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Winter 2023



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Pitch the List

I've been realizing something about myself lately. I am a collector, but not of items or valuables, but of experiences, of events, of seasonal times and tasks. Do you know what I mean by this? For example, I used to write myself a check-list of things that needed to be experienced each season in order to fully and completely appreciate it. In winter, I felt that if I were going to truly experience the season in all its fullness, I needed to go sledding, go for a nighttime snow-walk, drive by the lights with hot chocolate, and a million other things. These seem so cute and innocuous, but I'll tell you how it plays out in my life sometimes. This past harvest season, I canned or dehydrated something every day, trying desperately to preserve everything and not miss a moment or an ounce of produce! When a bag of jalapeños got left in my fridge without having a chance to slice and pickle them, or the basil went to flower without becoming pesto, I felt like a failure.



In between harvest and winter, I realized how much of a metaphor this is for life: doing and collecting and checking things off a list, and then realizing that these are things you're supposed to be enjoying, instead of making them a list of tasks. Wow, I really find the best ways to suck the enjoyment right out of life, don't I? Are any of you out there incredibly task-oriented like me? How do we get back to taking care of business but then just enjoying the bounty God has

provided, even if there are a few less jars of pickles on the shelves, or taking a walk in the snow and enjoying it slowly, even if it's just to take the dog to go potty.

It seems to me, that life just goes by way too quickly to worry about these things all the time. So, if you run into me over the next few months all hot and hectic about what needs to get done, remind me to just chill out, ok? And maybe this can serve as your reminder too. If you and lists are pals and they don't stress you out, then enjoy it! But if you're like me, maybe don't make a list this year. Sometimes they just get in the way!

Matthew 11:28

Come to me, all you who are weary and burdened, and I will give you rest.



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*Connecting communities to their local farmers
and preserving agricultural traditions.*

Meet your editors...and Remus

Tony LoSchiavo



Tony grew up in Southern Maryland and started out his professional career working in engineering for government contractors. He met Liz in 2016 and asked her to marry him that same December (spoiler alert - she said yes).

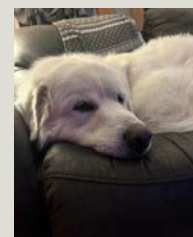
Tony now works for the Montrose Bible Conference in maintenance and loves every minute. He loves metal detecting and big ice cream cones with rainbow sprinkles. When he closes his eyes every night, he sees tractors.

Liz LoSchiavo

Liz grew up in Montrose, PA. She went away to Liberty University and earned a Bachelor of Arts in English, specializing in literature and writing. Currently she works at Montrose Bible Church as Ministry Assistant. She was pretty psyched when Tony asked her to marry him and loves being his wife! Liz dreams in flowers and likes to make super challenging and weird recipes in her kitchen, and then spends a good deal of time trying to convince others to try them.



Remus LoSchiavo



Remus was born in North Carolina on a beautiful sheep farm. He was being trained to be a Livestock Guardian Dog and was supposed to guard the LoSchiavo chickens. Currently he likes to chase them because they move funny. He sleeps inside and

eats peanut butter out of a Kong toy and begs for belly rubs. He may have failed as a farm dog, but he's an ace at fetching rubber chickens, drooling on furniture, and hating black and white cats.

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Winter Flora

By Paige Frystack, owner of Frolicking Feathers Flower Farm

In the doldrums of winter, when the eye craves the sight of green grass once again, it's hard to think outside of the box when it comes to bringing outside beauty indoors. But Paige Frystack of Frolicking Feathers Flower Farm is here to open our eyes to the abundant materials around us all winter long!

Photos courtesy of Frolicking Feathers Flower Farm

My name is Paige Frystack, owner of Frolicking Feathers Flower Farm. Following high school, I dabbled in a few different areas trying to decide where my passion stood in the entrepreneurial field. I started my journey by getting my first certification in personal training. Shortly after, I began my first few jobs in the field. We bought our first house close to the New York border and it no longer felt worth the drive. I then moved on to my next job working at Russell Farms. This is where I found my true love for flowers & decided to get a certificate in landscape design. I loved being able to watch how flowers could elevate a space.



I continued on with landscaping up until I became pregnant with our daughter in 2019. In 2022, we sold our house, built a garage to live in until we could finish building our forever home and moved closer to our family. We finally had the land we needed. Frolicking Feathers Flower Farm, named after our 7 ducks, was established in Spring of 2023, after hearing that there was a strong need for cut flowers in our area!

This first year has brought so much joy; I'm so eager for next year, when I plan to triple in size! In the near future I hope to add a hoop house or greenhouse, along with a retail store. My goal is to create a relaxing environment for families to come to enjoy a slow morning, to be part of many memories in the making, and to be able to spread a little bit of happiness with the flowers. I never want this to be a place that is so large scale that families or seniors aren't able to get the photos that they desire because it's so busy, that I don't get to meet the people who take time out of their day to come picking, or that the quality of my flowers slips because I simply can't keep up as one person.

When I reflect on this first year, it's so hard to pick just one favorite thing. I've enjoyed meeting every person that comes to the farm, my early morning walks around the raised beds to deadhead and look at all the beautiful blooms, and I've loved seeing how many people chose the flowers as their location for so many special occasion photoshoots. It is truly such an honor.

Being in a small town comes with some really amazing perks, along with some downfalls and one of those downfalls is the lack of activities to do without having to travel far. This year I tried to branch out into places that I felt the community needed as well and that was by doing events. Every two weeks or so I had somewhere around 20 people sign up for a range of different events that included flowers in one way or another. We did a dried, pressed flower frame, shadow boxes with dried flowers, made our own blends of tea with some flowers that were from the garden, and dried flower wreaths.



During the growing season I provide bouquets to any locals that have requested one, provide fresh flowers for any events, such as bridal and baby showers, have you pick your own blooms available, as well as on site events. The easiest way to keep up to date with all that I do here on the farm is to like and follow Frolicking Feathers Flower Farm on Facebook and Instagram.

In the Winter, there are still opportunities to bring some of nature's beauty indoors. Whether it is a DIY wreath, garland, or centerpiece, there is a wide variety of natural resources to choose from. Pine, Spruce, Cedar, Fir, Grape vines and Hemlock are a few of the bases that would be good to use. Pine cones, Juniper, Winterberry and Barberry can add the perfect textured accents to any of your projects.



How to:

1. Gather all supplies needed- pine branches, twigs, florist wire, wire cutters, dried flowers or berries and any other desired accents



2. Take your first two branches and stack them. Wind the wire around the two stems five times and trim away excess wire.



3. Move halfway down the length of the first branches and fasten two more branches to the original stack.



4. Repeat these steps until you get your desired length. Take a 5 inch piece of wire and wrap once around the pine cone to secure. Then, affix it to the pine branches, where desired, by twisting the two ends of the wire together. Repeat for all of the pine cones.

5. Take your dried flowers or berry stems and tuck them in between branches, where desired. Be sure to fasten the stems to the pine branches. Deer antlers were added to elevate the look in this specific circumstance. Spritz with water every couple of days to keep the branches lively looking.



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Defeat the Dry - Local Farm Style

Along with the drop in temperatures and the warm crackling fires comes a new challenge in winter - perpetually dry skin and hands. But did you know your local farmers have some great solutions to winter skin care, and it doesn't include fancy serums and a long list of chemicals. Farmers' ingenuity and creativity can meet even more needs this winter season. Northwood Homestead provides a solution to this winter ailment with their homegrown, hand-made sheep milk soaps! Hannah Kroll of Northwood Homestead shares a bit more about this with us!

Tell us about your farm!

Northwood Homestead is a small farm located in Mainesburg, PA. We proudly raise Tunis sheep, pastured chickens, and we grow dahlias for cut flowers and tuber production. At Northwood, we are focusing on preserving endangered livestock breeds like the Tunis sheep and Cayuga ducks. Tunis are known for being incredibly sweet-tempered and are excellent with children. They are a dual purpose sheep, bred for meat and fiber. We are proud to offer registered breeding stock, freezer lambs, and fiber products from our small flock. We are also participants in the Livestock Conservancy Save 'Em to Save 'Em initiative. In order to help raise awareness about the Tunis breed, we currently offer products directly from our sheep including mill-spun yarn, wool batting, and sheep milk soap! We also offer registered breeding stock and freezer lambs.

Tell us about how you make your soaps!

Our soap-making journey began a few years ago. My husband, Scott, had already been regularly making his own soap before we met, and after we started our Tunis flock, I asked him if we could experiment with some sheep milk soap. Typically people have heard of goat milk soap, but it would seem that sheep milk hasn't risen to fame yet.

We milk a few sheep in the spring after lambing, and while we always save some milk back in case we have a lamb in need, we use the excess to make soap. Our soaps are made in individual hand-crafted batches right in our home. We use a hot-process method for incorporating the oils and the milk, and we strive to only use high-quality, clean, non-toxic ingredients. Because we hot process our soap, the bars are really hard and they last a long time in your shower. After we pour our soap into molds, they

cure for at least two weeks, but the longer they cure, the harder they are. As a family of four, we generally replace one bar each month. And yes, we use our soap on even the littlest members of our family!

Why do you use the ingredients you do, and do you make certain types seasonally?

In our soap, we like to use as few ingredients as possible to keep things simple. We source clean, non-toxic oils like coconut oil and sunflower oil. I'm a huge fan of shea butter for the skin, so we use a large percentage of that in our recipes. Additionally, we don't use any toxic synthetic fragrances in our soap.

Instead we use therapeutic grade essential oils. Now because of this swap, our soaps don't have those "hit you in the face" smells like you may find elsewhere. We prefer a more mild scent experience as an exchange for cleaner ingredients. And to color our soaps, we only use natural colorants like kaolin clay or charcoal powder. Sheep milk is similar to goat milk in terms of properties for skin. It has anti-inflammatory and anti-bacterial properties. Sheep milk does have a higher lactose content than goat milk, so it may be more gentle for people with sensitive skin. Sheep milk also has a higher fat content to create a creamy, luxurious soap that is hydrating for skin.

What are your favorite types and are there different types you'd like to make in the future?

I'm not sure I have a favorite type of soap, but I love adding dried lavender that we grow on our farm into our batches. I'm also a huge fan of ground oatmeal in the bars, because it adds a gentle exfoliating experience. We recently made a soap called "Redeemed" and it had ground oatmeal for exfoliation, clove essential oil, and it was colored with white kaolin clay. If I had to pick a favorite, this one was it! It's like an oatmeal cookie in soap-form! "Redeemed" sold out immediately!

Our sheep milk soap is pretty much completely sold out, so in terms of future plans, we have partnered with a local goat dairy to create some goat milk soaps while our Tunis flock is growing new lambs for the 2024 season. When we have more sheep milk to play with, our sheep milk soap will be back in stock!



Tell us where you sell your products, and how folks can purchase them.

Our website is www.northwoodhomestead.com and you can purchase all of our sheep products including our sheep milk soap right from there. We do offer shipping within the US, and we offer farm pick-up for local orders. We're also on social media, so follow along with our farming shenanigans @northwood_homestead on instagram.



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Feature Family Farmers

Carlin Farm

Photos courtesy of Abigail Shaeffer

Every now and then we get emails from you, suggesting farmers we should visit, or farm stands we should feature. We're so thankful for these recommendations because, like the rest of you, we just haven't had a chance to go everywhere and see everything, even though we'd really like to! And so, as we've spent the past two years seeking out our local farms throughout Northeast PA, our paths have crossed with Carlin Farm several times. We connected on Facebook, and got them on our directory. We've been to the same farm markets and had the chance to visit very briefly there. And then, of course, we've had folks email us and say, "you really need to interview the Carlin family!" So we did! We're thrilled to bring the story of Carlin Farm to you, as we are thrilled to have met new friends and learned about all they're doing to bring fresh produce and so much more to their local community.

On a chilly fall evening, we sat with Gerald and Tina in their farm store after hours, surrounded by fresh produce, local milk, cheese, and ice cream in their coolers, and every type of dry good you could imagine. It was the perfect setting to learn about their farm's history, their hard work and the beautiful local products they bring to your table.

Carlin Farm/4 Seasons Farm Market sits in the beautiful Endless Mountains of Pennsylvania. And truly, they sit in a beautiful spot, nestled on top of a high hill surrounded by fields and trees and farmland. The farm has been in the family since 1903. They raise grass-fed beef and grow a wide array of GMO and pesticide-free vegetables year round. They built a high tunnel for extending their growing season and have also built their own passive solar greenhouses for starting seeds and growing vegetables throughout the winter. These buildings enable them to grow year-round and offer fresh produce in the off-season, something that's of great delight to us Northeast Pennsylvanians, longing for fresh spinach in February.

They offer their beef and produce and many other local products in their beautiful on-farm market. Here they help support the hard work of local farmers by offering Hardler Farm Raw Milk, Manning Farm Dairy products, Caulkins Creamery cheese, as well as a wide array of dry goods, canned jellies, preserves, pickles, pasta sauces, and handcrafted items. Here in the farm store they partner with the Senior Farm Market Nutrition Program and Farm Market Nutrition Program by accepting vouchers from folks for fresh farm-produce. They also participate in several weekly farm markets while holding down the fort on the farm.

Everything the Carlins offer now keeps them quite busy from sun-up to sun-down, but this vibrant farm has been operating since 1903 as a dairy farm for most of the time all the way up until 2012. Gerald Carlin was born and raised on the farm as the 4th generation of caretakers of this beautiful place. "2012 was the big change when we switched to doing vegetables and beef instead of dairy," he explained. "At the time there weren't many vegetable farmers in the area, so we were truly pioneering."



“We grow about 40 different kinds of vegetables altogether,” Gerald told us, “Of course in the summer we have produce like sweet corn and cucumbers, tomatoes and squash. In winter we have a lot of root crops, carrots, red beets, turnip, garlic, onions, rutabaga.” But the typical winter crops stored in cold storage, stretching across the winter months are not the only types of produce you can find at Carlins in winter, and that may be one of the most exciting things about Carlin Farm to share with you. The Carlin family works hard to grow fresh greens throughout the winter, like spinach, kale, lettuce and mixed greens like mustard and arugula.

“In early January we start planting things for the spring too,” Gerald shared, “tomatoes plants in the greenhouses, we have cabbage, cauliflower and broccoli from May to October depending on the season.” Tina explained that when folks come in winter or visit at the farm markets, they don’t always realize that the fresh greens or early tomatoes were NOT shipped from some other warmer part in the state, but were grown right at their farm, with a great deal of loving hard work.

And it is a lot of hard work. In fact, the hard work comes from many different angles. “Deer pressure has been really bad here,” Gerald told us. “10-20 deer at a time is not uncommon in a field. We started to try flashing lights to deter deer, and that worked for a year, but then we switched to a four-strand electric fence the next year. That worked for a little while too, but they figure things out quickly.” The Carlins now have an 8-foot fence keeping their vegetables safe from deer pressure. But deer aren’t the only critters trying to nab the fresh produce. “We trapped 17 raccoons already this year in less than an acre of sweet corn,” Gerald laughed.

Besides the animal pressure, the Carlins’ commitment to non-GMO and no pesticides keeps their days filled with up-keep. No spray equals more weeds, and weeding inside and outside the whole year-round takes a whole lot of man power. “Weeds grow in the winter time too,” the Carlins laughed when they shared this lifelong struggle. “If anything grows, the weeds are gonna grow too.”



And so with endless care for their animals, producing feed for them and maintaining their health, never taking a break from the produce, and manning the farm store and several farm markets weekly around the area, there has to be some reason that the Carlins plug away at this back-breaking and often thankless labor. The answer is as inspiring as it is heartwarming. Both Tina and Gerald replied, with confidence and passion, that it is their customers that keep them going. “They keep us going because they appreciate what we do.” Tina said, “I think people are getting tired of going to the grocery store and seeing inferior produce when they can come here and talk to Gerald about what we have to offer and learn about our growing practices.” The Carlins love seeing their regulars come to the farm markets and the farm store.

“We care about the food that we grow and the people we grow it for. We support other local farms in our store and try to keep it as local as possible. And we also try to keep things reasonably priced so the average person can buy from us,” Tina shared. And I think that is one of the most important reminders when it comes to buying from your local farmers. They’re doing it for you, for us, the local consumer. They want to see your face and hear your stories. They want you to see what they’ve grown for you to enjoy.

They knew it was going to be a lot of work and they assured Tony and I that they went into this with a lot of prayer. And they wanted us to know that everything was given to them by God, and without Him none of it would have ever been possible. The Carlins delight in what they do, and though it is back-breaking work, they’re proud to be part of a lifestyle that represents God’s creation, resting in the truth that “All things were made through Him and without Him was not any thing made that was made.” -John 1:3



Winter Must-Haves

We're privileged to have Renee Shores Wilson of Shores Sisters back with us to share some of the season's "must-haves!" But, be prepared - they may be a little different than you'd think!



Social media. Most people either love it or hate it. I personally have both a love and a hate for it. I love how it helps me advertise our business and connect with customers. I hate how it sucks me in every time I pick up my phone. So many times, I will pick up my phone to respond to a customer's comment or question and find myself an hour later, scrolling through Instagram. One particular fall night, I was scrolling after the kids were in bed, and I happened upon this reel, "My 5 Season Must-Haves." The title seemed harmless enough, and the pretty, neutral modern farmhouse-styled room caught my eye. It was an entryway with white walls, a elegant Christmas tree, and cozy textured blankets. As I watched this reel from a pretty blonde interior designer (I have no idea who she was)- without even realizing it, I found myself wanting to order her five décor must-haves for Christmas!

Let me tell you something. One of the perks of owning Shores Sisters is having access to pretty much anything I could want from an interior décor standpoint. The companies we work with offer a range of household goods from pillows to rugs to even headboards! But, as I watched that influencer's reel, I found myself being influenced! I wanted her fake Christmas tree (umm, hello- we sell gorgeous local live trees!), I wanted her plain gold pillows and her newest throw blanket. I'm not sure what snapped me out of the reel, maybe it was Kit waking up or Mike asking me a question, but after realizing how easily influenced I was by the season must-haves, and how I was really thinking I "must have" a new throw pillow or Christmas ornament, I was appalled at my American materialism in action. I was appalled at how easily it sucked me in, telling me what I had to have to celebrate the Christmas season. I started thinking about my true season "must-haves," and I could write an article on must haves for the Christmas season or soaking in the season at Shores Sisters (we do love Christmas at Shores Sisters and truly try to relish the season!) but then I got thinking about the next season- the post-holiday season.

I got to thinking about how after all of the hubbub of the holidays, and all of the advertising thrown at us, and the must haves, and the must dos, how there are several must haves for the following season: the season of rest.

Before we started staying open year-round, we would close Shores Sisters from Christmas until Easter. January was the worst month. It's cold and dark. Most people are dieting and trying to stick with those New Year's resolutions of losing weight or saving money. For us, that month was very hard on Mike, who needed purpose and tasks to drive his daily routine. All of a sudden, with it being our slow time of a seasonal business, neither of us had much that was pressing to do until spring hit. The spring to-do list always hangs overhead, but the blustery snow outside makes productivity seem unattainable. It became a season of rest for us, and still is today. I don't know anyone who just loves the month of January, but I'm learning to love it for what it is, and what it provides. It provides a time to reflect on the past year and cast a vision for the new year. It provides a time where I relish relationships and work on nurturing them. It's a time where I can finally cross a few projects off my inside list. As I was thinking about this article and the Instagram "must-have reels," I thought I would share 4 of my "must-haves" for the month of January.

- 1) Intentional relationship building blocks. Every January, after the busyness of December, when I start to actually get anxious because I have empty space in my calendar, I try to be intentional about maintaining or strengthening my relationships. I will try to take my grandma dinner or have a friend over for coffee and a play date. It's so easy to push those things off until a different time. I try to make it to a basketball game of my niece or nephews since so often we miss those activities in our busy seasons. I try to visit my mom after taking the kids to school and just sit at her kitchen counter drinking coffee with her as I did so many times growing up. Last year, I made a list of families that Mike and I had wanted to have over for dinner for months. Each week, we would try to invite a new family over for a simple dinner. There was no rhyme or reason as to what relationships we tried to make stronger, just a love of people. It takes effort to maintain relationships; it takes intentionality. That is my main must have for January. It's a month that can slip by in the short days and long nights of winter in PA, but when you get intentional about fostering relationships for a month, you will look back on the winter month that is usually mundane and not very productive, and you will realize you just invested your time and energy into a life-giving relationship that will last much longer than a resolution usually does.
- 2) A good game-day recipe. When we were teenagers, some twenty (what?!) years ago, my cousin and I would make this dish every time we got together. Girls' nights, game nights, you name it- it was our go to meal. It's now one of Mike's favorites and such an easy meal for Sunday night. All of the ingredients can be found at Shores Sisters which makes it an even easier meal for me to gravitate towards. My aunt had found a recipe for "Haystacks" in a farming magazine, and of course, the name caught her eye. Some may think it's just nachos, but for us, it was a food that was easy enough for a bunch of high school girls to make for movie night, or our family to whip up Sunday evening after the men got in from doing the barn chores. Start with your favorite sloppy joe recipe, make a quick cheese sauce, and put them on top of tortilla chips. If you have favorites of those recipes already, go for it! If not, I've adapted it over the years to make it incredibly simple and have provided it for you.
- 3) A pretty devotional. For the last several years, my New Year's resolution involved getting to know the Lord better. I yearn for that every year, and every year, I start with a pretty little devotional that can keep me motivated. I know it's superficial, but if the cover is pretty, I'm more likely to leave it on my coffee table and that much more likely to pick it up and read it in the mornings. It's a time, when the stand is slower, that I try to be very intentional about reading the Word. Let me be real honest with you, even if it only lasts for a month or a few weeks, any time with the Lord is life-giving.
- 4) My fourth and final must have for the season of rest is time to cultivate visions for the next season. The month of January is usually when Mike and I cast our vision for the year. It seems as though after the first week of downtime, we're usually ready to start dreaming up new ideas. It's when I first started pinning cupcake recipes years ago, or when we think of new merchandise to try. By May, we've regretted all of those dreary daydreams of January when it's actually time to make it happen, but for the month of January, we're inspired.

I hope whatever time you're reading this- whether it be in the peak Christmas chaos, or the quiet January slow-down, that you find yourself a little less stressed about the "must haves" thrown at us from every new influencer and every storefront. Instead, I hope you find yourself being a little more inspired to intentionally rest- resting in the cool of the winter, resting in the restoration of relationships, resting in the hope of warmer weather and the inspiration of spring, and resting in the goodness of the Lord no matter what month it is.

Ingredients:

Sloppy Joes:

(This is the simple recipe I do at home because Mike likes it best. The café's recipe is a little more involved with more ingredients.)

1 lb. ground beef (I use Shores Sisters local cornfed burger)
1 cup ketchup
¼ cup brown sugar

Brown the burger in a frying pan. If necessary, drain the excess fat. Turn heat to low, add the ketchup and brown sugar. Stir until sugar is dissolved.

Cheese Sauce:

¼ cup butter
¼ cup flour
2 cups milk
15 ounces Cooper cheese

Directions:

This is the way my mom taught me to make a cheese sauce and I use it for so many dishes. This makes a ton of cheese sauce, so I would save the rest for mac and cheese the next night! Melt the butter in a saucepan. Add in the flour until a paste forms, making sure not to burn the butter. (Been there, done that!) Add in 2 cups milk. Stir together until it comes to a low boil and sauce thickens. Add in 15 ounces of your favorite cheese- I love using our blocks of Cooper sharp cheese from Shores Sisters! Continue stirring over low-heat until cheese is melted.

Grab your favorite tortilla chips (Restaurant Style or the blue organic ones are my favorite), top with sloppy joe and the cheese sauce! Simple, hearty, and satisfying- yes. Healthy? Let's not talk about it.



Black Barn Homestead: *An Exposition of Creativity*

We stumbled across Black Barn Homestead on Facebook and fell in love with their ingenuity and unique offerings. I'm constantly surprised by our local farmers and homesteaders, because their creativity knows no bounds. We're pleased to bring you this interview from them about their hard work and pioneering in oft-forgotten homemade products.



Photos courtesy of Black Barn Homestead

Tell us where you are located and what you do.

We are located in Nicholson, PA. We make vinegar based food and beverages such as pickled quail eggs with or without beets in three flavors; original, cajun and ginger rosemary. We make pickled beets in three flavors; original, cajun and

ginger rosemary. We also make pickled zucchini and a variety of other pickled fruit and vegetables. We also make two vinegar based beverages called Switchel and Shrub. I also make various fruit betters and wildcrafted simple syrups such as Pineapple Weed simple syrup, wild rose simple syrup, lilac simple syrup and a variety of other flavors.

How did this all start for you?

We moved to Pennsylvania in 2020 from Texas and one of the first things we raised at our farm was bobwhite quail so that my husband could use them to train bird dogs. During the winter of 2020 we ended up with a lot of bobwhite quail eggs that I needed to find something to do with so I found a recipe for pickled quail eggs and later discovered pickled eggs with beets is ironically a favorite Pennsylvania Dutch dish. I discovered I really enjoyed finding ways to prolong, preserve and pickle the bounty that was abundant around us, whether it was picking the extra quail eggs at our farm, the local apples and peaches at farm stands or the native edible flora around our 80 acres. I became so interested in researching and teaching our boys, six and five, about wildcrafting and I could not wait to get outside, learn and create.

Could you give us a run down on the products you offer and the process behind them?

We offer fresh quail eggs by the dozen. We offer pickled quail eggs with or without beets in three flavors, Original (garlic, cloves, peppercorn, mustard seed, salt, vinegar), Cajun (garlic, cloves, peppercorn, mustard seed, jalapeño, cayenne pepper, salt, vinegar) and Ginger Rosemary (fresh ginger, rosemary, turmeric, salt, vinegar). We offer pickled beets in the same three flavors. We also offer pickled zucchini with or without carrots (garlic, peppercorn, mustard seed, caraway seed, salt, vinegar). I try to use the freshest and most organic ingredients when possible. As far as the beverages we offer I could write a great length about the history and health benefits of both Switchel and Shrub.

Switchel, aka "Haymakers Punch" is believed to have originated in New England during the 17th century. At that time it was typically made during the summer months as a refreshing, rehydrating drink made for farmers to drink while hay making. ("America's first Gatorade") There are various recipes denoted through out history but for the most part it was a mixture of water, vinegar, molasses and ginger powder.

My recipe is a bit more medicinal. Every small batch of Switchel I make has a fresh ginger, organic raw apple cider vinegar, local raw honey, mint and well water base. It can be drunk by itself or as a mixer (Rum was often added back in the day). When asked about how much to drink I say you can drink the entire 16 oz in one sitting if you would like as that is what my husband and I do. All of the ingredients have known health benefits such as anti-inflammatory properties and probiotics and probiotics for gut health.

Now as far as the Shrub that too is a historical vinegar based drink but much more concentrated. It is a fermentation of fresh fruit, sometimes spices, organic apple cider vinegar and cane sugar. After some time I remove the fruit and bottle the remaining drinking vinegar. It too can be drank straight or used as a mixer with club soda or any other libation such as rum or vodka. I will use the various Shrubs to flavor the Switchel. Flavors I have made and am currently making are: Peach, Cherry, Cherry Peach, Apricot, Raspberry, Blackberry, Blueberry Cinnamon Clove, Strawberry, Strawberry Jalapeño, Strawberry Rhubarb Raisin, Hot pepper, Jalapeño. Watermelon Mint, Wild Elderberry (seasonal), Plum and Concord Grape. (I plan to make cranberry).



How can folks support you?

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At this time people can find and order our products through our facebook page or by calling/texting us.



Merry Christmas and Happy New Year!!



If 2023 has taught us anything, its this, to never take for granted the blessings in life. Blessings of good employees, blessings of regular visiting customers, blessings of health for hard work, and so many more. As we wrap up the year, WE COULDN'T BE MORE THANKFUL AND BLESSED. May this season of Joy bless you, and we hope you have a very Merry Christmas and a very Happy New Year!!



From the Rovenolt Family and Rovendale Team



1300 SUSQUEHANNA TRAIL 34872 ROUTE 6 1094 TEXAS PALMYRA HWY
WATSONTOWN, PA 17777 WYSOX, PA 18854 HONESDALE, PA 18431
570-538-9564 570-265-7200 570-253-2690

WWW.ROVENDLAEG.COM OR FIND US ON SOCIAL MEDIA:



FARM STORE @ NORWAY RIDGE ANGUS



- No antibiotics
- No added growth hormones

- Naturally Raised Black Angus Beef
- Forest Raised Pork
- Wild Caught Seafood
- Local honey and local maple syrup products

Winter Hours:
Saturday, 11am-4pm
Or by appointment

271 Terrytown Mountain Road
Wyalusing PA 18853

570-721-1499
www.NRAngus.com

Check us out on YouTube:
Norway Ridge Angus

Your Local Farm Directory

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Bradford County

Back Achers Farm

Sue & Aaron Bullock
Rome, PA
570-247-2940
backachersfarm@epix.net
backachers-farm.weebly.com
pastured pig & poultry, 100% grass-fed beef,
organic seasonal produce and maple syrup

Backroad Creamery

Ulster, PA
570-404-0664
backroadcreamery@gmail.com
www.backroadcreamery.com
quality artisan cheeses

Bluebird Ridge Farms

The Ashby Family
Milan, PA
www.bluebirdridgefarms.com
pastured grass-fed beef, veal, chicken and
Berkshire hogs

Bohlayer's Orchards

David & Heather Loomis
Troy, PA
570-297-2480
www.bohlayersorchards.com
heather@bohlayersorchards.com
quality Romeldale sheep and wool products

Brush & Bramble Farm

Laceyville, PA
570-721-0522
www.brushandbramblefarm.com
brushandbramblefarm@gmail.com
goat milk soap, scrubs & body care

Dirt Road Herbals

Gillett, PA
Dirt Road Herbals on Facebook
dirtroadherbals@yahoo.com
Natural herbal remedies, lotions, salves and
other botanical products

Edsell's Greenhouse

Wyalusing, PA
seasonal: May - Mid June
570-744-1960
Edsell's Greenhouse on Facebook
hanging baskets, annual flowers, pre-planted
containers, vegetable plants and herbs

Greener Pastures

Troy, PA
Steve & Nicole Harris
www.greenerpasturesfarm.net
570-337-0815
pastured pork, poultry, grass-fed beef, plants,
produce, pumpkins, maple syrup, hay

Grown Food LLC

Gillett, PA
Tim & Liz Owen
www.grownfood.com
570-423-6612
seasonal vegetables and a variety of
sustainably grown mushrooms

Lake Edge Seeds & Trees

Brian Moyer
Towanda, PA
570-265-0470
moyerdbr@gmail.com
nut trees, fruiting shrubs, fodder trees for
livestock and more

Bradford County

Continued

Norway Ridge Angus

Paul & Stacy Fusco
Wyalusing, PA
570-721-2425
paul@nrangus.com
www.nrangus.com
naturally raised Black Angus beef,
Forest Raised Pork, Tallow Balm,
raw honey, pastured eggs

Small Dog Orchard

Craig, Wanda, Jake & Cody Lezak
East Smithfield, PA
570-574-6298
smalldogorchard@gmail.com
Small Dog Orchard on Facebook
12 varieties of apples grown on a
trellis system. Pick-your-own, pre-
picked, orchard tours
& delicious cider

Southview Station

Jessica Newman
585-261-5434
SouthViewStation@outlook.com
www.southviewstation.com
grass-fed cows and sheep, pastured
pork and poultry

WindStone Landing Farms

David & Marla Nowacoski
Columbia Cross Roads, PA
570-596-4470
dnowacoski@gmail.com
wslfarms.com
quality pastured pork, chicken and
turkey, eggs, vegetables, jams,
salsas, soups, pickles

Susquehanna County

A. Joy Swiss

Little Meadows, PA
Abbie Evans
a.joyswiss@yahoo.com
A. Joy Swiss on Facebook
Raw Milk

Albert C. Shaulis

Montrose, PA
Albert & Rachelle Shaulis
tweetyburdz@yahoo.com or
beefcow10@icloud.com
570-934-2833
grass fed, grain finished quarter,
half, whole beef

Amy Boot

Montrose, PA
snoylany@hotmail.com
570-396-2043 (text or call)
quality farm fresh eggs

Barbour Farms

Jim & Kim Barbour
Hallstead, PA
607-435-0830
barbourfarms.com
Raw A2A2 grass-fed milk, organic/
sustainable vegetables & pumpkins.
Raising grass-fed American
Aberdeen beef.

Susquehanna County

Continued

Bennett Farms

Brandon & Adele Bennett
New Milford, PA
570-947-4056
Bennettfarms.biz
local beef, pork, and equine services

Burke Farms LLC

Bill & Becky Burke
Meshoppen, PA
570-240-0714 or 570-240-5485
wb.burkefarmsllc@gmail.com
whole, half or quarter beef and
individual cuts and packages

C. Birchard Farm

Chapin Birchard
Birchardville, PA
607-321-9298
U.S. Inspected Individual retail beef.
Call or text for meat order.

Carlin Farm (4 Seasons Farm Market)

Gerald & Tina Carlin
Meshoppen, PA
570-240-5094
4seasonsfarmmarket@gmail.com
4seasonsfarmmarket.com
wide variety of fresh produce and
pasture-raised beef

Carlton Farms

Jennie & Richard
Montrose, PA
570-396-0886
info@carltonfarms.net
carltonfarms.net
certified organic produce, pastured
lamb, fire-tonic, pestos and CBD
products
beef and hay

Castiglione Family Farm

Heather Castiglione
Montrose, PA
Grass-fed beef, free range non-GMO
eggs
dcastiglione111@gmail.com

Clodhopper Farm

Pete & Eliza Comly
Springville, PA
570-965-2201
clodhopper@epix.net
clodhopperfarm.com
pasture-raised chicken, turkey and
eggs, grass-fed beef and natural pork

Corbin Family Farms

David Corbin
Hop Bottom, PA
570-396-6105
djc005@lvc.edu
locally sourced, naturally and
sustainably grown beef and lamb. Beef
Quality Assurance certified.

Endless Mountains Ranch

Paul & Emily Travis
Hallstead, PA
607-205-0361
info@endlessmtnsranch.com
www.endlessmtnsranch.com
@endlessmtnsranch
quality pastured pork and poultry

Susquehanna County

Continued

Ellsworth Farm

Samantha Ellsworth
Montrose, PA
910-352-0929
Ellsworth Farm on Facebook
organic, non-gmo homegrown plants and
flowers

Evelyn Adams

Montrose, PA
570-982-3702 (text only)
local fresh eggs

Frolicking Feathers Flower Farm

Paige Frystack
Montrose, PA
607-727-6096
@frolickingfeathersflowerfarm
Frolicking Feathers Flower Farm on
Facebook
U-Pick fresh-cut flowers and events

Hepler Beef

The Hepler Family
Hallstead, PA
570-465-3921
cshepler@nep.net
Hepler Beef on Facebook
Raising grass finished or grain finished
beef. Available in quarter, half, or whole

Homestead Herbs & Tea

Larry & Eileen Traver
Montrose, PA
570-665-8177
pork & beef, pasture raised, fed certified
non-GMO

Homestead Herbs & Tea

Megan Carey
Friendsville, PA
homestead_herbs@yahoo.com
Homestead Herbs on Facebook &
Instagram
Homemade loose leaf tea, herbs, salves,
tinctures & chapsticks

Jill's Happy Bees

Kate & Chuck Castrogiovanni
Montrose, PA
570-396-0311
Jill's Happy Bees on Facebook
honey, nuc boxes, and wax-dipped bee
boxes

LaRue's Farm Market

Ben & Renee LaRue
Montrose, PA
570-934-2618
laruesfarm.com
seasonal home-grown vegetables and
meats

Legacy Farm/Lauer Farm

Springville, PA
John Krayestki
570-575-0284
beef and hay

Maggie Pines Homestead

Kingsley, PA
Scott & Tammy Davies
480-427-5535 or 480-689-0184
magpiepineshomestead@gmail.com
Non-GMO, pasture raised, unclassified
duck eggs

Marcho's Florist and Greenhouses

Susquehanna, PA
570-756-2616
marchosgreenhouses.com
florist, greenhouse, dahlia farm

Parrish Family Farm

Karen & Guy Parrish
South Montrose, PA
607-759-8201
karen.glparrish@frontier.com
home-grown quality beef

Phillips Farm

Tyler & Katie Dewitt
Kingsley, PA
607-759-8201
@farm.phillips
Phillips Farm on Facebook
Family-owned self-serve farm stand

Rocky Ridge Farm

Rob & Hannah Squier
Brooklyn, PA
845-258-0742
rocky-ridgefarm.com
grass-fed beef, pork & chicken

Russell Farms

Mike Russell
Brackney, PA
@russellfarms
russell-farm.com
year round farm store, CSA, and u-pick apple orchard

Si's Sow & Steer

Silas Lewis
Montrose, PA
570-278-4533
sisowsteer@gmail.com
@sisowsteer
Si's Sow & Steer on Facebook
fresh homegrown pork and beef

Spear Family Farm

Frederick Spear
Hallstead, PA
570-396-8440
spearfamilyfarm@gmail.com
spearfamilyfarm.com
goat milk soap and lotions, produce (chicken & duck eggs, seasonal veggies), and livestock sales

Trinity Angus, LLC

Edward & Dr. Rebekah Burke & Family
Brackney, PA
570-840-7376
trinityangus@gmail.com
www.trinityangus.com
veteran-owned family farm offering hormone and antibiotic-free Angus beef for your freezer and/or local business. Also offering embryos and bulls to help build a healthy Angus herd.

Viva Villa Farm

Jill Kutz
Friendsville, PA
h-570-553-4280, c-607-237-6053
jill.kutz24@gmail.com
www.VivaVillaFarms.com
Lamancha Dairy Goats, Icelandic sheep, Great Pyrenees puppies, Artisan homemade products, bath & body, honey, maple syrup & wool items

Windy Willow Homestead

Montrose, PA
Mark & Stephanie Rozelle
srozelle@live.com
570-309-7955
@windy.willow.homestead
registered Nigerian Dwarf goats, chickens, ducks, turkeys, quail, meat rabbits, herbs and produce

Tioga County

B&S Farm

Bryant & Shayna Painter
Westfield, PA
570-439-2956
Local non-classified organic pastured eggs

Blair Creek Farm, LLC

Kyle & Courtney Rouse
Little Marsh, PA
Blair Creek Farm, LLC on Facebook
570-439-0525
Pasture raised chicken (whole birds or cuts by the pound), grass-fed, grain finished beef by the half, quarter, or cuts buy the pound, free-range brown eggs, fresh, never frozen pasture-raised Thanksgiving turkeys, mixed grass hay in small squares and round bales

Hillstone Farms

Todd & Jessica Webster
Wellsboro, PA
hillstonefarms@gmail.com
farm market store, Angus beef, pastured pigs & chickens

Miller's Purely Maple

Dale & Melanie Miller
Wellsboro, PA
570-724-7907
www.millersmaple.com
Quality maple products sold year-round

New View Farm

9578 N Elk Run Rd, Mansfield, PA
570-549-3545
newviewfarminfo@gmail.com
New View Farm on Facebook
vegetables, gourmet blend lettuce and pastured eggs, using aquaponic & soil based growing

Northwood Homestead

Scott & Hannah Kroll
Mainesburg, PA
northwoodtunis@gmail.com
raising Tunis Sheep for meat and fiber, growing dahlias for market bouquets and tuber sales

Painter Family Farm

Clinton & Maria Painter
Westfield, PA
814-367-5675
paintersorganiclivestock@gmail.com
organic pasture-raised eggs, pork, lamb, goat, chicken & turkey

Strange Acres Registered Angus

Michelle Strange
Mainesburg, PA
570-404-1429
cow/calf operation - bulls for sale all year. Registered and non-registered available

Westfield Flower Co.

Westfield, PA
470-441-3695
westfieldflower.com
Westfield Flower Co. on Facebook
westfieldflower@gmail.com
Fresh-cut, locally grown PA flowers

Wyoming County

Avery Mountain Bines & Twine

Joe Mitchell & Paul Robinson
Tunkhannock, PA
570-335-2403 (prefer text message)
averymountain@yahoo.com
fresh hops

Black Barn Homestead

Nolan & Autumn Maxwell
Nicholson, PA
570-914-8994
Black Barn Homestead on Facebook
Pickled quail eggs in mild, cajun and ginger rosemary flavors, pickled vegetables, switchel and shrub

Brown Hill Farms

The Brown Family
Tunkhannock, PA
570-241-8430
brownhillfarms@gmail.com
brownhillfarms.com
seasonal tulip & sunflower fields, pumpkin patch and local produce stand

Brown's Locust Grove Farm

Dennis & Cody Brown
Tunkhannock, PA
570-690-7532
570-240-0582
Brown's Locust Grove Farm on Facebook
family farm that grows corn, soybean, oat, and wheat crops, as well as high quality hay and straw. We also raise all natural beef cattle. All our beef is raised from start to finish locally in PA.

Redfield Farm

Falls, PA
570-614-6697
redfieldfarmpa.com
beautiful daylilies in a full spectrum of colors, varieties and bloom times

Rock "N" K Farm

Josh & Elena Kuwaye
Meshoppen, PA
607-206-1036
Kuwayejosh@yahoo.com
grass fed, grain finished beef by the whole, half or quarter

Rowlands Pennsylvania Produce

Falls, PA
570-561-4093
Rowlands Pennsylvania Produce on Facebook
Hydroponic-pesticide-free lettuce and herbs

Whistle Pig Pumpkin Patch

The Field Family
Noxen, PA
570-298-0962
stacy@whistlepigpumpkin.com
whistlepigpumpkin.com
U-pick farm offering strawberries, raspberries, blueberries, tomatoes, peppers, elderberry, pumpkins, gourds, as well as fall family activities

Wilson Farm

Tunkhannock, PA
Lynn
570-836-3289
grass-fed lamb and poultry, wool, Texel breeding stock

Should your farm be in our directory?

We'd love to list your farm and grow our directory to help our community learn where to find quality home-grown products! Please contact us via our website so we can connect with you and list your family farm for free!



