



# Harvest News

In coordination with Cornell Cooperative Extension of Essex County Winter 2017

*"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."*

## Annual Meeting Update

The Adirondack Harvest annual meeting was held on Thursday, February 2. There were over 40 participants from all over northern NY. Many sites held potluck dinners for their chapter meetings, then joined the regional meeting via web connection.

The chapters voted on their representatives to serve on the AH board of directors. Re-elected were Jane Destoelle (Clinton County), Roger Hastings (Franklin County) and Teresa Whalen (Southern Adirondack Chapter). Newly elected was Steven Googin as the Essex County chapter representative; we welcome him as the co-owner of North Country Creamery in Keeseville. These chapter representatives serve one year terms. Dave Hunt, our farmer/chef representative, was re-elected to the board for another 4-year term. Our board president, Teresa Whalen, was re-elected to serve as our leader while Jane Desotelle was re-elected as vice president.

Our Smart Growth Grant is progressing nicely with the new website currently under development. We had a sneak peek at the rough site, complete with beautiful clips from our video "Small Farm Rising". Over the next couple of months, our web developer, Zero Pivot, will be fleshing out the various components of the site and migrating contents. Hopefully we'll have a big unveiling by this summer!

The AH by-laws had a proposed revision which was voted in unanimously. The western chapters in Lewis, St. Lawrence and Jefferson counties have been unrepresented on our board for several years and the membership decided it was time to combine the chapter into one. It is now the Western Adirondack Chapter! We still need to find a member to be the chapter representative though, so if you're interested please let us know.

Finally, we've officially formed a committee, working with a Cornell regional marketing expert, to thoroughly explore the separation of Adirondack Harvest from CCE Essex. AH was formed as a pilot program intended to eventually exist independently, under the direction of the farmer members. It appears the momentum is building to perhaps make that happen! The committee will report back possible scenarios about what that separation might look like and what it will take to move forward. If you are interested in being part of the conversation let us know.



## 2017 Membership Renewals Now Due!

See page 3 for details

## Common Roots Cookbook Published

The Hohmeyer family is celebrating a 130-year history of the Lake Clear Lodge property with the recent release of their first book, "Common Roots Cookbook."

With the help of Andy Flynn at Hungry Bear Publishing, the Hohmeyer's have compiled a book that is much more than recipes. The cookbook includes the historical roots of the recipes, alternative ways to prepare the dishes, beer and wine pairings, links to additional information including traditional foods cooking classes and on-line references.

All of this revolves around stories of generations of an Adirondack family business - now one of the longest running lodges in the Adirondack Park.

"Common Roots" is a unique book full of information. "Farm-to-fork is so much more than today's phenomena. In the Adirondacks it is born from generations of traditions," said Ernest Hohmeyer Jr. "As our Common Roots stories picture, in some cases they go back hundreds of years and our own Adirondack food legacy includes the Native Americans, pioneers, and the unique era's of the Cure Cottages and Grand Hotels. These are a part of today's local palate and the foundation of what we call traditional foods.

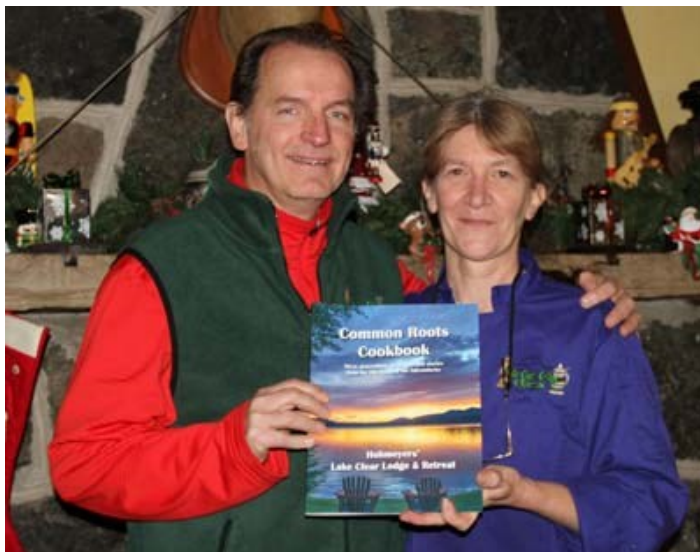
"How you prepare food is another central theme. It can be just as important as what you buy or grow," Ernest continued. "As a chef for more than 25 years and from generations of an Adirondack family, Cathy must offer the full gamut for today's discerning palate with an Adirondack flair based on Old World traditional methods. Over time, she came to realize that no matter what perspective on food you have from the vegetarian to the carnivore, there are ways to prepare them that can enhance their taste and wellness properties. Chef Cathy calls it 'mindful preparations' and the Cookbook will introduce you to terms such as nutrient density and bone broths - simple ways to make what may be lost, great recipes. This is the heart of the book."

The recipes are outlined by season, but not the traditional four seasons. There are eight. "We broke the seasons down into what we think are the real seasons in the Adirondacks!," Executive Chef Cathy Hohmeyer announced. "For example, our first season begins with early spring, what we call Ice Out and Maple Syrup, and it concludes with Blossoms, Buds and Berries. The food that is available is different from the beginning to the end of the traditional four seasons. Also, the changes in weather within each season alter our palates. The cold weather in early spring can call for hearty meals while at the end, lighter fare reigns supreme."

"This is also the crux of the stories that are paired with each recipe," she said. "It was either something that happened when we think of a particular meal, or the food reminded us of a special memory. For us dinner time was more than just a meal, it was a chance to gather as a family. It created many special, personal times. Our goal here is these stories will encourage you to create a few of your own.

"In addition to stories and recipes, there are tips on other preparation methods, side dishes, beer and wine pairings, suggestions on alternative meals and links for further information online.

For more information, contact Ernest and Cathy Hohmeyer at 518-891-1489 or visit online at [www.lodgeonlakeclear.com](http://www.lodgeonlakeclear.com).



# Adirondack Harvest Chapter News

## 2017 DUES ARE DUE!

Just a reminder that it's time to pay for your 2017 membership. Many of you have mailed in your dues already (thank you!) but now we need the rest of you on board. If you are unsure of your payment status please email Laurie at [lsd22@cornell.edu](mailto:lsd22@cornell.edu) for clarification. We have several members who have paid one or more years in advance by accident. ☺

Non-payment, however, will result in your business information being deactivated in our database and on the website. Don't let your membership lapse! Adirondack Harvest remains the most prominent buy-local food initiative and brand in the North Country. **Send your \$25 check with the membership form on the back page, or pay online by clicking the "donate" button on the [www.adirondackharvest.com](http://www.adirondackharvest.com) membership page.**

## Calling all direct market farmers!

**Want to expand your customer base and build consumer enthusiasm for local foods?** Join us at our upcoming 7<sup>th</sup> annual local food event: Food from the Farm: Eating Local in the North Country. Farm price for an 8' table (provided): \$50/Adk Harvest members. \$75/non-members (Adk Harvest membership is \$25 so this covers it!) Payment required by Friday, February 24. Farms can arrive at 12:30 to set up, access to electricity is limited so you need to let them know asap.

**Who comes to this?** Public admission will be \$5/person over age 5, max \$20/family. This lower price is to encourage more people to attend. We want to encourage those who may not regularly buy local food to come give it a try. Last year we had an increase of over 200 people attend (673 up from 433 the year before) and 189 people said it was their first time attending!

**Food Sampling:** Great News!! We have worked out most of the challenges we had last year with the Clinton Co Health Department and now there are options for food sampling at each farm table.

**Door Prizes:** Many farms provide a door prize but it's not required. It needs to be something we can mail, so gift certificates work best; either a cash value or for a specific product. The gift certificate needs to be sent to our office by Feb 24 as well. \$25-50 range is ideal.

**Chefs:** This year we will have 4 restaurants preparing samples for the public:

- Latitude 44 Bistro – David Allen
- Blue Collar Bistro – Cindy Snow
- The Himalayan Restaurant \* – Yangchen & Tenzin Dorjee
- The Farmhouse Pantry\* – Josh and Sarah Vaillancourt

We will get Farmers Market designation from Ag & Markets for the event for wine tasting.

For more info and all the forms to sign up, contact Amy Ivy at [adi2@cornell.edu](mailto:adi2@cornell.edu) or 518-570-5991 or Sara Bull at [slk95@cornell.edu](mailto:slk95@cornell.edu) 561-7450.

## Essex County Chapter

Contact Steven Googin at 518-645-2697 or [info@northcountrycreamery.com](mailto:info@northcountrycreamery.com) to participate in the Essex County

## Jefferson County Chapter

Contact Steve Ledoux at 315-788-8450 or [swl73@cornell.edu](mailto:swl73@cornell.edu) to participate in or be the representative for the Jefferson County chapter.

## Lewis County Chapter

Contact Michele Ledoux at 315-376-5270 or [mel14@cornell.edu](mailto:mel14@cornell.edu) to participate in the Lewis County chapter (also covers Oneida Cty).

## St. Lawrence County Chapter

Contact Betsy Hodge at 315-379-9192 to participate in or be the representative for the St. Lawrence County chapter.

## Franklin County Chapter

Contact Roger Hastings at 518-529-6665 or [HastingsSheep@gmail.com](mailto:HastingsSheep@gmail.com) to participate in the Franklin County chapter.

## Clinton County Chapter

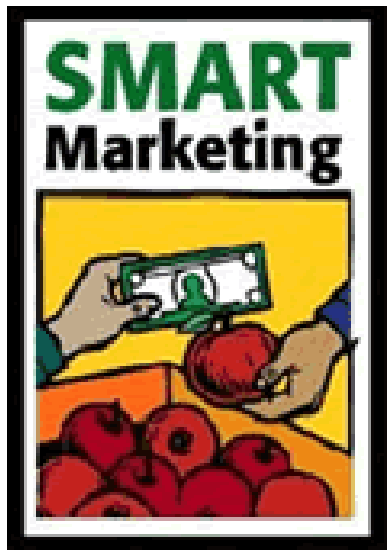
Contact Jane Desotelle at 563-4777 or [underwoodherbs@gmail.com](mailto:underwoodherbs@gmail.com) to participate in the Clinton County chapter.

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

Contact Teresa Whalen at 518-466-5497 or [taawhalen@yahoo.com](mailto: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](mailto:lsd22@cornell.edu) for submissions to upcoming quarterly newsletters.*

# Smart Marketing



## Winners and Losers in the Grocery Industry from Deflation

Andrew Harig, Senior Director, Sustainability, Tax & Trade, Food Marketing Institute

(Reprinted from *The Voice of Food Retail*, Food Marketing Institute, November 15, 2016, from <http://www.fmi.org/blog/view/fmi-blog/2016/11/15/winners-and-losers-in-the-grocery-industry-from-deflation> )

We're in the midst of one of the longest periods of food price deflation in more than 50 years. USDA reports that the consumer price index has been negative on a year-over-year basis since December 2015, causing severe pressure on same-store sales growth. Retail beef prices have declined in some areas by nearly 8 percent, with pork and poultry on a similar (but slightly less steep) downward trend. USDA predicts we could see up to a 19 percent decline in the CPI for eggs in

2016, and the dairy sector is in dire enough straits that USDA Secretary Tom Vilsack has authorized two rounds of government purchases of surplus cheese. It doesn't look like this trend is likely to let up in the near future.

This certainly is not the first time that the industry has had to face declining food prices, but an interesting plot twist this time around is that this deflationary period is taking place during an economic recovery, not during a recession. This is creating some unique winners and losers across the supply chain.

### Winner – Consumers

The biggest winners are consumers, who are experiencing lower prices on a host of products. There have been stories around the country of eggs selling for a dollar a dozen and other deals that seem too good to be true.

### Winner – Retailers That Can Work With Consumers to Tell a “Savings Story”

Retailers are finding that they need to be aggressive in working with consumers to help them take advantage of price savings. Retailers who can tell a strong savings story with their customers will clearly emerge from this deflationary period stronger.

### Loser – Retail Margins

This round of deflation has its roots in farm country, but farm production only accounts for about 15.9 percent of the average food dollar, and this number decreases as the role of food processing in a finished food increases (see infographic).

Operating a grocery business is vastly different than it was a decade ago with an onslaught of new competitive channels, a cantankerous regulatory environment and the fact that food shopping has become a team sport among households, making it more difficult to pinpoint your customers. Some retailers are pushing prices even lower as a means to drive traffic into their stores. The end result is that already tight margins are being decimated.

### Loser – Farm Country

Even as retailers struggle to address the impact of deflation on their margins and the industry as a whole, they cannot afford to ignore the longer term effects on farm country. Whenever this period of deflation comes to an end, the supply chain is likely to look different than when it started.



# SNAP Options

## Enrolling in SNAP: is it the right move for you?

The SNAP program (formerly known as the Food Stamp Program) holds potential for farmers to increase their customer base and their farm revenues. This workshop will focus on enrolling SNAP for farmers and farmers markets: why you should participate, what USDA is offering to encourage participation, and how you can apply to be a farmer SNAP retailer.

- Tues, Feb 7      Noon – 1:00pm
- Thurs, Feb 16    Noon – 1:00pm
- Wed, Mar 1      6:00pm – 7:00pm
- Tues, Mar 14     6:00pm – 7:00pm
- Thurs, Mar 23    Noon – 1:00pm

**To Register:** <http://www.nyfarmersmarket.com/enrolling-in-snap/>

## Operating SNAP at a NY Farmers Market

Farmers Markets all across NYS have stepped up to operate a SNAP program in the markets, bringing new customers to the market and adding revenue to their farmers. This system operates on a central terminal system with one terminal in the market and tokens used as SNAP currency. This workshop will provide key information on operating the central terminal system and tokens in the marketplace. Learn what your rights and responsibilities are, what NYS can provide to help you with your program and some basic promotions for your SNAP program.

- Tues, April 4      Noon – 1:30pm
- Thurs, April 20   Noon – 1:30pm
- Wed, May 3        Noon – 1:30pm
- Mon, May 15      Noon – 1:30pm

**To Register:** <http://nyfarmersmarket.com/snap-for-farmers-markets>



## **NY STATE CERTIFIED FARMERS' MARKET MANAGER PROGRAM**

*First New York State Certified Farmers' Market Manager Graduates New Online Course That  
Helps Grow New York's Farmers' Markets*

*Nearly Four Dozen Market Managers Are Enrolled in the Course and Working Toward  
Certification*

The New York State Department of Agriculture and Markets and The Farmers' Market Federation of NY, in partnership with SUNY Cobleskill and Cornell Cooperative Extension of Broome County, developed the first ever Farmers' Market Managers Professional Certification Course in NY State: FMM PRO. Since the program was launched in March 2016, 44 market managers have enrolled in the course and are working their way toward certification. Today, the Department and Federation are celebrating the first graduate of the program, Reed Proper, who is excited to lead the Old Forge Farmers Market in the new year.

The Director of the Farmers Market Federation, Diane Eggert, said, "We're very excited to see market managers take advantage of the FMM Pro and the chance to professionalize the role of market managers, forging new partnerships, building customer relationships and providing greater opportunities for our state's farmers. Congratulations to Reed Proper from the Old Forge Farmers Market on his achievement as the first Certified Farmers Market Manager in New York State."

State Agriculture Commissioner Richard A. Ball said, "Our farmers' markets are not only a wonderful source of fresh produce and local agricultural goods but also education for consumers—a place for them to connect with the farmers who are supplying their food. By providing this valuable training to market managers, we're helping to provide the tools they need to successfully operate and grow their markets. The Department congratulates the program's first graduate, Reed, and encourages other market managers to pursue their certification."

SUNY Cobleskill Associate Professor, Agricultural Business Management Jason R. Evans, Ph.D. said, "The FMM Pro certificate program provides a tremendously valuable service to professionals in New York's direct-to-consumer food sector. Market managers can utilize the principles and best practices gleaned from this program to run better markets, which means more efficient and less costly marketing efforts for producers and better experiences for consumers that translate to strong demand."

The goal of FMM Pro is to grow and professionalize New York's farmers' markets by providing expert training to those who run markets, making them certified market managers. New York State is now home to some 646 farmers' markets, up nearly 35 percent from just five years ago.

Reed Proper, Old Forge Farmers Market Manager and the first graduate of the program, said, "I liked being able to complete the program at my own pace and at times that was convenient and also not having to leave home. And at 80 years old, it made me feel young at heart! With the knowledge gained from the farmers market managers certification program, I can create a more efficient market, have a greater nutritional assistance program for the local needy and have a better chance of qualifying for grants."

The program, funded by Governor Cuomo's FreshConnect Program, created New York State's first ever market manager certification designation, which is formally recognized through the SUNY educational system and gives participants a credential they can use to garner support and enthusiasm for their markets. FMM PRO is a part of the Governor's ongoing efforts to open new markets and increase opportunities for New York State agriculture producers.

## MARKET MANAGER PROGRAM, CONTINUED

FMM PRO's curriculum includes 22 unique training modules on the topics of Nuts and Bolts of Managing Markets, Reaching Out to the Market Community, and Building Systems. Each module consists of a video-based lesson, additional resources, a homework assignment, and an online quiz. The lessons are hosted on Cornell University's online learning platform, which allows students to move through the lessons at their own pace, and receive feedback from instructors as they complete each unit.

Program participants who complete the full curriculum will graduate and receive a certificate, earning the title of Certified Market Manager. Completing the course will help market managers better organize, administer, and promote their markets. More specifically, as an FMM PRO Certified Market Manager, graduates of the program will:

- ⇒ Be fully knowledgeable in today's best practices for managing farmers' markets
- ⇒ Learn tactics to expand and optimize their farmers' market
- ⇒ Be equipped to build successful relationships with farmers and shoppers
- ⇒ Be able to use their certification to leverage funding and support for their market

To learn more and to register for FMM Pro: Farmers' Market Managers Certification Program and become one of the first NYS Certified Farmers Market Managers, go to:

<http://www.nyfarmersmarket.com/fmmpro>.

For more information on FMM Pro, visit <http://www.nyfarmersmarket.com/fmmpro> or contact [deggert@nyfarmersmarket.com](mailto:deggert@nyfarmersmarket.com) or [lw257@cornell.edu](mailto:lw257@cornell.edu).

## PRODUCE SAFETY ALLIANCE

If you don't already know about the Produce Safety Alliance you should take a few moments to visit their website and get acquainted. This is an indispensable resource for everyone who is growing and direct marketing vegetables and fruit. Their mission:

***Providing fundamental, science-based, on-farm food safety knowledge to fresh fruit***

***and vegetable farmers, packers, regulatory personnel and others interested in the safety of fresh produce.*** The Produce Safety Alliance (PSA) is a collaboration between Cornell University, FDA, and USDA to prepare fresh produce growers to meet the regulatory requirements included in the United States Food and Drug Administration's Food Safety Modernization Act (FSMA) Produce Safety Rule. This organization helps to explain and clarify the laws and rules surrounding fresh produce growing and marketing. There are resources and lists of upcoming Train-the-Trainer and Grower courses.

Keep checking back for one in your region. Or talk to your CCE contacts about holding a course if you don't see one offered. Navigating the FSMA can be difficult. Check out this website to get you started!

<https://producesafetyalliance.cornell.edu/>



## Harvest News Briefs

### New Taste NY proposals

In his 2017 State of the State and Budget proposals, Governor Andrew M. Cuomo highlighted two new ideas for Taste NY in the coming year. First, Taste NY will launch the first-ever **New York Craft Beverage Week**, which will be a large-scale promotional effort this fall highlighting local beer, wine, cider, and distilled spirits across the state. The Governor also proposed a new grant for craft beverage producers to engage in joint marketing campaigns and to enter products in national and international competitions. Additionally, Governor Cuomo proposed a new type of alcohol permit for Taste NY stores. The **Taste NY Alcohol Permit** would allow up to 10 Taste NY operators to obtain a special license to sell craft beverages, food, and souvenir items. Currently only vintners, brewers, and distillers that own Taste NY stores can sell both alcohol and other products.

### Nationwide Study of Intermediated Marketing Channels for Regional Food Systems

Currently looking for farmers to take part in a national study (through a survey) being led by Syracuse University, The Pennsylvania State University, New York University, and the National Center for Appropriate Technology.

The study seeks to examine local and regional agricultural production and intermediated markets, and will examine the opportunities and risks of four main marketing opportunities for farmers—direct-to-consumer, direct-to-institution, direct-to-retail, and selling to intermediaries (such as distributors or food hubs), who in turn sell the products as local food.

We are interested in all farmers' perceptions of these markets, whether currently selling to these markets or not. A national outreach and technical assistance program will be developed based on the results of this research. The online survey for farmers should take approximately 10-15 minutes to complete and can be found at:

[https://nyu.qualtrics.com/SE/?SID=SV\\_81Z2uih9NPHcnTD](https://nyu.qualtrics.com/SE/?SID=SV_81Z2uih9NPHcnTD)

## Upcoming Events, Classes, Workshops

### Growing Table Grapes for Profit Webinar Series

**February 3 – 17**

All webinars begin at 11:00am and last approximately 85 minutes. Pre-Registration Deadline: January 30. Go to this link to register <http://enych.cce.cornell.edu/event.php?id=646>  
 Session 1 - February 3, 2017 , Will Table Grapes Fit Into My Farm? (80 min)  
 Session 2 - February 10, Table Grape Basics 1 (85 min)  
 Session 3 - February 17, Table Grape Basics 2 (85 min)

### Growing Success for Direct Market Farmers

**Friday, February 10, 9:00am**

840 Upper Front St., Binghamton  
 CCE Broome County. Meeting the needs and values of your customers is fundamental to creating a healthy long-term relationship. Maintaining the relationship requires attention to details from varieties, quality, pricing, communication, sequential planting, quality control, merchandising, trends, and more. Learn how to serve the direct market -and make your farm a highly desired source of fresh produce. Participating farmers will receive a free copy of the Direct Market Success manual. The cost to attend this workshop is \$20/farm to cover the cost of materials and food. Pre-registration is requested. To register for the workshop, visit: [https://reg.cce.cornell.edu/growingsuccessdirectmarketing\\_203](https://reg.cce.cornell.edu/growingsuccessdirectmarketing_203)

### 3<sup>rd</sup> Annual Hudson Valley Value-Added Grain School

**Friday, February 10, 9:30am to 3:30pm**

Pegasus Restaurant, 10885 State Rte. 9W  
 Cossackie, NY

Join Cornell Cooperative Extension of Ulster County and the Capital Area Agriculture and Horticulture Program for the 3rd annual Hudson Valley Value-Added Grain School and Trade Show. The school is intended to support



# Upcoming Events, Classes, Workshops

burgeoning interests in small grains for the artisan baking, craft brewing and distilling industries, and interest in other grains, oilseeds, and marketing strategies with potential for producing significantly greater-than-average crop value. The program often includes university Extension educators, farmers, and industry experts. Registration information and full event details will be available on the event page: <http://ulster.cce.cornell.edu/events/2017/02/10/hudson-valley-grain-school> DEC Credits in categories 1a and 10 will be applied for. For more information or help registering contact Carrie at 845-340-3990 ext. 311 or email [cad266@cornell.edu](mailto:cad266@cornell.edu).

## **The Path to Your Farm Dream - Beginning Farmer Workshop**

**Saturday, February 11, 9:00am to 4:00pm**  
CCE Albany, 24 Martin Road, Voorheesville, NY  
Are you thinking about or have a desire to grow and sell some agricultural products? Did you start growing and selling agricultural products in 2016 and would like some more help? This day long workshop will help you to better understand various aspects of starting a farm. The cost for attending this workshop is \$40 for the first person or \$60 for two. To register online: [https://reg.cce.cornell.edu/BegFarmerWkshp\\_201](https://reg.cce.cornell.edu/BegFarmerWkshp_201). To register by phone, pay by credit card or more information, contact Tove Ford at 518-765-3518.

## **Healthy Animals & Healthy People**

**Wednesday, February 15, 6:00pm to 8:00pm**

CCE Essex, 3 Sisco St., Westport

Dr. David Goldwasser, DVM, will join us for an informal discussion on the importance of veterinary/client patient relationship (VCPR). Do you have questions about the veterinary feed directive (VFD) versus over-the-counter (OTC)? Has the impact of the new FDA policy to restrict the use of medically important antibiotics affected your operation? Antibiotic rules went into effect January 1, 2017. RSVP to Linda Gilliland at 962-4810 x 416 or [llg46@cornell.edu](mailto:llg46@cornell.edu). Free and open to the public—light refreshments served.



## **Hudson Valley Fruit School—Berry Session**

**Thursday, February 16, 1:00pm to 4:15pm**

Best Western Plus Hotel, 503 Washington Ave., Kingston, NY.

Mummyberry resistance, MAP for blueberries, insects of small fruit, crop insurance, hascaps, strawberry weevil, soil-borne strawberry problems. 1.5 DEC credits. \$35/person pre-registered, \$50/person at the door. Register online at: <https://enych.cce.cornell.edu/events.php>.

## **The Farm Talks**

**Friday, February 17, 6:00pm to 8:00pm**

NYSDEC Office, 394 Schroon River Road, Warrensburg

This series was created to spread local knowledge of small farming practices to our communities and landowners. This talk will feature “**Growing Shiitake Mushrooms**” with Casey Holzworth of Kelsey’s Quarter Acre Farm and “**Growing A Small Farm & Marketing It**” with Hal Bain of Sunset Farm. Contact us with any questions and due to limited seating, please RSVP to Nick Rowell by Feb. 16. 518-623-3119 or [nrowell123@nycap.rr.com](mailto:nrowell123@nycap.rr.com). Light refreshments provided.

## **Maple Syrup Production**

**Fri & Sat., February 17 & 18**

**9:00am - 4:00pm**

Uihlein Sugar Maple Research & Extension Field Station

157 Bear Cub Lane, Lake Placid

The Cornell Small Farms Program is offering three two-day Agroforestry Trainings for Military Veterans in 2017 (See the link below for info about the other 2 trainings). Agroforestry includes farming practices that combine trees and forestry with crop production. *This workshop is exclusively for veterans and active military personnel with an interest in selling maple syrup (filing a Schedule F) in 2017 or 2018.* Cost: \$30 includes lunch and all materials. Participants who are New York Residents are able to submit up to \$100 in travel expenses for reimbursement. To register: <http://www.nebeginningfarmers.org/projects/farmer-veterans/veteran-trainings-in-agroforestry-2/>

# Upcoming Events, Classes, Workshops

## **Food From the Farm: Eating Local in the North Country**

**Saturday, March 4, 2:00pm to 5:00pm**

Plattsburgh City Gym, 52 US Oval

Meet the farmers and sample tasty dishes. New this year: 4 local restaurant chefs will be preparing samples. Admission \$5/adult, ages 5 & under free, \$20 max per family. Includes plenty of food samples, door prizes, meet your farmers, access to farm products for sale, info on gardening and nutrition, family friendly fun with a kids' table, recipes, live music with The Library Jam Band. Contact CCE Clinton County for more info 561-7450. Or email Amy Ivy at [adi2@cornell.edu](mailto:adi2@cornell.edu) or Sara Bull at [slk95@cornell.edu](mailto:slk95@cornell.edu).

## **NNY Grazing School**

**Thursday, March 9, 6:00pm to 10:00pm**

CCE Essex County, 3 Sisco St., Westport

An educational program to improve grazing practices for all pasture based livestock, including dairy. Topics to be discussed are:

The effects of dry weather and overgrazing that encourage the growth of weeds and the best management practices of how to control weeds in pastures

How to take advantage of cover crops in your neighborhood including cereal grains, radishes.

Adding yield and quality to your pasture based system

Developing your water system supply and delivery

RSVP required by March 5 at 518-962-4810 x416. Light meal served. \$30 per person, \$15 for additional from the same farm. Call for scholarship information.

## **Northern Vegetable School**

**Tuesday, March 14, 8:30am to 3:00pm**

Whallonsburg Grange Hall

1610 NYS Route 22, Essex

Topics include Efficiencies on the Farm, Cover Crops, Pruning Cherry Tomatoes, Tillage Practices for Soil Health. Speakers: Crystal Stewart, Chuck Bornt, Amy Ivy, Laura McDermott and Ethan Grundberg from the Eastern NY Commercial Horticulture Program. Kitty O'Neil from the Northern NY Ag Team.

Special Guest Speaker: Will Stevens from Golden Russet Farm in Shoreham, VT. Cost of \$30 includes lunch and resource materials. DEC pesticide recertification credits will be available for morning session and afternoon session separately. Visit <http://enych.cce.cornell.edu/event.php?id=664> for details and to register. Registrations due by March 10. Questions? Contact Amy Ivy [adi2@cornell.edu](mailto:adi2@cornell.edu) or 518-570-5991

## **NOFA-NY Organic Dairy & Field Crop Conference**

**Thurs. & Fri., March 16 & 17**

441 Electronics Parkway, Liverpool, NY

Now expanded to 2 days! Keynote speaker Jack Lazor, Butterworks Farm, We welcome veteran farmers, beginning farmers, and farmers interested in transitioning to organic management. This year we will honor Michael & Gayle Thorpe, NOFA-NY's Farmers of the Year. Additionally, NOFA-NY Certified Organic, LLC staff will be presenting on Transitioning to Organic Dairy Management and available throughout both the days to answer questions at their trade show booth. Enjoy two days of learning, networking, and information exchange. Register at [www.nofany.org](http://www.nofany.org).

## **Spring Beef Week Class**

**Tuesday, March 21, Time TBA**

CCE Essex, 3 Sisco St., Westport

Meet with Mike Baker, Cornell Beef Specialist, to talk about feeding strategies for getting your calves to 700lb to meet buyers' needs. How do you figure costs, labor, etc? What time of year do you calve? Is there a place for a retired dairy farmer? For more information contact Linda Gilliland at 962-4810 x416 or [llg46@cornell.edu](mailto:llg46@cornell.edu)

## **Pasture Management**

**Saturday, April 1, 6:00pm to 8:00pm**

CCE Essex, 3 Sisco St., Westport

Learn about pasture management when grazing sheep. Talk by Dr. Marco Turco of Manzini Farm. For more information contact Linda Gilliland, 962-4810 x416 or [llg46@cornell.edu](mailto:llg46@cornell.edu).



***Join us for our...***

## **Fourth Annual Kidding Day at ASGAARD FARM & DAIRY**

***Saturday, April 22 from 10:00 am to 3:00 pm***

**Fun for the Whole Family**

Meet our goat kids

Sample our cheeses

Enjoy tasty food and beverages



For more information, contact us at [info@asgaardfarm.com](mailto:info@asgaardfarm.com) or 518-647-5754



# ADIRONDACK HARVEST MEMBERSHIP FORM

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 \$25 annually (further donations appreciated)  
Student Farmers, Producers and Processors \$5 annually  
Supporter: Restaurants and Stores \$25 annually (further donations appreciated)  
Friends (circle level of membership) annual \$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.



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



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