

Since 1987

Hay River

REVIEW

September 2024

Everwood
Farmstead Foundation



Supporting Local Art Educators

By Tommie Kelley

“We need our artists. Their job is to find fresh language for the human experience... Art reminds us of our humanity, sparks empathy and helps us see another side. That is why Everwood Farmstead Foundation does what it does.” — Everwood Mission Statement.

In the northern reaches of the Driftless Area, between Glenwood City and Connorsville, lies Everwood Farmstead. Bill Underwood and Chris Everett purchased the 57-acre former dairy farm in 2010.

Everwood — a portmanteau of their last names — originally served as a personal retreat. But during the informal events they hosted

for friends, they observed how the property and its 110-year-old California redwood barn brought people together. It was through that sense of togetherness and a love for the arts that Everwood Farmstead Foundation was born.

Today, the property serves the community as an events venue with a mission to connect people, art, and nature. Money raised from the events that Underwood and Everett host supports the Foundation’s Aspiring Artists Fund for Teachers, which awards grants to local educators.

The Aspiring Artists Fund for Teachers is open to educators in Dunn, St. Croix, Polk, Barron, Pierce, and Pepin Counties. Each year, there



is a call to apply. Everwood Foundation will award \$9,000 to local teachers this year and has awarded over \$60,000 since its inception.

Sarah Nichols, an art teacher at Glenwood City High School, applied for two grants last year. Everwood awarded her \$1,250 for drawing

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Everwood Farmstead’s 110-year-old California redwood barn hosts performers and artists workshops. Ticket sales from these events support the Aspiring Artists Fund for Teachers, which awards grants to art educators throughout West Central Wisconsin. Photos submitted by Bill Underwood and Chris Everett

Amidst Declining Enrollment, Prairie Farm and Clayton School Districts to Form Athletic Co-op



Middle School Football is the first sport to play under the newly formed Prairie Farm-Clayton athletic co-op. The team is coached by Jordan LaBlanc, Ron Hanestad, and Tom Schaffer.

In the first game of the season, Prairie Farm-Clayton had a 28-20 win over Siren.

Photos by Jordan LaBlanc



By Paityn Richards

In separate meetings in mid-August, Prairie Farm and Clayton School Boards voted in favor of the two districts forming an athletic co-op. The change comes after several months of discussion between district officials, including a joint school board meeting in early August, where community members had the opportunity to ask questions and provide feedback.

The decision to form an athletic co-op took into consideration not only

both schools’ enrollment numbers but also state-wide statistics. Prairie Farm School Board President Bonnie Roemhild broke down those trends, stating that, “Statewide, public schools are experiencing declining enrollment. According to the University of Wisconsin-Madison, between 2013-14 and 2022-23, 69% of Wisconsin’s school districts experienced enrollment decline, a higher percentage than the prior ten years.” She added, “This is due to the shifting age structure of the

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“To say it was a beautiful day would not begin to explain it. It was that day when the end of summer intersects perfectly with the start of fall.”

— Ann Patchett



NATURALLY HEALTHY

By LouAnn Binsfeld

Gardening and walking in the woods and fields around our farm outside of Prairie Farm have always given me great joy. I sometimes think back to when my mom would collect “weeds” for flower arrangements — a practice that planted seeds in my heart to see the world through different eyes.

Now when I come across certain plants, I see the potential for a natural remedy. I research the plant and its healing properties. Usually, I am wowed by how good it is for maintaining health or how it works to heal in amazing ways.

I have come to believe that the High King created everything we need to live, including the herbs and plants for our food, and more recently, our medicines. This has taken many years of study for me and I am still on the journey to natural health. I would like to share this journey to learn about local plants and their uses with others.

LouAnn Binsfeld enjoys life with her husband of 48 years. She is a mother of 6, grandmother of 16, and has friendships too numerous to count. She is a farmer, builder, and a certified herbalist. LouAnn loves seeing God's provision all around her.

Herbal Recipes to Prepare Now

Getting Started

Now is the time to gather and dry plants for winter remedies, before cold weather makes it impossible. Some recipes that can help ease the symptoms of cold weather ailments require a long curing time, such as my Cold & Flu Remedy.

Many of the herbs and plants in my own garden come from Sue Gerlach and Alan Freiermuth at Good Roots Growers in Prairie Farm. My onion plants are started by Mike Racette and Patty Wright at Spring Hill Community Farm in Prairie Farm. This year's honey came from Pleasant Hill Supply in Chetek.

Foraging is also an option to gather the plants and herbs you need. But before you set out, there is some preparation. First and foremost, make sure that the plants you gather for tea or medicinal use are not near roadsides or fields where herbicides or pesticides are in use. Secondly, know your plants and be aware of lookalikes. When in doubt, don't pick it. There are several smartphone apps that can help you identify plants. I use

the iPhone app “PictureThis - Plant Identifier.”

Below are three recipes I hope you find helpful as summer turns to autumn: Cold & Flu Remedy, Cold & Flu Tea, and Topical Sore Joint Oil. Remember to label and date everything you make, and enjoy!

Cold & Flu Remedy

This is my go-to natural remedy when I'm feeling under the weather.

- 1 jar - any size
- Chopped onions and chopped garlic; see below for amounts
- Raw and minimally strained honey

I use a one- or two-quart jar. Fill one-half of the jar with chopped onions and one-quarter of the jar with chopped garlic. (You will have a 2:1 ratio of onions to garlic.) Fill the remainder of the jar with honey, cover, and shake.

You'll need to open the lid to release air pressure daily, until the air build-up stops. Then, the mixture needs to cure for five months. Strain off the onions and garlic before consuming.



The cold and flu remedy made with onions, garlic, and honey takes five months to cure. Preparing the recipe now means it will be ready mid-winter. *Photo by LouAnn Binsfeld*

I use one tablespoon as soon as a cold or flu starts, and then take one teaspoon as needed every few hours. I prepare this remedy as soon as possible to get as much curing time in before the fall and winter colds start. I also grow enough onion and garlic to make plenty to share.

Cold & Flu Tea

I also make a cold and flu tea mix with the herbs I gather. Sipping on this tea can help ease cold symptoms, and also helps you to stay hydrated.

- Dried leaves from mullein, mint, hyssop, bee balm, golden rod, dandelion, chamomile, purslane, raspberry

I mix equal parts of each herb I gathered that year, but you may use what herbs you have. Mullein, in particular, can reduce cold symptoms. Store the dry mixture in jars to use as needed.

When I prepare a mug of tea, I fill a tea ball with this mixture. When preparing a larger batch to store in the refrigerator, I use two cups of tea mixture to three-quarters of a gallon of water.

In the winter I usually have a kettle of this tea simmering on the stove. Any extra is refrigerated and used as desired.

Topical Sore Joint Oil

This is a topical remedy I am often asked for, as many of our friends deal with arthritis pain.

- Using gloves, I collect and dry stinging nettle and prickly ash berries.
- I mix equal parts of each in a jar, then fill with Olive Oil to an inch above the plants, leaving one inch of air space at the top.

Seal the jar and shake regularly for six to eight weeks. Strain off the plant matter, squeezing all of the oil out. The oil is ready to be rubbed on sore joints.

You should first test the oil on a small area of skin to make sure that you do not react adversely to the remedy. This oil is a topical remedy and should not be ingested.

If you have any questions about these recipes, please contact LouAnn Binsfeld at louannbinsfeld@gmail.com.

...“Everwood” cont'd. from front

boards, brushes, and paint trays. These supplies brought smiles to the students who use them nearly every day.

Nichols appreciated Everwood's simple application process. She says she has applied for multiple grants where she must reach out to the administrators for clarification and examples, but she was able to complete Everwood's application on her own. When describing Everwood Farmstead Foundation and their Aspiring Artists Fund for Teachers, Nichols commented “Amazing program and people... So welcoming.”

Everwood attracts national acts and tickets sell out fast. Earlier this summer, Charlie Parr and Mason Jennings performed. Only two events remain in the 2024 season.



Everwood Farmstead will release their 2025 season schedule in mid-April. *Photo submitted by Bill Underwood and Chris Everett*

A performance by Leslie Vincent on September 7 is sold out, but there are still tickets available for a Kintsugi workshop (the Japanese art of repairing broken pottery) with Tiffany Thompson on September 14.

Everwood's 2025 season will be released on social media and via email

newsletter in mid-April 2025. Each year, most events often sell out before June 1. For more information about the Aspiring Artists Fund for Teachers and upcoming events, visit everwoodfarmstead.foundation.org or email info@everwoodfarmstead.com.

United Lutheran Church of Prairie Farm



Fall Bazaar

Wednesday, Sept. 18

4:30 p.m. Bake Sale and Supper,
6:30 p.m. Auction

Menu: Scalloped Potatoes & Ham, Coleslaw,
Rolls, Pickles, Pie & Ice Cream, Coffee & Milk

Free Will Offering

Children under 6 - FREE • Take-outs Available