

Trailside Organic Farm Update: February 2025

Submitted by Ian Frederick and Katie Landis, Trailside Organic Farm Managers

Upcoming Workshops: Valentine's Day Dried Flower Bouquets

During the 2024 season, we grew several varieties of flowers that can be used fresh in bouquets or dried for later use. Drying flowers is an easy way to preserve them indefinitely. Not all flower varieties will retain their structure and color when dried. The varieties we chose to dry were celosia, strawflower, gomphrena and statice. To dry your own flowers, strip off the bottom leaves on each stem and group them into small bunches. Use a rubber band to secure each bunch. It's important to use a rubber band and not twine because as the flowers dry, they lose water, and the stems will shrink. Hang the bunches upside down, preferably somewhere out of sunlight. In a few weeks, your flowers will be dry, and you can arrange them in a vase or use them in crafts.

We will be offering the following workshops for crafting dried flower bouquets in February for Corson Hall Personal Care and the Health Center. Stay tuned to the March *Neighborhood News* for a workshop for independent living



New for 2025

We are always thinking of ways to make the *Trailside Organic Farm* a destination for inspiration for Cornwall Manor residents. To add some new life to our fourth season, the following new additions will be offered in 2025:

- Custom tours will be available during the growing season. Using our John Deere Gator, we will be providing optional rides around the farm for residents with limited mobility. Sign-up opportunities will be advertised in *Neighborhood News* in the springtime.
- There will be a pick-your-own event at the farm during the peak season. Residents, employees, friends and family: You are welcome to come to the farm to harvest your own food, with the help of farm staff.
- Perennial strawberry and raspberry crops will be added to the farm this year. These highly requested crops will be a new topic of interest during our open house events, and we expect to offer strawberries and raspberries at the farm market in 2026.
- Increased amounts of popular crops such as asparagus, watermelons, carrots and cantaloupes will be offered at the farm market this year.
- Workshop topics for this season will include tea making, creating planters, stacking pumpkins, making gourd centerpieces and arranging flowers. Open house events will highlight the crops being grown at the farm.
- As always, we will be offering weekly volunteer opportunities, our weekly farm market, and events including the Fall Harvest Festival. We will also be growing certified organic plants for the Blooms & More sale, and the certified organic crops we grow at the *Trailside Organic Farm* are used in Cornwall Manor cuisine year-round.

