Meet at 9 a.m. at Montpelier High School or 10 a.m. at gate border Cotton Brook park- ing area. Contact leader for Balley, 244-6432.

Contact Improvisation and Movement Exploration Jam Open space for movement exploration and improvisation. Musicians also welcome. 10 a.m., beginning. 10:30–noon, open jam. Contemporary Dance and Fitness Studio, 18 Langdon Street, Montpelier. $3–$5 suggested donation. Amy, 778-0500, or Abbi, 518-3927.

Open Farm Day at Willow Moon Farm Food, live music and fun. Visit the Nigerian dwarf goats and purchase eggs and cheese. 11 a.m.–2 p.m. 1954 Coburn Road, Plainfield. 454-9316 or willowmoonfarm.com.

Reel Good Food: Women on the Verge of a Nervous Breakdown View Small Step Farm, which offers the cafe, for a farm tour and family-style Spanish din- ner, then head to the theater for a screening of Pedro Almodóvar’s 1988 cult classic. 4 p.m., farm tour. 6 p.m., film screening. Big Picture Theater and Café, Waitsfield. $30. For more, visit smallstepfarmcafe.com. Sponsored by Blue Food Vermont.

Montpelier Community Gospel Choir Spring Concert See Saturday, May 21 for description. Note change in venue. Reception follows. 7 p.m. Bethany Church, 115 Main Street, Montpelier. By donation. 779-6081 or vgyapal.com.

Young Singers Chorus of Vermont Spring Pops Concert Central Vermont singers in grades 1–12 perform selections from Peter Pan, Snow White, Tod- dle, Young Frankenstein and Shangri-La Millionaire, directed by Piero and Andrea Bonamico. 7 p.m. Barre Opera House. $15 adults, $12 students, free for children 11 and younger.

Onion River Chorus Concert: Missa Vitalis See Saturday, May 21 for description. Note change in time and venue.

6–7:30 p.m. Turning Point Center, 489 North Main Street, Barre. Free. Bob, 479-7735.

Extempo: Live Original Storytelling Tell a five-minute, first-person, true story from your own life! Open mic, but come with your story already prepared and practiced to deliver it without the use of notes. No theme.

6–7:30 p.m. Vermont Center for Integrative Herbalism, Montpelier. $12 VCIH members, $10 seniors, $30 family. 476-4300.

Introduction to Tibetan Medicine An overview of the tree of medicine, starting at the roots. Explore subtle methods of diag- nosis, our capacity to understand health and illness, and how the fruits of health manifest.

6–7:30 p.m. Missa Votiva. Directed by Piero and Andrea Bonamico. Learn how to make kid- friendly, convenient and modern soy foods using soy milk and tofu.

5:30–7:30 p.m. Hunger Mountain Cookbook room. Montpelier. $5 member/under- 10 $15 nonmember. Register at 223-8004, ext. 202, or info@hungermountain.com.

The Monetary System and You Watch the animated film, Money as Debt Part 3, by Paul Grignon. Followed by a discussion.

Tuesday, May 24
Free Women’s Clinic Get a physical exam, pap test, breast and pelvic exams, health education, referrals for spe- cialty care and advice about health insurance and provider assistance.

5–9 p.m. People’s Health and Wellness Clinic, 553 North Main Street, Barre. By appointment only: call 479-1229.

African Dance Workshop with Allison Mann 5:30 p.m. Contemporary Dance and Fitness Studio, 18 Langdon Street, Montpelier. $15. 229-4676.

Monday, May 23
Boot Camp for Dancers With Hanna Kingdom—sweat, push rock, improve.

6–7:30 p.m. Contemporary Dance and Fitness Studio, 18 Langdon Street, Montpelier. $12. 229-4676.

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THURSDAY, MAY 26
Dance, Yoga Workout and Capoeira
Dance and yoga with Allison Mann, capoeira with Fabio Nascimento. 5–6 p.m., dance/瑜伽, 7–8:30 p.m., capoeira. Contemporary Dance and Fitness Studio, 18 Langdon Street, Montpelier. $12 dance/瑜伽, $15 capoeira. 229-8676.

Spring Service of Remembrance
Celebrating the lives of those whom Central Vermont Home Health and Hospice has served. All welcome. Refreshments and fellowship follow. 6 p.m. Universalist Church, Barre. RSVP with Silke. 223-1876

International Film Series: The Rage in Placid Lake
The story of Placid Lake, a nonconformist youth born to hikers parents who goes in pursuit of the elusive "normal life." Directed and written by Tony McNamara. 2005, 89 minutes. 7 p.m. Kellogg-Hubbard Library, Montpelier. Free. 223-3338.

Middlesex Historical Society Meeting
Open to the public, all are invited. 7 p.m. Middlesex Town Hall, Route 2, Patty. 272-8074 or publeyj@gmail.com.

Invasive Plants and Native Plant Gardening
With Dona Prince of the Vermont Nature Conservancy. Learn how to identify invasive terrestrial plants that are threatening Vermont and how you can help by gardening with native plants. 7 p.m. Waterbury Public Library, 28 North Main Street. Free. 244-7056.

Film Showing: Bloom: The Plight of Lake Champlain
A documentary exposing the declining health of the sixth-largest lake in the United States. Discussion about potential solutions follows. 7 p.m. Big Picture Theater and Café, 48 Carroll Road (off Tracie Spencer, Colin Ryan and more. Other festival performances in Winooski, Stowe, Vermont. Cabaret-style, 18+ show hosted by Kathleen Kanz, featuring Martha Tormey, John Lyons, and Tim Tavcar as John Singer Sargent, with musicians Mary Jane Austin and Erik Kroncke. 8 p.m. T.W. Wood Gallery, 36 College Street, Montpelier. 420 adults, $15 seniors, $10 students — or pay what you can. 828-847-1435 or worldticket.org.

UPCOMING EVENTS, continued from page 17

THURSDAY, MAY 31
Open Rehearsal with Double Vision Dance Company
Get an insider view on Sean Clute and Pauline Jennings' dance-making process during the pre-performance dress rehearsal. Come as you are, stay as long as you'd like. 7:30 p.m. Reach-Care Bank, 138 Main Street, Montpelier. Register with Josh. 221-5844 or gryneman@gmail.com.

WEDNESDAY, JUNE 1
13 Indigenous Grandmothers: Welcoming Ceremonies
A group of spiritual elders from around the world visits Montpelier for three days of prayer, education, wisdom and healing. Visit the website below for full schedule. 1 p.m. Green, Vermont College of Fine Arts, Montpelier. Free. councilofallbeings.org.

Volunteer Information and Training Session
For anyone interested in volunteering at Central Vermont Adult Basic Education. 5–6 p.m. Montpelier Learning Center, 100 State Street, Suite 3. Free. 476-4588.

Capital City Big Band Rehearsal
Open to band instrument players of all ages and abilities welcome. Practice band tunes for summer evening performances on the State House lawn. 7 p.m. Bethany Church, 115 Main Street, Montpelier. 223-7699.

THURSDAY, JUNE 2
Contra Dances
All dances taught; no partner necessary. Ages all welcome. Bring soft-soled shoes. 8–10 p.m. Capital City Grange, Northfield Street, Montpelier. $8. 223-2958.

FOOD
Capital City Farmers Market
More than 50 local vendors sell seedlings, produce, meats, cheeses, prepared food and crafts. Live music and demos all season. Saturdays, 8 a.m. – 1 p.m. Capital City Grange, Northfield Street, Montpelier. 588-7446163.

The Rage in Placid Lake
A documentary exposing the declining health of the sixth-largest lake in the United States. Discussion about potential solutions follows. 7 p.m. Big Picture Theater and Café, 48 Carroll Road (off Route 100), Waitsfield. $5–$10, no reserve tickets. Bigpicturetheater.info. Sponsored by the Winnisooki Natural Resources Conservation District and the Friends of the Mad River.

A Besere Velt: The Cloth from Which We Are Cut
A documentary examining the declaration of the sixth-largest lake in the United States. Discussion about potential solutions follows. 7 p.m. Big Picture Theater and Café, 48 Carroll Road (off Route 100), Waitsfield. $5–$10, no reserve tickets. Bigpicturetheater.info. Sponsored by the Winnisooki Natural Resources Conservation District and the Friends of the Mad River.

INVASIVE PLANTS AND NATIVE PLANT GARDENING
With Dona Prince of the Vermont Nature Conservancy. Learn how to identify invasive terrestrial plants that are threatening Vermont and how you can help by gardening with native plants. 7 p.m. Waterbury Public Library, 28 North Main Street. Free. 244-7056.

Spring Sale
10 a.m.–4 p.m. Trinity Community Thrift Store, 137 Main Street, Montpelier. Sale continues Saturday, May 28. 229-9155.

Friday Night Fix: Brake Night
Get introduced to the brakes on your bike. Get maintenance tips for V-brakes and disc brakes, and learn how to install and set up brakes. 6–7:30 p.m. Onion River Sports, Montpelier. Free. 229-9409 or thefolks@onionriver.com.

Spring Sale
10 a.m.–4 p.m. Trinity Community Thrift Store, 137 Main Street, Montpelier. Sale continues Saturday, May 28. 229-9155.

Spring Book and Plant Sale
 Donate potted and labeled plants by noon on May 26, donate books by May 25. 9 a.m.–5 p.m. Catlin Memorial Library, Route 2, Plainfield. 454-8504. Sale continues Saturday, May 28. 229-9155.

Spring Book and Plant Sale
Second Friday, 10 a.m.–5 p.m. Catlin Memorial Library, Route 2, Plainfield. 454-8504.

Spring Sale
10 a.m.–4 p.m. Trinity Community Thrift Store, 137 Main Street, Montpelier. 229-9155.

The Musical Circle of John Singer Sargent
AVe Voice Vermont presentation. Featuring Carol Spradling as Isabella Stewart Gardner and Tim Tavcar as John Singer Sargent, with musicians Mary Jane Austin and Erik Kroncke. 8 p.m. T.W. Wood Gallery, 36 College Street, Montpelier. 420 adults, $15 seniors, $10 students — or pay what you can. 828-847-1435 or worldticket.org.

MONDAY, MAY 30
House Concert of Quebeçois Music
With fiddler David Boulanger, guitarist Paul Marchand and accordionist Jeremiah McLean. 8–10 p.m. Putney Rural Elementary School. 70 Webster Street, Barre. Free. To register and reserve child care, call Christopher, 262-3292, ext. 115.

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Peacemaker Workshop: Nonviolent Conflict Intervention
With Eric Buchman and Steve Wotnik, nonviolence trainer with international experience. Get trained to be a peacemaker for the Village-building Convergence in mid-June. 5–9 p.m. Reach-Care Bank, 138 Main Street, Montpelier. Register with Josh. 221-5844 or gryneman@gmail.com.
**KIDS & TEENS**
The Basement Teen Center
Cable TV, PlayStation 3, pool table, free eats and fun events for teenagers.
Monday–Thursday: 3–6 p.m; Friday–3–11 p.m.
First Monday of the month, 5–9 p.m.
**BOOKCLUB**
Mondays, 10 a.m.–12:30 p.m.
**MUSIC**
Wednesday, 6:30–7:30 p.m.
**ARTS & CRAFTS**
First Monday of the month, 5–7 p.m.
**FOOD**
Monday nights, 5–8 p.m.

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**THEATER**
Shakespeare Study Group
Led by Tom Blachly. Possible agendas include reading plays aloud, group discussions, watching films, working on dramatic monologues, and doing scene work.

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**WELLNESS**
Community Reiki Clinics
Stress reduction and relaxation.

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**THRIFT STORES**
Trinity Community Thrift Store

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**FREEDOM FOR ALL IN MONTPELIER**

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**DIABETES SUPPORT GROUP**
First Thursdays, 7–8 p.m.
Conference Room 3, Central Vermont Medical Center. 571-4152.

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**OVEREATERS ANONYMOUS**
Twelve-step program for physically, emotionally and spiritually overcoming overeating.

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**NATIONAL FEDERATION OF THE BLIND, MONTPELIER CHAPTER**
First Saturdays, Lane Whip community room, 1 Mechanic Street, Montpelier.

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**NATIONAL FEDERATION OF THE BLIND, MONTPELIER CHAPTER**
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Spring Zips Along

This may have been the shortest spring on record! The February Daphne bloomed and sprouted leaves the next day. Everything is growing catchup this May. The garlic and peas are up, greenhouse tomatoes and peppers are budding up, and we have our first serving of asparagus.

Fleas, onions, celery, Brussels sprouts, broccoli and cauliflower are in their beds looking well established. I forgot to order potatoes, so they will get in a little later this year, but all the front-tolerant crops can go in from now on.

We don’t double dig our beds, but we do hill up. That just means loosening the soil between beds and heaping it up so you end up with a bed 6 to 8 inches taller than the walkways. Since we mix our walkways with newspaper and straw, every year we try to move the beds over a foot so that this organic matter gets incorporated into the new bed. We didn’t get around to spreading rototilled manure in the fall, so we’re adding it as we go. Definitely the second-best plan, but it does give the plants the additional nutrients they need. I’ll side-dress with compost during the season. As I dig, I’ve been killing wireworms and grubs (they feed on plant roots), picking out rocks, weeding out dandelions and the odd bit of witch grass, and enjoying the earthworms.

We’ve been growing winter rye as a winter cover crop for so long, we don’t much witch grass any more. The eye has a substance in it that repels the dreaded weed.

I’ve been picking some tiny gray snails off the greens and lettuce in the greenhouse. I pop them right into a cottage cheese container with a little soapy water in it. The soap breaks the surface tension and they drown instantly.

No trouble with fleas beetles yet. It’s been pretty cold, and all the cauliflower, broccoli and Brussels sprouts were well into their third leaf stage by the time I set them out. Flea beetles do love the brassicas (broccoli, Brussels sprouts, cabbage, cauliflower, colcumber) and beans and peas, but the cold and snails/mice have kept them out. The last of the perennial flowers and three of the four perennials that self-seed or run. Peru as they are, violets belong in the grass, not in the bed. Don’t be soft on self-seeders like lady’s mantle and runniers like obedient plant and snow in summer. Root them out! If you don’t, they’ll quickly eat a favorite, less aggressive plant. Never put Canadian anemone in a bed. Its beautiful snowy white flower heads in a ditch with the sweet looking mauve and white violets. Even Japanese anemone, perhaps the most beautiful fall plant, will run and take over. I’ve got a whole bank of invasive plants (Daylilies, bee balm, gooseneck, obedient plant, huart, iris and coreopsis) and am letting them fight it out. Full summer, this is a gorgeous bed and now there is little work to it because everything in there can take care of itself.

Remember, one year’s seeding equals seven years’ weeding, so get those dandelions out before they go to seed. Happy gardening!

Miriam Hansen lives in East Montpelier. She and her husband David grow most of their own meat and vegetables on about 1/6 of an acre. You can reach Miriam c/o The Bridge.
Thomson buys “fingerlings,” young fish just a few inches long, and raises them in tanks—ideal environment for raising trout. But the unexpected threat posed by the herons has encouraged him tinkering with a pair of 1,000-gallon tanks which will provide a safer growing space for the fish.

Brook trout are the only trout native to Vermont, and for the last five years Thomson has raised them in the pond that, many years previous, hosted his sons’ swimming lessons. Fed by cool springs, the pond is the ideal environment for raising trout. But the unexpected threat posed by the herons has him tinkering with a pair of 1,000-gallon tanks which will provide a safer growing space for the fish.

Thompson buys “fingerlings,” young fish about 3 inches long, and raises them to market size. Once they’ve been processed and sold (some fresh, some frozen for later), the newly-fertilized field will be ready for garlic, planted in late fall and harvested the following year.

In late summer, Tucker will transform cucumbers into pickles, a dozen or so recipes that belonged to their grandparents. Sweet bread-and-butter pickles and old favorites like mustard and tongue pickles, appear at market along with fall pumpkins and the last of the trout. Grown seasonally, the couple’s goal is to keep their operation diversified and be able to do the work themselves—which is getting challenging now that the workforce is going to college, Tucker notes. Both of their sons are away now, one at Vermont Technical College and one in Boston, so Thompson and Tucker are trying—unsuccessfully, they note—to scale back a bit.

They’ve carefully tailored their products to their land and to a seasonal schedule that allows them to handle the workload. Spring plant starts give way to early lettuces. As tomatoes and peppers mature in the greenhouses and the squash plants grow in the fields, the chickens—meat birds—grow to market size. They attend and hire a friend to do some weeding. “We decided it was time,” Tucker says. When they return, the trout will likely be close to market size and ready for market—and the grill. Eventually, Thompson would like to use the tanks to raise the fish, then transfer them to the pond for finishing when they’re almost market size. So even though he’ll be using tanks this year, he’s keeping his best predator protection for next year—two life-size heron decoys which flank the pond to discourage the neighborhood heron from stopping in for a snack.

Visit Highland Gardens on Route 12 in Putnamville on Tuesday through Friday afternoons and Sundays through June, and at the Capital City, Barre, and Morrisville farmers’ markets all summer long. Sylvia Fagin writes about local food and agriculture. Contact her via her blog Aar, Naam ~ Come, Eat, at sylviafagin.wordpress.com, or via e-mail at sylviafagin@yahoo.com.
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