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Northeast
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Fall 2023



The Thrill of the Chase

I don't know about you, but my summer doesn't consist of late starts to the morning, sleeping in until the sun pours through the window. I don't have many lazy days at the pool, novels finished on the porch with a glass of iced tea, or days spent at the beach. For me, summer typically means a flurry of hectic activity, sweating through the sunny days to get things done. Summer spits me out at the end, frazzled and confused. The winding down of the summer spat me out into my garden which had been slightly neglected, but abundantly productive.

I hit the ground literally running, picking and blanching and freezing green beans, water-bathing jar after jar of garlic dill pickles, blanching zucchini, grating zucchini, learning new ways to cook zucchini. I exhausted my beans and squash, and turned to the flourishing jalapeños and fat shiny green bell peppers. I learned how to make pepper jelly, and I froze diced bells for omelettes later on. Then the herbs started to go to flower. So I learned pesto, and learned it was good for freezing. My dehydrator hums on the counter, drying batch after batch of lemon balm and bergamot, oranges and ginger to try out tea-blends. Dried parsley (my favorite herb) goes



into mylar bags with oxygen absorbers for use throughout the fall and winter. The tomatoes are ripening and will soon be followed by cherry bomb peppers for pickling, watermelons and cantaloupes and gigantic pumpkins.

This is a new kind of busy than before. We eat dinner late, when the sun hangs it up for another day. It's gotta wait until after I've finished preserving...something, anything... as long as something gets saved from the garden! But this is

the harvest we waited for. And I'm having the best time. I know when I grab each jar off the shelf, each new bag of herbs, each bag of shredded zucchini from the freezer this winter, it will make me smile and remember the joy of the harvest. From the outside, it seems like madness, but to those of us who've given into it, it's a bit like the thrill of the chase. I hope you're enjoying that chase in whatever form it finds you here in abundance season!

Ecclesiastes 3:1, 2b

There is an appointed time for everything. And there is a time for every matter under heaven - A time to plant and a time to uproot what is planted."



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Cover photography courtesy of Abigail Shaeffer
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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 on 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

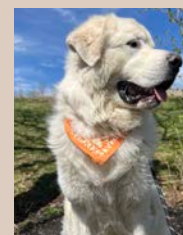
Montrose Bible Conference in maintenance and loves every minute. He loves metal detecting and big ice cream cones with rainbow sprinkles. When he closes his eyes every night, he sees tractors.

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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Preserving the Harvest

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By: Amber E. Denmon MS, RD, LDN
Extension Educator, Food Safety & Quality

Ok, you've made it! You finally have your produce haul coming in and you're so excited to get out in the ripe garden, harvesting your long-awaited and hard-earned fruits and veggies! But then you start running out of refrigerator space for all of those zucchinis! So, how can you creatively preserve and prolong your harvest to enjoy long into the winter? Here with some helpful suggestions is Amber Denmon, Food Safety & Quality Extension Educator from the PennState Extension Master Gardeners!

When people hear home food preservation, they might automatically think of canning, but freezing is another way to preserve food. There are many advantages to freezing. The greatest is keeping that beautiful and vibrant color on vegetables like green beans compared to if you were to process them in a pressure canner. Freezing can be easier and quicker than canning or even drying. Since it is faster and you're not heating the kitchen as long, it can remain cooler in the house than using a canner all day.

To help with meal preparation, portion out the size you need for a particular vegetable. For example, if you make a bean and kale soup in the winter and know you need 3 cups of kale, you can portion 3 cups per container.

There are several disadvantages to freezing food for home food preservation. The storage space for frozen food is limited by the size of the freezer, and the energy costs of operating a freezer are ongoing. Some foods with high water content, like lettuce, cabbage, cucumbers, sprouts, and potatoes, do not freeze well. The water inside the food cells breaks down over time and causes a low-quality product.

Here are some tips for freezing foods:

1. Choose high-quality fruits and vegetables. Start with young, tender, and firm vegetables for any food preservation. Look for fresh and ripe fruit without significant blemishes.
2. Keep food safety in mind. Start with clean countertops and equipment. Always wash your hands before getting started.
3. Blanch vegetables to prevent color changes. Blanching is the process of briefly emerging vegetables into boiling water for a certain amount of time, depending on the vegetable. Once the time is reached, the vegetables are drained and submerged in cold or ice water to stop cooking.
4. Seal packages tightly to prevent oxygen from getting into the food and causing freezer burn.
5. Label each package with the date, name of the product, and number of servings or amount per package.

Freezing is a wonderful and quick way to preserve food. For more information on home food preservation, Penn State Extension offers 25 "Let's Preserve" fact sheets that provide detailed methods for processing fruits, vegetables, and meats.

<https://extension.psu.edu/lets-preserve>



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Essential Tips for Winterizing Your Tractor

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From Marshall Machinery

Crop harvesting and animal care are a huge consideration as we approach colder months on the farm, but caring for one's equipment can be just as important. We've turned to our friends from Marshall Machinery for some expert equipment care tips!



Photos copyright Marshall Machinery

As the days grow shorter and the temperature gets colder, it is crucial to make sure your equipment is ready for the winter ahead. If you plan on storing your tractor until spring, proper maintenance and winterization can significantly extend the lifespan of your tractor and ensure it operates smoothly when spring arrives. If you plan on utilizing your tractor during the winter months for snow removal or other tasks, these tips will also help to keep your machine running at its peak capacity when you need it most.

1. Clean and Inspect:

Before beginning the winterization process, thoroughly clean your tractor to remove any dirt, debris, or grime. Pay special attention to the engine, undercarriage, and air filters. This step not only keeps your tractor looking its best but also allows you to identify any existing damage or wear that may need to be addressed before winter.

2. Change Fluids and Filters:

To prevent moisture buildup and protect vital components, it is crucial to change the engine oil, hydraulic fluid, and fuel filters. Replace them with fresh fluids and filters, ensuring they are of the recommended grade for cold weather operation. Consult your tractor's manual or advice from your dealer for specific product recommendations.

3. Inspect the Battery:

Cold weather can be particularly taxing on tractor batteries. Before winter sets in, examine the battery for any signs of corrosion, loose connections, or cracks. Clean the battery terminals and secure any loose cables. Consider utilizing a battery tender during the cold winter months to keep your battery at full potential. If the battery is weak or nearing the end of its life, consider replacing it to avoid starting issues during winter.

4. Check the Cooling System:

Ensure the coolant in your tractor's radiator is suitable for colder temperatures. If necessary, drain and replace the coolant with an antifreeze mixture designed to protect against freezing. Inspect hoses and belts for wear or damage, replacing any worn-out parts before winter to prevent potential breakdowns.

5. Lubricate Moving Parts:

Proper lubrication is essential for the smooth functioning of your tractor, especially during colder months. Grease all relevant joints, including steering components, linkage points, and the PTO shaft. Lubricate moving parts according to the manufacturer's recommendations to minimize wear and tear caused by the winter weather.

6. Protect the Fuel System:

To prevent moisture accumulation and fuel contamination, it is essential to take measures to protect the fuel system. Before winter, ensure your tractor's fuel tank is full, as a partially filled tank increases the chances of condensation forming. Additionally, consider adding a fuel stabilizer to prevent fuel degradation during storage. For diesel engines, be sure to treat your fuel with an anti-gel additive, which will prevent the fuel from gelling up in the cold.

Properly winterizing your tractor is vital for its longevity and optimal performance. By following these essential tips, you can ensure that your tractor remains in top condition throughout the winter months. Remember, regular maintenance is key to preserving the value of your investment and avoiding costly repairs in the future. Take the time to care for your tractor, and it will reward you with reliable performance season after season.

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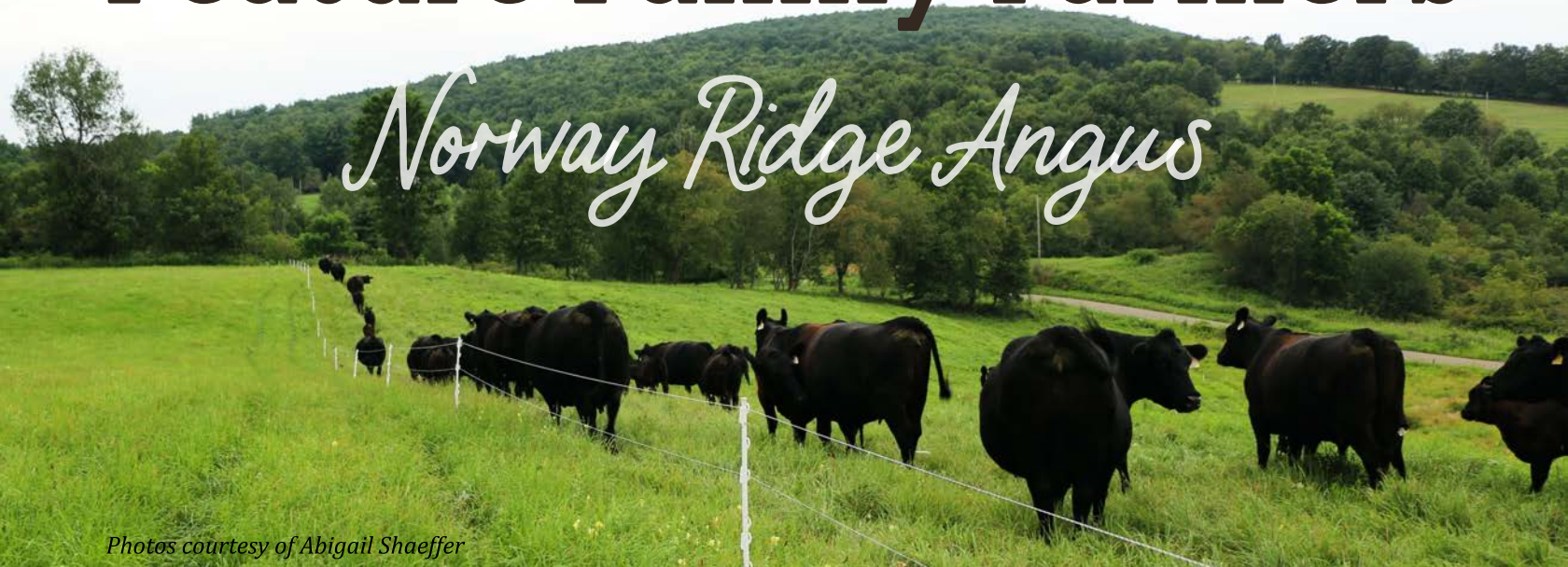
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Feature Family Farmers

Norway Ridge Angus



Photos courtesy of Abigail Shaeffer

When Tony and I started Northeast Family Farming magazine, one of the aspects we were excited about was the many opportunities it would afford us to meet people in our area. We looked forward to expanding our knowledge base of local farm-fresh products for our own benefit as well as the benefit of the readers. I don't know, however, if we realized that along the way we would make dear friends, and not just acquaintances. And that's how we feel about Paul & Stacy Fusco of Norway Ridge Angus.

Somewhere during our first year, we connected with Paul & Stacy via Instagram (which is honestly where we meet many of you). We made plans to drop off magazines for them to have on the counter of their soon-to-open farm store in Wyalusing PA which opened in May of 2022. And as we stood on the porch of their beautiful little store, we got talking about honeybees, deer hunting and chickens. All of a sudden we were on their side-by-side, riding up the hill to see the cows and walking through the woods to visit the pigs, and checking out the amazing cuts of meat they had to offer in the farm store. We could've stayed much longer but we had other places to deliver magazines to, and so we hit the road. But we knew we had found friends and farmers that we'd work with on many projects down the road and this is one of them. We're so proud to present Norway Ridge Angus as our Fall Feature Family Farm.

Paul & Stacy bought their farm in Wyalusing in 1995. The original farm is 43 acres, but they have purchased property around them in recent years to continue to provide places for their cattle to pasture. Paul spent 25 years with the Pennsylvania State Police and Stacy taught elementary in the Wyalusing Area School District and though neither of them had a history with growing up on a farm, they knew it would be part of their future together.

Paul had always had some sort of animal to care for growing up such as chickens and rabbits. When they got married, they lived in apartments in Waverly and Dunmore and then finally bought seven acres in Harford. They started a bottle calf and a few piglets and Paul explained, "the bug just bit full tilt." They realized the seven wooded acres just wasn't going to cut it for what they wanted to do so they began looking for property more suited to farming and that's what brought them to Wyalusing, where they raise Black Angus and heritage breed forest-raised pigs.

"It's been a work in progress," they said. "If you had seen this barn when we bought it, when it rained outside, it also rained inside the barn. The beams were rotted inside the foundation. The house needed love. It had been someone's seasonal residence. There was no plumbing or electricity when it was built in 1876."

So they gave the place the love it needed. And even while working full time, they had animals. "We wanted to know where our food was coming from," Stacy shared, "whether it was from the garden, or keeping chickens, which progressed into pigs and cows we raised for our own meat." They would raise one for themselves and then sell the other to friends or family. When people saw what they were doing, they became interested, so two to three pigs became ten pigs, which became 38 pigs last year.

And their herd grew much the same way. "For the most part, it was feeder cattle," Paul said, "and then we'd finish them and decide how we might get better quality, so we got our own brood cows to be able to determine the quality of the feeder calves and eventually we had an almost completely registered Angus herd. We started transferring embryos from the midwest and also using artificial insemination." Paul shared how they've progressed until they reached the high level of quality they wanted to see in their cow herd.

Currently, they're focusing on building up the genetics so the animals can gain weight and finish well on grass. Within the next two years they want their beef to be all grass-finished. "Grass finished tends to be a little leaner, so you want animals that aren't skinny. Our cows are tanks," Paul laughed.

Four years ago, they started to work on growing their offspring of forest-raised pigs. "We run the pigs through a silvopasture setting where it's a mix of field, trees and brush," Paul said, "and as they progress across the pig pastures, come late summer when the acorns are starting to drop, they're back in those oak woods." Stacy shared, "the acorns are gone back there. The pigs can hear them hitting the ground. They flip rocks over and eat grubs. They love it back there!"

"On a fresh move, especially when they forage, they'll graze like a cow eating the grass, and as they chew it down to the ground, they start rooting. They have a self-feeder so they can get grain as well," they explained, "They need to have the grain but when they're moved to a new area you can tell they're happy because of all the other varieties they can eat. They look like they all have grins on their faces."

We loved hearing Paul and Stacy share about their passion for these animals and were encouraged by their approach of slow and smart growth. It's extremely tempting to want to do it all in farming and in life, but one quickly discovers that doing it all does not equal quality. Paul and Stacy have put a great deal of time into learning how to enhance their processes and learn from mistakes. And one of the areas they have put a great deal of time into learning is regenerative pasture management.

"We don't overgraze pastures," Paul said. "There's enough grass blade left behind for solar energy to go back down into the ground. You don't want it to look like a putting green." But this approach leaves Paul and Stacy watching the ground a lot.



"We rotate anytime from twelve hours to four days, depending on a lot of variables. Keeping the ground covered takes care of the soil biology, which in turn takes care of the grass. And the grass takes care of the cows. It's an interrelated cycle." Paul laughed that he's watching the grass more than he's watching the cows because the cows will take care of themselves as long as the grass isn't abused.

"When you see a ton of 'putting greens,'" Paul said, "the cows are starving. It's a time consuming process, but you can see the results in the cow." And they've got the cows trained now! "They'll take the tops off the grass and they'll let us know it's time to move." Stacy laughed.

Paul and Stacy are further examples of individuals who don't farm because they have to, but farm because they love it.

And a lot of that love is driven by the desire to be connected to their food source and help educate others. And I asked them the same question I ask every farmer we interview, the question I most want answered for our own benefit as well: What would you tell others who are passionate about the same things, who want to follow the same path you have?



“Give yourselves grace,” they replied. Mistakes are ok to make as long as you learn from them. And learning from others’ mistakes are even better (and more economical!). Do your research, adapt as you go, and be flexible.” Those are good lessons regardless of what pursuit you follow, and an encouragement! It can be easy to see someone’s success and assume that’s the only side of things they’ve ever seen, but Paul and Stacy made it clear to us that the success they’ve come to enjoy is won through hard work, research, and grace through mistakes. And all of that is driven by a passion and a love for what they do.



So if you have never come across Norway Ridge Angus, or all they have to offer, like their amazing Black Angus beef or forest raised pork (and a vast assortment of other local farm products), you can check them out at their store on Fridays and Saturdays, 11-4 (or by appointment) or through the Delivered Fresh website. You can also check out their YouTube account to get a first hand look at what’s happening on the farm.



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A Flourishing Farm, Family & Future

From Ambassador Advisors

We've had the privilege of connecting with farmers from all different stages of life, from those hoping to pass their legacy to the next generation, to folks just getting started as first generation farms. No matter where are are, it can be helpful to think through some strategies for preserving your farm's legacy and values for the next generation. Ambassador Advisors has some tips on how to make that goal become a reality.

Rolling green hills; animals peacefully grazing against a backdrop of blue skies and billowy white clouds. This is the picturesque magic that—from a distance—may make farm life seem *effortlessly* serene and sublime.

As farmers, you know nothing could be further from the truth. That farm did not cultivate itself. Countless hours of planning, hard labor, and precious resources made it possible. Without constant care and dedication, it would cease to exist.

A farm is like a family. We don't choose to grow one because it's easy. Everyone might be smiling in those perfectly staged family photos, but the real work of being a healthy, thriving family behind the scenes is messy, challenging, and full of unknowns. It also requires constant maintenance to keep it from falling apart!

So why do we choose it? Because of love.

Love of farming and love for your family go hand-in-hand when you are a farmer who dreams of your children, grandchildren, and innumerable future generations carefully tending the land that you have devoted your life to cultivating. The dream is within reach, but, as you have already learned from farm and family life, dreams don't just happen. They require careful planning, diligent work, and determination.

As trusted advisors for many families, we have witnessed the benefits of being proactive in legacy planning for farmers. It is as essential to your future as weeding is to your soil. The potential is always there for unwelcome problems to arise that, if you don't know how to spot them and deal with them swiftly, could destroy all that you have worked so hard to create, preserve, and perpetuate.

One of the most common "weeds" we have seen affect legacy farming families is also one of the most preventable: a lack of communication. Not having proper estate planning documents in place in the event of a death or incapacitation can leave your family struggling to keep the farm going. Speaking to an experienced professional advisor and making sure these documents are in place is key.



Taxation is another common and constant challenge we see plague our farming communities, whether it is taxation at death or in taxes that result when the farm changes ownership. Again, planning ahead can help mitigate and sometimes eliminate some of the taxes that farming families could face while planning their lasting legacy. Fortunately, several tools are available to families to protect both land and assets. The use of Limited Liability Companies, Revocable Trusts, or Irrevocable trusts are just a few possible solutions. Simply making sure assets and land are titled correctly, or placed into any of the planning vessels that can be created for each individual, is a great proactive step toward eliminating future challenges.

Perhaps the most beautiful aspect of a family legacy farming is getting to share your passion with your children. The earlier you begin introducing them to the work and rewards of farming, the better! Find age-appropriate tasks for each of your children, and the seeds of responsibility and ownership of the land will be sown. As they grow, let their work load grow with them. Be mindful of pointing out the beauty and bounty it yields. Marvel with them at the everyday joys you cherish and ask them what they most enjoy.

We are here to help you plan for your future, so that you can focus on what is right in front of you: a beautiful life that you are tending each day with your own two hands.

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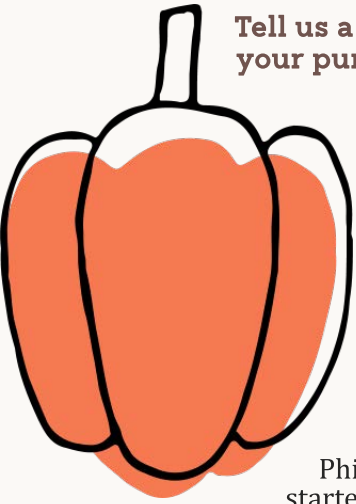
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We stumbled across Phillips Farm in Kingsley, PA via social media, and fell in love with the photos of their amazing pumpkin farm. We had the great opportunity to do a Q&A with Tyler & Katie and are thrilled to share it with you. Built on love and growing through family, be sure to add Phillips Farm to your "must-visit" list this fall.



Tell us a little about yourselves, how your pumpkin farm started.

Tyler grew up in Lancaster County and moved to Susquehanna County to start a family with his wife, Katie who is originally from this area. Together with their love of gardening and the outdoors, they started Phillips Farm.

Phillips Farm started in 2018 when we first moved to Kingsley, PA. Tyler decided he wanted to grow hops but quickly learned it would take a lot of resources to grow a valuable crop. As we started a vegetable and hop garden, Tyler also got really interested in growing giant pumpkins. The first year he grew a giant pumpkin, he also decided to start a small pumpkin patch. We started small in a 1/4 acre field and expanded to what is now an almost 3 acre pumpkin patch. After a successful first season last year, we've decided to offer a variety of pumpkins, sweet corn, ornamental corn, and sunflowers at our farm stand this year.

Photos courtesy of Phillips Farm



Tell us about the planting procedures. What types of pumpkins do you plant, when do you plant, do you start from seed or purchase plants?

This year, we will be offering over 16 varieties of pumpkins and gourds including: county fair, packer, baby boo, munchkins, apogee, Denali, Gemini, Everest, benchmark, summit, moonlight, calico belle, blue delight, rascal, warty striped and more.

Each year, Tyler starts to get the patch ready in early Spring by tilling rows where he plans to plant pumpkins. The width between rows depends on if the variety of pumpkin or gourd will grow on vines or in more of a bush like plant. He runs a soil test and applies fertilizers that are then tilled into the soil. The rows are then hilled in preparation for planting.

Each of the over 4,000 seeds are then hand planted. When the seeds are planted depends on how many days it will take for each type of pumpkin to mature— 100, 95, or 85 days.

Tyler then applies foliar fertilizer every other week after the seeds have germinated and the plants start to grow. Pesticides and fungicides are then applied every 2 weeks or as needed to keep the plants safe.

When the leaves start dying back and the stems start getting harder and dryer in the early fall, the pumpkins are ready to be picked. Once picked, they are washed off and taken to the farm stand.

Tell us about your operations!

We plan to open our farm stand in early September. We are a self-serve stand located at 585 Payne Road in Kingsley, PA 18826, close to South Gibson, Route 92 and Interstate 81. We accept cash and Venmo payments. You can follow us on Instagram @farm.phillips and Facebook for updates and progress on this year's patch. Share our posts on social media to help us spread the word about what we have to offer.



What tips do you have for folks who want to plant pumpkins successfully in their gardens?

For anyone who wants to plant pumpkins in their gardens, we would recommend an 8 foot electric fence to keep the deer out. Cinnamon can help to keep slugs away. A safe pesticide and fungicide are also important for a successful crop. You'll need plenty of water to keep the plants alive and thriving. A soil test can help to make sure your plants are getting the proper nutrients. It's best to keep your pumpkins off the wet ground and wait until the stems are dry and the leaves are drying off to harvest. Pumpkins will ripen and continue to develop a rich color with time even after they're picked from the field.





What are your favorite ways to use pumpkins as a family?

We enjoy and look forward to our annual Phillips Farm Fall Fest where we get together with family and friends and weigh Tyler's giant pumpkin to see if he beat his record from the previous year. Tyler has gotten more friends involved in growing giant pumpkins and hopes to keep expanding the giant pumpkin weigh off.

We enjoy decorating with pumpkins from our patch and carving pumpkins with our family. One of our favorite pumpkin recipes is Tyler's Grandma Laura Phillips pumpkin bar recipe.

Grandma Laura's Pumpkin Bars:

Ingredients:

- 4 eggs
- 1 2/3 cups sugar
- 1 cup oil
- 1 (16oz) can or 16 oz puréed pumpkin
- 2 cups flour
- 2 tsp baking powder
- 2 tsp cinnamon
- 1 tsp salt
- 1 tsp baking soda
- 1 cup chopped walnuts

Beat eggs, sugar, oil and pumpkin until light and fluffy. Stir in flour, baking soda, baking powder, cinnamon and salt and walnuts. Mix thoroughly. Spread on a greased 15" x 18" pan. Bake at 350 degrees F for 25 minutes.

Cream Cheese Frosting:

- 6 oz cream cheese
- 3 to 4 cups confectioners sugar
- 1/2 cup softened butter
- 2 tsp vanilla
- 2 tbsp milk (if needed)
- Dash of salt



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Three Springs Ministries: *Legacy with the Land*

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Article and photos by Ryan Penn

On our travels through Tioga County, we had the great privilege of stumbling across an incredibly beautiful camp and retreat center. Ryan Penn, Program Director and Office/Herd Manager was kind enough to give us a tour and we were wowed by the way this camp has married its love for ministry with a passion for animal husbandry and growing its own food! We asked Ryan to share their story with us and we're so excited to share it with you!

Three Springs Ministries is a retreat center and summer camp, sitting on the site of a historic victorian homestead. This two-towered brick mansion, along with its many barns and outbuildings serves now as a retreat center and summer camp for kids, teens and adults. Three Springs Ministries started in 1984 through the vision and service of our director, Jeff Rush, and his wife Deanne. Though originally from downstate, Jeff had visited this part of Pennsylvania many times while hunting with his dad and remembers frequently passing the old brick home. As a young adult, Jeff and his wife felt called towards youth ministry, specifically providing a

space for kids to get away from the world to connect with God and His creation for a while. This beautiful property seemed to be perfect for that, and after a conversation with the generous and godly man who owned the land, Three Springs was started. Since then, TSM has been a place where countless churches, youth groups, families and children of all ages and backgrounds have come to retreat from the everyday. In addition

to year round retreats, a full summer of horse camps keeps the property full of life and excitement. These equestrian programs are not limited to summer camp, but continue in many forms of ever expanding, year-round programing. While most of the guests are made up of retreat goers, campers, or horseback riders, Three Springs offers several opportunities for the general public to be involved. Through an annual Fall Festival, full of games, food, horses, music and vendors, the property is open to everyone, aiming to provide a fun, family safe event for the local community. The extremely popular biennial Live Nativity is how many local people know of Three Springs. This event, taking place in early December, transforms the entire property into the ancient setting of Bethlehem and through an interactive drama tells the story of the Nativity. This year marks the beginning of another community event, the Spring Fling, a similar festival to the one in the fall. This festival boasts live music, food, vendors, games and plenty of horses.



But before this property was occupied by the many staff, college students, campers and animals that inhabit it throughout the year, it was simply a home, built from the success of one local family. Before it was Three Springs, it was the Hyler Mansion, a testament to the fortunes available in the booming lumber industry that flourished in the hills of northern Pennsylvania. The Hylers, a family that continue to live on the same road, came to the area over a century ago. They have lived and farmed in this small town of Nauvoo, now hardly even appearing on maps, and it was they who built the brick mansion that still stands today. As the lucrative lumber business arose, the hills surrounding

this area were stripped for the suddenly valuable timber and the Hylers, owners of many acres of these woodlands, came into enough money to expand their home and farm. Back then, the buildings that house the offices, activities and housing of Three Springs were home to horses, pigs and chickens. Through the generations, the house has been passed from owner to owner and has now become a place for thousands to gather, rest and delight. Three

Springs offers a myriad of activities and opportunities for everyone, from the Barn's trail rides, horse camps, riding lessons, after school programs, to the main facilities used as a retreat center, event space, or banquet location. In addition to the guests who come for a weekend or full week, Three Springs is privileged to be partnered with the Onelife Institute, a college gap-year program designed to give students an alternative freshman year of college, all while being immersed in a community of Christ-centered learning. These 30 students live and work with us on the Three Springs campus for a full 9 months, before going on to finish their degrees, enter the workforce, or sometimes, stay on as full time staff! Opportunities like OneLife, horse camp, retreats or simply attending a festival or event here enable anyone to join in the story of this old and treasured property. For nearly 40 years, Three Springs has been dedicated to "Joining God" and inviting everyone to this property to experience the love and hospitality that it is known for.

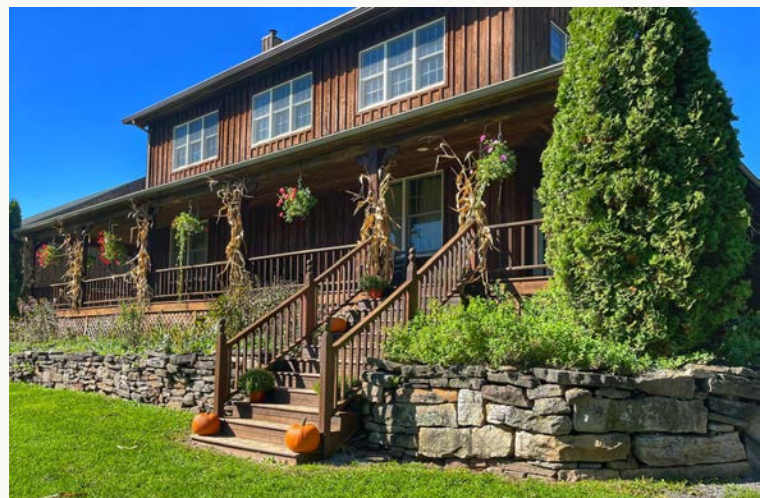


Three Springs Ministries

A bit about farming:

Three Springs Ministries, (TSM) is often and interchangeably known as Three Springs Farm, (TSF). Though we may not have a full herd of cows, or flocks of poultry the camp is home to many animals! Housing over 40 equines, (horses, donkeys and a mule) as well as some goats and of course farm dogs, we claim the title of “farm” for our efforts in keeping and maintaining these animals. Of course, with all those animals around, they have to eat, and while our grazing pastures provide plenty of opportunity for that in the summer, our hay production is what keeps them going the rest of the year. That's where another aspect of the “farm” comes in. We make all of our own hay, farming over 70 acres of our own, and generous neighbors' land. This constant summer labor keeps our farm crew, summer staff and sometimes even our campers very busy, as we produce around 250 round bales and 2000 small squares. The process of hay making starts in early spring, spreading manure, clearing fallen trees or limbs, and working on machinery and continues until early fall or late summer when we are getting the last of the hay loaded into our barns, and once again cleaning and repairing the machinery for the winter. Of course, Three Springs hosts more than just animals, and with well over 1600 guests per year, many of whom rely on our cooking, we have made it a priority to have a hand in growing their food as well.

In comes our greenhouse, a large spacious building that allows us to extend our growing season far into the spring and fall, providing our kitchen with fresh, home grown vegetables. Our food is one thing that we are known for, with many of our first-time guests being shocked at the hearty, filling, and just plain delicious meals provided. “That's not just camp food!” These efforts in the greenhouse, growing tomatoes, squash, herbs and more, contribute largely to our reputation for good home cooked meals. Summer and fall are privileged times for those who eat here as fresh sweet corn is a staple during these months. We grow our own sweet corn both to serve fresh and also to process and store for use during the off-season. Finally the old apple trees scattered throughout the property come into the mix. Using apples from these trees, amongst others, we press gallons and gallons of cider, both in our own small, antique press, often to the delight of the fall field trips from local schools, or in a large, 150 year old press owned by a good friend. This cider is taken out every week and along with some spices, is heated up for a delicious Friday tradition of hot apple cider. We also process our own applesauce here, making over 100 gallons to use throughout the year. As one of our staff recently remarked, “if its pink apple sauce you know its the good stuff!” And the proof is in the tasting.



A bit about the animals:

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One of the many special things about Three Springs is all the animal life we have. Retreat guests enjoy playing with the dogs, petting the mini donkeys and goats, and going on the occasional trail ride. Visitors to The Barn, (the aptly named equine portion of our facility) come for the herd of over 30 horses that we own and maintain, and all the fun and learning that comes with riding. As our equine ministry has taken off, we now run a full summer's worth of Horse Camp, for kids of all ages. Our youngest campers, the Wranglers Camp, starts with 2nd graders and teaches the basics of horsemanship in a short day camp, while our eldest and most advanced camp runs for 10th-12th graders and comprises a full seven days of overnight pack trips, riding, and adventure. The Barn runs around 10 full camps throughout the summer, but their programming doesn't stop there. Throughout the warmer months, when there is little to no snow, and the temperatures are tolerable, many individuals, families, and friend groups come to book an afternoon ride through the miles and miles of wooded trails we have access to. Students young and old come to the barn year round for private or group lessons, after school programs, birthday parties, wagon or sleigh rides, training and other events. The addition of a huge indoor riding arena has enabled us to continue these programs all year long, despite freezing temperatures or feet of snow outside. Our large Barn complex also allows us to provide horse boarding for those who need somewhere to keep their animals for a short time, or a long time! This large equine operation requires a dedicated team of staff who are solely responsible for the care of the herd, as well as the running of our programs. In addition to the several people employed full time, we have some others who serve in a part time role, training horses, helping with chores and facilitating programming. These, along with a team of the students who live and work here throughout the school year, are indispensable to the success of such an intensive portion of the ministry! Another aspect of our animal life that we will be adding soon are several feeder pigs who we will keep with feed we will grind ourselves, in order to supplement our kitchen's needs going forwards.



Our famous spiced cider recipe!

Courtesy of our Director's wife, Deanne Rush

- 1 Gallon of Cider
- 4 Cinnamon Sticks
- 6 Allspice
- 6 Cloves
- 1 Orange

Bring Cider to a boil. Put spices in a small piece of cheesecloth and tie it with thread. Put in boiling cider and let it simmer for 30 minutes. Place several slices of orange into a crockpot, add cider and keep warm.

For an additional twist and to take this cider to the next level of warm fall goodness, place a good sized scoop of homemade whipped cream in the bottom of a mug, add 3-4 teaspoons of caramel syrup, (like you would for coffee) and maybe a dash of maple syrup. Then add the hot cider on top. Once the cream floats to the top, give it a stir and sip the sweet caramel cider through the whipped cream. We served this drink at our Fall Festival last year and sold out in no time! I've heard it described "like drinking apple pie." SO good!

Follow @threespringsministries on Instagram to see what they're doing throughout the year, or visit their website at threespringsministries.org



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Your Local Farm Directory

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heather@bohlayersorchards.com
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Gillett, PA
Dirt Road Herbals on Facebook
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seasonal: May - Mid June
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Edsell's Greenhouse on Facebook
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www.greenerpasturesfarm.net
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Bradford County

Continued

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Abbie Evans
a.joyswiss@yahoo.com
A. Joy Swiss on Facebook
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Montrose, PA
Albert & Rachelle Shaulis
tweetyburdz@yahoo.com or
beefcow10@icloud.com
570-934-2833
grass fed, grain finished quarter, half, whole beef

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Montrose, PA
snoylany@hotmail.com
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Susquehanna County

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4seasonsfarmmarket@gmail.com
4seasonsfarmmarket.com
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carltonfarms.net
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beef and hay

Castiglione Family Farm

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dcastiglione111@gmail.com

Clodhopper Farm

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Springville, PA
570-965-2201
clodhopper@epix.net
clodhopperfarm.com
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djc005@lvc.edu
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Susquehanna County

Continued

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Paige Frystack
Montrose, PA
607-727-6096
@frolickingfeathersflowerfarm
Frolicking Feathers Flower Farm on Facebook
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cshepler@nep.net
Hepler Beef on Facebook
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Montrose, PA
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Jill's Happy Bees on Facebook
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LaRue's Farm Market

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laruesfarm.com
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karen.glparrish@frontier.com
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spearfamilyfarm.com
goat milk soap and lotions, produce
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h-570-553-4280, c-607-237-6053
jill.kutz24@gmail.com
www.VivaVillaFarms.com
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Montrose, PA
Mark & Stephanie Rozelle
srozelle@live.com
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northwoodtunis@gmail.com
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connect with you
and list your
family farm for
free!





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