

La Ronga Bakery (1967)

A family-owned and operated business, La Ronga bakes high quality breads and other baked goods on site for distribution to restaurant chains and other food venues in the Boston area. They also sell their products in their retail store on Somerville Avenue. www.larongabakery.com

Refreshments at Aeronaut Brewery, a craft brewery that opened in June 2014 and was founded by several Yale and MIT graduate students, most of whom are now Somerville residents. They are combining science, agriculture, and sustainability to create what they believe is truly unique beer. In addition to the brewery, Aeronaut is providing lab and incubator space for several other local food start-ups, such as Something GUD, Barismo's Coffee Roasting, Tasting Counter, and Somerville Chocolate, making them a kind of "urban food hub." www.aeronautbrewing.com

HISTORIC FOOD AND FARMHOUSES

Adams-Magoun Farmhouse (1783): 438 Broadway



The 71-acre Adams farm extended from Broadway to the Boston & Maine Railroads, between Central and Lowell Streets. Built by Joseph Adams, it still stands today.

Simon Holden Farmhouse (~1850): 97 Curtis Street

Holden was a market farmer, and the stone wall that still remains on this property is part of the original Curtis range way.

Lorenzo Dow Farmhouse: 13 Fairmount Avenue

Dow's farm produced market garden crops and potatoes.

Thomas Cook Farmhouse (1850): 21 College Hill Road

The only surviving Greek revival farmhouse in West Somerville.

Monarch Cocoa and Tea: 354 Medford Street



This was once the warehouse for Reid, Murdoch & Co.'s storage and distribution of Monarch products.

Somerville Vinegar Companies

Trainloads of apples came from all over the Northeast, and with apples come cider. Amos Haynes had the largest cider and vinegar company in the Northeast, on Washington Street. Another vinegar company was founded in 1865 by Michael Durant who sold it to Arthur Rowse in 1869, to become the Standard Vinegar Company.



Thank you for participating in this Bike Ride!

Brochure Credits: Veronica Foster & Brandon Wilson (SHPC); Route Map and Cue Sheet: Ron Newman & Tegin Teich (SBC), Groundwork Somerville, Chris Mancini, Director, and Laurie Calvert. The Somerville Police Dept. for enthusiastically escorting us.

A full map and turn-by-turn cue sheet are printed on a separate sheet.

Food, Flowers, and Farming:

All Flourishing Anew in Somerville



(rain date)



Sponsored by the Somerville Bicycle Committee (SBC) and the Somerville Historic Preservation Commission (SHPC).

More information, visit www.somervillebikes.org
www.somervillema.gov/historicpreservation
www.groundworksomerville.org

Joseph A. Curtatone, Mayor

Welcome to our 14th Annual Historic Bike Ride!

This year the theme grows out of all of the "greening" initiatives sprouting up throughout Somerville over the past decade. The City, in partnership with many local organizations, government agencies, vendors, and individuals, has worked hard to transform a predominantly paved, auto-centric, and built-up environment to a much greener landscape. The City is also bursting with newly planted flowering trees and springtime bulbs, farmers markets in multiple neighborhoods, and a wholesome mix of vegetables, fruits, and even bees and chickens in countless backyards -- making us a notable addition to the 'Farm to Food' movement occurring nation-wide.

Somerville has become widely known for many innovative programs and policies that have helped fertilize this transformation, beginning with the 'Shape Up Somerville' campaign launched in 2002, the precursor for Michelle Obama's 'Let's Move' nation-wide campaign. Since then, 2000 new trees will have been planted from 2011 to fall 2015; 12,250 perennial flowers are blooming through the Bulb Blitz program started in the fall of 2011; and in 2012 Somerville passed the first Urban Agriculture Ordinance in the Commonwealth, establishing formal guidelines for urban farming and gardening in our community. New zoning discourages driveway paving and increases landscaping requirements, miles of bike lanes have been added to our streets, the Hubway Bike Program is in its 3rd year, mobile farm trucks visit numerous sites, and residents adopted the Community Preservation Act (CPA) in 2012, providing significant new funding to expand open space and recreational amenities.

This Bike Ride will take us from East to West, stopping periodically to learn how our community is becoming greener and fresher, and therefore a healthier place to live, work, and grow a family, in whatever shape that may take. Our brochure offers a mere taste of the overall theme, with the hope we have whet your appetite to explore more widely on your own. Somerville continues to move progressively forward, and you are a part of making it happen. Cycle ONWARD!

START: CENTRAL HILL

City Hall (1852)

City Hall first served as the community's high school until town offices were relocated from Union Square to the 2nd floor in 1867. Somerville incorporated as a City in 1872 and various additions were made in 1896 and 1902. A more substantial enlargement in 1923-24 led to its present configuration. The front entry now proudly hosts its own container "demonstration" garden tended by City employees learning about urban agriculture and sharing information about healthy food. Somerville's "ABC's of Urban Agriculture" is a helpful guide that outlines best emerging practices and requirements for pursuing such urban agricultural initiatives in the City as yard farms, roof gardens, and greenhouses incorporating aquaponics and hydroponic farming. www.somervillema.gov/sites/SomervillesABCsOfUrbanAg

Somerville Community Growing Center (1994)

The SGC sits on the site of the former Bell School, a 12-room elementary school, designed by Sheperd S. Woodcock. It was



completed in 1874 and named after Luther Vose Bell, a distinguished physician who was also the first chair of the Somerville School Board, formed in 1843, and a superintendent of the McLean Asylum.

The SGC was designed and built in 1994-1995 through the efforts of several small City bodies, known as the Somerville Pride Committee, headed by then Planning Director

Brandon Wilson. Recently celebrating its 20th anniversary, the Center provides a hands-on educational environment for local youth to learn about the natural world, science, community service, and cultural issues. It is also a unique community garden space for both environmental education programming and cultural performances. Maintained by volunteers skillfully coordinated by co-founder Lisa Brukilacchio, the Center is a model for collaboration between city government and local nonprofit and community agencies.

Fresh Varieties from the Tomato King's Backyard

Carmello Arria, a resident in his late 80's, is known as "The Tomato King." Born in Sicily, he brought his passion for tomatoes back to Somerville where he grows about 135 tomato plants and sells them seasonally from his backyard near the bottom of Putnam St.

Quincy St. Open Space (2012)

Completed in December 2012, the Quincy Street Open Space was originally created as an urban wild in 1989 under the auspices of the Somerville Conservation Commission. In 2012 it was renovated to create a sustainable woodland landscape that would expand the tree canopy and provide locals with a sanctuary and open space.



UNION SQUARE/SPRING HILL

Milk Row from Porter to Union Square

Somerville Avenue once known as Milk Row in the Colonial Period due to the number of farmers using it as a route to transport their dairy products from Menotomy [Arlington], Newtowne [Cambridge] and other outlying towns to the wharfs in what is now Union Square and Charlestown. Spring Hill overall used to be home to many dairy farm sites of early Charlestown residents.

Somerville Garden Club (1994)

Milk Row Cemetery is just one of the public spaces maintained by the Somerville Garden Club! They have monthly meetings and newsletters and also do garden tours.

Bantam Cider Company (~2013)

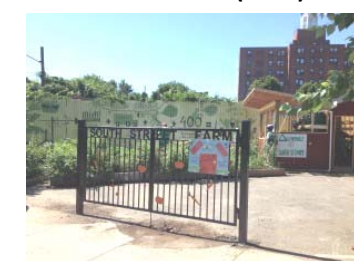
The mission of this relatively new company is to be part of a creative process that changes the way people experience cider, and to play an active role in the community. The idea came from a family tradition of winemaking that inspired the company to do something special. The cider is made from local fruit and ingredients and is produced at 40 Merriam Street in Somerville. www.bantamcider.com

Kitchen Inc. (2010)

This organization helps culinary entrepreneurs launch their businesses by providing assistance with applications for public health permits, reviewing business plans, and acts a mentoring resource. It is useful tool to keep Somerville quickly growing and innovating within the food industry. www.kitcheninc.net

BOYNTON YARDS

South Street Farm (2013)



Originally commissioned in 2010 as Somerville's first urban farm, South Street Farm was expanded in 2014. It is managed by Groundwork Somerville's Green Team -- a program to employ local youth and to develop their leadership skills. Farm produce is sold at the Somerville Mobile Farmers' Market. The South Street Farm is an important part of the movement towards sustainability and revitalization of urban agriculture in Somerville.

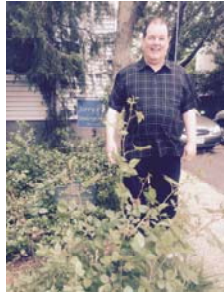
Taza Chocolate Factory (2006)

The vision for this business originated in 2005 during the owners' travels in Mexico. The actual factory opened in 2006, to create stone ground, organic chocolate from cacao beans found in the Dominican Republic, Bolivia and Belize acquired using direct fair trade methods. They have since become known for creatively combining their chocolate with local partners to concoct new flavors and recipes. The company takes great pride in its fair trade practices and environmentally sustainable product. They are located within a former meatpacking plant in Boynton Yards that also hosts other creative industries, including another chocolatier, EHChocolate. www.tazachocolate.com

The Somerville Brewing Co. Brewery and Taproom (2015)

This company, better known as Slumbrew, was founded in Somerville, with brewing and bottling operations taking place in Ipswich. It produces an artisanal craft beer which is now available at a new small brewery and tap room at 15 Ward St. www.slumbrew.com

EAST SOMERVILLE



Jerry's Garden Hair Salon (~1995)

Jerry Lauretano has run a few hair salons in the Boston area, including his first location in Harvard Square. For the past decade, he has created a quirky gem in East Somerville at 19 Tufts Street which may be the first certified wildlife habitat in the City, as well as the only place you can enjoy cardinals and blue jays while getting your hair cut!

Another certified wildlife habitat and sanctuary is fully appreciated at the VNA Senior Living Community at 259 Lowell St.

Tower Root Beer (1914)

The recipe origins began at 153 Cross St, a house at the base of Prospect Hill. Once the bottling operations exceeded the space, the offices moved eastward to a church at 52 Tufts St (see photo). The company now offers 3 soda flavors and is located in Arlington.



Somerville School Yard Gardens – Capuano School

The Somerville Farm-to-School Project and Groundwork Somerville co-manage the Somerville Schoolyard Gardens. The school-year curriculum integrates age-appropriate science, math, chemistry, biology and social studies skills in the classroom, allowing the students to explore and learn about agriculture and healthy eating. It is a "laboratory" for students to test and implement what they have learned, and the program relies on parent and community participation, including Guy Amara, known as the "Somerville Tomato Guy." Now in his early 90s, he grows hundreds of seedlings every spring for the gardening programs in the public schools.



Somerville Innovation Farm, Hydroponics (2014)

Finding space and fertile soil to grow food in a densely populated and impervious, urban environment is difficult. Somerville has partnered with Groundwork Somerville, the Somerville Public Schools, Shape Up Somerville and the Science Technology Engineering Mathematics (STEM) Garden Institute to construct a hydroponics



farm at the Ederly School which incorporates technology and a streamlined environmental approach to solve the soil, physical space and growing season challenges unique to the Northeast.

Chuckie Harris Park (2013)



Once a multi-garage site, this new park has many fun and innovative features for children. It also includes 70+ trees to add shade and improve air quality, 7 community garden plots, a multi-use area with a bocce court, and rain gardens to slow down and filter storm water.

La Brasa Market: 124-130 Broadway (2014)

A small market attached to La Brasa restaurant features fresh produce, cheese, and other local items. Stop in for coffee, groceries for dinner, or to pick up your CSA farm share box. The Historic Preservation Commission awarded a 2015 Director's Award to the owners for bringing back historic details on the building facade. www.labrasasomerville.com



ASSEMBLY SQUARE



Assembly Square was named for the former Ford Motor assembly plant located at Foley St. The revamped area is now a mix of uses, including a modern retail center, a new Orange Line T station and a bike path for greater public access without cars. The site also has greatly enhanced landscaping and gathering space in the renovated Baxter Park along the Mystic River. A new Community Garden program is being launched with Green City Growers, incorporating a monthly community day with urban gardening education, and locally grown produce for restaurants.

American Fresh Brewhouse (2014)



The first official location for the Slumbrew line, this beer garden takes down its tent in the summertime for a café type experience. It is family friendly, providing patrons with live music, board games, and a small retail shop of local products such as TAZA chocolate and

Marshmallow Fluff, both popular goods starting in Somerville. www.slumbrew.com

Blessing-of-the-Bay Boathouse Trail (2009)

The Mystic River watershed has a growing network of trails that provide opportunities for recreation, bird watching and bicycling

in a green urban setting. The riverfront paths at the boathouse connect open spaces within several cities along the Lower Mystic River, and benefit from seasonal flower gardens.

POWDER HOUSE SQUARE

Powder House (1704)

Built as a windmill for milling grain from area farmers, it became a repository for the local militia's gun powder in 1874. When British troops seized the barrels stored there (Raid of Sept. 1, 1774) it was considered a catalyst for the start of the American Revolution. In 1892 relatives of the Tufts family (founders of Tufts College) donated land around the Powder House to the City to create Nathan Tufts Park.



The City has won State awards for its significant restoration work on both the Powder House (2001) and Park (2003-05) which are listed in the National Register of Historic Places (1975). Replicas of historic objects scattered about the park represent its former uses, and are a teaching tool for local history. Find the brochure on site and at www.somervillema.gov/historicpreservation

George Emerson's Pickle Factory (1874-1892)

In the 1870s, a pickle and condiment manufacturer named George Emerson began making pickles. He housed his business in a large shed that he moved inside the powder house itself. With two-foot thick stone walls, it was well insulated, making it a perfect place for storing Emerson's "Old Powder House Brand" of pickles.



TEELE SQUARE

Community Garden Program (1980's) & Tufts Garden (2009)

The Somerville Conservation Commission initiated and oversees the City's Community Garden program. It helps establish new gardens, hires a city-wide garden coordinator and establishes policies for the gardens. Started decades ago and always with a waiting list, 6 plots are currently City-owned, 1 by the MBTA, and 2 privately, such as the Tufts Garden. Gardeners are charged a small yearly fee for a plot of land and water to plant their own garden. This Tufts community garden was planted in 2009, after



being relocated twice due to new dorm construction, but has origins to the days of victory gardens that aided the WWII effort. Photo shows Leonard Carmichael, Tufts alum '21 and former President, tending his war garden plot with his daughter in 1943.

www.somervillema.gov/departments/concom/gardens

DAVIS SQUARE

Dave's Fresh Pasta (1997)

Starting simply as a place to find really fresh pasta of all types, Dave's has greatly expanded, becoming a specialty shop with a wide variety of fresh produce, prepared foods, wines, cheeses, deli sandwiches, and of course fresh pasta. It also offers locally sourced goods, foodie events, outdoor seating, and pasta-making classes. www.davesfreshpasta.com

Somerville Mobile Farmers' Market: 167 Holland Street (2011)

The Somerville Mobile Farmers' Market outside the Senior Center is a partnership between Shape Up Somerville and Groundwork Somerville, to offer healthier food options to all segments of the community. The market stocks leafy greens, root vegetables and fruit items, sometimes unique to specific cultures of Somerville. During the growing season, Groundwork Somerville sells their fresh produce, supplemented by items from Enterprise Farm.

McKinnon's Meat Market (1965)

Known especially for its quality meat, this small independently owned market carries a diversity of fresh produce, fish and other staples at very affordable prices. Long-time owner and president Jimmy Kontos now shares this role with Clemente Palmariello, a long-standing employee, to minimize their very long hours, 7 days/week. They are proud to celebrate the store's 50th anniversary this year, still drawing patrons from as far as NH.

Posto Restaurant (2009)

This restaurant sits on the former site of Steve's Ice Cream Parlor begun in 1973 and featuring homemade ice cream with many possible items to custom "mix-in" -- a totally novel concept at the time. Very nearby, where Subway now sits, was another Somerville first called Bertucci's, a brick oven pizza chain first founded in 1981. This site even featured a bocce court alongside tables on the lower level. Posto continues to use fresh produce from local farmers to create their Italian classics.



"INNOVATION ROW"



Forge Baking Company (2014)



Forge is just outside "Innovation Row" which centers on the Ames Business Park along Tyler Street. The owners behind Diesel Café in Davis and Bloc 11 in Union Square envisioned this bakery to stock their other cafes and spark more excitement on

Somerville Ave. They strive to use locally sourced and organic ingredients to create high quality pastries, breads, salads, and sandwiches. www.forgebakingco.com