



CONSERVATION NEWS
Merrimack County Conservation District
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*Newsletter of The Merrimack County
 Conservation District distributed free to
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 resources.*

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*The mission of the Merrimack
 County Conservation District is to
 conserve the natural resources and
 cultural heritage of Merrimack
 County.*

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CONSERVATION NEWS 2017

CONSERVATION NEWS

NEWSLETTER OF THE MERRIMACK COUNTY CONSERVATION DISTRICT

HIGHWAY VIEW FARM 2017 COOPERATOR OF THE YEAR: ADAM CRETE



Adam Crete (left) with NRCS Conservationist
 Chad Cochrane

Maureen Duffy, former Communications Specialist for NH Farm Bureau, wasn't surprised to hear Adam Crete had been honoured as the District's Co-operator of the Year for 2016. She describes him as "one of the most progressive farmers in New Hampshire." Duffy met him through NH Farm Bureau's Young Farmer program.

Crete received the award at the District's Annual Meeting on April 25, 2017 for his work in converting his family's Highway View Farm's 700 acres of corn, hay, and silage from conventional tillage to no-till agriculture.

One of the most innovative things Crete has done has been a pioneer in no-till in NH. NRCS Resource Conservationist, Chad S. Cochrane states that "Adam has gone 100% no-till for his corn and cover crop plantings."

No-till is a method of planting crops without tilling the soil with a plow, disk, chisel, or other tillage implement. No-till farming strategies have shown to be better for the soil structure through growing stronger root networks, not disturbing the valuable microbes in the soil, preventing releases of carbon which tilling brings about, and decreasing the overall long-term issues of soil compaction.

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Director of the NRCS Soil Science Division, Dr. David Lindbo Visits New Hampshire

NRCS Soil Science Division Director David Lindbo spoke with members of the NRCS staff and toured two local farms: Highway View Farm and Apple View Farm. The goal of his visit was to see how the Soil Science Division can better interact with the conservation team to provide future assistance to their customers. The soil scientists discussed cover crops, soil compaction, soil map interpretation, soil surveys, and their uses in conservation planning.

At Highway View Farm in Boscawen, Adam Crete met with the NRCS team to talk about his farming operation, dairy herd, and his progressive conservation practices.

At Apple View Farm in Concord, Chuck and Diane Souther met with the NRCS team to discuss their apple and commodity crop production. For their crop production, irrigation management is critical. Apple View Farm currently has two man made ponds (NRCS designed) and is looking to build a third.

For more information about NRCS conservation practices, please contact your local NRCS office or visit their website at: <https://www.nrcs.usda.gov/wps/portal/nrcs/site/nh/home/>.



Dr. David Lindbo and Peter Whitcomb (NH NRCS Assistant Soil Scientist) discuss the soil survey and its uses in conservation planning.

Merrimack County Summer Farmers Markets

Canterbury Community Farmers' Market

June-October, Wednesdays, 4-6:30pm
 Elkins Library 9 Center Rd., Canterbury

Concord Farmers' Market

May-October, Saturdays, 8:30-noon
 Capitol Street, Downtown Concord

Contoocook Farmers' Markets

June-October, Saturdays, 9-noon
 Train Depot, Contoocook

Franklin Farmers' Market

July-September, Tuesdays, 3-6pm
 Franklin Regional Hospital, 15 Aiken St., Franklin

Henniker Community Market

June-October, Thursdays, 4-7pm
 Henniker Community Center Park, 57 Main St., Henniker

Pembroke Community Farmers' Market

June-October, Wednesdays, 4:30-7pm
 311 Pembroke St., North Pembroke

Penacook Farmers' Market

June-August, Mondays, 4-6:30pm
 95-97 Village St, Penacook

Salisbury Farmers' Market

July-September, Fridays, 3-6pm
 The Barn Store, 96 Old Turnpike, Salisbury

Warner Area Farmers' Market

May-October, Saturdays, 9am-1pm
 5 East Main St., Warner

Wilmot Farmers' Market

June-September, Saturdays, 9-noon
 Wilmot Flat Town Green, next to Town Offices on
 Kearsarge Valley Rd., Wilmot

August is NH Eat Local Month

Have you visited your local farm or farmers' market?

Check out our Local Food Guide on our website at www.merrimackccd.org



Natural Resources Stewards Program Making an Impact for NH

Enrolling Now

UNH Cooperative Extension announces enrollment is now open for the Natural Resources Stewards Program that begins September 8th at NH Fish and Game in Concord. This 12-week program emphasizes experiential learning that includes tree and plant identification, forest communities, wetlands, wildlife habitat, invasive species, ecological landscaping, tree and shrub planting, pruning and care, land conservation and protection, sustainable living, permaculture and more. This program provides college-level education to participants, and in exchange participants will complete 40 hours of volunteer service in their own communities or through a partnering agency's program. Participants who graduate from the program will become Natural Resources Stewards and will join with the 400 other stewards throughout the state.

"This program is great!" says MCCD District Manager Stacy Luke. Natural Resource's Stewards have been involved in projects such as the renovation planning at Manchester's Gateway Park and gardening at the Frank Lloyd Wright Zimmerman

House, The Big Tree Team, and more. Additionally, the Natural Resources Stewards help with conservation and natural resource workshops and educational programs around the state.

Mary Tebo Davis, Natural Resources Field Specialist with UNH Cooperative Extension states "The program is open to all, including those who aren't sure yet how they can help, but want to make a difference". Davis encourages those who are interested to sign up quickly as space is limited.

To apply and/or learn more about the Natural Resources Stewards Program, please visit www.nhstewards.org or call UNH Cooperative Extension at 603-641-6060.



2017 COOPERATOR OF THE YEAR CONTINUED:

The method of cover cropping is a way to mitigate risk on fields through building up organic matter to retain moisture, holding nutrients, and reducing large amounts of erosion.

Cochrane further expressed how Crete "used the no-till planter with rollers available from NHACD," and that Crete's usage of the planter helped NHACD setup and troubleshoot the planter that others would utilize across the state. Additionally, Crete participated in several energy efficient projects with the district. He received a comprehensive energy audit and incorporated that audit to conserve both water and energy.

The farm has been in the Crete family for nearly 60 years. In addition to crops, they family operates a dairy herd of about 120 cows.

Crete's advice for any new farmers would be to take advantage of your resources— talk to NRCS about some of the programs they've set up., FSA for low finance loans, and UNHCE. "There's a lot of people who want to help you out. Take advantage of it!"

Congratulations Adam!

MCCD'S FALL BULB FUNDRAISER IS HERE!

Included in this newsletter is our order form, due by September 11th. (We will continue to take orders until supplies run out.)

MCCD offers a color sheet of the bulbs to order. Visit our website or contact us to have one sent to you.

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In efforts to conserve trees, we will be emailing order forms to our mailing list—However, if you would like one mailed please let us know!

Congratulations to the Recipient of the 2017 Stanley Grimes

Conservation Scholarship:

Gretchen Dancewicz Helmers



As her class Valedictorian, a Scholar Athlete, a member of the National Honor Society, and more, Gretchen recently graduated from Newfound Regional High School.

Last year she worked at Camp Wiyaka as a camp counselor. This coming summer she will be returning to the camp as the Nature Director. Her senior high school project was on the role of mushrooms as decomposers in the environment and their potential to remove environmental pollutants. Gretchen is looking to pursue a major in Environmental Science from Allegheny College. In the future, Gretchen wants to work in natural resources and help to guide the next generation towards a healthier environment. She also wants to create a compromise between stewardship and wasteful exploitation.

Have extra food from your garden? Check out NH Gleans!

Are your neighbors tired of accepting your extra zucchini? Do you have more berries, apples, peaches, or kale and looking to re-home it? Then the NH Gleans is for you! The Merrimack County Conservation District is the regional lead for the NH Gleans program again this year. Last year, MCCD gleaned over 10,000 pounds of food that was distributed to local food pantries, senior centers, and schools. We would like to top that amount this year as the need never ceases. Please call the District at 223-6020 if you have large quantities of produce that you would like harvested by or picked up by volunteers and distributed to the food pantries in need.



Looking to help? MCCD is looking for volunteers who would like to harvest crops or pick up food to bring to your local pantry. If this is something you may be interested in, please contact the District at 223-6020 or sign up at www.NHGLEANS.org.

Meet our 2017 Summer Interns!

Jessica Newnan

Jessica is a new intern with our Local Foods Program. She recently graduated from the University of New Hampshire with a Bachelor of Science degree with a double major in Sustainable Agriculture & Food Systems and Eco-Gastronomy. Her studies have led her to a passion for local food, both growing it and getting it into the hands of local people. She is looking forward to working on gleaning projects and attending farmers' markets this summer as a part of her work with our Local Foods Program. Jessica is from the small New Hampshire town of Chester where she enjoys working in her garden, cooking with friends, and listening to music. Jessica's future endeavors include working in sustainable agriculture in Costa Rica and owning her own farm.



Lea Taylor



Lea is a 2017 graduate from Colby-Sawyer College who majored in Environmental Studies. Lea attended Newbury High School before Colby-Sawyer, where she was the president of the school's National Art Honors Society. She utilized her passions for art and nature to lead the Eco-Reps team at Colby Sawyer, which showcased the college's first annual Arts for Earth festival that featured student films celebrating earth. Lea is working to revamp the community garden projects in Franklin, NH and to contribute to creating a resilient and self-reliant city. She is dedicated to innovate a more sustainable food system that focuses on collaboration and bringing everyone to the table. Through her internship with MCCD, Lea seeks to learn from experiences and strengthen her personal and professional connections and knowledge of local community networks.