



PINE HILL FARM

WELLNESS COLLECTIVE

+ market

WHAT'S NEW AT PINE HILL FARM?

While most hemp farmers in the area are getting ready to harvest, we're planning our cover crop rotation. We were blessed with an abundant hemp harvest last fall so this year was all about feeding the soil with nutrients from other plants. Soon we will plant winter wheat throughout the field with an interceding of red clover. This combination will provide our soil with extra nitrogen for next growing season. The red clover will also help to choke out weeds. Our farm is not allowed to manage weeds with herbicides like glyphosate due to our annual organic certification so instead we control with methods like cover crops, cultivating before seeding, organic mulches, hand removal, and mowing between rows. The wheat and clover will remain dormant through winter, then in spring it will be tilled in before we prepare for spring planting.

The Wellness Spa at 118 N. Water Street will officially open on October 18th! After a few delays here and there, we are ready to open with limited hours in October. Those hours will expand in November and through winter. In this space we continue to offer massage therapy from Sarah Hogan (A Touch of Tranquility) and medical skincare services from Melissa Muller (Mirrored Image Beauty & Wellness), with the new addition of infrared sauna and halotherapy. Halotherapy is also known as dry salt therapy, where medical grade salt is diffused into a comfortable room, suitable for one person, a couple friends, or the family. This is natural and safe and there are no harmful side effects. Halotherapy is very beneficial for overall wellness and respiratory health by removing the toxicity from the lungs and respiratory system. It has been reported to improve mental wellness, skin conditions and allergies, and offers immune boosting properties.

Take a look at our October events as we've relaunched our free wellness classes! Space is limited so please RSVP to info@thepinehillfarm.com or call 920-390-4462.

We've truly got something for everyone at Pine Hill Farm!
It's our happy place and we want it to be yours too!

LET'S TALK: HEMP DERIVED THC

THC when derived from hemp is legal in Wisconsin. THC derived from marijuana is still illegal in Wisconsin. Delta-8 and Delta-9 are the most commonly known THC cannabinoids.

THC interacts with cannabinoid receptors in the brain and body to help treat or limit the effects of various conditions. THC can be intoxicating and give you a "high" feeling when consumed, as compared to CBD which gives you all the benefits without the "high."

It should be taken with caution with full knowledge of its effects, especially in gummy/edible form. When you work with the healthcare team at Pine Hill Farm, we will always recommend starting with micro doses for a mild effect. Many times, a mild effect provides all the relief needed for a variety of symptoms related to severe anxiety, depression, chronic pain, and insomnia.

CONNECT

Store: (920) 390-4462

Email: info@thepinehillfarm.com

Visit: www.thepinehillfarm.com

  @thepinehillfarm

UPCOMING EVENTS

- 10/6, 9am/5pm, Balancing Hormones with Marni Holistics/Naturopath
- 10/8 & 10/9, PHF@ Holy Hill Art Farm
- 10/13, 10am, Colonics 101 with Dee Dee Delkamp of Optimal Health Center
- 10/18, The Wellness Spa opens!
- 10/27, 9am, Parkinson's Education *Supported by a community grant from the PD Foundation*
- 10/27, 10:30am, Urban Poling Walking Group with Joy Cochran/ Doctor of Physical Therapy
- October 29th, Pumpkin Palooza in Watertown

DID YOU KNOW?

There are now 39 states that have legalized the use of *medical marijuana*. Nineteen states have legalized adult recreational use. It is still illegal to use marijuana for medicinal or recreational purpose in Wisconsin.

SUPPORT SMALL...SHOP LOCAL!

Our way of supporting other small, local businesses ♥

Meet Brickhouse Mercantile from Dousman! You might have tried their 'to-go' artisan meals at Pine Hill's market! Their mission is to bring hand crafted, unique, quality products into the local community. We are so excited to partner with them and bring their locally purveyed artisan foods to Watertown!

Learn more about Brickhouse Mercantile at www.brickhousemercantile.com.