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The Growing Trend of Metrognomes

BY STACY MILBOER AND TOM LONG
Fiddlehead Contributing Editors

F or the past three decades we weren’t exactly country mice. More accurately, like so many people raising families in the Granite State, we’ve been suburban settlers with children attending good public schools, supermarkets within close driving distance and the occasional neighborhood block party. We loved it, but our public schooler is off to university, we would rather walk than drive to the store and we can’t wait to scoop another flake of snow.

In other words, we’ve joined a growing movement in America. Moving to or back to a city. We now refer to ourselves as metrognomists.

According to recent Census Bureau data, there are 2.3 million more people living in metro areas today than there were seven years ago. The trend in city living is driven primarily by two groups: young professionals and Baby Boomers, who are retiring and moving back to the cities they left when they started families, according to William Frey, a demographer at the Brookings Institution. He, in an article in USA Today, described the trend as a “180-degree switch from the exodus to the USA Today, described the trend as a

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The first Bonafide Fiddlehead nominees will cover the period from

August issue of Fiddlehead, and all winners will be announced in

June 30. A readers’ poll will commence with the release of the July/

The Bonafide Fiddlehead Award nominees may have demonstrated

Bonafide Fiddlehead Awards Ballot Opens May 7

BONAFIDE FIDDLEHEAD AWARDS BALLOT OPENS MAY 7

Fiddlehead will begin to accept nominations May 7 for its inaugural Bonafide Fiddlehead Awards, celebrating individuals and businesses that support their local communities, neighbors and environment.

The nomination process will take place through an online ballot on the home page of fiddleheadnh.com and will be open May 7 through June 30. A readers’ poll will commence with the release of the July/August issue of Fiddlehead, and all winners will be announced in Fiddlehead’s September/October issue.

The Bonafide Fiddlehead Award nominees may have demonstrated one or more of the following attributes: providing a service to improve a community, volunteerism, securing goods and services from local businesses, supporting local retailers and restaurants, providing goods or services to reduce waste, demonstrating environmentally sound practices or other sustainable practices.

The first Bonafide Fiddlehead nominees will cover the period from
School Fishing 
Teams Hook 
Anglers Young

BY DAVID TIRRELL-WYSOCKI | Fiddlehead Contributing Writer

Remember when goin’ fishin’ meant ditching school? Teens all over New Hampshire have taken the phrase to a new level, going fishing to represent their school as part of state-sanctioned, competitive bass fishing teams. And, for at least one day a year, at tournament time, it’s an excused absence—with student anglers wearing school colors to go fishing. Thirty-two teams competed in last year’s state tournament.

Sophomore Chris Brahan is half of the team at Kearsarge Regional High School in Sutton. He and partner Steven Williamson are 2018 state champions, proving the size of the fish, not the size of the team, is what counts. Brahan is 16. He’s been fishing half his life, but it wasn’t until about two years ago, when he discovered various effective baits, that he figured out how to catch bass.

“They’ve been hooked ever since,” he said. Pun intended.

So have plenty of bass who happen to swim near his line. In the state tournament last fall, Brahan and Williamson caught eight bass, for a total weight of just under 25 pounds. Their largest weighed 5.37 pounds.

Part of their secret is finding the right bait. But there is a lot more to competitive fishing. Fishing teams must learn how to outsmart bass by practicing and studying all year long.

“For every one hour I fish, I’m probably spending one hour reading or watching videos on fishing,” Brahan said. “You are practicing every opportunity you get.”

When he’s not competing in Nordic skiing or track and field, Brahan’s research and on-the-water practice reinforces how to change fishing tactics to account for sunny days, cloudy days, water temperature, water depth, different types of bait and other factors.

“From the outside, it kind of looks at times like you can throw a rubber worm out there and catch a big fish,” said Scott Fitzgerald, chair of the New Hampshire Interscholastic Athletic Association (NHIAA) Bass Fishing Committee. “The people involved know it’s way beyond that.”

When it sanctioned bass fishing in New Hampshire in 2013, the NHIAA, which oversees school sports, saw it as an opportunity to perhaps reach students who might not be active in other sports and to introduce a sport where boys and girls could compete on the same team.

Teams range from two members to 15 or 20, he said, though at tournament time in the fall, teams include four anglers, with only two on the water at a time. In preparation, two or three schools at a time might hold smaller matches.

All are eligible for the qualifying meet, with the top third moving to the finals. Fish are released after being measured and weighed.

The sport comes with relatively little expense to schools and the potential of boosting an activity that lasts long after graduation.

“Kids will not only learn the skill, but it’s an activity they can do for life,” Fitzgerald, also the athletic director at Kearsarge, said.

The N.H. Fish and Game Department and Let’s Go Fishing Program Coordinator Kyle Glencross are actively involved, helping manage tournaments and presenting an educational seminar each year for all teams. They cover everything from knot tying, casting and caring for fish to conservation, water safety and the rules and regulations of fishing.

“Other youths might just open the rule book or find out second- or third-hand,” Glencross said. “This gives them an in-depth look into how fisheries are managed from a fish and wildlife agency. Hopefully, they are learning more than just fishing tactics; they are learning about angler ethics on the water, conservation, access.”

The sport wouldn’t be a success without the state’s bass fishing community, including NH Bass Nation, which handles weigh-ins and other duties; and tournament fishermen, who volunteer their boats and take the teams onto the water.

Here’s a bonus for readers who have continued this far: a fishing secret from defending champion Chris Brahan. He likes different colored baits and “underspins,” a type of lure not used very much in the area.

“They have been catching me some really big fish this year,” he said.
The term “land for good” may be interpreted two ways: It can mean a property is put to good use or it may indicate that the acreage is being preserved from development. In the case of the Keene-based Land for Good it means both.

“We work with farmers throughout New England to make sure their land continues to be used for farming,” Lisa Luciani, spokesperson for the nonprofit, said recently.

According to the U.S. Census Bureau, there are about 4,391 farms in the state and the average size of a spread is 108 acres. One-third of the farms are operated by farmers age 65 or older, and most are farming without a young farmer to help, according to a study conducted by Land for Good and the American Farmland Trust.

In some ways Land for Good serves as a matchmaking service to help retiring farmers connect with a new generation before it’s too late.

“We offer a number of tools to help farmers access land and negotiate leases,” said Luciani. “There are also tools available to help first-generation farmers make informed decisions based on their own land dreams, such as a tool on ownership versus leasing.

“Since 2010, we have worked directly with farmers to keep land in farming,” Luciani said. “We provide caring support and expert guidance to farm families in planning the transfer of their farms to the next generation or owner,” Luciani said.

In response to statistics that indicated that nationally nearly 90 percent of farm landlords are not farmers, and little was being done to address their concern, Land for Good began its Working Lands Program to work with those stakeholders.

The Farmland Trust/Land for Good began its Working Lands program in response to a lack of services being done to address their concern, Land for Good.

“Our mission is to help them with their succession plans and keep the land in farming,” said Luciani.

Some resources may be downloaded from its website at landforgood.org, including an online “Farm Legacy Tool Kit,” which helps farmers explore and evaluate their options, find advisors and successors, organize the documents necessary for a successful transition and a Build-a-Lease tool as well as a toolbox for land seekers.

“We help them make connections with land owners or senior farmers and help farmers transfer land,” said Luciani.

In the winter, when life on the farm may be slow, there is a three-day succession school offered for interested farmers.

“A large percentage of New Hampshire farmers are over the age of 65,” said Luciani. “In the next 10 years their land will transfer hands one way or another. Our mission is to help them with their succession plans and keep the land in farming.”
The restaurant’s menu is world-eclectic, influenced by Paolini’s and Hernandez’ travels and studies. There is Rosa’s Authentic Ragù alla Bolognese over ferratuccini — a recipe passed down through her grandmother; Spanish Seafood Paella; Madeira Chicken Breast with fig, caramelized onions, sundried tomatoes, artichokes and fingerling potatoes, finished with Madeira wine and fresh herbs; and Peruvian Causa Limeña, with whipped potatoes, ground beef, eggs and creamy avocado sauce, just to name a few.

The restaurant is devoted to using the fresh, most local ingredients — no packaged or prepared food, even if those ingredients are more expensive.

“Do what we need to do, but we never cut corners,” said Paolini. The restaurant is also dedicated to serving customers with a variety of dietary needs and preferences, including vegetarians, vegans, gluten-free and those on paleo and keto diets.

“We did what we need to do, but we never cut corners,” said Paolini. Included on the XO menu are vegan/gluten-free appetizers and entrees like Arepa — grilled white corn, zucchini, carrots and chia seed bread, vegetables, sweet plantain and avocado. It’s an international menu from an international staff.

Paolini came to this country to study in the food, not just a salad if you’re vegetarian or vegan,” Paolini explained. The restaurant’s menu is world-eclectic, influenced by Paolini’s and Hernandez’ travels and studies. There is Rosa’s Authentic Ragù alla Bolognese over ferratuccini — a recipe passed down through her grandmother; Spanish Seafood Paella; Madeira Chicken Breast with fig, caramelized onions, sundried tomatoes, artichokes and fingerling potatoes, finished with Madeira wine and fresh herbs; and Peruvian Causa Limeña, with whipped potatoes, ground beef, eggs and creamy avocado sauce, just to name a few.

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English and was about to return home when she had dinner with a friend at The Colosseum Restaurant in Salem. “Annibale Todesca, the Colosseum’s owner, told me if I really wanted to learn how to speak English, I should work for him, and the interplay with customers would help me learn the language. So, I did,” she said. That year she met John Paolini, a chef at the restaurant. The couple fell in love and soon had twin daughters who are currently students at the University of New Hampshire. We decided we wanted to open a place of our own,” she said. They soon opened Piccola Italia Ristorante, also on Elm Street. “Destiny can be bizarre, can’t it?” said Paolini, “Never in a million years did I think I would become a chef. I’ve always cooked, even as a child. And when I was growing up in Italy my mother could make the most delicious sauces with just a few fresh ingredients — tomatoes, basil and olive oil.” John and she eventually divorced, and Rosa married Mailloux. They now have eight-year-old twin boys. “When we opened XO, a lot of our customers were expecting fireworks, because John still owns and operates Piccola, and the restaurants are practically next door, but we get along beautifully. We’re just one big family. If I’m missing an ingredient, I go to him. If he’s missing something, he does the same. We share employees.”

XO’s buffalo chicken empanadas are gluten-free bites. Below, braised lamb shank with a cabernet demi-glace sauce is served with a creamy parmesan risotto and broccoli. Photos by Sarah Swan.

CONTINUED FROM PAGE 13

Paolini, who is also a licensed massage therapist and esthetician, is passionate about family, food, nutrition and healthy living. “We don’t use any preservatives in our food, no additives or unnatural colorings. We make everything from scratch. Many of my customers have been coming for years. They know food and they know they’ll never get a bad meal. And if somebody wants something special, I’ll make it for them, even if I have to go out to the store to get ingredients.”

XO on Elm is at 827 Elm St. in Manchester. Call 560-7998 or visit xoonelm.com for more information.

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Board Game Bonding

I imagine the coolest birthday party ever with thousands of games, great eats, creative cocktails and copious coffee drinks. That’s what it’s like all the time at Boards and Brews on Elm Street in Manchester.

The cafe is the first of its kind in the state. It has a full-service restaurant, full-service cocktail and coffee bar and literally thousands of board games available to anyone who walks through the door.

“Our goal is to offer an alternative to traditional bars in downtown Manchester and create a haven for passionate board gamers, as well as a place for more casual gamers who can come play a game and learn more about the hobby,” said Keating Tufts, who co-founded Boards and Brews with Dave Casinghino a year ago.

The partners raised the money for the venture with a $20,000 Kickstarter campaign. The investment seems to have paid off. The place is packed pretty much all the time.

On one recent Saturday there were families navigating classic games of Mousetrap and Monopoly, as well as serious gamer groups engaging in an intense game of Twilight Imperion, “The game of galactic conquest.”

“It’s great to see people put their phones down and actually talk to each other, particularly when it’s a family. We get a lot of families on weekend days,” said manager David Eddy.

Recently, the York family of Manchester was in a deep dive into Clue with hot dogs and a square dish of what the cafe calls Connect Four – a choice of four fun foods – in this case, M&Ms, animal crackers, Swedish Fish and Cheez-Its. There’s even a section labeled “hardcore,” which includes Assault on the King’s Tower, Warhammer and Dungeons and Dragons.

The cafe has a full signature coffee and tea menu, including the Fields of Arles coffee with caramel, lavender, lavender; Blood Rage coffee with chili powder, caramel and ginger; and the Professor Plum – spiced plum, loose-leaf tea.

For more information, visit boardsandbrewsnh.com.

The York family tackles a game of Apples to Apples and enjoys a snack assortment including the “Connect Four” also seen below.

You can find the full feature in the May issue of Fiddlehead.
W
ant to celebrate National Bike Month in New Hampshire this May? We have one word for you – interact.

Officials at the N.H. State Department of Transportation don’t just worry about drivers of motor vehicles, they oversee the safety of pedestrians and bicyclists, too, and a new DOT interactive program gives bicyclists and walkers a chance to have a say in future projects.

Visit nhpedbikeplan.com and check it out; it’s a great way to celebrate National Bike Month.

“Throughout 2019, we are asking for the public’s input on ways that the state can improve pedestrian and bicycle safety and encourage walking and cycling for both recreation and transportation,” according to the website, entitled the New Hampshire Statewide Pedestrian and Bicycle Transportation Plan.

Pedestrians and bicyclists are then invited to identify places they would like to see improved on an interactive map, provide written comments and participate in a survey. They can also sign up to be notified of upcoming public meetings to discuss DOT plans.

Participants are encouraged to share their favorite places to walk and ride. Just click on the map, locate your favorite spots and type in a comment. You may also participate in a survey on the site to share your thoughts. Would you like improved bicycle lanes or more sidewalks? You can let them know. Ditto if you walk for recreation, to save money or because you don’t own a car.

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What do you think of local road conditions? Which streets could use improvement? You get the idea. And don’t feel you have to be a long-distance rider or commuter to participate. According to the League of American Bicyclists, 40 percent of bike trips are less than two miles.

The plan will develop guidance and provide direction to expand safety and access for pedestrian and bicycle use of the State’s transportation network. The plan will identify significant pedestrian and bicycle networks and barriers throughout the State, evaluate opportunities for improved non-motorized connectivity to meaningful destinations, including transit connections.”

Bike to Work day is May 17. Take notes and share them at nhpedbikeplan.com.
Getting Healthy the Right ‘Weigh’

STORY AND PHOTO BY AMI B. CADUGAN Fiddlehead Contributing Writer

Eight loss is hard. There’s no way to sugar coat it.

The team of licensed health care and nutrition experts at Nutrition in Motion feel they can help. The staff developed something they call the “Right Weigh!” — individualized plans to help Granite Staters on the path to a healthier lifestyle.

Nutrition in Motion was founded in 2009 by Kim Dorval, a registered and licensed dietician, at its current location on 80 Palomino Lane in Bedford and has grown to 15 facilities in New Hampshire and Massachusetts since then.

She started the “Right Weigh” program six years ago with her partners — Victoria Kirby, an advanced practice registered nurse; Jill Plumer, a licensed mental health counselor; and Jaclyn Fodor, registered dietician and chef.

The focus is the overall state of a person’s health, not just the numbers on a scale. That includes underlying medical, physical and even mental issues that can hinder losing weight, according to Nutrition in Motion staff.

“Today people just want to take medicine to solve all their problems,” said Dorval. “We look at the root of a person’s problems, then create a customized plan to solve them. Going beyond the scale, we also have advanced technology to measure resting metabolism, run total-body measurements as well as a full-body composition analysis - ratios of fat, muscle and water mass.

To customize programs, there’s a staff of 14 dieticians with their own various specialties, including heart disease, oncology, digestion issues, weight management and pediatrics. The entire team is there to support the underlying issues which can hinder weight loss.

“A lot of times, people don’t prioritize their own health. We help people identify and overcome barriers to success,” said Dorval. “People know what to do; it’s how to apply it. They don’t know even how to prepare a chicken from scratch. They don’t know what the numbers on a scale. That includes underlying medical, physical and even mental issues that can hinder losing weight, according to Nutrition in Motion staff.

“We learn what motivates people and teach them how to make healthier choices.”

They also look at their clients from a medical standpoint.

“Many times, there are underlying hormonal issues or metabolic disorders, even food sensitivities that can hinder someone’s success. Each practitioner looks at an individual’s medical, physical and mental states, to take steps to achieve their goals,” Kirby said.

To ensure consistency, Nutrition in Motion also collaborates with people’s primary care physicians.

And of course, there is exercise, essential to keeping weight off and not just losing it, according to Dorval who said they collaborate with a network of physical therapists, personal trainers, local gyms and yoga studios to give clients the opportunity to see what works best for them.

“We do this by scheduling group visits,” said Kirby. “It’s about the individual. And we look at everyone from the inside-out. This program is not just about weight loss, it’s about making people feel good.”

Phase one runs for 12 weeks and includes group classes as well as individual sessions.

“We learn what motivates people and teach them how to make this program work in real life. Even simple things, like what to order when eating out with friends. Or taking the steps instead of the elevator. Because this is a lifestyle change,” Kirby said.

Phase Two continues for six more weeks, to ensure that long-term change can be achieved and maintained.

Because the program is run by licensed medical practitioners, it can be billed through most insurance programs.

Nutrition in Motion is also committed to community involvement. It participates in local farmers’ markets, chambers of commerce events, sponsors Birch Hill Elementary School’s “Smile Mile” in Nashua and works with the Safe Sports Network in Manchester. 

For more information, visit nimnh.com.
I’ve rarely met a New Hampshire native who didn’t smile at the thought of the first ripe native strawberries combined with fresh rhubarb.

After a long and cold winter, it’s the first tangible indication that there actually will be a summer in our future. And the perfect way to enjoy them is in a cool, refreshing soup.

Some recipes go out of their way to add more steps and ingredients than necessary. Strawberries and rhubarb are such an ideal combination that they really need little to bring them to perfection.

Just soften the rhubarb, add a judicious amount of natural sweetener, preferably locally made maple syrup or honey, some mint and yogurt, and perhaps a few drops of lemon juice. That’s it.

CHILLED STRAWBERRY RHUBARB SOUP

INGREDIENTS
2 stems of rhubarb, leaves trimmed; cut into one-inch pieces 1 quart ripe strawberries, stemmed and cut into quarters ¾ cup maple syrup or honey Water 2-3 mint leaves 1 ½ cups plain yogurt Lemon juice

DIRECTIONS
Place rhubarb, strawberries and just ½ cup of preferred sweetener in saucepan on stovetop. Add enough water to barely cover ingredients. Bring to simmer and cook 10-15 minutes, until rhubarb is tender. (Add little extra water as needed.) Remove from heat and allow to cool. Add cooled ingredients, along with mint leaves, to blender and puree. Add yogurt and blend. Taste and add more sweetener and/or lemon juice to taste. Chill thoroughly before serving. Pour into small cups and garnish with strawberry slices, blueberries and mint leaves.

Go Nuts

Nuts add nutrition, flavor and texture to a salad. And they’re very cost-effective, as just a small amount goes a long way. Already portioned packets of sliced or slivered almonds and chopped walnuts are the easiest to use. But it only takes a few minutes to create your own candied nuts. Let’s be honest — the contrast between the deep earthiness of the nut meat and the sugary glaze makes them irresistible. Make double batches so that you can snack on them later, when the kids are in bed.

CANDIED NUTS:
3 tbsp. butter
3 tbsp. light brown sugar
½ cup shelled, whole pecans or walnuts
Pinch salt

In small skillet over medium heat, melt butter. Add nuts, sugar and salt. Stir until sugar caramelizes, about 3-5 minutes. Spoon hot nuts onto plate, parchment paper or cooling rack. (Be careful of hot sugar.) Allow to cool before using.

EXCITE SPRING SALADS WITH EDIBLE FLOWERS

Starting in early May, I’m probably eating a salad of some sort every day. It doesn’t take long before this routine becomes tiring.


To shake up the routine, take a cue from the flower garden. Soon, you’ve got pansies and nasturtiums flowering on the borders, a pot of marigolds (calendula) on the deck, and every morning I’m greeted by the sight of more flowers on my rose rugosa (wild rose) bushes.

Do you know what all these flowers have in common? They’re gorgeous, fragrant and absolutely delicious in a salad.

Be forewarned: Not every type of flower is edible. Consult your garden guide, the instructions on the seed packages and perhaps most importantly, your local garden center expert.

Don’t ignore some of the flowering heads in your vegetable garden. Zucchini blossoms, chive, pea and runner bean flowers, as well as herbaceous mint, thyme and basil buds — all of these add variety to a green salad.

As a bonus, nasturtiums contain a number of nutrients, including vitamin C and the highest levels of lutein of any edible plant. Research indicates that lutein is beneficial for eye health and the prevention of cataracts.

The recipe above incorporates a poppy seed dressing that is light enough to accompany any fruit salad. Keep a batch in your refrigerator and use it as the summer progresses with a new crop raspberries, peaches, pears and apples.

SAY CHEESE

Not every cheese is an ideal garnish for a salad. For best results, look for members of the blue, feta and goat cheese families. All three feature a nice, sharp bite balanced by a soft, creamy texture. And they break apart or crumble beautifully. I would heartily recommend the raw-milk cheeses from Abbott Hill Creamery (twcfarm.com), part of the Temple-Wilton Community Farm in Wilton. They’ve got a feta that in no way resembles the dry, salty chunks we find in the supermarket. Also look for their deliciously creamy Abbott Hill Blue.

Their seeds can be planted early in the season and they don’t need special care or nutrition, in fact, they actually grow better in poor to average soil. And their flowers have a distinct peppery flavor, very similar to their relative, the watercress.

Mark Bouchard is a New Hampshire food writer and executive chef at Stellina Restaurant in Watertown, Mass.
arrington artist Valerie Allen knows serendipity is at play in her life. At 74, every decision up to now has brought her to where she is today.

Her mother knew Valerie would be an artist at an early age — according to Allen, "from the time she was old enough to pick up a pencil" — and she was right. She studied graphic design, illustration, photography and printing at Rochester Institute of Technology, graduating in 1966.

She first went to work for book publishers in New York City where she was a picture editor, one of her first responsibilities being to paste the Latin names under many photos of spiders. Another job had her doing the color separations by hand for 1,500 illustrations in a Singer Sewing Book, where two plastic layers were individually cut and then layered and laminated together.

She later owned a graphic design business in York, Maine, and started a family. Her daughter Cindy has since followed in her mother’s footsteps and is also a graphic designer, living nearby with a family of her own.

Computers changed the world of graphic design drastically over the years and Allen eventually took a position with a mutual fund company, still painting and doing commission work on the side. She retired in 2014 after 30 years at the company.

She has lived in Barrington since 2003, where she still pursues photography and takes her camera along on walks in the woods. She often works from photos when she paints, mostly in acrylic, because she feels it allows her to incorporate more detail into her pieces.

And she paints at home because, as she joked, "I like to be near the refrigerator." Allen draws inspiration from the native landscapes and the flowers, and also does commission work. She started exhibiting in 2014 and has displayed her work at Just Us Chickens in Kittery, Maine, as well as having an ongoing exhibit at the Seacoast Artist Association in Exeter. Her artwork can be made into a puzzle at Piecetime Puzzles in Northwood.

For many years, she says, self-doubt and long work hours prevented her from exhibiting. She used to wonder if she was good enough. But after retirement, that all seemed to change. "Girl, you got some years left in you," she said to herself, and then things just started to click. There’s that serendipity at play again.

And her interests go beyond her visual art. She writes poetry and is part of a group at the University of New Hampshire called the Active Retirement Association, which boasts 300 members and holds events and activities, such as lectures, dinners and trips. Allen leads a writing workshop.

“It’s a nice, creative release,” she said. “It’s good for making friends and getting out of the house.”

She is also becoming more involved with the Barrington Conservation Commission. In the park where she lives, she is known as the “turkey lady” because she feeds the wild turkeys, which live in the woods nearby.

“I try to emphasize the beauty of nature,” she said of her art. “I want to (paint) something that will be pleasant for people to own. It inspired me, so I do it. It’s like writing a poem. You just get hit with it and need to make it happen.”

And this turkey lady is still spreading her wings.

More of Valerie Allen’s work can be viewed in the gallery of the Seacoast Artist Association website at seacoastartist.org or she can be reached directly at veallen.448@gmail.com. Find Piecetime Puzzles online at piecetimepuzzle.com.
Webbed Wheeler

BY TOM LONG AND STACY MILBOUER  Fiddlehead Contributing Editors

Merlin is a lucky duck.

The wobbly white quacker with a mobility-limiting leg deformity was fitted with a wheelchair by Walkin’ Pets in Amherst.

“It was really amazing to see the duck walk,” said Jennifer Pratt, a project manager at Walkin’ Pets, also known as handicappedpets.com.

The damaged duck was rescued by Rebecca Hurst after neighbors in Pennsylvania found him in their backyard. Hurst welcomed Merlin into her apartment and cared for him for two months, but he did not take to apartment life like a duck to water.

Hurst knew Merlin couldn’t stay in her apartment forever; he needed more care than she could give him. So, she found him a forever home at Goats of Anarchy, a sanctuary in New Jersey that is home to ruminants with special needs, many fitted with wheeled carts by Walkin’ Pets.

One thing led to another and Walkin’ Pets created a wheeled cart for the afflicted bird.

“Since we started in 2001, we have helped about 50,000 animals, mostly dogs and a lot of cats,” said Pratt, although she said cats were a little more involved.

“They’re a little tricky because they’re Houdinis who like to escape from anything,” Pratt explained.

She said the frame size of the wheelchair is based on weight with four categories: mini, for 2 to 10 pounds; small, for 11 to 25 pounds; medium, for 26 to 69 pounds; and large, for 70 to 180 pounds. Then adjustments are made for height based on the width of the animal’s back leg.

A pet wheelchair can run from $150 to $500 depending on the size of the animal – a small price to pay, according to the many customers who credit the devices for preventing them from making the excruciating decision to euthanize their pets.

In fact, the business was inspired by just such a circumstance. The company was created in 2001 by Mark C. Robinson in memory of his slightly epileptic dog, Mercedes, “who was put to sleep before her time because Mark didn’t know any better and had no way to find out more,” according to the company’s website. “Now,” it states, “there’s a way. We have all the products you’ll need to care for your aging, injured, and special needs pets.”

“Part of our mission is to let people know what is possible. Merlin has been a great help in that regard. He has raised awareness. All disabled pets are family, and all pets deserve to stay safe, happy and always on the go,” said Pratt.

For a while if it walked like a duck, talked like a duck and rolled like a duck, it had to be Merlin, but when word of the wheeled waterfowl got out, other web-footed bird owners, including those of chickens and geese, beat a path to Walkin’ Pets’ door.

Q, a Muscovy duck from Tampa, FL, made the long trip north to be fitted with a cart. Beatrice, a Pekin duck from Canterbury with a neurological disorder, got a set of wheels, too.

Perhaps the most inspirational story is that of Hope, a 2-year-old Pekin from Buxton, Maine, who was abused by her flock until she was unable to defend herself. The Phinney family nursed her back to health, and when they saw a story about Merlin on television, they sought Walkin’ Pets’ help and their duck was fitted with a wheeled cart.

Pratt said Hope took to her new wheels right away and ran around flapping her feet with joy. Hope is now a therapy duck, inspiring and entertaining patients at the Barbara Bush Children’s Hospital in Portland, Maine.

While the majority of the company’s wheelchairs have been for dogs and cats, the company has made devices for barnyard animals – mostly goats and sheep. That is, until Merlin, and now more and more people are inquiring about their waterfowls.

“With every duck we’re learning,” she said.
Outsourcing the arrival of spring blossoms and crave the scent of flowers in summer. We value their varied colors and textures in a landscape and integrate their beauty into our gardens, home décor and cuisine.

For centuries, edible flowers have made their way onto the plates of kings, queens and commoners alike. From biblical times to modern-day cuisine, edible flowers heighten the senses in appearance and taste. They add pops of yellow, orange and purple in salads, dress up drab desserts and give drinks and soups a depth of flavor. Edible flowers are eaten around the globe in all forms of cuisine and are valued for their aesthetic appeal.

GROWING

Many edible flowers can be grown in the home garden. When you raise them yourself, there is no doubt that they will be organic and pesticide-free. Nasturtium (Tropaeolum majus), pansies (Viola x wittrockiana) and violen (Viola tricolor) are easy to grow in pots. These are all delicious in fresh salads, frozen into ice for festive drinks or candied for confections.

Rose petals (Rosa sp.) and tulip petals (Tulipa sp.), herb flowers like thyme (Thymus sp.) and balm (Oxidum basilicum) and vegetable flowers such as pea (Pisum sativum), squash (Cucurbita sp.) and radish (Raphanus sp.) grow in the landscape or vegetable garden.

Care must be taken when watering and controlling garden pests and disease. Using fertilizer or pesticides near or on a plant that will be consumed should be done with caution and according to the product label.

Check your plants early and often to identify issues before they become problems. Encouraging beneficial insects to take up residence in the home landscape and using integrated pest management in the garden will keep your vegetables, herbs and edible flowers beautiful and safe to eat.

Watering plants at the soil level is advisable. When plants are watered from above with sprinklers or hoses, moisture can collect on delicate flower petals and cause damage or discoloration. Using mulch reduces the amount of soil that may splash onto the plant, reducing the amount of time it takes to prepare your flowers for consumption.

HARVESTING AND STORING

Edible flowers, like vegetables and fruit, should be harvested when they are ripe and three quarters of the way open. Flowers are most turgid (full of water) in the morning and will stay fresh longer if picked then.

If soil or insects are present, flat the flowers gently in cool water and dry on a paper towel. A small, delicate brush also works to remove loose debris from dry flowers.

Edible flowers can be stored in a plastic container with damp paper towels until they are ready to use. Whenever possible, use caution when handling flowers as they may bruise and wilt easily.

PREPARATION AND USES

Before adding edible flowers to a dish, the reproductive parts of the flower should be removed. Using tweezers or scissors, cut away the anther and filaments. Removing any pollen reduces the risk that someone with allergies will react to eating the flower.

Removing the sepals and stigma reduces the bitter flavor in some flowers. If using roses, daisies or calendula, remove the petals and do not use the interior of the flower. Dianthus petals are most flavorful if the white part of the petal is removed.

Pair edible flowers and food according to taste: floral, sweet undertones are best with desserts and cakes whereas oniony, herbal flavors are better with savory foods such as salads and cheeses.

For instance, pair apple (Malus sp.), plum (Prunus sp.) or cherry (Prunus cerasus) blossoms with cakes. Lilac (Syringa vulgaris) flowers are fragrant and sweet as well and can be candied. Hyssop (Hyssopus officinalis), dill (Anethum graveolens), nasturtium andborneo (Borago officinalis) may be best used in salads or to adorn cheeses and meats. Vegetable flowers like squash blossoms can be fried and eaten raw or cooked.

PRECAUTIONS

The most important thing to keep in mind when growing, collecting or buying edible flowers is: Are they actually edible? Always refer to a reputable source to ensure that flowers are safe to eat and are not poisonous.

Books and online guides that include common name, proper name and photos of the edible flower are preferable. Like any new food, introduce edible flowers slowly to see how they are tolerated.

UNUSUAL EDIBLES

When we think of flowers in our salads, we often think of nasturtium, violen, pansies or calendula. Here are a few other flowers that we don’t commonly think of as edible but are interesting and delicious.

BY LAURA CONNER
NH Master Gardener Volunteer

So, as we enjoy spring’s arrival, consider adding plants that bear edible flowers to your garden palette this season. Not only are the flowers attractive, they also attract pollinators and add a fun dimension to seasonal foods and beverages.

QUICK TIPS

• Only eat plants that can be identified as edible. Many flowers are NOT edible. Lily of the valley, sweet pea, lupine and foxglove are just a few flowers that are not edible. Always refer to a guide before sampling flowers.

• Do not collect flowers from roads or public places. Do not eat flowers from a floral bouquet. These plants may have been treated with chemicals. Florists and farmers may sell edible flowers, but only use what’s approved.

• Not all edible flowers are tasty. Gladiolas, chrysanthemum, African marigolds and red clover can be eaten but aren’t considered delicious.
Find the Perfect Gift for Mom, Dad and Grads

BY FIDDLEHEAD STAFF

Come on people. It’s your mom, your dad and your favorite grad. A gift card is just a little too cold. Why not find that perfect gift, buy local and support your local artisans, shop owners and entrepreneurs. This gift guide should help.

For the Mom or grad who loves to travel to exotic places, Gondwana of Concord features more than 30 designer jewelry lines from around the world.

Pouring custom handmade candles for any special occasion, CandleTree candles are made from 100 percent soy wax and are individually hand-stirred in Warner and there’s a new retail location in Concord.

Make Dad smile with this men’s soap that lathers up a little humor available at J.M. Princewell in Milford.

Pick up some New Hampshire-distilled rye whiskey made at Flag Hill Distillery & Winery in Lee for Dad’s summer sipping pleasure.

Launch your graduate into the world with this full-grained, vegetable-tanned leather briefcase from basäder in Harrisville, which sells its hand-crafted leather wares made to last a lifetime online and at their shop in the Harrisville Mills.

Give Dad or your boy grad the gift of natural manscaping with this all-in-one hygiene kit from Naturally Uncommon of Atkinson and sold at Fifty Home in Concord.

Your dad or grad deserves a sweet axe, but a handmade dark chocolate version from Nelson’s Candy in Wilton won’t cost you a fraction of what a new Stratocaster would set you back.

You know your grad is going to want to entertain in his or her dorm or first apartment. Help the new host or hostess serve in style with an artisan cheese board from Loft Fifty 5 in Bedford.

Need an alternative to sending Mom flowers on her special day? Think air plants and wall displays at Terragia on Main Street in Nashua, a combination plant shop and café.

CONTINUED ON PAGE 32
Spend Some Quality Time with Dad

BY TOM LONG Fiddlehead Contributing Editor

Let’s face it, Dad is the man who has everything. Hey, he had you, didn’t he? What more could he want? Here are some thoughts.

If he is a Boomer or just a music purist, Pop should appreciate a vinyl record – don’t worry, he’ll know what it is. Get him a vintage copy of “Inna Gadda da Vida” at the Music Connection in Manchester or the new “Bohemian Rhapsody” LP at Pitchfork Records & Stereo in Concord. Both have an extraordinary array of vinyl, and you can find turntables at Pitchfork on which to play them.

And you know Dad’s going to need something to wear while it’s rocking out. Head over to the Happy Hippy in Derry for a tie-dyed shirt and maybe some sandalwood incense just to set the mood.

How about a brewski? The Manchvegas Beer Bus offers van tours to three or more Granite State breweries. Check out manchvegasbrewbus.com for details. Granite State Growler Tours offers a variety of trips, too. Check out their schedule on nhbeerbus.com.

OK, so maybe not a mani/pedi but how about a shave and a haircut? VIP Barbershop in Nashua or Lucky’s Barbershop and Shave Parlor in Concord and Portsmouth will fix you right up.

If Pop would rather lather up himself, Joy Lane Farm in Rollinsford, which suggests we “live joyfully, do great things and celebrate family,” offers a selection of all-natural shaving soaps.

If the old man is a do-it-yourself kind of guy, take him to a hardware store and let him run wild. We’re not talking big-box stores at shopping malls, we’re talking good old-fashioned hardware store with all the extras like Goffstown Ace Hardware, which offers everything from paint and pet food to barbecues, or the Ace Ben Franklin in Raymond that offers craft supplies, clothing and other items as well as tools.

Daddy got the blues? It’s not necessarily a sad thing. Take the big lug to the Sunday Blues Jam at the Village Trestle in Goffstown and see if he still knows how to shake that thang.

Fiddlehead
A guide to living local in New Hampshire
There is more to recycling than separating glass from plastic and paper and placing it in the appropriate bin.

“When people speak of recycling, they talk about household waste, not electronics,” said Matt Gifford, a co-owner of Aurum Recovery Group.

At the time Gifford and his colleague Joshua Hemond, an account manager for the firm, were staffing a booth at the Made in New Hampshire Expo, but Aurum Recovery is not about making things in the Granite State but unmaking them.

Gifford held a glass jar filled with semi-destroyed electronic components the size of Chex cereal. He called it his “domestic circuit board mix.”

Hemond explained the necessity of shredding in a recent blog post: “We have seen hard drives with holes drilled through them. We have seen hard drives that have been sheered in half. We’ve seen them damaged by a hammer.

“We’ve seen them bent. We have even seen them shot full of bullet holes.

“Are any of these methods viable? While they may be better than disposing of them whole it is not by much … We make sure electronics don’t make it to the landfill.”

“We primarily serve businesses, but we also do work for individuals,” said Gifford, a member of the Lindsey family, who owns and operates the enterprise.

According to company literature, “Aurum is the gold standard for electronics recycling,” which is appropriate because aurum is the Latin word for the precious metal.

The recycler is located in Goffstown, where electronic equipment is dismantled, and its core compounds recovered so they may be recycled into new products. Data-containing devices like hard and flash drives and tapes are shredded.

The destruction is certified in writing if required.

The salvageable components of recycled electronics equipment are saved for reuse and hazardous waste is disposed of responsibly. Components that cannot be reused are disassembled or shredded and sorted into commodities like aluminum. Commodities are then sent to smelters and mills where they are turned into new stock.

Hemond uses a piece of paper as an analogy.

“If I had an important document that had very sensitive information on it and I needed to destroy it, what would happen if I just drilled random holes in the paper? While some of the information would be gone, much would remain.

“What if I tore it in half? Most of the information may be gone, but traces are still left behind. Like when you erase pencil or ink with an eraser.”

“So, what is the proper way to destroy a document? Most of us would agree that it is with a cross cut paper shredder,” Hemond wrote. “At that point it becomes a giant unsolvable puzzle. Imagine you took hundreds of different 1,000-piece puzzles all with the same size pieces and you emptied them into a bin. What is the likelihood that you would be able to re-assemble those puzzles?

“To make it worse. You don’t have the covers to go off, just the bin with 50,000 pieces. It would be nearly impossible. Shredding our data is the safest way to destroy data.”

Aurum Recovery Group uses a similar process.

“We use a larger shredder to shred data,” Hemond explained. “This shredder acts much like a cross cut paper shredder. It turns a hard drive into a useless pile of metal. From there it next goes to a mill where it is smelted back into reusable metal stock and turned into a completely new product.

“This is the safest way there is to destroy data.”
Munching on grass is what cows do. Now that spring is finally here, the green stuff is abundant. Husband Bruce and I are just as thrilled by springtime as our 50 head of grass-fed beef cattle.

As much as I eagerly shed my winter coat and woolen hat, vegetation is also eager to take advantage of the warm weather. In the right conditions, grass will grow as much as six inches a week. That makes 12 inches in two weeks and 18 inches in three weeks.

This seems grand, doesn’t it? Lots of grass for cattle to graze on all summer, right? Sadly, it doesn’t work that way. Cattle can be picky eaters, and, understandably, they prefer the delicious, juicy, tender young greens. As grass grows, the stems get tough, and when it’s 16-inches tall, seeds appear. Unless they’re starving, cattle will turn up their noses up at tough grass. After it’s gone to seed, forget about it.

When grass is young and tasty, the most tender bites are at the top of the stalk. Cattle will wrap their long, raspy tongues around the top six inches of a grass bundle and tear off a delicious bite. They will repeat this until they are full, then they’ll inadvertently destroy their next meal – lying down and squashing perfectly good grass or wandering around the field, trampling it. This is the unlovely behavior of cattle.

But farmers have a solution: rotational grazing. Rather than let cows lay waste to an entire field of grass, they are sequestered in a smaller section. The size of the section depends on the number of cattle in the herd and the lushness of the vegetation. Once the group is done eating a section, the farmer opens a gate to let them into another section. This way cattle have constant access to delicious, tender greens that make them fat and happy.

And that makes me happy. My cattle will watch for me, and when they see me arrive at the pasture, they’ll run to the gate. They know the routine, and they eagerly anticipate access to fresh greens.

Of course, rotational grazing takes management. Our herd quickly eats through the grass on our home farm, so then we move them to remote leased pastures – each unique. One is a former apple orchard, another was a hay field and another just a meadow that the landowner got tired of mowing.

Leasing remote pastures makes sense, but transportation isn’t easy. Farmer Roy Merrill of Loudon remembers when his grandfather used to walk with the cows on public roads to get them from one field to another.

In her book, “The Road Through Sandwich Notch,” Elizabeth Yates details how sheep and cows were herded their way between summer grazing inland and winter pastures on the New Hampshire seacoast. Cattle drives aren’t just the stuff of Western lore.

But times have changed, and most of our remote pastures are at least 20 miles away – quite a walk. So, we rely on our “cow taxi” to move cattle. It’s a 16-foot stock trailer that can hold six or seven adults or a dozen or so calves.

When the pickup drives up pulling the trailer, the cattle know it’s their ride to greener pastures. Many happily clamber into the trailer without much prompting. Others need a bit of motivation. To encourage the reluctant, we set up portable stock panels, creating a small paddock attached to the trailer. Riding the ATV (four-wheeler), Bruce herds the reluctant ones into the corral, leaving them no option but to climb into the waiting trailer.

So, if you see our cow taxi driving by, please wave. And if it’s filled with cattle, know they are headed to greener pastures, most of them as happy as a millennial in an Uber heading toward a mocha latte. Carole Soule and her husband, Bruce Dawson, co-own Miles Smith Farm in Loudon. She can be reached at cas@milessmithfarm.com.
Year of Big Birthdays

BY TOM LONG Fiddlehead Contributing Editor

O nething brings a community together like a birthday party and several Granite State towns will be celebrating the anniversaries of their founding this year. The grandmother of them all is Nutfield, which will recognize its tercentennial this year.

Nutfield — which includes what is now Derry, Londonderry, Windham and parts of the Derryfield neighborhood in Manchester — was settled by 16 Scots-Irish families from Northern Ireland in 1719, when King James was on the throne in England, Louisiana was a French colony and “Robinson Crusoe” was first published.

The immigrants were led by the Rev. James MacGregor, who has been called “The Moses of the Scots-Irish” by the BBC. MacGregor planted the first potato in the region and is an ancestor of former Secretary of State John Kerry.

The 300th anniversary festivities began with a founders’ day celebration in April. It continues with the annual Windham Strawberry Festival on June 1, which will have a Nutfield element to it. The Derry Fourth of July celebration will feature a Nutfield 300 Parade. Londonderry Old Home Days, Aug. 14-19, will have a Nutfield theme, and the party will wrap up at Derryfest at MacGregor Park on Sept. 21.

Brookline is celebrating its semi-quincentennial. That’s the 250th anniversary to those of us who do not speak Latin.

The town was granted in 1769 by Colonial Governor John Wentworth, who originally named it Raby after his cousin, the 2nd Earl of Strafford and Baron of Raby Castle. At the time Louis XV was sitting on the French throne and Daniel Boone was roaming the woods of Kentucky.

In the late 1930s, the Pathe Film Company, makers of news reels, came to town to document the establishment. That reel and stored 60,000 tons of ice.

The town was once the home of a massive steam-powered sawmill and the Fresh Pond Ice Company, which harvested ice from Lake Potanipo and had the largest ice warehouse under one roof in the world. The building measured 245-by-180 feet and spanned the Winnipesaukee River.

Tilton is also observing its sesquicentennial this year. The town was once part of Sanbornton. It was originally called Northfield that is visible to drivers on Route 93. His estate is now part of the Tilton School. For detailed information of the celebration, visit Tilton’s Facebook page: facebook.com/townoftilton.

The town also harnessed the waters of the Pemigewasset River to power mills producing paper, textiles, piano stools and other products.

Charles E. Tilton had the Tilton Family Foundation, which has been called “The Moses of the Scots-Irish” by the BBC. MacGregor planted the first potato in the region and is an ancestor of former Secretary of State John Kerry.

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The town was later called West Hollis before it was renamed Brookline in 1798 by a resident who formerly lived in the town of the same name in Massachusetts.

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Tilton is also observing its sesquicentennial this year. The town was once part of Sanbornton. It was originally called Sanbornton Bridge or Bridge Village after a structure that spanned the Winnipesaukee River.

I t was named for Nathaniel Tilton, one of the first settlers who owned an iron foundry in town. His grandson Charles E. Tilton established a textile mill in town and was a prominent citizen during the time the town was incorporated.

Charles had many statues erected in Tilton and had the hilltop Memorial Arch of Tilton constructed in neighboring Northfield that is visible to drivers on Route 93. His estate is now part of the Tilton School. For detailed information of the celebration, visit Tilton’s Facebook page: facebook.com/townoftilton.
Many area farmers’ market vendors will begin setting up their tents this month for the summer. The following list is alphabetical by town locations. Call ahead or visit online to confirm hours of operation.

FARMERS’ MARKETS

Amherst Farm and Craft Market
Amherst
465-1863, facebook.com/amherstfarmandcraftmarket

Barnstead Farmers’ Market
Barnstead
269-2329, barnsteadfarmersmarket.club

Bedford Farmers’ Market
Bedford
bedfordfarmersmarketnh@gmail.com, bedfordfarmersmarket.org

Belmont Farmers’ Market
Belmont
belmontfarm.org/belmontfarm.asp

Canterbury Community Farmers Market
Canterbury
canterburyfarmersmarket@gmail.com, ccfm.net

Concord Farmers’ Market
Concord
concordfarmersmarket.com, facebook.com/ConcordFarmersMarket

Contoocook Farmers’ Market
Contoocook
746-3749, tooolymarketlive.com, facebook.com/ContoocookFarmersMarket

Derry Homegrown Farm & Artisan Market
Derry
548-3935; info@derryhomegrown.org, DerryHomegrown.org | Derry, NH

Dover Farmers’ Market
Dover
marketmanager@seacoastgrowers.org, seacoastgrowers.org

Durham Farmers’ Market
Durham
marketmanager@seacoastgrowers.org, seacoastgrowers.org

Exeter Farmers’ Market
Exeter
marketmanager@seacoastgrowers.org, seacoastgrowers.org

Farmington Farmers Market
Farmington
859-2551, seacoastharvest.org/market/farmington-farmers-market

Francetown Community Market
Francetown
recreation@francetownnh.org

Franklin Farmer’s Market
Franklin
934-3577, franklinfarmersmarket@gmail.com, facebook.com/FranklinLocalMarket

Gilford Farmer’s Market
Gilford
gilfordfarmersmarket@gmail.com, facebook.com/GilfordFarmersMarket

Henniker Community Market
Henniker
568-1562, hennikercommunitymarket@gmail.com, facebook.com/HennikerCommunityMarket

Hillsborough Pride Farmers’ Market
Hillsborough
gardensweetltds.net, hillsboroughpride.org/farmersmarket

Team Jaffrey Community Farmers Market
Jaffrey
teamjaffrey.org, facebook.com/teamjaffrey-market

The Farmers’ Market of Keene
Keene
keenefarmersmarket@gmail.com, keenefarmersmarket.org

Laconia Farmers’ Market
Laconia
267-5236, laconiafarmersmarket.com

Laconia Main Street Outdoor Market
Laconia
rachel@wayfarerroasters.com, facebook.com/LaconiaMainStreetMarket

Lee Farmers’ Market
Lee
659-9329, facebook.com/lefarmersmarket.com, facebook.com/LaconiaMainStreetMarket

Intown’s Farmers Market
Manchester
645-6285; sbaeudry@intownmanchester.com; facebook.com/manchesterfood

Merrimack Farmers’ Market
Merrimack
759-2737; merrimackfarmersmarket@gmail.com, merrimacknh.gov/farmers-market

Milford Farmers’ Market
Milford
345-0880; milfordnhfarmersmarket.com

Nashua Farmers Market
Nashua
883-5700, downtownnashua.org/nashua-farmersmarket

New Boston Farmers’ Market
New Boston
487-2159, j2c438eol.com, newbostonfarmersmarket.webs.com

Open Air Farmers Market of New Hampton
New Hampton
968-9330, openairfarmersmarket@gmail.com, openairfarmersmarket.com

Antique Alley Regional Farmers’ Market
Northwood
aarfm2017@gmail.com, facebook.com, antiquealleyregionalfarmersmarket.com

Penacook Village Farmers’ Market
Penacook
770-3226, farmersmarket@penacook.org, facebook.com/PenacookVillageFarmersMarket

Fresh Chicks Local Outdoor Market
Peterborough
freshchicksmarket@gmail.com, Find on Facebook

Peterborough Farmers Market
Peterborough
petersboroughfarmersmarketnh@gmail.com, facebook.com/PeterboroughNHFarmersMarket

Portsmouth Farmers’ Market
Portsmouth
marketingmanager@seacoastgrowers.org, seacoastgrowers.org

Lampey Farmers’ Market
Raymond
raymond@farmersmarket@gmail.com, seacoastharvest.org/market/lampey-farmers-market

Lampey Farmers’ Market
Raymond
231-6235, marketmanager@farmersmarket.org, lampeyfarmersmarket.com

Salem Farmers’ Market
Salem
833-2311, info@seacoastfarmersmarket.org, seacoastfarmersmarket.org

Seacoast Community Marketplace
Stratham
583-5376, facebook.com/seacoastcommunitymarketplace

Somersworth Farmers Market
Somersworth
994-6357, sjohnson@somersworth-farmers-market.com, facebook.com/SomersworthFarmersMarket

Warner Area Farmer’s Market
Warner
facebook.com/warnerareafarmersmarket

Meetinghouse Farmers’ Market
Washington
495-0055, Find on Facebook

Weare Farmers Market
Weare
491-4203, farmersmarket@weare@gmail.com, Find on Facebook

Wilmot Farmers Market
Wilmot
938-2416, wilmotfarmersmarket.com

Winchester Farmer’s Market on Main
Winchester
239-6361, winchesterfarmersmarket@gmail.com, winchesterfarmersmarket.org

Wolfeboro Area Farmers’ Market
Wolfeboro
539-8134, wotonfarm@gmail.com, wolfeboroareafarmersmarket.com

The Concord Farmers Market is one of the oldest in the state, beginning in the summer of 1981

Every Saturday morning from 8:30am - noon, May thru October
Opens May 4, 2019 - October 26, 2019

The market is held on Capitol Street next to the State House
With about 40 vendors, we have a terrific selection: bakery items, meat, eggs, dairy, fruit, vegetables, fish, honey, maple products, potted plants, cut flowers and more. Many of the vendors are certified organic. And your purchase supports local NH Farmers.

For more information email: recreation@franconenh.org

Bedford Farmers Market
WEDNESDAYS
Shop and Enjoy
Every Wednesday
JUNE - SEPTEMBER
3:00 – 7:00pm
1 West Broadway
Derry, NH

The very best locally grown, raised and produced products
Found in New Hampshire.

VOTED #1 in the 2018 UMDR PILL FOR
NH’s BEST FARMERS MARKET!

Free Children’s Activities!
Live Music! Artist Demos!
Lots of Free Parking!
Visit our website for a schedule of special events.

OPENING DAY June 5th
Facebook.com/DerryHomegrown
DerryHomegrown.org | Derry NH

Salem NH Farmers' Community Event

Open year round
Summer Market: Every Sunday 10-2
Salem Market Place, 224 N. Broadway (Rte. 28), Salem

salemnhfarmersmarket.org
info@salemnhfarmersmarket.org
@salemnhfarmersmarket
**CALDER May & June**

**“The Poetic Moment: Land, Sea & Sky” Exhibit**
Through May 18
Wild Salamander Creative Arts Center
30 Field St., Hollis

**“Up Close and Personal” Art Exhibit**
Through June 29
ArtHub, 30 Temple St., Nashua

**Forest Bathing Guided Walk**
Wednesday, May 8, noon–1:30 p.m.
Beaver Brook Maple Hill Farm
117 Ridge Road, Hollis

**“That Fresh Green of Spring”**
Saturday, May 17, 11 a.m.
Brookside Congregational Church
331 Elm St., Manchester

**“Guided Wildflower Walks”**
Wednesday through June 12, 1-3 p.m.
Beaver Brook Maple Hill Farm
117 Ridge Road, Hollis

**New Hampshire Society of Genealogists Spring Meeting**
Saturday, May 8, 10 a.m.–1 p.m.
New Hampshire Historical Society
30 Park St., Concord

**Nashua Garden Club Annual Plant Sale**
Saturday, May 8, 8 a.m.–12 p.m.
Nashua Historical Society
1371 Hooksett Road, Hooksett

**Ayurveda for Real People**
Sunday, May 19, 3-6 p.m.
Walter Public Market
19 East Main St., Warner

**Hooksett Garden Club Annual Plant Sale**
Saturday, June 11, 10 a.m. to 2 p.m.
R&B Public Wholesalers
1371 Hooksett Road, Hooksett

**NHSOG’s 3rd Annual Antiques, Art, Collectibles and Family Treasures to 2nd annual event featuring Womenaid, providing emergency financial aid to local families.**
Saturday, May 25 and 26
9 a.m. to 4 p.m. both days
Sanborn Mills Farm
7097 Sanborn Road, Loudon

**Working on the Farm & Garden**
June 1 and 2, 8 a.m. to 4:30 p.m. both days
Sanborn Mills Farm
7097 Sanborn Road, Loudon

**Hooksett Garden Club Plant Sale**
Saturday, May 8, 8:30 a.m. to 1 p.m.
Milford Community House
5 Union St., Milford

**Rug Hooking**
May 25 and 26
9 a.m. to 4 p.m. both days
Sanborn Mills Farm
7097 Sanborn Road, Loudon

**Plant Something NH Weekend**
Friday, May 10–Sunday, May 12
More at nhswga.org.

**Hooksett Garden Club Plant Sale**
Saturday, May 18, 8:30 a.m. to 1 p.m.
Nashua Garden Club
5 Union St., Nashua

**NHSOG’s 2nd Annual Antiques, Art, Collectibles and Family Treasures to 2nd annual event featuring Womenaid, providing emergency financial aid to local families.**
Saturday, May 25 and 26
9 a.m. to 4 p.m. both days
Sanborn Mills Farm
7097 Sanborn Road, Loudon

**Wild Edibles: Spring Greens**
Thursday, May 30, 10-12:15 p.m.
Beaver Brook Nature Center
Maple Hill Farm
117 Ridge Road, Hollis

**Catamount Womenaid Plant Sale**
Saturday, May 8, 9 a.m. to 12 p.m.
Lily Inn, 1740 Dover Road, Epidon

**Hooksett Garden Club Plant Sale**
Saturday, June 11, 10 a.m. to 2 p.m.
R&B Public Wholesalers
1371 Hooksett Road, Hooksett

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**Hooksett Garden Club Plant Sale**
Saturday, May 8, 8:30 a.m. to 1 p.m.
Nashua Garden Club
5 Union St., Nashua

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**Plant Something NH Weekend**
Friday, May 10–Sunday, May 12
More at nhswga.org.
2nd Annual Spring on the Farm
Saturday, June 8, 11 a.m. to 3 p.m.
Remick County Doctor Museum and Farm
58 Cleveland Hill Road, Tamworth
Along with main feature of baby farm animal meet-and-greet, numerous hands-on activities, Remick Farm Olympics obstacle course, scavenger hunt and more will round out the day. $10.55 for ages 5–10; free for ages 4 and under. members receive $2 off admission. 323-7591, remickmuseum.org/events/spring-on-the-farm

Wright Museum Comedy Night
Saturday, June 8, 6 p.m.
Brewster Academy’s Andrew Hall
205 S. Main St., Wolfeboro
Tom Hays, nationally recognized comedian, magician, impositor, writer, entrepreneur and motivational and keynote speaker, will headline. Also featuring comedians Steve Guillette and Pab Stein. Doors open at 7 p.m. Cash bar and silent auction. Tickets $25 at wrightmuseum.org or in-person at museum and Black’s Paper Store.

10th Annual Herb & Garden Day
Saturday, June 8, 9 a.m. to 5 p.m.
Canterbury Shaker Village
288 Shaker Road, Canterbury
Presented in partnership with New Hampshire Herbal Network, offers Herbal Market & Plant Sale and full day of workshops and demonstrations with unique collection of local vendors, herbalists, crafters, gardeners, artisans and organizations. $40 admission, $10 early bird before May 15. Register at shakers.org/heritage-garden-day

Intown Concord’s 45th Annual Market Days Festival
June 8-22
Main Street, Concord
The three-day street fair features downtown shops, 100-plus exhibiting vendors, food and drink, entertainment, arts market, kids’ zone, touch-a-truck, performances and activities. Schedule and more at intownconcord.org/index.php/market-days

Hollie Strawberry Festival & Band Concert
Sunday, June 9, 2–4 p.m.
2 Monument Square, Hillsborough
Celebrating its 72nd year, strawberry lovers congregate on historic town green for local strawberries, homemade biscuits, hand-whipped cream and homemade ice cream. Family-friendly event with games, face painting, strawberry stories in the children’s library, artisan and craft vendors, free entertainment by award-winning Hills Town Band. hillsvillainsdnc.org

2019 4-H Teen Conference
June 23-26
Teens spend 4-6 days/3 nights on UNH Durham campus, sleep in dorms, eat in dining halls and experience life of college student, gaining leadership skills and knowledge as they actively engage in experiential workshops focused on personal growth, academic/career development, and recreation/leisure. 4-H membership not required; space is limited. $600 fee; includes travel, all meals and activities. chadallstarfootball.org

Teens can participate in a wide range of products including lip balms, moisturizers, oil drops, capsules, even pet products.

Fiddlehead
A guide to living local in New Hampshire
Fiddlehead
A guide to living local in New Hampshire
Gathering Moss

MAPPING THE MILES OF STATE’S STONE WALLS

BY TOM LONG Fiddlehead Contributing Editor

Generations of New Hampshire farmers have proven that it doesn’t have to cost a billion dollars to build a wall.

The thousands of miles of lichen-splotched stone walls that wend their ways through the Granite State were made with little more than strong backs and sweat equity. But the agricultural artifacts hiding in plain sight are disappearing, and the New Hampshire Geological Survey is looking for our help to create a crowdsourced map of the earthy enclosures.

At the kickoff of the New Hampshire Stone Wall Mapping Project earlier this year, State Geologist Rick Chormann said, “We will fuse new technology with New Hampshire history to create a unique cultural preservation asset and learning experience.”

The project uses Light Detection and Ranging, or LiDAR, images harvested from overflights to provide a detailed map of the state on which members of the public are invited to help identify stone walls in their area. LiDAR is an imaging technique recently used to create a detailed map of Stonehenge in England.

“Generations of farmers and masons built thousands of miles of stone walls out of New Hampshire granite, and today those walls are vanishing,” said Elizabeth H. Muzzey, director of the New Hampshire Division of Historical Resources. “Identifying what remains is the important first step of preserving them for generations to come.”

“Stone walls are the most important artifacts in rural New England,” said Robert Thorson of the University of Connecticut’s Stone Wall Initiative. “They’re a visceral connection to the past. They are just as surely a remnant of a former civilization as a ruin in the Amazon rainforest.”

By the middle of the 19th century more than 70 percent of New England was deforested, and small farms stretched as far as the eye could see. Most of those fields were enclosed by rock walls. The stones found in New England’s notoriously rocky soil were left behind by a retreating glacier 12,000 years ago. And they kept on coming. Each winter frost heaves threw up more rocks and they were added to the walls. Many settler thought it was the devil’s work.

By the end of the 1800s, when it became obvious how hard it was to eke a living out of rock-strewn land, many took the advice of Granite State-born journalist Horace Greeley to “Go west, young man,” or got jobs in mills during the Industrial Revolution, and the lichen-splotched rock walls were soon obscured by the resurgent forest.

In 1939, using data from an 1875 United States Department of Agriculture report, mining engineer Oliver Bowles estimated that there were about 240,000 miles of stone walls in New England, enough to stretch to the moon. Thorson has estimated that about 100,000 miles remain.

The walls create micro-climates and corridors for critters to travel through the woods and provide cover for foxes, chipmunks, mice and salamanders. Bobcats and coyotes travel stop them for a better vantage point to spot prey.

Some of the walls are more historic than others. The oldest documented stone wall in the country was built in 1607 at the English settlement at Popham Point, Maine. The stone wall that Minute men hid behind to fire at the Redcoats during the retreat from Lexington still stands at the Old Manse in Concord, Mass.

And the stone wall still stands at the Derry farm of poet Robert Frost, the inspiration for his poem, “Mending Wall,” which immortalized the aphorism, “good fences make good neighbors.”

CHEESE LOVER?

Calef’s was voted 2018 best cheese shop on the seacoast. Try our special Anniversary cheddar!