



Watershed Agricultural Council
Farm To Market Update



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Terra Madre Scholarship Recipients Chosen

Five farmers from *Pure Catskills* have been chosen to be part of the *Pure Catskills* Delegation for Slow Food's Terra Madre, The World Meeting of Food Communities, to be held this year in Turin, Italy from Oct. 26–Oct. 30. The delegation consists of five people including a farmer, a store owner, a scientist, a cheese maker and a chef that represent different components of our local food system.

Deborah Kavakos of Stoneledge Farm in Greene County raises organic vegetables on a 40 acre farm to sell through her 500 share Community Supported Agriculture venture. She has had the CSA for 10 years and sells to 10 sites located in New York City, Westchester County, Connecticut and in Greene County. Deborah is a regional food advocate and has taught at the Slow Food after school cooking and nutrition program in Harlem. She established the Catskill Region Farmers' Market in Greene County fifteen years ago that continues to provide a thriving direct marketing venue for farmers throughout our region.

Holley White, owner of Lucky Dog Farm Store, practices what she preaches at her local farm store and café in Hamden, NY. The store sells as much local product as Holley can get her hands on including vegetables from the fields right behind the store grown by her husband, Richard Giles. She supports local producers and buys from local purveyors whenever possible so that she puts money back into the regional economy. In her own words, Holley says, "I believe in supporting local producers; I believe in the superiority of their products; and I believe in preserving the viability of local economies and traditional family farms. It's that simple."

The Catskills delegation's scientist is Dan Flaherty who is not only a farmer, but also a farmer educator who spends his days teaching farmers about potential pollution risks on small farms. Dan works to create Whole Farm Plans for farmers to address water quality concerns such as livestock access to streams, animal feeding areas, manure spreading and erosion. On his own farm, Dan implements the farming practices that he teaches. He operates a grass-based livestock farm raising lamb, chickens, pigs, and turkeys without antibiotics, hormones or pesticides. He chooses to raise heritage breeds of animals to help preserve the bio-diversity of farm animals. His work is testimony to his belief in the principles of the Slow Food movement.

Linda Smith has been making goat cheese on her farm in Franklin for over 13 years. She uses the milk produced by her own Alpine Goats that graze on the hillside behind her house. These goats are descendents of the herd that she purchased over thirty years ago. Linda believes in selling her cheese locally and cultivating relationships within the local community to build a better food system from the ground up. She teaches cheese making on her farm and has also taught in public schools and community centers. Her ability to create a traditional artisanal product challenges the homogenization of modern fast food and life. Linda Smith truly upholds the Slow Food belief in protecting the pleasures of the table by producing the quality foods that are at risk of extinction.

Very few restaurants are as dedicated to buying local products as Resort in Livingston Manor where Patrick Ryan is chef. Patrick buys his chicken, pork, eggs, produce and cheese from local farmers. He recycles his vegetable oil through a local company and returns his vegetable waste to neighboring farms for compost. After an extremely successful *Pure Catskills* dinner last year, Patrick carried on the tradition of hosting farm dinners on a regular basis at the restaurant. Patrick has been a member of Slow Food for several years and has worked with chefs in Chicago to sponsor an "Outstanding in the Field" event where farmer and food artisans shared equal billing with chefs in creating a feast to celebrate locally grown and raised food. Patrick will serve as the delegation's chef.

The *Pure Catskills* Delegation will return from the Terra Madre conference with experiences and information to share with the community. Please check www.buypurecatskills.com in November for the delegation's trip summary.

Beyond Cauliflower

Margaretville Cauliflower Festival

Saturday, September 30, 10am-4pm

The Margaretville Cauliflower Festival is expanding its agricultural focus this year to include apples! The History Tent will have a display of "antique", or heritage apples, how to rejuvenate them on your property, and how to make cider, hard and soft, with advice from Andy VanBenschoten.

The *Pure Catskills* tent at the festival is bigger and better than ever this year with over 10 farmers selling local produce including several varieties of cauliflower. Come and fill up your *Pure Catskills* tote bag with maple syrup, jams, woolen mittens, garlic braids, hot peppers, squash, pumpkins, meat, and, of course, cauliflower.

Don't be Afraid

THE SCARECROWS ARE COMING!

Saturday, September 30, 10am-4pm

As you enter the village of Stamford from any direction you can soon expect to be greeted by giant scarecrows. Instead of chasing away our feathered friends from our farmer's fields, these scarecrows are a sure sign that the annual Scarecrow Festival is just around the corner. This year's festivities, brought to you by the Greater Stamford Area Chamber of Commerce, are set for Saturday, September 30 from 10am-4pm at Veteran's Park in Stamford. This 10th annual community event celebrates the history, culture, and beauty of Stamford with lots of fun, food, fine crafts and "frightful" activities for children of all ages!!!

Events

Catskill Mountain Ginseng/Medicinal Herb Festival

Sunday, October 8th, 10am-5pm

The 5th Annual Catskill Mountain Ginseng/Medicinal Herb Festival will be held October 8th 2006 at the Historic Catskill Point in the village of Catskill in Greene County NY from 10am-5pm, rain or shine. There will be talks on the history and cultivation of Ginseng as well as other educational lectures on topics related to herbal medicine. The event includes demonstrations of making herbal vinegar, free samples of Catskill Mountain ginseng tea with flavored honey donated by the Catskill Mountain Beekeepers, and plenty of good food and music. Vendors will be on hand selling a variety of herbal products, gourmet mushrooms, honey, maple products, crafts and other related items.

The Catskill Mountain Ginseng/Medicinal Herb Festival is sponsored by the Heart Of Catskill Association and Cornell Cooperative Extension of Greene County. For more information on the educational program call Bob Beyfuss at (518) 622-9820 or email at rlb14@cornell.edu. For information on vendors, nearby lodging or directions contact Linda at (518) 943-0989 or HOCA@mhonline.net.

Down on the Farm Day

Sunday, October 8, 10am-3pm

Down on the Farm Day takes place this year on Columbus Day Week-End, Oct 8 from 10am-3pm. All *Pure Catskills* Members are invited to participate as vendors. The event kicks off with a visit to Stone and Thistle Farm and La Basse Cour, and then moves to the Millers Harvest Festival at The Hanford Mills Museum where there will be a farm market, a tasting of local foods, an edible and medicinal plant walk, a chain saw sculpture demonstration, a tour of a working saw mill and steam plant, activities for kids, workshops and more. The farm tours are free and tickets for Hanford Mills will be offered at a discount. Visit www.buypurecatskills.com for updates on this fun day as it ramps up.

If you are not already a *Pure Catskills* member and want to participate in this event, you can join the campaign by going to www.buypurecatskills.com, or by calling the Watershed

Agricultural Council at (607) 865-7790, ext. 125. The cost of membership is only \$25 which allows you to participate in all *Pure Catskills* events as well as to get in next years *Pure Catskills* Guide to Farm Fresh Products. All members can sign up for *Down on the Farm Day* by calling Patty Cullen at (607) 832-4720.

HerbDay

Saturday, October 14, 8:30am-5:30pm

HerbDay is a series of educational activities celebrating the importance of herbs and herbalism. Activities include educational plant walks, a tree identification stroll, story telling, an herbal arts and crafts market, and Native American flute music by Marvin Taub. Keynote speakers Bob Beyfus and Eliot Edwards will talk about ginseng and naturopathic medicine. The event takes place this year at Harmony Hill Retreat Center in East Meredith on October 14 from 8:30am-5:30pm. Admission is free for informational booths, activities, and lectures on ginseng and naturopathic medicine. Workshops on topics ranging from aroma therapy for wellness to movement as medicine have a nominal fee of \$15 and require pre-registration by calling Harmony Hill at (607) 278-6609 or by going to www.harmonyhillretreat.com.

Pure Catskills Dinner Series

Slow and Sustainable at SUNY Delhi

Friday, November 17, 5:30pm

Come to the next *Pure Catskills* dinner and find out why the US Food System is inherently unsustainable. Nevin Cohen, Assistant Professor from the New School, will talk about the forces that have fashioned our current food system the damage they have caused within our agricultural communities. He will then explain how he thinks we can address and counter this phenomenon.

Chef Tom Recinella, however, will have other things on his mind. Recinella will be leading a team of culinary arts students from SUNY Delhi as they prepare a three course gourmet meal using locally grown and raised ingredients. The first course features local brook trout with braised leeks and Catskill cauliflower bread pudding. It follows with a beef duet that contrasts two different cuts of locally raised beef. The beef duet consists of a marinated and grilled hangar steak paired with a braised beef shank. Forever the instructor, Recinella comments, "I'd like to serve alternative cuts of meat to show people how delicious they can be when they are prepared properly." He finishes the evening with a Catskill Mountain Spice Cake and Eggnog Ice Cream.

Diners are invited to mingle and meet the farmers for a Slow Cocktail at 5:30 pm on Friday, November 17. The *Catskills Convivium of Slow Food* will be on hand during the cocktail hour to talk about what it means to be part of the Slow Food movement. Reservations are required and can be made by calling Heather Cochran at Signatures Restaurant: (607) 746-4115. The cost of the meal is \$30 per person

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