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**POUGHKEEPSIE
FARM
PROJECT**



Harvest Line

CELEBRATING 12 SEASONS

August 24, 2010, Issue 11

Upcoming Events

[Stay up to date with PFP events online!](#)

Soup-A-Bowl Will Soon Be Here – Buy Your Ticket Today!

Tickets are available [online](#), at CSA distributions and at the Poughkeepsie Main Street Farmers' Market. Don't miss the fresh soups (provided by Amici's, Cosimo's Poughkeepsie, Mahoney's Irish Pub and Restaurant, Vassar College Dining Service, Soul Dog and The Apple Pie Bakery and Cafe), homemade pottery and live music (featuring Deane/Redmond and the Roundabout Ramblers!) on the banks of the Hudson!

[Read all the details!](#)

- Individual Ticket - \$26 in September or \$21 beforehand - good for one pottery bowl and a generous (32 oz.) soup lunch
- "Let's Do Lunch" Family Ticket - \$62 in September or \$52 beforehand - good for two pottery bowls and a generous (96 oz.) soup lunch (serves 3-5)
- The \$1-2 online processing fee is waived when payment is made by cash or check - tickets are also available for sale at PFP CSA distributions Tuesdays and Saturdays or at the downtown farmers' market Fridays.

Want to support the event more? You can help by...

Invite Your Friends

It's a great way to introduce people to the PFP!

Publicize/Tell Your Friends!

Are you out and about a lot, going to different businesses and public places? We still have some lovely posters and postcards, designed by paper cut artist Rick Jones and printed by Main



Connecting Food, Farm & Community

The Poughkeepsie Farm Project is a non-profit organization that works toward a just and sustainable food system in the Mid-Hudson Valley by operating a member-supported farm, providing education about food and farming, and improving access to healthy locally-grown food.

Remember!

Summer shares end the last week in August and Fall shares begin the first week in September.

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Save the Date

October 6 - Fall *Rethinking Food in a Time of Crisis* discussions start*

*To register, email foodpolitics@farmproject.org

Printing, that are looking for homes out in the community – help spread the word! Stop by the PFP office to get as many as you can use!

Make Pottery

We have a lot of bowls lined up for Soup-A-Bowl 2010, but we still need more! If you have any kind of skills to make bowls, there will be PFP Pottery Parties at Barrett ClayWorks every Tuesday in August and September between 4:00-10:00 p.m. Practice your skills, meet new people, join the fun! (See specifics at right).

Donate to the Raffle

We are looking for donations of local handmade Arts, Crafts or Food items valued at less than \$100. This is a great way to share your skills and bring recognition to your craft while supporting the PFP! Contact Rebecca Wisniewski at rwisnski@verizon.net or 462-3495 for more details or to donate.

Volunteer at the Soup-A-Bowl

We have a number of volunteer opportunities the day of the event...volunteers who commit to a two hour shift eat for free (or pay \$10 if they also want a pottery bowl). We especially need people who can help guests with parking! Contact Rick Jones at ricjones@vassar.edu or 702-6412 if you want to get involved.

Another Volunteer Opportunity

To help at the PFP booth at the Poughkeepsie Main Street Farmers' Market, contact: Hannah Ramer.

PFP Herbal Products Now available

We have calendula salve (rosemary, tea tree or unscented) and comfrey salve (eucalyptus or unscented) available for sale at Poughkeepsie Farm Project, made from herbs from our very own meditation garden. Calendula is a wonderful herb for lips and skin, helping to heal cuts and burns and to treat chapped lips and irritations of the skin. Comfrey relieves pain and inflammation brought about by arthritis, bruises, pulled muscles, and sprains.

We also have lip balm (rose, peppermint, lemon, and unscented), echinacea tincture (which gives immune support), and valerian tincture (which gives nerve and sleep support) for sale at PFP CSA distributions. Mail order or pick up appointments can be

Pottery Making Parties for Soup-a-Bowl

Barrett ClayWorks, our non-profit partner, has generously agreed to waive the Open Studio fees for all volunteers who come out to make bowls for Soup-A-Bowl and thanks to PFP sponsors, the expenses for clay and firing will be covered as well, so there is no cost to participate! You are also welcome to attend another Open Studio time that may fit your schedule better:

- Monday 3:30-5:30 p.m.
- Tuesday 4:00-10:00 p.m.
- Wednesday 2:00-5:00 p.m.
- Thursday 3:00-8:00 p.m.
- Friday 1:00-4:00 p.m.
- Saturday 10:00 a.m.-1:00 p.m.
- Sunday 1:00-4:00 p.m.

Contact Lia Harris at harrisc@caryinstitute.org or 242-0203 with your questions.

PFP Staff

Executive Director:
Susan Grove

Farm Manager:
Asher Burkhart-Spiegel

Office and Garden Manager:
Wendy Burkhart-Spiegel

Assistant Farm Manager:
Sarah Pappas

Market Manager:
Steve Hopkins

Education Manager:
Jamie Levato

Poughkeepsie Farm Project
P.O. Box 3143
Poughkeepsie, NY 12603

made by contacting info@farmproject.org or 845-240-3734.

The meditation garden team has been busy tending and processing herbs for more products that will be ready this fall, including St. John's Wort salve, feverfew tincture which is helpful for headaches, a mixed tincture useful for the flu, and this year's Joys of Summer tea.

Volunteers are always welcome in the garden on Wednesdays from 4 to 6 p.m.

Bring Your Plastic and Paper Bags to PFP Distributions

We are all out! Your extra bags will be reused...

NY Locavore Challenge

NOFA-NY is excited to announce the launch of its 1st Annual NY Locavore Challenge, the first state-wide initiative of its kind in the country.

Take the challenge and learn more about how your food choices impact your health and the environment! Eating locally can help to reduce the carbon footprint of our food consumption and put more money directly into the hands of local farms and businesses, in turn encouraging a healthier regional economy.

The Challenge: The New York State Locavore Challenge is a personal challenge and commitment for individuals to eat only locally and sustainably produced food during the month of September. There are three challenge options available for participants: 1 Day, 1 Week or 1 Month. Participants register to complete the challenge and pay a nominal fee to participate.

The Distance: All foods consumed during the day, week or month, must be produced locally within 250 miles; however, challengers are encouraged to strive for the more challenging 100 mile radius.

Registering: For detailed information on the NY Locavore Challenge visit the challenge website at www.NYLocavoreChallenge.com. Registration fees range from \$5 to \$45 depending upon the length of the challenge.

[Register now to chow down.](#)

Thank You for Helping Make the PFP's

845-473-1415

info@farmproject.org

www.farmproject.org

Work Possible

We are celebrating a new season of growing good food; educating our youth; and feeding our local community. Thank you for your gifts in support PFP's programs, giving the next generation a foundation for making healthy choices, and improving our local community's access to healthier food. We now accept donations online at <http://farmproject.org/content/donations>.