

# Farm Offerings

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## p.2 Goats' MILK, & CHEESE

MILK: We offer CSA goats' milk shares, usually from mid-May or early June until the 2nd week in October, with a few slots available sometimes in winter (see below). Milk-drinkers sign up and pay for a regular weekly pick-up with their choice of time and day. Each time, they bring me their own clean jars to fill for next pick-up.

Call and leave voicemail; say your phone number: (207) 338-3301

Preference goes to milk-drinkers who compost their humanure, or bring it to 3 Streams Farm for composting - we work so hard to raise this product of live land, and want it to continue cycling in the health of soil.



In winter, I Shana drink most of the milk. Precious winter excess goes occasionally to those faithful CSA milk drinkers who helped with farm-related tasks, or as trades to those sharing other foods they've produced, or as nurturing gifts to farm helpers, OR if you are just at the right place at the right time!

CHEESE: Summer 2025 we had more milk than drinkers, so I filled crocks with wild-cultured mostly raw soft cheese. More work goes into this than market price can support, so food or work trades are best.

Call & leave voicemail; say your phone #: (207) 338-3301



p.3

BABY GOATS: Our Saanen goats tend to come into milk without ever kidding. Most don't dry off; those that do come back into milk with the maple blossoms in late winter, or with spring grass.. So most years we don't breed.

But we DID breed, this fall, with babes expected in early March.

All kids will be sold (with some already spoken for; gifts to past farm residents or workers may also be prioritized).

Price starts at \$100/doe kid or \$75/buck kid, with 5\$/day added past their 1<sup>st</sup> week, if I keep them longer. They each drink \$5 rising to \$10/day of our milk, plus take lots of my attention.

They most likely will be in or near my house (to prevent our skin mites from hitching to your farm - we carry no other diseases). They will be used to taking walks.

Call and leave voicemail; say your phone number: (207) 338-3301





## p.4 SOLSTICE or CHRISTMAS TREES

Balsam Fir, Woods Walk to Fresh-cut, chosen by you, & hauled by goats. \$30 to \$50 suggested donation. A goat carries our farm-made cider or (cocoa) milk, which is included. Some fir trees are pollarded, for multiple harvests!



TINY Potted SPRUCE Solstice or Christmas Tree, from the Blueberry Field (New in 2025!)  
\$15 if you come up there to dig & pot it with me;  
\$25 if I do it for pick-up at the blueberry parking or 3 Streams Farm driveway.



p.5

## Participatory Custom-Harvest of Wild Woodland Medicinals

TURKEY TAIL Fungi,  
USNEA Lichens,  
WHITE BIRCH Polypores,  
WHITE BIRCH Inner Bark,  
YELLOW BIRCH Bark & Twigs,  
WHITE CEDAR Fronds,  
BANEBERRY Roots,  
LOBELIA Herb or Seeds,  
WINTERGREEN Leaves,  
BUNCH BERRY Seeds &  
OTHER offerings of the  
woodlands & blueberry field.

These fall within the “Gift Economy.”  
Call to schedule a wander with me (Shana).

(207) 338-3301. Leave Voicemail; Say your #.





p.6

Both White Birch inner (medicinal) & outer (craft) bark are available, as I often fell White Birch to feed (leaves) in late spring.

I prefer that you do the stripping; I will help you get started.

These can be “gift economy” items, though donations or work-trade from you for my time are welcomed.

Call (207) 338-3301.  
Leave Voicemail;  
Say your phone #!





## p.7 Native TREE SEEDLINGS

Red Spruce, Balsam Fir, White Pine, White Cedar, Yellow or White Birch, Red Oak, White Ash, & Red or Striped Maple all are germinating here more plentifully than needed, so you may dig wildlings with me, Shana, for planting. Our Balsam Poplar makes root sprouts which are also available.

These fall within the “Gift Economy.”

(207) 338-3301

Call me in early spring!





Free HOG “RENTAL”

Nosenia our American Guinea Sow, born in 2013, no longer offers piglets, but DOES have LOTS of ENERGY, to dig up an area that you wish to change. (Our land needs a break.)

She is also happy to haul heavy sleds.

If you help set her up, feed her, & give belly rubs, there is no charge,. She wears a rope harness, and responds well to being staked, or to 2 low lines of electric polywire.

Nosenia loves tasty tree matter, such



as this ensiled Yellow Birch, or this Hemlock which she hauled with the hay (2 sleds at once, a long ways!), to eat with the goats and steer,



p.9 on:  
PHOTOS of, &  
notes about, our  
Farming Practices

My animals relish on-site  
fresh eating of branches  
and tops of tall trees,  
which I climb to cut.

This White Ash is on our  
flood zone. We will miss  
it if newly arrived Emerald  
borers overtake it all.

I am pressed to find time  
away from the animals, to  
cut & save for winter,  
except in years when an  
Intern joins me.

So I cut them fresh Red  
Maple all winter.





Usually about half our goats' diet in winter is **Red Maple** (twigs with buds, & bark).

They especially love brush from mature trees, with flower buds.

Our steer Angelo also loves **Red Maple** twigs & bark. He eats twigs down to ½" diameter. He likes to strip 4"- 6" trunk sections of smooth bark, from tops of newly pollarded or felled trees.

(See photos on next pg.)











When I pollard Red Maple in winter, often the sap drips. Yet they sprout well later.

Once maples are **in blossom**, no sap runs. Flowers, twigs & bark remain tasty to all, including Tulip, Angelo's mom. (Tulip died in 2022 related to MOFGA Cerrtification actions.)







Yellow Birch is shade-tolerant, so keeps low branches even in a woodland, making entry possible for light pollarding.

Birches & aspens in general cannot withstand complete canopy harvest; I leave at least 1/3 of foliage, always choosing well-foliated individuals receiving plenty of sunlight. I do not cut low, shaded branches at all.

Yellow Birch leaves are palatable throughout the growing season, unlike other birches. The bark however is too aromatic to be a dietary staple (though beef cattle did accept some chipped Yellow Birch silage in our 2018 -'19 SARE FNE18-897 project).





So much! ...  
off one Yellow  
Birch tree.





Windy & Hindsight ate this **White Ash** leaf-silage in our 2023-'24 SARE FNE22-013 winter Milkiing Trial (see "Research" tab FMI). We used about 50 x 30 gallon barrels of 9 species most prevalent at off-farm harvest sites, during leaf-silage periods of that trial.

Now, using our less accessible land, without intern help, I fill just a few barrels with leaf-silage, or with unseparated whole sprout-growth. I'm hoping to solve **Gray Birch** gliches of machine-tangling & seasonal tastiness (spring, & mid Sept. thru Oct.) for future use of large amounts in our blueberry field.

Windy died at almost 14 years old, in January 2025. Her teeth were below her gums; I'd coddled her through the previous 2 winters, and each spring she came back into milk and thrived. She became ostracized and mistreated by the others (hence eating from her own side of the fence, in our trial). I had not seem this with my original matriarch Hazel. May both RIP.





## Browse Wanders

We wander more, to browse while I type, & I climb & cut less, when I must follow through on a grant project. I am very slow at using my small computer, due to my awkward frost-bit milking fingers & light-sensitive eyes. This computer & I have weathered outdoor use since 2015.

Animals travel  
in single file,  
to  
trample  
less.

Once  
they arrive  
to a tasty  
browse area,  
they fan out to eat.







## Browse Wanders, continued:

In early spring, ephemerals cause fast wandering for small bites; I don't get much else done. But all summer, we browse understory shrubs & young trees. Most understory plants by necessity offer limited seasonal windows of palatability, just as small trees are more chemically defended against herbivory than are tall trees of the same species, whose foliage is safely out of reach (until I climb & cut). But Smooth Buckthorn withstands heavy browsing from deer and my herd, all season long, looking leafless and thin but alive. (Luckily their bark is not targetted much until winter.)

If fenced, the animals kill woody plants that they prefer. Without fencing, the animals know when to move on, apparently signalled by plants, whole stands of which let out chemical communications even when just one plant was over-browsed. But I must defend certain species at times when their bark is palatable: Witch Hazel, Pagoda Dogwood, small Hemlock trees, Apple, Striped Maple, Red Maple, & yes, Buckthorn in winter. The herds person is the mediator, balancing needs of the herd & the landscape.

Farmers are pressed to “upscale.” Traditionally all over the world 1 person & 1 dog handle 300 animals, across broadly lush landscapes. Can we restore such practices & places here?



These next few pages arose out of my trepidation about people and governments blacklisting plants.

My ruminants know so much more about plants than does any human, & plants are also sentient.

Browsing our woodlands apparently has not had sufficient soil impact to invite much (possibly soil-healing) establishment of listed plants.

Neighbors had logging done with heavy equipment & have **Smooth Buckthorn**, our and the deers' favorite year-round forage. It isn't dominating other plants there; young trees are starting to overtake it.

My herd and I wander far beyond our borders to find these dietary staples, especially in drought years when grass growth stops.







Thank you, Mike Banks & family, for allowing us to browse Smooth Buckthorn on your cut-over woodlands.



Thanks also to Edie Konesni for letting us wander her deeper stream-side woods, & to Chad Larabee for allowing same on his cut property (both not shown).



This is my (now sold)  
spare buck Sapi eating  
Smooth Buckthorn.

In NY state, they have  
more European Buckthorn  
(that is sparse here in  
Maine, sprinkled near  
woodland streams).

Alex Caske at Barred Owl  
Brook Farm there says  
that their Kahtadin sheep  
prefer it to clover. So he  
maintains a 7 acre  
harvest or direct browse  
area for them. It kept  
them fed through the  
2025 mid-summer  
through fall drought.

Both my & Steve Gabriel's  
SARE reports have  
nutritional results on  
Buckthorns.





Everyone likes Multiflora Rose. We don't have many. Our steer Angello especially seeks out Multiflora Rose, on the BB mountain, for leaves and/or fruit. This Rose seems to prefer the soil of old dairy farms.





Everyone likes Multiflora Rose... & Bittersweet. We don't have much of either. Can you see the tiny browsed Bittersweet to the right, in reach of Wolfe's Neck Center cattle? The one to left will be browsed soon



Angelo has both in this sled.



Elizabeth Tarantino photo



We find Autumn Olive on the abandoned side of Levenseller Mountain. It becomes highly palatable to my steer and goats in the fall, and continues to hold tasty green leaves as long as do Smooth Buckthorn and Red Oak. It matches high quality grass forages in Crude, Soluble, and Rumen Degradable protein levels. A friend from Michigan says it was planted there for drought resilient cattle fodder. My land has none : (

The berries are part of my own breakfasts, and keep fresh in a jar for many months. Just before the berries fell, a few goats became excited to eat them (they mostly want leaves).

Last winter, I brought large pieces from Moe Martin's place, and goats wanted some (protein-rich?) bark.





## About my Guard Steer:

Angelo licks off baby goats at birth, and guards them when moms step away. He's much larger now than in this 2023 photo, but he is very careful of those he loves (which means all of us).

With him present, I feel comfortable to winter my herd far into our woodland, in a new (or returned-to after 6\_ years regrowth of tops) cattle panel-enclosed patch of Red Maple each winter

He is handy for hauling or riding, still on hauler, with some reluctant moments & lots of cuddly chin rubs.

Thank you, Angelo.

