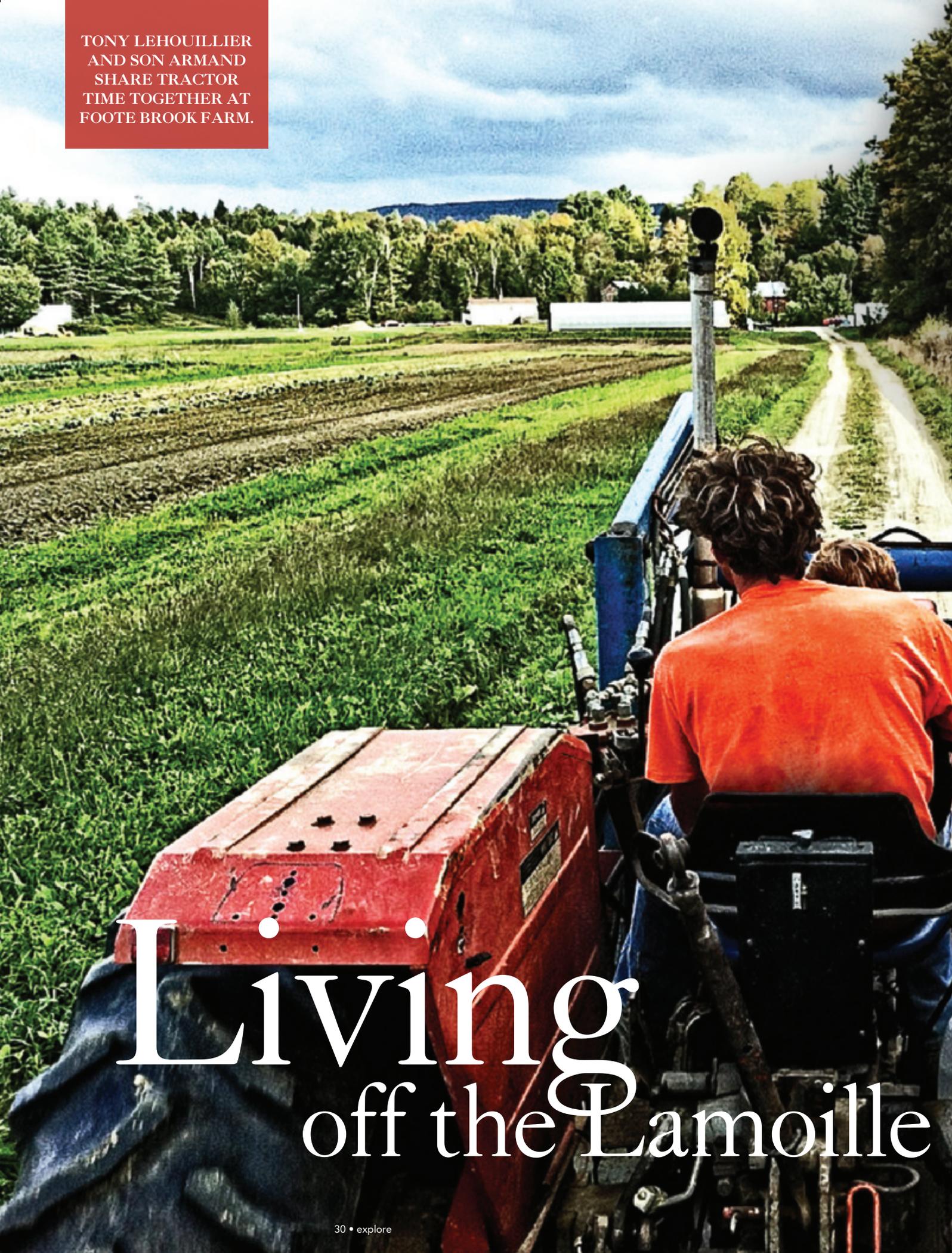


TONY LEHOULLIER
AND SON ARMAND
SHARE TRACTOR
TIME TOGETHER AT
FOOTE BROOK FARM.

A photograph showing a man in an orange shirt operating a tractor in a field. The tractor is pulling a red implement. The field is green and appears to be a cornfield. In the background, there are trees and a dirt road. The sky is blue with some clouds.

Living off the Lamaille



TWO FAMILIES' STORIES AND WHY YOU'LL WANT TO PAY THEM A VISIT

It's one experience to take in the summertime picturesque views of the Lamoille Valley area farms and mountains surrounding Smugglers' Notch Resort from the road. But, the experience magnifies when you get out of the car, soak in the scenery and take time to taste the sweetness of what's in season.

Valley Dream Farm and Foote Brook Farm, two certified organic produce farms a short drive from the Resort, have exciting new offerings that will enhance your vacation experience.

by REBECCA KLEIN

Valley Land

VALLEY DREAM FARM

It's a Sunday night, summertime Tisbert family tradition to dine alfresco on their partially covered porch, enjoying the view from Valley Dream Farm in Cambridge — named for their farm ownership dream come true.

These treasured dinners have even inspired a new “crop” at Valley Dream. The Tisberts are partnering with Smugglers' Notch Resort to offer a weekly Tuesday evening Organic Farm Tour and Farm to Table Dinner. Twelve chefs from local restaurants, including the resort's Hearth & Candle, have accepted the challenge of creating a menu spotlighting the week's most seasonal produce.

“Eating a fresh salad is just so much different than eating stuff that has been shipped across the country. If you can eat locally and organically, you can taste the difference,” describes Anne Tisbert.

Along with an appetizer, salad, vegetable sides, a meat main course, dessert and coffee, guests of all ages can mingle with the chef of the week and Tisbert family. You can bring your own wine and beer.

During tours, Anne says children are often surprised to learn carrots come from the ground and not the store. You'll likely see produce varieties that don't play starring roles in the grocery aisle — including potatoes with purple flesh.

Anne, her husband Joe, and their four children moved to Vermont from Massachusetts in 1992 to start a dairy farm. Joe, who grew up on his grandparents' farm, had always wanted to give farming a go. “I said, ‘If you don't try, you'll never know,’ so here we are,” says Anne.

The family has overcome trying times. When milk prices fell, they sold their cows and sought other work. It was 1998. “Working two or three jobs each, we played our own version of *Survivor* while trying to keep a family of six our first priority. Worst of all, a rare tumor initially robbed our [then] 16-year-old son Jay of speech, sight, and movement for months, and he remains in a wheelchair,” the family shares on ValleyDreamFarm.com.

The family turned to organic farming toward the end of their dairy farm days after facing the choice of using chemicals to fight off major weeds. The transformation into a certified organic produce farm began in 2000 when the four Tisbert kids grew an abundance of pumpkins and sold them to an organic co-op.

A FAVORITE RECIPE FROM VALLEY DREAM FARM

Fresh Spinach Salad with Basil Maple Vinaigrette

½ cup coarsely chopped basil leaves

2 tbsp minced onions

2 tbsp chicken stock

4 tbsp vinegar

1 tbsp Dijon or yellow mustard

2 tbsp pure maple syrup

Salt to taste

1 cup extra virgin olive oil

2 spinach bunches (10-12 ounces), washed dried, stemmed, and torn into bite sized pieces

2 cups cherry tomatoes, or to taste, halved

4 strips of bacon, cooked and crumbled (about ¼ cup)

1. Make the vinaigrette: Combine the basil, onion, stock, vinegar, mustard, maple syrup and salt in a food processor or blender, mixing well.
2. Continue to process and slowly add the oil a little bit at a time until all the oil is used and fully incorporated. The dressing should have a smooth and satiny texture.
3. Toss the spinach, tomatoes, and bacon bits in a large salad bowl. Add the dressing ¼ cup at a time, gently tossing, until you have reached desired taste. Divide salad among chilled salad plates or salad bowls and serve.



“The carrots are so sweet, you feel like you're eating junk food”

Anne began selling vegetables locally to restaurants. After Jay, now 31, studied horticulture at Vermont Technical College with Anne by his side for support, they expanded their offerings to cover 40 acres and many varieties of produce.

Their crops are sent from Maine to Maryland through the Deep Root Organic Co-Op, available at local stores and supplied to Smugglers' *TREASURES* child care center for little guests' lunches. The Tisberts also donate produce to local charities.

In the winter, Anne is a shuttle dispatcher and Joe, who previously worked at IBM, drives a shuttle at the Resort. Come summer, they return on Mondays for the Farmer's Market. Guests can call the farm and have a bag of produce waiting for them at the Farmer's Market. It's the same bag their CSA members receive. In season, the Valley Dream farm stand is open daily. "The carrots are so sweet, you feel like you're eating junk food," quips Anne.

Saving dessert for last, she reveals, "We have an ice cream maker said to be Ben and Jerry's from their original start up location in a Burlington garage." You just may get to experience the fruits of the machine's labor at the Farm to Table Dinner.

FOOTE BROOK FARM

In what many would have seen as just a bed of weeds, third generation farmer Tony Lehouillier saw hope. In the mid '90s, he cleared a weeded area to plant vegetables on what was then his dad's farm.

Today, with Tony and his wife Joie at the helm, Foote Brook Farm in Johnson grows more than 145 varieties of certified organic produce on 45 acres. Like Valley Dream, Foote Brook supplies organic produce to vendors through the Deep Root Co-Op. You'll find products from the farm at stores such as Whole Foods at the chain's northeast locations.

Joie shares of Tony's long ago decision to go organic, "He definitely does not believe in treating something you are going to grow and eat."

This summer, the Lehouilliers are celebrating the opening of their new, expansive timber frame



farm stand with room for three times as many products as their previous stand. Along with their own produce, the Lehouilliers are excited to add other local offerings, including meat, cheese, bread, and milk.

Tony's grandfather, grandmother and their 11 children settled at Foote Brook Farm in the mid 1950s. His grandfather bought half the property from his cousin and began dairy farming. Tony's father eventually took over the reins, stopped dairy farming in the 1980s and started a sod farm; his mom grew some vegetables and would run a small summertime stand.

Tony and Joie took over the sod farm in 2007. It sits on the same property as their vegetable farm.

After studying plant and soil science at University of Vermont, Tony teamed up with two partners in 1997 and started distributing organic vegetables through the co-op, had a farm stand, and made rounds at farmer's markets before going out on his own.

"When I met Tony, and he told me a lot about what he does, that was one of the things that attracted me the most to him," says Joie. "I love to cook, and he likes to grow vegetables, so it works really well."

The couple, their 6-year-old daughter and 2-year-old son live on the farm. At different times of the summer, they can look out their windows and see multiple shades of field greens, rows of tomatoes, peppers and garlic.

During the farm's off-season, from November to April, Joie works as an administrator at the Resort's Snow Sport University. For the second year, Foote Brook is offering Resort employees a produce buying club membership. They also supply some produce to *TREASURES* and donate to a food bank.

The couple welcomes many Resort guests at their farm stand. "You can come and stock up for the week," says Joie, pointing out the farm's produce lasts far longer than what you find at the grocery store.



A FAVORITE RECIPE FROM FOOTE BROOK FARM

The Lehouillier family loves to make this in spring when ramps or wild leeks are growing on the hillsides around the farm, but it is equally delicious any time of year with leeks purchased at the grocery or farm stand.

Pork Pie

1½ pounds of pork (shoulder or any piece good for slow cooking)

1 tbsp Worcestershire sauce

2 tbsp of soy sauce

¼ cup of sherry cooking wine

¼ cup of water

¼ cup of maple syrup

1 medium summer squash

1 medium zucchini

1 bunch of ramps (wild leeks) or you can use 2 stalks of regular leeks

2 carrots

5 medium gold potatoes

½ cup of milk

½ stick of butter

salt and pepper to taste

1. Place pork, worcestershire, soy sauce, sherry water and maple syrup in a slow cooker or in oven and cook as you would for pulled pork. (Joie does this part ahead at 250 degrees for 5 hours.)
2. Cut the summer squash and zucchini into bit size pieces. Slice the ramps and the leeks. Cut carrots into bite size pieces.
3. Boil potatoes 25 minutes, remove water, add the butter, milk, salt and pepper to taste. Mash potatoes.
4. Once pork mixture is ready, spread over the bottom of a medium size casserole dish
5. Next layer should be zucchini, summer squash and carrots.
6. Add the ramps.
7. Spread mashed potato over the top and bake at 350° for 25 minutes.

Tony, who enjoys watching the fields go from brown to seeing all the colors emerge with the different crops, acknowledges farming is hard work. “There was a huge percentage of loss along the way until I dialed in the right raised bed systems,” he explains. Tweaking the soil to keep it ideal is an ongoing challenge.

The farm’s offerings are ever evolving. The Lehouilliers have plans in the works to heighten the visitor experience, including plans for pick-your-own herb and cut-your-own flower gardens.

The Lehouilliers hope that when you stop by, you’ll take some time to sit back in one of the chairs on their stand’s porch and soak in the beauty of the surroundings.

Rebecca Klein is a communications consultant and freelance writer in Baltimore. Rebecca has been visiting Smugglers’ Notch since her childhood. It’s only fitting that her St. Bernard is named Smuggs. She thanks her parents, Elaine and Roger Klein, for many vacation memories.

CONTACT INFORMATION

Valley Dream Farm:

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5901 Pleasant Valley Rd.
Cambridge, VT 05444

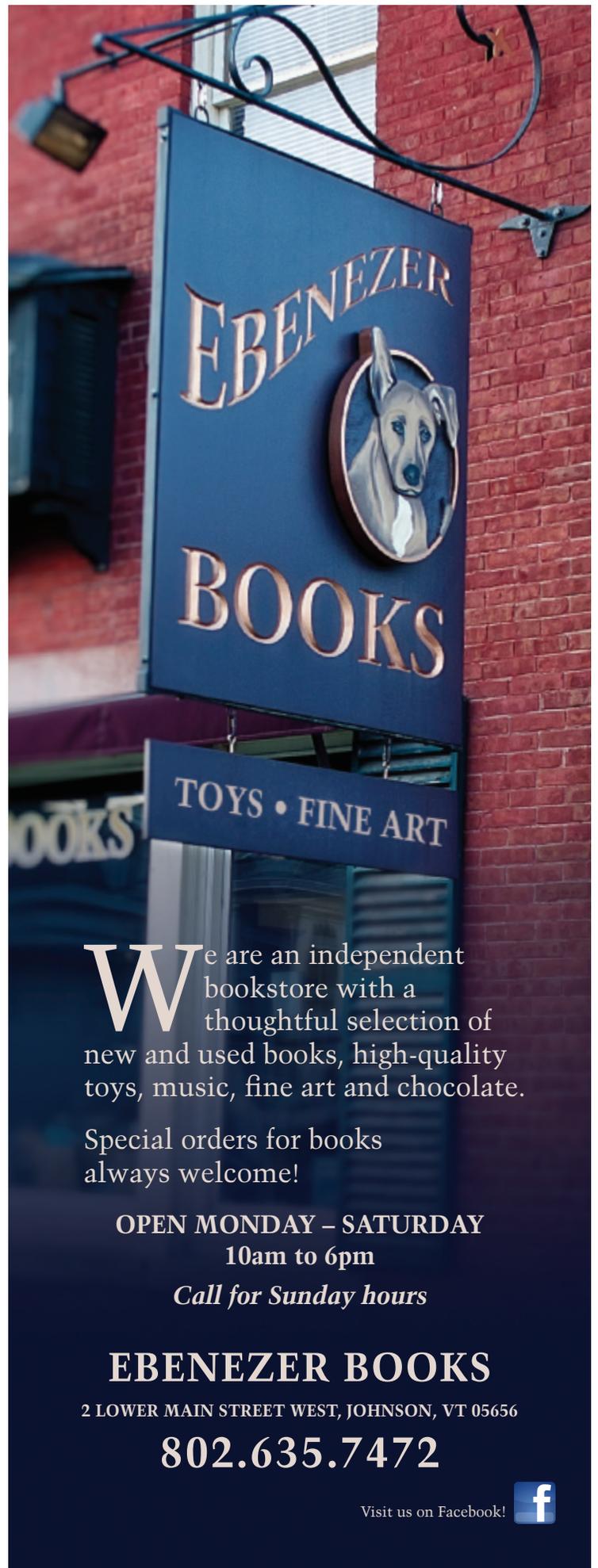
Farm stand open daily, 10 am - 6 pm, June-October

Organic Farm Tour and Farm to Table Dinner:
Tuesdays 5:15 pm - 8:30 pm. \$65 adults,
\$39 children under 10. Reservations required.
Space limited. See Activities desk, ext. 1293
to sign up.

Foote Brook Farm:

FooteBrookFarm.com 802.730.3587
641 Vermont Rte 15 W, Johnson, VT 05656

Farm Stand open daily,
9 am - 6 pm June-October



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