



ADIRONDACK HARVEST

# Harvest News

Volume 1, Issue 4

November 2005

## Adirondack Harvest – The Restaurant Perspective.

By Kevin McCarthy, Executive Chef at The Point Resort  
Reprinted from the Valley News

What's better than building a menu around ingredients chosen from your local farmers market? How about the Adirondack Harvest, which is basically the farmers market, on a broader stage that is delivered directly to your kitchen door.

The benefits of using local ingredients are numerous. The flavor and quality are tremendously superior to those of an outside product. If you were to take any vegetable, picked fresh that day and compare it with something that was picked 1-2 weeks before in a different state (and sometimes from a different country), the flavor difference is phenomenal.

Adirondack Harvest has brought together a number of local farms and their products, giving local restaurants a variety of ingredients that far surpasses what was ever available in the past. They have also created a delivery pool that offers easy, one-stop ordering and delivery for chefs and a convenient, reliable market for farmers. From the kitchen perspective, a forum has been created to facilitate networking and to find unique locally produced products, and to provide a market for them via our restaurants.

Above and beyond the benefit of access to quality ingredients is the experience that can be created for diners in our restaurants. It is exciting to list all of the local farms on a menu, to discuss the products with the guests and ultimately paint a picture for them about where their meal originated.

The Adirondack Harvest has given my restaurant an opportunity to support the farming community, an opportunity that goes far beyond

just buying locally. They have given my kitchen a chance to communicate with local farms, develop a relationship with these farms and build a priceless friendship that is needed in order to strengthen future possibilities. I am a firm believer in buying local, and will always keep my business local whenever possible.

It is a privilege to have so much locally grown and produced product at my doorstep, a privilege to know the farmers that produce these products, and a privilege to be part of a community of people who have the same enthusiasm about food as I do.

Support your local farm – **BUY LOCAL!**



## Looking for the Perfect Christmas Gift?

How about giving everyone on your list an Adirondack Harvest Cookbook? The cookbook features 60 local recipes, as well as useful information about buying and cooking with local products. You can create a truly original, personal gift basket filled with local products, including the cookbook, perhaps a balsam pillow, a jar of maple syrup, and local crafts. A unique gift straight from the Adirondacks.

Books are \$12.95, or just \$9.95 if you buy 3. They are available at many local retailers, Cooperative Extension offices or contact Susie.

# Membership Renewal Time

It is time to renew your Annual Membership in Adirondack Harvest. Our membership year runs from January to December. The benefits of membership include approved use of the Adirondack Harvest logo and other promotional materials, educational opportunities such as mentoring programs, and quarterly issues of *Harvest News*.

We have three categories of membership:

- Members: Farmers, Producers and Processors. \$15/year
- Supporters: Restaurants and Retailers. \$25/year
- Friends: Red Ribbon \$25/year; Blue Ribbon \$50/year includes an Adirondack Harvest apron

Your membership is important, most of the funding for Adirondack Harvest is provided by the Essex County Board of Supervisors. Your

continuing support lets them know that Adirondack Harvest is important to you. Please complete the form at the end of this newsletter and mail it to PO Box 727, Elizabethtown, NY 12932. Farmers should include the Farmer Survey Form if you any changes to your listing on the Adirondack Harvest website. Stores and restaurants should download their respective Store and Restaurant Survey Forms from the website or request a paper copy from Susie Becker, and return with your dues. The website will include a promotional blurb on your business, so get that data sheet to us pronto. Thank you.



## Update on Southern Region of Adirondack Harvest

by Elizabeth Mangle

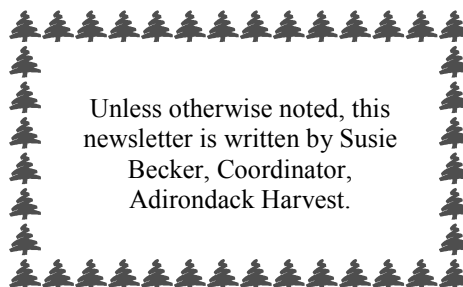
The Southern Region met in September at the Oak Mountain Farmers and Crafters Market, Speculator, to discuss future projects in our region. Amy Germain hosted the meeting and spoke to the group on how she developed and organized this very successful and expanding market. A representative from the Black River - St. Lawrence Resource Conservation & Development Council (RC&D) attended to help us promote Adirondack Harvest in the western part of the park. Susie Becker came to share what the Essex County Adirondack Harvest has accomplished to this point and update us on some of their upcoming projects.

It was a successful meeting and it was decided that there was a need to assist the development of community farmers markets in our region.

The Speculator Farmers' Market has been very successful and well received in the community.

We will be looking into funding options to help with this effort.

We want to thank Tom Both for his presentation to the Mid-Atlantic Association of Resource Conservation & Development Councils in West Point. Tom's presentation on Adirondack Harvest was greatly received and many other RC&D Councils in the Mid-Atlantic states were impressed with the concept. He has since been invited to speak about Adirondack Harvest at the Northern Vermont RC&D Council's annual meeting in Montpelier.


 Unless otherwise noted, this newsletter is written by Susie Becker, Coordinator, Adirondack Harvest.

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## Raffle Winner!

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This summer Adirondack Harvest received a generous offer from The Point Resort. Kevin McCarthy, Executive Chef at The Point would come to some lucky winner's home and prepare a gourmet dinner for six. The happy winner is Carole Anne Slatkin, of Essex, New York. Ms. Slatkin is a long time supporter of our local farmers, and she and Kevin are happily planning a menu featuring as much local food as possible.

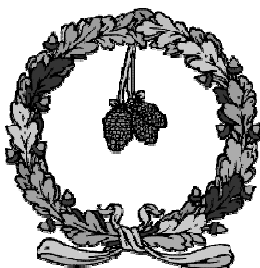
Adirondack Harvest is very grateful to Mr. McCarthy and The Point Resort for the generous donation of Kevin's time and the local food for this evening, and thanks to everyone who bought a raffle ticket. The money we raised will be used to continue our work connecting farmers and chefs throughout the Region.

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## Fall Crops Wanted

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At our last Adirondack Harvest meeting, Ken Ohlinger of the Lake Placid Lodge, told us "We are looking for brussel sprouts, kale, beets, turnips, salsify, celeriac, gourmet potatoes, winter greens, and baby carrots. We are done buying tomatoes and have moved to items that are in season now" . You may want to plant some additional fall crops in 2006.




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## Recipe Taste-Off Winners Announced

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This fall's round of Recipe Taste-Offs were bigger and better than ever. The competition at the three Essex County Farmers' Markets was fierce, and the entries were all delicious. The judges, (shoppers and farmers selected at random at each market), had quite a task deciding on winners. The entries were judged by taste, overall presentation and (of course) number of local products used. The winners received prizes donated by local businesses in each town.

The winners are:

### Keene Market:

- 1<sup>st</sup>: Charity Marlott, Keene, Ratatouille
- 2<sup>nd</sup>: Terry Putrunyak, Plattsburgh, Garlic Potato Salad
- 3<sup>rd</sup>: Chris McCauliffe, Willsboro, Four Bean Salad

### Lake Placid Market

- 1<sup>st</sup>: Mary Beth Kikel, Lake Placid, Wild Berry Buckle
- 2<sup>nd</sup>: Tammy Loewy, Lake Placid, Goddess Stew
- 3<sup>rd</sup>: Wynde Kate Keogh, Lake Placid, Market Pizza

### Elizabethtown Market

- 1<sup>st</sup>: Marjorie Swift, Wilmington, Tabouille
- 2<sup>nd</sup>: Carol Eve Moon, Keene, Spinach Madeline
- 3<sup>rd</sup>: Laurie Davis, Willsboro, Carrot Soup

You will be able to find all of the recipes in the Adirondack Harvest Cookbook Supplement being produced this winter.

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## Call For Recipes!

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We are in the process of compiling a supplement for the Adirondack Harvest Cookbook. The book, which is sold in a three ring binder has plenty of room for lots more wonderful recipes. If you have a favorite original recipe that uses local foods, won't you consider sharing it? You can mail it to Adirondack Harvest, PO Box 727, Elizabethtown, NY 12932 or email it to [susie@adirondackharvest.com](mailto:susie@adirondackharvest.com).

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## Winterfest Carnival in Central Park

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Adirondack farmers have been invited to join ORDA in New York City for a Winterfest Carnival in Central Park on Saturday and Sunday, February 4 and 5, 2006 .

We are taking two vans, so hope we can fit everyone who wants to go, and the products, in. First come first serve though.

The vans will be parked in a heated garage but we will be set up under a cold tent. We will set up deliveries in the early morning.

Items need to have been at least partially harvested from the Adirondacks, but do not have to be food.

For more information or to sign up, contact Anita Deming at 962-4810.




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## Web Map and Database Updates

By Beth Spagh

Is your farm, store, or restaurant in our searchable online database and/or map?

We are updating both the map and database. If you wish to be listed in either, please go to the Adirondack Harvest website, [adirondackharvest.com](http://adirondackharvest.com), then to the "Member Resources" and "Become a Member". Download the appropriate membership survey form and send it in to Susie.

We are temporarily removing the restaurants and stores. The new database information sheet asks for a description that will attract consumers to your establishment. Restaurants and stores must also demonstrate your commitment to purchasing from local producers.

Questions? Call Susie.

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## Thanks to our Friends

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Adirondack Harvest is truly fortunate to have loyal friends. Throughout the year local businesses and individuals give generously of their time and energy. But, in the fall, when we are planning the Annual Harvest Festival, we really appreciate our champions.

We would like to thank the Essex County-Lake Placid Visitor's Bureau for their tireless efforts in promoting Adirondack Harvest, and their cheerful and enthusiastic support in everything from posters and press releases to pitching in to help serve the Harvest Dinner. Without their energy and expertise, the Festival would not have been nearly the success it was. Thank you Carol, Kim, Pam, Sandra and Kathy.

Adirondack Harvest extends a very special Thank You to Alana Both for her creative and moral support throughout the year, but especially at Festival time.

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## North Country Growers and Restaurateurs Showcase Their Products in the Nation's Capital

By Bernadette Logozar

On September 20<sup>th</sup>, 2005 I had the opportunity to represent our area at Senator Clinton's New York Farm Day in the elegant Senate Russell Caucus Room at the crest of Capitol Hill in Washington, D.C.

Michele Ledoux and Roxanne Hurlbut from Lewis County and I had worked hard to gather a number of products to represent the diversity of agriculture in NNY. We wanted to be able to showcase all that the North Country has to offer. Many of the products I had from Essex, Clinton and Franklin Counties were provided by Adirondack Harvest farmers and producers.

Thank you. It was a great showing.

# Adirondack Delivery Pool

## A Synergistic Success Story

By Rob McDowell

The Adirondack Delivery Pool, a producer to chef program, concluded its pilot season September 16<sup>th</sup>, delivering fresh high quality local produce and artisanal food products directly to discerning area retailers and restaurants. Through the vision of a group of local farmers, a baker, and a cheesemaker, with the able coordination of Susie Becker and the board of Adirondack Harvest, and the support of Essex County Cornell Cooperative Extension and the Essex County Legislature, the program began delivering greenhouse-produced greens, eggs, cheese, and bread last March. The program was enthusiastically received by area retailers such as Beans Goods of Lake Placid, Nori's Village Market of Saranac Lake, and later Conroy's Organics of Plattsburgh, who were able to augment their extensive offering of healthy foods with local organic products. There was strong support by area restaurants also, including The Lake Placid Lodge, The Point, Interlaken, Caffé Rustica, The Whiteface Lodge, The Cliffhanger Café, Turtle Island, Saranac Sourdough, and The Town and Country Gourmet. Producers included Clover Mead Farm, Rehoboth Homestead, Rivermede Farm, Merricks Bread, Black Kettle Farm, Shields Vegetables, Rulfs Orchard, and many others from Essex and Clinton Counties.

The program grew quickly when the summer's vegetable harvest began, resulting in loads of many hundreds of pounds of the finest Champlain Valley/Adirondack produce worth thousands of dollars. This however, did not happen without a lot of logistical work and communication. Susie Becker and later Rob

McDowell worked as the liaison between the producers and the customers, putting together weekly offers and orders and coordinating pickup and delivery. It became apparent as things began to mesh that this was a cooperative effort of local folks with a love for the region and a vision of the bounty it could produce. There was recognition of the synergy of local tomatoes and basil served with local fresh mozzarella and bread, by local chefs to local diners and visitors alike, in the fresh Adirondack air.

This program also provided a detailed map of what is possible for the future of Adirondack/Champlain Valley market growing. We now are aware of the varieties of produce in demand, post harvest handling and packing procedure, what it takes to deliver tender produce in good shape, and the economics involved for the farmer, transporter, and customer. There is great demand for local goods and good money for their production by committed producers. This winter Adirondack Harvest and Cooperative Extension will be offering a number of programs for the aspiring market gardener.

Although the Adirondack Delivery Pool ended as a formal program it lives on as Adirondack Farm Express, a regional delivery service, run by Rob McDowell. Adirondack Farm Express will run all winter and anticipates a significant expansion for 2006.

For more information about being a market grower or getting deliveries of great local products contact Rob McDowell of Adirondack Farm Express, 518 561 6434, or [rmacmar@northnet.org](mailto:rmacmar@northnet.org).



Restaurants and stores need to update their web listing. Farmers, please check your listing also. Updates should be made the survey forms available on the website: [www.adirondackharvest.com](http://www.adirondackharvest.com), under the Member Resources/Become a Member tab. The web information survey forms are at the bottom of the page. Or ask for a paper copy.

Products sold (Farmers) or used (Restaurants & Processors)

Friends: Red Ribbon Friend \$25/year Blue Ribbon Friend \$50/year

Supporter: Restaurants and Retail \$25/year

Farmers, Producers, and Processor \$15/year

Circle type of membership:

Name \_\_\_\_\_ Phone \_\_\_\_\_ Fax \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_

Web address \_\_\_\_\_



## ADIRONDACK HARVEST MEMBERSHIP



Make checks payable to Adirondack Harvest. Clip and mail to P.O. Box 727, Elizabethtown, NY 12932



Cornell Cooperative Extension of Essex County  
 PO Box 388  
 Westport NY 12993

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