



# Harvest News

**ADIRONDACK HARVEST**

In coordination with Cornell Cooperative Extension of Essex County Winter 2008

*"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

It may look like deep winter outside, but most of us are immersed in virtual springtime as we peruse the seed catalogs, browse the hatchery offerings and schedule greenhouse supply deliveries.

Here at Adirondack Harvest we are busy getting ready to travel around the Adirondacks looking for contacts in new regions and training them to get the word out about our mission. They will assist us in finding new members and organizing and promoting workshops and festivals. Anita and I will be using a powerpoint presentation as well as a media kit and other training materials. Adirondack Harvest is expanding!

Watch for information about our spring event, a reprise of our Local Food Connections day last year. This year's event should be even bigger and is being held in conjunction with "New Strategies for Farm Profitability".

Farmers markets are more popular than ever and the local food movement continues to be a huge wave. Keep on riding it everyone!

## CALLING ALL FARMERS, PROCESSORS, BAKERS AND CRAFTERS



**Get retail dollars for your work!  
Become a vendor at farmers markets  
in the Adirondacks.**

- Membership in the Adirondack Farmers Market Cooperative lets you sell at 7 markets (**Malone, Chateaugay Lakes, Paul Smiths, Saranac Lake, Wilmington, Elizabethtown & Keene**) Visit their web site: [adirondackfarmersmarket.com](http://adirondackfarmersmarket.com) or call Jane Desotelle at 518-425-3306.
- **Lake Placid** and **Schroon Lake** are 100% producer-only markets. Contact Sam Hendren at 518-834-7306.
- Another producer-only market takes place in **Wadhams**. Contact Bridgette Blemel at 518-962-4392.
- The **Plattsburgh Farmers Green Market** is producer-only as well. Call Beth Spaugh at 518-643-7822 to participate.
- Call Pat Parker for the **Plattsburgh Farmers Market** at 518-493-6761 or visit their web site at: [www.plattsburghfarmersandcraftersmarket.com](http://www.plattsburghfarmersandcraftersmarket.com)
- For info on the **Warrensburg** market contact Teresa Whalen at 518-466-5497.
- In **Lowville** call Dolores DeSalvo at 315-376-3061.
- The **Ticonderoga** farmers market is in transition. Please contact us at Adirondack Harvest if you are interested in participating, 518-962-4810 x404.



## Keene Central School Garden

Last year Keene Central School became their own farm-to school project by growing their own vegetables.

Julie Holbrook, Keene's cafeteria cook/manager organized a school garden right outside the building. Most of the elementary school teachers have been part of the gardening program along with Board of Education members, parents and the community. The school's composting project is over 10 years old, started by a parent.

There are about 160 students



total in this K-12 school and most of the elementary students are involved in the garden as well as quite a few older students.

Early crops were started inside, in empty milk cartons. The rest were direct seeded.

When it became clear that the local critters were as enamored of the garden's produce as the students, Adirondack Harvest contributed funds for the school to purchase a deer fence. Julie reported that the fence was very successful in keeping the wildlife at bay.

During the summer the garden was cared for by Julie and a student who recently transferred to Keene as well as community members.

By the time the students returned to school in the fall it was time to finish the weeding and harvest the crops. An army of students picked enough tomatoes to serve at school until the end of October.

Grades K-4 were able to pick their own pumpkins to take home (and use in math class!) Various students helped pick items for lunch—mostly greens, cucumbers, tomatoes, green beans or fresh herbs. The kindergarten dug potatoes to use in an art project. First and 2nd grades

harvested carrots for the classroom snack. Peas were eaten fresh from the vine and never made it to the lunchroom!

In cooking, the health class made a pumpkin sweet bread. Julie continues to stealthily blend swiss chard and mustard greens into many dishes. Many vegetables were



used in the "Back-to-School" meal served to students and community last September.

Says Julie, "Mostly, we learned what we need to do and what is best to grow in great quantity next year (2008). It was definitely a great learning experience and the beginning of something wonderful! I have had community members approach me and ask me if they can work in the garden next year already!"

Environmental Awareness Week will be the kick-off for this year's seed starting and a "compostable lunch".

Congratulations to Keene Central School and their local food efforts.



## 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](mailto:janedesotelle@earthlink.net) to participate in this chapter.

### Southern Chapter

Teresa Whalen, of Warrensburgh Beautification, and current manager of the Warrensburgh Farmers market, is the new Southern chapter representative. Thanks go to Elizabeth Mangle who served as the representative for several years while we were building our services.

Teresa says she's ready to serve as contact person for the Southern region which currently covers Warren, Hamilton, Washington and Saratoga Counties. Stay tuned for more activity from this area and contact Teresa at 518-466-5497 or [taawhalen@yahoo.com](mailto:taawhalen@yahoo.com) to participate.

### Clinton County Chapter

Amy Ivy reports the following from their recent meeting:

- A possible use of Americorps volunteers in the future when meaningful projects are established.
- The NY/Adk potato awareness project is being done by regional Veggie IPM Specialist, John Mishanec. John is trying to create a demand for specific potato varieties and for NY grown potatoes. He has samples of 6 different varieties (including Adk Blue and Keuka Gold) that he's giving to white table restaurant chefs to try out.

He has also done taste-testing at farmers markets so consumers can learn there really is a difference between varieties. This seems like a potential crop for us locally.

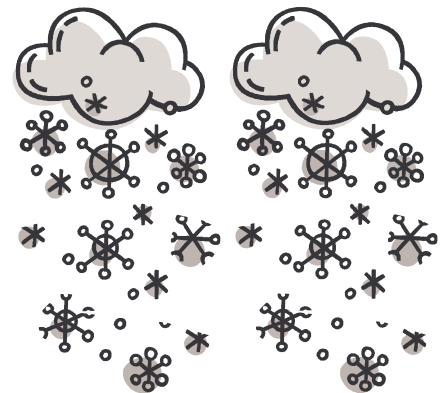
- Amy said the High Tunnel project was funded by NNY Ag Development Program and she'd keep the group posted on developments there.
- Working with chefs. We need to educate chefs about what is feasible for us to produce locally, educate growers about what chefs need and want, and educate consumers about what's in season and to value locally grown food.
- Taste testing at various events would be good too, to develop awareness and appreciation that locally grown food tastes good! Amy will be looking into health dept. requirements about cutting up produce for taste testing at markets, events. The rest of the discussion focused on Ag Awareness and what we could do to enhance that. Suggestions included:
  - ✦ Doing projects in schools like Ag Literacy, NY Harvest with NY Kids, etc.
  - ✦ Offering farm tours – take turns hosting an event, other farmers could set up a table at the host farm to show the public the breadth of things produced locally.
  - ✦ Or have one big Farm Festival in early fall, on one farm with other farmers there—could be at a different farm each year.
  - ✦ Having a booth at the County Fair – Amy said there

might be room in the 4-H Building, will look into other space and any costs.

- ✦ Presence at farmers markets.
- ✦ Plan ahead to get local restaurants to feature a local dish during Adk Harvest week. Looking for other ideas to make Adk Harvest more visible in Clinton Co.

### Adk Harvest Week ideas:

- ✦ Have one day for each county and make a map that a person could cover in a day. Have people sign up ahead of time so farmers know what to expect. Look into hiring a CART bus or something to bring people from farm to farm.
- ✦ At end of year make a PowerPoint with pictures of local farms, farmers and people featured to promote Adk Harvest then take this to Board of Legislators and other community groups during the winter. Contact Damian Gormley at 518-293-8226 or [dg@gormleyart.com](mailto:dg@gormleyart.com) to participate in this 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](mailto:lsd22@cornell.edu) for submissions to upcoming quarterly newsletters.*



## Nelson Farms at Morrisville State College

By Dave Evans, director

**Nelson Farms** provides entrepreneurial agri-business opportunities for specialty food processors, farmers, growers, and producers. Opportunities include: processing/co-packing, product development, dairy incubator, distribution, marketing, consulting and sales.

### **Processing:**

Nelson Farms is a state of the art, one stop processing facility for small scale food processors, farmers, growers, and producers. Nelson Farms is licensed by the State of NY and adheres to FDA regulations.

### **Distribution:**

Nelson Farms and Morrisville State College are establishing a state wide distribution system to assist the processor, farmer, grower, and producer in getting their products to the market place. This distribution system will provide opportunities for expansion into major markets.

### **Education & Training:**

Nelson Farms and Morrisville State College have qualified staff to provide on-going training, consulting and educational opportunities.

### **Country Store:**

The Country Store highlights some of the products produced in the kitchens of Nelson Farms as well as Pride of New York products from all regions of New York State. While at the Country Store, you can browse through such items as pancake, muffin and other mixes, syrups, jams and jellies, barbecue sauces, salsas, cheese, chocolates and more!

It was in the spring of 2003 before the facility was totally completed and all production areas were finalized and ready to accommodate specialty food clients.

### **We opened with four basic production rooms.**

- 1.) A large production room with a 100 gallon kettle, range, tilt skillet, convection oven, piston filler and semi-automatic labeler.
- 2.) A smaller production room with an 80 gallon kettle, range, tilt skillet, convection oven, fruit & apple pulper & various supplies and small equipment.
- 3.) A bakery with a convection oven, range, 80 quart mixer and basic bakery supplies & equipment
- 4.) A dry fill room with a accurate digital auger filler, double ribbon blender and supplies required to fill dry mixes of all kinds.

### **Within two years our production rooms expanded with additional equipment.**

- 1.) A large production room with 150, 100 & 40 gallon steam kettles (with agitation) that are connected together by valves and pumps so as to make possible up to about 280 gallons per production, tilt skillet, a transfer pump system coming from the kettles through insulated lines to an automatic filling line that includes a six head filler, line that has a bottle sending table to the filler area, automatic capper, fully automatic labeler and coder and to a rotating receiving table. A tamper conveyor system is available if required. A digital piston head filler is also available. When required this room has a 10 HP Colloid mill for processing all degrees of pureeing.
- 2.) A smaller production room with 80 & 60 gallon kettles (with agitation), tilt skillet, convection oven, a newly designed piston filler with agitation in the cone, semi-automatic labeler available. Two 200 gallon stainless tanks are available if required for cold fill

products.

- 3.) A bakery with a convection oven, ten foot conveyor oven, 80 quart mixer, automatic cookie dropper and other basic bakery supplies & equipment
- 4.) A dry fill room with a digital auger filler, double ribbon blender and supplies required to fill dry mixes of all kinds.
- 5.) A product development room plus testing equipment like specialty pH testers, water activity meter, plus other testing equipment. We also do camera ready Nutrient Fact Labels for all small scale food processors.

Within the first two years we realized we had to do a great deal more than just guide processors through the basic steps to bring a product to market. In many cases where shelf stability was wanted, the formulation they came with had to be "tweaked" to make the formulation required for the product to be shelf stable. We also realized quickly that assisting new clients in marketing, distribution, pricing etc. was needed to help them become successful entrepreneurs.

We are very active in promoting our clients products at many shows throughout NYS as well as participating in the Fancy Food Show in NYC every year. Two years ago we had 10 individual clients at our booth promoting their own products. This year we had seven clients and plan to have at least 10 participating in 2008. To assist our clients as well as other NY processors to market their products we established the Nelson Farms Country Store which is the Storefront of our facility. Not only does this Store sell many individual products but does hundreds of gift baskets yearly some with specific themes.

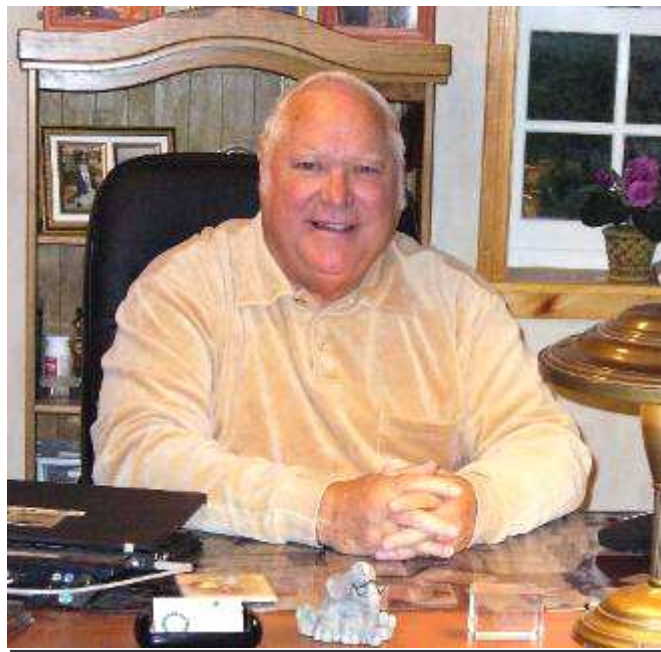
## Nelson Farms cont.

Our new internet sales area for the store will be activated by February 1, 2008 and once established, we hope to set up a NY wholesale website for all Pride of NY specialty food members. We also do the fulfillment for our clients and due to the volume involved in many cases our shipping rates are quite reasonable. We ship by the unit, case or pallet throughout the U.S. and in some cases out of the Country.

We have installed a very sophisticated software program that not only will meet all areas required by Title III of the Bio-terrorism Act of 2002, but will give all our clients immediate status of inventories such as bottles, lids, ingredients and finished product held by Nelson Farms. Our shipping and receiving records for all clients will also be available almost on an immediate basis.

We are in process of making major changes in 2008. We will be moving our bakery production area to Oneida, NY. In the old bakery production area we will be putting in a "chill room" for packaging NY fresh grown vegetables and fruits. New equipment that we will have to assist NY farmers and growers will be Individual Quick Freezing (IQF) capability, Modified Atmosphere Packaging, Commercial Slicing, Shredding and Dicing, and other specialty value added equipment to extend the shelf life of fresh grown products to give the farmers more monies per pound etc. and better market participation.

We are also starting a statewide distribution system for shelf stable products as well. That is really going to allow all NY small scale food processors to establish markets not available to them before mostly because of the



Dave Evans, director of Nelson Farms

current shipping costs. It will involve a full time marketing person that will travel throughout NY State not only marketing but delivering product as well. This new concept will be a huge step forward for marketing & distributing all NY processed products whether they are Nelson Farms clients or not and will involve major markets throughout the State at very reasonable costs to the processor. Many smaller specialty food outlets that cannot or do not wish to order large amounts of specialty food products due to storage or shelf availability will now be able to do so. Also the shipping costs to ship a case or two at a time to individual retail facilities basically has been too costly for the retailer or processor to pay the shipping expense and still have ample profit margins to make a reasonable profit spread. This new marketing and distribution program by Nelson Farms will make this cost area now reasonable as well as increasing market penetration in areas never available before in many cases. This new marketing and distribution area will also involve marketing gift baskets and

boxes throughout NY State. This will make available not only direct sales potential to the consumer but to a specialty food outlet to offer many varieties of products to offer unique gift baskets and boxes of all types.

In a little less than the four years we have been open we are co-packing over

300 plus different products and averaging about eight to ten new products a month.

We are very proud that Nelson Farms received the 2007 Business of the Year Award from the NY State Agriculture Society.

### Divisions of Nelson Farms at Morrisville State College:

Nelson Farms Processing, Nelson Farms Marketing, Nelson Farms Shipping, Nelson Farms Training, Nelson Farms Consulting Group, Nelson Farms Product Development, Nelson Farms Marketing Group, Nelson Farms Country Store.

Any Specialty Food Processor that is a Pride of NY member that would like to participate in any of the areas that Nelson Farms will be offering please contact Sue Evans or myself if we can be of assistance in anyway.

To learn a great deal more about Nelson Farms go to [www.nelsonfarms.org](http://www.nelsonfarms.org)

We wish every NY State Small Scale Food Processors the best of luck and a great success in the future and hope 2008 is their best year ever.

## News Briefs

### *Ag Literacy Day*

**Tuesday April 8**

Cornell Cooperative Extension – Essex County has agreed to cooperate with the NY Agriculture in the Classroom program and be the coordinator for the Ag Literacy Day in Essex County.

The goal is to read Sugarbush Spring to every 2<sup>nd</sup> grader in Essex County to help foster awareness, understanding, and appreciation of agriculture and the food and fiber system. However, any elementary grade would be just fine. We are looking for reader volunteers. Please contact Anita Deming at 962-4810 if you interested in reading Marsha Wilson Chall's book narrated by a young girl who is finally old enough to accompany her grandfather to the sugarbush in a horse drawn cutter wagon. This is a timeless story with stunning illustrations by Jim Daly, explaining the process of making maple syrup, and the importance of family agriculture.



### *Annual Meeting*

Adirondack Harvest held its Annual Meeting on January 14, 2008. Participation was high as sites connected via Polycom video conference. Most sites held a potluck before the business segment of the evening providing members with a chance to socialize informally and get to know other members. The business meeting consisted mostly of reviewing the annual report from 2007 and brainstorming new ideas for the coming year. No changes were made to the current by-laws, but a review committee will explore the possibility of staggering terms for board members and present their recommendations at the next annual meeting.

Many thanks to all who made this new annual meeting format a success by coordinating separate regional meetings!

### *New Delivery Venture*

Jennifer Perry, co-manager of the Paul Smiths Farmers' Market and a Certified Naturally Grown Market Gardener is a strong proponent of local food. She is launching a business venture called the **Farm to Family Food Network** in which she will be coordinating deliveries of locally grown products that are commonly available at the Farmers' Markets in the summer. Here is how the system will work:

1.) Member consumers will

sign up for the program and pay an annual membership fee.  
2.) Member vendors will submit a list to Jen on a bi-monthly basis as to what's available and how much it costs.

3.) Currently this will go out in a word perfect format, but there are plans to establish a website that will coordinate all of this information. See the following as an example:

[www.lfp.dacres.org/](http://www.lfp.dacres.org/)

4.) Jen will place an order with vendors twice a month.

5.) There are 2 pick-up options: If she picks up at your farm, she will ask 10% of the total order. If you bring it to her (either in Malone, McCollops, Paul Smiths or Saranac Lake), she charges 5% of the total order.

6.) The season will last from October through May, leaving the summers off to focus on the Farmers' Markets.

7.) Members are encouraged to contact vendors in the beginning with any questions about who you are, what you do, a chance for a tour, etc. however once deliveries start, they are asked to direct concerns to Jen.  
8) What Jen requires from vendors:

a.) Initially, a farm bio that talks about your farm, what your practices are, your mission statement, etc. These will be compiled and included in a welcome packet for the consumers.

b.) A bi-monthly list of your products and their cost.

9.) If your supply runs out, simply do not submit a list of those particular products that



## News Briefs

week.

If you are interested in signing up for this new and exciting program, please contact Jen either by email or phone as listed below. She is hoping to start deliveries within 2 weeks, so your prompt reply will make sure you are included in the first order. There is a very large, enthusiastic and motivated group of localvores in the Saranac Lake area who are thrilled about getting local food. She has had to limit her group number to make sure she does not run out of product, so there is room to grow.

Jennifer Perry

518-327-3041

9360 St Rt 30 Paul Smiths, NY 12970

mccollomsmarket@hotmail.com

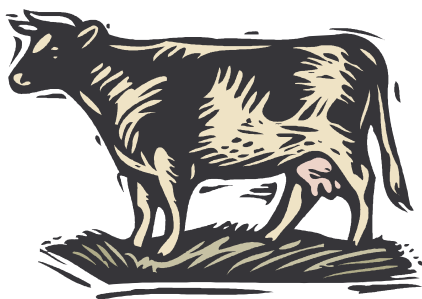
### Livestock Survey

The Cornell Small Farms Work Team on Livestock Processing Issues: A new state-wide work team aiming to help livestock farmers and small processors better deal with livestock processing issues.

Let them know how they can help by answering the following questions (you may either write/type and mail or email responses).

1. Are there slaughter, processing and/or regulatory problems that make it difficult for you, or the farmers you work with, to get product to market? Tell us your specific issues and ideas for resolving them.
2. Currently there are 28 states with a state **meat** inspection

program allowing meat that is slaughtered and processed at state inspected plants to be sold retail and wholesale within state borders. NY is not one of them. The opportunity to allow state inspected meats to cross state lines was considered for inclusion in the new Farm Bill but was rejected. However, it will probably come up again in future years. How do you see this change impacting your business and that of other NY livestock farmers?



3. Would you like to see New York go the route of Maine and Vermont and make available a state meat inspection program rather than just a federal meat inspection program? Why or Why not? Please note that NY custom slaughterhouses do not have state meat inspections and meat from them is not available for retail or wholesale sales.

4. Slaughter and processing regulations and their legal interpretations can sometimes be complex and confusing. Has this been your experience and has it affected your ability or confidence to market your products? Provide us specific examples and suggestions.

Please send replies to: SFWT on Livestock Processing, Rm. 114 Morrison Hall, Cornell

University, Ithaca, NY 14853 or e-mail them to [TLS7@cornell.edu](mailto:TLS7@cornell.edu)

### Seedlings for Sale

The Essex County Soil and Water Conservation District is now holding its annual seedling sale. Available is a large selection of bare-root tree and shrub seedlings and transplants for erosion control, wildlife habitat improvement, windbreaks and reforestation. Groundcovers and wildflower seed mixes can also be purchased.

The tree and shrub seedlings and transplants are sold as bare-root stock. Six different wildflower seed mixtures are available. Blends can be purchased for sunny or shady areas and for attracting birds, butterflies and beneficial insects to your gardens. Also available are slow release fertilizer tablets that will provide necessary nutrients for up to two years, and water gel, which helps to retain moisture around the roots - especially important during a dry spring and summer.

**Order deadline is March 18, 2008.** Orders will be available to be picked up the last week of April in Westport. Information and order forms are available at our office at the Essex County Cornell Cooperative Extension Center (second floor), 3 Sisco Street, Westport or by calling 962-8225 week-days.

## Upcoming Classes & Workshops

### Going Organic in the North Country

**CCE Essex - Westport, Feb. 25, 6-9 pm**

**CCE Franklin - Malone, Feb. 26, 6-9 pm**

**CCE Jefferson - Watertown, Feb. 27, 1-4 pm**

Sarah Johnston, New York State Organic Agriculture Specialist and former executive director of NOFA-NY will travel across the North Country to speak at three workshops. She will address the unique opportunities and challenges for organic producers and the factors driving consumer interest in organic products. The organic certification process will be covered as well.

In Essex County, Sarah will be joined by three local producers and processors: Mike Davis of the Cornell E.V. Baker research farm, Beth Spaugh-Barber of Rehoboth Homestead and Sam Sherman of Champlain Valley Milling. They will be talking about their personal experiences with the organic certification process and organic production.

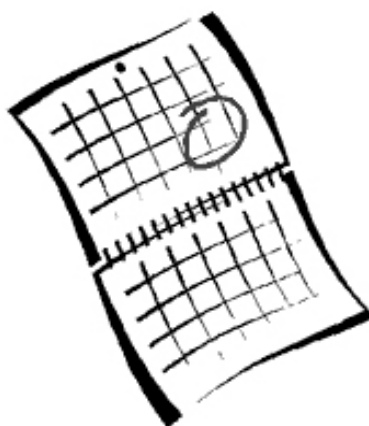
In Malone, the local farmers are Jo Ellen Saumier of Kirbside Gardens and the Gallaghers of Magic Earth Farm.

Watertown farmers joining Sarah will be David Belding & Dani Baker of Cross Island Farm, Holly Sakowich, and Dick deGraff of Grindstone Organics.

Johnston will also speak about the various markets open to organic producers, including

food manufacturers already sourcing New York products, and the organic marketing initiatives of the New York State Department of Agriculture and Markets. There will be time for Q&A at all sites.

To register please contact:  
**Essex Cty:** 518-962-4810 x404  
**Franklin Cty.:** 518-483-7403  
**Jefferson Cty.:** 315-788-8450



### Cornell Cooperative Extension's Commercial Fruit Program Feb. 28, 7:30 am-4:15 pm Lake George, NY

Cornell Cooperative Extension's Northeast New York Commercial Fruit Program is holding its 2008 Upper Hudson / Champlain Commercial Fruit School at the Fort William Henry Hotel and Conference Center. The 2008 meeting will cover a range of professional and production issues of interest to all commercial apple growers and all ranges of orchard size, markets, and production practices. The meeting is fee-based and open to farmers and

the general public.

Approximately 2.6 NY and VT Pest Applicator Recertification credits are anticipated.

The first part of the program will be split between farm labor issues and crop quality management concerns. The second portion of the program will turn to practices of orchard and crop protection, emphasizing integrative practices to conserve natural predators and minimize pesticide use. The program will conclude with a special treatment of various tools and techniques intended to advance the prospects for organic orchard development. For more information contact Kevin Lungerman at 518-885-8995.

### CSA Meeting

**March 1**

**11 am—3 pm**

**Malone Campus of the North Country Community College, in the loft.**

Abby Youngblood from NOFA-NY will speak on the pros and cons of CSAs. Local farmers can network about what works and what doesn't and learn from a CSA farmer who's successful about how to do it right.

*(Continued on page 9)*





## Upcoming Classes & Workshops

Register with the Franklin County Cornell Cooperative Extension office at 518-483-7403.

### NY State Small-Scale Food Processors' Conference

March 1

#### Hudson Valley Foodworks Poughkeepsie, NY

"Fostering Food Processing on Farms and in Communities" is the title of the 2008 Annual NY Small-Scale Food Processors' Association (NYSSFPA) Conference.

This year's major themes are: Meat and Poultry Processing, Marketing and Advocacy, Successful Marketing Strategies, Diverse Models of Community-Based Shared-Use Kitchens.

Four livestock farmers will start off the day with a dialogue about meat-processing.

There will be a local foods lunch. After lunch, there will be a brief annual meeting.

Then, farmer/marketers will share successful marketing tips and other speakers representing various models of shared-use commercial kitchens across New York will give brief presentations. Amanda Hewitt will address the pros and cons of co-packing and in breakouts will give a session on product development which she directs at Nelson Farms.

Conference registration is limited to 100. Registration (\$35 for members or \$40 for

non-members) and membership (\$30 a year) should be sent to Beth Linskey, Treasurer, PO Box 113, Stuyvesant Falls, 12174. To obtain a registration form, please visit [www.smallfarms.cornell.edu/pages/news/index.cfm](http://www.smallfarms.cornell.edu/pages/news/index.cfm) or contact Alison Clarke at 585-244-2711 or [accompost@gmail.com](mailto:accompost@gmail.com).

### Professional Farmers Market Managers' Training Workshop

March 6-8

#### Historic Armory Rochester, NY

The workshops represent the second in a three year series. The goal of the program is to develop the skills of farmers market managers, develop standardized procedures, and raise the overall quality of management of farmers markets to create profitable marketing venues for small family farmers, reliable venues for local residents to find fresh local foods, and build a sense of community with a farmers market at its core. 2008 workshops will emphasize the importance of building market community. Market managers will learn how to identify their markets' community, including customers and potential customers, businesses, civic organizations and governmental agencies in their market footprint. Further, market managers will learn a variety of techniques to effectively outreach to their community

members and build partnerships and relationships within their community. Speakers will include panels of farmers, civic leaders, municipal leaders, media contacts and ag professionals who will share their experiences and expertise to teach these lessons.

For more information call the Farmers Market Federation of NY at 315-475-1101 or log onto [www.nyfarmersmarket.com/workshops.htm](http://www.nyfarmersmarket.com/workshops.htm) to view the workshop program and download the registration form.

### The Role of Adirondack North Country Foods in Community & Economic Development

April 18, 9 am—3 pm  
Wild Center, Tupper Lake

This conference will examine the ways local / regional foods contribute to community and economic development. Learn how communities are supporting and capitalizing on local food initiatives. Engage in lively discussions, related to policy, research and strategies that support and enhance consumer and institutional connections with local foods and the farmers and entrepreneurs who produce and process them.

For further information contact: Katherine Lang, Regional Coordinator  
CCE of St. Lawrence County,  
315 379-9192 or  
[kaa20@cornell.edu](mailto:kaa20@cornell.edu)

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 may add you to our data base and web site. Forms are available on the [adirondackharvest.com](http://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](mailto:lsd22@cornell.edu).  
Donations to Adirondack Harvest are tax deductible.