



fragrant
**MOUNTAIN
FARM**

Fragrant Mountain Farm

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Introduction

A biodynamic farm with fresh veggies, kimchi, Navajo-Churro lamb, and Devon cattle.



An ewe from the herd.

Fragrant Mountain Farm is a small owned farm in Danville, Vermont.

With a variety of Asian greens, lettuce, and other garden vegetables.

Demeter Certified Biodynamic meaning farmers use biological farming practices and produced organic foods.

Navajo-Churro sheep with a fantastic meat flavor.

Small herd of Devon Cattle

Capstone Goals

My ultimate goals were to further my education in Animal Science and Agriculture.

Strengthen my critical thinking skills through real world problems.

Learn more about herd health and livestock management.

Expand my knowledge on research and communication skills through farmers markets.

Strengthen written skills through a SOP.

Learn how to effectively market new products and increase sales.

Improve self confidence and career aspirations.

Engage in practical and economical agriculture practices.

Learn biodynamic/organic practices.

My Experience



Bottle fed lamb

My everyday responsibilities included: feeding ewes and rams. Moving electric fences for fresh pastures. Weeding the garden.

I learned how to what you need and how to start up a small farm business.

While I was there, the farm was also going through the process of becoming biodynamic. I was able to see that process as well.

I learned how to properly treat sheep and cattle. Give proper medication and vaccinations to prevent parasites and other common diseases.

I was able to bottle feed a lamb for majority of my time there.

Farmers Markets

We did two different farmers markets a week.



We harvested veggies each morning to sale. Our top priority was to sell as fresh as possibility

Our top sellers were oak leaf head lettuce, cilantro, and dill.

Here we have Romaine lettuce, Japanese Scallions, and Collards Greens.



Top Row: Garlic scapes, Daikon Radish, and Dill
Bottom Row: Cucumbers and Adirondack Blue Potatoes

Kimchi Production

The owner has made Kimchi for a few years now. Just this year we were able to create a bigger production.

One of the more popular Kimchi's we made consisted of Napa Cabbage, Carrots, Daikon Radish, Garlic, Korean chili Flakes, etc.

People from surrounding towns came to the markets to get our freshly made kimchi.



Our second batch of kimchi. Left is our original and right is our garlic.

Navajo-Churro Sheep

Fragrant Mountain is one of the few farms in Vermont with Navajo-Churro sheep.

One of the first wool breeds. Were in danger of extinction and considered a rare breed.

Docile and easy to handle.

The fleece and leather from skin be used for rugs, blankets, etc.

They are seasonal breeders.

They are also sold to slaughter for meat every year.



One of the two rams on the farm.

Devon Cattle

Ancient breed of cattle from the southwestern English county of Devon.

They were brought over to the U.S. on the Mayflower.

Red in color; varying in different shades

Produces high quality beef and rich milk. Valuable "genetics" to the industry. Calving ease and ability to adapt to temperature extremes.

We were only rising these 3 heifers for meat. The owner plans to get a bull in the future and continue the growth of his herd.



Three devon heifers

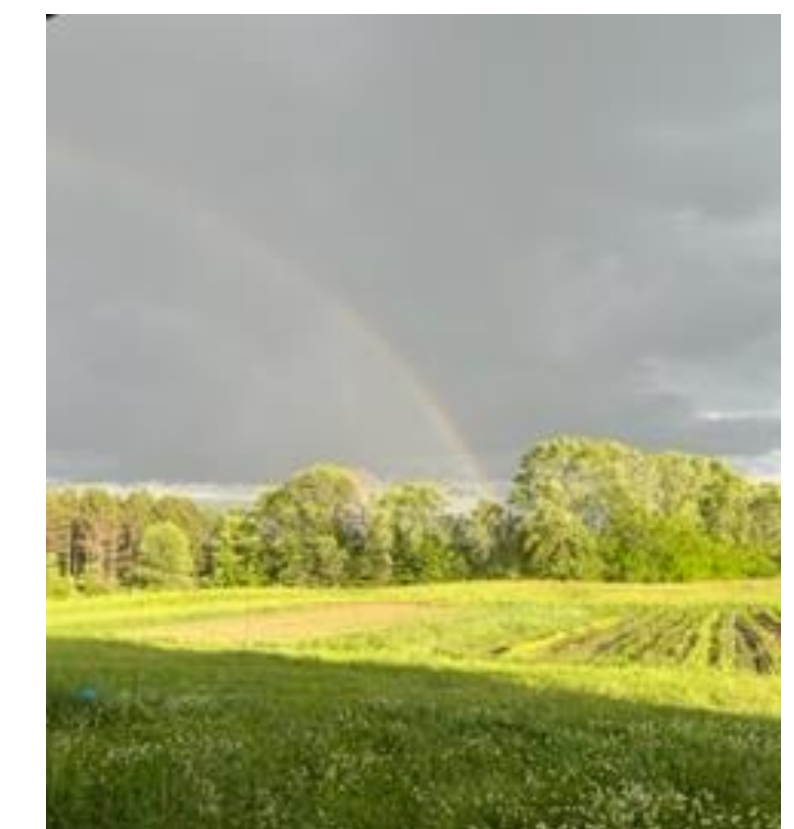
Garden

We grew lots of veggies this summer for the markets and for our kimchi.

I learned garden maintenance and how to plant different types of seeds to grow effectively.

We do not use chemicals or fertilizers.

We started a few seeds inside in a soil block and under a light. However, most seeds were planted straight into the ground.



Beautiful rainbow over the garden after a thunderstorm.

My Project

My project includes manure management. The owner had expressed a need for better composting around the farm. I created a SOP for the owner to use for future employees.



First compost pile started.

We started by contacting extension agents to further our own knowledge. Next, I created a step-by-step process to move the manure from the inside of the barn and the fenced in barnyard. We then moved them to a safe location to start effective compost piles.

We turned the piles frequently and recorded the temperature. We also got it tested to see which part of the garden it could go on to properly grow vegetables.

Conclusion

Overall, my experience at Fragrant was extremely educational.

It has shown me the real-world ways to start my own farm one day.

I further my knowledge of sheep which I had very little to no experience with.

The owner and I were able to collaborate on issues and produce our own solutions. Lots of owners are very straight minded and would never let an intern help as much.



Polly, the best herder on the farm!

Questions/contact information

If any questions:

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www.fragrantmountainfarm.com



One of the friendliest heifers.