natural resources.

Katy is eager to meet all of the people that make the South Hero community special in the next couple of months. Stop by our office Mondays, Tuesdays, or Wednesdays to meet South Hero Land Trust’s newest staff member!



Katy has been getting to know local farmers and landowners in her first weeks. She enjoyed meeting the Robinson Family at Islandacres Farm.

SOUTH HERO



LAND TRUST

a non-profit organization dedicated to protecting the farmland, woodland, natural and recreational areas, and open spaces which give South Hero its distinctive quality of life.

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Outreach Coordinator

A Personal Journey to Stewardship

A Letter from the Executive Director

Dear Friends and Neighbors,

September is a beautiful month in the Champlain Islands. As the leaves begin to change color and the smell of fresh apples lingers in the air, I feel refreshed and energized to be outdoors- visiting the farmers' market, picking the last of the basil in my garden, and hiking through the woods. I am eager to share this enthusiasm with everyone I meet.

Growing up in the Champlain Islands, I spent a lot of time outdoors. The fields and forests surrounding my home were just a couple steps out the back door. I fed my curiosity and explorer's heart following the creek through the woods in all seasons and shoes- from mud boots to ice skates. The lake was a bike ride away, with stones for skipping, fossils to find, and fish to catch. For my first job I worked at a local vegetable farm, where my love of gardening in my mother's backyard plot transformed into a passion for local food and farms. As I learned more about the environment at school, from the glacial history of Lake Champlain to the current challenges of preparing for climate change, my desire to protect the land that we live on grew clearer and stronger. My commitment to good stewardship is rooted in my early years outdoors, both alone and in the presence of mentors and teachers who guided my young mind and heart.

I see one of South Hero Land Trust's most important roles as helping each of our community members, young and old, to find ways of having meaningful relationships with the land. There are many great reasons to get outside and enjoy time in nature and on farms. Being active in the outdoors is good for our physical and mental health. Exploring the outside world and learning about nature is often the first step toward stewardship. The list continues. I find myself continually revisiting the question of how can our work at South Hero Land Trust help build a healthy community and promote stewardship of our natural and agricultural resources?

Land conservation projects are at the core of our work, but equally important are the projects and programs that help connect community members to the land. Exploring the farms, fields, and forests of South Hero through many lenses- geology & ecology, reading & writing, painting & photography, growing & eating, walking & paddling- whichever sparks curiosity, excitement, and passion in an individual- is essential to this relationship. We try to create diverse opportunities for the community to try out these lenses, from naturalist walks at Round Pond State Park to cooking classes utilizing local ingredients.

This is one of the many reasons I am excited to be introducing Katy Lord, our new Outreach Coordinator. Katy's own passion for the land is evident every day in her work here. I am excited to see how she will use her education in natural resource ecology and experience in water quality protection, along with her interest in art and her commitment to conserving natural space and working lands, to create new energy at South Hero Land Trust and find new ways to connect each of us to the land. Please join me in welcoming Katy to South Hero!



Conservation and Community in the Ecotone: South Hero Land Trust Annual Celebration

Celebration at East Shore Vineyard

South Hero Land Trust members came together for our Annual Celebration of Conservation and Community at the new home of East Shore Vineyard this year. The Landon Farm was conserved in 2003 as part of a collaborative project that also conserved the unique Round Pond wetland. The farm has been in transition for the last few years, since the Wells family sold the property to Vermont Land Trust, and VLT and SHLT began to search for new farmers for the land. We were excited to welcome East Shore Vineyard to South Hero last fall, and this summer we celebrated the success of their first growing season on the farm during our Annual Celebration.



Keynote Speaker Emily Boedecker of Local Motion, Round Pond Naturalist Hike Leader Chris Boget of Lake Champlain Land Trust, and Emily Alger.

Thanks and Farewell To Minner Hobbs Conboy

It was a bittersweet celebration. We were eager to tour East Shore Vineyard and learn about their plans, and to celebrate the completion of the fundraising campaign for the Sawyer Bay/Health Hero Farm project. Meanwhile, we were sad to say goodbye to long-time Executive Director Minner Hobbs Conboy, who stepped down from SHLT in July. We shared memories of Minner from her 16 years with us. SHLT founder Charlie Tipper, former staff member Chris Gordon, and farmer/board member Steve Robinson all spoke thoughtfully and graciously of her bright spirit, wise leadership, and great impact on our community. Minner's father David Hobbs shared a limerick at the end- a special Hobbs family tradition!

Ecotones in Nature and Organizations

Local Motion Executive Director and keynote speaker Emily Boedecker spoke eloquently on the subject of transitions through the metaphor of the ecotone. An ecotone is the ecological transition between one biome and another. The marshy edges of Round Pond are an ecotone, at the interface of open water and land. In nature, ecotones are often places of wonderful diversity, where flora and fauna from each environment meet. Emily B. alluded to transitions in communities and organizations holding the same capacity for diversity, and thus innovation. Carefully curated and developed projects can collide with new ideas and energy, leading to exciting new programs. We hope that this time of transition at South Hero Land Trust will utilize the concept of the ecotone, and benefit from best of the old and new.



Board Member Reina Warren and two SHLT members enjoy the sunshine at East Shore Vineyard before the festivities begin.

Looking Forward

We are excited to have you be a part of this transition, and hope that you will be in touch. Stop by to visit or drop us a line... we want your input and ideas to be a part of South Hero Land Trust! We are looking forward to many new and continuing projects in our future.

Finally, many thanks to the volunteers and guests who made this year's Annual Celebration a huge success!

Taking Care of the Spaces We Love & Use: Community Comes Together to Green Up South Hero



Picking up trash and winter debris left on the trails at Round Pond State Park.

Stewardship Across Vermont

The natural and working landscape of Vermont and the Champlain Islands provides a sense of place, community, and belonging to residents and visitors alike. The patchwork of forests and pastures, winding rivers and lakes that blanket much of our state are valued for being clean, pure, and beautiful. Vermont is also known for a strong sense of community, where neighbors come together to enhance their mutual quality of life. One event each year particularly demonstrates our commitment to the values of environmental stewardship and community. On Green Up Day, towns in every corner of the state gather together to remove litter and debris from roadsides, waterways, and open spaces in an effort to preserve the beautiful and clean natural environment.

A Growing Community Celebration

Over the last several years, South Hero has grown Green Up Day into a community-wide celebration of working together to care for the spaces that we all use every day. South Hero Land Trust has worked with the town to organize this annual event for the last few years, and we have been thrilled to see it expand to include more community members each year. 2015 was not exception- a record 152 volunteers participated in Green Up Day this past May!

In addition to assigning road cleanup projects to individuals and families, South Hero Land Trust organized three group activities. We hosted our traditional clean-up of White's Beach- a great activity for families with young children who use the beach during the summer! We also hosted two new activities at Round Pond State Park. Chris Boget of Lake Champlain Land Trust partnered with us to lead volunteers digging young Wild Parsnip plants in the open meadows along Landon Road and East Shore Road. We also cleaned up the public access trails at Round Pond State Park in partnership with the South Hero Recreation Commission. We are very proud to have so many great partners in our community!

A Great Tradition: the "Thank You" BBQ!

Finally, we celebrated with our Annual "Thank You" BBQ at the Folsom School playground, sponsored by community members Mark Naud & Lisa Pendolino, and Marco DiCarlo. Eben and Tess Hill of the Broken Arrow Cafe served up local burgers donated by Canamak Farms on rolls made and donated by Wally's Place. Emily scooped ice cream donated Island Homemade Ice Cream.

Many thanks also to the South Hero Select Board and Town Office Staff for supporting Green Up Day and providing the dumpster for the trash collected.

We'll see you next May for Green Up Day 2016!



A family waits for hamburgers and hot dogs after great work cleaning up South Hero!

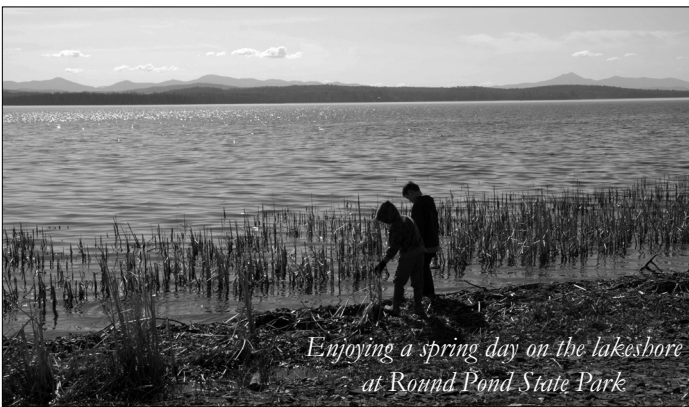
Out & About in the Islands: A Few Images from our Summer Season



Local beef burgers, hot off the grill at Green Up Day



Hepatica, a spring wildflower found at Round Pond State Park in May



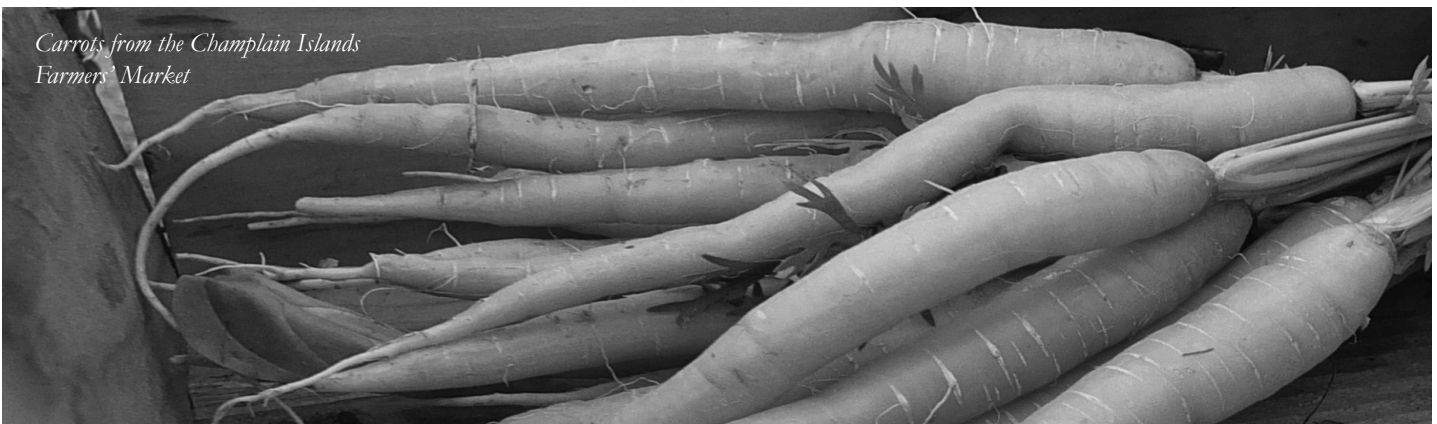
Enjoying a spring day on the lakeshore at Round Pond State Park



Board President Bob Chutter thanks outgoing Executive Director for 16 years of service



Running down the farm road at East Shore Vineyard during our Annual Celebration



Carrots from the Champlain Islands Farmers' Market

A Spotlight on Our Farm & Food Partners: Two Events Highlight Local Farms in the Islands

Savoring the Islands with “In Good Taste”

There is a wealth fresh produce, meat and dairy being cultivated in the Islands, and an inspiring array of delectable value-added items being brewed, baked, and butchered. With year-round and summer residents, as well as visitors from afar gathering in the Islands to enjoy summertime activities, an event celebrating the flavors of our region was a great way to mark the peak of the growing season.

On August 16th, the Lake Champlain Islands Agricultural Network partnered with the Northwest VT Healthy Roots Collaborative to host “In Good Taste:

Savor the Islands!” The celebration of local foods took place at the Knight Point State Park, where guests sampled a variety of local treats and enjoyed an evening of respite in the stunning lakeside setting.

Each attendee was given a strip of tasting vouchers, allowing them to treat their senses to wide variety of fresh and delicious samples. Meatballs from Health Hero Farm, goat milk fudge from Capsand Creamery, wine from Snow Farm Vineyard, ice cider from Hall Home Place, apple crisp from Hackett’s Orchard, pasta salad from Grand Isle Pasta, and hot sauce from Zach’s Cafe at Grand Isle Artworks were among the varied offerings.

The success of “In Good Taste” signifies the investment that the communities of northwestern Vermont are making in food security, sustainable economies, and our strong agricultural legacy. As well as the great foods being produced by innovative farmers and creative chefs in Northwest Vermont!

Farming, Water Quality, and Bike Safety at Farm & Food Festival at Health Hero Farm

On August 30th, the third annual Lake Champlain Islands Farm and Food Festival drew a crowd to Health Hero Farm, the site of South Hero Land Trust’s most recent conservation project. Over four hundred people gathered for farm-fresh food, music from the Missisquoi River Band, farm tours and demonstrations, children’s activities, and much more! The farm crew turned out fresh wood-fired pizza with local toppings and guests enjoyed locally grown popcorn, a smoothie bike, and activities on water quality.

Health Hero Farm’s goal was to create an event where families could play and learn about food, farming, water quality, and how it all connects in the Lake Champlain region.

In addition to sponsorship from local businesses and non-profits, the farm partnered with Local Motion and Champlain Islands Economic Development to make the day a Better by Bike event. The Local Motion bike ferry was free for festival attendees, and there were biking and bike safety activities at the farm.



Health Hero Farm, along with other Islands farms, vineyards, orchards, cafes, and value added food companies, served up samples and sold their wares at In Good Taste.



Pizzas with locally grown toppings were a highlight at the Lake Champlain Islands Farm and Food Festival.

Cooking with the Accidental Farmer : Celebrating Local Food at the Farmers' Market



A Community Gathering Space at the Farmers' Market

The Champlain Islands Farmers' Market isn't just a destination for local foods and artisan crafts- it's also a great place for friendly conversation and familiar faces. On any given day, a visitor might be treated to a wealth of local knowledge from vendors and visitors alike, ranging from goings-on around town to practical tips on how to get a bumper tomato crop. This season, South Hero Land Trust teamed up with community partners to host several special events at the South Hero market, from cooking demonstrations to a special apple day.

Local Chef Showcases Cooking with Local Ingredients

In July we paired up with Michael Byrne of The Accidental Farmer for one of our favorite farmers' market events, a Farmers' Table Cooking Demonstration. Michael showed us how to use fresh local meat, produce, pasta, and bread to make four exciting dishes featuring local chicken! From barbeque ready grilled potato salad with chicken to a fresh adaptation of chicken carbonara, Byrne truly showcased the remarkable versatility of local ingredients. One of the big hits of the day was his Gazpacho Salad. A play on the cold soup, this salad pairs fresh tomatoes, cucumbers, and peppers with sliced chicken and crusty bread for a delicious summer meal.

Many Thanks to our Partners

Thank you to our amazing partners for our Farmers' Market Events: Blue Hero Farm, Savage Gardens, Grand Isle Pasta, Pomykala Farm, The Accidental Farmer, and Hackett's Orchard!

Gazpacho Salad with Sliced Chicken Breast

Recipe created by The Accidental Farmer

Serves 2

Ingredients:

1 cooked chicken breast, cut into thin strips	1-2 cloves of garlic, minced	1 tablespoon minced cilantro
1 pint cherry tomatoes, cut in half	1/4 cup red onion, diced	1 teaspoon of salt
1 med cucumber, peel, slice, quarter	3 tablespoons of olive oil	Pepper to taste
1 red or green bell pepper, core, chop	2 tablespoons of red wine vinegar	2-3 slices of bread
1 jalapeño pepper, de-vein and mince	2 teaspoons of honey	

Directions:

In a small bowl toss the prepared cucumber with the teaspoon of salt. Transfer to a strainer place in the sink and let sit for 20 minutes to drain the liquid. Using the same bowl toss all remaining ingredients and place in the fridge for 20 minutes. Toss the cucumber into the tomato mix serve the gazpacho salad over a slice to a slice and a half of bread.

FALL 2015 NEWSLETTER



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SAVE THE DATE!

Fall and Winter Farmers' Market Events

The weather is cooling down, but there is still much to choose from at the market!

Farmer's Market Harvest Fest

Saturday, October 10th, 2015

10:00 AM - 2:00 PM

St. Rose of Lima Church

Champlain Islands Farmers' Market

Winter Market Calendar

Enjoy fall vegetables, meat, baked goods, holiday crafts and more!

The Winter Farmer's Market will be held on the following Saturdays from

10:00 AM - 2:00 PM at the

South Hero Congregational Church:

October 24th
November 7th
November 21st
December 5th
December 19th

