

grown & grazed

volume 4

a letter from the farm manager

The revival of the working Hoffer Farm has brought challenges and frustrations, but above all it has brought celebrations and victories, both big and small.

Often times I think we get lost in the world and only celebrate the big wins that make an outstanding impact. With that being said, it is equally as important to recognize the small victories that kept us motivated along the way. We put a pressure on ourselves to keep moving forward; to keep doing the next big thing, but we lose sight of the passion that drove us to the point we are currently at. Each head of lettuce harvested, animal cracker fed, or post dug into the ground makes an impact on our farm and how we choose to move forward.

This pressure we put on ourselves forces us onto an easier path of burning out instead of prioritizing grace. I encourage you all to allow yourself to slow down, take a brief moment, and give yourself grace at all points in your journey. Give yourself a chance to celebrate the small wins and accomplishments that have gotten you to this point in your life. It is all of our first time living this life, let yourself receive the same kindness you emanate to your surroundings.



seasonal updates

In our hydroponics, we are currently growing four varieties of lettuce, basil, dill, and parsley.

We also have tomatoes and peppers planted, which we are patiently awaiting for their fruits in the coming months!

contact

Questions, comments, concerns or suggestions may be directed to Olivia! To submit questions for our question corner you can email them to oclair@pvcommunities.org, call in at 717-664-6267 or place a note in Olivia's mailbox.

hydroponics

Our team has been hard at work throughout the entire summer, consistently providing our community and campus with fresh greens!

We have been experimenting with different lighting, nutrient concentrations, varieties and crops to see what we can do to expand our growing. Although we have a small space to grow in, we are trying to maximize our production and diversity.

Recently, we transplanted Orange Hat cherry tomatoes and Jigsaw peppers into our channels to see if we can include fruiting crops in our system.

Typically, these crops need a different system to grow in, rather than our NFT system, however we are hopeful that our team can curate the perfect environment for these plants to grow!

Hydroponics meets every Thursday from 9:30 am-12:00 pm.



animals

Although this summer has provided some unfavorable weather, the animals have remained active in the community!

In addition to our Tuesday morning farm socials, the Life Skills students have returned to the farm to walk the animals and volunteer on Friday mornings! Their energy and eagerness was shared with the animals, as they walked them, fed them snacks, and collected eggs.

Our goats were featured at Baron Elementary School's Bookmobile event this summer! Families from the Manheim community enjoyed interacting with the goats and learning more about our farm.

The animals also had the opportunity to come up to the courtyard on campus, where residents and staff who may not see them regularly were able to experience their therapeutic nature and have a few smiles as the animals interacted with their surroundings.



a glimpse of the farm



partnership spotlight

Over the last few months the popcorn has been growing out in the field and on September 30th, the students from Manheim Central's Ag program came out and harvested the cobs! The popcorn will be dried and used as a fundraiser in the coming months for their program.

gather & grow workshops

In the past three months, residents took part in our farm workshops which included flower pressing, flower hammering and natural dyeing, and indoor mushroom cultivation.

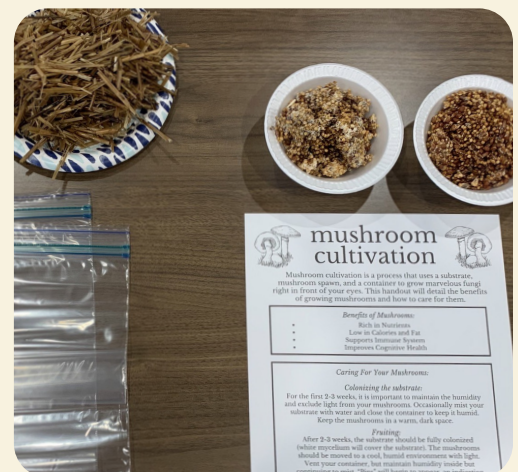
Individuals were able to take their knowledge and demo projects home to continue applying the information that they've learned!



flower pressing



flower hammering &
natural dyeing



indoor mushroom cultivation

quarterly stats

(July-September)

There have been
1,917 eggs
collected.

There has been
over 85 pounds of
lettuce donated to
the Manheim Food
Pantry.

There have been
over 130 hours
put into
hydroponics
work.



farm funnies

why did the scarecrow win an award?

Because he was outstanding
in his field!

**what do you call a cow in
an earthquake?**

A milkshake!

word search

- ALPACA
- PRODUCTION
- EDUCATION
- POPCORN
- BASIL
- MUSHROOM
- ROMAINE
- FLOWERS
- YARN
- SEASONAL

C	E	O	P	E	A	U	O	M	O	N	S	I	R
N	W	E	O	O	D	R	A	O	C	W	N	B	C
N	F	S	O	N	R	U	L	I	S	A	B	N	S
I	L	P	C	C	C	N	C	A	O	H	O	O	P
O	O	H	M	P	N	S	C	A	S	T	L	Y	O
P	W	O	P	R	S	A	E	O	T	E	O	O	P
C	E	O	A	R	P	O	N	A	F	I	E	C	C
F	R	Y	A	L	C	R	E	S	S	I	O	R	O
I	S	S	A	R	L	S	R	A	W	O	P	N	R
P	T	M	O	O	R	H	S	U	M	N	N	S	N
R	P	R	O	D	U	C	T	I	O	N	O	A	O
R	O	M	A	I	N	E	A	A	A	N	I	E	L
B	L	I	A	C	O	R	R	A	R	O	O	E	O
O	M	T	P	O	L	A	A	E	N	L	O	O	N



featured event

High Tunnel Build

Tuesday, September 23rd and Wednesday, September 24th

There has been conversation surrounding the construction of high tunnels on Hoffer Farm and after several months of planning, meetings, and waiting we have finally built three high tunnels! Through the hands of our hardworking staff, we were able to get the frames put together and established in the ground. The next steps will occur in phases as we continue to frame the tunnels and eventually cover them with their plastic. These tunnels will help us to produce our own crops in-house, extend the growing season, and experiment with new crops, so we are able to continue providing the campus and community with fresh produce in a sustainable way!



get involved!

“gather & grow” workshops

These interactive workshops will touch on different topics in agriculture and include a take home project.

Our workshops are held on the third Thursday of each month in the Activities Center. So far, residents have experienced the spectrum of growing, from seeding crops to harvesting to preserving them. We plan on continuing to educate and make agriculture accessible!

Please register on WellZesta if interested.

“tails & tales” farm social hour

Join your neighbors and farm friends as we walk and socialize with one another!

Tails & Tales will meet down at the animals each Tuesday of each month. We will walk the animals from 9:00-10:00 am.

Everyone is welcome!

Please contact Olivia, if interested, to be included in communications.

sustainability spotlight

Not every head of lettuce we grow in hydroponics is “picture perfect”, however it remains fresh, tasty, and safe to eat. Rather than let these heads go to waste, we share them with our campus food pantry where they are offered to staff!

crop spotlight

We grow several herbs in our hydroponics, however our basil has to be our most favored! The variety that we grow is quite prolific. In fact, one basil plant will typically remain and be harvested for three months before we pull it out! If you’ve ever had fresh basil at H&H, you can be assured it’s grown by residents, right across the street!



community impact

“For me, it’s like going back in time to when I was a kid on the farm. Being able to see the confidence grow with the Life Skills students as we work together with the animals and then hearing them say ‘I can do this!’, makes it all worthwhile.”

-Diane Hoffer

question column

Q: What crops will be grown in the high tunnels?

A: In the first seasons of the high tunnels, we will grow a variety of vegetables, flowers, and herbs to determine what grows best in our soil.

Q: Are there any plans for breeding this fall?

A: Yes! The ewes on the farm will be bred this fall and will lamb in the springtime. We are hopeful to have lambs near Easter, in the beginning of April.

rooted reflection

What’s one source of joy from nature in the past months that you have carried with you?