



ADIRONDACK HARVEST



THE ADVENTURER'S LOCAL FOOD GUIDE TO ESSEX COUNTY NEW YORK



VISIT

ADIRONDACK HARVEST.COM

**+VIEW OUR DIRECTORY OF LOCAL
PRODUCERS**

**+FIND LOCAL FARMERS MARKETS,
RESTAURANTS, AND STORES ON
THE MAP**

**+FIND UPDATED EVENTS CALENDARS,
CLASS SCHEDULES, AND WORKSHOPS**

+MAKE A DONATION

START YOUR ADVENTURE

Adirondack Harvest is a community organization formed out of concern for the loss and abandonment of farmland in the Adirondacks. Members realized that to keep local food available and to preserve the scenic vistas that farmland provides, farming needs to be profitable. Founding members also had a strong commitment to sustainable farms and wanted to insure that farm-fresh food is available.



Adirondack Harvest is a project of **Cornell Cooperative Extension**. For more detailed information and questions about the local harvest and cuisine, our network of growers and producers, educational programs, and events, please email **info@adirondackharvest.com** / call **518-962-4810**.



SEASONAL FOODS & THE MARKET LIST

SUMMER

Essex County's summers offer boundless opportunities for eating locally.

HONEY

BLUEBERRIES

RASPBERRIES

TOMATILLOS

CARROTS

SCALLIONS

TOMATO SAUCE

DREAM OF...

CHERRY TOMATOES

SWEET CORN

EGGPLANT

CHARD

BASIL

BELL PEPPERS

HEAD LETTUCE

PASTURED CHICKEN

ZUCCHINI

CUCUMBER

SUGAR SNAP PEAS

MELONS

FALL

As the season winds down and the fall harvest rolls in, celebrate the holidays with foods straight from the farm.

TURKEY

KALE

CELERIAC

KOHLRABI

CABBAGE

SWEET CIDER

SHOP FOR...

ONIONS

LEEKS

SWEET POTATOES

GARLIC

ALPINE CHEESE

BEETS

BRUSSEL SPROUTS

BROCCOLI

HAM

APPLES

PEARS

SPINACH

SPRING

Warm winds and spring rains combine to push first crops out of the ground. Ahh... green!

RADISHES

CHIVES

DRY BEANS

MUSHROOMS

SORREL

PORK SAUSAGE

TURNIPS

AWAIT...

LETTUCE MIX

CHARD

RAW MILK

SPINACH

YOGURT

STRAWBERRIES

ASPARAGUS

RHUBARB

SAUSAGE

MAPLE SYRUP

EGGS

SOFT CHEESE

WINTER

Special holiday events bring local vendors together for sales of storage crops, season-extended greens, frozen meats, and value-added goods throughout the winter.

PICKLED VEGETABLES

FROZEN FRUIT

POTATOES

GRANOLA

PLAN FOR...

BREAD

PRESERVES

BACON

POPCORN

CURED MEATS

SAUERKRAUT

GRASSFED BEEF

HARD CHEESE

STORAGE ROOTS

SPROUTS

WINTER SQUASH

HARD CIDER

ADIRONDACK HARVEST SPONSORED EVENTS



FOOD FROM THE FARM PLATTSBURGH

Celebrate the local foods that sustain the North Country with this farmers' market style event in the last days of winter.



CHEESE TOUR KEESEVILLE, AUSABLE, UPPER JAY

This tour is a tasting of three of the finest small batch creameries in Essex County during the fall.



HARVEST FESTIVAL WESTPORT

Help us welcome the fall harvest season with live music, a farmers' market, prepared food vendors, and special workshops for every age.



BIKE THE BARNS NORTH COUNTRY

In the fall, ride this one-day farm-by-bike event featuring farm tours along a route where you can connect with the local food revolution.

FARMERS' MARKETS LOCATIONS & HOURS

SCHROON LAKE

Thursdays 10AM-3PM
Town of Schroon parking lot

ELIZABETHTOWN

Fridays 9AM-1PM
Behind the Adirondack
History Center Museum

LAKE PLACID

Wednesdays 2PM-6PM
Jewtraw Park, Station St.

WILLSBORO

Thursdays 9AM-1PM
South of Champlain
National Bank on Rte. 22

LEWIS

Saturdays 9AM-1PM
Bear Necessities
Stowersville Rd.

SARANAC LAKE

Saturdays 9AM-2PM
Riverside Park at
Route 3 and Main St.

WESTPORT

First Saturday Jan. - May
10AM-1PM
Westport Heritage House

TICONDEROGA

Saturdays 10AM-1PM
1114 Wicker St.

KEENE

Sundays 9:30AM-2PM
Marcy Airfield Rte 73

UPPER JAY SNOWY GROCERY

Sundays Oct. - May.
10AM-1PM
Sugar House Creamery



EVENTS & FESTIVALS

Celebrating local food and agriculture is an integral piece of the Adirondack landscape. From tastings to live music, plan your summer around joining us throughout the season! You can sign up for email reminders and find upcoming events on our calendar.



FARMERS' MARKETS

Farmers' markets are where you can find in-season products, rain or shine. Engage with farmers and marketeers to take away recipe ideas and learn more about the farm. Essex County has mid-day markets nearly every day of the week.



CSA (COMMUNITY SUPPORTED AGRICULTURE)

CSAs are a great way to experience a diversity of local food! From a summer's worth of vegetables to meats, eggs, dairy, flowers, and more, many options allow you to eat locally and affordably, oftentimes extending into the spring and fall or year-round.



FARMSTORES & FARMSTANDS

Many farms have stores or stands that feature their and other local products for direct self-service sale. Show yourself around this quaint system and don't forget to pick-up foodie souvenirs!



FARM TOURS & FARMSTAY

Many farms offer tours and special seasonal events! (See our featured events below.) AirBNB and farmstay options will have you or your out of town guests charmed by a little R&R on a working farm.



FARM-TO-TABLE RESTAURANTS

Looking for a dinner that's both delectable and nutritious? Local restaurants, kitchens, cafes, and delis now provide seasonal menus that celebrate local, flavor-filled farm products, including fresh produce, cheeses, meats, grains, and ferments.



FOODTRUCKS

Slow down for fast food from the farm at a farmers' market, brewery, or even snowy trail. Casual farm fresh bites-to-go from a food truck near you is a great way to explore the many flavors of local food from vegetarian tacos to barbecued pork.



WINERIES, BREWERIES & DISTILLERIES

Grab a pint, relax with friends, and enjoy one of dozens of locally brewed craft beers often featuring locally grown hops, fruit, and grains. For a taste of north country wines, follow the Adirondack Coast Wine Trail from Plattsburgh to Chazy.



CATERING

If you desire food that shows your loyalty to local for intimate to large events, a handful of outfits use farm fresh ingredients, authentic recipes, and rustic flair to create a catered experience that speaks to seasonal food and the Adirondack landscape.



FOOD HUB & CO-PACKERS

Curious to see the behind the scenes of farm to table products? Food hubs are critical in centralizing farm products and marketing, especially through co-packing services, to broaden the reach of local products to a larger regional audience.



CO-OP & LOCAL RETAIL

Retail stores have recognized the importance of supporting local farmers and our food system through increasing consumer demand. Look for signs indicating "LOCALLY produced" goods or ask specifically for products sourced from local farms or makers.



COOKING SCHOOLS & EDUCATION

Learning to cook is an experiential journey that allows us to engage our edible landscape and discover what nourishes not only our body, but also our soul. Visit the website to learn where to take classes.



VALUE-ADDED PRODUCTS

Value-added products can open new markets and extend the marketing season. By milling wheat into flour or making strawberries into jam, farmers are making delicious, local, ready-to-eat food.



MAPLE PRODUCTS

New York State is home to the largest resource of tappable maple trees within the United States, and over 2,000 maple sugarmakers. As an abundant and sustainable crop, New York's gourmet maple industry is vibrant and growing on an annual basis.



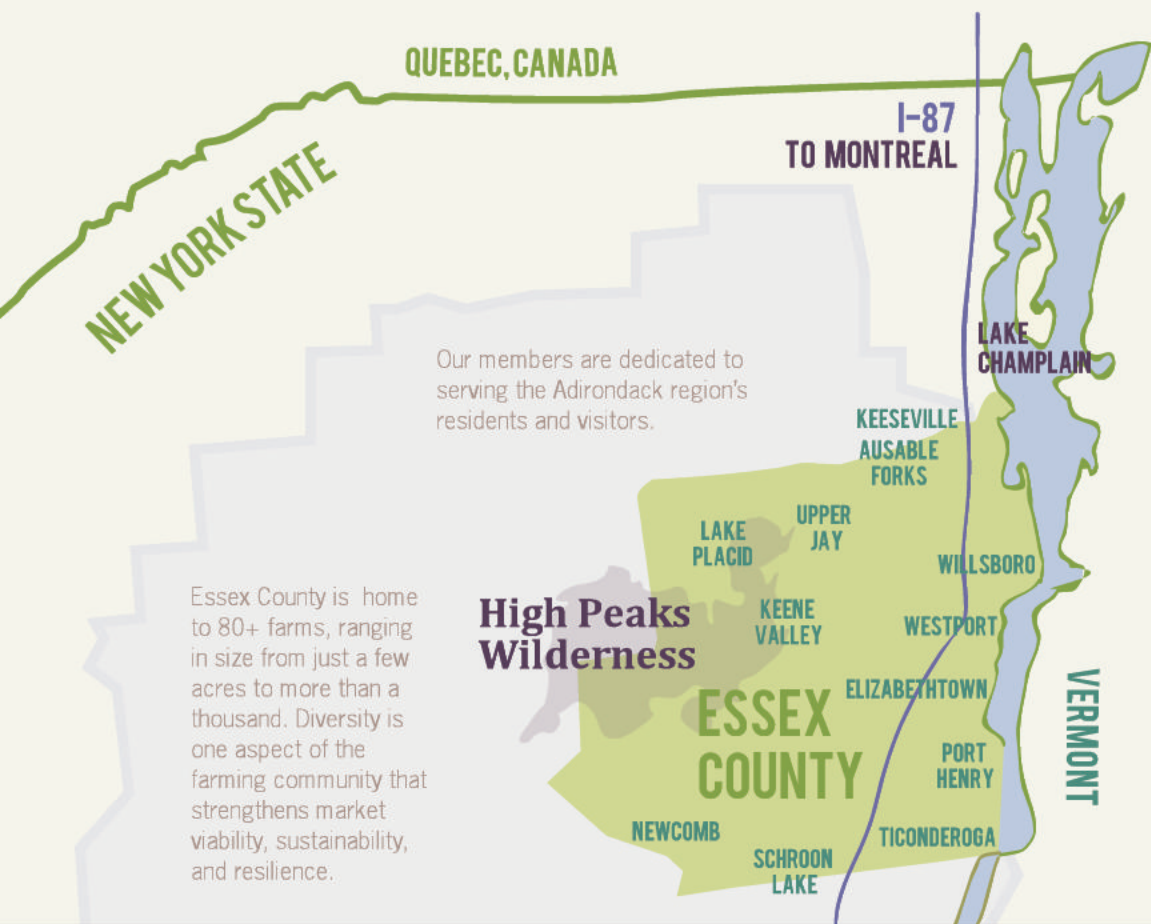
WINTER PRODUCTS

The North Country is still delicious in winter. Pickles, jellies, and other canned products are sold. There are also storage crops including squash, potatoes, onions, garlic, apples, and carrots. The shelves are full of freshly baked breads and pastries, cheeses, and meats.



FORESTRY PRODUCTS

We have forests and craftsman that know how to make beautiful, sustainable products. Essex county houses loggers, mills, and wood processing facilities. There are also craftsman making furniture, wooden bowls, cutting boards, lumber, and other forestry products.



AGRICULTURAL ZONE

Essex County has a range of microclimates from its warmest Lake Champlain coast (5a) to highest elevation cold pockets (3b).

TERROIR

The flavors of our locally grown products are reflective of the Adirondacks sweet spring pastures, loamy soils, and pure waters running from mountaintop to lake's edge.

ENVIRONMENT

Protection of our biological and ecological resources is critical to local food production continuing to grow and thrive.



WHY ESSEX COUNTY?

The small farm movement has been fostered here for over a decade in a county whose roots in farming run deep. The loamy Adirondack soils of the Champlain Valley have been a fertile ground for nearly a century of dairy and grain farmers and before that apple orchardists. Over generations, forests have evolved into sugar bushes for maple syrup production and hardwoods and sparse flat, open land has been converted into tillable land and hayfields. The Adirondack Park Association (APA) Blue Line and protective land use regulations have preserved the character and landscape of Essex County as one centered on rural agriculture and small businesses.

Today, Essex County is a national beacon for the small farm movement, having inspired and attracted diversified vegetable operations, small batch creameries, grass-fed dairies and meat farms, organic grain growers, and full-diet farms. Our farmers and food-related small businesses break the mold here through innovation, persistence and a scrappiness encouraged by stretched economic conditions and North Country winters. Our high quality products, originating oftentimes just a few miles down the road are a testament to their dedication to one good bite.

MEET SOME OF OUR FEATURED MEMBERS



CRAIGARDAN KEENE

craigardan.org

501 Hurricane Road • (518) 242-6535 • info@craigardan.org

Craigardan is a nonprofit arts, culinary, and agricultural educational center located on a 78 acre small-scale farm overlooking the Great Range. The farm feeds our artists-in-residence, provides the raw materials for the culinary program, and is available to the public in the farm store. Stocked with our own organic vegetables, eggs and chicken, as well as products from other local farms, handmade pottery and fine art, the farm store and gallery are open Monday - Saturday 9am-5pm, year-round.



TRIPLE GREEN JADE FARM WILLSBORO

triplegreenjadefarm.com • (518) 302-1828

624 Mountain View Drive • info@triplegreenjadefarm.com

Meet Dan and Kim Rivera from Triple Green Jade Farm. They're bringing an old farm back to life with good bread. They started renovations in 2015 and built a wood-fired bread oven in their garage now known as "The Breadery." Their breads are handmade, slow fermented and use organic flours milled by Champlain Valley Milling. Every loaf you buy supports them in funding the rehabilitation of their dairy barn and expansion into new local food opportunities.



BLACK ROOSTER MAPLE KEENE

blackroostermapple.com • Instagram: [blackroostermapple](https://www.instagram.com/blackroostermapple)

info@blackroostermapple.com • (518)576-9792 or (518)637-9318

Open Daily

Black Rooster Maple is a family owned business in Keene, NY. Kirk, Kristy and Ryleigh Bassarab produce pure Adirondack maple syrup, maple cream, maple candy and barrel aged maple syrup. In the fall of 2018 we just built a timberframe sugarhouse with state of the art equipment. Our farm is now running on 3500 taps. You can find us at farmers markets throughout the summer as well as our store in Keene.



THE CARRIAGE HOUSE AUSABLE

carriagehousecookingschool.com • curtisshemm.com • (518) 335-7880
463 Hallock Hill Road • curtiss@carriagehousecookingschool.com

The Carriage House Cooking School, owned by Chef Curtiss Hemm, is nestled in the foot hills of the Adirondack Mountains and Champlain Valley. The Carriage House offers small and intimate cooking classes and food experiences to the home cook, serious foodie or fine food connoisseur. Chef Curtiss loves to teach and is passionate about getting people excited and eager to cook. His classes celebrate the joy and comfort of cooking, sharing a table and discovering our edible landscape. Chef Curtiss also provides personal chef services for seasonal residents and food catering for small events.

THE DEER'S HEAD INN ELIZABETHTOWN

thedeershead.com

7552 Court St • 518.873.6514 • info@thedeershead.com

For over 200 years The Deer's Head Inn has had a prominent place in the life of Elizabethtown. Since 1808, we have been the town's preeminent eatery, located just across our main thoroughfare from the county buildings. It has been a gathering spot for civic leaders, local and seasonal residents and travelers. We are dedicated to continuing this tradition by bringing together the disparate elements of our community with a welcoming, inclusive setting and with cultural events and offerings that highlight our burgeoning local foods movement. Today's Deer's Head remembers this history, and looks to celebrate our exciting present with thoughtfully curated food and drink, a cozy room for weary travelers to rest their heads, and a kind of small-town conviviality that welcomes all comers.



SUGAR HOUSE CREAMERY UPPER JAY

sugarhousecreamery.com • (518) 300-0626

18 Sugar House Way • mail@sugarhousecreamery.com

Margot Brooks and Alex Eaton own and operate a small, farmstead creamery, specializing in the production of cave-aged, artisanal cheese made from the milk of their 12 Brown Swiss cows. Visit them at the source! Fresh raw milk, farm-raised beef & veal are also available from their farm store. The farm store is open every Wed, Sat, Sun 10-6. You can also find them seasonally at the Saranac Lake Farmers' market on Saturdays or the Keene Valley Farmers' market on Sundays! Come fall, don't forget about the Essex County Cheese Tour and their magical winter market - The Snowy Grocery on Sundays.





FULL AND BY FARM ESSEX

319 Leaning Road

518-963-7127 · fullandbyfarm@gmail.com

Full and By Farm is a horse-powered CSA that raises vegetables, eggs, beef, chicken, pork, grains, dry beans & maple syrup. Our shares are fully customizable with year-round and seasonal memberships. To us, good farming is all about the process. We strive to produce the best food possible, while considering the impact our decisions have on the land and with the animals. Balancing yields with impact, but never sacrificing flavor or quality. Pick-ups are on the farm—get to know the farmers, the animals and the land.



ADIRONDACK BUFFALO COMPANY NORTH HUDSON

www.adirondackbuffalocompany.com

3184 Blue Ridge Road · 518-532-9466

Our bison can be observed from the viewing deck outside our shop, with great views of the mountains all around. In addition to the bison, there are always other forms of wildlife to view: geese, ducks, deer, coyotes, and the occasional black bear or moose. We carry frozen cuts of bison meat, fresh vegetables in season, baked goods, a variety of gourmet foods, beverages, locally made handicrafts, souvenirs, rustic furniture and vintage items and antiques.



MIRROR LAKE INN LAKE PLACID

mirrorlakeinn.com · 77 Mirror Lake Drive

dining@mirrorlakeinn.com · (518) 523-2544

The View Restaurant was established in 2004 and is regularly rated one of Lake Placid's best fine dining restaurants. It's elegant, romantic and decidedly not fussy, offering contemporary American dishes with classic European and regional influence. The View kitchen opens for breakfast at 7:30. Taste Bistro offers American and Northeast comfort foods with French bistro tastes. Both restaurants make use of the finest local, regional and artisanal foods.



WHITEFACE CLUB AND RESORT LAKEPLACID

373 Whiteface Inn Lane

whitefaceclubresort.com · 518-523-2551

The Moose Lodge Boathouse Restaurant is one of the most charming and panoramic dining facilities in Lake Placid. Located on the Whiteface Club & Resort waterfront, the Moose Lodge Boathouse Restaurant has a panoramic view of Whiteface Mountain, standing majestically above the pristine waters of Lake Placid. The view is simply spectacular! Featuring a variety of grilled specialties and salads, the Moose Lodge Boathouse Restaurant casually serves lunches, cocktails, hors d' oeuvres and dinner.



THE HUB ON THE HILL ESSEX

thehubonthehill.org

(518) 418-5564 · 545 Middle Road · jori@thehubonthehill.org

The Hub on the Hill works with the farmers and small food businesses of the Adirondack-North Country region to transform the region's bounty of fresh produce into all sorts of avenues. A space for creating products for market, catered events, food trucks & farm to school. Whether processed by farm business or our in-house co-packer, farmers and small businesses are reaching markets well past the growing season and providing greater diversity. Please stop by anytime to check out the scene, grab something from the market or food for your next event.



JUNIPER HILL FARM WADHAM'S

juniperhillfarmcsa.com

juniperhillfarm@gmail.com · 82 Loukes Lane · (518) 524-5652

Juniper Hill Farm sprouted as a three-acre garden, growing into a one hundred-acre NOFA NY certified organic farm. As mindful stewards of the Adirondack Park, we care for the soil and pollinators by rotating 120 varieties of vegetables, grains and cover crops. Our energetic team is committed to feeding you and your family year-round, from the earliest vine-ripened tomatoes to winter greens, mushrooms and fall harvested squash, root crops and alliums. Enjoy the harvest and...*Don't Let California Feed New York!*




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membership@adirondackharvest.com

518-962-4810

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