In this issue of Harvest Line:

- **IN THE SPOTLIGHT**
  - Update! First Distributions June 1st & June 4th
  - Hello from Russ Moore

- **GROWING OUR COMMUNITY**
  - A Hearty Farm Welcome to the New Crew!
  - Green Thumbs Unite to Share Best Practices

- **FEATURED VEGETABLE AND RECIPES**
  - Strawberries
  - Strawberry Vinegar
  - Strawberry Rhubarb Compote with Fresh Mint

- **MISCELLANEOUS**
  - Mobile Farmers Market

**IN THE SPOTLIGHT**

**Update! First Distributions June 1st & June 4th**

The first harvests and distributions will take place Saturday, June 1st (B week) and Tuesday, June 4th. See you at the farm.

**Hello from Russ Moore**

As the recently hired Interim Executive Director, I am pleased to join the circle of dedicated and passionate volunteers, staff and supporters who have created and sustained the bold vision and expansive activities of PFP.

Spring at the farm is a harbinger of renewal and fresh beginnings. The sights, sounds
and smells of the farm are so inviting and invigorating. As we preserve and protect the land, while reaping its fruits, we are transformed by the experience.

PFP is an invaluable and unique organization anchored in a very successful CSA supported farm featuring an impressive scope of community service and educational offerings.

The PFP’s impact extends far beyond the farm's boundaries:

- the Food Share Program ensures that about 25% of the total produce grown on-site is made available to our low income neighbors
- more than 1,000 students and teachers engage in community agriculture and nutrition workshops on-site or at their respective locales transforming their understanding of farming, sustainability and their connection to healthy food
- student intern and apprentice programs provide a valuable and effective introduction for young people interested in community agriculture and farming including field experience, technical training and mentoring with our farm managers

As members and CSA shareholders you are participants in reshaping how our community accesses, utilizes and distributes healthy food and promotes sustainable agriculture and food security.

I look forward to meeting you at the Farm or in the community and collaborating with you to further develop PFP’s mission and programs. You can reach me at russell@farmproject.org.

GROWING OUR COMMUNITY

A Hearty Farm Welcome to the New Crew!

Hailing from far flung US locations and work in international ones -- Russia to Oregon to Indiana to Illinois to New York to Connecticut; New faces and familiar ones, this year’s crew is excited to be a part of our community. Read their biographies and get to know them!
Katrina Cohoe

I was born and raised in the port of Portland, Oregon, and went on to study Environmental Studies and Outdoor Education at Earlham College in Indiana. Along with working at a farm and wilderness camp, managing a community garden at a local environmental education center, teaching cooking and gardening at the Boys and Girls Club, and living on the small, residential, student-run Miller Farm, I became interested in urban agriculture through working at the PFP as a summer intern in 2011. I am happy to join the crew as the full-season apprentice and am excited to meet you all at distribution and when you fulfill your member work hours!

Robyn Glenney

Robyn Glenney has always loved being outdoors and learning about living things; after college she worked on connecting people to nature as an educator in NY state parks. During that time, she also started supporting local food sources, but was often guilty about the food choices that fit into her budget. Robyn developed an interest in farming while completing the Master's program in Environmental Policy at Bard CEP, where she focused on issues related to maintaining and enhancing ecosystem services.
Robyn is interested in the potential for farms to balance sustainability issues with their contributions to equitable food access and connection to land. She thinks that PFP is a great example of finding this balance.”

Hello PFP members and community! I am one of the farm interns this growing season, and I am very happy to be helping to grow our food this summer while also learning a great deal. My return to Poughkeepsie comes a few years after graduating from Vassar, where I studied mainly chemistry and French and did not have much of an interest in farming. But a few more years of life has meant (in part) developing an interest in farming, food security, and fostering community. I currently live with my partner in Chicago September through May and teach chemistry. Future plans are uncertain, but my long-term goal is to do small-scale farming/growing and to possibly return and settle in the Poughkeepsie area; it is great to be back this summer!

Helen Zincavage is a Master’s student in City and Regional Planning at Rutgers University concentrating in community development, food systems, and planning and public health. She received a B.A. in International Relations from the University of Connecticut with a minor in Economics. Her previous work experience is in International Education in Russia and the former Soviet Union, both as a student at Smolny College in Saint Petersburg, Russia and as a staff member at the Institute for International
Liberal Education at Bard College. Originally from Norwich, Connecticut, she moved to the Hudson Valley in 2011, where she first pursued her interest in growing food at the Rhinebeck and Kingston community gardens. She is looking forward to an amazing summer at PFP, to learning from her colleagues, and to meeting CSA members, volunteers, and visitors to the farm.

Noel Poindexter

Noel Poindexter has lived in the Hudson Valley all of her life in Cornwall-on-Hudson. She graduated this spring from Boston University with her bachelor’s degree in biology with a specialization in conservation and ecology. She has always been a lover of foods and in college became more aware of the unsustainable and unhealthy food practices in our country, and therefore became very interested in exploring how to improve the food system in our country. She was particularly drawn to the Poughkeepsie Farm Project because it seemed like a great way to learn skills for a future occupation in farming and community supported agriculture. Noel is very excited to work for the rest of the growing season and see how hard work pays off at harvest time!

Green Thumbs Unite to Share Best Practices

By Allison Gayo

On the evening of Wednesday May 8th, green thumbs united once again at the Adriance Memorial Library for the second gardening workshop of the season! This workshop is part of a series the Poughkeepsie Farm Project is holding throughout the year about growing, preparing, and preserving food. The program was a collaboration of the Poughkeepsie Farm Project, the Fallkill Partnership Gardens, and Adriance
Memorial Library.

Three garden experts: Anne Saylor, Jamie Levato, and Ollie Simpson graciously shared their tips, tricks, and wisdom about maintaining a successful home or community garden. From a variety of perspectives, the attendees learned and shared heaps of valuable information!

Anne has been gardening for 20 years on her own and another 10 years as a child laborer in her parents garden. She has a garden at home, where she grows vegetables and flowers, and another at the Fall Kill Partnership Gardens, where she grows vegetables for winter storage. Anne spoke about community gardening at the Fall Kill Partnership Garden and how someone can become a member. She also shared a wealth of good advice about weeding.

Jamie gardened with her family growing up, in community gardens and at home since 2002, so that's over 10 years now. She currently teaches educators about school gardening and manages an educational seed saving garden at the Poughkeepsie Farm Project. Jamie spoke enthusiastically about watering, drip irrigation, and the art of pre-soaking seeds.

Ollie has been gardening for over 25 years. She particularly enjoys growing vegetables from her early years in Florida such as zipper cream peas, mustard, and okra. She also enjoys growing vegetables new to her such as asparagus from seeds and garlic. Her goal each year is to have a variety of vegetables in the summer and to fill her freezer for the winter. Ollie engaged us all speaking about nutrients and composting. She also shared some lovely photos of her garden, articles about the advantages of raised beds, and a plethora of tools and books for everyone to explore. She even had us participate in a mini raffle for tomato, pepper, and eggplant seedlings!

With only a couple novice gardeners, some ambitious and eager beginners, and plenty of seasoned veterans, a diverse spectrum of voices made for a wonderfully educational and inspiring evening. In a comfortable, collaborative environment, we all learned from each other, with lots of questions, discussions, and storytelling. Join the conversation and keep an eye out for more workshops at the library, including:

Preparing Garden-Fresh Snacks with Kids

Thursday July 18th 4-5pm

in the Cavallaro Children's Program Room

Adriance Memorial Library

This workshop is a part of the Poughkeepsie Farm Project’s Growing City Seeds
initiative. The three year project is supported by a grant from the NYS Department of Environmental Conservation and will be implemented in collaboration with project partners, including the Cary Institute of Ecosystem Studies, Cornell Cooperative Extension of Dutchess County and the Fall Kill Partnership Garden.

The grant is intended to promote gardening, including community and school gardening and to provide support to community members who want to improve their gardening skills. As part of this project, we are also mapping vacant lots in the city to identify potential community garden sites, testing these potential garden sites for lead contamination, and surveying the community about interest in gardening.

In addition, the PFP has been offering training for teachers and other educators who are interested in school and community gardening with youth. In fact, the five teachers who completed our most recent Using Gardens to Teach series have signed up for garden plots at the Fall Kill Partnership gardens behind the Family Partnership Center. They have been taking mini field trips, walking over with their classes to plant and tend the vegetables.

With the goal of making more space available for residents to grow their own food, the project is seeking people who are interested in working with others to create a productive urban garden. You can read more about the goals and visions of Growing City Seeds here: http://farmproject.org/news/2012/02/announcing-growing-city-seeds

FEATURED VEGETABLE AND RECIPES

Strawberries
Though the majority of calories in strawberries come from sugars, this bright little berry is loaded with folate, potassium, dietary fiber, vitamin C and manganese. Strawberries also contain exceptionally high levels of antioxidants, which are vital to cancer prevention and have anti-inflammatory benefits. Strawberries have been shown to help lower and regulate blood sugar levels.

The downside of this wonderfruit is that the strawberry is extremely fragile and requires delicate handling in harvesting and storage. It is best to store strawberries in the cold storage bins of your fridge, and to eat strawberries within two days of purchase (the longer you wait to eat them the less vitamin C they will yield).

**Image Attribution**

**Strawberry Vinegar**

**Summary**

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<th>2 Cups</th>
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Prep time 1 hour

**Description**
A fruity and refreshing dressing alternative

**Ingredients**
- 2 T sugar (if berries are not sweet)
- 2 c white balsamic vinegar
- 1 lb strawberries (trimmed)

**Instructions**
Pulse berries with sugar (if using) in a food processor or blender until finely chopped and very juicy. Transfer to a bowl and add vinegar. Let stand 1 hour. Strain vinegar through a fine-mesh sieve into a bowl, discarding solids.

**Strawberry Rhubarb Compote with Fresh Mint**

**Summary**

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**Source**

**Prep time**
1 1/2 hours

**Description**
A sweet and tangy addition to breakfast or dessert!

**Ingredients**
- 3 c rhubarb (cut into 1/2 inch wide pieces)
- 3/4 c sugar
- 1/4 c water
- 2 T mint (chopped, fresh)
- 1 pk strawberries (one pint container, halved)

**Instructions**
Combine rhubarb, sugar, and 1/4 cup water in heavy large saucepan over medium heat. Bring to simmer, stirring occasionally, until sugar dissolves, about 3 minutes.
Simmer gently until rhubarb is tender but not falling apart, stirring occasionally, about 7 minutes. Remove from heat. Stir in strawberries. Transfer to bowl and stir in mint. Chill until cold, about 1 hour.

MISCELLANEOUS

Mobile Farmers Market
As part of the Poughkeepsie Plenty Food Coalition, a workgroup is underway to create a Mobile Farmers Market starting in 2014 to serve the needs of the City of Poughkeepsie. Residents in the City of Poughkeepsie lack access to fresh local produce and 3 Sections in the City are classified as Food Deserts by the USDA. The lack of access to produce, when compounded with the high percentage of low-income families in the city (32% of all residents, and 39% of children live below the poverty line), has created a community in which more than a quarter of all residents experience Food Insecurity.

The Poughkeepsie Mobile Farmers Market will seek to address these challenges by bringing fresh, local produce to neighborhoods that need it most, offering the produce at prices that residents of the city can afford and by accepting as payment various forms of public assistance such as FMNP and SNAP benefits.

Our goal is to partner with one or more farms in the region to provide fresh produce to at least 3 stops in the City of Poughkeepsie once a week. We are working to develop relationships with an operational partner to apply for grants and other funding for initial startup costs. We will be reaching out to the local community (churches, schools, senior centers, libraries, etc) to determine the right locations for the mobile market stops and to ensure we are meeting the needs of our future customers. We are also working to develop sponsorships and other funding sources to have a sustainable operational model year to year.

The Mobile Food Market is a model that has been used successfully in many areas across the country and we look forward to making this a reality for the City of Poughkeepsie starting in 2014! If you would like any more information or if you would like to be part of this effort, please send an email to janetell1215@gmail.com.