

Spring 2006 Events

Friday—Sunday, May 19–21.
Nourishing Traditions, a seminar with Sally Fallon at Epworth Camp, High Falls NY. This will be a benefit for the Family Farm Festival Contact Dina Falconi (845) 687-8938, Jen Prosser (845) 657-6059 or www.sunstoneherbs.com/workshops

Sunday, May 21
Wildflower Festival at Catskill Native Nursery 10am—3:30pm, 607 Samsonville Rd, Kerhonkson. Speakers include Rich Guthrie, bird expert from WAMC radio, and Frances Groeters, who will present a slideshow of ecological alternatives to lawn. Contact Diane Greenberg (845) 626-2758, or info@catskillnativenursery.com

Sunday—Monday, May 21 & 22
Ulster County Horse Council Equifest Trade Show Both days 10 am to 4:30 at the Ulster County Fairgrounds. 60 vendors of equestrian related items, and hourly speakers. Contact Diane Schoonmaker (845) 626-0020 or equifest2006@aol.com

Monday, May 22
Annual 4-H Leaders Open Horse Show, sponsored by the UCHC
 Starts 8:30 am at the Ulster County Fairgrounds. Parade of breeds, demonstrations. Contact Susan Clark (845) 255-3220 for prize list and information

Saturdays, May 27—October 28
Kingston/Old Town Stockade Farmer's Market. 9 am to 2 pm, Wall St. between North Front and John Streets Contact Karen Fitzgerald (845) 339-5822/4629

Sunday, May 28
Saunderskill Farms Tractor Pull
 10 am to 4 pm, Saunderskill Farms, on Rte 209 in Accord Contact Dan Schoonmaker (845) 626-2676

May through October:
Herbal intensive with Dina Falconi
 Join practicing clinical herbalist, author and food activist Dina Falconi for six Saturdays of through, hands-on, practical and inspiring herbal and wild food instruction. Contact Dina Falconi (845) 687-8938

Wednesday, May 31
The First Growth Forest of Ulster County Presentation by Michael Kudish 6:00 pm, Room 120, Burroughs Hall, Ulster County Community College. Presented by Ulster County Environmental Management Council/Water Quality Management Agency

Saturday, June 10
3rd Annual RVGA Orchard Dinner and Wine Tasting, presented by Stone Ridge Orchard and Stone Ridge Wine & Spirits. Contact Debbie@stoneridgeorchard.com for reservations, or buy tickets online at www.rondoutvalleygrowers.org

Sunday, June 25
Flying Change Farm Horse Show
 9 am to 1 pm, 325 Airport Road, Accord Come watch a good old fashioned horse show with the farm's own students. Contact Diane Schoonmaker (845) 626-0020

Saturday, July 15
High Falls Fair Day
 RVGA members exclusively are welcomed to participate in the fair's green market, which will be just one part of this town wide extravaganza. Contact Sean Nutley (845) 687-0294

Please let us know if you have an event you'd like to add to this listing. Contact secretary Deb Weaver at Deb_Weaver@msn.com

Seasonal Cooking PRIMAVERA VEGETABLE SALAD

from the kitchen of John Novi

Servings: 18
(but recipe can be easily halved)
 Vegetables types and quantities can vary according to what you have or what you like.

INGREDIENTS

- 1 cup good virgin olive oil (plus 1/4 cup or more to toss with salad at end)
- 1 large onion (should total about 2 cups) minced
- 3 T garlic, minced
- 2 cups celery, diced
- 2 cups peas, fresh or frozen
- 1 cup string beans, 1/4" diced
- 1 cup asparagus stems, diced (save tops for garnish)
- 1 medium zucchini, 1/4" diced
- 1 medium eggplant peeled, sliced thin & diced very small
- 2 red bell peppers, diced
- 1 1/2 cups pitted black Spanish olives, minced & squeezed dry
- 1 cup pitted green bar olives, prepared like Spanish olives, above.
- 1 bunch broccoli florets. Remaining stems should be peeled, diced and blanched with the peas and celery and asparagus spears.
- 2 T coarse ground pepper
- Salt to your liking

OPTIONAL:

- 1 small can anchovies

This recipe is very much like a ratatouille or gaublaine. The secret to this salad is in the cooking. Each vegetable is individually sautéed or blanched and combined with other ingredients right before serving. Lightly salt and pepper each vegetable as it's cooked.

METHOD

First sauté the onions and 2 T of the garlic in 2 T of olive oil just until transparent. Remove when done and set in a corner of a large bowl. Next bring a small pot of water to boil and blanch the celery, peas and string beans for just 2 or 3 minutes. Put in a strainer, and run cold water over them so they'll retain their bright green color. Drain well and place in the bowl alongside garlic and onions.

Add more oil to pan and separately sauté the peppers and the zucchini. Cook until just soft, then remove with a slotted spoon and add them to the vegetables in the bowl. Add remaining oil and garlic (don't let the garlic brown), and sauté the eggplant. Stir until eggplant absorbs all oil. Place in bowl.

Add both kinds of olives to the bowl and gently toss all the vegetables together. Finally, place salad in a serving bowl and garnish with broccoli florets, asparagus tips and anchovies. Serve at room temperature with crackers or toasted focaccia—which is delicious with this dish.

VARIATIONS: For a fancier presentation the salad can be molded as pictured above. This salad can also be prepared raw (blanch only the peas, celery, asparagus, broccoli stems and string beans) or with a mix of whatever vegetables are in season.



Per serving (excluding unknown items):
 38 Calories, trace Fat (5.2% calories from Fat); 2g Protein; 8g Carbohydrate; 3g Dietary Fiber; trace Cholesterol; 27mg Sodium. Exchanges: 0 Grain (Starch), 0 Lean Meat; 1 Vegetable.

Why Support RVGA?

Our members have made a commitment to healthy living in the Rondout Valley and beyond by farming and conserving the land that bounds the Rondout Creek from Ellenville to Kingston, NY. Your support sustains the well-being of this valley by helping Rondout Valley Growers share resources to build and maintain a profitable and engaged farming community. You also help strengthen the connections between the Valley's farmers, its associated industries, and the towns we have fed and served for centuries. Join us today.

GROWERS \$50 • FRIENDS (NON-FARMING SUPPORTERS) \$50 • BUSINESS PARTNERS \$100

Your support entitles you to receive newsletters published four times a year, as well as special invitations to events and farm tours. Business partners will receive special acknowledgement in the newsletter, promotional advertising, and at the annual barn dance.

I/We support the Rondout Valley Growers Association.

NAME _____

NAME OF FARM OR BUSINESS _____

ADDRESS _____

CITY, STATE ZIP _____

EMAIL/ TELEPHONE _____



ASSOCIATION, INC.

P. O. Box 867

Stone Ridge, NY 12484



newsletter

May 15, 2006



SPRING ROUNDUP

It's spring once again; a time for growth of every kind, and that includes RVGA member's businesses. Here's a heads-up of what's new in Rondout Valley agriculture.

■ **Bell's Christmas Trees** is now selling landscaping size trees in one and five gallon pots. Larger field-dug trees will also be available.

■ **Burd's Farm** on Route 209 in Kerhonkson is putting finishing touches on a brand new stand.

■ **Buzzanco's Greenhouse** on Sawkill/Ruby Road in Kingston is now officially open for the season. They offer annuals, perennials and hanging baskets. Their hours are weekends, 10-5.



■ **Catskill Native Nursery** in Kerhonkson is the largest nursery of propagated native plants in New York state, and they'll be holding their annual Wildflower Festival on May 21st. See event listings for details.

■ **Davenport Farms in Stone Ridge** has started raising pigs, which will "recycle" the farmstand's leftover produce. Come fall, their meat will be sold at the stand.

■ Two Wawarsing farms are joining forces to start a Community Supported Agriculture buying program (CSA). **Rusty Plough Farm** and **Farm & Granary** are offering shares of certified organic produce, with online order lists and pickup stations in Ellenville and Kingston.

■ More news for **Rusty Plough**; they are now selling produce at Kingston's Old Town Stockade Farmer's market.

■ And more for **Farm & Granary** as well; they're celebrating the first spring of their new in-store collaboration with **Fleisher's Grassfed & Organic Meats** in Kingston.



■ Herbalists Dina Falconi of **Falcon Formulations** and Jen Prosser of **Sunstone Herb Farm** will co-host host *Nourishing Traditions*, a three-day seminar featuring food expert Sally Fallon on May 19th – 21st. This will be a fundraiser for the **FAMILY FARM FESTIVAL** in September. For more information, see event listings.

■ Diane Schoonmaker of **Flying Change Farm** has begun using the therapeutic line of Young Living Essential Oils on her horses, with excellent supportive and healing results.

■ The farmstand at **Saunderskill Farms** in Accord has expanded their lines of prepared foods for breakfast and lunch, and are now offering scones, sandwiches, salads, grilled vegetables and dinner items.

■ There's a management change at **Stone Ridge Orchard**; Manager Mike Biltonen is now leasing the orchard under the auspices of his business, **Blue Marble Farms, LLC**. Blue Marble Farms specializes in the production and marketing of gourmet fruit crops and offers management and marketing services for both established farms and people interested putting their land to farming use.

■ Jay Broekema of **Sugarbrook Maple Farm** in Kerhonkson announces that construction of his new saphouse is nearly finished, and expects the building to be totally complete by fall.

■ Janine and John Stockin of the **Lyonsville Sugarhouse** in Kripplebush would like to thank all who attended their recent pancake breakfast, and remind their customers that it's held annually on the first Sunday in April.

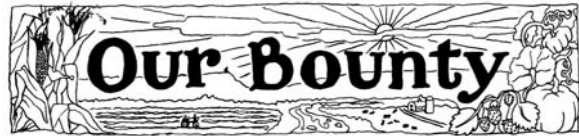
■ Rumor has it that there's something REALLY BIG in the works at **Kelder's Farm** in Kerhonkson. Stay tuned for more information.

■ And as for RVGA news; Watch for our new movable haywagon billboards, and the new updated grower's directory coming soon!



For contact information, see the growers listings on pages 2 and 3.

- Apples & Small Fruit**
 Stone Ridge Orchard (845) 687-2587
 Wightman's Fruit Farm (845) 626-5319
- Baby Greens**
 Hudson Valley Organic (845) 647-5626
- Beef**
 Accord Cattle Company (845) 687-4376
 Apple Dorn Farm (845) 626-4474
 CEO Natural Angus Beef (845) 687-9521
 Generation Farm (845) 338-3608
 Harrington Farm (845) 687-7064
 Standing Rock Farm (845) 687-4531
 Twilight Acres (845) 687-0320
- Cattle Drives & Guest Ranch**
 Pine Grove Dude Ranch (845) 626-7345
- Christmas Trees**
 Bell's Christmas Trees (845) 626-7849
 DiGrazia Tree Farm (845) 687-0449
 Marshall's Tree Farm (845) 626-4059
 Stover's Christmas Tree Farm (845) 687-7512
- Dairy Calves**
 Generation Farm (845) 338-3608
 Greenwyck Dairy Farm (845) 626-8179
- Feed & Fuel Corn**
 Generation Farm (845) 338-3608
 Hasbrouck Farms (845) 338-0352
- Firewood**
 Greenwyck Dairy Farm (845) 626-8179
- Flowers**
 Barthel's Farm Stand (845) 647-6941
 Burd's Farm Stand (845) 626-2090
 Buzzanco's Greenhouses & Farm (845) 336-6528
 Country Flowers (845) 647-5256
 Davenport Farms (845) 687-0051
 Davenport's on the Kingston Roundabout (845) 334-9004
 Gill's Farm Market (845) 338-0788
 Kelder Farms (845) 626-7137
 Saunderskill Farm Market (845) 626-2676
 Veronica's Garden (845) 687-9026
 Victoria's Gardens (845) 658-9007
- Hay & Straw**
 Bell's Christmas Trees (845) 626-7849
 Generation Farm (845) 338-3608
 Greenwyck Dairy Farm (845) 626-8179
 Harrington Farm (845) 687-7064
 Hasbrouck Farms (845) 338-0352
- Heirloom Tomatoes**
 Farm & Granary (845) 647-2254
 Morning Garden Farm (845) 687-7885
- Herbal Products**
 Falcon Formulations (845) 687-8938
 Sunstone Herb Farm (845) 657-6059



Plantin' Time at R. O. Davenport Farm

It's finally spring, and the folks at R.O. Davenport Farm in Hurley are hard at work sowing seed on their nearly five hundred acres of sweet corn and hundred acres of flowers and mixed vegetables.

Early April marks the start of working the fields; they're plowed, then disced, and by mid-month corn planting begins. Best sowing times are determined by using a mix of calendar dates and celestial movements, says Bobby Davenport, who handles field operations for the farm, which he owns with his brother Doug.

"The full moon in the beginning of May is usually the last chance for frost," he says, "and the first full moon in September usually brings one. As my uncle Gordon always said, 'No matter what happens, you're gonna be planting by the twelfth of April. There's (been times when) there was a foot



of snow on the ground at the beginning of April, but sure enough..."

Like many local farms, this a family operation. "My brother Doug oversees the stand business (Davenport's on the Kingston Roundabout) and helps on the farm when needed. We've been in the business all our lives, and we both know the operation. My wife Maria and Doug's wife Barbara help on the farm too."

Growing and selling sweet corn is a mainstay; R.O. Davenport sells corn to stores ranging from Maine to Florida. Though sweet corn has been a Rondout Valley farm staple for many decades, its marketing tactics have changed enormously. "My grandfather, and then my father and Uncle Gordon really got the corn business started in the valley in the early 30's and 40's. Back then, most of the corn went down to the Chelsea Market in the city, and there was a lot of business to all the big hotels in the Catskills. Now we hardly ship to New York City. It's a price issue—buyers in the city are price, not quality oriented, and we're quality growers. Most of our business is down south, in the Carolinas and Florida."

Though cheap shipping has changed our connection to local food sources, Bobby says his home community is still supportive to farmers and farming. "We try to work with our neighbors. I believe it's important for people to come out and see the operation so they understand what we are doing. And it's important for the new people moving in to realize this is a farming community. Land is something you can't make. Once the farmland is gone, it's gone forever."

Thanks

Our heartiest thanks to the businesses, restaurants, chefs and volunteers who continue to provide us with indispensable help and support.

First, a big thank-you to our business members Crosswell Enterprises, Heritagenergy, Ryan Insurance, Stone Ridge Wine & Spirits, Ulster County Farm Bureau and Ulster County Horse Council, and Debra Weaver.

For help with the Fall barn dance, many thanks to The Inn at Stone Ridge, Friends and Family II Hillside Restaurant, Northern Spy Café, Aroma Thyme Bistro, Rosendale Cement Company, the New York Store, Stone Ridge Wine & Spirits, Keegan Ales, Binnewater Ice, Davenport Farms, Stone Ridge Orchard, Saunderskill Farms, Jane's Homemade Ice Cream, Farm & Granary, and ExpressTech Printing.

Thanks also to volunteers David Cobb and his band, Chris & Linda Oelher-Marx, Dawn Fahey, Glen Kubista, Katie, Paul and Eliza Thurst, Bob Katz,

the Kelder Family, the Chefs Sustaining Agriculture group from the CIA, and the Rondout Valley Honor Students.

Special thanks for help with last year's wine dinner (though we owe many of these people thanks for both of our fundraisers) to the Depuy Canal House, French Corner, Country Inn of Krumville, Rusty Plough Farm, Sprout Creek Farm, Morning Brew Café and Coffeehouse, and volunteers Jen Tether Bowser.

Extra special gratitude to Suzanne & Dan Hauspurg from the Inn at Stone Ridge, John Novi of the Depuy Canal House, and Tim & Laurel Sweeney from Stone Ridge Wine & Spirits.

Thank-you to Senator John Bonacic and Assemblyman Kevin Cahill for grant funding to support RVGA's marketing campaign.

Thanks to Ulster County Printing Services.

And finally, as always, many thanks to Rick Fritschler and his team at the Ulster County Environmental Management Council for ongoing support.

We'll Be Looking For You Under the Old Oak Tree

Join us on June 10th for our third annual wine tasting dinner.

Hosted once again by Stone Ridge Orchard and Stone Ridge Wine & Spirits, this fundraising dinner will feature a variety of culinary delights paired with New York State wines. Food will be prepared by local chefs from locally grown ingredients, and net proceeds will directly support the RVGA's marketing efforts for Rondout Valley farms and farmers.

Participating restaurants include Aroma Thyme Bistro, The Depuy Canal House, French Corner, Inn at Stone Ridge, Northern Spy Café, Country Inn of Krumville, Friends & Family II Hillside Restaurant. Live music will be provided by the Perry Beekman Trio.



Orchard Dinner & Wine Tasting

Saturday June 10, 2006 · 6—9 pm
 Stone Ridge Orchard

3012 Route 213, Stone Ridge, NY

Tickets are available at: Stone Ridge Wine & Spirits, Davenport Farms, and Saunderskill Farm Market, or online at www.Rondoutvalleygrowers.org. For more information, call 626-7919 or email Debbie@stoneridgeorchard.com

Conservation News

Alternative Crops Grant Helps Counter Creek Bank Erosion

Lower Esopus River Watch Inc. (LERW) has announced an award of a \$2,500 Alternative Crops Grant to Bruce and Barth Davenport of Davenport Farms in Stone Ridge. The grant supports implementation of erosion control strategies that have been developed as part of watershed assessment work conducted by the Ulster County Environmental Management Council (EMC) and LERW while developing a watershed management plan for the Lower Esopus Creek.

Through the application of geospatial technologies, creek features such as historic meanders, ox-bows and high moisture drainage channels in farm fields along the creek's current channel were identified and accurately mapped. While the Davenports were aware that portions of their fields were frequently or seasonally too wet for typical crops, the imagery revealed why. As naturally low areas, these historic stream features still act as drainage channels for surface and ground water, and during high flow events act as overflow channels for floodwaters. Since these areas are typically cultivated but not planted, significant erosion can occur.

As a strategy to help reduce erosion and provide a marketable crop from these wet areas, EMC, LERW and Davenport Farms are implementing a pilot project to plant them with

red osier dogwood and willows, which are able to flourish in wet soils.

These plants and their cuttings will be a marketable crop that can be used for other bioengineering projects (using plant materials to stabilize eroding soils and stream banks) and as ornamentals. Implementation of the new Federal Phase II stormwater regulations for erosion control on construction sites, the ongoing work to stabilize stream banks in the New York City West of Hudson Watershed and wetland restoration are an existing and ready market for a wide variety of these plant species.

The idea for this pilot grew out of a collaborative effort between EMC, LERW, Ulster County Soil and Water Conservation District (UC SWCD) and the U.S. Department of Agriculture Natural Resources Conservation Service. Five years ago EMC and LERW established a Plant Materials Center at Ulster County Community College to test the viability and potential challenges to raising these species. SWCD provided the initial plant materials, and students from Rondout Valley and Kingston Schools enrolled in the EMC's Learn and Serve America Program provided the labor to prepare, plant, and maintain the Plant Materials Center.

This work is all part of Ulster County's ongoing commitment to water quality and watershed planning. For more information or to get involved call the EMC at 687-0267.



- Goats & Sheep**
 Mohonk View Farm (845) 626-7748
- Horses**
 Anjes Farm (845) 687-4402
 Bushwood Farm & Horse Brokers (845) 687-4532
 Centerline Dressage at Golden Acres Farm (845) 687-0885
 Flying Change Farm (845) 626-0020
 Longview Farm (845) 687-2658
 Loosetrife Farm (845) 626-5688
 Rolling Meadows Stables (845) 626-2837
- Maple Products**
 Lyonsville Sugarhouse (845) 687-2518
 Sugarbrook Maple Farm (845) 626-3466
- Mushrooms**
 Five Springs Farm (845) 687-7909
- Sweet Corn**
 Burd's Farm (845) 626-2090
 Davenport Farms (845) 687-0051
 Gill Farms (845) 338-0788
 Kelder Farms (845) 626-7137
 R.O. Davenport & Sons (845) 334-9004
 Saunderskill Farms (845) 626-2676
- U-Pick Pumpkins**
 Burd's Farm (845) 626-2090
 Damon Farms (845) 687-0612
 Davenport Farms (845) 687-0051
 Gill's Farm Market (845) 338-0788
 Kelder Farms (845) 626-7137
 Saunderskill Farm Market (845) 626-2676
 Stone Ridge Orchard (845) 687-2587
- U-Pick Fruit**
 Burd's Farm Stand (845) 626-2090
 Damon Farms (845) 687-0612
 Kelder Farms (845) 626-7137
 Saunderskill Farm Market (845) 626-2676
 Stone Ridge Orchard (845) 687-2587
- Vegetables**
 Burd's Farm Stand (845) 626-2090
 Buzzanco's Greenhouses & Farm (845) 336-6528
 Davenport Farms (845) 687-0051
 Davenport's on Kingston's Roundabout (845) 334-9004
 Farm & Granary (845) 647-2254
 Gill's Farm Market (845) 338-0788
 Kelder Farms (845) 626-7137
 Morning Garden Farm (845) 687-7885
 Rusty Plough Farm (845) 647-6911
 Saunderskill Farm Market (845) 626-2676
 Sheeley's Farm (845) 687-4497
 Stone Ridge Orchard (845) 687-2587