

# GROWING GARLIC

## Reflections from Noonday Farm

Written by Beth Ingham

Garlic is a magical crop; planted as a single clove in the late fall, it sleeps beneath a quilt of mulch hay and winter snow, and wakes up with the daffodils emerging as a tiny shoot weaving its way through the hay, reaching for the ever nearing sun. When the summer interns (Paige and Marga) arrived in May, the garlic stood 24" high. Their task was to weed between the plants: three 55' raised beds planted each with three rows of garlic spaced one foot apart, six inches between each garlic plant, 990 in all. Paige and Marga each took a scratcher and a five gallon bucket to collect the weeds in and sat amongst the lush greens, unseen by someone walking nearby, heads bent in concentration as their fingers deftly pulled weeds loosened by the scratching. Each shared how the weeding was tedious but sitting for hours with the garlic was calming, meditative and healing.



Garlic growing at Noonday Farm



Summer work day at the farm

Garlic is harvested in entirety the third week of July. It is carefully loosened from its earthly foundation, rubbed to leave any clinging soil in place, gathered in bundles to be hung on dowels in the shed and left to dry until it is given away or stored for the winter. This year's garlic harvest was enjoyed by the interns and guests from Haley House, who followed the harvest with a delightful afternoon swim at Wendy's, a dear friend who welcomes all of us sweaty farm workers to her nearby summer lake side camp.

Garlic is a medicine; an antibiotic, an expectorant, lowers blood pressure and reduces blood sugar among other medicinal properties. But for us here at Noonday Farm, garlic is a gift we receive every year from the earth we carefully tend. We do not set out to grow great garlic; we set out to steward the earth. The gift offered back is beautiful, strong garlic which gives us life forces far beyond what we can chemically analyze as the components of garlic. Our work is to care for the earth and each other. Happy holidays to all.



# ART IS LIFE ITSELF

An interview with Nina LaNegra

*Art is Life itself (AiLi) is a performance series that embraces art, culture & spirituality. It was started by Nina LaNegra Didi Emmons, Yienaje Chukwuezi, and Fulani Haynes in 2005. AiLi is leading with your heart and touching the hearts of others, starting a revolution from within.*

## 1. What is an evening at AiLi like?

We have always had the following format: a Featured Artist[s], Idea, or Theme; a Dialog with the Artist or about the Idea or Theme; and an Open Mic. These elements create an inclusive, participatory environment and Fulani's and my style encourages people to try something different, new or out of their comfort zone, like sitting with people you don't know, talking to them, listening, and relating.



PeaceQuilts, a non-profit working to relieve poverty in Haiti by establishing and supporting independent women's quilting cooperatives, has quilts on display at the Haley House Bakery Cafe until January 26, 2012.

## 2. How do you think AiLi fits into the greater framework of Haley House's vision?

I knew that the Haley House Bakery Café (HHBC) was the perfect place for AiLi. It was important for AiLi to be for ALL inclusive, ALL Ages, Ethnicities, Races, Hairstyles, Shoe Sizes and Economic Backgrounds. I urged people to invite their friends AND their enemies; new friendships might become life-long ones, and enemies might become new friends.



Gilbane Company may be known by the Fortune 500 as one of the 100 Best Places to Work in the country, but at Haley House they are known as volunteers who come with mega skills!

Kahlil and Matt visited us before the day of service to scope out the tasks and gather a list of supplies and skills needed to complete the job.

To top it off, the team ordered some of our famous catered pizza and baked goods to reward themselves and support our training program.

## GILBANE at HALEY HOUSE



**594** pounds of butternut squash were harvested from Noonday Farm this season! **500** of those were given away, primarily to Winchendon and Gardner Community Action Councils for their Thanksgiving food baskets. **60** pounds of pie pumpkins were donated to the Haley House Bakery Cafe for the thanksgiving pies.



**HALEY HOUSE**



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“We do not believe in ourselves until someone reveals that deep inside us something is valuable, worth listening to, worthy of our trust, sacred to our touch. Once we believe in ourselves we can risk curiosity, wonder, spontaneous delight or any experience that reveals the human spirit.” — E.E. Cummings



**HALEY HOUSE**  
Winter Newsletter 2011

### 3. What are the moments that stick out in your mind when you think of HHBC and AiLi?

There have been so many moments! The 3 year old first time poet on the microphone, along with the HBO Def Poetry Jam Poet Gina Loring who travelled all the way from California to be with us; 7 year old Tobias doing his stand-up comedy routine; Haley House Volunteer and Opera Singer Clair, and Andrea Lovett with the MassMouth Storytelling Slams. I really love it when we have live music, like Fulani singing with the Fulani Haynes Jazz Collaborative. Though if I had to pick a moment that really stands out the most, it'd be when someone comes for the 1st or 40th time and try something new - something they weren't sure they could do - and they are not afraid anymore.



*“AiLi is leading with your heart and touching other human hearts, thereby starting a revolution from within.”*

*- Nina  
Founder and Host, AiLi*



### 4. What do you envision for AiLi over the next few years?

I would love to see AiLi's marketing and outreach process streamlined. We have been forging partnerships with other organizations, and I would like to strengthen those connections. We would love to see a community exchange starting in Massachusetts and growing throughout New England, because we feel it is important to become and stay a literate society capable of critical thinking in the Arts, Culture & Spirituality. Our collaboration with the Haley House is a fruitful one and we hope that we can expand on that showing all communities that, "Art Is Life Itself!"

# Sending Love and Wishes for your Deepest Well-Being

It hardly seems possible that another year has passed: a wonderful year, a busy year that has allowed us as a community to serve and bear witness to the sheer strength of the human spirit that shines from the people with whom we share our lives.

We have new, dedicated Live-in Community members that fill our soup kitchen daily with an enthusiasm that has been infectious. Housing has been an adventure as we repair aging buildings while continuing to support and affirm the lives of our resident who face age and health struggles. The HHBC catering division reached another first: a single order for 1300 lunch boxes! Our Transitional Employment Program continues to remind us that rebuilt lives make solid employees and good friends. The Haley House Bakery Café shines even more brightly as the “place to be” in Dudley Square.



***Haley House Live-In Community Members (from left to right):***

*Mary Ashton Inglis, Albert Ramirez, Tomas Andersen, Jon Klein, and Max Feinstein*

It has been wonderful, and yet, there is more that we must do. As always, we look to you. For the many of you that have been part of us over the years – thank you for your continuing generosity. We would not be able to serve without you. We are grateful especially for many of our supporters who face their own financial difficulties, yet still give. For those of you, perhaps receiving this for the first time, your use of the enclosed envelope or the on-line link will go a long way in allowing us to continue and expand our Haley House way of being community for those who come to us in their need.

