



**Lee Sustainability Advisory Committee Meeting
Minutes – January 10, 2023; 7 PM**
1st floor Meeting Room, Lee Public Safety Complex
George Bennett Road, Lee, NH

Members Present: Dean Rubine (Chair), Chuck Cox, Paul Gasowski

Members Absent: N/A

Officials Present: Katrin Kasper, Selectperson

Public Present: N/A

I. Call to Order: 7:00 pm

Introductions, guests: N/A

II. Public Comments: N/A

III. Preliminary Actions

A. Approval of Agenda

Agenda is accepted with minor changes; added correspondence on road salt, article on solid waste in NH.

B. Approval of Minutes 12/13/2022

Chuck moved, Katrin 2nd. Approved as amended 3-0-1, Paul abstaining.

C. Correspondence

- Lee Stats, ArtisticLee - see below

- Dean shared the Concord Monitor article, Landfill Landscape: NH is an importer of solid waste from other states.

<https://www.concordmonitor.com/Landfills-in-New-Hampshire-48755514>

Ruth Sample sent a note inquiring into the town's use of road salt.

Katrin - Steve Bullek is a salt expert and the price of salt is very high so the town is trying to use as little as possible. Concrete instead of pavement. Safety.

Paul recalled a conference from a few years back that was called "The Road Less Salted" at Science Center, Great Bay Estuary.

Chuck: Calcium Chloride.

Katrin: Driveway salt at the recycling center over by the wood chips.

Chuck: Tradeoff between safety and environment.

Katrin: The DPW works in consultation with the police.

D. Other: N/A

IV. Old Business

A. Paul – ArtisticLEE – Artisan Directory pilot

Paul: Two people interested in the pilot; a third had an interest. Started a 14 day trial with SquareSpace, web design, old design adapted to their templates. \$192 /yr for SquareSpace. Chris Ringman completed a full application with a description and images. Chris Ringman's narrative was a personal statement; it's their statement and their words.

Chuck: Make a directory for the Artisan Fair and use that as the start of the directory.

Paul: A simple static web page listing to start. Use free tools and hosting.

Katrin suggested QR Codes given out at fair to direct folks to page.

B. Dean/Paul – Tech/MS Teams/SharePoint

Dean: Jen said the greeters committee may pass this along to the MTAC committee.

Katrin: Yes.

C. Planning for the upcoming year

- Made in Lee Artisan Fair – May 13, 2023
- Fix-it/Mend-it Event

Committee discussed plans. Decided that the best course of action was to go with the

Artisan Fair, and put the Fix It/Mend It workshop on the back burner. Chuck offered to locate a handful of 'Fix It/Mend It' folks who might set-up in cafe space.

ACTION: Paul will get in touch with Sandi.

ACTION: Paul will reserve Mast Way cafeteria.

Paul: At the Lee Fair the church had booths and vending. How will we handle the church? Vending crafts from the church craft group, funding a mission. Another artisan funded craft items for a mission in Ukraine. Lee Fair is precedent.

Paul commented that it might be interesting to locate the religious demographics for Lee; this information is somewhat difficult to locate for individual towns.

Katrin: The stance we've tried to take is all religions are welcome. Lee is not supporting the religion; we're allowing. I'd like to find out the details of the religious demographic of Lee.

Paul: If we have residents of Lee that are a religious group, can they vend at the fair?

Katrin: Yes. You don't have to go to the table, you don't have to buy anything at the table. Deciding who can and can't vend becomes challenging. People have sabbaths, often in their homes.

Dean: We're open to craftspeople from Lee; I don't want to get into people's beliefs.

Paul: Sandi got people Sandi knew. We should expand the reach. Make an effort to find additional vendors

Katrin: I'll reach out to Native Americans during a meeting.

Dean: Let's review the application form so that it achieves our directory goals.

Paul: I will send it out.

D. Chuck – Backyard Farming Initiative 2023

Chuck: Preliminary pamphlets. Done by Haley at the library. [Pamphlet included below]

2024: Drought and Flood , Dealing with Water. Septic.

Katrin: White Pines shallow roots water floats roots, fall on power lines.

E. All - E-Crier articles (Winter Heat Wave?)

ACTION: Dean writes and shares: Salt usage at home and in town

ACTION: Dean writes and shares: Dean: Winter Heat Wave:

Katrin: check out Switzerland heat waves, valley and mountains

ACTION: Paul will draft something about the Lee Artisan Fair. Will share and we will approve at the next meeting.

F. All – Transfer Station Initiatives

- All – Reduce consumption, increase recycling

Chuck: The article on landfills in NH says we only have a few years of space; we should do our solid waste.

Katrin: We need to recycle more to get away from the increasing solid waste cost. Look at the selectboard agenda for last night.

- All – Suggest book studies to ORCRead or Lee Library?
- All – Video explaining how to recycle? Work with ORCSD.

ACTION: Dean--I'll tell Jon Bromley we heard a rumor that some student in sustainability club wanted to work on video and offer to help.

G. Dean/Chuck – *Table to Farm* Compost Initiative (tabled)

H. New Members

Katrin: Start off someone with a very small, very specific task. Get volunteers working on a task. Plan: Solicit help for the Artisan fair.

Katrin: Small task, two hours, be very nice, thank by email.

I. Other

V. New Business

a. Lee Stats Discussion

Dean: The town administrator shared these stats with us: [Lee NH - Community Profile | Economic & Labor Market Information Bureau](#). I though the Commuting stats were interesting to the committee, and contradictory: 91% of workers are commuters and 41% work in the community of residence.

b. Grants

Dean: Get Recycle Mobile for the Lee Fair

Dean: Will continue to scan for grants

Chuck: maybe funding for a recycling position, DPW director assistant.

Katrin: The town will fund the assistant position.

c. Other N/A

VI. Public Comments N/A

VII. Closing Actions

A. Future Meeting Dates

Second Tuesdays, 7pm in the Safety Complex.

Next: Feb 14, 2023.

Election day makes March meeting: Wednesday March 8, 2023 7pm

B. Agenda Planning for Next Meeting

[see above]

VIII. Adjournment

Dean moved, Chuck 2nd, 4-0 adjourned 8:15pm

Respectfully submitted, Dean Rubine

Please email sustain@leenh.org if you have suggestions, comments or questions.

BFI pamphlet:

When and Where?

Join us every **4th Wednesday** from
7 – 8:30 pm, from January through
April for Backyard Farming Fun!

SAVE THE DATES

We will be discovering more about...

'Local Harvest and How to Use It'

- 01/25/23 – Grains
- 02/22/23 – Fresh Versus Aged
- 03/22/23 – Live Versus Dead
- 04/26/23 – Foraging Herbs & Seasoning

Programs will be held at Misty Meadows Herbal Center

**183 Wednesday Hill Road
Lee, NH 03861**



**Call or email the Lee Public Library
for further details, or to sign up!**

**leelibrary@comcast.net
603-659-2626**

**Refreshments will be
provided by our Sponsors!**

Understanding What We Eat!

During the summer of 2022 we focused on a
concept very close to the hearts of our
agricultural community...

'Eat Healthy, Eat Local, Eat Seasonal'

We would like to continue with this theme for
our series of winter programs, expanding our
backyard knowledge and awareness with
information about...

'Local Harvest and How to Use It'

We will meet with a group of local chefs and
presenters who will talk about a variety of
food types. These will include grains and how
to harvest, store and use them, Fresh and
aged foods and how to harness the best
flavors from them, foods that are alive, such
as cheeses or yogurts and foods that are dead,
such as canned or frozen goods, and foraging
for herbs and seasoning, thinking about what
is growing wild and how we can use it.

During these programs
we will sample delicious
foods, learn new recipes,
and discover wonderful
new information about
the program topics.

Do you remember the old nursery rhyme
Pease Porridge Hot? It goes like this...

*"Pease porridge hot, Pease porridge
cold, Pease porridge in the pot, nine days
old; Some like it hot, some like it cold, Some
like it in the pot, nine days old"*

Did you sing this rhyme to your children or
grandchildren? What does it mean? Come to
our Lee Backyard Farming Initiative winter
programming to find out!



Lee Backyard Farming Initiative



Welcomes You To Enjoy

LOCAL HARVEST AND HOW TO USE IT

**January - April
2023**

Let's take some time to explore our food
this winter. It is so important to understand
what we eat... Is it fresh or aged, dead or
alive, and what can we forage from the land
to make delicious and healthy meals?

Join us to find out more!

EAT HEALTHY, EAT LOCAL, EAT SEASONAL!

**Sponsored by the Lee Agricultural
Commission, Lee Sustainability
Committee, the Friends of the Lee Public
Library, and the Lee Public Library**

January 25th – Sarah Cox & Tyler Murray Grains

Sarah Cox is a farmer and miller with her family at Tuckaway Farm in Lee, producing lamb and eggs and growing certified organic fruits, vegetables, grain, and hay. These are marketed through an on-farm store, CSA, and to area restaurants and home purchasers through Three River Farmers Alliance. Sarah will discuss the importance of local grain to a healthy, resilient food economy.

After graduating from UNH college of life science and agriculture, **Tyler Murray** started Doo-Bee-Doo Farm, a market farm vegetable operation in Lee, with his partner Shelby. In 2020, Tyler began growing Wapsie Valley corn for Vida Tortilla as a separate operation. After his second season growing this corn, Tyler established Granite Grains Farm LLC in Amherst NH, specializing in organic grain production.

Dina Wilford, owner and tortilla maker at Vida Tortilla in Dover, NH, will walk us through the history, culture and traditional Mexican cooking method called nixtamalization used to create masa for tortillas, chips, and tamales.

Sonke Dornblut owns and operates Juniper Cottage Bake Shop, a wood fired oven bakery in Newmarket, NH. He focuses on naturally leavened bread, made by hand with organic ingredients sourced as locally as possible. This awesome group are looking forward to introducing you to cooperative models and grain production!

February 22nd – Donna-Lee Woods & Evan Mallet Fresh Versus Aged

Donna-Lee Woods, proprietor of Hickory Nut Farm in Lee, is excited to share her extensive knowledge with the community. Hickory Nut Farm is 22 years old and currently houses 86 dairy goats of five different breeds. With their milk, Hickory Nut Farm produces cave aged firm raw cheeses, yogurt, fudge, waddle syrup, and goat milk soap.

We will have the opportunity to learn all about the products and how they are made, as well as to sample some of these delicious treats and make comparisons between them.

Evan Mallett is the chef and co-owner of Black Trumpet in Portsmouth, NH, a restaurant dedicated to building a resilient community around local food, sustainability and social justice. Evan is a six-time James Beard semi-finalist for Best Chef, Northeast.

He has logged over a decade sitting on the boards of Chef's Collaborative, Slow Food Seacoast, and Heritage Harvest Project, an initiative that brings together farmers, chefs, and educators to identify and restore a food system native to the greater New England Seacoast region. Black Trumpet was also nominated for a national award for Best Hospitality by the James Beard Foundation in 2020.

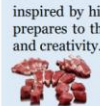
Evan is excited to introduce us to microbiology that includes an understanding of how yeasts and other fungi interact



with each other, with bacteria, and with organisms like us. He will discuss some things that appear dead that are very much alive. Many of these things are very good for us!

March 22nd – Dave Vargas & Brian Ferguson Live Versus Dead

David Vargas, chef and proud owner of the restaurant Vida Cantina in Portsmouth, brings a wealth of culinary experience to share with us this evening. For almost ten years, Dave has been delighting our community with dishes



inspired by his Mexican heritage. Dave takes each dish he prepares to the next level with superb technique, product and creativity.

Dave will discuss various meats and meat preparation, sharing his knowledge and expertise on fermentation.

Brian Ferguson owns Flag Hill Distillery & Winery in Lee, which is used to produce grapes for the winery, grain for the distillery, and vegetables for their events. Flag Hill sits on a 110 acre conservation easement which preserves the property to remain in agriculture forever. The farm switched from a dairy farm to a vineyard in 1987 with the planting of the first grapes on the property, and the winery began in 1990 with their first harvest. Years later in 2004 Flag Hill Distillery began making vodka from the highest quality apples New Hampshire has to offer.

Brian will be talking about his use of local grain and distilling experience. We can look forward to tasting foods that are very much alive, and very much dead!



April 26th – John Forti & Wendy Snow Fogg Foraging Herbs and Seasonings

John Forti is a garden historian and ethnobotanist who has directed gardens for Plimoth Plantation Museum, Strawberry Banke Museum, Massachusetts Horticultural Society, and Bedrock Gardens. He is also



author of the best-selling book "The Heirloom Gardener – Traditional Plants and Skills for the Modern World", available for loan from Lee Library!

John will be talking about how we can apply historical knowledge and a modern scientific understanding of plants to help rebuild home and community based herbalism.



Wendy Snow Fogg is the Founding Director and Senior Herbalist of Misty Meadows Herbal Center here in Lee, NH. She has been an avid gardener and

emissary of the plants for nearly 40 years. She has earned advanced certifications in Herbalism, Clinical Herbal Practice, Aromatherapy and Reiki. On her journey with plants, Wendy has cultivated a deep connection, a symbiotic relationship to plants as food and medicine.

This evening we'll look at herbs from both nutritional and medicinal perspectives and take a glimpse into how a plant can teach us simply through their physical characteristics - the Doctrine of Signatures (Paracelsus, Father of Modern Chemistry, 1493-1541). More recently, science is proving what herbalists have known for millennia, thus bringing herbal medicine closer to mainstream. The difference - plants know us by our uniqueness, our frequency; they work to restore balance to the organism rather than conquer it.

Be prepared for nibbling on roots, barks, berries and leaves - a plant experience!



Special thanks go out to...

Sarah Cox, Tyler Murray, Dina Wilford, Sonke Dornblut, Evan Mallett, Donna-Lee Woods, David Vargas, Brian Ferguson, John Forti, Wendy Snow Fogg, the Friends of Lee Public Library, the Lee Agricultural Commission, the Lee Sustainability Committee, and the Lee Public Library!