

Summer Guide

Rare Reminder, Inc.

June 2023

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5623

Area Farmers' Markets: Family Fun While Supporting Local Businesses

By Hailey Keel
News Intern

Beets & Blooms Farm) as well as live music with an arrangement of different genres.

When summertime comes around, it is almost guaranteed that some can see a farmer's market. Within the local areas, there are many to choose from, with each one being different than the other. Each have the benefits of knowing where people can get their produce and goods as well as supporting local businesses and interacting with their community.

The Middletown Farmer's Market, located along Main Street in Middletown, hosts their weekly markets on Fridays from 10 a.m. to 2 p.m. from June 30 to Oct. 27th. They host produce from four farms in the local area (Beckett Farm, Gotta's Farm, Long Lane Farm, and



continued on page 8

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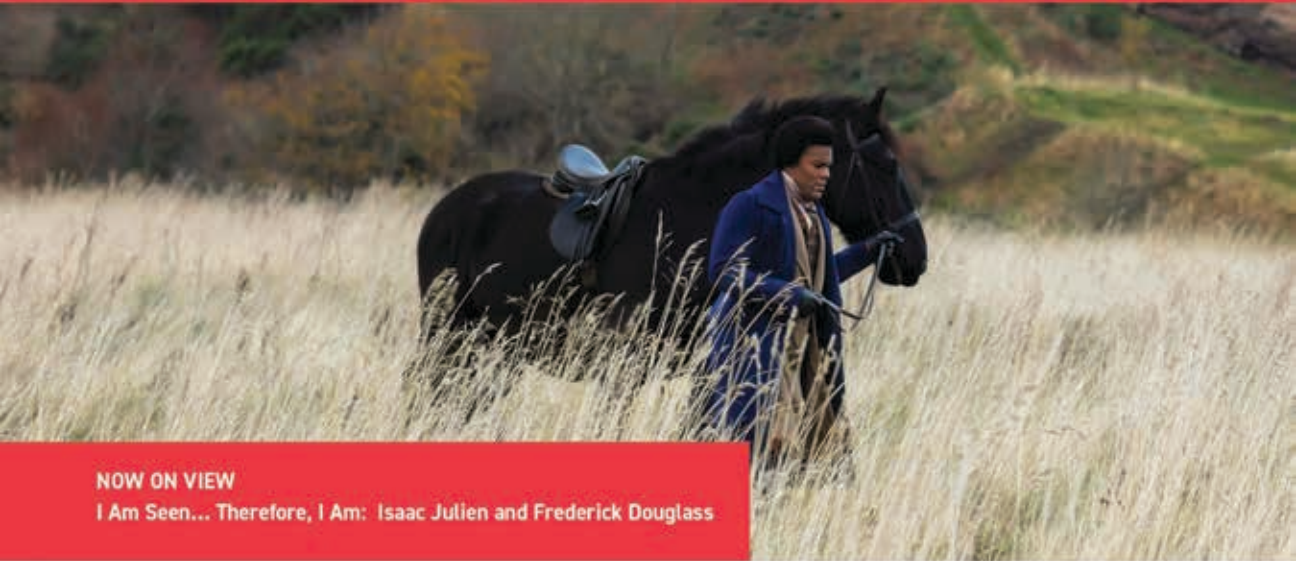
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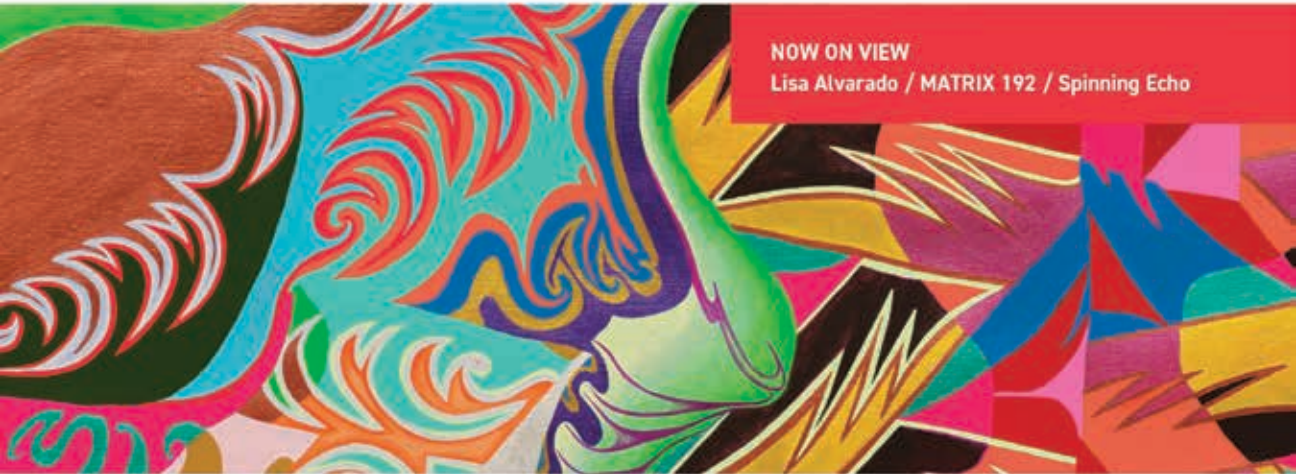
Tintype Workshop with Maureen
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FILM

June 23-25 | *Close*

July 14 | *Summer of Soul*

**July 20-23 | *Frederick Douglass:
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Check the full lineup of summer film and events at thewadsworth.org.

600 Main Street | Hartford, CT | thewadsworth.org



Area Farmers's Markets: Family Fun While Supporting Local Businesses

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There will also be activities for the whole family to enjoy. The Russel Library, located in Middletown, hosts storytime for children and grown ups. The market also has a Kids' Tickets Program, where kids receive \$5 in paper market money where they can spend it on produce that they may have not ever tried. It also teaches them how to spend and use money.

Christine Cicoria, Middletown Farmers Market Manager, says what makes the Middletown Farmer's Market stand out to others in the area is that "we have been able to serve a population of our community who have been affected by food insecurity." The market allows people who have SNAP benefits to buy goods there without feeling excluded.

For more information regarding the Middletown Farmer's Market, feel free to follow them on Facebook and on Instagram at

middletownfarmersmarket.

"We are a diverse city and a city that cares about the residents. The MFM (Middletown Farmer's Market) has a wonderful customer base, of all ages, cultural and economic backgrounds who keep our market going. We hope we have something for everyone!" Cicoria continues.

If one cannot make the Middletown or Farmers Markets, Rocky Hill, Cromwell, Wethersfield and Newington also have their own farmer's markets.



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Lots of Local Choices for Great Ice Cream

By Cailen Fienemann

News Intern

With warmer weather brewing, ice cream shops are reopening for the season to serve the desiring masses. Each of the mentioned shops either provide homemade treats or source locally as much as possible. For the perfect frozen treats, be sure to visit these locations.



Main Street Creamery, located on Main Street in Wethersfield, strives to be as inclusive as possible with their menu. A rotation of vegan, lactose-free, and gluten-free selections, as well

as an extensive list of drinks and baked goods diversify their offerings, with products sourced as locally as possible. They even make their own custom ice cream pies and offer catering services for parties. Their party room is open to rent, and the guidelines to do so are listed on their website.

Their hours are 12 to 9 p.m. from Monday to Friday, and 11 a.m. to 9 p.m. on the weekends.

Coming soon to Middletown is AL's Ice Cream Shoppe, settling next door to NoRA's Cupcakes on Main Street. Owned by the same company, AL's will be offering homemade, slow-churned ice cream. As of yet, there's no menu available online, but the shop is proclaimed to be opening in June, so updates should be forthcoming. If NoRA's is any indication, there should be much to look forward to in their new sister ice cream shop.

In Rocky Hill, the Silas Deane houses Rita's, an Italian shop offering frozen custard and Italian ice. Started as a family business in Pennsylvania in

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John with his daughter, Jennifer.

Great Options for Hiking and Biking Trails In The Area

By Cailen Fienemann
News Intern

Summer is here, and with it comes warm weather and a desire to go outside. Thankfully, there are plenty of hiking and biking trails across Connecticut that are perfect for getting out into nature.

Perhaps the most well-known is the Air Line Trail, stretching across the state and passing through Portland, East Hampton, Colchester, Hebron, Columbia, Lebanon, Windham, Chaplin, Hampton, Pomfret, Putnam, and Thompson. Once a railroad track that stretched from Boston to New York, it is now the perfect trail for hikers, bikers, and even horseback riders. Many of the sections from each town were separated from each other, and work continues to join them and create one long trail. In the meantime, there are various parking lots available for people to choose where they want to start and end, free to the public. It is praised for its beauty all along the trail and is a favored spot for people of all athletic hobbies.

In Middletown, one of the most beautiful outdoor spots is in Wadsworth Falls State Park. Not only are there various hiking trails for people to explore, there are also spots perfect for picnicking, swimming, and even a few beautiful waterfalls to enjoy. There are even locations that allow fishing in the Coginchaug River. Though there are parking fees for non-residents, the park is open year-round for visitors. It's also in the area of the Wadsworth Mansion, which holds various events throughout the year.

Also located in Middletown, the Scovill Loop Trails provide three different trails of varying lengths, no more than a mile long. The trails are described as wooded, but of mild terrain that are perfect for the whole family and more casual hikers. Various points along the trails give hikers gorgeous views of the Connecticut River and Hubbard Brook.

Wethersfield also has a few facilities available, including Mill Woods Park. Combination park and

trails, there are little league, softball, and soccer fields, a skate park, a bocce ball court, a tennis court, a skate park, a dog park, and numerous low-stress walking trails that are pet and family friendly. There are even picnic areas and a fishing pond perfect for all-day excursions.

Along with Mill Woods Park, there is also Wilkus Farm, protected in 2010 as by the town for farming and recreational activities, like hiking. The purchase of the area by the town allows its hayfields to be preserved, protecting the wildlife species that depend on it, as well as allowing agricultural activities to continue. A recent movement in 2020 instigated the installation of bike racks and benches for those intending to explore Wethersfield, so navigating the various trails and parks should be much more cyclist-friendly.



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Lots of Local Choices for Great Ice Cream

continued from page 10

1984, there are now locations all across the country, including quite a few scattered across Connecticut. Each branch is proclaimed to be "individually owned and operated," giving each one a local and personal feel. Their products are made fresh every day, with uneaten products being disposed of 36 hours after being made. Their flavors, as a result, are rotated daily. They also offer catering options for parties.

They are open daily from 11:30 a.m. to 10 p.m.

Newington's ice cream claim-to-fame is Mortensen's, a shop passed down through a family's generations that offers homemade ice cream. It has been located on the Berlin Turnpike for decades and is open year-round to serve over 50 delicious flavors. Not every flavor is always available, but an approximate list of their selections are available on their website. They also make their own ice cream pies and sandwiches.

Their hours are 11 a.m. to 9:30 p.m. from Sunday to Thursday, and 11 a.m. to 10 p.m. on Friday and

Saturday. Last, but certainly not least, Cromwell has a couple of shops to offer. First is Cromwell Creamery, located on Willowbrook Road. While they don't have a website other than their Facebook page, there are several reviews scattered around the Internet to give an idea of what to expect. As told by these faithful reviewers, the ice cream is boasted to be either homemade or sourced from nearby areas. The portions are rather large, so be prepared if you decide to visit.

They are open daily from 11:45 a.m. to 9:30 p.m.

Also in Cromwell is Tall Man's Homemade Ice Cream. Located on Main Street, Tall Man's offers high-quality homemade ice cream, with options available for online orders and a delivery truck. Their prices and sizes are listed on their website, though the specific flavors aren't listed. Pictures of the staff give it a hometown, personal feeling.

They're open from 1 p.m. - 8 p.m. Tuesday through Sunday and are closed on Monday.

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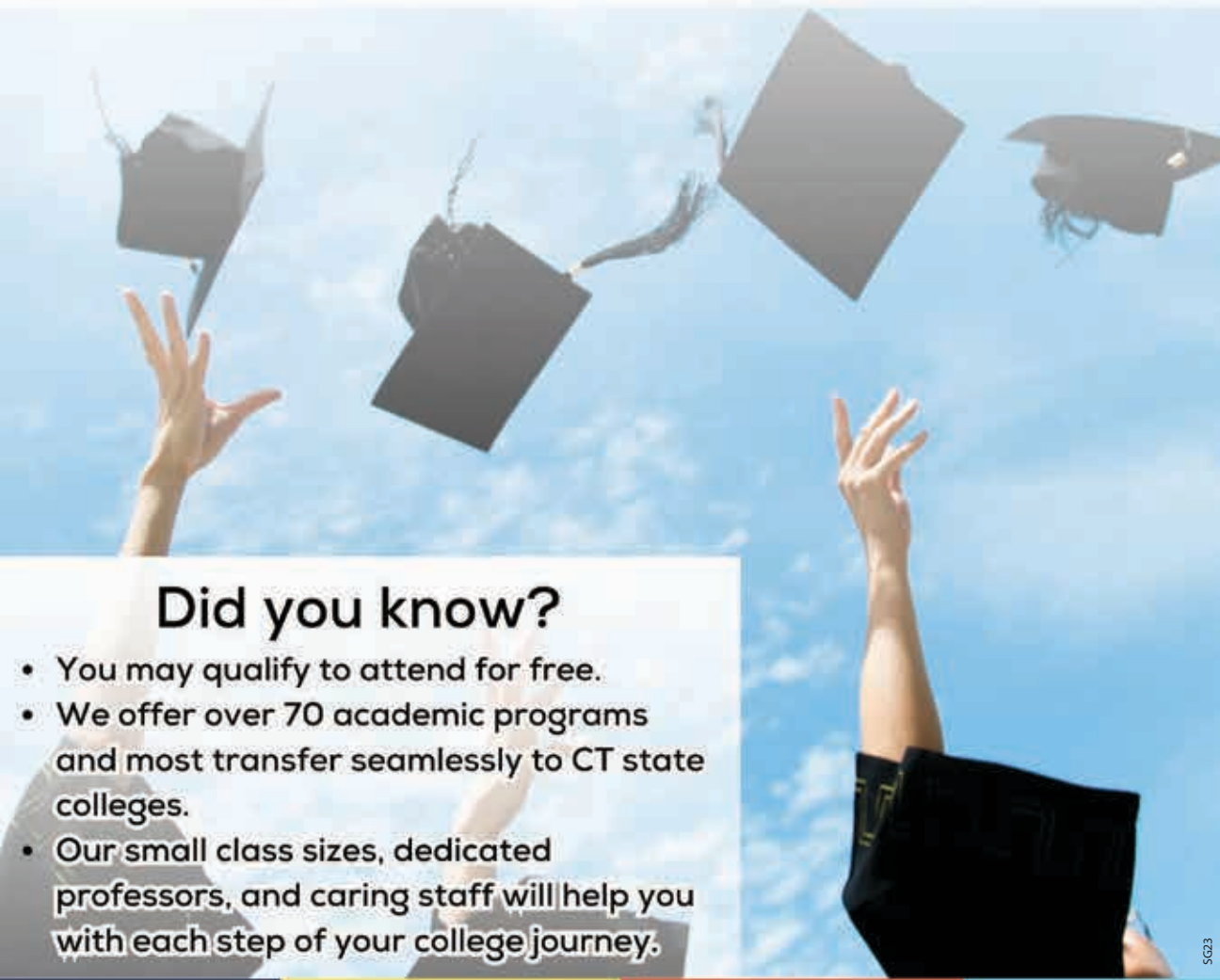
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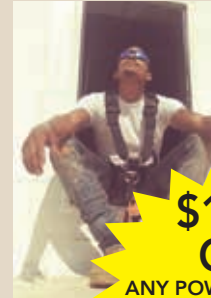
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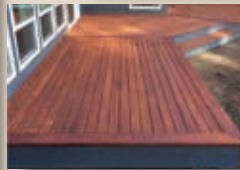
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Great Options for Hiking and Biking Trails In The Area

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In Cromwell, River Highlands State Park provides camping grounds, plenty of woods, and a spectacular view of the Connecticut River via its bluffs. It's a bit tougher of a hike than most of the aforementioned locations, with steep climbing necessary to reach said bluffs, but the hike is well worth it when the beautiful view of the river is revealed. There are many different trails to explore, with quite a few wooden bridges passing over little streams. At the water's edge, a unique feature colloquially known as "the blowhole" allows hikers to hear the wind whistle through the bluffs. It is a popular place to camp and also go birding, and while the exploration of the trails is free, the camping requires a small fee. Regardless, it is a must-see for any hiking enthusiast.

Newington also has its fair share of parks and trails, one of which is Churchill Park. There are various sport courts for bocce ball, volleyball, basketball, and tennis, as well as a playground, a fishing pond, and various fields. The trails sound relatively smooth to walk, and many bird enthusiasts enjoy going there in hopes of spotting some feathered friends.

Many of the Newington trails are through suburban areas that connect the offered parks to one another, but the town does publish a hiking guide. Another trail they offer is the Robert Stanley Nature Trail. This trail goes through woods and even over a swamp, though it appears to be a well-maintained trail that connects to Churchill Park. It's a short little hike, with a rather treacherous wooden bridge, but it's worth traversing if only to then explore Churchill Park.

Last, though certainly not least, there are quite a few trails to be found in Rocky Hill, one being Quarry Park. What used to be a quarry (hence the name) has now been repurposed into a park with a three-mile trail that offers casual hiking and bird-watching opportunities. It has a very fascinating history, so if historic locations are appealing, it's well-worth looking it up online before visiting it yourself. There are three available trails to hike, with only one providing a momentary steep incline. There are plenty

of maps, and the trails are well-blazed, to ensure that no one gets too utterly lost. A few nice little overlook spots display the nearby scenery and a few small ponds, with benches for convenience.

Dividend Pond Trails also provide some mild hiking opportunities, with attached archaeological sites that have spanned 1667 to the 1900s. There are three miles of trails but 68 acres that comprise the park and sites, so there's plenty to explore and discover. In addition to the hiking trails, there are, as the name suggests, various ponds and falls to take pictures of.

With summer bringing more opportunities to get outside and enjoy nature, there's no better place to start than some parks and hiking trails that provide something for the whole family. Pack up a lunch, get in the car, and make some extraordinary memories this summer.



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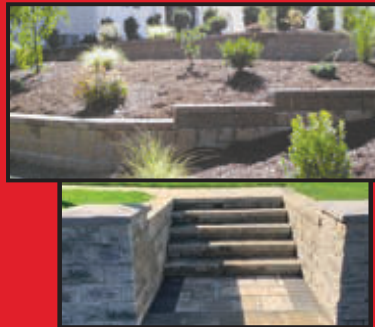
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Kidcity: A Swingin' Place For Families and Their Little Ones To Play and Explore

By Hailey Keel
News Intern

Located at 199 Washington St., in the heart of downtown Middletown, Kidcity is a space designed for children seven and under and their families. However, the main target is preschoolers. The space is designed in a way for toddlers and children to have an area to play and allow their imagination to grow while spending bonding time with their families.

Explore different themed rooms for children to play in with different activities, from a small Italian piazza-themed room ("La Piazza") where there is a fake fountain that shoots scarves in the air when a child pushes a scarf into a suction shute, to a vintage themed Route 66 themed room (Space Age Roadtrip), where children can imagine what life would be like if friendly aliens visited Earth.

Each room has its own activities. From "bread mak-

ing" in the medieval room to making forts in the log cabin room. The amount of imagination and play pretend a child can have here is endless.

In fact, this is the whole idea of Kidcity. Jennifer Alexander, the manager of Kid City, says that the main idea is for children to play with "open-ended



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Lots of Free Summer Concerts to Enjoy in the Region

By Cailen Fienemann

News Intern

School will soon be getting out, and that means summer is right around the corner! The upcoming warm weather will bring an influx of summer events hosted by towns all across Connecticut.

Below is the list of summer concert events hosted by Newington, Cromwell, Middletown, Wethersfield, and Rocky Hill. All events are free to the public, with some including an array of food trucks and cash bars. Rain dates are variable – for more information and specifics regarding the events, feel free to visit the towns' websites.

Thursday, June 29

Daily Planet, 6:30-8:30 p.m.,
Mill Pond Park, Newington

Saturday, July 1

Dually Noted, 5:00-8:00 p.m.,
Downtown Municipal Parking Lot, Newington

Wednesday, July 5

Fusion, 6:30-8:30 p.m.,
Riverport Park at Frisbee Landing, Cromwell

Sister Funk, 6:30 p.m.,

Wadsworth Mansion Middletown

Thursday, July 6

Floydian Trip, 6:30-8:30 p.m.,
Mill Pond Park, Newington

Saturday, July 8

The Boomers, 5:00-8:00 p.m., Downtown Municipal
Parking Lot, Newington

Tuesday, July 11

Ed Fast and Conga Bop, 6:30 p.m.,
Keeney Memorial Cultural Center, Wethersfield

Ticket to Ride, 6:30-8:30 p.m.,

Veterans Memorial Amphitheater,
Elm Ridge Park, Rocky Hill

Wednesday, July 12

Hartford Jazz Orchestra, 6:30 p.m.,
Wadsworth Mansion, Middletown

Locomotion, 6:00-9:15 p.m.,

Mill Pond Park, Newington

Thursday, July 13

Still Kickin' with the Big City Horns, 6:00-9:15 p.m.,
Mill Pond Park, Newington

Friday, July 14

BooYah, 6:00-9:15 p.m.,
Mill Pond Park, Newington

Saturday, July 15

Nick Casey Country Concert, 12:00-2:30 p.m.,
Mill Pond Park, Newington

Dually Noted, 3:00-5:15 p.m.,

Mill Pond Park, Newington

Shaded Soul Band, 6:00-9:15 p.m.

Mill Pond Park, Newington

Tuesday, July 18

The Pattie Tuite Group, 6:30 p.m.,
Keeney Memorial Cultural Center, Wethersfield

Accidental Groove, 6:30-8:30 p.m.,

Veterans Memorial Amphitheater,
Elm Ridge Park, Rocky Hill

Wednesday, July 19

Cobblestone Road, 6:30-8:30 p.m.,
Riverport Park at Frisbee Landing, Cromwell

Feels Like Foreigner, 6:30 p.m.,

Wadsworth Mansion, Middletown

Thursday, July 20

What It Is, 6:30-8:30 p.m.,
Mill Pond Park, Newington

continued on page 25

Kidcity: A Swingin' Place For Families and Their Little Ones To Play and Explore

continued from page 20

imagination."

"Kids who love to play pretend will love Kidcity," she says.

Among the themed rooms, there are also dress-up, fake cars for children to drive, and props such as a boat in the fishing room and a flying saucer in the Route 66 room to take many photos.

If a child (or even adult) feels overwhelmed, Kidcity offers rooms dedicated to calming down called quiet spots where children and adults can recharge their "emotional batteries" and "get your energy back before they play."

These rooms have less overstimulated toys and activities and offers quieter activities such as reading and soft music, as well as nooks where children can "hide" in. In the basement, there is a room dedicated to children two and under, called The Sea Cave, where there a more of a bonding theme dedicated to guardians and their little ones with fewer hands-on activities compared to the rooms for other children.

Despite not having any special events or typical items such as jungle gyms or ball pits, Kidcity is a place for kids, and where "you come when you want and play".

Reservations are required to attend Kid City. To book tickets, please go to their website, kidcitymuseum.com. Tickets are \$12 each for ages 1 and up (babies under one are free), and for those who benefit from SNAP. Tickets are \$3 a person with a photo I.D. Hours for Kidcity are 9 a.m. to 5 p.m. Wednesday through Saturday, and 11 a.m. to 5 P.M. Sunday through Tuesday.



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Ferry Grill and Chill : A Quaint, Waterfront Place With Delicious Food

By Hailey Keel
News Intern

For those who are looking for a small, locally-owned, waterfront restaurant, than look no further than the Ferry Grill and Chill, located at 277 Meadow Road, Rocky Hill. Despite being around for many years, the restaurant, will be owner Sarah Bezedelov's second year. After previously working for the former owner, the 20-year-old bought the place after finding out it was for sale.

"(It's) another thing I wanted to take on." Bezedelov stated. When she is not at the restaurant, she is doing real estate.

The restaurant offers a mixture of seafood dishes, such as lobster mac and cheese and grilled salmon, to American classics such as build you own burgers and hotdogs, and a mixture of mouth watering salads. There



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Lots of Free Summer Concerts to

Enjoy in the Region

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Saturday, July 22

Avenue Groove, 5:00-8:00 p.m.,

Downtown Municipal Parking Lot, Newington

Tuesday, July 25

Number Nine, 6:30 p.m.,

Keeney Memorial Cultural Center, Wethersfield

MacDaddy, 6:30-8:30 p.m.,

Veterans Memorial Amphitheater,

Elm Ridge Park, Rocky Hill

Wednesday, July 26

The Cartells, 6:30 p.m.,

Wadsworth Mansion, Middletown

Thursday, July 27

River City Slim & the Zydeco Hogs, 6:30-8:30 p.m.,

Mill Pond Park, Newington

Saturday, July 29

Leaf Jumpers Duo, 5:00-8:00 p.m.,

Downtown Municipal Parking Lot, Newington

Tuesday, Aug. 1

Southern Voice, 6:30-8:30 p.m.,

Veterans Memorial Amphitheater,

Elm Ridge Park, Rocky Hill

Wednesday, Aug. 2

Above The Treeline, 6:30-8:30 p.m.,

Riverport Park at Frisbee Landing, Cromwell

Saturday, Aug. 5

The Kerry Boys, 5:00-8:00 p.m.,

Downtown Municipal Parking Lot, Newington

Tuesday, Aug. 8

Dyn-O-Myte Disco Review, 6:30-8:30 p.m.,

Veterans Memorial Amphitheater,

Elm Ridge Park, Rocky Hill

Saturday, Aug. 12

SoundBite, 5:00-8:00 p.m.,

Downtown Municipal Parking Lot, Newington

Wednesday, Aug. 16

North County Band, 6:30-8:30 p.m.

Riverport Park at Frisbee Landing, Cromwell

Saturday, Aug. 19

Nightshift, 5:00-8:00 p.m.,

Downtown Municipal Parking Lot, Newington

Wednesday, Aug. 23

Timmy Maia, 6:30-8:30 p.m.,

Riverport Park at Frisbee Landing, Cromwell

Saturday, Aug. 26

The Usual Lebowskis, 5:00-8:00 p.m.,

Downtown Municipal Parking Lot, Newington

Sunday, Sept. 3

The Federation, 12:00-3:00 p.m.,

Downtown Municipal Parking Lot, Newington

Sunday, Sept. 10

Crossover, 12:00-3:00 p.m.,

Downtown Municipal Parking Lot, Newington

Sunday, Sept. 17

Blondie & Beyond, 12:00-3:00 p.m.,

Downtown Municipal Parking Lot, Newington

Sunday, Sept. 24

Eric's Angels, 12:00-3:00 p.m.,

Downtown Municipal Parking Lot, Newington



Ferry Grill and Chill : A Quaint, Waterfront Place With Delicious Food

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is also a kid's menu filled with food that children will love.

What makes this place stand out, according to Bezedelov, is that it is located along the historic Rocky Hill/Glastonbury Ferry,



which is the nation's oldest continual running ferry, dating back to 1655.

"Rocky Hill is proud to have this," she says. She also points out that because of the

location along the river, it is a "great place to dine".







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A Rocky Hill Farmstand With Fun For All

By Hailey Keel
News Intern

Located at 1146 Cromwell Ave. in Rocky Hill, Fair Weather Gardens is more than your average farmstand. Founded in 1988, the farmstand uses over 400 acres in Rocky Hill, Wethersfield, Berlin, Middletown Cromwell and Portland to bring all-natural, fresh fruits and vegetables to people's tables.

People can sign up for the CSA, or the Community Supported Agriculture. For a fee between \$250 and \$650, depending on what plan one chooses, they can get fresh vegetables, fruits and other seasonal produce each week for 16 weeks. The money spent is used to help the farmers, the labor, and to buy seeds to grow crops.

The farmstand also has more to offer. Enjoy daily farm-to-table style breakfasts and lunches with meals such as avocado toast for breakfast, or a tuna melt for lunch that the whole family will love. There is also a soup of the day. Breakfast is served from 8 to 11 a.m., whereas lunch is served 10 a.m. to 3 p.m.

daily. If those times do not work for people, there are also prepared to-go meals that people can purchase such as sandwiches and fruit bowls,



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M.J. Emonds



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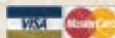


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A Rocky Hill Farmstand With Fun For All

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Stephanie Luiz, Fair Weather Garden's market manager, says working here is her dream job. "I love the diversity of it. I can be in a field one day or an office the other," she says.

What is more diverse is that there are also many things to purchase at the farmstand such as arrangement of flowers, home decor, iced tea, and all-natural grass-fed beef. There are also animals to visit as well.

In the fall, the farm holds its fall festival from mid-September to the end of October, which is most famous for its corn maze and arrangement of pumpkins to purchase. In the winter, they have their Winter Wonderland, where families can meet Santa. Christmas trees can also be purchased around this time.

The farmstand is open daily from 9 a.m. to 5 p.m. from late April to mid-December. They also do not do farmer's markets, however, they do sell their products to other people that may end up being used at markets.

For more information regarding the farmstand and

its activities, go on their website at fairweathergrowers.com or follow their Facebook at Fair Weather Growers.



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Presented by: Sue Mazrolle, MS, RDN

Week 2 - July 19:

Mealtime Minis with Mac & Cheese Bites

11:00 AM – 12:00 PM or 6:00 – 7:00 PM

Presented by: Natalie A. Webb, MS, RDN, LDN, FAND

Week 3 - July 26:

Mastering Measuring with Zucchini Muffins

11:00 AM – 12:00 PM or 6:00 – 7:00 PM

Presented by: Kathy Jordan, MS, RDN, CPT

Week 4 - August 2:

Fueling Favorites with Yogurt Pops & Bananas in a Blanket

11:00 AM – 12:00 PM or 6:00 – 7:00 PM

Presented by: Natalie A. Webb, MS, RDN, LDN, FAND

Week 5 - August 9:

Baking Basics with Awesome Oatmeal Cookies

11:00 AM – 12:00 PM or 6:00 – 7:00 PM

Presented by: Sue Mazrolle, MS, RDN

Week 6 - August 16:

Back-to-School Breakfast with Berry Nachos

11:00 AM – 12:00 PM or 6:00 – 7:00 PM

Presented by: Kathy Jordan, MS, RDN, CPT



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