



## **Lee Sustainability Committee Meeting Minutes February 14, 2023**

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

**Members Absent:** N/A

**Officials Present:** N/A

**Officials Absent:** Katrin Kasper, Selectperson

**Public Present:** N/A

### **I. Call to Order: 7:03 pm**

Introductions, guests: N/A

### **II. Public Comments: N/A**

### **III. Preliminary Actions**

#### **A. Approval of Agenda**

Agenda approved with added correspondence about the ORHS Sustainability Dinner and Conservation Commision camp scholarships.

#### **B. Approval of Minutes 1/10/2023**

Reviewed and accepted edits to the draft minutes. Chuck moved, Paul 2nd. 1/10 minutes approved as amended 3-0.

#### **C. Correspondence**

- Mouth of the River

Committee discussed an article about Compost Bin Contamination at ORCSD schools.

- Sue Caswell / Sustainability Dinner

Dean: Sue Caswell invited the LSC to have a table at the dinner. Since it was less than two weeks before the dinner and we didn't have a meeting

scheduled where we could decide to do it, I declined on the committee's behalf. All three members of the committee attended the dinner.

Chuck: It would have been nice to have earlier notice.

Dean: I also talked to Jon Bromley who didn't know of a student in ORHS Sustainability Club who was interested in making the video.

ACTION: Dean will follow up with Katrin

Paul: It was an excellent dinner, well attended, 250 people, all locally sourced food. Thank Doris Demers, who's worked really hard.

Dean: We wish her well in retirement.

- Conservation Commission camp scholarships.

Dean: In the E-crier, the Conservation Commission offered four \$150 scholarships to kids attending environmental/nature oriented summer camp. We might want to do something similar or partner with them next time.

**D. Other: N/A**

#### **IV. Old Business**

##### **A. Paul / Sandi - Made in Lee Artisan Fair – May 13, 2023**

Paul: Sandi and I have been working together.

Sandi: I was glad to see the announcement in the E-Crier Friday. I plan to get invites out to previous participants this week, heard from one person already due to E-Crier. Mike Fleming, lives in town, does Giclee Art - ink jet printing of art. He asked if it's allowed.

Paul: Sure; it's in museum galleries. It is his first foray into sales.

Sandi: We had 20 vendors last year. Let's run the E-Crier call for vendors a few more times.

Paul: Add a logo to the poster. We'll test drive school wifi, to make sure it supports vending/credit card transactions. Alex Taylor will follow up with Paul.

ACTION: Dean to send to logo to Sandi.

ACTION: Paul will investigate WIFI with Alexander Taylor, ORCSD, Misty Lowe. Go in after school and work it through.

ACTION: Dean will send debrief notes.

ACTION: Dean will send Chuck Fix It / Mend It participants.  
Paul: Don't go overboard, court a handful of people, focus on Lee folks. Dean: Focus on Fixing.

**B. Paul – ArtisticLEE – Artisan Directory pilot**

Paul announced he will resign from the LSC at the end of May.

ACTION: Paul will send around application materials; plan: add checkbox to be automatically submitted to Artisan Directory.

Paul was concerned about the future viability of the directory.

ACTION: Explore hosting options, perhaps beyond committee's existence.

**C. Chuck – Backyard Farming Initiative 2023**

Chuck: We had to change the date, a week delay due to weather, some changes in speakers. Went great.  
Paul and Dean agreed.

Next time: Donna Lee Fresh vs Aged, Evan Mallet Black Trumpet, Wed Feb 22.

**D. All - E-Crier articles**

ACTION: Dean will work on Salt and Winter Heat Waves

ACTION: Paul will evolve Artisan Fair ad into a call for attendance

**E. All – Transfer Station Initiatives**

- All – Reduce consumption, increase recycling
- All – Suggest book studies to ORCRead or Lee Library?
- All – Video explaining how to recycle? Work with ORCSD.
- Dean: Talked to Jon Bromley, see above.

**F. New Members / Volunteers**

With Paul leaving, the survival of the committee depends on this.

**G. Grants**

Dean: I'm continuing to monitor; haven't seen one worth applying for yet.

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

Still tabled.

**I. Other**

**V. New Business**

**A. Other N/A**

Chuck: Transfer Station solar panel installation is proceeding.

Paul: See the Town of Lee facebook page for details on the solar installation.

Chuck: Lee Deliberative Session was poorly attended on that cold Saturday. No sign, no sign at the transfer station. It's important for sustainability that things are working, that there's participation in town government.

Paul: The Deliberative Session live stream was top notch, Alexander Taylor had five cameras.

Paul: We started taping ORCSD board meetings around 2004, town meetings farther back than that. Studio completed in 2005.

Paul: In the selectboard room I think the mics are voice activated. The participants in selectboard meetings need coaching to correctly use equipment.

Dean: Thanks for the information. The Municipal Technology Advisory Committee has taken up the issue of improving the streaming of selectboard meetings. We have temporary access to an OWL.

Paul: The library has one.

**VI. Public Comments N/A**

**VII. Closing Actions**

**A. Future Meeting Dates**

Second Tuesday of the month in general.

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

Tuesday April 11th

Tuesday May 9th

**B. Agenda Planning for Next Meeting**

[see above]

## VIII. Adjournment

Paul moved, Chuck 2nd, 3-0 adjourned 7:51pm

Respectfully submitted, Dean Rubine

Please email [sustain@leenh.org](mailto:sustain@leenh.org) if you have suggestions, comments or questions.

BFI pamphlet:

### When and Where?

Join us every **4<sup>th</sup> 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 25<sup>th</sup> – 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 22<sup>nd</sup> – Donna-Lee Woods & Evan Mallett 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 22<sup>nd</sup> – 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 26<sup>th</sup> – 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!**