Land Use History
Sweetgrass Farm was originally owned by the Carroll family, who settled the land in the early 1800s. Five generations of Carrolls made this land their home, as they raised various livestock, vegetables, apples, hay, timber, and dairy cows over the years. The oldest surviving structures include the ell, circa 1822, which connects the main house (1850) and large barn (1889). Having been broken into parcels, the farm now comprises 70 acres of woods and fields with frontage along the Medomak.

In 2005, Keith and Constance Bodine purchased the farm to start Sweetgrass Farm Winery & Distillery with the goal of preserving working farmland and open space. Sweetgrass became Maine’s first winery/distillery and today produces a wide variety of wines and highly acclaimed spirits using thousands of pounds of locally grown fruits including heirloom apples planted by the Carroll family.

MVLT was asked to help complete a trail that connects people to the river, their local landscape, and fosters an appreciation of the land and an active interest in protecting it. The Carroll Farm Trail is a welcome addition to the MVLT trail network as it provides access to the Medomak River in the northern part of our watershed.

Ecology
Sweetgrass Farm occupies a unique position, nestled between the eastern bank of the Medomak River and the ridge that forms the watershed divide with the St. George River. This gives the property an interesting variety of habitats as it transitions from working farmland, to hardwoods and mixed conifers, down to a wide grassy intervale along the Medomak.

The intervale, an old New England term, encompasses the low lying land along a river. Many of Maine’s historic towns are found on the intervale because rivers were once the primary mode of transportation, greatly restricting the location of settlements.

Much of Sweetgrass Farm is now managed for wildlife. The intervale along the Medomak is only hayed in the fall to provide habitat for abundant wildlife. A large stand of hardwoods close to the farm is disturbed only for spring sugar tapping, and the rest of the forest is currently regenerating after a 1995 timber harvest.

About Medomak Valley Land Trust
Medomak Valley Land Trust (MVLT) is a nonprofit organization dedicated to the permanent protection of local land for the benefit of the public and future generations. We work with landowners who voluntarily choose to protect their land through conservation easements or by deeding land to the Land Trust. MVLT also purchases land to hold as preserves when funding is available. The Land Trust provides careful stewardship to protected lands to ensure that conservation objectives are being met.

Yes, I’d like to support conservation in the Medomak River Watershed.
Enclosed please find my gift of:
□ Member . . . $25  □ Sustainer . $250
□ Family . . . . $35  □ Sponsor . . $500
□ Contributor . $50  □ Partner . . . $1,000 +
□ Supporter . . $100  □ Other . . . $____
Name:______________________________
Mailing Address: _____________________
___________________________________
___________________________________
Phone: _____________________________
Email Address:_______________________
Please contact me regarding:
□ Volunteer opportunities
□ Options for conserving my land

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Welcome to the Carroll Farm Trail at Sweetgrass Farm Winery

The Carroll Farm Trail is located on a 70-acre parcel known as Sweetgrass Farm Winery and Distillery. The farm is owned by Keith and Constance Bodine, and is open to the public year-round for low-impact recreation. Since this is a working farm they ask that dogs remain leashed around farm animals. Hiking, skiing, and snowshoeing are all encouraged. Canoeing and kayaking is also possible along this stretch of the Medomak River and a put-in spot can be accessed from the trail. If you bring a lunch along there is also a lovely picnic area under large open trees in the middle of the property.

Trails
There are a series of interconnected trails and forest roads that run through the Sweetgrass Farm.

Directions
From Route One, Waldoboro: Heading north on Route One take a left onto Route 220 north and follow it for approximately ten miles. Take a right on Calderwood Rd, just after crossing Route 17. Continue for two miles and take a right on Old Union Rd, followed quickly by a left onto Carroll Rd. Parking can be found at Sweetgrass Farm Winery, or on the northern side of Carroll Rd just after crossing the Medomak River.