



ESSEX FARM INSTITUTE

Build Back Better

You can help local farms!

In the Adirondacks, we are fortunate that we have farms stewarding our working lands who want to sell you food! Unlike the rest of the country, counties like Essex and Saratoga counties have a growing number of small farms. These farms depend on you to continue to produce safe, healthy food. If you have ever thought about buying local food, the moment is **now**. Not only will you be assured of food from one season to the next, but you will be helping your neighbors who farm rise to the challenges of the COVID-19 crisis.

Many of you have reached out to ask how you can join the Adirondack Council's Essex Farm Institute in helping farmers in this time of uncertainty. See below for ways you and your neighbors can help.

Buy local food!

- Choose "Farmstand" or "CSA" in the first search box on the Adirondack [Harvest map](#).
- Buy at a **local co-op** or find out if your local market sells local food (order online from [North Country Co-op](#), [Potsdam Food Coop](#), [Ticonderoga Natural Foods Co-op](#))
- Get [door-to-door delivery or curbside pick up](#) of local foods
- Buy at local **Farmers Markets** ([Ausable Valley Grange Farmers Markets](#), [Adirondack Farmers Market](#))



Photo: Ben Stechschulte

Put your dollars to work!

- Buy a **farm credit or gift certificate** - most farms do this, give a call and ask.
- **Consider a non-tax deductible donation** to your local farm or food hub, no strings attached.
- Help farmers while feeding your neighbors: Support ADK Action and The Hub on the Hill to distribute more local food. To give to ADK Action: [Emergency Food Packages](#). To give to the Hub: [PayPal](#) or Venmo.



Photo: Ben Stechschulte

Put your voice to work!

Write or call your elected officials and tell them to make sure stimulus funds are accessible and available to small, family farms and that you want public parks to remain available for farmers markets this summer.

Stay in touch with what is happening....

Reach out to me directly with your thoughts, ideas and concerns.
essexfarminstitute@adirondackcouncil.org

<https://adirondackharvest.com/special-covid-19-services/>