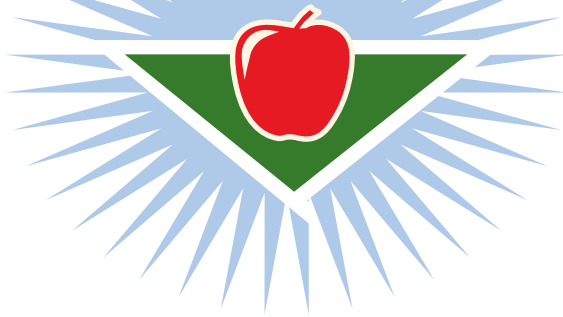


# Westford Farmers Market

*on the Common*



## 2010 Winter Program

Bringing the community together  
to grow a sustainable Westford.

### Grass-fed Beef: Talk and Tasting

**Sunday, Jan. 24, 5:30 - 7:30 p.m.**

The owners of Springdell Farm in Littleton will discuss what it takes to raise a herd of grass-fed cattle and the benefits on an individual's health and the health of the community at large. Following the discussion, Chef Paul Callahan of Herb Lyceum (formerly of Sel de la Terre and L'Espalier) will entertain the group with fresh ideas for preparing local foods and will serve a sampling of local short ribs, sirloin, oxtail, and more.

**Registration required. \$10 per person.**

### Backyard Chickens Workshop 101+

**Sunday, Feb. 21, 4:00 - 5:30 p.m.**

Back by popular demand, Terry Golson and Tom Dougherty will share practical information, tips, and stories about raising backyard chickens for eggs, food, or pets. Author of books such as the *Farmstead Egg Cookbook* and children's book *Tillie Lays an Egg*, Terry raises a flock of backyard chickens in Carlisle. Tom is a state-certified poultry dealer from Westford and will be taking orders for chicks after the workshop. **Free.**

### Winter Indoor Salad and Herb Garden Workshop

**Sunday, Mar. 7, 5:30 - 7:30 p.m.**

Presenter, Jodi Gilson of Gilson Greenhouses in Groton, will demonstrate how to start and sustain a winter windowsill garden of fresh salad greens and herbs. Planter boxes and starter plants will be available for purchase as well as a sampling of herbal tea. **Registration required. \$3 per person.**

### Supporters' Choice Workshop

**Sunday, Apr. 11, 5:30 - 7:30 p.m.**

Vote online by Feb. 1, 2010

#### Workshops Held At:

First Parish Church United  
48 Main Street  
Westford, MA

#### Sponsored by:

Westford Friends and  
Newcomers

First Parish Church United

Sustainable Westford

[www.WestfordFarmersMarket.com](http://www.WestfordFarmersMarket.com)