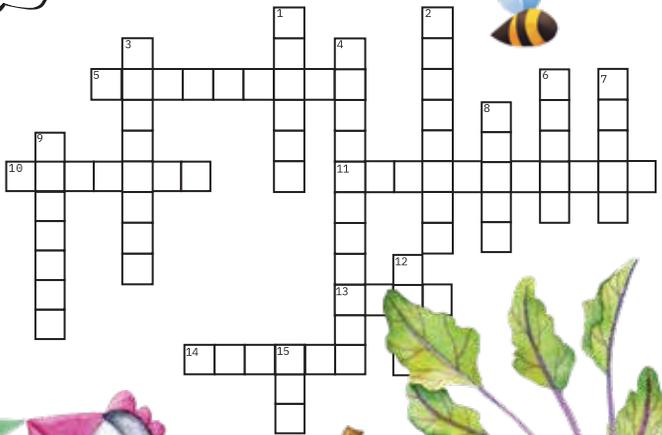




ADIRONDACK HARVEST

LOCAL FOOD GUIDE ACTIVITY BOOK

FOR ALL AGES



Puzzles,
games & lots
to learn about
local food



VISIT ADIRONDACK HARVEST.COM

Explore the photo gallery
& watch videos about our
members



Browse the map to find
local food, products,
and experiences



Keep updated
on local harvest
events and cooking classes

Connect with
wholesale
producers



Sign up for the newsletter
featuring unique articles
with business
features, events,
recipes and more!



Make a donation

COLOR ME! FUN FOR ALL AGES →



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**.

This Project has been funded in part by a grant from the New York State Department of Environmental Conservation, Adirondack Park Community Smart Growth Program through appropriations from the New York State Environmental Protection Fund (EPF). All opinions herein are the sole responsibility of CCE Essex and Adirondack Harvest and do not necessarily represent the opinions of the NYSDEC.



ADK
Harvest
FEST

ADIRONDACK
Harvest Festival

EVERY SEPTEMBER
CELEBRATING LOCAL FARMS & FOOD

SIGN UP FOR THE NEWSLETTER SO YOU
DON'T MISS OUT ON FESTIVAL
ANNOUNCEMENTS

Word Search for Adirondack Towns with Farmers' Markets

Words can go in any direction.

Words can share letters as they cross over each other.

Akwesasne
Alexandria Bay
Bolton Landing
Boonville
Broadalbin
Cambridge
Canton
Cape Vincent
Carthage
Chateaugay Lakes
Chestertown
Clayton
Elizabethtown
Fort Edward
Gansevoort
Glens Falls
Gloversville
Gouverneur

Granville
Hammond
Harrisville
Indian Lake
Johnstown
Keene Valley
Lake Placid
Long Lake
Lowville
Lyons Falls
Malone
Massena
North Creek
Ogdensburg

Old Forge
Peru
Plattsburgh
Potsdam
Remsen
Rouses Point
Salem
Saranac Lake
Saratoga

Speculator
Ticonderoga
Tupper Lake
Upper Jay
Warrensburgh
Watertown
Westport
Whitehall
Willsboro



All of these
towns have a
farmers' market!

ADIRONDACKHARVEST.COM FUN FACT

Visit the website to find out more about each farmers' market!
You can search by

- Day
- Season (yes, there are winter markets!)
- Markets with curbside pick-up
- Markets that accept SNAP (EBT), FMNP coupons, or e-WIC cards

Y A J R E P P U S F P I N R R Q H D Q E
N Z Z T S K X W O D N X O S J U A I F N
P L W Q T D A R E D R T Y Y M V R C B S
Q T P A R N T L I S A L Q B S U R A A A
N V I W R E E A C L T F M E K F I L G S
E W U C D R N C U A Z P K U T R S P O E
G F O W O L E C N E N A O U B E V E T W
J S A T A N E N E I L A P R L G I K A K
W R L K R P D K S Y V P R M T A L A R A
D R E L S E A E A B E E T A U H L L A O
S O Z U A L T G R R U M P K S T E R S E
L D R F G F U A L O Q R Y A S R O S I G
U E L N Y A S A W A G A G R C A Z G M R
P O O S E D K N W D B A I H A C N S W O
W L W T S E I G E A N W O T S N H O J F
Z I A O L O W V I L L E W D R F M R E D
J H L D B V Z R C B G Z Y O S A R E L L
X Z N L O C D A A I U H U O S M R M I O
X U N U S N M E Y N L S A S J U P S Z E
X V F Z A B Z L A E E L E M E E V E A L
K H R X R M O Z Y S L N A N M S K N B L
Y H E I B A J R P O A L R H P O W E E I
B L D P S L G O O W N E A L E M N Q T V
A G F E Z O I R Q B V S P V W T L D H S
E J A F L N C B U U O P F O E F I G T R
X W J I T E E U O B E O K A T N X H O E
D N O T N A C G U O S V N C L S E T W V
B O L T O N L A N D I N G V L L D E N O
C H E S T E R T O W N C E Z I A S A K L
G R A N V I L L E N S D N D D L Y M M G
T R O O V E S N A G B L J G G D L T I G
M E L A S K E E R C H T R O N O Z E O R
G R P L A T T S B U R G H A Y Z S U S N

Look closely at each garden & adirondack harvest. They are *not* the same.



Adirondack Agriculture Through History

Indigenous people have been growing food, hunting, and fishing for food in the Adirondack region for over 10,000 years. The Haudenosaunee (Iroquois) Confederacy lived throughout the Adirondack region, harvesting wild plants, hunting, and growing food in different places each year to minimize their impact on the land and to allow for abundant harvests year after year. They were the first people to utilize ecologically beneficial food-management techniques, like planting corn, beans, and squash together in a method called Three Sisters. The “Dish with One Spoon” treaty designated the northern part of what is now New York State as a peaceful area where different groups of people could respectfully harvest shared resources.



CORA DARLING IN BENSON, NY CIRCA 1920-1930



MRS. STICKNEY - JULY 9, 1897

After the War of 1812, European settlers began to occupy the area around Lake Champlain and built subsistence farms. They generally had a milk cow, pigs, chickens, and a large garden. In the late 1800s, new railroads and canals allowed farmers to sell products in big cities like Albany and New York. New technology emerged like the steel plow with interchangeable parts. Farms in the Adirondacks followed the national trend and shifted from subsistence farming to specialized farming, like raising a herd of cows for milk. In an increasingly globalized and specialized food market, it has become harder and harder for small farms in the Adirondacks to remain profitable. Farms have been sold and divided to build houses, businesses, and industrial facilities. Nationally, we've lost about three acres of farmland per minute since the 1990s.

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Farming in the Adirondack Region Today

Today, there are **approximately 1,300 farms in the Adirondack Park**, which accounts for six percent of the total market share for agricultural products in New York State.

Dairy is still the primary agricultural industry in the region, with over 20,000 dairy cows producing 42 million gallons of milk a year. However, that sector is shrinking, and there is significant growth in vegetable and beef farms in the area.

The largest agricultural area in the region is nestled between the High Peaks and Lake Champlain in Essex County. There are 57,600 acres of farmland in Essex County, and a significant portion of farm product sales are made through direct marketing channels like Community Supported Agriculture (CSA) shares, selling at one of the sixty farmers' markets in the region, and online ordering.



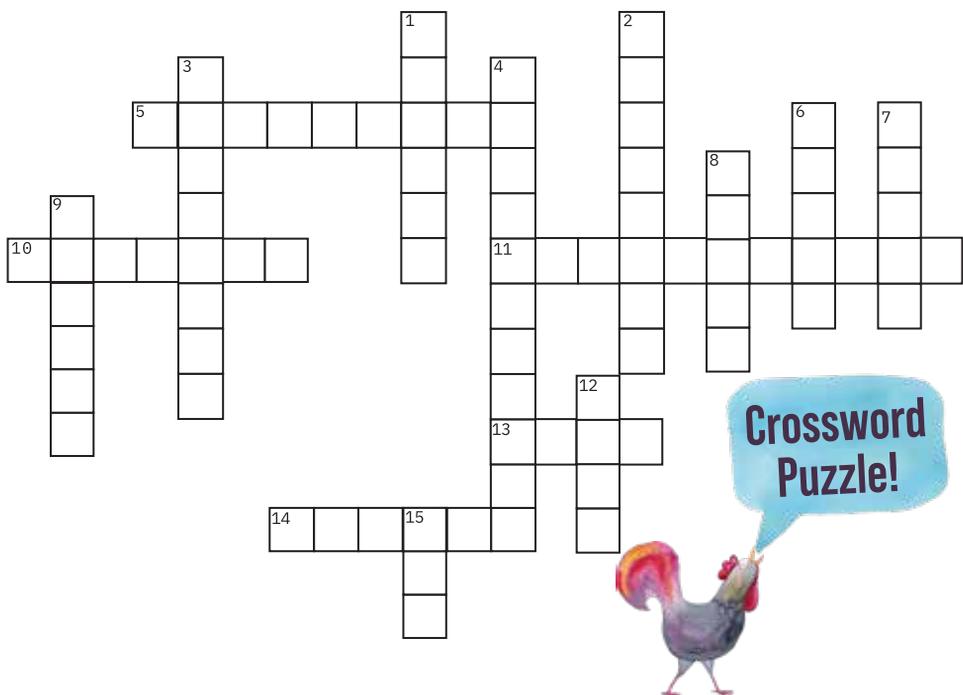
PHOTO BY SMALL TOWN CULTURES



ESSEX FARM PHOTO BY BEN STECHSCHULTE



OREGANO FLATS PHOTO BY BEN STECHSCHULTE



MEET SOME OF OUR FEATURED MEMBERS



HARMONY HILLS FARMSTEAD
MALONE

TANGLEROOT FARM ESSEX



JUNIPER HILL FARM WADHAMS

Visit the Featured Member's profile to find answers, see more photos and learn more about their business!

ACROSS

5. At **Souza's** _____, fresh local vegetables are available from May-November. Store open April-Dec. All local products sold.
10. **Juniper Hill Farm** is a 100-acre certified organic vegetable farm in the Bouquet Valley. Juniper Hill Farm works year round to bring you the widest variety of quality, local, organic _____ possible.
11. **The Well Fed Goat** offers year round _____ grown vegetables, eggs, poultry and meat.
13. **D & D Meats** is a "One stop meat shop" offering custom processing and products. D & D Meats are the producer of Jeezum _____ Beef Products.
14. **Ledge Hill Brewing Company** is a family brewery crafting nifty little ales and _____.

DOWN

1. **Rare Farm** is a garlic farm selling Hardneck Music garlic. They also sell garlic _____, which if left unharvested eventually bloom into flowers when the garlic plant fully matures.
2. **Four Maples Vineyard** is a winery and distillery situated in the Champlain Valley of New York. The wine is made 100% from grapes grown on their _____.
3. **Harmony Hills Farmstead** offers year round, farm-to-door, _____ beef, pork, chicken, and eggs. Animals are raised in open pastures and on forested acreage.
4. **Green Goddess Natural Market's** mission is to provide the _____ with the best in local and organic produce and products. Green Goddess offers 2 markets, 2 cafes, catering services and wellness classes.
6. **The View at Mirror Lake Inn** is world-class dining experience featuring _____ foods overlooking Mirror Lake.
7. **Brandy Brook Maple Farm** offers certified organic _____ syrup & 20+ varieties of traditional sweet & dry wine.
8. **Asgard Farm & Dairy** is a goat _____ and creamery plus other pastured livestock. Farm store hours posted on website. Farmstays available.
9. **Whitney's Maple Spring Farm** is a 4th generation maple producer in Keene, NY. They sell maple products and other locally produced _____ at the farm stand.
12. **Triple Green Jade Farm** creates handmade, _____-fired, local & organic products including artisan breads and gourmet crackers.
15. **Tangleroot Farm** is offering home delivery of their certified organic produce and other grocery items through their door-to-door CSA program. _____ Well. Be Happy.



SOUZA'S FARMSTAND CHAMPLAIN



BRANDY BROOK MAPLE FARM ELLENBURG CENTER



TRIPLE GREEN JADE FARM WILLSBORO



WHITNEY'S MAPLE SPRING FARM KEENE



LEDGE HILL BREWING COMPANY WESTPORT



D & D MEATS WEST CHAZY



GREEN GODDESS NATURAL MARKET
LAKE PLACID



THE WELL FED GOAT
SARANAC



ASGAARD FARM & DAIRY
AU SABLE FORKS



RARE FARM WILMINGTON



FOUR MAPLES VINEYARD
CHAMPLAIN

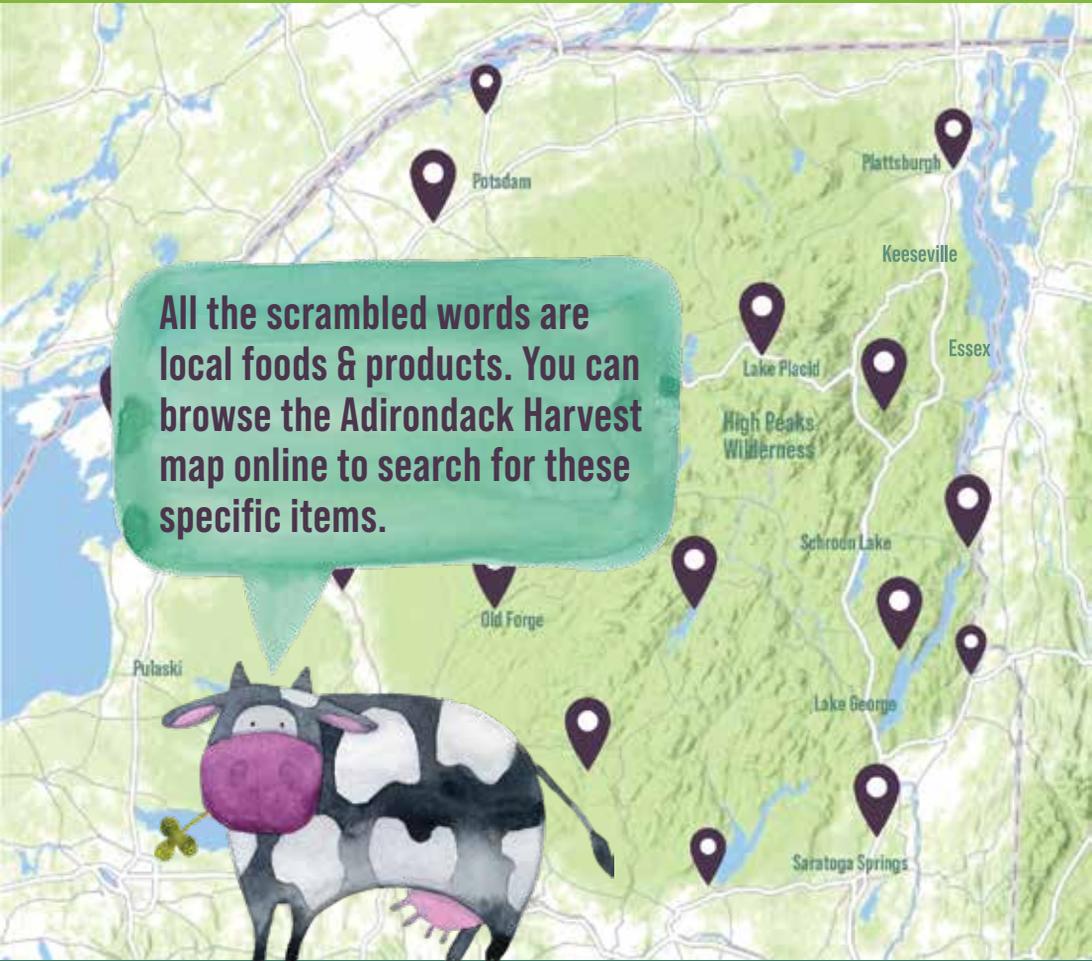


THE VIEW AT MIRROR LAKE INN
LAKE PLACID

Double Puzzle

First, unscramble the letters to make a word.

Second, take specific letters from the unscrambled words and use those letters to decrypt the phrase at the bottom of the puzzle.



All the scrambled words are local foods & products. You can browse the Adirondack Harvest map online to search for these specific items.

ADIRONDACKHARVEST.COM FUN FACT

Browse the map to find local foods, products, and experiences. You can search specifically for:

- Business Type (caterer, co-op, CSA, food hub, orchard, etc...)
- Delivery or Curbside Pick-Up
- Seasonal Availability
- Benefits Accepted (SNAP, FMNP, etc...)
- County
- Products Offered (fiber, flowers, vegetables, grains, etc...)

Join the Adirondack Harvest email list to stay up to date on what's happening around the region and enter to win a \$100 gift card to spend with any Adirondack Harvest member.

Text ADKHARVEST to 22828 on your mobile phone, or visit Adirondackharvest.com/giveaway to sign up.

info@adirondackharvest.com

518-962-4810



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PHOTO BY SAM CEOL



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