

World Farmers

Second Annual

2017



Harvest

Gala





About Us

World Farmers supports small-scale and under-served farmers in land access, farmer advocacy, and connecting to viable markets in New England. Officially founded in 2010, World Farmers was founded to better support the farmers at Flats Mentor Farm as well as small-scale, beginning farmers nationally and internationally. During this time World Farmers has expanded to offer support to organizations across the country in efforts to establish similar beginning farmer programs.

And most recently, World Farmers established World Farmers International, a for-profit entity with the same basic mission to support and advocate for small sustainable farming enterprises in other countries who are seeking alternative justice minded marketing opportunities and fair prices for their produce.

The Flats Mentor Farm program has been serving the needs of refugees and immigrants to grow their own food and start their small farming operations in this country since 1984. Located in Lancaster, MA, the farmers at Flats Mentor Farm produce nearly 60 acres of ethnic specialty crops, supplying wholesale and retail markets throughout New England and selling their crops at many farmers' markets across Massachusetts.

Participating farmers are skilled producers who come from agrarian backgrounds and seek to make a new life for themselves their families and communities while preserving their cultural food identity.





*A Time to Honor our Farmer's Cuisine &
Culture & Celebrate this Season's Harvest*

Agenda

Friday, November 3, 2017

6:00 **Taste Around the World -
Cuisine from the Farmers at Flats Mentor Farm**

7:00 **Welcoming Address**

World Farmers 2017 Awardees
Supporter of the Year
Buyer of the Year
Farmer Friend of the Year

Blessing of the Harvest and Thanks to all Farmers

7:30 **Dinner**

8:30 **Evening's Entertainment and Celebration**
Traditional Hmong Dance
Fashion Africa
Grupo das Candeias



Table of Contents

About World Farmers	1
Agenda	2
Table of Contents	3
Supporter of the Year Award	4
Buyer of the Year Award	5
Farmer Friend of the Year Award	6
Demographics	7
Cultural Music & Dance Presentations	8
Board of Directors	9
Staff	10
International Program	11
Collective Marketing	12
Our Farmers Across the Globe	13-14
Successes from the 2017 Farming Season	15-16
Recipe Spotlight	18
Supporters	20



Awardee

Ali Berlow

Supporter of the Year

The World Farmers Supporter of the Year Award is presented to the individual who, throughout the history of World Farmers and its programs, has offered their guidance, support, and dedication to seeing the organization, programs, and Flats Mentor farmers succeed.

Ali Berlow is the author of two books, 'The Mobile Poultry Slaughterhouse: Building a Humane Chicken Processing Unit to Strengthen Your Local Food System' (Foreword by Temple Grandin, Storey 2013) and 'The Food Activist Handbook - Big & Small Things You Can Do to Help Provide Fresh, Healthy Food for Your Community' (Storey, 2015). Michael Pollan summed up Ali's 'Food Activist Handbook' in just one tweet: "Just what the food movement needs now...for anyone hoping to build a local food system."

Ali is also a freelance public radio producer affiliated with Atlantic Public Media (www.atlantic.org) and she is the co-host of The Local Food Report on WCAI (www.capeandislands.org), local public radio for the Cape, the Coast and the Islands.

She is the co-owner of Edible Vineyard magazine (www.ediblevineyard.com) on Martha's Vineyard and she is the founding executive director of Island Grown Initiative (www.igimv.org), a non-profit dedicated to building and supporting a resilient community food system that includes farmers, fishermen and eaters on the island. She is also a founding board member of World Farmers. Her NPR essay series entitled 'A Cook's Notebook' is available on the Public Radio Exchange (www.prx.org). Ali is a sought after writer, speaker and guest lecturer. She lives on Martha's Vineyard and in southern Vermont.



Awardee

Shape Up Somerville

Buyer of the Year

The World Farmers Buyer of the Year Award is presented annually to the Buyer or Marketing Partner who has demonstrated by their actions a strong commitment to purchasing or to support the purchasing of produce and product from the farmers at Flats Mentor Farm.

The Somerville Mobile Farmers' Market (SMFM), a project of the City through the office of Shape Up Somerville, is a food access initiative primarily serving low-income and immigrant residents of Somerville.

The market sells culturally-relevant produce sourced from Massachusetts farms at affordable prices, catering to food assistance recipients with a generous matching program. The SMFM was launched by a coalition of community partners in response to the 2008 closing of an affordable grocery store in the low-income Somerville neighborhood of Winter Hill. The SMFM began operating in 2011 as a one-site pilot in Winter Hill's Mystic Housing Development and has grown to serve four sites per week with produce from four farm vendors. It is on track to have over 2,000 transactions this season. Popular items at the market include corn, callalo, cranberry beans, jilo, tomatoes, cucumbers and zucchini.



Awardee

Kathryn Zichelle Sullivan

Farmer Friend of the Year

The World Farmers Farmer Friend of the Year Award is presented to the individual who has demonstrated a strong commitment to ensuring that farmers of diverse backgrounds have equal access to resources.

Kathryn Zichelle Sullivan is a Soil Conservationist with the USDA Natural Resource Conservation Service. Kathryn has been with NRCS for more than 15 years, working in Essex, Middlesex and Worcester counties. She assists farmers and forest land owners with projects to improve soil health, water quality, energy conservation, forest health and wildlife habitat on their own land. She helps landowners understand and apply for Farm Bill conservation programs and implement conservation practices.

Kathryn grew up in the Leominster/Fitchburg area. She has a Bachelor's degree in Plant and Soil Science from the University of Massachusetts and a Master's degree in Cultural Anthropology from the University of Iowa. She has lived in Vermont, Chicago, Tucson, Honolulu, and Iowa City. Now she lives in Holden, MA with her husband and their 2 children. They all spend time taking their dog hiking and exploring New England. She enjoys going to the gym and taking dance classes.

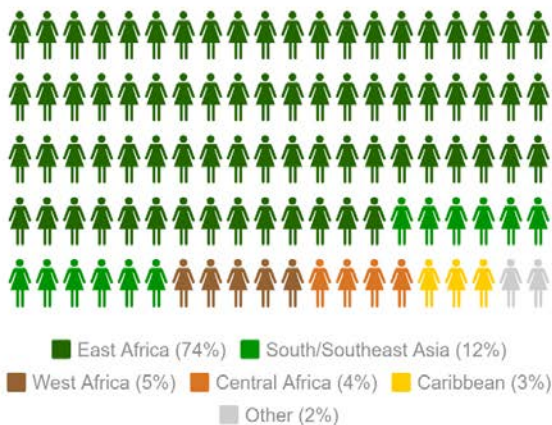


Demographics

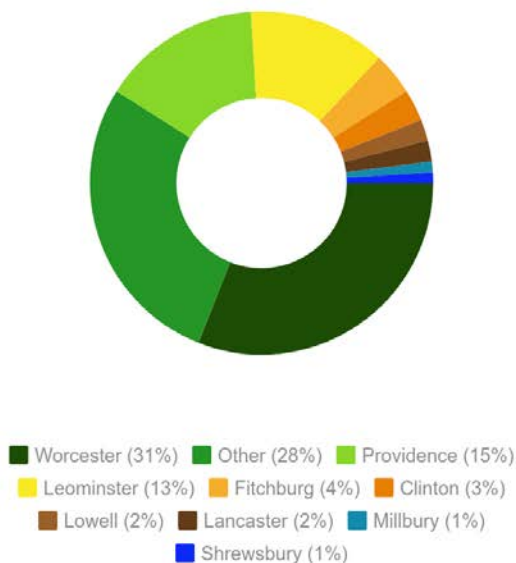
Our farmers are refugees and immigrants from many parts of the globe, who have come to the New England Region to make it their own.

The following graphs have been put together from the data we have collected from our farmers to learn more about who they are, where they are from, and where they live now.

Farmer Origin



Current Place of Residence



Gender of Farmers



See Pages 13 & 14 for More Details

Cultural Music & Dance Presentations

Traditional Hmong Dance

In this song and dance, you will hear about the Hmong way of life in the hilltops of Laos. The song brings you through “a day in the life,” getting up early in the morning to tend to the livestock, and then to the fields to farm the crops. Generally the song and dance depicts the way the Hmong farmed back then, living freely and happily. This dance is performed by Katrina Yang and Chilaiyna Vue, daughters of two of the farmers at Flats Mentor Farm.



Fashion Africa

Clothing, style and fashion change over time for various reasons, trade being one of the greater catalysts. Enjoy seeing a hybrid explosion of African design and the evolution of African style. This will show fashion that combines the traditional African garb with a western twist to reflect European trade within the continent. The clothing pieces you'll see are both individually owned by some of the models, and designed and sold by Enare Just Stylish, based in MA.



Grupo das Candeias

Enjoy the traditional dance from Portugal, the Folclórico. The dance has been passed down through generations, telling the tales and history of the Portuguese people. Accompanied by the sound of the guitar, accordion, and tambourine, the Folclórico is a beautiful Portuguese Tradition, and will be displayed and performed by Grupo das Candeias, based in Hudson, MA.



World Farmers Board of Directors



Georgia S. Good

Georgia S. Good - Board Member of World Farmers and Executive Director Executive Director of the Rural Advancement Fund (RAF), has assisted low-income rural South Carolina communities for over forty years. Born and raised on a farm, she would leave school every year from August to November to plant and pick cotton. In 1970, Georgia Good helped found the now Family Health Center, and organized the Orangeburg County Consumer Health Council for poor families. Through RAF and as Vice President of the DC-based Rural Coalition Ms. Good assisted in passing a key program for small farm groups in the 1990 Farm Bill called 2501, and worked to secure more than 30 sections of policy in the 2008 Farm Bill. Ms. Good promoted settlement of the Pigford Claims under which thousands of African American farmers received settlements for being closed out of USDA programs for many years. In 2012 Ms. Good was selected by President Obama to participate in the White House Policy and Action Leadership Conference, she also served on committees under President Jimmy Carter addressing migrants and seasonal farm workers. Georgia Good attended Claflin University, UC Berkley, New York Training Institute, New York City College, and the MIT Fellowship. Ms. Good is a life member of the NAACP, she attends Mount Pisgah Baptist Church in Orangeburg, and is a proud mother and grandmother.



John Pacheco Jr.

John Peter Pacheco Jr. - Board Member of World Farmers. Born in Southeastern Massachusetts In Fall River, John is a native to Massachusetts and resides in Lancaster Massachusetts. During the day, John is a Store Manager for TD Bank America's Most Convenient Bank in the Northern Hills of Worcester County and has been with the company since 2005. A graduate of the University of Massachusetts at Amherst with a dual degree in Biology and Criminal Justice, John grew up running a family business and has naturally followed in those footsteps with his position at TD Bank. He is heavily involved in the community and is the Business Development Chair for TD Bank for the Montachusett Area Rotary Club and also volunteers at the Acton Boxborough Regional High School as a coach for the Marching Colonials Colorguard. John has been teaching students since he has been in college and continues to work and volunteer in which the community he resides.



Veronica J. Nyaigoti

Veronica J. Nyaigoti - Board Member of World Farmers. Coming from a culture that farming is a part of the normal routine of everyday life; it is natural for the children to assist with the care of land and agriculture. Through this Veronica developed a greater interest in farm life and continued to pursue it even after leaving her native land. After teaching and receiving her associates degree in Kenya, Veronica moved to the United States with her husband and 4 kids to further her education and continue to provide a better future for herself and her family. She received her Practical Nursing License from Mt. Wachusett Community College in 2008 and became more involved with World Farmers in 2010. Her involvement with World Farmers gave her and her family the opportunity to continue to uphold the tradition of children learning about farming and agriculture. This is exemplified by the four generations within her family working on the farm. As a board member, farmer, nurse, wife, and parent, Veronica continues to exemplify the ideals of an inspirational, strong, and motivated, God fearing Woman.

World Farmers Staff



Maria Moreira, Executive Director and Co-Founder of World Farmers has been mentoring beginning farmers since 1984. She is a businesswoman, a farmer, a mother, an advocate, and everything in between. Maria has been a leading force in identifying and marketing ethnic foods in Massachusetts, making these culturally appropriate crops more readily accessible to immigrant and refugee communities.



Jessy Gill, Program Director, grew up on a subsistence farm in upstate New York. Prior to joining World Farmers, Jessie worked with a local NGO in Kenya to establish water catchments, lived and worked on a farm in the Green Mountains of Vermont practicing sustainable agriculture and learning about local food marketing techniques, and worked on federal, state, and local policy, and movement building efforts in Oakland, CA.



Peter Jakubowicz, Farm Manager, graduated from the University of Massachusetts Amherst with a B.S. in Animal Science. Peter holds 38 years of experience in manufacturing, purchasing, and management, and has 60 years of farm experience as a worker, manager, and farm owner, working on farms in MA, CO, and NH. Peter currently owns and operates his farm in Lancaster, MA.



Tyler Rioff, Farm Production & Sustainability Coordinator, Since graduating from Wesleyan University three years ago, Tyler has immersed himself in the humbling and rewarding world of organic family farming. He has learned from scratch the blend of patience, persistence, calm, and wondrous excitement required to grow vegetables, develop a farming business, and treat the land right. Tyler is eager to get to work with so many passionate, skilled farmers from all over the world and to get smarter managing the rich soils and on-farm systems at the Flats.



Morgan Healey, Communications Coordinator and Video Production Manager, completed a double major degree in computer graphic design and web design. Prior to joining World Farmers, Morgan was employed at the Holden Landmark Corporation, later expanding as Worcester Magazines Graphic Online Designer. At World Farmers, our materials focus on small business marketing, branding, identity design, and marketing.



Immaculate Nyaigoti, Outreach Specialist, Immaculate is responsible for outreach and communication with all farmers, particularly small & beginner farmers; marketing assistance at Farmers Markets; as well as supporting with wholesale/CSA development and communication. As a first-generation immigrant, daughter of farmers, and former congressional intern for a Representative on the House Agriculture Committee, she is continuing to take steps towards finding her role in this fight against hunger and for food justice.



WORLD FARMERS INTERNATIONAL

DIRECTLY FROM FARMERS IN BRAZIL TO MARKETS IN THE USA

World Farmers International was established as the for-profit arm of World Farmers in 2017, continuing the organization's mission to support and advocate for small-scale sustainable farming enterprises for diverse producers seeking alternative marketing opportunities and fair prices.

FARMER DRIVEN

SUPPORTING INDEPENDENT SMALL FAMILY FARMERS

World Farmers International followed the footsteps of its parent company World Farmers, and its mission to support small-scale farmers from farm to market both in this country as well as internationally. World Farmers has been surveying market demand for cultural products not available in the U.S. as well as crops grown here that are not available in other countries. World Farmers identified and developed models that would support both small farmers at United States, and in other countries.

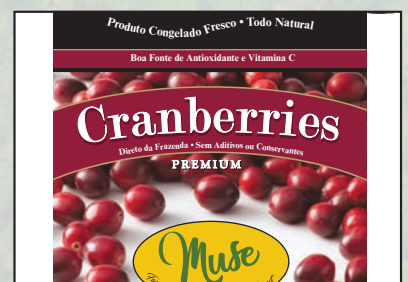
MARKET DIRECT

RELIABLE MARKET FAIR PRICE

In 2017, two main crops were identified as viable trials with high market potential here in the U.S.: Bananas that cannot be grown in the U.S., and Taioba, which can. World Farmers International has already begun assisting small farmers in Brazil by importing both of these trial crops, marketed under the MUSE brand. One of these crops, Taioba, is also successfully grown by numerous farmers at Flats Mentor Farm, and is sold to World Farmers International for distribution.

JUST TRADE

EQUITABLE ABOVE ALL



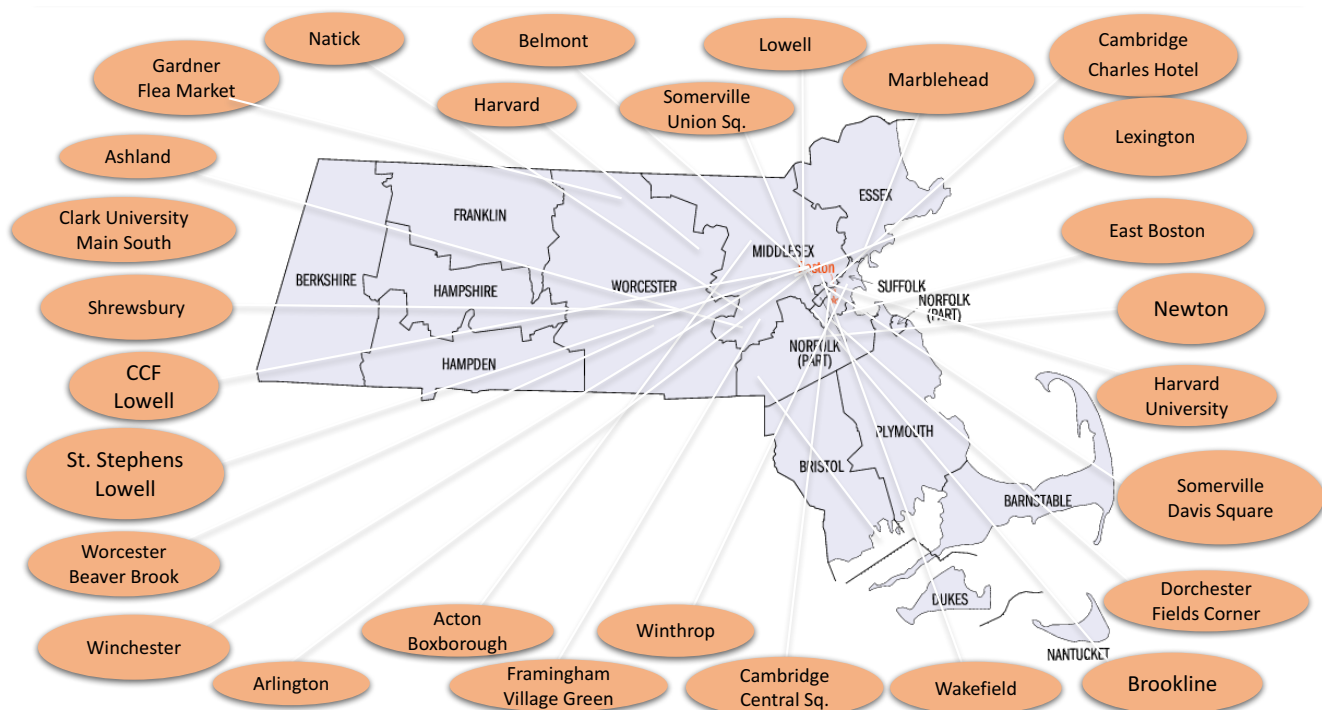


Collective Marketing



The farmers at Flats Mentor Farm engage in a Collective Marketing system, where all produce sold at farmers' markets are sold under the Flats Mentor farm banner, and all products sold to wholesale buyers is sold through the Flats Mentor Cooperative. All direct-to-retail sales are managed by the individual farmer, while World Farmers aggregates crops to sell at Wholesale locations.

In 2017, Flats Mentor Farm sold at over 27 Farmers' Markets across Massachusetts



In 2017, Flats Mentor Cooperative sold weekly to: three grocery stores in the Boston area, two mobile markets, one public school, a handful of restaurants and small shops, and a successful workplace CSA.

"Outlets like Farmers' Markets and the Co-op have allowed us farmers to introduce ourselves and our culture to the community through the produce we grow. Over the years, the customers and vendors gradually learn more and more about the story behind us farmers, and how agriculture is intertwined with our roots and way of life. The connection is when we realize that all people and their ancestors were once farmers themselves. The appreciation and support we receive from the community makes it possible for us to live our lives, and to contribute and participate in society, which we believe we all should." – Flats Mentor Farmer, 2016

OUR FARMERS AROUND THE GLOBE

The farmers at Flats Mentor Farm have come to this country from across the globe, with populations at the farm often mirroring the world's political strife. Due to this dynamic, some of the farmers were not born in the country they call home, but instead were raised in refugee camps in neighboring countries. Take a moment to dive into some of our farmers' home countries and cultures.



Bhutan

A landlocked South Asian country in the Eastern Himalayas, Bhutan is home to just under 800,000 people. For such a small country, Bhutan has incredible biodiversity due to drastic changes in elevation. Agriculture remains the primary livelihood for the people of Bhutan, and in 2013 the government proclaimed it would become the first country in the world with 100% organic farming.



Burundi

Located in east-central Africa, Burundi is a landlocked country with one of the highest population densities in Africa. Burundi has three major ethnic groups: the Hutu, the Tutsi, and the Twa. Agriculture is the largest economic field in the country, with about 90% of the population of Burundi relying on subsistence agriculture.



Cameroon

Cameroon is located in central Africa with a population of approximately 24 million people and over 24 African languages spoken. Agriculture makes up more than 70% of the jobs for Cameroon's population, including subsistence farming. The largest crop grown is cocoa, followed by cotton and coffee beans.



Democratic Republic of the Congo

Democratic Republic of the Congo (DRC) is the second largest country in Africa with over 81 million people and over 200 ethnic groups and languages spoken. Abundant with valuable minerals, the DRC economy depends greatly on these resources. And yet, majority of the population depends on agriculture as a source of employment.



Dominican Republic

The Dominican Republic occupies two-thirds of the Caribbean island of Hispaniola, bordering Haiti to the east. 10.8 million people live in the Dominican Republic, most of whom speak Spanish as a first language. The Dominican Republic has a relatively moderate tropical climate. Sugarcane, coffee, cacao, and various tropical fruits make up the most prominent share of the agricultural output.



Ghana

Ghana is a coastal West African nation home to 27 million people of a wide variety of ethnic, linguistic, and religious groups. It was the first sub-Saharan majority "black" country to achieve independence from colonial rule. Ghana is one of the world's largest producers of cacao, and consequently its economic fortune is strongly tied to the global price of cocoa beans. Ghana has been a hub of trade in West Africa for decades.



Haiti

Located on the Island of Hispaniola in the Caribbean Sea, Haiti borders the Dominican Republic and has a long history of housing many different cultures. In 1804, after both the Spaniards and the French had controlled Haiti, the slaves took control of the country and became the first post-colonial black-led nation in the world. Two-fifths of Haiti's economy is based in agriculture and subsistence farming.

AROUND THE GLOBE *continued*



Hmong Culture

The Hmong culture is said to have originated in southern China, migrating south into Vietnam, Laos, Thailand, and Myanmar. The Hmong historically practiced shifting cultivation and grew crops in both high and low elevations, depending on migration patterns. After conflicts in Southeast Asia including the Laotian war, many Hmong began the journey of migration once more, this time as refugees, and then as residents and citizens in the U.S. and across the world.



Kenya

Located in East Africa, Kenya has a population of 46 million, with over 40 ethnic communities. The Kenyan Highlands are known as one of the most successful agricultural production regions in Africa, with about 80% of the Kenyan population working at least part time in the agricultural sector.



Liberia

A west African country, Liberia was founded by a group of freed slaves from the U.S. in 1822. Liberia is home to 4 million people from over 16 ethnic groups. The current President Ellen Johnson-Sirleaf is the first female President elected in Africa, and hopes to build up the country after years of civil war and health outbreaks.



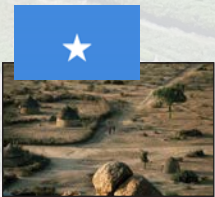
Panama

Panama is the southernmost country in Central America, making up a narrow bridge of land that connects Central and South America. Panama is home to 4 million people, half of whom live in the capital, Panama City. Sugarcane, bananas, rice, plantains, and oranges are the most widely grown crops in Panama, and play a significant role in the robust trade economy that revolves around the famous Panama Canal.



Rwanda

Rwanda is a landlocked country in east-central Africa with the highest population density in Africa. Because of years of political violence and a brutal genocide, over 41% of the Rwandan population is under the age of 14 and the median age is 19. Rwanda is a very rural country with about 90% of its population engaging in subsistence agriculture.



Somalia

Somalia is part of what is known as the Horn of Africa and has an estimated population of 11 million people. Somalia is in the midst of a decades-long of Civil War. In the early 2010's Somalia's agricultural based economy was hit hard by drought, which, intensified by civil unrest, caused one of the most severe famines in 25 years.



Tanzania

Located in East Africa, Tanzania includes the Island of Zanzibar. Home to over 52 million people, Tanzania has over 120 tribes, the most populous being Sukuma of the Bantu ethnic community. Agriculture makes up 80% of the jobs in Tanzania and accounts for more than one quarter of the GDP.



Zimbabwe

Zimbabwe is a landlocked country in Southern Africa with 16 official national languages, reflecting the many cultural communities. Zimbabwe's government-led land reform programs turned the country into a net-importer of agricultural products, while production of wheat, maize, and coffee dropped dramatically. Recently, small farmers started practicing conservation; a big hope for generating better soils in future years.

Successes from the 2017 Season

CSA

The Flats Mentor Farm CSA returned, delivering weekly shares of our seasonal bounty to several locations around Boston and Cambridge. The shares included produce from our farmers, many of whom were selling their crops for the first time. We look forward to more farmers producing for the CSA, and more CSA members next season! Read more about our CSA on page 17.



Wholesale

The World Farmers Cooperative worked together with more Flats farmers than ever this season, facilitating sales of over 10,000 pounds of fresh produce. We developed several new restaurant buyers in Worcester, Cambridge, and Lexington; connected with Nashoba School and the Worcester school's nutrition program to bring fresh, local produce into the school lunch program across the districts; and sustained and increased sales to existing accounts in Brockton, Dorchester, Watertown, Worcester, and Somerville.

Farm Production

Sustainable farming practices improved at Flats Mentor Farm. Farmers incorporated organic fertilizer and lime, reduced tillage, and experimented with cover crops to promote long-term soil health and reduce erosion. We partnered with UMass Extension to promote integrated pest-management strategies among farmers across the farm, including utilizing row cover, organic pesticides, and releasing beneficial wasps to combat pest pressure for years to come.

Farmers' Markets

Commercial farmers at Flats Mentor Farm continue to see farmers' markets as a main source of income. However, due to various reasons, including a nationwide trend of dropping participation rates, Flats Mentor farmers' market participation decreased to 27. We are thankful for efforts like the Healthy Incentives Program (HIP), which serves to increase produce affordability for low income families at farmers' markets and made a huge difference in participation rates and overall sales at markets this year.



Successes from the 2017 Season

Infrastructure

This year, World Farmers received a MDAR Food Ventures Grant to purchase essential infrastructure that enabled farmers to harvest and store their crops for market. This included a walk-in cooler, a refrigerated trailer for produce storage at the farm, a refrigerated van for wholesale/CSA delivery, and equipment for the commercial kitchen which will allow farmers to produce value added products.



Internship

World Farmers welcomed three new Nashoba Regional High School interns for the summer, and one returning. Each intern brought immeasurable support to our organization and our farmers throughout the summer, and were very involved in assisting staff with wholesale and CSA efforts, pest identification and education, farmer outreach, media support, and general farm maintenance.



High Tunnels

Four farmers participated in the NRCS EQIP High Tunnel program this year, bringing the number of high tunnels at the Flats to 15. Each farmer owns and operates her/his high tunnel. This NRCS EQIP High Tunnel program has been the most popular among all available USDA programs, supporting high tunnel access and ownership for the at Flats Mentor Farm for over seven years.

Much Needed Donations

World Farmers received several in-kind donations this year, all of which we are thankful for. We received and distributed over 1,426 packets of seeds of various crops from multiple seed organizations; several hundred pounds of supplies from the Devens Eco-Efficiency Center; and two 900 gal water tanks, one from a farm who shut its doors and another from an individual donor. We are equally thankful for the monetary donations throughout the year.



Enjoy local produce
Support immigrant &
refugee farmers in MA
Sign up for our

Flats Mentor Farm **CSA**

In 2017, World Farmers reinstituted the Flats Mentor Farm CSA as a marketing strategy to assist farmers who are just beginning to build their capacity to grow for the larger wholesale accounts. A unique program with farmers of all capacity and scale, the Flats Mentor Farm CSA aggregates produce from refugee and immigrant farmers based on the 70-acre farm in Lancaster, MA.

With the CSA marketing model, World Farmers was able to create opportunity for even the smallest farmer to begin selling. Given the rich number of cultures at Flats Mentor Farm, our CSA features a different ethnic crop each week in addition to your standard CSA bounty. Crops featured range from East African amaranth to Vietnamese water spinach with a suggested recipe to try at home.

This year, World Farmers delivered to workplaces and businesses in and around Boston. Whether you're a business/workplace interested in hosting a pick-up location, or an individual who wants to learn more about our CSA rates, email us at sales@worldfarmers.org



Recipe Spot Light



Chinese Broccoli

Chinese Broccoli is a popular Asian cooking green, also referred to as Gai lan, Chinese kale, and flowering kale. The crop has flat thick leaves and small flower heads that resembles broccoli, and unlike other Asian greens in the Brassica family, Chinese Broccoli has thick stems similar to cole crops. Its flavor is similar to broccoli, although slightly more bitter.

Common preparations are stir-fried or boiled and served with a little soy or oyster sauce. The exact origins of this crop is still unknown.

Recipe Spot Light



Daikon Radish

The word Daikon comes from two Japanese words: dai (large) and kon (root), and is the most consumed vegetable in Japan. Daikon radish is a mild-flavored winter radish that has a large, very white root. This root vegetable originated in the Mediterranean, and was brought to China where it became cultivated. Daikon is popular among many Asian cultures for both the leaves and the root.

Daikon is excellent pickled, and can also be grated and mixed together with soy sauce and rice vinegar to make ponzu, a popular condiment in Japanese cuisine. Because of its mild taste and firm texture, daikon can also be used in place of potatoes in many contexts, including roasting, hashbrowns, and in soups. It is low in calories and especially high in vitamin C.



Chinese Broccoli

Chinese Broccoli

1 to 1 1/2 pounds Chinese broccoli (gai lan)
or regular broccoli
2 tablespoons soy sauce
2 teaspoons Asian (toasted) sesame oil

1. Rinse broccoli. Pull off and discard any yellow or damaged leaves; trim off and discard stem ends. If stalks have a tough, fibrous skin, peel it off. If stalks are thicker than 1/2 inch, cut lengthwise to that size. Cut stalks, including leaves and florets, into 2- to 3-inch lengths.
2. In a 5- to 6-quart covered pan over high heat, bring about 2 quarts water to a boil.
3. Add broccoli and cook, uncovered, just until barely tender to bite, 3 to 5 minutes.
4. Drain. Pour onto a platter.
5. In a small pitcher or bowl, mix soy sauce and sesame oil.
6. Drizzle over broccoli.

Tip: Common preparations of chinese broccoli include stir-fried with ginger and garlic, and boiled served with oyster sauce. Unlike broccoli, where only the flowering parts are normally eaten, the leaves and stems are eaten as well, normally sliced into bits the proper size and shape to be eaten with chopsticks.

Nutrition Facts: Serv. size: 186g; Calories: 140; Fat: 8g; Fiber: 4g

Source: www.myrecipes.com



Daikon Radish

Sweet Pickled Daikon Radish

1 cup rice vinegar
1 cup water
1 cup sugar
1/4 teaspoon turmeric
1 pound daikon radish
1/4 cup kosher salt

1. In a small saucepan over medium heat add the vinegar, water, sugar, and turmeric. Bring to a boil, stirring to dissolve the sugar.
2. Remove from heat and allow it to cool.
3. Meanwhile, peel the daikon radish and slice into 1/4-inch thick rounds. (If your daikon is very large, slice the rounds into semicircles.)
4. Place in a colander with salt and mix well.
5. Place the colander over a bowl and let drain for 1 hour. Rinse the salt off with a couple of changes of water and dry the daikon well.
6. Put into a sterilized glass jar. Pour the cooled brine through a coffee filter (or a cheesecloth lined strainer) into the jar to cover the radish slices.
7. Refrigerate at least 4 hours, preferably overnight. Will keep for about 2 weeks.

Tip: This is an extremely versatile vegetable that can be eaten raw in salads or cut into strips or chips for relish trays. It also can be stir-fried, grilled, baked, boiled or broiled. Daikon also is used in soups and simmered dishes. To prepare, peel skin as you would a carrot and cut for whatever style your recipe idea calls for.

Nutrition Facts: Serv. Size: 224g; Calories: 180; Fat: 4g; Fiber: 0g

Source: www.foodnetwork.com

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