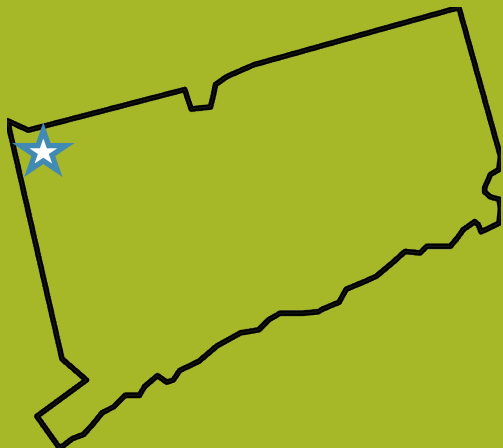




Diversification *without* Divorce-ification of the Family Dairy Farm



Matthew & Theresa Freund
Freund's Farm & Freund's Farm Market
Our Farms, Our Future - SARE 2018

Freund's Farm, Inc.

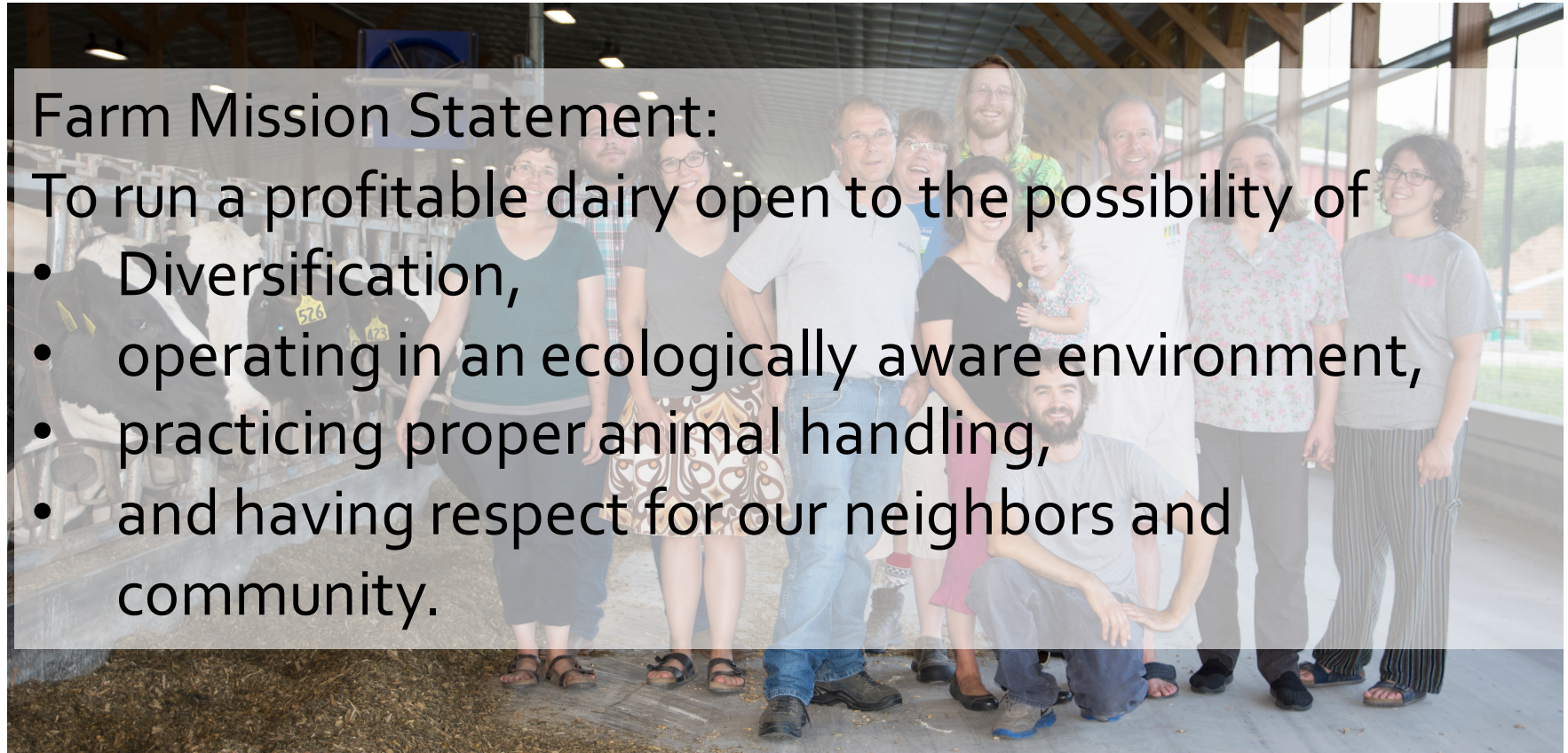
A farming family since 1949



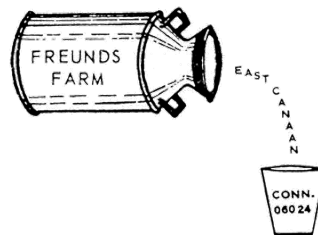
Farm Mission Statement:

To run a profitable dairy open to the possibility of

- Diversification,
- operating in an ecologically aware environment,
- practicing proper animal handling,
- and having respect for our neighbors and community.



* 3 generations
3 farm businesses



Freund's Farm Market & Bakery, LLC

Started with a bushel of corn on the side of the road in 1960.



Grants received:
Ag Viability Grant (CT Dept of Ag)
USDA REAP
EQIP
NRCS - High Tunnel Initiative



L to R: 1960 selling sweet corn roadside, 1986 diversifying with pumpkins, 1991 moved into 2 bay garage, 2017 2 story farm market, 2017 homegrown and local products for sale

Farm Investments in Renewable Energy

1997- built methane digester to capture and burn biogas



Increased efficiency and reduced footprint for applying nutrients to fields

Find innovative solution to managing separated solids.

Grants received:

USDA:

EQIP

SBIR

RURAL DEVELOPMENT

CT Dept of Agriculture

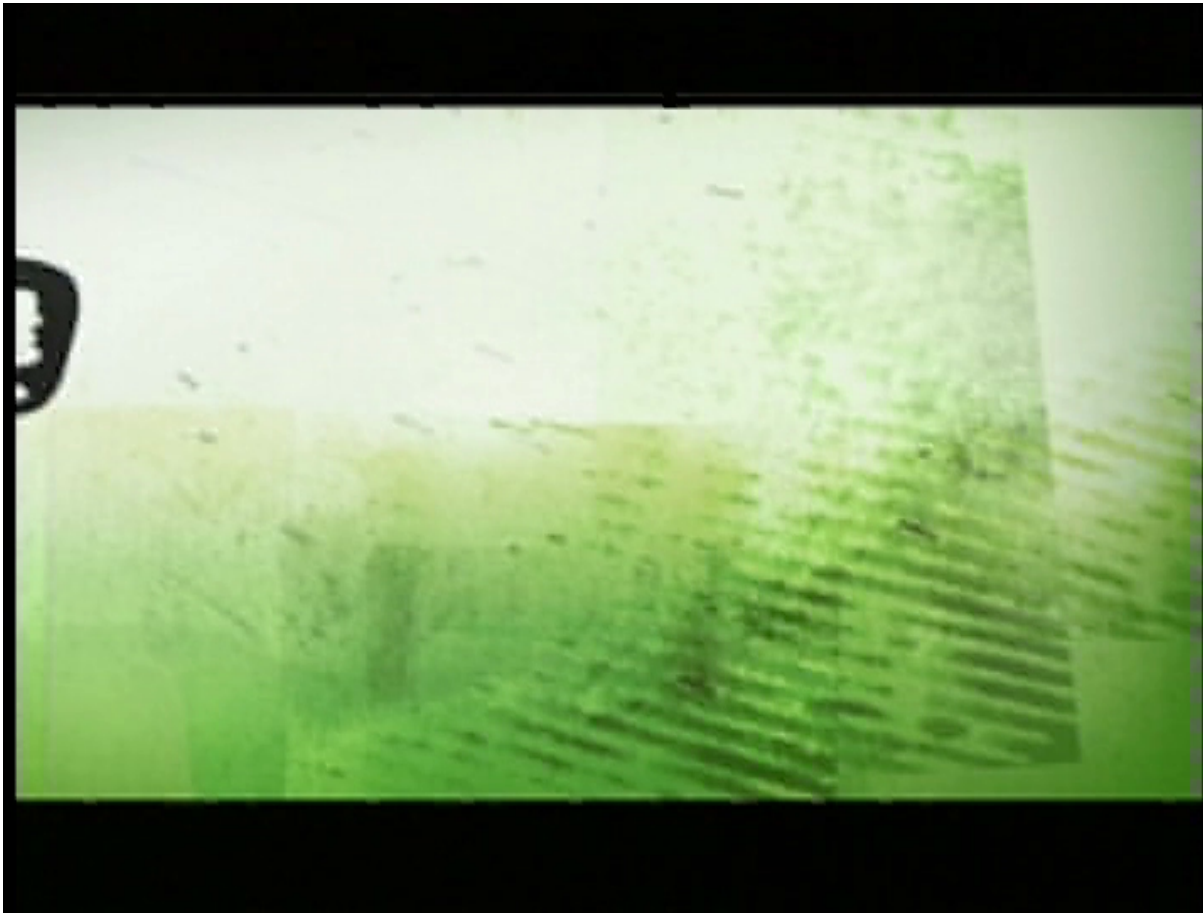
* One of the longest, continuously running digesters in the USA.



CowPots, LLC

Innovation – adding value to our farm's byproduct

1 mature dairy cow = 100 lbs of manure/day



Grants received:

SARE

USDA:

SBIR phase 1&2

REAP

EQIP

Dept of Ag – Ag Viability

Dept of Environmental
Protection

Synergies among 3 farm businesses



Dairy	Farm Market	CowPots
Milk	Cabot products for sale and butter/cheese in catered meals	
Manure	Vegetables, herbs and cut flowers for sale and used in field production	12 sizes of biodegradable pots



Continuous improvement on dairy farm



L to R: Juno the feed pusher, 1 of 5 Lely robotic milkers, back scratchers, new barn with water beds, misting fans, alley scraper and insulated ceiling, participant in FARM program

Making space for the Next Generation

Finding their niche



Community Engagement

The average consumer is 3 generations removed from the farm.



FREUND'S FARM & LAURELBROOK FARM NEWSLETTER
FALL/WINTER 2017

Hi Neighbors!

First, we want to say thanks! Thanks for supporting our family businesses. Thanks for the positive feedback on our newsletters and reaching out to us when you have questions about dairy farming. Thanks for driving with caution when you are sharing the road with our farm equipment. Thanks for your shared commitment in making our community a beautiful place to live.

We have officially harvested the last of the field crops. Both of our farms have successfully filled our storage bunks with grass and corn to feed our cows through the winter and spring.

We are looking forward to a slight change of pace this winter. On both our farms we are committed to continuous improvement. At Freund's Farm we just made improvements to the waterlocks in our barn. Our cows lie in bed for 15.5 hours a day. It better be comfortable! At Laurelbrook Farm you may have noticed our new calf raising area. We have been asked why we use those white hutches and have decided to dedicate this newsletter to talking about our baby calves, we back for more details.

Sincerely,
The Farming Families from Freund's Farm and Laurelbrook Farm

Laurelbrook Natural Resources

Diversification is important to the sustainability of our farm. In addition to delivering soft, sand, stone and gravel, Laurelbrook Natural Resources has expanded the distribution of the farm's compost.

Our long term plan is to reclaim the land for agricultural use when it is no longer productive for mining. We will maintain these 300 acres of open space to grow the crops for our cows.

www.laurelbrook.com

Questions or thoughts about our newsletter? Let us know.
Joe-poor_family_laurelbrookfarm@hugoboss.net
Freund_family_sarah@cowpots.com

Kara baking cookies in FFM bakery

The goals of Freund's Farm Market was a great growing season for us; we filled the market freezer with homegrown sweet corn to enjoy this winter and canned dozens of cases of bread of butter pickles, jams, and jellies. We are stocking up on Calumet butter for all of our holiday cookie recipes. Our market will continue to be filled with goodies this winter and plenty of cookie platters for the holidays.

www.freundfarmmarket.com

54 years (and counting)!

George Russell was 15 years old when he started a summer job at Freund's Farm. Upon finishing high school, George became full time and has been our headperson for decades. He still comes to work each morning to assist with cow care and record keeping. But now he is taking more time to spend with his 3 new grandchildren! Thank you George for the half a century of hard work and being part of our extended family!

L to R: Ag Ed field trip, DEEP Commissioner visit, Congresswoman tour, Matt on EPA panel about nutrient recycling, Nutritionist Dr Katz and family tour, biannual co-farm newsletter



**Thank you.
Questions?**

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