



ADIRONDACK HARVEST

Harvest News

Volume 1, Issue 3

July 2005

Remember to Buy Local!

“The most political act we all do on a daily basis is to eat, as our actions affect farms, landscapes and businesses.”

A friend of mine encountered these words on her breakfast menu at a Bed and Breakfast in rural England. Spelled out, it seems so simple. But, the sad truth is that we don't always take every opportunity to buy local.

Local products are often fresher and better than products which have traveled thousands of miles, plus they have the added benefit of supporting our neighbors. One of our members, Schroon Falls Nursery, in Schroon Lake is an example of a wonderful local business.

Dave Campbell and his mother, Ginni, have been running the nursery for 8 years. The nursery grounds are planted with different gardens so that customers can picture how the plants will look in their own garden. There are gardeners available to help you make decisions and advise you on which plants will thrive in your garden, sun and soil requirements, tricks of the trade. All

the plants sold at Schroon Falls are grown at the nursery, so there is no question of their hardiness in our climate.

And yet, the nursery is struggling and people are buying their plants at the giant retailers. I asked Dave about this and he told me that it is very frustrating. “People think I am more expensive, but I am not. I go to the big stores and check their prices and my prices are the same or lower. And my plants are sold in 7 inch pots”.

And so, a local family is offering a better product and better service for the same price, and yet people are choosing to go elsewhere. Dave, like so many small family businesses is faced with the choice of lowering his standards in order to compete, or carrying on and hoping to survive.

My brother always says that when it comes to purchasing decisions, people vote with their feet. Please be sure your feet know that you want to buy local, or at least check out the local business first. You will be happy you did, and so will your neighbor.

Harvest Festival Week

For the second year in a row, the Essex County Board of Supervisors has designated September 11 through 17 as Harvest Festival Week. This year, Adirondack Harvest is combining our celebration with the Boquet River Association (BRASS), to celebrate agriculture past, present and future and to acknowledge the role that the River has played in the agricultural development of our area.

We will be holding Recipe Taste-Offs at the Keene, Lake Placid and Elizabethtown Farmers' Market on September 11, September 14 and 16. Everyone is encouraged to cook up their favorite recipe and bring it to the Market for judging. Judges, selected at random will rate the recipes on taste, presentation and number of local ingredients, with three winners at each market. Local businesses have once again donated generously to our prize baskets, so please join us.

(Continued on page 2)

Harvest Festival Week, continued

The winning recipes will be included in the 2006 Supplement to the Adirondack Harvest Cook Book.

Both BRASS and Adirondack Harvest will be offering Farm Tours all week. The free tours offer a chance to meet the people who are growing your food, see the farms themselves and learn more about farming in Essex County. Look for the map of participating farms in late August on our website or at the Farmers Markets.

We are happy to give advance notice of one popular tour. Adirondack Architectural Heritage (AARCH) is once again offering 200 YEARS OF FARMING on Monday, September 12. On this southern Clinton County tour, we will explore a series of homesteads and farms from the early 19th century to the present day, which collectively show how farming has changed over time. We'll

see the Keese Homestead, Miller Homestead, Forrence Orchards, and Adirondack Farms, a modern 1300-head dairy farm. At Clover Mead Farm, we'll see how organic cheese is made and sample their exceptional line of farm-fresh products. The fee is \$30 for AARCH members and \$35 for non-members. This tour always sells out, so you may want to contact AARCH at 834-9328 today.

If you are willing to open your farm for a few hours during the Festival Week, please contact Susie at 962-4810 x 410.

On Saturday night, September 17, BRASS and Adirondack Harvest will be holding a dinner dance at Floral Hall at the Essex County Fairgrounds. The menu will offer some of our finest local produce, and the music will be provided by the Too Tall String Band.

Adirondack Harvest Cookbook

The Adirondack Harvest Cookbook is now available. It is priced at \$12.95, but we think they make great stocking stuffers so we are offering the chance to buy 5 or more for \$9.95 each. Put the lovely purple book in a basket with a selection of local products and you have a unique Adirondack gift.

The book contains 60 recipes submitted by your neighbors, as well as local history and useful information about buying and using local products.

Remember, it is never too soon to submit a recipe for the 2006 Supplement to the Cook Book. The book is published in a 3-ring binder and we will be offering a supplement after the Taste-Offs. If you would like to be part of the fun, please send me your original recipe! If you would like to receive a cookbook in the mail, send \$15.95 (\$3.00 shipping) to Adirondack Harvest, PO Box 727, Elizabethtown, NY, 12932.

As a sample of the kinds of wonderful ideas you will find in this book, we offer a taste-tempting treat from Wadhams:

Mona's Harvest Salad

Combine in a large bowl:

10 ounces fresh corn cut off the cob (about 4 ears)

1 large sweet red pepper, chopped

1 medium green pepper, chopped

1 medium purple onion, chopped

3 15-ounce cans black beans

Combine in a small bowl:

1/3 cup red wine vinegar

1/3 cup olive oil

1/2 teaspoon salt

1/2 teaspoon pepper

2 crushed garlic cloves

Let stand at least 30 minutes. Mix the veggies and dressing together. Cover and chill for at least 6 hours. Serve at room temperature.

Use of the Logo

By Libby Treadwell

The wonderful Adirondack Harvest logo sprouting up throughout the North Country represents Adirondack Harvest's promise. There are the green fields backed by mountains and fronted by Lake Champlain. Any farmer can tell you the authenticity of the logo is apparent in the empty Adirondack chair, for although the promise of rest exists, the reality of farming during a short growing season leaves that chair empty.

But the results of the season's growth are what Adirondack Harvest is all about, and it is our logo that carries our mission. Because our logo has been in commercial use since June 7, 2002, it is the property of Adirondack Harvest, Inc. What does this mean? It means members are allowed to use it to promote their products. If nonmembers would like to promote themselves as part of Adirondack Harvest they must write to us for permission - and become members.

We would like to thank Stuart Frum, Esq., of Westport for his time, explanations, and other helpful input as we go forward with the trademark process.



Win A Catered Dinner In Your Own Home

It always amazes us how people are ready to support Adirondack Harvest. We have received tremendous support from many local businesses over the years, and enthusiastic feedback from farmers and consumers alike.

One of our members, The Point Resort, a 5-Star Resort in Saranac Lake, has made us an offer we think you will like. We call it Win A Night Out—In Your Own Home. Kevin McCarthy, the Executive Chef at The Point will travel to the winning household and prepare a gourmet dinner for up to 6 people. Accompanying Kevin will be a waiter who will serve you and tidy up, making this truly an evening of pleasure. The Point has donated the food. You are asked to supply your own wine.

The Point is a customer of the Adirondack Delivery Pool, so you can be assured Kevin will be serving as much local food as possible. The drawing for this incredible prize will be September 17, at the Festival Dinner Dance. You need not be present to win. Dinner will be scheduled at a time of mutual convenience between January and April 2006.

Raffle tickets are \$5.00 or 6 for \$25. Look for the Adirondack Harvest table at the Farmers Markets in August, or call 962-4810 x 410 (or info@adirondackharvest.com) to purchase tickets by mail.

\$5

Keep in Touch

Adirondack Harvest is always happy to hear from our members. Your ideas and suggestion can help us serve you better and to plan for future project.

Susie Becker is the Adirondack Harvest Coordinator for Essex County. Susie can be reached by mail at PO Box 727, Elizabethtown, NY 12932, by phone at 518-962-4810 x 410 or by email at info@adirondackharvest.com.

Adirondack Harvest Chapter Updates

Southern Chapter Sets Meeting!

By Elizabeth Mangle

The inaugural meeting of Adirondack Harvest's Southern Chapter will be held on Thursday, September 1st at 2 p.m. in Oak Mountain Ski Center's lodge.

The location and timing couldn't be better! The Speculator Farmers Market is held each Thursday from 3 p.m. – 6 p.m. at Oak Mountain, so the September 1st meeting will provide a great opportunity for new members to check out the market after the meeting.

Topics for discussion will include the history of Adirondack Harvest, how the organization can help its members, and upcoming Adirondack Harvest events.

Contact Chapter Representative, Elizabeth Mangle at 548-3991 if you want more information or have questions. And, please, plan to join us at Oak Mountain!

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

Franklin County Chapter

By Bernadette Logozar

Bernadette Logozar has written a grant application to NYS Ag and Markets to start a Farmers' Market in Tupper Lake. She would love to hear from you, if you interested in selling there. Bernadette can be reached at 483-7403.

Clinton County Chapter

By Amy Ivy

The Clinton County Chapter met on May 2 at Conroy's Organics. The group felt that rather than educational programs or workshops this summer they'd rather have some research done on the feasibility of establishing a USDA inspected slaughterhouse in Clinton County.

Clinton County is also celebrating Harvest Festival Week. Clinton County farmers are offering farm tours, and there will be a Chili/Tomato Sauce Cook-Off at the Plattsburgh Farmers Market on Sept 17. If you would like to participate in these events please contact Amy Ivy at 561-7450 or email at adi2@cornell.edu.

The Chapter will meet again in October and all are welcome.

Essex County Chapter

By Anita Deming

We are implementing a Mentoring program for new or expanding greenhouse growers through a Small Farm Grant from Cornell University. We have 3 mentors participating now: Rob Hastings of Rivermede Farm, Don and Eve McCormick of Laughing Duck Farm, and Dick Garrant. We have several folks being mentored as well. Our goal is to have more farmers with fresh ripe produce available earlier in the season.

The Essex County Farmland Protection Board received a grant from Ag and Markets to improve the Adirondack Harvest Inc website and for farmers to set up their own web sites to sell directly by mail order. They also are collecting names of farmland owners who would like to rent their land to organic grain farmers, and of farmers that would like to rent organic certifiable land.

If you are interested in either of these projects, contact Anita Deming at 962-4810.

Essex County has also developed three educational videotapes: Greenhouses, Organic Wheat Production, and On Farm Cheese Making. If you are interested in these videotapes, please contact Anita Deming at 962-4810.

Meet the Board:**Carol Joannette, Essex County Leadership Team**

When I was asked to write a biography of myself as a member of the Adirondack Harvest board, I said, "Sure, no problem." However, when I sat down to write, all I could focus on was how my education and work experience over the last 20 years have focused on retail, hospitality, and tourism marketing; none of which seemed at all appropriate.

My youth was spent in St. Lawrence County with its rolling fields and pastures. It's a place where you can tell where you are in time by looking at the condition of the fields around you. In spring the plows come through and turn the rich, black soil over leaving the fields deep black and grooved. The corn grows through summer until the tassels show and later is cut leaving the stumps of the stalks sticking up in rows. During fall all the stalks dry out and turkeys and deer can be seen much better as they graze. The winters are lonely as the fields, lightly carpeted in snow, wait for the turn of the plow.

My uncles were all farmers and even though I didn't grow up on a dairy farm we always had

large gardens each summer with a wide variety of produce. My sister, Patty and I loved eating carrots and peas directly from the garden – just barely brushing the soil off the roots before crunching them up and then running off to finish our game of hide-and-seek – but, we dreaded the work that was required to taste the results.

Our spring weekends, when most kids were watching Bugs Bunny cartoons, Patty and I were in the garden with our wagons picking rocks out of our garden that Dad said was the crop we grew each winter. I dreaded Thursdays during our summer vacation when it was our chore to pull weeds from between the vegetables. I didn't like the heat or the dirt under my nails, and it was so boring!

Like many teens I knew, I grew up and moved away from St. Lawrence County, running away from the farms with their smells and dirt, and ultimately landed here in Lake Placid. We are fortunate to live in an apartment with access to the lake but it only has enough yard space to put in a few flowers each spring.

Adirondack Delivery Pool

The Delivery Pool continues to be very popular among chefs and farmers. Now that summer is here, the list of products available from the Pool is growing each week.

The Pool offers easy, one-stop ordering and delivery for the chefs, and a convenient, reliable market for the farmers. If you are interested in selling your produce, please contact Adirondack Harvest. If you are a chef and would like to receive our weekly order form, just let us know.

Over the winter, the Delivery Pool plans to offer seminars and meetings for participants. Among the subjects which have been suggested are

1. Industry experts on packaging and marketing
2. Growing the products the chefs want, and
3. How to make money with a small garden.

If you have other ideas, we would love to hear from you. If you are interested in being advised of these and other meetings, please contact Susie.

Keene Composting

By Joanne Whitney, Keene Central School

Keene Central School has had a composting program from its school cafeteria for ten years. Originally, the compost was used to fertilize a large school garden. Pumpkins and other vegetables were grown with the help of some community volunteers.

After the new wing was added to the school, small raised bed gardens were constructed outside the elementary classrooms using grant money. Each classroom garden has a theme. Fourth graders plant a “three sisters” garden each spring, which follows the curriculum of Native American studies. This year students planted pumpkins, bottle gourds, black beans, and ornamental corn. Next year’s fourth grade will harvest the crops and plant for the following year.

Everything in the garden is used: corn husks are used to make corn husk dolls in art class, the corn is used to decorate, the pumpkins will be used by the home and careers classes to make pumpkin bread for the annual school-wide Thanksgiving dinner, the gourds will be used to make birdhouses for the garden, and the beans will be made into beanbags or counters for the first graders.

The soil in the class garden was enriched with compost from the cafeteria program before planting and the harvest will be used and composted again this fall, allowing students to participate in the full cycle of growth. It is a unique experience for Keene Central fourth graders.

Farmers’ Markets

Remember to shop the Farmers’ Markets for fresh, local food. Going to the Farmers’ Market is more than just a shopping trip, it is a chance to see you neighbors and meet the people who grew your food.

Most of the Markets have live entertainment and special events such as Author’s Day, Zucchini Races, Strawberry Shortcake Day, and more. The Market Managers try very hard to make shopping an exciting and educational experience, and to offer activities of interest to children and adults.

Beginning in August, Eat Smart NY! will once again be cooking local foods at the Essex County Markets, so you can sample the fresh, wonderful food the farmers sell. Pick up a schedule of free events next time you are at the Market, or check their websites: adirondackfarmersmarket.com, lakeplacidmarket.com, and schroonlakemarket.com.

Web Map and Database Updates

By Beth Spaugh

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, then to the “Member Resources” and “Become a Member”. Download the database information sheet and send it in to Susie or to your chapter contact.

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.

Meet the Board: Chris Maron

Chris Maron joined the Adirondack Harvest board at its inception, shortly after assuming his job as the Champlain Valley Program Director for the Adirondack Nature Conservancy and Adirondack Land Trust. "Participating in Adirondack Harvest is an important part of our community-based program in the Champlain Valley" Maron said. "Enhancing local agriculture supports our economies and helps conserve our beautiful landscapes."

Chris grew up in Los Angeles and went to DePauw University in Greencastle, Indiana. He earned a Master's Degree from Indiana University's School of Public and Environmental Affairs and began to work with The Nature Conservancy in 1984. He worked with The Conservancy's Indiana Program for 16 years, first as stewardship intern, then Field Steward, Director of Science and Stewardship, and Director of Land Acquisition. Working in Indiana introduced him to many farmers where he gained an understanding of agricultural issues and challenges.

In 1998-1999, he was the Visiting Director of Science and Stewardship for the Adirondack Nature Conservancy and Adirondack Land Trust. He and his wife, Michelle not only fell in love with the Adirondacks and the Champlain

Valley, they had their son and named him Tommy Adirondack Maron. When his stint was over, they went back to Indiana for a year and then returned when Chris moved into his current position. He quickly jumped into conserving farmland, one of the priorities for the Adirondack Land Trust. Working through the Essex County Farmland Protection Program and the farmland protection grants, he coordinated the protection of over 1300 acres of local farms through conservation easement.

Some of his other conservation projects include conserving another 1122 acres of farmland, protecting a scenic vista over Lake Champlain, and preserving forests in Essex, Willsboro, Whitehall, and Westport.

As a "community-based conservationist," he works within communities to foster a stronger environmental ethic and participate in the processes to enhance local economies.

"At The Conservancy and Land Trust, we recognize that healthy economies lead to greater conservation," Maron said.

"Adirondack Harvest is an important program to revitalize local agriculture and instill greater pride in our wonderful resources."



ADIRONDACK HARVEST MEMBERSHIP



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

Name _____ Web address _____

Address _____

Phone _____ Fax _____ Email _____

Circle type of membership: Farmer Supporter Red Ribbon Friend Blue Ribbon Friend

Products sold (Farmers) or used (Supporters) _____

Remember to Shop the Farmers' Markets

Essex County Fair August 16—25

Franklin County Fair August 6—14

Clinton County Fair July 19—24

Farm Tours All Week

September 17 Plattsburgh Farmers' and Crafters' Market

Chili Cook Off

September 16 at the E'town Farmers' Market

September 14 at the Lake Placid Farmers' Market

September 11 at the Keene Farmers Market

Taste-Offs

Dinner Dance September 17

September 11—17

Adirondack Harvest Festival



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