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Horn Farm Center for Agricultural
Education
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Coming Events:

Local Bounty Feast (See details on page 2.) Sunday, September 21st (rain date September 28th) at 1 PM in the yard surrounding Horn Farm.

Harvest Festival (See details on page 2.) Saturday, October 4th from 10 AM to 2 PM (rain date: October 18th at 1 PM at the Horn Farm Center..

Did You Know That . . .

Americans consume about 400 gallons of oil per year per person for agriculture. One-fifth of that oil gets the crop from seed to harvest while the rest is processing and transportation. Each food item in a typical U.S. meal has traveled an average of 1,500 miles. If every U.S. citizen ate just one meal a week of local and organically raised food, we would reduce our country's oil consumption by more than 1.1 MILLION barrels every week!

Around the Horn . . .

News from the Farm



About the Horn Farm . . .

The Horn Farm Center for Agricultural Education was founded to showcase the past, present and future of York County agriculture. By bringing people together to directly experience sustainable local agriculture, the Center promotes the rich heritage of our land and the fundamental importance of local agriculture to the health and well-being of our community, our economy and our environment.

The Horn Farm Center educates children and adults about the importance of local agriculture to their health and well-being by bringing to life our agricultural heritage and connecting it to modern day farming practices. The Center promotes the development and continuance of small family farms by serving as a resource for current and future farmers to learn sustainable farming practices.

Situated on 186 acres, the Horn Farm will demonstrate the past of York County agriculture through several historical farms, including a 17th century Indian encampment, an 18th century settlement farm with log cabin and typical garden and field crops, and a 19th century Innovation Farm, with

kitchen garden, orchard, and innovative practices. Present-day modern agriculture is demon-



19th century farmhouse and summer kitchen.

strated by the Flinchbaugh family's use of a large part of the farm for high production agriculture and best farming practices. A unique feature of the Center will be the Modern Homestead Farm, a fully-operational, self-sustaining farm run by a master farmer and apprentices. This farm will demonstrate sustainable farming practices, innovative marketing, and the economic viability of small family farming into the future. Both youth and the general public will have opportunities to participate in the Center's educational operations.



Hayley Althoff, 10, admires her sweet corn in July.

Corn Patch Project Harvested in August

The Horn Farm Center's first Corn Patch project got off to a good start with all 46 patches reserved and all ages of new "farmers" ready to plant their corn. Each participant was given instructions and away they went. Two weeks later, the participants gathered to plant a "three sisters" garden and begin to rid their plots of unwanted weeds. Throughout the next few weeks, the corn planters returned to weed, water and hoe their plots. Then in August, the fruit of everyone's labor was realized as we harvested armfuls of tasty sweet corn. Here's what Maya Eiben, 5, said about her experi-

ence: "I liked going to the farm with my family. The corn I picked was yummy and I liked checking it to see how big it grew."

On October 4th, as part of the Fall harvest Festival, the "corn experts" will gather for the final time to harvest the Indian and popping corn that were planted on the demonstration patches. The Corn Patch Project is a shining example of how the Horn Farm can teach and guide people as they grow their own healthy, delicious food! Special thanks goes to Pioneer Seeds, our event sponsor for making it all possible!



Why Buy Locally? (article reprinted from www.buylocalpa.org website)



Inside Flinchbaugh's Orchard & Farm Market located at 110 Ducktown Road in Hellam.

GET EXCEPTIONAL TASTE AND FRESHNESS

Local food is fresher and tastes better than food shipped long distances. Local farmers can offer produce varieties bred for taste and freshness rather than for shipping and long shelf life.

STRENGTHEN YOUR LOCAL ECONOMY

Buying local food keeps your dollars circulating in your community. Getting to know the farmers who grow your food builds relationships based on understanding and trust, the foundation of strong communities.

SUPPORT ENDANGERED FAMILY FARMS

There's never been a more critical time to support your farming neighbors. With each local food purchase, you ensure that more of your money spent on food goes to the farmer.

SAFEGUARD YOUR FAMILY'S HEALTH

Knowing where your food comes from and how it is grown or raised enables you to choose safe food from farmers who avoid or reduce their use of chemicals, pesticides, hormones, antibiotics, or genetically modified seed in their operations.

PROTECT THE ENVIRONMENT

Local food doesn't have to travel far. This reduces carbon dioxide emissions and packing materials. Buying local food also helps to make farming more profitable and selling farmland for development less attractive.

BUYING LOCAL IS THIS EASY

Find a farm stand, market, or CSA near you or search at www.foodroutes.org/localfood/. For more information see www.buylocalpa.org

Some of the Silent Auction Items Available at the September 21st Local Bounty Feast:

1. A day sailing on the Chesapeake Bay
2. 8 hours of Ted the Handyman
3. Unique Physique membership
4. Rob Evans print
5. Hand carved wooden piece
6. Overnight stay at the Emig Mansion
7. Apple cake and homemade dessert for a year
8. Basket of note cards
9. Wine selection
10. May Day Fairie festival
11. Soy candles, soap gift basket
12. Hike and picnic at Highpoint
13. Earring and bracelet set
14. Garden consultation and plant/tree/shrub package

Come Enjoy the Local Bounty Feast on Sunday, September 21st!

Announcing the **Local Bounty Feast**, on Sunday, September 21st at 1:00, at the Horn Farm Center for Agricultural Education, to be held in the newly painted corn barn. The event will demonstrate just how good local food tastes as well as being good for you. The many benefits of buying local will be showcased in true Horn Farm style! Enjoy a fresh local meal of roasted pork loin with persimmon chutney and chicken breast stuffed with wild mushrooms, spinach, and cheeses. This delicious meal will be prepared by Chef Andrew Barnes, with wine being donated by Moon Dancer Winery. After lunch, guests will be enter-

tained by The Cultivators who will play originals with a "rootsy" feel along with old-time folk and country songs. Rep. Keith Gillespie will emcee the event and Doug Kilgore will be the keynote speaker. There also will be a Silent Auction featuring hand-made items and art work, and other valuable items such as a day excursion on the Chesapeake and the use of a handyman for a day. Tickets are \$35.00 per person and can be purchased from any Horn Farm Center Board member or by emailing info@hornfarmcenter.org. All proceeds will benefit the efforts of the Horn Farm Center for Agricultural Education.

Fall Harvest Brings Fitness To The Farm

Make sure you save the date for fun on **Saturday, October 4th from 10:00am-2:00pm** for the **Fall Harvest Fitness Festival** at the Horn Farm! It's all about *Fresh Food and Fit Bodies*. The event will feature a Children's Fitness Festival provided by our friends at **Unique Physique Fitness Center**. Children of all ages will enjoy events relating to farm and fitness. The actual events are still in the planning stages, but we assure you that they will be loads of fun! Some ideas currently in the works include an obstacle course, corn and

straw mazes, sack race and much more. Other children's activities will include face painting, pumpkin decorating and flower pot painting. We also hope to have hayrides, tours of the Horn Farm and demonstrations such as apple cider making. Of course no event would be complete without food! The Festival will include homemade soups and baked goods, smoked turkey sandwiches, fresh cider and other healthy and delicious foods. It will be a fun and educational event that the whole family can enjoy so don't miss it! See info@hornfarmcenter.org for updates.



The Eiben Family with corn harvest at their corn patch planted on May 31st at the Horn Farm.

Farmstand Tour Draws Large Crowd

On July 12th, over 250 interested people from Hellam Township and throughout York County, gathered for our Farmstand Tour. A scavenger hunt took everyone to three farmstands and a CSA (Community Supported Agriculture). At each stop, which included *Lehman's Farmstand*, *Dietz's Produce*, *Flinchbaugh's Orchard*, and *Prescott's Patch*, they learned how nutritional, deli-

cious produce is grown as well as the history of each farmstand. Participants left the farmstands with bagsful of fresh food to enjoy. The farmstand owners were grateful for the opportunity to partner with the Horn Farm for this event. It not only raised the awareness of the benefits of locally grown food, but record sales were rung up for the day!

Following the tour, everyone

was treated to Jim Mack's Ice Cream and peaches From Flinchbaugh's. Children played games provided by *Fulton Bank*, our event sponsor. *Lost Generation Bluegrass Band* brought this successful event to a close on the Horn Farm lawn. What a way to showcase fresh, locally grown produce and the mission of the Horn Farm center!



A Healthy Recipe from "Around the Horn"

CABBAGE PATCH SLAW

4 cups sliced cabbage
2 medium carrots
1/2- 1 green pepper- cubed
1 slice of onion
Dressing:
4 parsley sprigs

3 tbsp vinegar
2 tbsp salad oil
1 tbsp salt (optional)
1/2 tsp celery seed
1/8 tsp dry mustard



Fill blender container with half of cabbage, carrots, green pepper, onion and parsley. Add water to cover. Grate 3 to 5 seconds or just until ingredients at top reach the blades. Drain in large sieve and place drained vegetables in large mixing bowl. Repeat with remainder of cabbage, etc. Blend all remaining ingredients for 5 seconds. Combine cabbage and dressing and mix well. Chill before serving. Makes 8 servings.

This recipe was contributed by June Evans who said it was a favorite of her family and tastes best when it's made from fresh, locally grown produce!

Readers are asked to contribute their favorite recipe for publication in future issues. Submit recipes to info@hornfarmcenter.org.

Wish List for Horn Farm Center

1. Small tools & tool box
2. Step ladder—6 ft.
3. Brooms (push, straw, large dust pan)
4. Shop vacuum
5. Sanitary items, paper towels, toilet paper, hand sanitizer, garbage bags
6. Biodegradable paper products: plates, bowls, napkins, plastic ware
7. Bucket, scrub brushes, sponges, all-purpose cleaners
8. Paint brushes, paint scrapers
9. Interior paint
10. Extension cords, extension outlet cord
11. Watering cans
12. Office supplies: colored paper, white copy paper, mailing labels, file folders
13. Postage
14. Gas powered trimmer
15. Push lawn mower
16. Free standing interior fans
17. Light bulbs
18. Gift cards: *Lowe's*, *Wal-Mart*, *Target*, *Staples*, *Ace Hardware*, etc.



Standing left to right: Warren Evans, Doug Kilgore, Eileen Campbell, Jeff Myers, Rob Wood, Scott Royer, Debbie Krout-Althoff, Tom Brant, June Evans, Tom Zellers and

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