

# Meet Your Farmer

## Wind Swept Meadows Farm



**VISIT THE FARM:  
17025 COUNTY ROUTE 68, WATERTOWN**

Freezer Beef • Pork • Poultry • Eggs • Vegetables •  
Home Baked Goods

### **Developing a network striving to provide a dependable and local food supply for our community**

Wind Swept Meadows Farm works to supply healthy, locally grown food that can be enjoyed by everyone. This farm has been in Delta's family for over 100 years and Tom and Delta make it clear community comes first. They work to create easy access to farm fresh products for everyone, including those on

fixed incomes, older adults, persons with disabilities, and those with limited mobility or transportation. Delta and Tom are well known for collaborating with community organizations in creative ways so everyone can enjoy farm fresh food. Tom, a Vietnam era veteran, also mentors veterans and soldiers transitioning into civilian life to help them learn about agriculture as a future career.



At Wind Swept Meadows Farm Tom and Delta practice IPM – Integrated Pest Management. IPM is an ecosystem-based strategy that focuses on long-term prevention of pests or their damage through a combination of techniques such as biological control, habitat manipulation, modification of cultural practices, and use of resistant varieties. For example, they use a special (non-stinging) parasitic wasp that lays its eggs in the larva of destructive pests. This natural solution reduces damage to their crops.

Tom and Delta are simply welcoming! If you are new to the area and want to eat fresh, delicious farm grown produce, visit them at the farm. They manage a diversified operation that includes freezer beef, pork, and poultry, along with eggs and vegetables. You will find a wide variety of vegetables at their busy farm stand. Tom also grows corn and commodity crops on their 400 acres. In addition, they coordinate and manage a multi-farm CSA (community supported agriculture) called Miracles By the Acre. This CSA supports not just this farm, but 5-6 other local farms. Call them or visit their website to learn how you can sign up for a Miracle By the Acres share. They accept SNAP benefits and Farmers Market Nutrition Program Coupons.

When you visit, make sure you check out the Milk House! There you will find treasures – blue multicolored eggs along with delicious baked goods, and seasonal arts and crafts, like festive seasonal wreaths. Holidays are an especially fun time at Wind Swept Meadows Farm. Call them if you want to grace your dinner table with a farm raised turkey for Thanksgiving or to stock up on delicious cookies for Christmas or Valentine's Day.



Learn more at

**[www.keeneyswindsweptmeadowsfarm.com/index.html](http://www.keeneyswindsweptmeadowsfarm.com/index.html)**

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