



Harvest News

ADIRONDACK HARVEST

In coordination with Cornell Cooperative Extension of Essex County

Summer 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

This is the time of the year when newsletters may sit unread, waiting for a calmer season. We understand! Hopefully our farmers, chefs and stores are all very busy, right in the thick of an Adirondack summer.

We have already completed our first round of tours – the greenhouse tours in May and the farm tours in June (read about the farm tours on page 2). While the feedback from those is still fresh in our minds we are preparing for the Fall Harvest Festival farm tours which are usually more extensive. We are also planning a challenge to our restaurants, encouraging them to serve at least one meal made from local ingredients. Read about this on page 7 and prepare to participate in this event! We'll need plenty of local items to supply the restaurants.

The Essex County Fair has come and gone with the usually flurry of activity. We rounded up local fare to serve and promote to the public, spreading our message of "support your local food sources"! You'll find more about this on page 5.

Adirondack Harvest is growing, spreading regionally, and we thank you for helping us keep up to date with our listings. If you know of new farmers, stores, restaurants we'd appreciate you giving them a



Rehoboth Homestead display at the Lake Placid Farmers Market

nudge in our direction. All this local agricultural networking can only help strengthen our beautiful Adirondack communities.

Finally, look for our bright new rack cards all over the region! They replace the old maps and direct folks right to the web site.

Extra tomatoes?...

We may have had a cold start to the season, but it's turning out to be a pretty good year for growing tomatoes. Would you like to sell your excess?

The North Country School Camp Treetops is looking for "seconds" tomatoes to purchase. They have their own 3 acre organic garden, but need to buy more than they grow. Contact Victoria Barney at vikicooks@adelphia.net



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.)

It is a good habit to regularly 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. 962-4810 x404 or lsd22@cornell.edu.

JUNE FARM TOURS

During the week of June 16th through June 24th, Adirondack Harvest sponsored a series of Farm Tours. In total, 19 producers participated in this event, a few giving multiple tours during the week or staying open the entire day.

Several tour destinations were new to our promotion. **Ben Wever Farm** raises Adirondack grass-fed beef, farm-roaming poultry, horses, honeybees and seasonal produce. They had many visitors to their farm, some hanging around for a good part of the day! Linda Gilliland, the owner, graciously baked homemade cookies all day for her guests.



The circular Community Gardens at Black Kettle Farm in Essex



Contented, "farm-roaming" poultry at Ben Wever Farm in Willsboro

Other new participants: **Hohmeyer's Lake Clear Lodge** which is a champion of local and organic foods and is the home of the Adirondack Chapter of the Weston Price Foundation. **At Long Last Farm**, in Malone, raising grass-fed beef. **Ponderosa Poultry Pharm**, in Gabriels featuring flowers and vegetables as well as poultry. **The Bark Eater Inn**, in Keene, an old farm-turned-inn now highlighting horseback riding and polo. **Four Directions Weaving**, in Vermontville, which is a sheep farm and weaving studio. And **Campbell's Greenhouses**, in Saranac, starting plants and growing crops in hoopouses. For more information on these members, visit www.adirondackharvest.com

FARMERS' STORIES

Have you ever been to a restaurant in Vermont and seen farmer photos and stories framed and hanging in the entryway? The Vermont Fresh Network has done an excellent job of promoting the connections between restaurants, stores and local farmers. They display their logo prominently with information about the farm-chef interactions.



Here at Adirondack Harvest we are about to begin doing the same thing. Many restaurants who use local ingredients already display our logo, but we want to go further. Our Agritourism grant is providing funds for us to write up farmers' stories, combine them with farm photos plus our logo and frame them for restaurants to display.

If you sell directly to restaurants or stores on a regular basis and would like to be included in this promotion, please contact

Adirondack Harvest soon. We are aware of several of our members who have connections to their local chefs and we will be calling them. But we don't know everyone's story—so please fill us in if you are lucky enough to have a working relationship with stores and restaurants in your area.

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.

Adirondack Harvest Chapter Updates

Franklin County Chapter

No news at this time from Franklin County. Contact Jane Desotelle at 425-3306 or janedesotelle@earthlink.net 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.



MAIL ORDER PROJECT

Anyone out there interested in participating in a mail-order project? Anita Deming, at Essex County Cornell Cooperative Extension, and advisor to Adirondack Harvest, would like to explore the possibility of putting together a mail-order catalog of non-perishable Adirondack Harvest products. If you would like to participate please contact her at 518-962-4810 x409 or ald6@cornell.edu

Clinton County Chapter

By Damian Gormley

The Clinton County chapter of Adirondack Harvest met on Thursday, July 26 at Conroy's Organics in North Plattsburgh. In attendance were Simon Conroy, Damian Gormley, Monica Clark, Alan Weinraub, Sherry Barcomb, Pam Miller, and Mrs. Everett of Everett Orchards.

Our discussion primarily focused on developing a food distribution system that would focus on the high end restaurant market in Clinton, Essex and Franklin counties. A limited liability corporation could be formed wherein the owners of this franchise would be the participants. Alan Wienraub of Champlain Heirloom Farms, Inc. would be available to provide legal advice and we would discuss how many members would be a part of that and what their initial investment would be.

We also would put effort into recruiting more restaurateurs as members. Outreach in Clinton county needs to be a priority as well reinvigorating the current members and gaining new members. Rob McDowell of Purple Gate Farm and Vineyard had previously done a great job in organizing this

effort, but he has settled in to work on his vineyard full time.

We identified three areas of distribution outreach. These would be restaurants, farm markets and schools. Although schools are not high end there is a national momentum and money available to fund a local food in schools initiative. This market has not been addressed in our County.

Contact Damian Gormley at 293-8226 to participate in this chapter.



Jessica Chevalier of Ledge-top Orchard in Crown Point is a vendor at the Lake Placid Farmers Market

News Briefs

Submitted by Jane Desotelle

State Fair

The Farmers Market Federation will be setting up a farmers market display at the New York State Fair, Aug. 23rd through Labor Day. The display will feature farm products grown and produced by our NY farmers and available at farmers markets. Labor Day will be a live farmers market, where fairgoers will have the opportunity to purchase the products on display.

All farm products on display will have signage identifying the product, general information about the product and the farmers name and location. Other things available at the display will be information on all farmers market locations and operations, as well as general information about farmers markets in New York State.

To make this display a success, volunteers are needed to collect product from farmers and markets and deliver them to Syracuse during Fair week. We have coolers and barn space to store all products going to the fair. If you are interested in having your farm products or products from your markets farmers, helping to bring products to Syracuse or volunteering time at the fair exhibit call 315-475-1101 or email diane.eggert@verizon.net to offer your assistance. Help us to demonstrate to NYS

fairgoers the bounty that New York farmers offer at our state's farmers markets and help to build customer awareness of our farmers markets.

Gift Baskets

Attention Adirondack Harvest producer members! Adirondack Harvest is working with NY FARMS! and the Small Scale Food Processors of NY to develop and sell five regional gift baskets across the state. You will be paid wholesale prices for your products. We are looking for sample size items with your brochure and or contact information. Send a sample of your literature, product and the wholesale price to:

Adirondack Harvest
PO Box 388
Westport, NY 12993

A variety of items will go into the basket. Items unique or representing our regional identity will be given preference.

The deadline for item submission is **August 15th.**

New Market

A new farmers' market was started in Franklin County. The Paul Smith's College Farmers' Market opened July 6th, 3 pm - 6 pm. Vendors arrived early to set up tents just inside the main entrance near the parking lot. Our 10 vendors were very pleased with the turn-out from the college, visitors and the community.

As word spreads that the Paul Smith's community is supporting this new market more vendors are expected. Vendors who sell out early are working hard to increase what they bring to this market. The variety of items will increase at all markets as the growing season progresses. The Adirondack Farmers' Market Cooperative would like to thank Adirondack Harvest, Adirondack North Country

Meat at the Markets

Association and Franklin County Cornell Cooperative Extension for working with farmers in the past couple of years to learn how to raise meats for the local retail markets. The addition of local pork, lamb, chicken and beef at our markets is very popular with the customers who are looking for local food with fewer additives and more natural growing conditions. You did a good job, Thanks! [Editor's note: please see page 6 for an upcoming beef workshop]

Jane Desotelle is the owner of Underwood Herbs, the director of the Adirondack Botanical Sanctuary and the Executive Director of the Adirondack Farmers' Market Cooperative and the Franklin County Chapter representative of Adirondack Harvest. For more information about their markets please visit www.adirondackfarmersmarket.com.

ESSEX COUNTY FAIR

Adirondack Harvest was very visible at the Essex County Fair this year which took place from July 25th through the 29th. During this event we try to focus primarily on Essex County producers.

To kick off the fair opening, the Lake Placid/Essex County Visitors Bureau sponsored a “milking contest” amongst 8 Essex County Town Supervisors. After the competition, the supervisors, the media and the representatives from the Visitors Bureau left the show arena and trooped up to the Extension building. Here we served everyone a “local meal” of basil chicken salad sandwiches, tossed salad, sliced cheese, mint iced tea and cookies. Contributors to this feast were Merrick’s Bakery, Severance Farm, Harvest Hill Farm, Whiteface Gourmet Maple Products, Ben Wever Farm and Clover Mead Farm.

Every day our “Taste of the Adirondacks” table, situated at the front entrance to the Cooperative Extension building, served up free samples of local food.

Sumptuous leg of lamb from **Good Shepherd Farm** (*Ron & Jennifer Sivers, Crown Point*) was sliced, then sautéed in **Gourmet Gal** Savory Sauce (*Deborah Mackey, Ticonderoga*). The lamb was served hot on toothpick skewers.

Fresh sweet corn was picked up daily from **Ridgeview Farm**—also known more famously as

“Sayward’s Sweet Corn” (*George & Lois Sayward, Willsboro*). We steamed the corn and served it hot with Cabot butter.

Another fresh daily item was **Merrick’s Bakery** bread (*Phil Merrick, Wadhams*). This year we featured cubes of Jalapeno Cheddar, Olive, Walnut Scallion, Sourdough and 7-Grain



bread.

Finally, we offered four cheese varieties. Three came from **Clover Mead Farm** (*Sam & Denise Hendren, Keeseville*) and included Adirondack Style Feta, Applewood Smoked Gouda and a fresh, mild Farmers Cheese. The final cheese variety was brought down from **McCadam Cheese Company** (*Chateaugay, Franklin County*) and it was proclaimed the best cheddar ever by everyone who tasted it!

Finally, Dottie Wenau of the Cornell Cooperative Extension Nutrition Program and Eat Smart NY cooked up a batch of “Grandma’s Chili Sauce” using local ingredients. The pungent odor of simmering tangy vegetables wafted off the porch to draw in passersby. They dipped samples of bread in the chili sauce or sometimes filled

A bowl with bread, lamb and cheese chunks then slathered the chili sauce over all of it! The 4-H kids running the dairy bar directly across from our table were frequent visitors, often making a meal out of the samples! Most visitors are surprised to see how much our community produces locally.

We also handed out all sorts of promotional literature covering Adirondack Harvest, NOFA-NY, buy local information, and local product flyers.

Upcoming Classes & Workshops

Northeast Organic Farming Association 33rd Annual Summer Conference.

August 10-12, 2007 Online registration available at www.nofamass.org

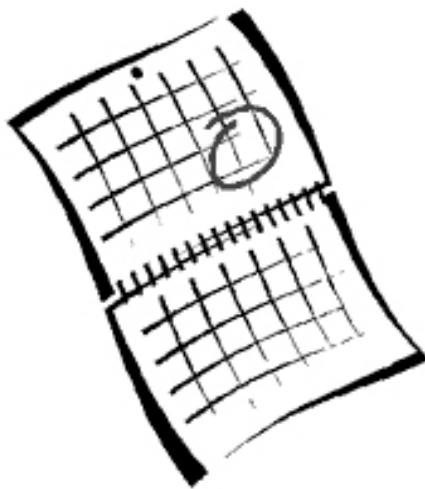
Saturday, August 18. Good Shepherd Farm Presents Farm and Field Days. 12 noon onward

173 Hamilton Road, Ironville

Ron Siver of Good Shepherd Farm is organizing a farm open house to showcase area agricultural activities. Good Shepherd Farm is a 300-acre farm and 200-year-old dairy operation that is now raising sheep and selling lambs and wool products.

Exhibitors include: LIVE Bluegrass Music Noon - 4 pm, Good Shepherd Farm Flock Tours & Lamb Samples, Hand Carding & Spinning Exhibitions, Fresh Vegetable Farmer, Fresh Bread Vendor, Portable Sawmill Demos, Hudson Portable Sawmill Dealer, Woodmaster Boiler Dealer (outside Wood/Corn Furnaces), Quilting Demos, Draft Horse Wagon Rides, Adirondack Buffalo Farm, Gunnison Apple Orchard (apples, honey, donuts), New York State Farm Bureau Rep (Kirby Selkirk), Roger Hastings / sheep shearer, Lake Champlain Wine Growers Association, DVM Mary O'Donovan-Ask the Large Animal Vet, Grassfed Pork Farmer Ken Whyte, Grassfed Goat Meat Farmer Robin Severance, Goat Milk Soap & Lotion Vendor, Farm Tractors

for sale & display, and Maplewood Homestead Farm & Horse Tack. There will be music, food vendors and draft horse rides for everyone. Contact Ron at 597-9850 if you have any questions or visit their web site www.goodshepherdfarm.com



Grape Workshop and Vineyard Tour Wednesday August 29. University of Vermont Horticultural Research Center

There will be classroom presentations and a tour of the small vineyard that was planted this spring. We will have a catered lunch at the HRC and then head to Lincoln Peak Vineyard in New Haven to tour the vineyard and continue discussions. Dr. Paul Domoto of Iowa State University is the featured guest speaker on cultivar research being planted in Vermont. He will be sharing his knowledge and insights with us. Contact Lorraine Berkett for more information: 802-656-0972 or lorraine.berkett@uvm.edu

September 15 & 16. The Cheese Tour. Free drive-it-yourself tour of 5 cheesemakers will take place in Washington County, NY from 10:00 a.m. to 6:00 p.m. Presented by the Upper Hudson Farmstead and Artisan Cheesemakers, each farm will be open and displaying their facilities, their animals and, best of all, their cheeses. Participating cheesemakers produce sheep, goat and cow milk cheeses. For more info, please call 1-800-548-0881 or visit www.cheesetour.blogspot.com.

September 20. Beef Cattle Raising and Marketing Class.

Mike Baker, NY State Beef Extension Specialist from Cornell University will be in Essex County Thursday, September 20 from 6:30 to 9:30 PM at the CCE building in Westport to speak on raising and selling beef cattle. The number one item that the Adirondack Harvest restaurants are asking for is quality beef. Come and learn how to maximize cattle growth, and quality meat while getting the best return on your investment. Anita Deming will discuss the Adirondack Harvest project and recommendations for selling beef to restaurants and consumers.

Anita is taking appointments for farmers that would like to have a farm visit by Mike Baker Sept 20 to 22. Contact Sharon at 962-4810 extension 0 to preregister by September 17.

FALL HARVEST FESTIVAL PLANS



Mark your calendars for the 4th Annual Adirondack Harvest Fall Festival taking place from September 9th through the 16th. The Essex County Board of Supervisors has officially declared this week in celebration of the region's agricultural heritage. Adirondack Harvest has been encouraging other counties to do the same, especially since many of our members are now from outside of Essex County.

Plans this year include the usual fall festivities at the farmers markets such as Displays featuring seasonal vegetables, chef demonstrations and autumn decorations.

Always a big highlight are the farm tours. Last year we had 25 farms participating, which was a new record for us. We hope to have even more this year as our expansion into other Adirondack regions continues. We have Cooperative Extension people all over the North County willing to help us

organize for the farm tours so if you have any question about who to contact, please start with Laurie at the Wesport office and she will be happy to help you get organized for your tour and put you in touch with your appropriate regional contacts. With this regional help we are hoping to expand the publicity beyond the Essex, Clinton, Franklin County area.

New this year are plans to challenge restaurants to serve at least one local meal during the week.



Letters will be mailed out soon to restaurants in each county detailing the challenge and explaining how they can begin the process of connecting with their local producers. They need not serve a meal *exclusively* with local products, but must try to include as many local ingredients as possible.

Adirondack Harvest has purchased copies of the Glynwood Center's "A Guide to Serving Local Food on your Menu", specifically written for chefs. We will be distributing this booklet and explaining how to use our web site to locate nearby farmers. If you know of

a restaurant who would be a good candidate for taking the "cook local" challenge please let us know so we can make sure they are on the mailing list.

In addition to the widespread restaurant challenge we will be working with one restaurant in each county to produce a local meal for county legislators, introducing them to Adirondack Harvest and reinforcing the buy local concept.

At the moment we are in the midst of organizing the farm tours. You may have already received a notice of this, but if not, and you would like to give a tour, please contact Laurie at 518-962-4810 x404 or at lsd22@cornell.edu. We will be happy to include you in the schedule.

Join the "Eat Well Guide"

Destin Joy Layne, director of the Eat Well Guide web site, has extended an invitation to Adirondack Harvest members to join her organization. This is a national, free online directory of nearly 9,000 farms, stores, restaurants and other outlets that offer sustainably-raised meat, poultry, dairy and eggs. At this time they are *not* listing fruits and vegetables. Please visit the site, www.eatwellguide.org for more information.



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



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ADIRONDACK HARVEST MEMBERSHIP FORM

If making a donation, please make checks payable to "Adirondack Harvest".
Clip and mail to P.O. Box 388, Westport, NY 12993

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.edu.
Donations to Adirondack Harvest are tax deductible.