



Watershed Agricultural Council
Farm To Market Update



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Events

Real Good For Free Cookies and Milk at Winter Jam Saturday, February 10, NYC

The New York City Department of Parks and Recreation is doing Winter Jam and we've got the milk. *Pure Catskills* will be in the Pride of New York warming tent at Winter Jam in Central Park on Saturday, February 10 serving up cold glasses of Mountainside Farms Milk. And if you don't like your milk straight, you can pare it with a free butternut cookie made from delicious and nutritious New York state butternut squash.

Mountainside Farms, bottled at the Worcester Creamery in Roxbury, is participating in Winter Jam to promote this new brand of milk. This milk differs from conventional milk in that it comes from New York state farmers that certify that they don't use the artificial bovine growth hormone, rBST. Also, Mountainside Farms tests the milk for as many eight different antibiotics rather than the five required by State and federal regulations. The Roxbury creamery has invested in state of the art filtration and clarification technology to improve the purity of the product with minimal processing. Mountainside Farms believes that this improves both the taste of the milk and the shelf life.

As a Catskills regional business located in Delaware County, Mountainside Farms has become a *Pure Catskills* member and is incorporating the *Pure Catskills* logo as well as the Pride of New York logo in the design on its new milk cartons. Mountainside is among a growing number of Catskills businesses that are reaching out to consumers to let them know that these mountains are flourishing with agricultural productivity.

More than 1000 cups of Mountainside milk will be poured in the warming tent near the band shell in central park between 12 pm and 4 pm. Winter Jam will also feature a mini greenmarket, live rock bands, an amateur rail jam, an ice sculpture display, winter sports demos and, weather permitting, show shoeing, cross country skiing and a snow sculpture competition. So, after you get energized with your free milk and cookies, go out and take a shot at shredding the rail!

Do It On-Line! www.purecatskills.com

Cold and rainy weather is the perfect time to get on you computer and check out the *Pure Catskills* website. The website not only lists all the farms and businesses that participate in the campaign, but also lets you know about all *Pure Catskills* events, grant opportunities, and the availability of seasonal produce.

This year is the first time that you will be able to sign up for the campaign and get in the 2007-2008 *Pure Catskills* Guide to Farm Fresh Products on-line. No stamps, no trips to the post office, no excuses. With just a click of a button you can get in the guide, update your listing, and find out what's happening in the region. Go to www.purecatskills.com and register now!

Beyond Pickles at Refresh

Fabulous pickles from Ricks Picks NYC are now available at *Refresh*, a new organic juice bar and vegetarian cafe at 5410 Main St. in Windham.

Rick Field, pickler, sources his produce entirely from Hudson Valley farms and uses only natural, wholesome brining techniques - like sweetening with dried cherries and coconut instead of plain old ordinary sugar. Flavors include: Phat Beets, Slices of Life, Spears of Influence, Smoke'ra, and GT 1000's (curried green tomatoes).

In addition to having some of the best pickles in the Catskills, *Refresh* sells healthy organic food, has a juice bar and serves breakfast, lunch and desserts. The owners, Paul Campbell and Darlene Van De Grift are both professionals in the alternative health field and offer nutritional counseling and body work as part of their holistic program. The store is vegetarian, vegan, and wheat-free.

Local farmers are encouraged to contact *Refresh* to sell produce. For more information, please call (518) 734-5120.

Neighborhood Farms at Black Bear Hollow

Black Bear Hollow, located on Route 28 just outside of Phoenicia, is thinking ahead to spring and would like to purchase food from local farmers. They have plans to open a retail market adjoining their restaurant that will feature specialty foods and produce from local farms and gardens. Participating farmers will collaborate as part of a new organization called *Neighborhood Farms*. This project is just getting underway and farmers are invited to become involved by sending an email to info@gooddeedfoundation.org. For more information about Black Bear Hollow, (now open for dinner!) call Kurt at (845) 688-9800.

Workshops

Herbs for the Cold and Flu

Saturday, February 10, Huntersland, NY

The Green Spiral is the heart's path to a more natural sense of well-being. Betty Pillsbury of The Green Spiral in Schoharie County found her sense of well-being by growing over 250 varieties of herbs and learning how to use them for medicinal and culinary purposes. She has created a full line of herbal remedies and would like to share her secrets with anyone willing to learn.

On Saturday, February 10 at The Green Spiral in Huntersland, Betty will teach a class on Herbs for the Cold and Flu. Whether it's your sinuses, sore throat or a mild cough, there are herbs that can help. Cost \$20. Call Betty at (518) 827-8730 to register. You can also contact Betty at bpills@midtel.net for her entire class schedule and to find out about her Herbal Study Program which runs from April to October.

Agriculture in the Hudson Valley: Success Stories from Our Own Backyard

Friday, March 16, Hudson, NY

The Hudson Valley Agricultural Partnership is working to strengthen agriculture and protect farmland in the Hudson Valley by creating a network of farmers, consumers, organizations, businesses and community leaders. By connecting farmers with their surrounding communities and businesses, the HVAP is able to create sustainable ventures that serve as models for the future of agriculture.

The HVAP is hosting a one-day conference, *Agriculture in the Hudson Valley: Success Stories from Our Own Backyard*, on Friday, March 16 at the Columbia Greene Community College in Hudson, NY. There will be a full day of workshops and presentations on farm profitability, farmland protection, and agricultural economic development. Come and hear the experts that have mobilized New York's buy local initiatives explain how you can meet the demands of the market, make a profit and save your farm from becoming the next strip mall. Speakers include Chef Dan Barber of Blue Hill at Stone Barns, Paul Wigston of the Culinary Institute of America, Bob Lewis of NYS Department of Agriculture Markets and Kathleen Harris, Processing Coordinator for the Northeast Livestock Processing Service Company. Dairy farmers have an opportunity to explore alternatives to conventional milk processing by hearing how other small producers have adapted their business models.

To register for this conference, go to www.hvap.org, or call Joseph Heller at (845) 883-7162 x104. The registration fee is \$25.00 before March 1 and \$30.00 thereafter.

Graze-A-Palooza!

A Celebration of Healthy Grass-Based Farming, Food and Families

Saturday, March 31, Hamilton, NY

Got grass? Then come to Graze-A-Palooza and learn about how grazing your animals helps create a healthier food system and a cleaner environment.

A Celebration of Healthy Grass-Based Farming, Food and Families will take place on Saturday March 31, 2007 from 9am to 5pm at the White Eagle Conference Center in beautiful Hamilton, New York. Lunch will feature New York State grown grass-fed meats. The program consists of the following speakers:

- Dr. Kate Clancy, Consultant, Scientist, and Author of *Greener Pastures: How grass-fed beef and milk contribute to healthy eating*
- Jerry Brunetti, Internationally Recognized Speaker, Founder of Agri-Dynamics and Author of *The Keys to Herd Health*
- Dr. Susan Beal, DVM Big Run Healing Arts specializing in Homeopathic Medicine and Herbal Remedies for Livestock
- Holly Burley and Gary Burley, East Hill Pasture-Based Dairy Farm and Contributors to the *GRAZE Magazine*
- Mike Debach, Leona Meat Plant and All Natural Beef Company
- James Ochterski, Cornell CCE, Schuyler County on *Balancing Grassland Bird Habitat*

Practical Farmer Sessions include: Soil Life, Stocking Rate Strategies; Tree Crops; Young Grazing Families; Grassland Birds; Ask the Vet; Knapweed/Bedstraw Eradication; Startup Custom Grazing Operations; Ask the Butcher; Small Farm Marketing; Grass-Fed Meats for Pets; Grazing Small Grains and More! Admission is \$ 30.00 which includes lunch, trade show and materials. Pre-registration is required. Call Kim Totten at (607) 334-3231 Ext. 4 or register online @ www.cnyrcd.org. For more information on a variety of small farm topics, visit www.smallfarms.cornell.edu.

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