



Kathryn A. Toomey  
Register of Deeds

In late June I was traveling along Route 90 on the Masspike and saw the sign for the Last Green Valley. I was headed on my annual pilgrimage to Tanglewood. If you have never been, Tanglewood is an amazing place; it is the summer residence of the Boston Symphony Orchestra. As we proceeded in the sluggish Friday traffic I was thinking about the beautiful vistas I would see in Lenox, MA and then I saw the sign. My thoughts swirled to more local spots. We have stunning vistas in our own county. Initially, I began travelling the county for parks and hikes as my respite from Covid. My husband and I would get in the car and drive to outdoor adventures. Thankfully we have continued our tour now that Covid is in the rear-view window. The landscape of central Massachusetts is truly a happy place for me, I enjoy sharing my escapades. Two of my favorites include summer walks in Sturbridge, at the Leadmine Trails

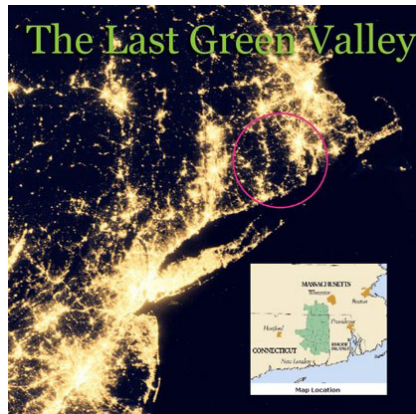
# Worcester Registry of Deeds

## Newsletter

August 2023 ~ Issue #24 ~ The Last Green Valley

### What's Inside?

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- ★ **Word Search - Food and Nutrition** (p. 3)
- ★ **Recipe: Grilled Flank Steak and Vegetables** (p.4)



(<http://www.sturbridgerails.org/leadmine-mountain.html>) and in the winter, I go XC Skiing in North Oxford at the Hodges Dam (<https://www.alltrails.com/trail/us/massachusetts/hodges-dam-east-loop>). Enjoy our slice of the Last Green Valley.

The Last Green Valley is two things: it is the 35-town National Heritage Corridor in eastern Connecticut and south-central Massachusetts, and a non-profit stewardship organization working in the National Heritage Corridor. The goal is to care

for it, enjoy it, and pass it on to the next generation. At night, the region appears distinctively dark amid the urban and suburban glow when viewed from above from the air. In the daytime,

*Valley continued on page 2*



### Community Statistics

Worcester South District

10,907

Number of Recordings in May 2023

\$315K

Median Home Value

65.9%

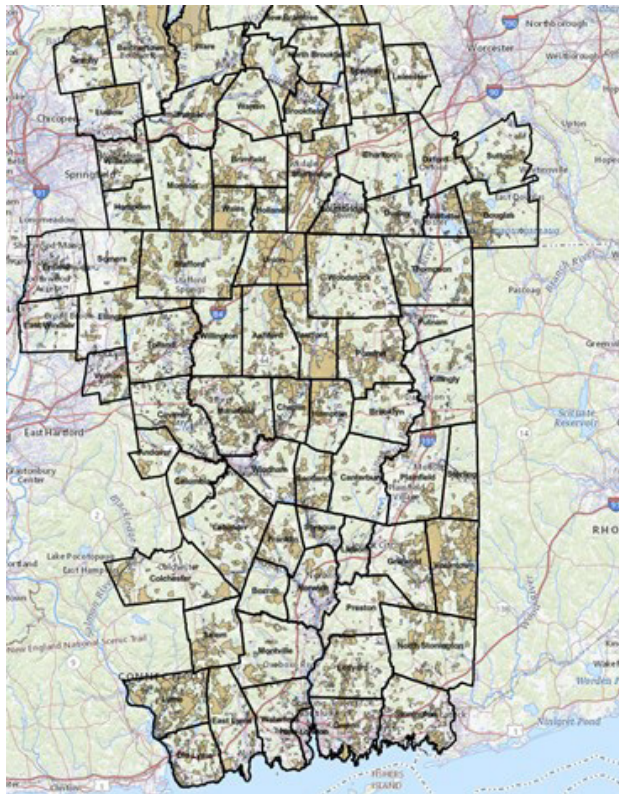
Homes Owned vs. Rented

349,131

Total Housing Units

231

Density (Houses per Square Mile)



# Spotlight

## The Last Green Valley

the green fields and forests confirm the surprisingly rural character of the 1,100 square-mile area. The Last Green Valley is half the size of Grand Canyon National Park and more than ten times that of Acadia, the largest national park in the northeast. Forest and farmland constitutes 84% of its almost 707,000 acres. This relatively undeveloped rural island in the midst of the most urbanized region in the nation makes it a resource of local, regional, and national importance. Congress designated this region as The Last Green Valley National Heritage Corridor, recognizing the region as a unique national resource. Congress included 35 towns, 26 in Connecticut and 9 in Massachusetts. The

Massachusetts communities includes:

Brimfield, Charlton, Duley, E. Brookfield, Holland, Oxford, Southbridge, Sturbridge, and Webster.

The Connecticut municipalities are: Ashford, Brooklyn, Canterbury, Chaplin, Coventry, Eastford, Franklin, Griswold, Hampton, Killingly, Lebanon, Lisbon, Mansfield, Norwich, Plainfield, Pomfret, Preston, Putnam, Scotland, Sprague, Sterling, Thompson, Union, Voluntown, Windham, and Woodstock.

Brimfield (1731) Is nationally known for its huge annual antiques show, held 3 times a year; you can also enjoy award-winning, locally made wines, ciders and beers or outdoor adventures

in Brimfield State Forest. Hiking, fishing, hunting and snowmobile riding or paddling across East Brimfield Lake, part of the Quinebaug River National Recreation Water Trail are popular activities.

Charlton (1755) Visit the U.S. Army Corps of Engineers' Buffumville Lake for year-round fun and acre Capen Hill Nature Sanctuary with

trails and Visitor Center with live animal exhibits. Scenic views abound from Charlton's hilltops and July means a blueberry festival in town.

Dudley (1731) History and hiking are easy to find here. The Black Tavern hosts programs year-round, and The Dudley Conservation Land Trust has conserved almost 350 acres and has miles of trails to explore. You'll also



find plenty to do at the Pearle L. Crawford Library, a state-of-the-art facility where you will be greeted by friendly faces and tons of programs for all ages. Don't miss the annual strawberry festival.

East Brookfield (1920) The northernmost town in The Last Green Valley and the youngest town in the Commonwealth, East Brookfield is known as the "baby town of the Commonwealth." Home to baseball legend Connie Mack, the center of town hugs beautiful Lake Lashaway. You'll find plenty of fresh air in East Brookfield.

Holland (1783) If you love the water, Holland is for you. Lake Siog has it all in every season swimming, scuba diving, paddling and fishing (on the ice too) beckons you. There is also a competitive water ski team, a vibrant community center and trails for miles of hikes, runs, bikes and snowshoeing.

Oxford (1713) History and the outdoors are abundant in Oxford. A Firefighter's Museum, an abandoned Huguenot Fort and the Clara Barton Birthplace Museum entice explorers with a historical interest. Enjoy the outdoors as the Mid State Trail passes through town and the U.S. Army Corps of Engineers' Hodges Village Dam offers paddling, hiking and much more.

Southbridge (1816) One of the "cities" of The Last Green Valley, Southbridge's industrial revolution past is alive in its architecture and museums. Learn how Southbridge became "The Eye of the Commonwealth" at the Optical Heritage Museum, dine in the downtown restaurants, hit the trails or paddle the Quinebaug River all within easy reach of the heart of downtown. You'll find a stop on The Last Green Valley letterboxing trail here too.

*Valley continued on page 4*



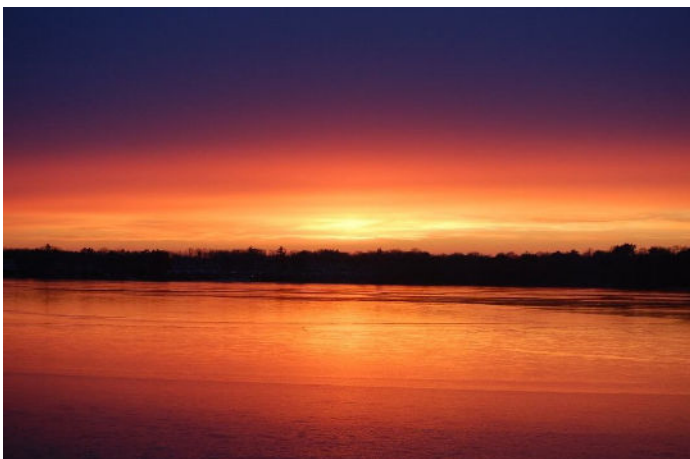
Old Sturbridge Village

## Word Search

### Food and Nutrition

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| G | F | Z | Y | A | D | A | E | V | I | F | C | H | E | E | S | E |
| A | E | S | E | L | P | P | A | O | V | T | A | F | X | O | B | S |
| N | G | C | D | A | E | R | B | N | E | K | C | I | H | C | G | E |
| J | G | L | J | N | H | B | O | H | N | I | E | T | O | R | P | T |
| C | S | F | Z | D | X | X | C | O | P | Q | D | F | O | G | E | A |
| B | A | N | A | N | A | S | L | R | J | K | R | W | E | W | E | R |
| L | U | K | A | K | E | D | D | C | A | L | C | I | U | M | D |   |
| F | T | D | B | J | M | P | S | T | N | E | I | R | T | U | N | Y |
| S | E | V | V | S | H | N | A | J | F | R | R | B | E | L | H | H |
| N | S | G | I | D | C | A | I | S | L | M | E | S | H | T | S | O |
| I | H | L | D | A | I | R | Y | R | T | W | H | L | C | F | I | B |
| M | D | U | A | Q | L | J | B | V | E | A | T | A | Z | B | F | R |
| A | R | T | H | E | H | Z | D | Y | O | G | U | R | T | X | G | A |
| T | D | E | U | H | R | S | E | L | B | A | T | E | G | E | V | C |
| I | O | N | A | K | L | E | R | A | G | U | S | N | S | L | E | K |
| V | O | E | Q | Q | A | X | C | N | U | T | R | I | T | I | O | N |
| Z | F | L | X | J | Q | E | R | T | F | T | E | M | P | L | V | E |

|               |          |          |            |
|---------------|----------|----------|------------|
| CHEESE        | YOGURT   | CEREALS  | MELON      |
| FISH          | PASTA    | RICE     | BREAD      |
| BANANAS       | APPLES   | CHICKEN  | EGGS       |
| GLUTEN        | CALCIUM  | DAIRY    | FIVE A DAY |
| VEGETABLES    | MINERALS | VITAMINS | PROTEIN    |
| CARBOHYDRATES | SUGAR    | FAT      | NUTRIENTS  |
| NUTRITION     | FOOD     |          |            |



Lake Chargoggagoggmanchaugg-agoggchaubunagungamaugg

# Recipe: Grilled Flank Steak & Vegetables

## Ingredients:

- 1 ½ pounds flank steak
- 1 ½ teaspoons smoked paprika
- 2 cloves garlic, minced
- Kosher salt and freshly ground black pepper, to taste
- 3 tablespoons canola oil, divided
- 3 ears corn, shucked
- 2 large zucchini, halved lengthwise

## FOR THE OLIVE OIL MIXTURE

- 3 tablespoons olive oil
- 1 ½ tablespoons chopped fresh rosemary
- 1 tablespoon red wine vinegar
- 2 cloves garlic, minced



## Instructions:

- In a small bowl, whisk together olive oil, rosemary, red wine vinegar and garlic; season with salt and pepper, to taste. Set aside. Season flank steak with paprika and garlic, rubbing in thoroughly on all sides; season with salt and pepper, to taste. Brush with 1 tablespoon canola oil.
- Preheat grill to medium high heat.
- Brush corn, zucchini and tomatoes with remaining 2 tablespoons canola oil; season with salt and pepper, to taste.
- Add flank steak to grill, and cook, flipping once, until desired doneness, about 4-6 minutes per side. Let rest 5 minutes.
- Add vegetables to grill, and cook, turning occasionally, until vegetables are lightly charred all over and tender, about 8 minutes for corn, 5 minutes for zucchini and 2 minutes for tomatoes. ENJOY!

*Valley continued from page 3*

Sturbridge (1738) History and nature come together in Sturbridge. Old Sturbridge Village brings history to life and an active trail system keeps you moving so you can enjoy all the wonderful

dining options guilt free.

You'll also find luxury lodging, camping and more for a trip to remember.

Webster (1832) Home to Lake Chagogoggagogmanchau ggagoggchaubunagunga

maugg, the largest natural lake in southern New England (1,442 acres), Webster welcomes boaters, fishermen and bald eagles. The French River flows through town and there is an

active hunting and fishing community. It's also home of the new Samuel Slater Experience, a local book store, a stop on The Last Green Valley letterboxing trail and so much more!