Cadet Owen Greenwood Prepares Civil Air Patrol Emergency Services Training

Cadet Owen Greenwood

Monadnock Civil Air Patrol (CAP) Cadet Owen Greenwood of Keene recently participated in Search and Rescue Training near Lyme as part of the program's Emergency Services Mission.

Greenwood was one of 15 cadets from across the state to participate in the three-day exercise. During his training, he learned land navigation and direction finding procedures, as well as radio operations.

Both CAP senior members and cadets can join search and rescue teams working in coordination with CAP aircrew and mission controllers. This exercise was typical of the monthly training opportunities for all members.

The Monadnock Squadron meets at the Dillant-Hopkins Airport in Swanzey on Wednesday evenings from 6:30 to 8:30 p.m. Membership is open to adults and boys and girls age 12 and up.

For more details, email keenecivilairpatrol53@gmail.com or visit www.gocivilairpatrol.com.

Monadnock Ukulele Club To Hold Meeting

The Monadnock Ukelele Group is holding a meeting on Friday, March 24th from 7 to 9 p.m. at the Monadnock Community Center. Ukulele players of all levels are invited to join the Monadnock Ukulele Group. A song sheet will be emailed prior to meeting. Bring a ukulele, music stand, and the printed songsheet. For more details, call Nancy at 603-785-9857.

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Events At Alstead Third Congregational Church

Every Wednesday during Lent, those would like a chance to pray, visit, and fellowship in an informal setting can go to the Third Congregational Church in Alstead at 6:30 p.m. Pastor Maureen Lasell will provide a light snack and there will be a chance to spend a little extra time together during this Lenten season. All are welcome. Those attending are encouraged to bring friends.

Third Congregational Church is finalizing its campaign for the Heifer Project. Those interested in contributing to the Heifer Project may contact Deb Gordon. Also, Lenten boxes have been made available for those wishing to contribute. Both causes are Missions projects. The church will also hold its annual Mother's Day Plant Sale the day before Mother's Day on Thursday, May 13th.

The first Turkey Buffet Supper of the year will be held on April 22nd from 4:30 p.m. to 6:30 p.m. at the church.

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3 Ravens In Concert March 25th In Nelson

The Monadnock Folklore Society presents Lui Collins, Max Cohen, and Donna Hébert together as 3 Ravens in concert on Saturday, March 25th at 8 p.m. at the Nelson Town Hall.

The trio will perform their originals, instrumentals, and traditional songs, as well as verses set to music on fiddle, piano, banjo, and ukulele.

Admission is $15 for adults and $12 for seniors and youth.

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Regional Farms CSA Fair Set For Sunday, March 26th

CSA, Continued from page 1

The entire community absorbs the costs of raising food in sustainable ways, and farmers receive consistent appreciation and financial support for their efforts. The shareholders know when, where, and how their food is grown, and are assured of high-quality and nutritious produce, grown without the use of any synthetic fertilizers, pesticides, and herbicides.

A CSA membership supports local farms and the local economy, eliminating the environmental and food quality costs of marketing, packaging, and shipping food long distances. Freshly picked, locally grown fruits and vegetables are a good value because they have superior flavor and more vitamins and minerals than many large-scale commercially raised crops. Sustainable farm practices also avoid the hidden costs of pesticide residues, soil erosion, and polluted surface ground water often associated with large scale conventional agriculture.

Local farmland in CSA use becomes healthier through crop rotation, composting, cover crops, natural fertilizers, and periodic resting. In addition, small farms are able to grow heirloom or little-known varieties of fruits and vegetables, which helps maintain the diversity and vitality of the world's seed bank. Some CSA farmers chose to receive organic certification for their produce; other farmers use organic and /or biodynamic techniques exclusively but do not choose certification.

Participating Farms

Farmer John's Plot is a non-profit farm that grows over 160 varieties of vegetables, flowers, and herbs. Customers choose up to 32 weeks of fresh, locally grown produce with flexible veggie choices and sizes with flexible pickup times.

Hillside Springs Farm, a hand- and horse-powered farm in Westmoreland, offers CSA members over 100 varieties of vegetables, herbs, and pick-your-own flowers. Crops are grown using organic and biodynamic methods. Full and half shares are available for a 24-week season with on farm and Keene pick-up.

Hungry Bear Farm is a Certified Naturally Grown farm with locations in Mason and Wilton. They specialize in growing a wide variety to organic standards, and offer spring, summer, and fall CSA shares.

Mad Radish CSA in Peterborough offers summer and fall shares including vegetables, herbs, and flowers, available for pick-up at the farm or delivered to Keene. In addition to traditional style shares, they offer a Market-Style Share in which members choose their veggies at the Keene or Peterborough Farmers' Market and save each week.

New Dawn Farm in Westmoreland produces vegetables, fruit, herbs, and flowers for their three-size option CSA. They are a low till farm that teaches small production farming and uses a part of a field to grow for Joan's Pantry.

Picadilly Farm in Winchester offers certified organic produce, herbs, and flowers, with various CSA share types and pick up options.

Sun Moon Farm in Rindge provides vegetables, herbs, and cut flowers to its members. Located at The Meeting School, a property that has been continuously farmed since 1783, the farm grows over 75 varieties of old and rare Dahlias and offers members artisan breads that are baked on the property.

Tracie's Community Farm in Fitzwilliam offers spring, summer, and fall shares, including a wide variety of vegetables with a home delivery option, as well as options to add herbs, flowers, fruit, bread, eggs, and more.

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