

grown & grazed

volume 3

a letter from the farm manager

The warm weather brings new beginnings and fosters growth throughout the season. It's an opportunity to ground ourselves and realign with what matters most.

On Tuesday mornings, we host our farm social hour, a time when residents, staff, and community members can connect with the animals. You can visually see the significance of these mornings to those who come out to the farm. Visitors begin to relax, walking slowly alongside a goat or gently greeting a chicken. They strike up conversations with each other, and sometimes with the animals, leaving with a quiet sense of connection and renewed appreciation for the space.

It's easy to lose ourselves and our purpose, especially as we take the natural land for granted. But each season offers us a gentle reminder: we can keep growing, together. We can root ourselves in the steadiness of the earth and find meaning in small, simple moments.

In the days and weeks ahead, I encourage you to spend some time outside, to slow down, and to let nature support you - with its quiet constancy and grace.



seasonal updates

In our hydroponics, we are currently focusing our production on lettuces, basil, dill, and parsley based on our community's wants and needs.

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

Hydroponics has remained booked and busy as the spring and summer months roll in! We had the opportunity to showcase our lettuce and growing process at both the Wellness Fair in April and Community Day in May, both on campus. Those who stopped by our tables were shown how we grow our delicious produce and how we provide it for the community!

As the interest in hydroponics grows, we are helping to tailor what we grow to what we hear from our clients. Hearth and Harrow loves to use some of our produce, so we are experimenting with new crops to incorporate in their menu.

Don't forget that on Thursdays we sell our lettuce in the mailroom of TSN!

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



animals

The animals are being active in both the pastures and the community!

Our Hoffer Farm animals were shown off to the community on Community Day, where visitors were able to interact with them and get a sense of how therapeutic and enjoyable they can be. With the weather getting nicer and warmer, plenty of folks have been engaging with the animals as they stroll along the walking trail, giving our friends a conversation and a friendly smile.

The socialization of our animals doesn't stop there! Tuesday mornings at our farm social hour have become a wonderful way for the animals and visiting individuals to engage with one another and enjoy the farm together.



sustainability spotlight

Ever have a couple imperfect leaves on the bottom of your lettuce near the base? Hydroponics is no stranger to this occurrence and although some may complain, our chickens don't! Instead of throwing these leaves in the garbage, we give them to our chickens and they get to enjoy a tasty snack.

animal spotlight

The alpacas that we have here at Pleasant View are Suri alpacas. Suri alpacas are known for their long pencil-like locks of wool that help to keep them nice and warm in the winter time. We have six alpacas here on the farm, including four females, and two males.



community impact

“Doing anything agriculturally here at Pleasant View just makes me feel at home. Watching farm animals and plants grow, which is food for others, is the joy of life.”

-Mark Nestleroth

question column

Q: How long does it take to grow a head of lettuce from start to finish?

A: It takes approximately 55 days for the lettuce to grow from seed to harvest!

Q: Are the eggs from the farm better for us than store-bought?

A: Our hens have access to fresh air, a balanced diet, and plenty of grass to eat.

This helps to promote more omega-3 fatty acids, vitamin A, and vitamin E in the eggs, making them better for you! The eggs are also only a couple days old whenever you receive them, offering better flavor and texture!

rooted reflection

What's one tradition or action in your life that helps you feel grounded?

featured event

Bucket Garden Event

Friday, May 30th, 2025

In order to kick-off the summer season and get folks excited for the produce to come, we hosted a bucket garden event in The Gathering Place Courtyard! Our event focused on creating accessible and beginner gardening so everyone could get involved in enjoying a fresh harvest. Residents and staff members gathered to pick and choose their favorite tomato or pepper plant and place it into the planter of their choosing. Plants were transplanted, watered, and sent on their way to grow and fruit for the summertime. We would like to give a very special thank you to Manheim Central High School for donating all the plants to Pleasant View. Instead of composting them, we were given the opportunity to adopt them and spread the tomato-ey wealth!



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 in our series we have held workshops focused on growing your own microgreens, making wildflower seed bombs, and making our own butter.

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.

a glimpse around the farm



partnership spotlight

In the beginning of May, individuals from Manheim Central High School's Ag Program met out at one of the fields behind the animal pens. They planted popcorn seeds, which are beginning to grow and will hopefully be harvested for a fundraiser in the fall!

gather & grow workshops



shearing day 2025



**quarterly
stats**

(April-June)

There have been
1,958 eggs
collected.

There have been
264 heads of
lettuce donated to
the Manheim Food
Pantry.

There have been
2,210 seeds
planted in
hydroponics.



farm funnies

how do chickens stay fit?

They egg-cercise!

**why are carrots the best
teammates?**

Because they are always
rooting for you!

word search

- BIODIVERSITY
- CROP
- EGGS
- FARM
- HIGH TUNNEL
- IRRIGATION
- LIVESTOCK
- PASTURE
- SOIL
- TRACTOR

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