



# D ACRES OF NEW HAMPSHIRE

PERMACULTURE FARM & EDUCATIONAL HOMESTEAD

## 2019: The Year of Monetizing the Mission

### ☼ Sunday Breakfast ☼

EVERY SUNDAY from 7:30-11 am

The best, local, All-You-Should-Eat breakfast in the world featuring D Acres meat, eggs, potatoes, squash, greens, and herbal tea; fair trade coffee from Cafe Monte Alto (Plymouth, NH); and pancakes with Brox Farm New Hampshire maple syrup. Enjoy a farm fresh breakfast before heading out on the woodland trails onsite or at Green Woodlands just down the road. Full Plate \$12 - Kids Plate \$6 - Unlimited Servings \$20 - Side Orders \$4.

### Workshops & Events

#### APRIL

- 5 Contradance at Dorchester Town Hall 7-9 pm
- 12 Nourishing Traditional Diets Part I  
with Louise Turner 6-8:30 pm
- 14 Spring into Microgreens with Jess Boynton 2-3 pm

#### MAY

- 3 Nourishing Traditional Diets Part II  
with Louise Turner 6-8:30 pm
- 11 CES Garden & Trails Cleanup 9-12 pm
- 12 FREE Migratory Bird Walk with Len Reitsma 6:30 am
- 12 Starting Seeds with Intention with Sean Sullivan 1 pm
- 25 Araba-Lon West African Drumming 8-10 pm

#### JUNE

- 1 SUMMER KICK OFF 1-4 pm
- 21 Nourishing Traditional Diets Part III  
with Louise Turner 6-8:30 pm

#### JULY

- 13 Wine Making with John Kriz 4 pm
- 20 Wild Edibles with Russ Cohen 9-12am
- 20 Fermented Beverages with Louise Turner 2-4 pm

#### AUGUST

- 11&18 Dr. Tommy Stoughton Forest to Table  
with Tommy Stoughton 1-7 pm
- 16 The Oiling of America with Louise Turner 6-8:30 pm

#### SEPTEMBER

- 21 Culturing Milk Products 2-4 pm

#### OCTOBER

- 6 Acorn Workshop with Daniela Dana 1-3 pm
- 12 Araba Lon African Drumming 7:30-9:30 pm
- 18 Nourishing Our Children with Louise Turner 6-8:30 pm

#### NOVEMBER

- 9 Fermentation 101 2-4 pm

#### DECEMBER

- 7 Meat Stock and Bone Broth 2-4 pm
- 8 Acorn Festival with Daniela Dana 1-3 pm

### Holistic Nutrition

with Louise Turner

A Nutritional Therapy Practitioner with a Masters of Science in Occupational Therapy, over 40 years of medical experience, and a deep interest in nutrition and herbal medicine, Louise is offering a series of workshops focusing on the restoration of nutrient-dense whole foods to the American diet along with the necessary food preparation and preservation techniques.

### Wild Edibles

July 19 & 20

Russ Cohen, naturalist and wild foods enthusiast, recently completed his 42nd year of teaching courses about wild edibles. During the "off-season", Russ writes articles on foraging and gives presentations featuring many of his favorite edible wild plants and mushrooms in the Northeast. Friday night slideshow 7-9pm and Saturday walk 9-12

### Summer Kick Off

June 1

Join us for a smorgasbord of activities to celebrate the beginning of summer. Highlights include the grand opening of the Farm Store, the opening of our mountain bike and hiking trails - with a new skills area, spring planting, a tour, a raffle, tons of farm fresh food, music with Sara Dan and more. Don't miss it!

### Saturday Dinners

Saturdays with reservation

Informal farm-to-table fine dining open to the public with reservations (we prefer 24 hour notice). Menu typically consists of appetizers, soup or salad and main course at 6:30 pm. Beer & wine menu available. Dinner \$15 - Dessert \$3. Half price for kids under 10 years of age.

**Come explore our 6+ miles of four season trails!**

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