



Harvest News

ADIRONDACK HARVEST

In coordination with Cornell Cooperative Extension of Essex County Spring 2009

"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

I hope all of you are having a terrific spring, gearing up for the activity of the growing season. Everyone is a bit anxious to see what the season will bring. Will the current high level of interest in buying local foods survive these challenging economic times? Certainly it has inspired folks to *grow* their own food, which is wonderful, but will they also continue to support their local producers? Let's hope so—now is the time to support our neighbors and community by buying local!

Adirondack Harvest is still growing in membership, but we'd like to connect with more stores and restaurants that are using and selling local food. If you know of one in your area, please pass along this newsletter to them.

As our expansion grant ends this year we are thinking ahead for fresh grant ideas. One avenue we would like to pursue is the support of school gardens—the educational opportunities a school garden affords are invaluable. If you have any ideas along these lines please share them with us.



Farmers and Chefs Meet to Discuss Local Food Connections

Chef Kevin McCarthy of the Lake Placid Lodge was the host of Adirondack Harvest's second annual farm to chef meeting. The common goal was to consider ways to more easily move locally produced food into Adirondack restaurants. One message was clear: chefs are much too busy to be running all over the region looking for and buying local food and farmers are just busy trying to keep up with the demands of growing their products. Spending hours on the road each week is not a viable option for either party.

Most of the North Country

has struggled for years to develop a sustainable "delivery pool" for transporting local product. Some areas have had success within a small radius, but we have yet to form a network that encompasses the whole Adirondack region.

Everyone agreed that they would, at the very least, like a system that allowed easy communication. The farmers need to be able to tell all the chefs and store owners what they have each week. And the chefs need to be able to make requests. How can they do this? A listserv. Read all about this on the page 2!

New Farm to Table Listserv

What's a listserv?

Some of you are probably on a "listserv" already, but just in case this is a new concept for you I will explain.

You must have an email address to participate. Once you have your email address and are communicating with others you may want to keep in touch with *groups* of individuals that share a common interest. A listserv lets you send one email to reach a whole group at once.

Adirondack Harvest's new Farm to Table listserv is a response to our member farmers and chefs who need a way to effectively communicate in order to buy and sell locally. Farmers can list what they have available, chefs can list what they are looking for. And it doesn't stop with the



chefs—store owners and school cafeteria managers can post listings as well.

Ideally, we'd like to have a delivery pool that would serve the entire Adirondack region, and that's something we're constantly gathering ideas for. But for now this will hopefully facilitate the local food connections.

Want to try it out?

Here's how you can become part of this: You must send an email to Laurie Davis, lsd22@cornell.edu or Bernadette Logozar, bel7@cornell.edu. and request to be added to the listserv. After joining you may post a message at any time. To post you'll send an email directly to: cce-ahfarmtotablel@cornell.edu. You must remember to include your contact information. Every morning you will receive a single email message containing all the postings contributed to the mailing list that day. You can quickly scan the subjects to see if any are of interest to you. If there are no postings for the day you will not receive any message. We are hoping this format will be useful and will keep your inbox uncluttered.

Adirondack Harvest Chapter News

Franklin Chapter Update by Bernadette Logozar

Since the last time we talked there have been a couple of events happening in Franklin County. We celebrated the Farmers Night Out and the Chamber Night of Laughter with not only great entertainment but also local food on Friday & Saturday April 24th & 25th. The Malone Golf Club staff excelled again this year by creating an gastronomic adventure for almost 300 people over the course of the two nights.

As you know Adirondack Harvest Inc. hosted the Farm to

Chef event earlier this spring, Roger Hastings, Franklin County Farmer representative attended and reported that it was a worthwhile event. Since the session at Lake Placid Lodge, Laurie & I have created the requested listserv to help farmers, restaurants and stores to stay connected. See above to start using this listserv.

This year we would like to publish a Franklin County Local Food Guide similar to the one that GardenShare does for St. Lawrence County (www.gardenshare.org). I will be sending out letters to all Franklin County Adirondack

Harvest members, so watch your mailbox for the letter and forms, and if you would like to be included please return these to our office by early-June. Also, if you know of someone who is not currently part of Adirondack Harvest but should be included pass along their name and I will get the info to them.

Finally, Franklin County will be taking part in this year's Harvest Festival in a much bigger way than in the past. The Malone Chamber of Commerce Events Committee has been working diligently to plan the first annual Fall Harvest Festival

Adirondack Harvest Chapter News, cont.

to take place on Saturday September 12th. We are planning for a parade to open the festivities, agricultural demonstrations, a mini-farmers market, games and contests, and finally we'll wrap up the day with an old time Hoe-Down and Square Dance. All events (except for the parade of course) will take place at the Franklin County Fairgrounds. If you would like to be part of the festivities either as a vendor or by showcasing a talent you might have please contact Bernadette at CCE Franklin County, 518-483-7403 or via email at bel7@cornell.edu.

Essex Chapter Update

The Essex County chapter is trying to return to its roots. As some of you may recall, Adirondack Harvest was originally started in Essex County when Tom Both, our board chair, was serving as supervisor for the town of Keene. With his persuasion, the Essex County Board of Supervisors voted to financially support Adirondack Harvest and

they have continued this support even as AH has expanded beyond county lines.

Feeling a bit like a mother hen watching her brood leave the nest and thrive on their own, the Essex County chapter is trying to pull its core group together and refocus on our county members. Adirondack Harvest, Inc. is still the parent organization of all the chapters and will continue to be based in the Westport office - managing the website, calling meetings, publishing the newsletter and keeping track of the overall membership. But we will be assembling an Essex County committee to guide AH efforts within our county even as we work with the other counties to promote our regional identity. Look for the Essex chapter to be represented at the "Dig It" day at the Keene Farmers Market, the Essex County Fair in August, and the Rutabaga Festival in September.

We are excited to have many new farmers in our county as well. The future of local foods is looking bright!



Essex County Chapter

Contact Laurie Davis at 962-4810 x404 or lsd22@cornell.edu to participate in the Essex County chapter.

Jefferson County Chapter

Contact Gail Millard at 315-788-2966 or littlem4@verizon.net to participate in the Jefferson County chapter.

Lewis County Chapter

Contact Dolores DeSalvo at 315-376-5270 or dbd6@cornell.edu to participate in the Lewis County chapter (also covers Oneida Cty).

St. Lawrence County Chapter

Contact Brian Bennett at 315-344-0443 or anmb@localnet.com to participate in the St. Lawrence County chapter.

Franklin County Chapter

Contact Roger Hastings at 518-529-6665 or HastingsSheep@gmail.com to participate in the Franklin County chapter.

Clinton County Chapter

Contact Pam Mills at 518-493-2637 to participate in the Clinton County chapter.

Southern Chapter (Hamilton, Warren, Fulton, Herkimer, Saratoga & Washington Counties)

Contact Teresa Whalen at 518-466-5497 or taawhalen@yahoo.com to participate in the Southern chapter.

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.

Direct Marketers—What's in Store?

By Katherine Lang
Extension Educator
CCE St. Lawrence County

The 2007 Agricultural Census data came out in February and in it, St. Lawrence County survey responses tracked along with state and national data regarding direct to consumer operations. Specifically, over the past 15 years:

✦ Direct to consumer sales have seen a doubling in our region

✦ Farms in St. Lawrence County reporting sales direct to consumer increased from 97 in 1992 to 200 farms in 2007. Sales figures for direct to consumer in St. Lawrence County have steadily increased over the 15 year period.

According to the census, 'direct to consumer' sales includes any operation that "... grew or raised any crops, live-stock, poultry, or their products that were sold directly to individual consumers for human consumption... Examples of these sales are roadside stands, farmers markets, pick your own, etc."

In this article we'll explore the basic considerations for someone thinking about the different types of direct marketing ventures, and suggest further resources and training opportunities for each. Be sure to evaluate each option carefully as part of an overall farm business plan.

Farmers Markets already exist in many communities. They operate through the sponsorship

of local community groups (for example Chambers of Commerce or Neighborhood Centers) or as an association of the vendors themselves.

Markets can create their own bylaws, but must abide by local zoning ordinances according to their location and follow NYS Department of Agriculture & Markets rules for vendors' sales and participation in certain programs. As a vendor, to be successful at a farmers market you need to enjoy interacting with people and be willing to invest the time it takes to pick, pack, transport, set up and sell your products. Talking to local market managers, seasoned vendors and customers at markets is a good way to learn more about what sells, and how to get started.

Also available through CCE is a new DVD, 'Shared Wisdom: Selling Your Best at Farmers Markets'. This training video instructs farmers and market managers on how to improve displays, merchandising and customer service at farmers markets. Filmed on site at several markets, this 23-minute video includes customer and vendor interviews, views of excellent and poor vendor displays, and examples of outstanding customer service. Call 379-9192 to receive a copy or go to www.ams.usda.gov, click on 'Wholesale and Farmers Markets'.

For other training suggestions or resources visit the Farmers Market Federation of NYS website at

www.nyfarmersmarket.com

On-farm sales (roadside stands, U-Pick) range from simple, self-serve stands to multi-department, year-round farm stores that may include pick-your-own or agritourism



enterprises. The higher the overhead, the slimmer the margins will be. But if done right, a successful farm market will attract many regular customers and offer good returns. To be successful, you need to enjoy having lots of people at your farm – and in your fields in the case of U-Pick or sugarhouse in terms of maple syrup. Risk management and liability insurance is a must. Building loyal clientele is key and may take many years. Your business plan must be based on realistic customer numbers and sales projections.

For more information, *Entertainment Farming and Agri-Tourism: Business Management Guide*, NCAT Agriculture Specialist, September 2004, ATTRA Publication #IP109, available at attra.ncat.org/attra-pub/PDF/

Direct Marketers—What's in Store?

entertn.pdf or contact Cornell Cooperative Extension

Internet and mail order sales

– If you develop unique, high-value products that are easy to ship, this strategy can complement your other direct marketing efforts. Current customers who love your product can order more and help you market your products through word of mouth.

Packaging and shipping costs need to be considered by for products that are not bulky or heavy, this can be a profitable strategy. Easy options for getting started with Internet marketing is to list your farm on the following free sites:

www.adirondackharvest.com, www.localharvest.org or www.newyorkfarmersmarket.com. Training opportunities for e-marketing include the St. Lawrence County Chamber of Commerce's Northern Adirondack Trading Cooperative, for more information, contact Ruby Sprowls, Program Director, (877) 228-7810.

Community Supported Agriculture (CSA) -

According to the 2007 Ag Census data, nine Community Supported Agriculture or CSA farms were in operation in St. Lawrence County. These are farms or a group of farms that typically provide a weekly 'share' (box) of produce to customers who pay for their shares at the beginning of the season – usually \$300 - \$600 per household. The up front money reduces financial and marketing

risks for farmers, and customers share in production risks.

Sometimes customers help harvest and pack shares in return for a discount.

Depending on the operation, customers pick up shares at the farm, a central distribution point, or pay extra for home delivery.

A 2008 study of CSAs in St. Lawrence County conducted by Dr. Heather Sullivan-Catlin of SUNY Potsdam for GardenShare found that the top reasons members gave for joining a CSA include *the desire for fresh locally grown produce, the opportunity to support a local farmer, and concern for the environment*. The study also found that CSA farmers are very satisfied with the CSA model. They *like the connection with the consumer, shared risk, a guaranteed market, and payment in advance of the growing season*. They *do tend to feel pressured by the need to produce and the fear of crop failures*. They report that *the CSA model helps them make a living as a farmer, but that none can rely solely on CSA or other income from the farm itself for the total household income*. For the complete report, including recommendations on 'Expanding CSA Membership' go to www.gardenshare.org or call 347-3778.

Restaurant, Retail Outlet and Institutional sales –

As the 'Buy Local' movement has grown so have opportunities to sell to other businesses. While not a direct to consumer

connection, these sales can offer additional income streams and community awareness of your farm product. Each of these requires a careful assessment of return on investment. Product quality and consistency, packing standards, delivery requirements, pricing and regulations may influence a business or institution's ability to purchase from a farm.

Adirondack Harvest (www.adirondackharvest.com) and GardenShare (www.gardenshare.org) have lists of restaurants that purchase local products, check these listings for potential customers. In St. Lawrence county, North Country Grown Cooperative (www.northcountrygrown.com) is a local growers cooperative that sells to area universities, stores and some restaurants. For further contact information for any of these organizations, call Cornell Cooperative Extension.

GardenShare publishes a free annual St. L. county Local Food Guide that lists area farms, CSAs, farmers markets, and restaurants that participate in the Farm & Feast Program. To be included for 2009 contact GardenShare at 347-3778 or info@gardenshare.org, listings are free of charge.

This article is based on the Cornell Small Farms Program, 'Guide to Farming in NYS' Direct Marketing Options Fact Sheet #26. The fact sheet and complete guide is available at www.smallfarms.cornell.edu or call Cornell Cooperative Extension, 379-9192 for a copy.

Smart Marketing



Hoop Houses Help Meet Demand for Locally Grown Food

By David S. Conner, Ph.D.
C.S. Mott Group for Sustainable
Food Systems
Michigan State University

The growing demand for locally grown foods provides a niche marketing opportunity for farmers, as well as an array of potential benefits to society at large. In states such as New York and Michigan, however, the ability to supply locally grown produce is greatly limited by growing season length. One potential solution is the use of passive solar greenhouses, also known as high tunnels or hoop houses, which can extend the season of almost any vegetable or small fruit crop and permit year round production of certain cold tolerant species. Using hoop houses brings farmers greater

opportunity for productive labor and income in cold months, and may keep consumers in the habit of buying local.

With USDA funding, we are testing the potential economic contributions of hoop houses for small and medium sized farms. Each of nine farmers in Michigan is collecting data to create enterprise budgets. Analysis of first year data shows farmers earning up to \$7,900 gross (\$5,400 net) in their first year of production, implying a two year payoff of initial investment. Additionally, we are conducting market research at three farmers markets where these farmers sell their products. The key research questions are: will consumers patronize farmers markets early and late in the season if fresh local produce is available? Will they pay a premium for locally grown produce? What attributes are most important to consumers?

The research was conducted at three Michigan farmers markets using four complementary methods: dot poster surveys

(where consumers place sticky dots on flip charts containing questions with simple categorical responses), written surveys, focus groups and experimental auctions. The dot posters asked consumers the earliest and latest months they actually attended the markets, and the earliest and latest months they would attend if fresh local produce was available. Written surveys asked about willingness to pay for local produce and desired attributes. Focus group participants discussed consumers' motivations and behaviors at the markets. Finally, experimental auctions provided another measure of willingness to pay which requires tradeoffs with real money.

The results overwhelmingly show that consumers will attend both late and early season markets. While 23% actually attended markets in January-February, 68% indicated willingness to do so. Similarly, 61% last attended in November or December, but 91% would be

	January or February	March or April	May or Later
Earliest Actual	95	88	235
Earliest Willing	300	114	28
	July or Aug	September or October	November or December
Latest Actual	17	118	209
Latest Willing	1	37	402

Table 1. First and Last Month of Market Attendance, actual and willingness, measured by dot posters (number of shoppers giving each response)

Smart Marketing

willing to do so. Full results are presented in Table 1.

On the written surveys, consumers were presented with the choice of a \$2.00 bag of organic salad greens which were not grown locally, and asked the most they would pay if local. More than 90% would pay some premium: the mean premium was 41%. Furthermore, 52% stated they would pay the stated premium for local on most or all their produce purchases.

Focus group participants expressed great loyalty to these markets, many attending every week and buying most or all their produce, meats and other goods there. The market is the only place where they can buy the quality of foods they desire. One stated only extremely inclement weather (an "ice storm") would prevent her from coming to shop.

Experimental auction subjects, bidding on bags of local and non-local organic salad greens, paid an average premium of 31% for local. On average, auction subjects would repeatedly pay their bid amount on 64% of produce purchases. Auction participants also filled out an exit survey which repeated questions from the earlier written survey. The participants of the written survey and auctions rated a set of attributes on a 1-10 scale (1 being not important, 10 being

Participant group	Attribute	Grown less than 20 miles away	Grown less than 100 miles away	Grown in Michigan	Knowing the farmer who grew it	Organic methods
Farmers market shoppers	Mean	6.62	6.59	7.88	4.79	7.39
	Median	8	8	10	5	9
Auction participants	Mean	5.11	5.65	6.89	5.22	7.17
	Median	5	7	7	5	8

Table 2. Mean and Median rating of Selected Attributes (10 point scale)

most important). For each group, grown in Michigan and with organic methods were the two most important attributes (Table 2).

The results of this research suggest a viable market, with potential for growth, for local, hoop house grown produce at farmers markets; these markets can provide niche marketing opportunities for farmers. Several participating farmers expressed that having fresh produce drew consumers to their stands where they bought other items (e.g., eggs and meat) at that time or continued to buy through the season. While our results are preliminary and only reflect the views and results of participating farmers and of consumers, we believe that hoop houses can enhance the profitability of farmers.

For more information, see: <http://www.mottgroup.msu.edu/ProgramsActivities/HoopHousesforSeasonExtension/tabid/133/Default.aspx> or contact: David S. Conner, Ph.D.

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2009 Farmers Markets

* accepts food stamps

+ accepts FMNP coupons

accepts WIC vegetable coupons

Alexandria Bay – Kinney lot, Rte. 12. Manager: Georgene McKinley (315) 482-9531.

Date: Fridays, May 15 through Sept. 25, 2009 9:00-3:00 +

Canton - Canton Village Park, corner of Main and Park Streets. Manager: Jean Thompson (315) 386-1815.

Web Site: cantonfarmersmarket.org * +

Date: Tuesdays and Fridays, May through Oct. 2009 9:00-2:00

Cape Vincent – Village Green, Broadway (Rte. 12). Manager: Shelley Higgins (315) 654-2481.

Date: Saturdays, June 27 through Oct. 10, 2009 8:00-2:00

Carthage – Market Pavilion, Riverside Drive. Manager: Edie Roggie (315) 493-3590.

Date: Fridays, May 29 through Oct. 30, 2009 7:00-2:00 +

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 20 through Sept. 5, 2009 10:00-2:00

Clayton – Frink Park, Riverside Drive. Manager: Kristina Wormuth (315) 686-3771.

Date: Thursdays, June 25 through Sept. 17, 2009 4:00-8:00

Depauville – Valley Plaza Farmers' Market, NYS Rte. 12. Manager: Elaine Wilkie (315) 686-3075.

Date: Fridays, Saturdays & Sundays, June 5 through Sept. 6, 2009 8:00-4:00

Elizabethtown - Behind the Adirondack History Center Museum. Manager: Gina Agoney (518) 293-7877. Web Site:

adirondackfarmersmarket.com +

Date: Fridays, May 15 through October 9, 2009 9:00-1:00

Essex – Behind the Essex town hall. Manager Sam Hendren (518) 834-7306. +

Date: Sundays, June 28 through Sept. 6, 2009 12:00-4:00

Glens Falls - South Street Pavilion. Manager: Richard Sandora (518) 792-0438.

Date: Saturdays, May 2 through Nov. 14, 2009 8:00-12:00. Winter market at Christ Church Methodist, all off-season Saturdays 9:00-12:00 +

Gouverneur – Village Park, Church St. Manager: Lorraine Taylor (315) 287-3370.

Date: Thursdays, May 14 through Oct. 29, 2009 7:00-1:00 +

Keene - Marcy Airfield between Keene and Keene Valley on Route 73. Manager: Dick Crawford (518) 561-7167. Web Site: adirondackfarmersmarket.com +

Date: Sundays, June 14 through Oct. 11, 2009 9:30-2:00

Lake Placid – Lake Placid Center for the Arts. Manager: Sam Hendren (518) 834-7306. Web Site: lakeplacidmarket.com +

Date: Wednesdays, June 10 through Oct. 14, 2009 9:00-1:00

Long Lake – Corner of Rte. 30 and South Hill Road across from post office. Manager: Ruth Howe (518) 624-2162.

Date: Thursdays, July 2 through Sept. 3, 2009 10:00-2:00

Lowville - Forest Park Pavilion, Main Gate, Lewis County Fairgrounds. Managers: Doug Hanno (315) 376-5333 and Dolores DeSalvo (315) 376-3061. +

Date: Saturdays, May 23 through Oct. 30, 2009 8:30-2:00 (9:30-1:00 in October) Mini-markets Mondays 2:00-6:00



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accepts WIC vegetable coupons

Malone - Malone Airport, Rte 11. Manager: Vicky Lesniak (518) 497-0083. Web Site: adirondackfarmersmarket.com+*
Date: Wednesdays, June 10 through Oct. 21, 2009 12:00-4:30

Massena – In front of the Town Hall building, 60 Main St. Manager: Claudia Fantone (315) 353-2218. +
Date: Sundays, July 12 through Oct. 4, 2009 8:00-3:00 & Thursdays, July 9 through Oct. 1, 2009 2:00-6:00.

North Creek – Next to the train on the Hudson River on Railroad Place. Contact: Michelle SanAntonio (518) 251-5343 or Barbara Thomas (518) 251-5692. Web Site: northcreekfarmersmarket.com
Date: Thursdays, June 11 through Oct. 29, 2009 4:00-7:00

Norwood – Park Square, Main St. (Rt. 56) & Park St. Manager: Claudia Fantone (315) 353-2218. +
Date: Mondays, July 6 through Oct. 5, 2009 10:00-5:00

Ogdensburg Green Market – Library Park, Riverside & State Sts. Managers: Brian Bennett (315) 344-0443, Cliff Cook and Linda Kingston. + * #
Date: Saturdays, May 30 through October 31, 2009 9:00-2:00

Old Forge – Park Ave., behind the Old Forge Hardware Store. Manager: Kelly Hamlin (315) 369-2313.
Date: Fridays, June 26 through October 9, 2009 2:00-6:00 +

Paul Smiths College – Corner of Rte 86 and 30 at Paul Smiths College. Manager: Ellen Beberman (518) 891-7470. Web Site: adirondackfarmersmarket.com + *
Date: Fridays, June 12 through Sept. 25, 2009 2:00-5:00

Plattsburgh – Pavilion downtown by Bridge, Durkee and Broad Streets. Manager: Pat Parker (518) 493-6761 Web Site: plattsburghfarmersandcraftersmarket.com +
Date: Saturdays, May 9 through Oct. 10, 2009 9:00-2:00 & Wednesdays, June 24 through Sept. 30, 2009 10:00-2:00

Potsdam (Main St.) - Main St. on the sidewalk in front of the municipal parking lot which is next to the Clarkson Inn and across from the Roxy movie theater. Managers: Jason Rohrer and Lauren Serafin (315)265-0585. +
Date: Wednesdays, August through Sept. 2:00-6:00 & Saturdays, May through Oct. 10:00-2:00

Queensbury - Elk's Lodge parking lot, 23 Cronin Rd. Manager: Richard Sandora (518) 792-0438. +
Date: Mondays, May 4 through Oct. 26, 2009 3:00-6:00

Rouses Point (Plattsburgh Farmers & Crafters in Rouses Point) - Rouse Park. Manager: Geri Favreau (518) 297-6138.+
Date: Thursdays, July 2 through Sept. 3, 2009 2:00-6:00

Saranac – Pavilion behind the Saranac Town Hall. Manager: Lisa Racette (518) 293-7849.
Date: Saturdays, July 11 through September 12, 2009 10:00-2:00

Saranac Lake - Lake Flour Bakery, corner of River & St. Bernard Sts. Manager: Nancy Moriarty (518) 891-7194. Web Site: adirondackfarmersmarket.com +
Date: Tuesdays, June 2 through Sept. 29, 2009 11:00-3:00

Saranac Lake Village – In the Saranac Lake Riverside Park. Manager: Sam Hendren (518) 834-7306. +
Date: Saturdays, June 6 through Oct. 17, 2009 9:00-1:00

Saratoga – Under the pavilions at High Rock Park, High Rock Ave., just east of Broadway in Saratoga Springs. Market coordinator: Suzanne Carreker-Voigt SFMAscv@nycap.rr.com. Website: saratogafarmersmarket.org. + *
Date: Wednesdays, May 6 through Oct. 28, 2009 3:00-6:00 and Saturdays, May 2 through Oct. 31, 2009 9:00-1:00

Schroon Lake – Town Hall parking lot. Market contact: Sam Hendren (518) 834-7306. +
Date: Mondays, June 22 through Sept. 7, 2009 9:00-1:00

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Speculator – Located at the pavilion in Speculator. Manager: Lisa Turner (518) 548-4521. +

Date: Thursdays, June 25 through Aug. 27, 2009 3:00-6:00.

Stone Mills – Agricultural Museum, NY Rte. 180 off Rte. 12 S. of LaFargeville. Manager: Marguerite Raineri

Date: Tuesdays, June 16 through Sept. 22, 2009 4:00-8:00

Ticonderoga – Corner of Montcalm in the parking lot of the Community Heritage building. Contact: Joe Conway (518) 585-6619.

Date: Saturdays, July 18 through October 17, 2009 10:00-2:00

Trenton – On the Village Green in Holland Patent. Contact: Jim Manning (315) 272-9529 or info@trentonmarket.com.

Web site: trentonmarket.com +

Date: Saturdays, June 20 through October 17, 2009 9:00-1:00

Tupper Lake – Wild Center Museum, under the white tent. Manager: Ellen Beberman (518) 891-7470. +

Date: Thursdays, June 25 through Sept. 24, 2009 11:00-3:00

Wadhams – Center of Wadhams. Managers: Bruce & Bridgette Misarski (518) 962-4392.

Date: Saturdays, June 27 through Sept. 5, 2009 10:00-2:00

Warrensburg - Located at the historic River Street Park on Rte. 418 along the Schroon River in Warrensburg. Contact: Teresa Whalen, 466-5497. +

Date: Fridays, June 5 through Oct. 30, 2009 3:00-6:00

Watertown – Farmer's and Crafter's Market. Dulles State Office Bldg., Washington & Sterling Sts. Manager: Fara McKinley (315) 788-4400. + *

Date: Wednesdays, May 27 through Oct. 7, 2009 6:30-3:00

Watertown – Monday Neighborhood Farmers' Market, 203 N. Hamilton St. Manager: Delta Keeney (315) 788-1933. + *

Date: Mondays, July 6 through Oct. 5, 2009 3:00-6:00

Watertown – Saturday Market, Jefferson Co. Fairgrounds, 600 W.T. Field Dr. via Coffeen St. Manager: TBD +

Date: Saturdays, June 20 through Oct. 31, 2009 9:00-2:00

Watertown – Mobile Farmers' Markets. Midtown Towers, Wednesdays, 10:30-11:30. Skyline Apts, Thursdays, 12:15-1:15. Curtis Apts., Thursdays, 11:00-12:00, LeRay St. Apts, Thursdays, 1:45-2:45, North Country Children's Clinic, Wednesdays, 12:00-2:00. Manager: Delta Keeney (315) 788-1933. + *

Dates: Wednesdays, July 22 through Oct. 7 & Thursdays, July 23 through Oct. 8, 2009. See times above.

Watertown – Jefferson Bulk Milk Farmers' Market. Corner of Rte. 3 and Old Rome State Rd. Manager: Brian Gorman. +

Date: Fridays, July 3 through Sept. 4, 2009 3:30-7:00

Whitehall - Boulevard in the Village Park along the canal. Manager: Bob Anderson (518) 854-3750. +

Date: Tuesdays, early June through late Oct., 2009 1:00-4:00

Willsboro – Across from the old Mountain View restaurant on Rte.22. Manager: Linda Therrien (518) 963-4383. Web

Site: adirondackfarmersmarket.com +

Date: Thursdays, June 11 through Oct. 8, 2009 10:00-2:00

Wilmington - Heritage Park, Corner of Rt. 86 and Hazelton Rd. Manager: Gina Agoney (518) 293-7877. Web Site:

adirondackfarmersmarket.com +

Date: Wednesdays, July 1 through Aug. 26, 2009 9:00-1:00

Upcoming Events, Classes, Workshops

Master Beekeeper

Program: Apprentice Level Spring Workshop

Saturday and Sunday
May 2-3 or May 16-17

9:00am – 6:00pm

Cornell University

Dyce Laboratory for Honey Bee
Studies \$140

The Apprentice Level Workshop is designed to build basic beekeeping skills. The Spring Course focuses on starting with bees; beekeeping equipment and construction; spring and summer management; identification and management of bee pests; and basic bee biology. Participants receive a manual to complement the lectures.

Registration information, directions and information on lodging can be obtained at <http://www.masterbeekeeper.org/masterbeekeeper.htm>.



Enhancing Local and Regional Food Systems

Tuesday to Wednesday
May 19-20, Hudson Valley
Resort, Kerhonkson, NY.

This conference will bring together researchers, Extension educators, and others to explore the scientific research base relating to local food systems. Together, we will explore the opportunities and challenges inherent in promoting and evaluating local foods as a critical component of an enhanced food system and as a vehicle for rural community and economic development in the Northeast.

Visit <http://nercrd.psu.edu/LocalFoods/Conference.html> for more information.

Irrigation Options

May 20, 2009 4-7 p.m.

Cornell's Freeville Farm
(near Ithaca)

133 Fall Creek Rd., Freeville

Learn from Steve McKay, Cornell Farm manager, what it takes to set up various types of irrigation systems. Solid set irrigation with electric and PTO-operated pumps, trickle irrigation, and small and medium irrigation reels will be demonstrated. A representative from Belle Terre Irrigation will be on hand to describe the types of parameters you need to know before getting an irrigation system designed. No fee, but please pre-register at Tompkins County Cooperative Extension 607-687-4020.

St. Lawrence County, Maple Confection II Workshop

Tuesday & Wednesday
June 9-10

CCE Learning Farm Canton

Contact: Steve VanderMark for more information or to preregister sfvl@cornell.edu, Phone: 315-379-9192

Master Beekeeper

Program: Journey Level Queen Rearing Workshop

Saturday & Sunday

June 27 to 28 9:00am – 6:00pm

Cornell University

Dyce Laboratory for Honey Bee
Studies \$240

This workshop provides an intensive overview of the essentials of practical queen rearing for hobbyists and sideline beekeepers. Emphasis is placed on

hands-on experience, including setting up the cell builder; grafting; graftless grafting; handling queens and queen cells; establishing mating nucs; and drone production. Participants receive a manual and basic queen rearing equipment. Registration information, directions and information on lodging can be obtained at <http://www.masterbeekeeper.org/masterbeekeeper.htm>



The 2nd Annual Great Adirondack Rutabaga Festival

Sunday, September 6
10:00am—2:00pm

Keene Farmers Market

Marcy Field, Keene Valley

Join the celebration of this wonderful root crop, long a staple in the Adirondacks. Several chefs will prepare their favorite rutabaga dishes and you can sample some unique rutabaga delicacies. Events include:

- 4x50 Rutabaga Relay (for all ages)
- High Peaks Hula Hoop championship and other games
- Rutabaga Contest (largest, most unique and best decorated) Must be grown in the Adirondacks and arrive for judging no later than 10:30am
- Rutabaga Cooking Demonstration by Adirondack Chefs
- Coronation of the Rutabaga King and Queen

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



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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 may 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.edu.
Donations to Adirondack Harvest are tax deductible.