



# Arlington Family Connection

supporting children six and under and those who care for them

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[www.arlingtonfamilyconnection.org](http://www.arlingtonfamilyconnection.org)

## When You're Hot...

When it's summer in New England, it's *hot*. Fortunately, self-proclaimed "Day Tripper Divas" Charlotte Pierce and Robin Schoenthaler have come to the rescue with their book, *The Compleat Day Tripper*. The book lists hundreds of local day trips and destinations, including an entire section on "Beating the Heat." Below is a list of nearby sprinkler parks reprinted from the book. To buy the book visit [www.PiercePress.com](http://www.PiercePress.com).

### Nearby Sprinkler Parks

(Driving times are approximate from Rt. 2 and 95)

**Arsenal Park** (Watertown, 15 min) Enormous park behind the Arsenal Mall, with small, self-serve sprinkler that is open until dusk. Grills, picnic tables, and a great playground.

**Artesani Wading Pool** (Brighton, 15 min). Along Soldier's Field Road. A great spray and splash park.

### Beaver Brook Playground & Sprinkler Park

(Belmont/Waltham, 12-15 min). Rocks to climb and water to wade in; the perfect combo. Playground, covered picnic area, and great fields. [www.state.ma.us/mdc/beaver.htm](http://www.state.ma.us/mdc/beaver.htm)

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## Save the Date!

**August 10, 5:30-7:30pm**

**Parallel Playground, Medford Street**

## AFC's Annual Pizza Party!

Come meet other AFC members and chow down on some free pizza at our 6<sup>th</sup> annual "Pizza at the Playground" event, Friday August 10 from 5:30-7:30pm (rain date August 12). The party will be held at Parallel Playground, at the corner of Medford Street and Mystic Valley Parkway, near the Medford rotary.

AFC will bring pizza and lemonade, plus juice, freeze pops, and watermelon...you bring picnic blankets and the kids! AFC members may also bring family and friends, and anyone interested in exploring what AFC has to offer. This is a good opportunity to join AFC or to renew memberships.

This year's pizza party will also feature a special thank you treat to recognize all the members who have volunteered their time in the last year.

Contact Jessie Keating to RSVP or to volunteer to help at [events@arlingtonfamilyconnection.org](mailto:events@arlingtonfamilyconnection.org) or 617-460-9200.



## Local, Humane, Healthful, Food

By Grace Carpenter and Laurel Kayne

One of the things I enjoy about buying food at farmers' markets is seeing a little dirt still clinging to the vegetables. It reminds me of our connection to the earth. For a few months my family and I feel a little closer to where our food comes from.

Like most carnivores, though, I'm just as happy not to know the grisly details of where my meat comes from. But after reading Michael Pollan's *The Omnivore's Dilemma*, I decided that total ignorance is not bliss. Pollan describes the inhumane conditions and environmental damage of a typical industrial feedlot in stomach-turning detail. I decided to see if there was a way I could indulge my meat habit with a cleaner conscience.

Small, local farms provide an alternative to factory-farmed meat. The producers feed their cattle primarily on grass and hay. None use growth hormones or routinely give antibiotics. The meat is more expensive than supermarket meat (River Rock's ground beef, for instance, costs \$6.95 a pound), but the farmers (and local chefs) swear by the taste.

### Local Meat Sources

**Chestnut Farms, Hardwick** – Beef, pork, lamb, and poultry. Beef is completely grass- and hay-fed. All meat is hormone-free. Available at Arlington Farmers' Market (Wednesdays). Also offers a meat CSA, with deliveries to Arlington. A six-month membership (\$70/month) supplies you with ten pounds of meat. [www.chestnutfarms.org/](http://www.chestnutfarms.org/)

**Codman Farm, Lincoln** – Beef, lamb, and pork are available from a self-serve freezer in the barn. Sometimes includes meat from other small, local farms. Codman's beef is pasture-raised and fed primarily on grass and hay. [www.codmanfarm.org/](http://www.codmanfarm.org/)

**Drumlin Farm, Lincoln** – Lamb, pork, and goat are available from time to time. All the animals have been humanely raised at Drumlin Farm. [www.massaudubon.org/drumlin/](http://www.massaudubon.org/drumlin/)

**River Rock Farm, Brimfield** – Beef is pasture-raised and hormone-free. Fed mostly grass and hay. Available at Belmont Farmers' Market (Thursdays) and Lexington Farmers' Market (Tuesdays). They can deliver! [www.riverrockfarm.com/](http://www.riverrockfarm.com/)

**Stillman's Farm, Hardwick** – Beef, pork, lamb, and poultry. Beef is completely grass-fed. All meat is hormone-free. Available at Belmont Farmers' Market (Thursdays). [www.stillmansfarm.com/](http://www.stillmansfarm.com/)

Get your local-food fix at Arlington's weekly Farmer's Market, 1-6:30pm in the Russell Common Lot, Arlington Center

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## Get Involved! Volunteer with AFC

### Childcare & Preschool Options Committee

The committee is busy updating the 2007 Childcare and Preschool Options in Arlington booklet and planning this year's "Options Night" open house. Our committee of seasoned volunteers is busy putting all of the wheels in motion to produce the booklet and host the open house.

We need a volunteer to assist with getting the word out about the event. The time commitment is roughly 2 hours per week from mid-August through mid-October. Responsibilities include: advertising and marketing, posting and distributing flyers, helping committee members with miscellaneous preparation tasks, staffing the Options Night event

This is one of the most popular events AFC hosts during the year and a great way to get involved, get to know the daycare and preschool facilities in town, and make some new connections all at the same time. Come join the fun! Send an email to [options@arlingtonfamilyconnection.org](mailto:options@arlingtonfamilyconnection.org) or contact Kristen Strechay at 781-643-1184.

### Community Service Committee

Calling all community-minded folks! If you have ever thought you would like to volunteer more in the community, or have ideas for building community outreach in Arlington, or you want to learn more about community service opportunities in our area, then you would be an excellent addition to AFC's Community Service Committee. AFC is looking to add more service projects but we to do this we need volunteer help. Whatever you can give in time and ideas is valuable — nothing is too little. If interested please email or call Lauren Boyle, Chair of Community Service Projects, at [LVarian@aol.com](mailto:LVarian@aol.com) or 781-777-4052.

### Thanks to New Volunteers!

AFC welcomes and thanks the following volunteers who have recently joined AFC or taken on new volunteer roles.

**Sandra Mostajo** and **Katy Vives** are taking over responsibilities for AFC's free monthly playgroup at the Fox Library from **Sarah Albers**. Many thanks to Sarah for all her work organizing and running the playgroup. Sandra, her husband, Carlos Morales, and daughter Olivia (16 mos.) moved to East Arlington 4 months ago from Everett. Sandra previously worked in educational marketing. Katy, her husband, Simon, and daughters, Maggie (2) and Olivia (1), moved to Arlington 4 months ago from New York, where Katy taught high school history and economics.

## Join the Baby Buggy Brigade

Join other AFC moms and babies for a weekly buggy brigade down the bike path. The walks will take place Thursday mornings (beginning June 21) at 11am.

(Rain or shine!) We will walk from Magnolia Field Playground (Magnolia St. and Herbert St., East Arlington) to Carberry's and back, on the bike path (about 3.5-4 miles round-trip). You're welcome to join or leave us at any point on the walk! Open to all AFC members, people thinking of joining the AFC, new parents who want to meet other new parents, or families who just want to get some exercise and adult conversation! Bring your friends! Jessie, 617-460-9200, [events@arlingtonfamilyconnection.org](mailto:events@arlingtonfamilyconnection.org)



## Meet New Friends at AFC's Drop-in Playgroup

AFC's Drop-in Playgroup will meet on Tuesday, July 10 and Tuesday, August 7, from 3:30-5:00pm. This FREE playgroup meets at the air-conditioned Fox Library Community Room the first Tuesday of each month (unless otherwise specified). Come meet other AFC parents, caregivers, babies, and toddlers in a relaxed atmosphere with toys, books, and circle-time activities. All are welcome to enjoy this post-naptime gathering in one of East Arlington's most kid-friendly locations. For more information, contact Kati Vives at 781-652-9718 or Sandra Mostajo at 781-608-8909.



**Seeking Toy Donations.** The Drop-in Playgroup is looking for gently used stand-alone toys for kids between the ages of 0-4 years. Please bring them with you to the playgroup or call Sandra at 781-608-8909 to arrange pick-up. Thank you!

## To Join AFC or renew a Membership

Contact Leah Nelson at 781-316-2848 or [membership@arlingtonfamilyconnection.org](mailto:membership@arlingtonfamilyconnection.org)

### AFC Directory

**General Information** - Amy Speare, 781-646-5417  
[info@arlingtonfamilyconnection.org](mailto:info@arlingtonfamilyconnection.org)

**AFC Playtime** - Sarah Albers  
[playgroup@arlingtonfamilyconnection.org](mailto:playgroup@arlingtonfamilyconnection.org)

**Book Club** - Trish Richardson

**Clerk** - Margit Griffith

**Community Service** - Lauren Boyle  
[community@arlingtonfamilyconnection.org](mailto:community@arlingtonfamilyconnection.org)

**e-Bulletin** - Ruth Schmidt  
[bulletinboard@arlingtonfamilyconnection.org](mailto:bulletinboard@arlingtonfamilyconnection.org)

**Events** - Jessie Keating  
[events@arlingtonfamilyconnection.org](mailto:events@arlingtonfamilyconnection.org)

**Kindergarten Connections** - Helene Ragovin  
[kinderconnect@arlingtonfamilyconnection.org](mailto:kinderconnect@arlingtonfamilyconnection.org)

**Membership** - Leah Nelson and Molly Sanford  
[membership@arlingtonfamilyconnection.org](mailto:membership@arlingtonfamilyconnection.org)

**Newsletter Editors** - Annette Donnelly and Carrie Finison  
[newsletter@arlingtonfamilyconnection.org](mailto:newsletter@arlingtonfamilyconnection.org)

**Newsletter Calendar** - Aimee Linker and Louise Friel  
[calendar@arlingtonfamilyconnection.org](mailto:calendar@arlingtonfamilyconnection.org)

**Options in Childcare & Preschool booklet** - Kristen Strechay  
[options@arlingtonfamilyconnection.org](mailto:options@arlingtonfamilyconnection.org)

**Outings** - Amy Speare  
[outings@arlingtonfamilyconnection.org](mailto:outings@arlingtonfamilyconnection.org)

**Seminars** - Maureen Igoe  
[seminars@arlingtonfamilyconnection.org](mailto:seminars@arlingtonfamilyconnection.org)

**Treasurers** - Ruth Kirby and Cynthia Murray  
[treasurer@arlingtonfamilyconnection.org](mailto:treasurer@arlingtonfamilyconnection.org)

**Web Site** - Seth Maislin  
[webmaster@arlingtonfamilyconnection.org](mailto:webmaster@arlingtonfamilyconnection.org)

**Working Moms** - Melanie Cooke and Su Joun  
[workingmoms@arlingtonfamilyconnection.org](mailto:workingmoms@arlingtonfamilyconnection.org)

# Kindergarten Connections: Upcoming Events

AFC's Kindergarten Connections playdates for soon-to-be kindergarteners will continue throughout the summer. So come out to the playground or the park, meet other kindergarten families and make new friends! Additional events for the summer will be listed in upcoming newsletters and e-bulletins:



## Bishop

Contact: Anne Murray, [anne.dwight@verizon.net](mailto:anne.dwight@verizon.net) 781-643-6483

## Brackett

Tues. July 10: 5-7pm, Robbins Farm Playground  
Sat. July 21: 10am-noon, Brackett Playground  
Sun. Aug. 12: 12-2pm, Menotomy Rocks Park Playground  
Mon. Aug. 27: 5-7pm, Brackett Playground  
Fri. Sept. 7: 5-7pm, Robbins Farm Playground for a Family Potluck Picnic

Contact: Paula Kirtley, [paula@spiffy.com](mailto:paula@spiffy.com), 781-643-4229.

## Dallin

Thurs. July 12: 5-7pm, Dallin School General Playground & Fields. Bring a picnic dinner if you'd like.  
Sun. July 22: 3-5pm, Dallin School Kindergarten Playground  
Tues. Aug. 14: 4:30-6pm, Dallin School Kindergarten Playground  
Mon. Aug. 20: 3-5pm, Dallin School Kindergarten Playground  
Contact: Julia Carpenter-Conlin, 781-648-0639, [bradjulialucy@rcn.com](mailto:bradjulialucy@rcn.com)

## Hardy

Volunteers wanted to organize July and August events. Contact: Mary Beth Porreca, 781-648-6648, [marybporreca8@comcast.net](mailto:marybporreca8@comcast.net) or [kinderconnect@arlingtonfamilyconnection.org](mailto:kinderconnect@arlingtonfamilyconnection.org) for info.

## Peirce

Tues. July 17: 10am-noon, Peirce playground (Please note, location moved from the kindergarten to the main playground).  
Sat. July 28: 1-3pm, Reservoir Beach.  
Fri. Aug. 10: 5-7pm, Res. Beach. Bring dinner if you'd like.  
Sat. Aug. 18, 10am-noon, Peirce playground  
Wed. Aug. 29, 10am-noon, Peirce playground  
Fri. Sept. 7, 5-7pm, Family potluck picnic, location TBA.  
Contact: Helene Ragovin James, [kinderconnect@arlingtonfamilyconnection.org](mailto:kinderconnect@arlingtonfamilyconnection.org), 781-648-4863.

## Stratton

Tues., July 10: 5-7pm, Menotomy Rocks Park Playground  
Sun., July 22: 10am-noon, Stratton School Playground  
Thurs., July 26: 5-7pm, Menotomy Rocks Park Playground  
Sun., Aug. 12: 3-5pm, Stratton School Playground  
Tues., Aug. 21: 5-7pm, Stratton School Playground  
Fri., Sept. 7, 5-7pm, Family Potluck Picnic at Stratton School Playground  
Contact: Susan Ryan-Vollmar, [susan@susanrynavollmar.com](mailto:susan@susanrynavollmar.com); 617-331-0369 (cell)

## Thompson

Mon. July 9: 3-5pm, Thompson Playground  
Sat. July 28: 10am-noon, Thompson Playground  
Thurs. Aug. 2: 3-5pm, Reservoir beach on Lowell St.

Sat. Aug. 25: 10am-noon, Thompson Playground  
Fri., Sept. 7: 5-7pm at Thompson playground for a Family Potluck Picnic  
Contact: Sarah Huber, [parkesarah@verizon.net](mailto:parkesarah@verizon.net); 781-643-7804

## Homeschoolers

Monday, July 9: 4pm, McClennen Park  
Sunday, July 22: 4pm, Menotomy Rocks Park, Family Picnic  
Tuesday Aug. 7: 3:30pm, Gibbon's Park  
Contact: Kristina Russell, [ktina5@hotmail.com](mailto:ktina5@hotmail.com); 310-806-1358

For general information, contact Helene Ragovin James, [kinderconnect@arlingtonfamilyconnection.org](mailto:kinderconnect@arlingtonfamilyconnection.org)

*(Sprinkler Parks, continued from page 1)*

**Bergin Park** (Cambridge, 15 min). Haskell Street off Rindge near Peabody School. A huge fenced in playground with lots of shade and a few 'cloud' sprinklers.



## City of Cambridge Spray Parks

View a map of all Cambridge spray parks at: [www.ci.cambridge.ma.us/cdd/cp/parks/waterplaymap.pdf](http://www.ci.cambridge.ma.us/cdd/cp/parks/waterplaymap.pdf)

**Capen Spray Park** (Medford, 15 min). Capen Street, behind the old water works building. (Note most nearby parking is resident permit only.) Button-controlled sprinklers.

## Downtown Boston Sprinklers and Fountains

Fountains are plentiful: at Frog Pond in the Common, Copley Plaza, and the huge Christian Science Fountain.

**Glacken Playground** (Cambridge, 15 min). Off Huron Ave just to the west of the cemetery. Tall spray, great fun.

**Lowell Field** (Waltham, 15 min). Grove and Willow. Five-acre park with a refreshing water spray area, children's playground, tennis courts, and playing fields.

**McDonald Playground** (Waltham, 15 min). Newton and Clinton. Brand-new sprinkler park in a small neighborhood park with a basketball court and small playground.

**North Union/Lussiano Spray Park** (Arlington). Right by Thompson School (60 N. Union St.) with a nice-sized playground, too.

**Pvt. Domenik Filippello Park** (Watertown, 15 min). On Arlington Street near Elm/Belmont and Arlington. This is, hands down, the best sprinkler park in the area. HUGE, surrounded by benches and some shaded areas for the parched parents, and bathrooms ten feet away.

**Riverside Press Park** (Cambridge, 20 min). River Street off Memorial Drive. Great kid-controlled sprayer in a modern, well-equipped playground.

**Springs Brook Park** (Bedford, 15 min). Springs Road, just before the V.A. Hospital. Offers a man-made, filtered swimming facility in a wooded setting, sand beaches, grass, and shaded picnic areas with grills, a concession stand, bathhouse, and spray park as well as a playground.  
Daily admission: \$7/person; max. \$25/family (under 1 free)  
After 4:30: \$3/person; max. \$15/family

**Veterans' Memorial Rink** (Arlington, 10 min). Small spray/shower to the far right of the playground.

# Local Events & Activities – July

For even more resources refer to [www.arlingtonfamilyconnection.org](http://www.arlingtonfamilyconnection.org)

## Arlington Venues

**Arlington Boys and Girls Club**, 60 Pond Lane, (Pleasant St. to Wellington St.). 781-648-1617. [www.abgclub.org](http://www.abgclub.org)

**Arlington Rec. Center & Veterans Memorial Rink**, 422 Summer St. (Rt. 2A). 781-316-3880.  
[www.town.arlington.ma.us/Public\\_Documents/ArlingtonMA\\_Recreation/index](http://www.town.arlington.ma.us/Public_Documents/ArlingtonMA_Recreation/index)

**Fidelity House**, 25 Medford St. 781-648-2005.  
[www.fidelityhouse.org](http://www.fidelityhouse.org)

**Fox branch library**, 175 Mass. Ave. (East Arlington, at Cleveland St.). 781-316-3198.  
[www.robbinslibrary.org/html/fox.htm](http://www.robbinslibrary.org/html/fox.htm)

**Gibbs Gym**, 41 Foster St. (also accessible from Tufts St., between Mass. Ave. and Broadway).  
781-316-3880.

**Isis Maternity**, 397 Mass. Ave., at Broadway.  
781-429-1598. [www.isismaternity.com](http://www.isismaternity.com)

**Regent Theatre**, 7 Medford St. 781-646-4849.  
[www.regenttheatre.com](http://www.regenttheatre.com)

**Robbins Library**, 700 Mass. Ave. (near Pleasant St./Rt. 60).  
781-316-3234. [www.robbinslibrary.org](http://www.robbinslibrary.org)

## Special Events for Families

### **Lexington Lions Club Carnival**

July 4-8 **Weds.** 1pm-11pm (ride discounts all day); **Thurs.** 6-11pm (discounts); **Fri.** 6-11pm.; **Sat.** 1-11pm; **Sun.** 1-7pm (discounts 1-6pm) 781-862-6288. Unlimited pass is \$16 with coupon from a newspaper or online. Otherwise, \$19 for unlimited pass. Center Playground, Worthen Rd., Lex. Visit [www.lexingtonlions.org](http://www.lexingtonlions.org).

### **Youth Games**

July 4, 10am. Crumb Memorial Football Field, Lex. Games include historical and original costumes, bubble gum blowing, and watermelon eating for all ages. More games for older kids, visit [www.lexingtonlions.org](http://www.lexingtonlions.org).

### **July 4<sup>th</sup> at Robbins Farm Park**

July 4, 7pm. Large screen simulcast of the Boston Pops concert and fireworks display, Free, Eastern Ave. (across from the Brackett School) For more information visit [www.robbinsfarmpark.org](http://www.robbinsfarmpark.org).

### **Clifford Comes To Cary**

Weds. July 18, 10:30-11am. Cary Mem. Library, 1874 Mass. Ave., Lex. Come meet Clifford the Big Red Dog at this special storytime. First come, first served. Call 781-862-6288 or visit [www.caryllibrary.org](http://www.caryllibrary.org)

### **6<sup>th</sup> Annual Truck Day**

Fri. July 20, 10am-noon, parking lot behind Cary Library, Lex., Get a close up look at your favorite vehicles from Lexington's Dept. of Public Works, Police Dept., Fire Dept., and LEXPRESS. Call 781-862-6288 or visit [www.caryllibrary.org](http://www.caryllibrary.org).

### **Kids Craft Fair**

Weds. July 25, 10am. Robbins Library Lawn, Crafts made and sold by kids, tickets purchased on site, (Rain location: story room, library lower level) Call 781-316-3234 or visit [www.robbinslibrary.org](http://www.robbinslibrary.org).

### **Blueberry Pancake Breakfast**

Sat. July 21, 9am-noon, Verrill Farm, 11 Wheeler Rd. Concord. Come enjoy breakfast and a pie eating contest. Entertainment includes: The Yankee Stompers playing Dixieland, hayrides, and Giddy Up Ponies. Info: call 978-369-4494 or visit [www.verrillfarm.com](http://www.verrillfarm.com)

### **Baby Loves Disco**

Last Sunday of each month 2-5pm., Revolution Rock Bar, 200 High St., Boston \$12 (non-walkers, free) Childproof disco/dance party with 'real' music by the legendary DJ Korn. Healthy snacks by Wild Oats/bar available for mom and dad. Tickets: [www.babylovesdisco.com](http://www.babylovesdisco.com).

### **See the Wiggles in Concert!**

Racing to the Rainbow Live  
Fri. August 3<sup>rd</sup>, 3pm. at the DCU Center in Worcester, MA Info: [www.ticketmaster.com](http://www.ticketmaster.com).

## Sing-alongs & Music

### **Mondays**

5pm. Finagle a Bagel, 91 Middlesex Tpke, Burl. Ed Morgan performs fun original and classic children's songs. Free 781-273-6500, [www.finagleabagel.com](http://www.finagleabagel.com)

11am. Stellabella Toys, 1967 Mass. Ave., Camb., Porter Sq. Sing-along, play games Free For more information call 617-864--6290

### **Saturdays**

11am. Stellabella Toys, 1360 Cambridge St. Inman Sq.. Camb. Sing songs, play games Free 617-491- 6290

### **Robbins Library**

The following events occur on the Robbins House Lawn; so bring a blanket and a picnic!

**July 10**, Tues. 10:30am., **Sulinha and Friends**

**July 12**, Thurs. 6pm. **Afro-Latin Family Concert with Cornell Coley** (rain date July 26 at 6pm.) Call 781-316-3234 or visit [www.robbinslibrary.org](http://www.robbinslibrary.org).

## Storytimes and Library Programs

### **"Catch the Beat" Summer Reading Program**

at Robbins and Fox libraries Now-Aug.31, Even the youngest readers can participate by being read to by parents and caregivers. For more information call 781-316-3234 or visit [www.robbinslibrary.org](http://www.robbinslibrary.org).

### **Crafts at Robbins Library**

Mondays, July 9, 16, 23, & 30, 2-4pm. Drop-in craft projects, different each week. Call 781-316-3234 or visit [www.robbinslibrary.org](http://www.robbinslibrary.org).

### **Goblet of Fire, Harry Potter Celebration**

Weds., July 11, 6:30pm. Fox Library Come see the movie: for ages PreK & up

### **Fox Musical Movie Nights**

Wednesdays. 6:30pm., Fox Library  
July 18-Peter Pan (not the Disney version)  
July 25-Mary Poppins

### **Robbins Library Storytimes**

#### **Toddlers, 18-30 months**

Mondays, July 9, 16, 23, & 30, 10:30am. Drop-in, stories and a simple craft

#### **Stories for ages 2½ and up**

Mondays, July 9, 16, 23, & 30, 11am. Drop-in, Stories and a craft

#### **Stories for ages 3-5 yrs.**

Wednesdays, July 11, 18, 25, and Aug. 1 10:30am. Drop-in, longer stories and a craft

### **Robbins Library: Fantastic Fable Maker Outdoor Play**

Thurs. July 19, 4pm. Robbins House Lawn presented by the Central Massachusetts Repertory Theater.

### **Concord Museum Story Hour**

Fri. July 13, 1pm. Concord Museum, 200 Lexington Rd., Concord. For ages 3-5 years; adult/child program, \$5/pair, members, \$8/pair, nonmembers. Story this month, "Henry's Fourth of July" by Holly Keller. Activity and snack registration required 978-369-9763. [www.concordmuseum.org](http://www.concordmuseum.org).

### **Barefoot Books**

Fri. and Sat. 10:30am. 1771 Mass. Ave., Camb. A fun hour of age- appropriate stories, coloring and refreshments Free For ages 1 and up 617-349-1610, [www.barefootbooks.com](http://www.barefootbooks.com).

### **Barnes & Noble**

98 Middlesex Tpke., Burlington  
Pre-scholars: Tues. at 10:30am.  
Pajamarama: Fri. at 7pm.  
Free. 781-273-3871

### **Harvard Coop**

Tues. & Sat. 11am. 1400 Mass. Ave. Camb.  
Preschool story hour with snack and craft, Free  
617-499-2000 or <http://harvardbkstore.com>.

### **Henry Bear's Park**

Thurs. 11am. Ages 3-6 Free 685 Mass. Ave,  
Arl. 781-646-9400 and 361 Huron Ave, Camb.  
617-547-8424, [www.henrybear.com](http://www.henrybear.com).

### **Porter Square Books**

Weds. 11am. Porter Sq. Shopping Ctr., Camb.  
Free. 617-491-2220,  
[www.portersquarebooks.com](http://www.portersquarebooks.com)

### **Pottery Barn Kids**

Tues. 10am. Burlington Mall. Free. Info: 781-  
221-5833

### **Starbucks, Arlington Center**

Weds. 9:30-10:30am. 327 Broadway, Free.  
Call 781-641-2893

### **Waldorf School Storyhour**

Mondays, 10am. 739 Mass. Ave., Lex. Join  
early-childhood teachers for an hour of  
storytelling, puppetry, singing, and snacks in a  
cozy playspace on the main floor of the school.  
Ages 0-4yrs. Play in the garden afterwards.  
\$1/person. Call 781-863-1062

## **Other Arlington Fun Stuff**

### **Adoptive Family Gym Mixer**

Mon, 9:30-11am. Together in Motion, 1  
Broadway, Arl. \$5/child. For families with  
children 0-6.years. Call 781-643-1377.  
[www.togetherinmotion.com](http://www.togetherinmotion.com)

### **Boys & Girls Club**

**Drop-in Outdoor Tot Doodle** Tues. 10am-  
10:45. (Weather permitting.) Parent/child  
outdoor activity for ages 15-36 mos, including  
art, games, and more. \$3 per child. Check the  
summer brochure for other fun classes. Info:  
[www.abgclub.org](http://www.abgclub.org)

### **Arlington Center for the Arts**

July 16-Aug. 10, "Young at Art" week-long  
classes for ages 4-5. Themed art activity per  
week. Morning (9-12) or afternoon (1-4)  
classes. \$130/members or \$150/non-members  
All day option \$270/members or \$310/non-  
members. Registration required. Call 781-648-  
6220 or visit [www.acarts.org](http://www.acarts.org).

### **Arlington Recreation Dept.**

Offers great summer toddler programs (0-5  
yrs). 781-316-3880 or [www.arlingtonma.gov](http://www.arlingtonma.gov).

### **Artbeat Weekend Workshops**

Saturdays, 3-6pm.  
Free instruction, pay for materials  
**July 7:** Mirrored Mosaics  
**July 14:** "Eye of Horse" Magnets  
**July 21:** Rock Art  
**July 28:** Forget Me Knot Sketchbook  
Info: 781-646-2200, [www.artbeatonline.com](http://www.artbeatonline.com).

### **Capitol Theater Movies for Caregivers with Babies**

Mondays. 204 Mass. Ave. Arl. Begin between  
1-2pm. New movies chosen weekly. \$5/adult  
Nursing, bottle feeding, fussing, changing  
diapers are never frowned upon. Info: 781-  
648-6022, [www.somervilletheatreonline.com](http://www.somervilletheatreonline.com).

### **Isis Maternity**

Programs and products for expecting and new  
parents. **AFC member discount-1<sup>st</sup> month  
free.** [www.isismaternity.com](http://www.isismaternity.com).

### **Mom and Me Pilates**

Thurs. 9:15am. Atelier Pilates, Union Sq.,  
Som. 5-class cards for \$75, 6<sup>th</sup> class free.  
Drop-in for \$19. Registration required, Call  
Megan Berry 617-718-0237 or visit  
[megan@mommanet.com](mailto:megan@mommanet.com).

### **MommaStroll**

Thurs. 8:30am. Sign-in at Isis Maternity at  
8:15am. Meet other moms for brisk walking,  
simple stretching. \$4.50/member, \$5/non-  
member. [www.isismaternity.com](http://www.isismaternity.com).

### **Music Together**

Explore what music sounds like, looks like,  
and feels like. Call 781-648-4084 or visit  
[www.musictogetherofarlington.com](http://www.musictogetherofarlington.com)

### **Puddlestompers Playgroup**

Tues. 10 or 10:30am. Meets at various  
playgrounds and will go on a few fieldtrips  
throughout the summer. Call 781-641-3792 or  
contact Susan to be placed on the email list.  
[susandorson@gmail.com](mailto:susandorson@gmail.com)

### **Reservoir Beach**

10am-8pm. Lowell St., Arl. Call 781-316-3880  
or visit [www.arlingtonma.gov](http://www.arlingtonma.gov).

### **Together in Motion**

1 Broadway, E. Arl. Drop-in play space with 3  
areas for: crawlers, open play; organized  
game. Ages 0-6. Mon-Fri 1:30-5pm; Mon,  
11am-12:30pm; Wed, 9:30am-noon; Sat&Sun,  
9-11am. \$7/ages 1-6; \$5, 6-12 mos; under 6  
mos, free with playing sibling. Also, Friday  
Pizza & Play, 5-7pm. Martial Arts Sampler for  
ages 4-6, Tumble & Twist, Mon. & Thurs.  
5:15pm. for ages 4-6yrs and Thurs. 11:30am.  
for ages 3-4yrs. Call 781-643-1377. or visit  
[www.togetherinmotion.com](http://www.togetherinmotion.com)

### **Thompson Spray Pool**

9am-7pm. Lussiano Park next to Thompson  
School, 60 N. Union St. Free, weather  
permitting. No bathroom. Call 781-316-3880  
or [recoffice@town.arlingtonma.us](mailto:recoffice@town.arlingtonma.us)

## **Indoor Playspaces**

### **Gymnastics Academy of Boston**

Open gym Mon.-Fri. 11:30am-1pm. Drop-in  
and explore. \$5/members, \$8/non-members

Info: 617-441-9700 or  
[www.gymnasticacademy.com](http://www.gymnasticacademy.com).

### **TumbleKids Open Gym**

Fri. 12:30-2pm. Winchester and Waltham  
locations. \$10/child. Classes offered for an  
additional fee. 201 Arl. St., Watertown, 617-  
926-2640 and 38 River St., Winchester 781-  
721-1144 or visit [www.tumblekidsusa.com](http://www.tumblekidsusa.com).

### **Kids Playground**

15 Normac Rd., Woburn Indoor playground  
with playspace, tubes and tunnels, mini golf.  
Info: 781-935-2300,  
[www.kidsplayground.com](http://www.kidsplayground.com).

### **Perpetual Motion**

345 Chelmsford St., Lowell (off Rt. 3) Indoor  
playground for kids 6yrs. And under. Info:  
978-452-0777 [www.perpetualmotioninc.com](http://www.perpetualmotioninc.com).

## **Beyond Arlington**

### **Puppet Showplace Theatre**

Sat. & Sun. 1 & 3pm shows, Weds. & Thurs.  
10:30am show. 32 Station St., Brookline. Ages  
3 and up. Age appropriateness varies per show.  
\$7.50/members, \$9.50/non-members. Info:  
617-731-6400, [www.puppetshowplace.org](http://www.puppetshowplace.org).

### **Home Depot Kid's Workshop**

1<sup>st</sup> Sat. of the month, 10am-noon, 10 1<sup>st</sup> Ave.,  
Waltham. Drop-in build-it-yourself project,  
Ages 2+ with an adult. Call 781-672-0900

### **Play Academy**

25 Riverside Ave. Medford. Offers classes for  
infants-age 5yrs; Drop-off program. Info: 781-  
738-PLAY, [www.play-academy.com](http://www.play-academy.com).

### **Pre-school Movies**

Tues. 10:30am. Cary Mem. Library 1874  
Mass. Ave., Lex. Drop-in movies for ages 2-6.  
Free. Info: 781-862-6288,  
[www.carylbrary.org](http://www.carylbrary.org)

## **Local Attractions**

### **Boston Children's Museum**

300 Congress St., Boston. Open daily. Hands-  
on history, science, etc.; toddler PlaySpace.  
New, expanded exhibits, including 3-story  
climbing structure. [www.bostonkids.org](http://www.bostonkids.org).

### **Butterfly Place**

120 Tyngsboro Rd., Westford. Open daily,  
(through Columbus Day), 10am-5pm. Large,  
warm atrium with some 500 butterflies  
representing species from all over the world.  
\$9/adult; \$6/child 3-12; under 3 free. 978-392-  
0955. [www.butterflyplace-ma.com](http://www.butterflyplace-ma.com)

### **Codman Community Farm**

58 Codman Rd, Lincoln. Open Tues-Sun,  
9am-6pm. \$1/non-members. Non-profit,  
historic working farm that produces hay, meat,  
eggs and other products. See the animals and  
learn about agriculture. Pick-and-pay flower  
garden. 781-259-0456. [www.codmanfarm.org](http://www.codmanfarm.org)

### **Chip-In Farm**

201 Hartwell Rd, Bedford. Open daily, 10am-  
6pm. Small family-owned farm with free  
petting zoo. Store with fresh eggs and penny-  
candy counter. 781-275-2545. [infarm.com](http://www.chip-<br/>infarm.com)

### **Children's Discovery Museum**

177 Main St., Acton. Victorian house transformed into 10 hands-on exhibit areas. Ages 6 & under. Check website for special programs. \$8, Free/under 1. 978-264-4200, [www.discoverymuseums.org](http://www.discoverymuseums.org)

### **Concord Museum**

200 Lexington Rd, Concord. Open daily. \$8/adults, children under 6 free. Historical, literary, artistic treasures of the area. Monthly storytimes and children's programs. (978) 369-9763. [www.concordmuseum.org](http://www.concordmuseum.org)

### **Davis Farmland**

145 Redstone Hill, Sterling. Open daily 9:30am-5pm, weather permitting. Meet barnyard animals and learn how a farm works. \$12.95/ages 2 and up; free under 2. 978-422-6666. [www.davisfarmland.com](http://www.davisfarmland.com)

### **Drumlin Farm Wildlife Sanctuary**

208 S. Great Rd, Lincoln. Explore the fields, forest, and farmyard. Weekly programs for kids. Closed non-holiday Mondays. Members free. Non-members \$6/adult, \$4/ages 3-12. 781-259-2200, [www.massaudubon.org](http://www.massaudubon.org)

### **Ecotarium**

222 Harrington Way, Worcester. Monthly family preschool programs. Members free. Non-members \$8/adult, \$6/ages 3-18. Explorer Express train ride, \$2.50/person. 508-929-2700, [www.ecotarium.org](http://www.ecotarium.org)

### **Habitat Wildlife Sanctuary**

10 Juniper Rd, Belmont. Trails wind through forests, across meadows, around 2 ponds, wetlands. Programs for kids. Members free. Non-members \$4/adult, \$3/child. 617-489-5050, [www.massaudubon.org](http://www.massaudubon.org)

### **Harvard Museum of Natural History**

26 Oxford St, Cambridge. Wide array of stuffed animals in the mammal exhibit. 40ft dinosaur replica. \$7.50/adult, \$5/ages 3-18. Free every Sun. 9am-noon. 617-495-3045, [www.hmnh.harvard.edu](http://www.hmnh.harvard.edu)

### **Institute of Contemporary Art**

100 Northern Ave., Boston. Free Family Fun Playdates, last Saturday of every month, 10am-4pm. Program and admission free to adults accompanied by child 12 and under. 617-478-3234. [www.icaboston.org](http://www.icaboston.org)

### **Memorial Drive Sundays**

Memorial Drive, Cambridge closed every Sunday for the season 11am-7pm. Take a stroll, or go biking or rollerblading. Info: [www.mass.gov/dcr/driveUpdates.hlm](http://www.mass.gov/dcr/driveUpdates.hlm).

### **Museum of Fine Arts**

465 Huntington Ave., Boston. Family Place, for families with children 4 and up, interactive art activities. Wed-Fri, 3-4:45pm; Sat-Sun, 11am-4pm. 617-267-9300. [www.mfa.org](http://www.mfa.org)

### **Museum of Science**

Science Park, Boston. Open daily. Hands-on Discovery Zone, with Children's Gallery for 5 and under. 617-723-2500. [www.mos.org](http://www.mos.org)

### **National Heritage Museum**

33 Marrett Rd., Rt. 2A, Lex. Monthly programs including storytimes & crafts. Open daily. Free. 781-861-6559, [www.monh.org](http://www.monh.org)

### **New England Aquarium**

Central Wharf, Boston. Open daily. \$17.95/adult, \$9.95/children ages 3-11, free for under 3. 617-973-5200. [www.neaq.org](http://www.neaq.org)

### **Southwicks Zoo**

2 Southwick St, (off Rt. 16), Mendon. \$16.75/adults; \$12.75/ages 3-12; under age 2, free. WGBH & AAA discounts. Open daily, 10am-5pm. Animals & birds, shows, kiddie rides, animal rides (ponies, camels, elephants). 800-258-9182 or [www.southwickszoo.com](http://www.southwickszoo.com)

### **Stone Zoo**

149 Pond St., Stoneham. Small zoo, with a petting barnyard, playground and many animal exhibits. \$8/Adult, \$5/ages 2-12, under age 2, free. 781-438-5100, [www.zoonewengland.com](http://www.zoonewengland.com).

### **Swan Boats in the Boston Public Garden**

Daily 10am-4pm (weather permitting). \$2.75/adult, \$1.25/child (2-15) Info at 617-522-1966 or [www.swanboats.com](http://www.swanboats.com).

### **Take a Walk at Gore Place**

52 Gore St., Waltham. Mon-Fri, 9am to 3pm; Sat & Sun, noon-3pm. Visit llama, sheep, goats, chickens, rabbits. Rent an "activity pack" with activities appropriate for children ages 4-9. Backpack rental, \$5. 781-894-2798 [www.goreplace.org](http://www.goreplace.org)

### **Wilson Farms**

10 Pleasant St., Lex. Open daily, except Tues. Free small petting zoo. Extensive produce market/specialty grocery and gardening supplies. Seasonal events. 781-862-3900. [www.wilsonfarm.com](http://www.wilsonfarm.com)

## **Seminars and Open Houses**

### **Effective Parenting**

Groups forming now. Workshop designed for parents of children 0-3yrs. Explore different parenting topics each week. \$140/person, \$180/couple. Contact Melissa Lucius at 781-641-4284, [parenting@rcn.com](mailto:parenting@rcn.com) or visit [www.effective-parenting.org](http://www.effective-parenting.org).

## **Benefits**

### **PTO Thrift Shop**

Benefits Arlington Public Schools  
Closed until July 14. Weds. 4-8pm., Thurs. 9:30am-1pm.  
2<sup>nd</sup> Sat. of the month 12:30-5pm. Basement of the Fox Library. Gently-used clothing for all ages, toys, books, housewares, and more. For more information please call 781-483-3433 or visit [www.ptothriftshop.com](http://www.ptothriftshop.com).

## **Groups**

### **40-something Mom's Group**

Ongoing monthly discussion and support group for moms of babies and/or young kids. Led by a licensed therapist with a specialty in women's issues, and an older mom herself. Meets monthly in North Cambridge \$25/meeting. Suzan Wolpov, 617-441-0758 or visit [www.yourclearvoice.com](http://www.yourclearvoice.com).

### **Arlington Area Adoption Moms**

July 19, Thurs. 7:30pm. at Arlington Town Hall Annex, Academy Street (directly behind

Town Hall on Mass Ave.) Contact Rachel Silverman, 781-641-2947 or [rachelannathorne@yahoo.com](mailto:rachelannathorne@yahoo.com).

### **New Mother's Group**

Tues. 11:30am-1pm. Temple Isaiah, 55 Lincoln St, Lexington. Sponsored by the Parent Connection of BIDMC. Free 8 week sessions. Registration required. Call 617-667-2229.

### **Belmont Food Allergy & Asthma Support Group**

Parents group meets monthly to discuss and advocate for children living with food allergies and asthma. Contact Theresa Normile at 617-489-6668 or visit [Tnormile@foodallergyfacts.com](mailto:Tnormile@foodallergyfacts.com).

### **Breastfeeding Drop-in Group**

Thurs. 3pm. Isis Maternity. Free For nursing mom's and babies. Staffed by certified lactation consultant. [www.isismaternity.com](http://www.isismaternity.com).

### **Drop-in Playgroup**

Isis Maternity  
Non-mobile babies: Thurs. 1:45pm.  
Mobile babies: Fri. 3:30pm.  
Free for Isis members, \$5 for non-members [www.isismaternity.com](http://www.isismaternity.com).

### **Grandparents' Support Group**

Second Tues. of the month, 12-1:30pm. For grandparents who are primary caretakers of their grandchildren. Free. Info: 781-316-3410.

### **La Leche League**

Dedicated to providing education, information, and support to breastfeeding women. Meetings in basement of Fox Library on 3<sup>rd</sup> Tues. of each month at 7:30pm, or 2<sup>nd</sup> Thurs. of the month at 10am in Cambridge (175 Harvey St.). Free. Call Heather, 781-648-2988 or visit [home.comcast.net/~jrsladkey/lll/index.html](http://home.comcast.net/~jrsladkey/lll/index.html).

### **We Are Family**

3<sup>rd</sup> Thurs. of the month, 7pm-9pm. Community Agencies bldg., Emerson Hospital, 111 Old Rd. to 9-Acre Corner, Concord. Support group for parents of older (3+yrs) internationally adopted children or children previously in DSS custody. Info: 978-287-0221 or [www.jri.org/cfys/](http://www.jri.org/cfys/)

### **New Mothers' Drop-in Group**

For mothers with children under 1. Fri. 10-11:30am. Calvary United Methodist Church, 300 Mass. Ave., Arl. Free, non-sectarian, facilitated group. Sponsored by Jewish Family & Children's Svcs. 617-558-1278

### **Older First -Time Moms**

3<sup>rd</sup> Weds. of each month, 7pm. Fox Library, Social and support group for first-time moms in their late 30's and 40's. Free. Suggested \$1 donation. 781-674-2029.

### **Spanish Playgroup**

An Arlington-based group of parents has formed a Spanish language playgroup. The age range is 1-8 yrs old, and their Spanish skill ranges from beginner to bilingual. Most of the families have one parent who speaks some Spanish. If you are interested in being on the mailing list, contact Deb Savage at [debsavagejuno.com](mailto:debsavagejuno.com).

# AFC in Action

## June Highlights

### AFC Field Day with AEC



### Habitat Outing



### Baby Buggy Brigade



## July AFC Events

### AFC Baby Buggy Brigade **Thursdays, July 12, 19, 26**

**11am** (rain or shine). Meets at Magnolia Field Playground (Magnolia St. and Herbert St., E. Arl.) We'll walk to Carberry's and back on the bike path (about 3.5-4 miles round-trip). Join or leave us at any point! Jessie, 617-460-9200, [events@arlingtonfamilyconnection.org](mailto:events@arlingtonfamilyconnection.org)

### AFC Drop-in Playgroup **Tuesday, July 10**

**3:30-5pm.** Fox Library Comm. Rm., E. Arl. Drop-in anytime. Perfect for non-mobile babies. A great place for caregivers to get to know each other without having to chase their kids around. Ages 0-4. Free. Sandra 781-859-5050, [playgroup@arlingtonfamilyconnection.org](mailto:playgroup@arlingtonfamilyconnection.org)

### AFC Outing: Chip-in Farm **Thursday, July 12**

**10am.** (rain date July 16). Chip-in Farm, 201 Hartwell Rd., Bedford. Come feed and pet the animals at this family owned and operated farm ([www.chip-infarm.com](http://www.chip-infarm.com)). Pick up some farm produce and even penny candy! Bring a picnic too! Free. Eileen, 617-620-1772, [outings@arlingtonfamilyconnection.org](mailto:outings@arlingtonfamilyconnection.org)

### AFC Playground Fun: Thompson Spray Park **Thursday, July 19**

**10am.** (rain date July 26). Come cool off and meet other AFC families in this ongoing series of monthly playground fun. Martina 781-316-8433, [outings@arlingtonfamilyconnection.org](mailto:outings@arlingtonfamilyconnection.org)

### Circus Smirkus **Sunday, July 22**

**11am.** Elm Bank Horticultural Center, 900 Washington St. (Rt 16), Wellesley. Join AFC's annual outing to the only touring youth circus in the country. This professional, high energy and entertaining one ring Big Top circus of Smirkus troupers ages 10-18 is not to be missed! ([www.circusmirkus.org](http://www.circusmirkus.org)). Bring your friends and family. \$16.25/person; Free/under 2 for this all ages show. Tickets reserved on a first-come first-served basis. Jessie at 617-460-9200, [events@arlingtonfamilyconnection.org](mailto:events@arlingtonfamilyconnection.org)

### AFC Steering Comm. Meeting **Thursday, Aug. 2**

(Note there will be no meeting in July.) **7:30pm.** Open to all members. Arl. Enrichment Collaborative, 2<sup>nd</sup> Fl. 1100 Mass. Ave. Amy, 781-646-5417, [info@arlingtonfamilyconnection.org](mailto:info@arlingtonfamilyconnection.org)

### AFC's 6<sup>th</sup> Annual Pizza Party **Friday, Aug. 10**

**5:30-7:30pm.** (rain date Aug. 12). Parallel Playground (corner of Medford St. and Mystic Valley Pkwy.). AFC will provide **FREE** pizza and more for members, families and friends and anyone interested in exploring what AFC has to offer.

This is also a good opportunity to renew memberships – all memberships renew in Sept. for \$20 a year. RSVP with number who plan to attend to Jessie at 617-460-9200, [events@arlingtonfamilyconnection.org](mailto:events@arlingtonfamilyconnection.org)

## Save Money! Save Trees!

Would you like to see AFC provide more low-cost or free activities? Would you like to help AFC be more 'earth friendly' by reducing paper consumption?

If you do, please consider receiving your monthly AFC newsletter via email only, instead of a paper copy in the mail.

The recent postage increase, coupled with higher printing costs makes mailing our newsletter a costly undertaking. By receiving your newsletter electronically, you can help AFC reduce expenses so that we can direct your membership dollars towards programs and other fun things for our friends, families, and community.

If you haven't already signed up for the AFC newsletter by email and would like to do so, please email [membership@arlingtonfamilyconnection.org](mailto:membership@arlingtonfamilyconnection.org).

Of course, we will happily continue to send you a print version of the newsletter if you prefer. But please, do consider helping AFC reduce our administration costs and put more money into programs.

Thank You!  
AFC Steering Committee

### Thank you to members...

14% of AFC's members have already requested the newsletter by email only, for a total savings of \$1015! Thank you!

**Arlington Family Connection**  
**P.O. Box 150**  
**Arlington, MA 02476**

**July, 2007**

*(Locally Grown, continued from page 1)*

**Other locally grown, farm-fresh delights**

For even more sources visit [www.mass.gov/agr/massgrown/](http://www.mass.gov/agr/massgrown/).

**EGGS & DAIRY**

**Chip-In Farm (Bedford)** is a family farm with a barn full of hens, a general store, a selection of annuals and perennials (including vegetable seedlings), and a small petting zoo. Pick up a dozen freshly laid eggs, a jar of locally harvested honey, and some Shaw's Farm milk and ice cream (see below).

Gardeners: pick up a bag of fresh chicken manure – organic gold! [www.chip-infarm.com/](http://www.chip-infarm.com/)

**Shaw Farm (Dracut)** offers fresh milk and ice cream in their small farm stand. They also have an ice cream stand (call for hours). You can buy Shaw Farm products at Wilson Farms, Lexington and Chip-In Farm, Bedford. [www.shawfarm.com/](http://www.shawfarm.com/)

**Smith's Country Cheese (Winchendon)** says their milk is pumped into the cheese vat just minutes after the cows have been milked! Bon Appetit magazine mentioned Smith's as one of the best cheesemakers. Visit when they make cheese and watch through the observation windows (call ahead for the schedule). If you don't want to drive to Winchendon, you can order online or go to Arlington's Farmer's Market. [www.smithscountrycheese.com/](http://www.smithscountrycheese.com/)

**Julima Cheese (Lancaster)** makes a lovely fresh Portuguese cheese – more flavor than fresh mozzarella but milder than feta. Find it at Market Basket in Burlington.  
267 Brockelman Road, Lancaster 978-790-7878

**Crystal Brook Farm (Sterling)** makes a variety of gourmet goat cheeses with milk from their herd of 50 Saanen and Alpine goats. Choose from Sun Dried Tomato and Basil, Garlic and Basil, Cranberry Orange, and others. Call for hours: 978-422-6646.

**FRUIT & WINE**

**Pick-your-own season** has started! Find your favorite farm at: [www.mass.gov/agr/massgrown/pick-your-own.htm](http://www.mass.gov/agr/massgrown/pick-your-own.htm)

It's strawberry season, and **Sunshine Farms (Sherborn)** is one fairly nearby choice (there are lots of others too). As the season progresses Sunshine will have corn, tomatoes, peaches, salad greens, and pumpkins. [www.sunshinefarmma.com/](http://www.sunshinefarmma.com/)

One of my favorites for blueberries is **Charlton Orchards**: [www.charltonorchard.com/events.htm](http://www.charltonorchard.com/events.htm). It's a hike, but I took my daughter on a Friday and we practically had the place to ourselves. There's a family winery, too! Call ahead for tastings.

**Nashoba Valley Winery (Bolton)** includes a family-owned orchard, winery and restaurant. It gets crowded in the fall with apple picking, but it's worth the trip if you enjoy tasting interesting wine, beer, and liquor. There are picnic tables near the orchard and a lovely view. [nashobawinery.com/](http://nashobawinery.com/)

**Obadiah McIntyre Winery (Charlton)** offers wine and pick-your-own fruit in one trip! Worth the drive at least once a year. [www.charltonorchard.com/winery.htm](http://www.charltonorchard.com/winery.htm)

*Grace Carpenter eats meat with her husband and her son Avery, almost 5. Her daughter Lucy, 21 months, appears to be a vegetarian.*

*Laurel Kayne discovered local food through Arlington's Busa Farm and has been eating her way around the state ever since.*