



# Harvest Line



Executive Director: Susan Grove \* Co-Farm Managers: Asher & Wendy Burkhart-Spiegel \* Program Manager: Wendy Burkhart-Spiegel

## Connecting Food, Farm, and Community

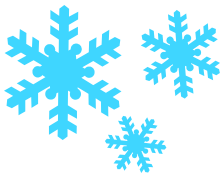
*Celebrating a decade of exploring how food matters...*

- For Well-Being
- For Stewardship
- For Justice
- For Celebration



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### Send us your Recipes, Farm Reflections, and Photos

This newsletter welcomes contributions from its members. Send your recipes, photos, book reviews and short articles (300 words max) on the PFP or agricultural related topics to [pfpgrowinggirls@gmail.com](mailto:pfpgrowinggirls@gmail.com).

## A Holiday Note of Thanks

By Susan Grove

The holidays provide an opportunity to reflect on the things we are thankful for: good food, relationships, community. This holiday season my heart is full of gratitude for the generosity of so many different people whose contributions of time, talent and funds make the Poughkeepsie Farm Project a source of nourishment, caring for the earth and connecting to the land for thousands if individuals. Thank you.

If you find yourself reflecting on the things you are thankful for, and are moved to express your thanks, consider a tax-deductible gift to the Poughkeepsie Farm Project: Click on the "donate" button on [www.farmproject.org](http://www.farmproject.org) or mail a check to PFP, P.O. Box 3143, Poughkeepsie NY 12603.

Or consider using your holiday gathering as an opportunity to host an event that will support our work to Share the Harvest with our less fortunate neighbors: <http://www.farmproject.org/pdfs/sharetheharvest.pdf>

The consistent support of PFP friends has kept this organization going and growing for 10 years. We are looking forward to the next decade of connecting food, farm and community.

Thank you for your support! Happy Holidays!

## Wendy's Reflection on the 2009 Season

By Wendy Burkhart-Spiegel

When I think of this season at PFP, I think of...

- Rain in surreal amounts and my renewed appreciation for our soils that are on the sandy side
- My belly growing bigger alongside the winter squash and the brussel sprouts
- A lovely "Picnic in the Fields" under the blue sky with children running across the grass, harmonious song, and adults chatting and snacking
- Nora staying late in the seed garden, looking fully content
- Green Teens proudly explaining which dishes they cooked and how they made them at the family meal
- CSA shareholders in the distribution tent and the fields, filling baskets, picking food, smiling, waving, chatting
- Aliyah weighing produce and filling member's cars and trucks with bin after bin for the Lunch Box and Hillcrest House
- The fragrant stickiness of calendula blossoms on my fingers after lengthy picking sessions with Beatrix, Annon, Candis, Merril, or Donna in the meditation garden
- Late blight, which I had only heard of and never seen, and the dread and disappointment it caused, but also the understanding that CSA shareholders showed
- The interns piling into the Astro van each week to travel to a different farm for CRAFT, and hearing what they learned the next day
- The cute little orange spotted bowl Klara picked out at Soup-A-Bowl which reminds me of the delicious butternut soup AnneMarie served me
- Not having to thin the carrots nearly as much due to the successful experiment for pelleted seeds
- Lakuan excitedly slicing up the first melons of the season, and Ka'Shawn's enthusiasm for wheelhoeing
- Sarah on the cultivating tractor with freshly fluffed, weedless soil around the crops behind her
- My weekly lunches at the farmers market, eating plantains or tamales or bbq tofu, watching the bustle of downtown Poughkeepsie
- And so many more memories, thousands of moments of bounty, of learning, of connection.

And knowing that hundreds of shareholders, and hundreds of youth, and hundreds of visitors, and hundreds of market customers can each remember so many moments of their own, makes me remember this year with a smile!

Happy 10th Anniversary





## Eating Locally in the Winter

By Barbara Lindsey

Presenters: Jim Hyland, Winter Sun Farms; Don Lewis, Wild Hive Farm; Aliyah Brandt, PFP intern; Asher Burkhart-Spiegel was excused because of the birth of Astrid Elizabeth!!

The Faculty Parlor at Vassar College was the living-room meeting place for sharing a vibrant conversation about eating locally in winter. The 17 participants interacted comfortably with the presenters, who generously shared their expertise.

Jim brought the simple equipment needed for freezing the summer bounty for winter meals. He explained the blanching of leafy greens and the direct freezing of whole tomatoes, corn off the cob, and berries (all cleaned, of course). Winter Sun Farm gathers produce from local farms – raspberries, squash, tomatoes, greens, and more; freezes it fresh; and provides it monthly to winter-share members at sites in Poughkeepsie and New Paltz. The third Saturday mornings of Dec. – Mar. stop by Vassar College for the Farmers' Market that accompanies the share pick-up and is open to all.

[www.WinterSunFarms.com](http://www.WinterSunFarms.com)



*The November 4th workshop on Eating Locally in Winter was organized by Susan Tveekrem and Barbara Lindsey.*



*As her intern project, Aliyah demonstrated the lacto-fermentation method of turning cabbage to sauerkraut.*

From his years of experience, Don Lewis could answer any question about the many ways of preserving fresh farm food for winter use. His Wild Hive Farm Café in Clinton Corners serves this food for breakfast and lunch. His specialty is locally grown and milled grains and a delicious variety of bread products baked from these grains, all of which he sells at the café and other local outlets. The Café is on the "Eat Local Food at Local Restaurants" list that Susan created for this workshop. The full list will be available on the PFP website soon. [www.wildhivefarm.com](http://www.wildhivefarm.com)

Aliyah demonstrated turning cabbage into sauerkraut through the process of lacto-fermentation, a new process to many of us. She chopped and placed the cabbage in a Mason jar and pounded it down with a meat hammer to release its juices. As she enthusiastically pounded, she explained the steps that would follow: adding salt to create a brine and letting it sit (cabbage submerged in liquid) at room temperature for 3-5 days before refrigerating.

The Three Arts (locally owned bookstore!) provided books from the workshop book list that were available for sale with 20% contributed to PFP.

Participant Lynne James gained enough information from the workshop that she wrote an "eating locally" article for the Poughkeepsie Friends Meeting House

newsletter. She commented that the workshop felt like "a bunch of people hanging out, talking, and learning stuff."



### Recipe Corner: Butternut Squash Casserole

1 medium butternut squash  
2 cloves of garlic, crushed  
1 small yellow onion, chopped  
1 tbs olive oil

1/2 cup whole-wheat bread crumbs  
1/4 tsp ground pepper and salt (or salt substitute) to taste  
3 tbs grated parmesan cheese

**Directions:** Preheat oven to 350°F. Cut squash in half lengthwise and remove seeds. On a rimmed cookie sheet lined with aluminum foil, place squash with the rind facing up. Bake for 45–60 minutes, until very soft. Let cool for 5 minutes and scoop out the insides, being careful not to include the outer skin.

Place the squash in a casserole dish. Sauté garlic and onion in the olive oil, and mix into the squash. Stir in bread crumbs, pepper and salt. Sprinkle cheese on top and cover the dish with foil or a lid. Bake at 350°F for 10 minutes (or longer if ingredients have cooled). Serves 6.

Per serving: 114 calories, 4 g total fat, 4 g protein, 19 g carbohydrates, 3 g fiber, 3 mg cholesterol, 124 mg sodium, vitamin A (83 percent of RDA), vitamin C (28 percent), calcium (10 percent) and iron (6 percent).

From: [www.runnersworld.com](http://www.runnersworld.com)



*PFP Intern Nora Saks and Executive Director Susan Grove received special award "in recognition of the positive youth development and farming lessons you provided the Green Teen Community Gardening Program of Cornell Cooperative Extension Dutchess County" at their 96th Annual Meeting and Hudson Valley Harvest Dinner.*

## Thank you for a great 2009 season!

By Susan Grove

2009 provided us a great opportunity to reflect on where we have come since our founding in 1999, and to celebrate how food matters: for well-being, stewardship, justice and celebration. It takes many committed people to make PFP a source of food, learning and community.

**Many thanks to all of our members, shareholders and supporters who make it possible for there to be a farm in Poughkeepsie that benefits thousands by bringing awareness of and access to good food.**

In particular, I would like to take this opportunity to thank our staff Asher and Wendy Burkhart-Spiegel and Steve Hopkins; 2009 full season interns Aliyah Brandt, Claire Tipley, Nora Saks and Sarah Pappas; and summer community food fellows Anna Weisberg, Eva Grenier, Juliana Taube and Tom Facchine. Our Board of Directors: Kim Notin (Chair, Executive Committee Chair); Valerie Luszczyk (Vice Chair); David English (Treasurer, Finance Committee Chair); Alan Berkowitz (Secretary); Nicole Baker; Emily Ben-nison; Anne Gardon; Hilary Mallar; Nathan MacNamara (Community Education and Events Chair); Jim Page; Amy Pelletier] puts in countless hours to guide the organization behind the scenes. Hilary Mallar guided an amazing crew of committed volunteers to pull off a second successful Soup-a-Bowl event, ChiWei Ranck headed the 10th Anniversary Community Picnic committee, and Rebecca Wisniewski created a beautiful 10th Anniversary Quilt to raffle off as a fundraiser for the PFP. Annon Adams and Beatrix Clarke formed the core of the weekly crew that maintained the meditation garden and made herbal products. Events and projects relied on the efforts of many committee members, including Barbara Lindsey, Carlie Graves, Diane-Ellen McCarron (note card artist), Georgette Weir, Jamie Rusek (2009 t-shirt and note card artist), Kris Migoya, Lia Harris, Natoya Williams, Rick Jones (2009 Soup-a-Bowl artist), Susan Tveekrem, and others. Carlo Mazarrelli, Karyn Trapp and Peter Clark helped us think through and plan to meet our infrastructure needs. Sean Dague led a team of people to envision and create a new website to be launched next year. Chris Grove planned and facilitated a meaningful food politics discussion series with our interns. Our barter share volunteers helped us keep everything running as smoothly as possible: Bookkeeper: Stan Kardas; Communications: Rebecca Kent and Jen Melitski; Distribution Coordinator, Tuesday: Denise Murphy; Distribution Coordinators, Saturday: Brooke and Jeff Ruskaup; Grants Research Assistant: Marie Murphy; Graphic Design: Lynn Bartolotta; Human Resources Consultant: Leslie Power; Lawyer: Noel Pepper; Mail Pick-ups and Deposits: Sue Lynch; Membership Liaison: Julie Cirilli; Membership Coordinator: Ed Lynch; Office Assistant: AnneMarie Andrews; Web Coordinator: Ben Lotto. There are many others who have helped in so many different ways – lacking space to name all of you, here is a general and hearty thank you for all you do! Happy holidays and enjoy your winter!



## 2009 Season-End Potluck and Celebration



On Sunday, November 8th, a couple hundred PFP members, shareholders and students gathered in the beautiful Vassar Student Center to celebrate the bounty of the earth and the richness of our community. The jazz band was fantastic, and everyone seemed to love the variety of food. The dessert table was like an apple crisp taste test!

All in all, the potluck was a nice wrap up to the season. It was an opportunity to catch up with friends, meet new people, enjoy images of the PFP, find out the winners of the 10th anniversary guessing game and take a chance at winning a door prize drawing with earth-friendly gifts of PFP shopping bags, water bottles, herbal products, etc.

Eligibility for the door prize came through filling out a slip of paper with a thought-provoking question about how Food Matters. Here are a handful of the responses to each question:

### Food affects our bodies and spirits. How does your food make you feel?

- *Good local organic food makes me feel strong. I get about 20 miles per pound of PFP greens on my bike! Makes commuting easier.*
- *Satisfied and full of the life that sustains me, and thankful to all.*
- *Food makes me feel healthy and whole. It also connects me to nature.*
- *The food that I eat directly correlates to how I feel. The greens & veggies from the farm make me feel up & light.*
- *The food I eat is fruits, vegetables, grains and no meat. I feel happy and can concentrate easily. When I have candy or unhealthy foods I get grumpy. For example on Halloween I had candy. I felt horrible and my stomach hurt for days.*
- *Content. Healthy. Whole. Energized. Happy.*
- *My food warms me in many ways! Growing it, preparing it, and eating it!*
- *PFP food makes me feel happy, proud, full!*
- *Good healthy food makes me feel whole-PFP food is ALIVE!*
- *It really depends on the food in question. I find that when I eat PFP food I feel great in many ways (full, psychologically better knowing the food is healthy) –When I eat white carbs, I feel the opposite-hungry & annoyed at myself for “feeding” into junk!*

### Many people experience limited access to healthy food. Who or what determines what you eat?

- *Our parents greatly influence our food choices.*
- *Money (for many folks) availability, access, commitment. Hard to eat [locally] in winter.*
- *I'm so lucky & grateful for PFP & being able to choose what I eat! And PFP can also share with others to give them an opportunity to choose.*
- *We determine what we want to eat, and we feel privileged to have so much access to such healthy food! Go PFP!*
- *Upbringing. Economic circumstances. Time, location & access. Knowledge.*

### Growing food and distributing food affects the quality of our air, water, soils, and biodiversity.

#### How does your food impact the environment?

- *It has a huge impact, but the awareness that the PFP has given me has helped me to reduce this impact.*
- *Some food from faraway places adds carbon to the air in transport. Even local food with organic practices can affect the environment i.e. clear cutting for fields and black plastic ends up in the landfill. Still, a local food economy can create a community like this potluck which builds a happy social environment.*
- *My food affects the environment in so many ways! First where it comes from makes a big difference in terms of transportation...to centers of distribution, carbon emissions. Then there's all the inputs, fertilizer, etc. You know all of that! But I think what we eat affects our immediate environment too because it can bring such joy & celebration or such sickness. Food can broaden our perspective, our environment or close it off.*
- *In many ways, food is our environment- a part of the environment so important that it is within us.*
- *Most of our food works in tandem with the environment- flowers provide nectar for bees & hummingbirds, seeds for birds & squirrels, etc. We have our own garden so compost almost all scraps & eat very little meat, if any. Still have to import citrus, and avocado, etc., but try to eat locally to lessen our impact when possible.*
- *Growing food in a healthy, chemical-free way is imperative to our collective future!*



## Look At What We've Been Up To!

By Asher Burkhart-Spiegel



*The porch is ready for the winter precipitation, now that it is weather-stained.*



*The front third of the coop's roof is new and leak-free, with the back portion is slated for upgrading in 2010.*

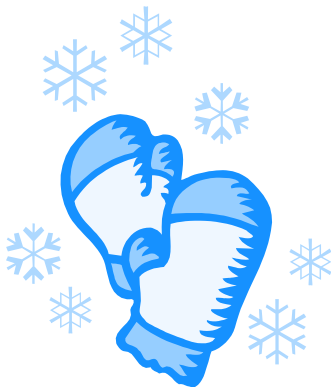
From time to time we try to take a few moments from our core activities such as growing vegetables and educating youth to take care of site improvements, and if you look closely, maybe you'll even notice what they are (but don't look too closely or you'll see all the other things we ought to do...).

This year, at long last, Vassar College has replaced the sign out on Hooker Avenue and the PFP is on it! Rumor has it that the old one was knocked over by one of the construction vehicles during the Raymond Avenue reconstruction, so I guess we owe a thank you to whichever truck driver forgot to check the mirrors.

How many of you "old timers" remember the porch in front of the office—you know, the crumbling concrete one with no railing. How about the metal ladder that Leah Smith had to use to get in and out of the office for nearly a year? Thanks to Mike Billeci and Charles Wellcome that was replaced with a nice cedar deck a couple of years ago which we finally got around to staining this fall, so hopefully the deck will be with us, and all the more beautiful, for some years to come.

Finally, how does a farmer know it's time to replace the roof—when her rain boots fill up with water when they're still inside. Yes, the roof on the coop really had gotten that bad, so the interns and I spent some time after distribution was over this fall stripping off the worst of the old roofing and replacing it with nice new shingles. We hope to do the rest of the coop roof before it gets quite that bad, but what the heck, a leaking roof may be the closest we get to indoor running water anytime soon.

Stay tuned as our infrastructure working group continues to work on plans for other much needed improvements—a consolidated washing, cooling and distribution area and a year-around office.



*Winter finally arrived! The new sign installed by Vassar College experiences its first snowstorm.*

