



ADIRONDACK HARVEST

Harvest News

In coordination with Cornell Cooperative Extension of Essex County

Spring 2007

"We envision a picturesque and productive working landscape connecting local farmers to their communities and regional markets. Our goals are to increase opportunities for profitable and sustainable production and sale of high quality food and agricultural products; and to expand consumer choices for locally produced healthy food."

Coordinator's Report

By Laurie Davis

Spring is finally here! It seemed like winter would never begin and then, of course, it seemed like it would never end. I know at our farm we are running full tilt in the greenhouses (our tomato plants go into the ground today!) and getting ready to jump into field preparations at long last.

Here at Adirondack Harvest we are gearing up for the growing season as well. Greenhouse tours are going on, farmers markets are gearing up and farmstands will be open before we know it.

One aspect of my job that has been busier than expected is the "Come Farm With Us" program for Essex County. In the last issue of *Harvest News* I explained that we joined seven other northern New York counties (Franklin, St. Lawrence, Lewis, Jefferson, Oneida, Oswego & Madison) in a group effort to round up new farmers for our region. Anita Deming, Tom Both and I attend trade shows where we promote the program and speak to farmers about the benefits of relocating here and CFWU is advertised in publications nationally and internationally. The result? Since January of this year I have had over 60 requests for packets promoting Essex County as a great place to live and farm. We're still waiting for the



flood of new farmers, but we'll be ready for them! We have an eager market in the Adirondacks for local products.

Adirondack Harvest is riding the wave of the national movement focusing on local food. We have a population of consumers, retailers and chefs ready to buy, cook and eat

local products. Our "Local Food Connections" event at Paul Smiths was a resounding success (see article page ?) and a great encouragement for the future of local agriculture and products.

Our agritourism grant for this year will help us to promote connections between consumers and our Adirondack producers. If you have a farm, make sure you sign up to be included in our farm tour schedule—you now have a choice of either June, September or both. It's a terrific opportunity to "tell the story of your farm" to potential customers. Research shows that the more people feel connected to their community and food sources, the more likely they are to buy from those sources. So sign up today! My contact information is: 518-962-4810 x404 or lsd22@cornell.edu

MEMBERSHIP INFORMATION

As most of you are now aware, **we no longer charge dues to become a member.** Donations are always welcome and gratefully accepted, however you may become a member at any time simply by filling out the appropriate forms (see the back page of this newsletter.)

You should, however, review your listing at our website, www.adirondackharvest.com, to make sure your information is up to date and that your business icon is located in the correct position on our map. We rely on accurate street addresses to place the icons according to longitude and latitude, but this doesn't always result in the best icon placement. You may call, write or email us at any time to update your listing.

"Local Food Connections" at Paul Smiths

Adirondack Harvest kicked off its 2007 season by exploring agritourism and local foods at Paul Smiths College on March 26th. Over 100 people attended our Local Food Connections event including farmers and other producers, consumers, chefs and resort owners and culinary students. Also attending were members of the tourism industry and the media. The setting was spectacular—the Pine Room of the new student center overlooking Lower St. Regis Lake, the sun glinting off the ice.

The day began with introductions by Adirondack Harvest board chair Tom Both who spoke about our mission and the increasing awareness of the importance of local foods. A welcome by John Mills, president of Paul Smiths followed.

Nancy Scanlon, Dean of the Hospitality, Resort and Culinary Management Division at Paul Smiths gave a talk on her work with local foods.

Our keynote speaker was Duncan Hilchey, an agriculture development specialist with the Community and Rural Development Institute at Cornell University. He encouraged the farmers to picture themselves as part of the culture of the region, not just as separate entities. In our area we can really sell Adirondack "signature foods" such as maple syrup, mushrooms and fiddleheads. Duncan is an expert in agritourism and is helping Adirondack Harvest to hone its focus for local



farmers.

One of the important local food connections is between Adirondack producers and restaurants. Local chefs are often at the forefront of the local food movements so we invited three local chefs to form a panel. Joining us were Kevin McCarthy, chef at the Saranac Lake resort, The Point, and two culinary school faculty members from Paul Smiths, Stuart Slutzky and Alec Abt. The three spoke of the celebrations and challenges of using locally produced food. Freshness and flavor are the overriding elements in being able to purchase local ingredients. The chefs love to be able to work with quality foods and certainly the diners in their

restaurants can tell the difference. Also, many consumers love to know where the food has been produced. Putting a farmer's name and face to that luscious tomato or that juicy cut of grass-fed beef gives a nice, personal quality to the meal. In these times of uncertain food safety, knowing where the food comes from provides a feeling of security for many of us.

Following the farmer panel, the group retired to another room where three catering forces had combined to create our local meal. And what a spectacular job they did! John Vargo (chef and owner of the Eat 'n Meet Grill in Saranac Lake), Ruth Calderone and David Knapp (owners of Adirondack Artisan Catering) and the Paul Smiths Pastry students used all local ingredients to prepare a feast. Lamb sausage roasted with

Unless otherwise noted, all articles in the Harvest News are written by Laurie Davis, Adirondack Harvest Coordinator. Contact her at 962-4810 x404 or lsd22@cornell.edu for submissions to upcoming quarterly newsletters.

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Adirondack Harvest Chapter Updates

Franklin County Chapter

No news at this time from Franklin County. Contact Jane Desotelle at 425-3306 or jannedesotelle@earthlink.net to participate in this chapter.

Clinton County Chapter

No news at this time from Clinton County. Contact Alan Weinraub at 297-3900 to participate in this chapter.

Southern Chapter

No news at this time from our southern counties. Contact Elizabeth Mangle at 548-3991 to participate in this chapter.

Local Food Connections continued...

(Continued from page 2)

tomatoes and garlic, enchiladas with beef, tomatoes, celeriac and queso fresco, and butternut squash baked with maple barbeque sauce comprised the main courses. Local salad greens, artisanal cheeses and fresh baguettes rounded out the side dishes. Dessert was warm apple crisp with a dollop of vanilla ice cream. All local!

After lunch we rolled back into the main room for the farmer panel. Sam Hendren of Clover Mead Farm in Keeseville, an organic artisanal cheese maker spoke to us about the evolution of his dairy operation and about the important local connection of farmers markets. Producer-only markets, he explained, give farmers a better chance of getting their growing and marketing skills honed without the competition of the larger wholesalers. Steve and Tom Tucker of Tucker Farms in Gabriels explained their local connections to the public with

their fall corn maze and with the vegetables they grow for the college and other local restaurants. Keene grower Rob Hastings, deep into maple sugaring season, was unable to join the panel, so Laurie Davis filled in, telling the story of her family's farm in Willsboro. She and her husband and three sons farm a couple of acres and sell their vegetables, fruits, herbs and cut flowers from a farmstand right on their property. This provides another opportunity to connect with the community and consumers. The public is in direct contact with the farm and can see the produce growing.

After the panels ended, everyone visited the display tables set up around the room, sampling heirloom tomatoes and freshly cooked rabbit, and gathering pamphlets, brochures and other pertinent information regarding agritourism and local foods.

We gratefully thank everyone involved who helped make the day so successful!

Adirondack Harvest Sponsors greenhouse tours in six counties

Adirondack Harvest will sponsor greenhouse tours during the week of May 21st through May 25th in six northern New York Counties - Clinton, Essex, Franklin, Jefferson, St. Lawrence and Warren. Each county will feature from two to five local greenhouse operations which will open their doors to the public for a few hours and give informative tours. This is a great chance for communities to see what goes on behind the scenes in their local greenhouses and discover what it takes to extend the agricultural season in the challenging northern NY climate. Greenhouses range from small private enterprises to large commercial retailers to research farms. Check the schedules on pages 6 & 7 for tour times and dates and look for the Adirondack Harvest logo and tour signs. This tour promotion is made possible by an agritourism grant from NY State Agriculture and Markets.



ADIRONDACK FARMERS MARKETS

Chateaugay Lakes - State Rt. 374 on the lawn of the Hollywood Inn. Manager: Jo Ellen Saumier (518) 497-6038. Web Site: adirondackfarmersmarket.com
Date: Saturdays, June 16 through Sept. 1, 2007 10:00-2:00

Elizabethtown - Behind the Adirondack History Center Museum. Manager: Marjorie Swift (518) 946-7642. Web Site: adirondackfarmersmarket.com
Date: Fridays, May 18 through October 5, 2007 9:00-1:00

Glens Falls - Large producer-only market. South Street Pavilion. Manager: Richard Sandora (518) 792-0438.
Date: Saturdays, May 5 through Nov. 3, 2007 8:00-12:00

Keene - Marcy Airfield between Keene and Keene Valley on Route 73. Manager: Marjorie Swift (518) 946-7642. Web Site: adirondackfarmersmarket.com
Date: Sundays, June 10 through Oct. 7, 2007 9:30-2:00

Lake Placid - 100% producer-only market. Lake Placid Center for the Arts. Manager: Sam Hendren (518) 834-7306. Web Site: lakeplacidmarket.com
Date: Wednesdays, June 13 through Oct. 10, 2007 9:00-1:00

Lowville - Wonderful blend of 20 vegetable and craft vendors. Forest Park Pavilion, Main Gate, Lewis County Fairgrounds. Managers: Doug Hanno (315) 376-5333 and Dolores DeSalvo (315) 376-3061.
Date: Saturdays, May 12 through Oct. 27, 2007 8:30-2:00 (9:30-1:00 in October)

Malone - Malone Airport, Route 11. Manager: Vicky Lesniak (518) 497-0083 and Jo Ellen Saumier (518) 497-6038. Web Site: adirondackfarmersmarket.com
Date: Wednesdays, June 6 through Oct. 10, 2007 12:00-4:00

Paul Smiths College - Corner of Rte 86 and 30 at Paul Smiths College. Manager: Jen Perry (518) 327-3041 or Ellen Beberman (518) 891-7470. Web Site: adirondackfarmersmarket.com
Date: Fridays, July 6 through TBA, 2007 3:00-6:00

Plattsburgh - A diversified group of growers, producers and crafters plus weekly entertainment. Pavilion downtown by Bridge, Durkee and Broad Streets. Manager: Pat Parker (518) 493-6761 Web Site: plattsburghfarmersandcraftersmarket.com
Date: Saturdays, May 12 through Oct. 6, 2007 and Wednesdays, June 27 through Aug. 29, 2007 9:00-2:00



ADIRONDACK FARMERS MARKETS

Queensbury - Producer-only market. Elk's Lodge parking lot, 23 Cronin Rd. Manager: Richard Sandora (518) 792-0438.

Date: Mondays, May 7 through Oct. 29, 2007 3:00-6:00

Saranac Lake - Lake Flour Bakery, corner of River & St. Bernard Sts. Manager: Nancy Moriarty (518) 891-7194. Web Site: adirondackfarmersmarket.com

Date: Tuesdays, June 19 through Sept. 11, 2007 11:00-3:00

Saratoga - All locally grown and produced items. Under the pavilions at High Rock Park just east of Broadway in Saratoga Springs. Market coordinator: Suzanne Carreker-Voigt

SFMAscv@nycap.rr.com.

Date: Wednesdays, May 2 through Oct. 31, 2007 3:00-6:00 and Saturdays, May 5 through Oct. 27, 2007 9:00-1:00

Schroon Lake - 100% producer-only market. In the lakefront park. Market contact: Sam Hendren (518) 834-7306.

Date: Mondays, June 25 through Sept. 3, 2007 9:00-1:00

Speculator - New location TBA.

Contact: Amy Germain, 548-8796

Date: Thursdays, July 28 through September, 2007 3:00-6:00



Ticonderoga - At the Ticonderoga Festival Guild Tent across from Bicentennial Park in downtown Ticonderoga. Manager: June Curtis (518) 585-6366.

Date: Saturdays, July 7 through October, 2007 10:00-1:00

Warrensburg - Located at the historic River Street Park on Rte. 418 along the Schroon River in Warrensburg. Contact: Kaena Peterson, 623-2612.

Date: Fridays, June 1 through October 26, 2007 3:00-6:00

Wadhams - 100% locally produced items. On the Corner of Route 22 and County Route 10 in the heart of downtown Wadhams! near Merrick's Bread and Coffee. Managers: Shelle Bailey (518) 962-4039 and Bridgette Blemel (518) 962-4392.

Date: Saturdays, June 23 through Sept. 1, 2007 9:00-1:00

Wilmington - Heritage Park, Corner of Rt. 86 and Hazelton Rd. Manager: Marjorie Swift (518) 946-7642. Web Site: adirondackfarmersmarket.com

Date: Thursdays, June 28 through Aug. 30, 2007 9:00-1:00



Upcoming Classes & Workshops

Adirondack Harvest at the Champlain Center North Mall Friday and Saturday May 11 and 12

Adirondack Harvest will be manning a booth at the Champlain Center North Mall to talk to shoppers about the benefits of buying local. Stop by and meet our local farmers and help out. Contact Laurie Davis for more information 962-4810 extension 404.

Adirondack Harvest Greenhouse Tours Monday through Friday May 21 – 25

Adirondack Harvest is sponsoring greenhouse tours in six counties (Essex, Clinton, Franklin, St. Lawrence, Jeffer-

son and Warren) See the article on this page for more details

Maple Confections Workshop I, Monday and Tuesday May 14-15 Franklin County

Richard L. Gast, Cornell Cooperative Extension of Franklin County, 355 West Main St., Malone, NY 12953, Phone: (518)483-7403, FAX:(518)483-6214, rlg24@cornell.edu

Maple Confections Workshop II Friday and Saturday May 28-29 Warren County

Contact: Contact: Laurel R. Gailor, Natural Resource Educator, lrg6@cornell.edu, Cornell Cooperative Extension, Warren County, 377 Schroon River

Road, Warrensburg, NY 12885, Phone: 518-623-3291, 518-668-4881.

New York Farm Bureau Guide to Labor and Employment Law

New York Farm Bureau has developed a publication entitled, "New York Farm Bureau Guide to Labor and Employment Laws." This is comprehensive guide that will provide agricultural employers with a source of information regarding both state and federal laws and regulations related to agricultural employment practices. It is available for \$65 each. Contact NYFB Legal Affairs, PO Box 5330, Albany NY 12205 800-342-4143.

Greenhouse Tour Schedule

Mon. May 21st through Fri. May 25th.

Schroon Falls Farm (Essex County). 9:00am to 6:00pm daily. 2002 St. Rte. 9, Schroon Lake. Call David or Ginni Campbell at 518-532-9492 for more information.

Mon. May 21st

Lazy River Farms (Warren County). 10:00am to 12:00pm. 3620 St. Rte. 9, Lake George. Call Jason Younes at 518-623-5726 for more information.

Bonesteel's Gardening Center (Franklin County). 1:00pm to 5:00pm. 2689 State Rte. 11, North Bangor. Call Bruce Bonesteel at 518-483-0354 for

more information.

Never Tire Farm (St. Lawrence County). 9:00am to 10am. 496 Murphy Rd., Lisbon. Call Ray or Megan Bowdish at 315-379-0908 for more information.

Kent Family Growers (St. Lawrence County). 10:00am sharp for tour. 1200 St. Hwy. 184, Heuvelton. Call Dan or Megan Kent at 315-344-6571 for more information.

Bittersweet Farm (St. Lawrence County). 11:00am to 1:00pm. 1249 St. Hwy. 184, Heuvelton. Call Brian or Ann Bennett at 315-344-0443 for more information.

Tuesday May 22nd:

Mead's Nursery (Warren County). 10:00am sharp for tour. 365 Ridge Rd., Queensbury. Call Madeline Mead at 518-792-6533 for more information.

Carriage House Garden Center (Essex County). 10:00am to 12:00pm. 4002 NYS Rte. 22, Willsboro. Call Christine or Mike at 518-963-4330 for more information.

Wednesday May 23rd:

Campbell's Greenhouses (Clinton County). 10:00am to 12:00pm. 35 Ryan Rd., Saranac. Call Ken Campbell at 518-293-7972 for more information.

Spring Grape Pruning

By Kathryn Reinhardt

Members of the Lake Champlain Grape Growers Association (LCGGA) gathered on April 13th to learn about vineyard pruning from Kevin Iungerman, Cornell Cooperative Extension and the Northeast Commercial Fruit Program and Steve Lerch from the Grape Program at the Cornell Experimental Food

Station in Geneva, NY. The volunteers pruned the vines in the experimental vineyard that was planted in Spring 2005 at the Cornell EV Baker Farm in Willsboro. Twenty-five differ-



ent cultivars were planted to test for hardiness and suitability to the Adirondack climate. Future hands-on trainings will be scheduled throughout the summer and fall to learn more about shoot selection, pest control, cluster thinning, canopy management, harvest readiness and wine tasting. Anyone interested in grape growing, wine making and wine tasting is invited to participate.

Contact: Kevin Iungerman, 518-885-8955, kai3@cornell.edu or LCGGA Co-Chair Kathryn Reinhardt, 518-963-8038, kathryn.reinhardt@gmail.com.

Greenhouse Tour Schedule continued...

Little M Farm (Jefferson County). 10:00am to 1:00pm. 16611 Cty. Rte. 64, Watertown. Call Gail Mallard at 315-788-2900 for more information.

Alemedan Produce (Jefferson County). 1:00pm to 3:00pm. 13501 Cty. Rte. 155, Adams Center. Call Almeda Grandjean at 315-583-5660 for more information.

Rivermede Farm (Essex County). 1:00pm to 3:00pm. 49 Beede Ln., Keene Valley. Call Rob Hastings at 518-576-4686 for more information.

Rehoboth Homestead (Clinton County). 6:00pm to 8:00pm. 66 Jabez Allen Rd., Peru. Call Beth Spaugh at 518-643-7822 for more information.

Arthur's Greenhouses (Clinton County). 6:00pm to 8:00pm. 27 Fuller Rd., Peru. Call Carla Arthur at 518-643-8088 for more information.



Thursday May 24th: Drinkwine's Produce (Essex County). Storefront at NYS Rte. 22 (Streetroad), Greenhouse at 3 Woody Lane, Ti-

conderoga. Call Henry Drinkwine at 518-585-6346 for more information.

Macomb's Settlement Nursery (Jefferson County). Rte. 12, Depauville. Call Tom or Kathleen Mailke at 315-649-5608 for more information.

Friday May 25th: Cornell University E. V. Baker Research Farm (Essex County). 10:00 to 12:00. 38 Sayward Lane, Willsboro. Call Mike Davis at 518-963-7492 for more information.

McCollom's Market (Franklin County). ????. 9360 St. Rte. 30, Paul Smiths. Call Jen Perry at 518-327-3041 for more information.



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2007 ADIRONDACK HARVEST MEMBERSHIP FORM

If making a donation, please make checks payable to "Adirondack Harvest".
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Name _____

Address _____

Phone _____ Email _____

Please circle type of membership:

Farmers, Producers, and Processors no charge (donations are appreciated)

Supporter: Restaurants and Stores no charge (donations are appreciated)

Friends (circle level of membership) \$25 \$100 \$500 \$1000 other _____

If you are a new member you will need to include the appropriate information sheet for your business so that we can add you to our data base and web site. Forms are available on the adirondackharvest.com website under Member Resources/ Become a Member, at the bottom of the page, or contact Laurie Davis at 962-4810 x404 or at lsd22@cornell.com.
Donations to Adirondack Harvest are tax deductible.