



Solstice Cocktails - This Friday, tickets are still available, get them now!

Friday June 21. 7 - 10PM. Tickets: \$75/person

[Buy your tickets here](#)

Volunteer Needs



Family Farm Night
Jump in and help us with our famous Family Farm Nights. We always need extra hands for set-up, welcoming concert-goers, concessions, & more.

[Sign-up Here!](#)



Flower Field Work
Flower volunteers needed to plant, weed and fertilize.

Wednesday 10-12

[Sign-Up Here](#)

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[Click here](#) to learn more about other types of volunteer opportunities available and how to sign-up!

Final Week of the Green Match Challenge



Only 4 more days to contribute to the Green Match Challenge to help support a sustainable future for the Farm. Your donation will count twice until the end of this week, June 21.

[Learn more and donate here.](#)

Upcoming Workshops: Forest Bathing!

Speaker Series

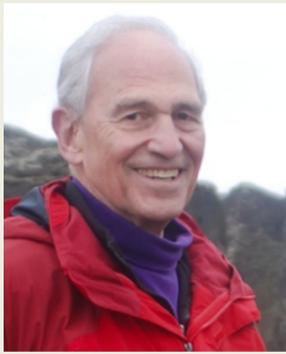
Start getting excited for our next Speaker Session.



Climate Resilience in your Own Backyard

Soil is alive with more microbes in a teaspoon of healthy soil than there are people on this planet. Only in recent years have we come to fully understand the extent to which a thriving soil also has the potential to rapidly sequester carbon, store and filter water, buffer extremes, break down toxins, and support biodiverse ecosystems. This talk is a call for gardeners to learn to become stewards of the immense thriving world beneath our feet.

[Learn more and RSVP for this talk here.](#)



We also have just made Bill Moomaw's talk available online. If you missed our May speaker session, you can view it here.

[Climate Change in New England: Becoming a Resilient Part of the Solution](#)

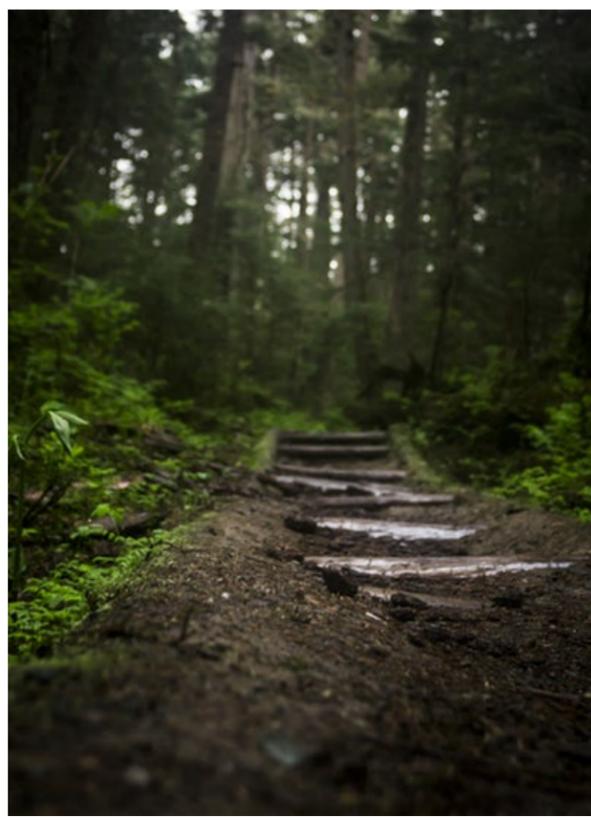
Sustainability Tips



There are so many little things that we can all start to work into our daily lives to create big, positive change.

We wanted to share some suggestions and ideas that we've been trying out ourselves. Check out this section weekly for sustainability tips.

TIP: Clean up your



Join us on Saturday, June 22nd from 8-10am for one of the most inspiring trends in Nature Therapy called Shinrin-yoku, which translates to "forest bathing". There's no water involved, instead we will immerse ourselves in the sights, sounds and atmosphere of natural environments by slow walking.

Studies have proven the health benefits of guided, slow walks where we take time to reconnect with the natural world and forget about the stress of a modern, high-tech life. "The Forest is the Therapist. The Guide Opens the Door." Led by Lisa S. Mediano, Certified Forest Therapy Guide. [Learn more and register here.](#)



Solstice Sunrise Yoga in the 1827 Barn FRIDAY! Join Brittney Burgess for sunrise yoga here at the farm from 7-8pm. Space is limited!

[Check out our Adult Workshops page to register.](#)

Farm Stand Highlight



Now at the Farm Stand:

Thanks to our friends at Source Bakery we are now carrying fresh baked goods! Think Blueberry, Ricotta and Lemon Poppy Seed Muffins, Chocolate Chip and Peanut Butter Cookies, and Coffee Cake!

Farm Stand hours:

Act!

To use less chemicals in your cleaning supplies you can make your own using 5 ingredients: baking soda, borax, soap, washing soda, and white vinegar or lemon juice.

[Learn More Here](#)

Share your own tips! Send them along to kkneeland@wlfarm.org

Farm Reel



First Snap Peas of the season! Available at the Farm Stand



Lovely Flower Bouquet in the Stand



Our Farmers hamming things up in the field - posing while pickin' peas!



Goat squad enjoying the lush grass under the old pear trees.

Tuesday - Friday 10 - 6.

Saturday 10 - 2.

Starting this week, we are adding SUNDAY HOURS: 12 - 4PM

You can reach our Farm Stand Manager, Sergio Sotelo, for questions and suggestions at farmstand@wlfarm.org.

Family Farm Night Returns this Week!

After rain last week, the first Family Farm Night of the summer will be this Thursday June 20th!



For info about rules, when gates open, parking, and the summer lineup,

[check out our website.](#)

Find our Organic Produce and Flowers



Now that the season is really kicking into gear, make sure that you come by for our organic produce and beautiful flower bouquets. You can find us...

On the Farm at our Farm Stand:

Tuesdays - Friday from 10 - 6 & Saturdays from 10 - 2

At the Lexington Farmer Market

Tuesdays from 2-6:30pm

At the Winchester Farmer's Market

Saturdays from 9:30 - 1:30

[Support your Farm](#)



Our cute family of ducks relaxing by the farm pond!
