IN THE SPOTLIGHT

Report from the Fields
Greetings from the summer solstice! Two days ago marked the official beginning of summer and the longest day of the year, so the next two months are the time of year when the warmest temperatures coincide with the longest days and most intense sunshine. Add a little water and it adds up to plants (including weeds) growing fast!

By now we have gotten all of the full-season plantings in; the onions, potatoes and leeks were planted months ago now. Even all of the main warm-season plantings are completed; we recently finished planting the winter squash, and the last of three rounds of tomatoes went in earlier this week. In addition to continuing the plantings we do regularly (lettuce, beets, chard…) we’ve even started the earliest of the fall plantings; the first round of fall cabbage is ready to be planted and the first round of fall broccoli...
has just germinated in the greenhouse. The first true summer veggies have started coming in, and everyone should be seeing zucchini and cucumbers in the distribution room very soon. Finally the first of the mass-harvests is right around the corner—once we finish harvesting the garlic scapes, the harvest of the garlic bulbs themselves is not far away. From garlic we move onto onions, then potatoes, then winter squash, then sweet potatoes, then we need to plant the garlic for next year (boy, am I getting ahead of myself).

Add all of that up: fast growing weeds + maximum extent of planted ground + continued regular plantings + summer harvest season + first mass-harvest and maybe you start to understand why the farm crew always looks somewhat dirty, disheveled and in a rush this time of year.

In general growing conditions have been pretty good once we got past the cool wet period in spring (according to the statistics, as miserable as it was, we had it easier here in the Hudson Valley than most of the rest of the state). With the exception of a several day hot stretch, daytime temps have been a little below average, but nighttime has been a bit above and I think that helps keep things growing pretty quickly. Although we are passing the 2" in 24 hour mark as I write this, generally precipitation has been cooperative. Hard rainfall like this is not really great for plants or soil, but it also tends to be hard on several plant pests; onion thrips, potato leaf-hoppers and flea beetles are all reported to be diminished by heavy rainfall, and they are three of our more troublesome characters from the insect world.

It’s getting late and the sun doesn’t wait until I’m ready to get out of bed (and neither do my daughters), so that’ll be enough for now.

Yours in the field,
Asher Burkhart-Spiegel

**Why Local and Organic?**

In June, we’ve been thinking about the following question in various venues:

*If we are committed to building a just and sustainable food system, why is local and organic important?*

Local food builds community self-sufficiency, food security and resiliency. By producing foods locally, we ensure that we have capacity locally for diverse food sources, economies and skills. Local foods provide the opportunity to build community and relationships while preserving the ability to feed ourselves. Local food translates to energy savings, as less energy is expended to produce and transport food to within reach. Local food helps maintain open agricultural landscapes and working farms in local communities.

Since the labeling of genetically modified organisms (GMO) is not required (and therefore not practiced), choosing organic food is the only assurance that we are not
consuming GMOs. There has been a lot of research into the threat to human, plant and animal health that GMOs pose. By contrast, organic foods are a way to protect health, preserve biodiversity and prevent the development of super weeds and pests. Organic foods mean less exposure to harmful chemicals that may be present in crops, therefore decreasing health costs and increasing income for both farmworkers and consumers, while protecting the land and environment. Organic production methods focus on preserving soil and water, the natural resource base by which we can feed ourselves.

How does the PFP support local and organic?

The PFP is [Certified Naturally Grown (CNG)](CNG), and one of our Farm Managers serves as a CNG advisor.

PFP practices and supports local, urban and organic agriculture through:
• Training future farmers (our own apprentices and interns as well as those at farms throughout the region through two CRAFT programs)
• Operating a CSA, hosting a CSA drop-off (Veritas) and supporting CSA development (e.g. Healthy Harvest CSA in Fishkill)
• Managing and selling at a farmers’ market, accessible to low-income residents
• Facilitating the availability to our membership of other local foods (eggs, meat, honey)
• Running a gardening program at the high school, helping support the establishment of the Fall Kill Partnership Gardens, facilitating opportunities for people to gain new farming and gardening skills

Eat Locally, Eat Seasonally

By Carlos Hernandez, PFP Community Food Fellow

I come from Venezuela, a small country in South America. There, we are lucky enough to be able to enjoy what some call “the eternal spring” because besides the transition between rainy and dry season, we do not really have any significant seasonal changes. Most produce is available year-round, so after moving to the United States I started getting to know the seasons (experiencing my first snowfall!) and learning how to eat seasonally.

Today, an increasing amount of people realize that choosing to rely on locally grown seasonal vegetables for the majority of our meals will not only automatically help us in
protecting human, plant and animal health but will also aid us in preserving the self-sufficiency and resiliency qualities of our community - a community that not only has strong ties within itself but also with nature.

But, an important aspect of eating locally is learning how to eat seasonally as well, choosing to purchase local food instead of products that are shipped from faraway.

In nature, we find literally thousands of different foods in every category containing the most diverse array of nutrients that our bodies require. Every season provides us with produce that is appropriate for consumption at that time, and we should enjoy them as they come! Spring brings with it crops of a variety of vegetables, while summer abounds with delicious sweet fruits.

As we slowly transition out of spring, we have already benefited from the new growth of this season’s fresh produce such as tender, leafy vegetables, mixed in fresh salads and raw grated vegetables. Be creative and experiment with Swiss chard, spinach, Romaine lettuce, fresh parsley, and basil, each of these vegetables are full of vitamins and minerals that can protect our bodies from serious illnesses.

Summer will be full of berries like strawberries, blueberries and other fruits such as watermelons and cantaloupes. Other vegetables are abundantly available such as summer squash, broccoli, cauliflower, and corn; as well as cooling spices and seasonings like peppermint and cilantro.

Eating locally and seasonally will strengthen our relationship with our environment, the farm, other members of our community, and our families. Eating seasonally is fun.

So, I wish you a healthy and happy summer eating!

**PFP Featured in Farms & Food: Teaching the Hudson Valley**

The PFP’s hands-on learning opportunities are featured in Farms & Food, Teaching the Hudson Valley’s new resource guide. Farms & Food is available as a free download in THV’s new Resources section on their website.

Food is a high-interest topic that generates strong opinions – from the kindergartner who hates peas to the newly minted teenage vegetarian. THV’s guide helps educators
take advantage of that interest through the Hudson Valley’s rich and varied agricultural resources.

Students are immersed in food messages every day -- from school menus to eating disorders to local jobs. Talking through and understanding these issues in context provides students with opportunities to practice critical thinking and become active, informed consumers, decision makers, and community members.

Farms & Food highlights include:

- Planning a visit – THV teacher tips for before, during, and after a visit.
- Farms listed by county – willing to share their operations and expertise, as well as their passion for food and agriculture, to help
- young people understand where their meals come from.
- Land Trusts – Groups that are actively preserving open space, including farmland.
- Annual Events – Harvest celebrations, festivals, fairs and demonstrations in all four seasons.
- Historic Sites and Museums – Places that have identified agriculture as a topic of interest or developed related exhibits or programs.
- Garden Learning – Find a community garden that might welcome a visit or start your own.

GROWING OUR COMMUNITY

**PFP CSA Shareholders, A and B Week Option**

This year, we are offering an alternate pick up schedule option for PFP shareholders with small shares--pick up a standard share every other week, instead of a small share every week. If you have a small share and are interested in trying this [please fill our the form](#).

Pick your own, which can be done any day of the week except Sunday, can still be done on a weekly basis if desired - we just ask that the picking limits are observed. (I.e. If you are picking up a standard share on A weeks but doing weekly pyo, then small share pyo limits should be observed.) In this trial year for this arrangement we can't handle day switch requests, so we need to ask people who choose this option to commit to their pick-up schedule and to contact friends or neighbors to pick up their share in the event they cannot make it to a distribution.

We know some people like to come every week so this is *not* mandatory. We will assume that anyone with a small share who does not contact us will pick up a small share every week. Because we have a large number of small shares this year, we are
offering this option to those who find it convenient to help relieve some of the congestion in our distribution tent and parking lot.

**Locate Your Favorite Vendors!**

Poughkeepsie's very own Friday Farmers’ Market (3-7PM) features the freshest products from our very own local farmers and artisans!

Here's a guide for locating your favorite vendors (i.e. friendly folks with fantastic food for sale):

**PULASKI PARK**
- Benny & Ceasar's Ice Cream - Homemade ice cream & Italian ice
- Drumlın Farm - Fruits
- Janet's Jerk Stop - Hot Jamaican food
- Poughkeepsie Farm Project - Chemical-free vegetables
- Robibero Winery - Wine varietals
- Rose Randolph Cookies - Micro batch specialty cookies
- Stonykill Farms - Seedlings & potted plants
- Three Sisters - Produce, eggs, honey & grass-fed beef
- Twisted Soul Food Concepts - Argentinean empanadas & inspired street food

**WALKWAY OVER THE HUDSON**
- Barking Dog Candy - Molded chocolates
- Brookside Farms - Grass-fed beef & eggs
- Cascade Winery - Wine varietals & cheese
- Chevreaux De La Grange - Goat's milk soap and bath products
- Groundwork - Kale chips, raw & vegan food
- Healthway Farms - Vegetables, fruit & plants
- Meredith's Bread - Assorted baked goods
- Reggae Boy Cafe - Hot Jamaican food
- Wild Hive Farm - Baked goods & local grains
- Zora Dora - Micro batch popsicles & ice cream

Things you should know:
You can support the market by **liking** us on facebook and **following** POKMKT on twitter.

The Poughkeepsie Farmers' Market is made possible through the generous support of our sponsors, including Hudson Valley Office Furniture and the City of Poughkeepsie. **More information on sponsorship** is available - contact us!

The market operates rain or shine. Unless park officials tell us our safety is at risk, we're in business!

The Poughkeepsie Farmers' Market accepts debit and credit cards, Farmers' Market Nutrition Coupons (FMNP) and SNAP/Food Stamps (EBT).

Upcoming Community Nights: July 15th - Arts and Crafts; August 12th - Music and Dance; September 23rd - Sustainable Living in the Hudson Valley

Free parking is available in the Walkway Over the Hudson State Historic Park parking lot, Pulaski Park and on Washington Street. Need directions? Click here. Walkway Over the Hudson’s free parking is underwritten by Overlook Pointe—An AVR Community and Clear Channel Radio.

We’re looking for volunteers to help our dynamic team of partners (Poughkeepsie Farm Project, Friends of the Walkway Over the Hudson, City of Poughkeepsie and New York State Office of Parks, Recreation and Historic Preservation) make the market great! For more information, contact Andrew Jordan, Market Manager (phone: 845-661-4386, email: pokmkt@farmproject.org) or just sign up below.

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**GET INVOLVED**

**Bowl Making Party!**
Calling all experienced potters to join in for one night of bowl throwing at the Barrett Clay Works.

When: Wednesday, July 13, 2011 at 5:30 PM  
Where: Barrett Clay Works, 435 Main Street, Poughkeepsie, 12601

All bowls made will be donated to the PFP Soup-A-Bowl fundraiser.

Pizza and other refreshments provided!

Let us know if you plan to attend! (RSVP to Karl: soupabowl@farmproject.org or 845-486-4048) We hope to see you there.

**IBM's Celebration of Service at the PFP**
By Sean Dague, PFP Volunteer

How many IBM employees does it take to re-roof the Coop at the PFP? No... seriously! Because that was a question that myself, Asher, and fellow IBMer and PFP member
Dave Cohen had as we tried to organize volunteers for the IBM Day of Service. The answer turned out to be 20.

On June 15th, 34 volunteers, largely IBM employees, came out to the PFP to work on three major projects for the day: re-roofing the Coop; planting, mulching, and weeding the fields; and building a number of cabinets and racks that had been on the PFP wishlist for some time. This effort was part of the IBM Celebration of Service as the IBM company turns 100 this month.
When I was originally working to plan these volunteer projects at the farm, I thought we’d mostly have existing PFP members take part. I was surprised and delighted that the bulk of our volunteers actually were not yet PFP members, as it provided an opportunity to introduce them to this great organization and resource that we’ve got here in Poughkeepsie.
Our day started at 7am, and by the time we took a quick break for lunch at 11:30, everyone needed a breather. That provided an excellent opportunity for Susan Grove to introduce all the work the PFP does, and what it means to have a just and sustainable food system in the Poughkeepsie area.
After lunch we were back out into the fields, on the roof, and building the cabinet and hoop racks we'd begun in the morning.
By 3:30 the field crew retired, the carpentry was completed at 4, and the last roof shingle went on at 4:30. We were all exhausted, but very energized by the work that had been done that day.
I've received lots of great emails from my colleagues that were able to make it out last Wednesday, many of whom are looking to stay involved with the PFP in the future. I think they all saw that day what a special community and organization we've got here at the PFP, and I was really happy that I could have a hand in making this day a success.

SAVE THE DATE

Tuesday Talks Underway; Next Talk - Is Your Food Fair? - July 19th

Two-dozen community members gathered at Adriance Memorial Library on Market Street in Poughkeepsie on June 21st for the Poughkeepsie Farm Project’s inaugural Tuesday Talks discussion. Led by founding PFP Farmer Dan Guenther, the talk focused on why local and organic options are important to consumers and communities alike.

Guenther kicked off the event by passing around a tray of organic sugar snap peas and non-organic green grapes. Before sharing the fare, he warned event-goers of the difference between the two, facilitating an interactive discussion on weaning ourselves from industrial food.
When he noticed that farms were disappearing “one-by-one” 20 years ago, Guenther relocated from Long Island to the Hudson Valley, where he is active in his community, and has had a hand in starting several local farm projects. During the Tuesday Talk, Guenther discussed climate change, peak oil and the economic collapse, calling them the “perfect storm,” and the effects they have on food and food justice.

The Tuesday Talks series is a once-monthly, season-long series of farm- and food-based discussions. The talks, which take place on the third Tuesday of each month, June through October, are free and open to the public. Upcoming topics include: Is your food fair?; Who owns seeds?; How do we create a hunger-free community?; and How should we feed our children?

“We want people to have opportunities to not only get healthy food, but also to think about the food system – where it is, where it’s been and where it’s going,” said PFP Executive Director Susan Grove, who attended the event. “The Tuesday Talk series will be an opportunity for us to learn together with our friends and neighbors.”

At next month’s Tuesday Talk, which will take place on July 19th, a guest speaker will discuss the treatment of those who grow, harvest and sell the food we eat. Each Tuesday Talk is preceded by a Tuesday Tour one week earlier (next one on July 12th) that provides a general overview of the PFP, talking about the purpose, programs and production of our farm-based non-profit organization while walking through the the farm and gardens and sharing some information on on the month's Politics of Food and Farming theme. If you are interested in attending the next Tuesday Talk, visit this link, or if you want to register for the next Tuesday Tour, visit this one. Registration is appreciated, but walk-ins are welcome!

**PFP Member Potluck July 24**

Join us for a PFP member summer evening potluck on Sunday, July 24 at 5 pm at the PFP. We’ll have lawn games for all ages (feel free to bring your favorites), picnic tables and space for picnic blankets or lawn chairs. Please bring a potluck dish, and if possible your own plates, cups and utensils (we'll have some disposables on hand if needed).
We look forward to getting to know each other better and enjoying delicious food together.

**Accepting A Seat at the Table Reservations**

Make your reservations for our second annual local food feast and fundraising celebration to be held in the Poughkeepsie Farm Project farm fields on Saturday, August 6!

A Seat at the Table is a 5-course dinner comprised of local, farm fresh food, paired with wine and served al fresco at a long table on a summer evening in the middle of the farm fields. Consider securing your seat at this unique event by [purchasing your tickets online](#) or by mailing us a check.

Join us as we raise funds to support the PFP's efforts to improve access to locally grown and healthy food through our education and food justice programs.

**Soup-A-Bowl Tickets Now Available**

The 4th installment of this popular luncheon celebration of food and art will be held on the banks of the Hudson River at the Mid-Hudson Childrens' Museum Pavilion at 75 North Water Street in Poughkeepsie. Featuring fresh, local soup; handcrafted pottery; live music and dancing; and a tea cup raffle, Soup-A-Bowl 2011 will be held on SUNDAY, September 11th from 12:00 to 2:30!

Tickets are now available online, at Tuesday (4:00-7:00 pm) and Saturday (9:30am-12:30pm) CSA distributions and at the market manager's booth on Fridays(3:00-7:00pm) at the Poughkeepsie Farmers' Market in Pulaski Park.

*Don’t delay, get your ticket today! Prices go up after August 31st, and tickets were sold out in 2010!*

**GIVING BACK**

**Last Chance to Double Your Gift!**

With your help, we are "filling the carrot," but we haven't reached the top yet!

Gifts of any size made between now and July 4th will be including in our spring fundraising match campaign, thanks to the generousity of the PFP Board, which has pledged up to $5,000 to match gifts received by the PFP. This is the last chance for your support of the PFP to count TWICE, as you help us facilitate food and farm learning experiences and bring about change in our food system to ensure that low-income families can access fresh and healthy produce in Poughkeepsie.

We are grateful to the many who have already contributed.
If you haven’t given already, don’t miss this once a year opportunity to double your support ~ help us reach our goal by filling the fundraising carrot at distribution, sending in a check, or donating online today! We appreciate your support!

The PFP Needs a Pick Up!
The PFP is seeking a light weight pick up truck (needs to be reliable, but does not have to pass inspection for travelling on roads) for use in the farm fields. If you have any leads, please contact us!

FEATURED VEGETABLE AND RECIPES

Zucchini

Zucchini is a highly nutritious and versatile vegetable. Virtually fat and sugar free, zucchini is a great source of fiber, protein, folate, iron, magnesium, phosphorus, potassium, zinc, copper, and vitamin A, C, and B6. Zucchini is delicious grilled, or as a supplement to any casserole because it absorbs flavors well. Like cucumber, zucchini is a wonderful weight loss food. In addition, nutrients in zucchini have cancer prevention, eyesight, and cholesterol reducing benefits. You can even eat zucchini blossoms, which are a colorful and decorative addition to any plate.

Image Attribution

Zucchini Cakes
Summary

Yield

| 24 |

Servings

| Change | Reset | Halve | Double |

Source


Prep time

1 hour

Description

Crispy sides that will add texture to any main course

Ingredients

- 1 lb **zucchini** (trimmed, coarsely grated)
- 1 t salt
- 1/4 c flour
- 1 T parmesean cheese (finely grated)
- 2 T shallots (minced)
- 1 egg
- 1 egg white
- 1/2 t black pepper
- canola oil (for frying)
- 1/3 c sour cream
- chopped dill

Instructions

Place zucchini in colander set over bowl; sprinkle with salt and toss to coat. Place small plate atop zucchini to weigh down. Let stand 30 minutes to drain. Squeeze zucchini as dry as possible in kitchen towel. Transfer zucchini to medium bowl. Stir in flour, Parmesan, and shallot, then stir in beaten egg mixture and pepper. Brush large nonstick skillet with enough oil to coat; heat over medium-high heat. Working in batches, drop zucchini mixture into skillet by 1 tablespoonfuls, spacing apart. Using spatula, flatten cakes to 2-inch rounds. Cook until golden on bottom, brushing skillet with more oil as needed between batches, about 1 to 1 1/2 minutes per side. Place warm zucchini cakes on platter. Top each with small dollop of sour cream. Sprinkle with chopped dill and serve.** This dish is delicious with smoked fish such as salmon or trout.

Stuffed Peppers with Italian Sausage and Rice

Summary
Description
A hearty, balanced entree

Ingredients
1 1/2 lb sweet Italian sausage (removed from casings)
1 1/2 c zucchini (coarsely grated, about 1 large)
1/2 c red onion
1/3 c parsley (fincely chopped)
1/4 c breadcrumbs (I use Panko)
1 large egg
1 t black pepper
3/4 t salt
1/2 t fresh rosemary (chopped)
1/2 c cooked rice
rosemary sprigs (for garnish)
4 peppers (I use bell peppers, tops cut off and seeded)

Instructions
Preparation:
Preheat oven to 350°F. Mix first 9 ingredients in large bowl until well blended. Fill peppers with sausage mixture, dividing equally and mounding slightly. Arrange in 13 x 9 x 2-inch baking dish. (Can be made 1 day ahead. Cover; chill.) Bake peppers uncovered until tops are browned and thermometer inserted into filling registers 165°F, about 1 hour. Transfer peppers to platter. Garnish with rosemary sprigs and serve.

MISCELLANEOUS
Local and Fair Trade Products Available for Sale at CSA Distribution
Look for all sorts of healthy and delicious products at CSA distributions! Read the whole list!
Ray Tousey's honey is now available for sale in the distribution room. We have bears, 1 lb and 2 lb containers. Ray is a beekeeper in the Catskills.

Just Coffee is also available. This coffee is 100% fair trade and organic purchased from growers cooperatives in Central and South America and Africa. For more information visit [http://www.justcoffee.coop/](http://www.justcoffee.coop/)

We have several types including:
- **Gumutindo AA**: Dark roasted, fairtrade, shade grown, AA grade coffee from the Gumutindo grower cooperative in Uganda.
- **Decaf Peru**: Dark roasted, popular decaf coffee.
- **Bike Fuel**: This lovely blend combines the chocolaty smoothness of our light Bolivian coffee from AIPEP, with the smoky richness of our Super Dark from Chiapas, Mexico.
- **Revolution Roast**: A dark roast of coffee from the AIPEP Co-op in Bolivia.
- **Yirgacheffe**: A light roast, from the Oromia Grower Cooperative in Yirgachefe Ethiopia.
- **El Corazon**: One of Just Coffee's most popular blends of medium roasted Nicaraguan Le FEM, and dark roasted Ugandan

Gray Horse Farm's egg and chicken shares started this week - if you signed up for a share and missed your pick up this week, please look for them this coming week. If you haven't signed up but are interested in doing so, Gray Horse still has egg and chicken shares available for biweekly pick-up at PFP. Email Lisa and Terry at [grayhorsefarm@gmail.com](mailto:grayhorsefarm@gmail.com) or call 845-266-8991 (h), 845-242-4200 (c). Gray Horse is also tabling once a month on Saturdays at the PFP with their eggs, chicken and pork.

Meadow View Farm, of New Paltz will be tabling with their own grass fed beef on the first Saturday and the second Tuesday distributions of each month.

We also have Hudson Valley Seed Library's seeds. It is not too late to plant a variety of crops including lettuces, arugula, dill, cilantro, broccoli, kale, green beans, radishes, turnips, chard, carrots and spinach. We have all these seeds, most in beautiful artistic packets for sale in the distribution room.

PFP Herbal Products are also available, including echinacea, feverfew and boneset mix tinctures, salves, and lip balm. For descriptions of these products please see our [herbal product description list](#)

PFP Merchandise is also available in the distribution room including t-shirts, bags, water bottles, clings, pens, and a great cookbook, Simply in Season.

**Veritas Farms CSA Shares Available**

Veritas Farms has CSA shares available. Pick up is Mondays 4-6 pm at Poughkeepsie Farm Project. For more information see their website at [veritasfarms.com](http://veritasfarms.com)