



May 11, 2010, Issue 5

This and Next Saturday: Annual Open House and Plant Sale

Tour the PFP greenhouse, gardens, and fields at the annual Open House & Plant Sale on May 15th (9 a.m. -3 p.m.) and 22nd (9 a.m.-12 p.m.). Visitors will learn about the farm's food justice and education programs and can purchase PFP-grown potted herb, flower and vegetable plants. PFP Members who contribute at the suggested (\$50) level or above receive two free plants! For more information about the Open House & Plant Sale, please call (845) 473-1415 or visit www.farmproject.org. The PFP is located on the Vassar College Farm and Ecological Preserve at the junction of Raymond and Hooker Avenues in Poughkeepsie.

PFP-Grown Seeds for Sale and for Donation!

We have seeds for sale and also for donation to school gardens, food pantries, and other interested community groups. We have several types of beans, tomatoes, peppers and lettuce as well as a beet and arugula. Our seed catalog can be found at farmproject.org/sites/default/files/2010PFPSSeedCatalog.pdf and seeds can be purchased at:

- PFP's Open House and Plant Sale on May 15 and May 22
- At PFP by appointment
- By mail order for orders of 10 packets or more

FREE Screening for Food, Inc. with Discussion

The PFP will lead a discussion of the movie Food, Inc. following a free screening at 7 p.m. on Wednesday, May 19 at Children's Media Project (CMP) at 20 Academy Street, Poughkeepsie, NY.



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.

Academy award nominated Food, Inc reveals surprising — and often shocking truths — about what we eat and how it's produced.

The PFP is Seeking Volunteers to Help with Events!

The Events and Outreach Committee is planning an exciting series of EVENTS in 2010.

Whether your interest is in fundraising, publicity or community education, we welcome you to join a solid core of individuals who are committed to planning, publicizing and executing events, including participatory workshops (like our highly successful Spring SkillShare on How Do Our Gardens Grow held on April 10th), tabling opportunities, potlucks, Soup-a-Bowl and A Seat at the Table.

To get involved, contact:

- Events Committee: ChiWei Ranck, Chair, EventsChair@farmproject.org
- A Seat at the Table: Amy Sherman (sheepmom23@aol.com) or Amy Pelletier Clark (apelletier5@gmail.com), Co-Chairs
- Soup-a-Bowl: Rebecca Wisniewski, Chair, rwisnski@verizon.net

Bowl-A-Thon

Last discounted pottery class begins June 29th!

The third annual Soup-A-Bowl is coming up. . . and we need your help!

Learn ceramics while contributing to this wonderful community event.

5-Week Discounted Pottery Classes on Tuesdays are being held from 5:30 - 8 p.m.. The final session will run June 29 - July 27. All classes are held at Barrett Clay Works, 485 Main St., Poughkeepsie. The cost is \$145.00 for 4 Participants or less; \$135.00 for 5-7 Participants; \$125.00 for 8+ Participants. Tuition includes free clay and instructor. Register today by calling: Barrett Arts Center (471-2550) or Barrett Clay Works (471-0407 - Lauren).

Do you like spreading the word?

PFP Staff

Executive Director:

Susan Grove

Farm Manager:

Asher Burkhardt-Spiegel

Office and Garden Manager:

Wendy Burkhardt-Spiegel

Assistant Farm Manager:

Sarah Pappas

Market Manager:

Steve Hopkins

Education Manager:

Jamie Levato

Poughkeepsie Farm Project
P.O. Box 3143

We are seeking a dedicated volunteer to be a point person to help publicize our events – working with our public relations volunteer and Events Committee members to create flyers and post them in key locations; coordinate press releases; create online posting; initiate online social networking (such as using Facebook and/orTwitter).

Poughkeepsie, NY 12603
845-473-1415

info@farmproject.org
www.farmproject.org

Contact: Susan@farmproject.org or 845-473-1415 for more information.

Seed Project Volunteering

The Seed Garden has gotten off to a great start this year, thanks to various school groups that have helped mulch the walkways, prepare beds and plant seeds that we've saved from last year. Please come by and see the beautifully overwintered chard, weed the garlic bed or any other group efforts we take on as we prepare our crops for seed saving this year.

Join us every Tuesday from 4 – 6 p.m. in the Seed Garden at PFP. We look forward to seeing you there!

Herb Garden Tending

Every Wednesday from 4 - 6 p.m., the herb garden will be maintained from now until the end of October. We will be digging beds, planting, weeding, labeling plants, harvesting herbs, and making herbal products over the course of the season. Volunteers are invited to come any of those weeks and for any part of that time.

Seeking Volunteers to Adopt-A-Bed in the Meditation Garden

The meditation garden is a relaxing place to be and a great source of culinary herbs for PFP CSA shareholders and of herbs that go into PFP's herbal products. It is also a challenge to keep weeded. We are looking for volunteers who are interested in adopting a bed, which would require minimal commitment but go a long way in helping us to maintain this space. Most beds are 3 by 12 feet and would benefit by about 20 minutes of weeding every two weeks (the schedule is flexible) from late spring though late summer. If you would like to take responsibility for tending a bed (say of sage, or basil, or chives) please let Wendy know at 240-3734 or wendy@farmproject.org.

Garden Work Rain Policy

If it's not raining too hard, we continue to work in the gardens. If it is raining hard, we may cancel the herb garden volunteer time. For the seed project, there is sometimes inside work available. To confirm cancellations or inside work availability, call 240-3734.

PFP CSA Pick-Ups Start Soon...

The PFP CSA pick-up will start either the last week in May or the first week in June, depending on how quickly the plants size up with the weather. We will email and call shareholders to let them know when pick-up starts.

Seeking Saturday CSA Distribution Coordinator(s)

We are seeking one or two individuals who can make a commitment to oversee the PFP's Saturday CSA distribution. If you are interested in helping out, please contact Wendy for more details: asher@farmproject.org or call 453-6349.

Chicken Shares Available to PFP CSA Shareholders

Lisa and Terry Kilmer of Gray Horse Farm are offering chicken shares to PFP CSA Shareholders – sign up today! Gray Horse Farm is a small, USDA Certified Organic, family farm in Clinton Corners. The shares will start the first week of June and end the last week in October. Two frozen chickens will be delivered to the PFP every 2 weeks for pick-up at CSA distribution. Chickens range in size from 3-4 lb. each. The price is \$386.00, paid to Gray Horse Farm, prior to the start of distribution. There are a limited number of shares available. Sign up will be first come, first serve. Lisa and Terry will also be tabling once each month at a Saturday CSA distribution and will offer additional whole and parted chicken, eggs and pork. To reserve your share contact Terry and Lisa Kilmer at info@grayhorsefarm.org or 845-266-8991 (h), 845-242-4200 (c).

More CSA Shares Available in Poughkeepsie

Do you know someone in the Poughkeepsie area who would like to join a CSA? Poughkeepsie Farm Project will be hosting Veritas Farms' CSA again this year and they still have openings. They are a small certified naturally grown farm in Esopus that raises meat and eggs as well as vegetables. Learn more about this opportunity at www.veritasfarms.com/CSA or by calling 384-6888.

Your Donations Help Make the PFP's Work Possible

As we launch a new season of growing good food; educating our youth; and feeding our local community, please consider a gift to support PFP's programs. Your support will give the next generation a foundation for making healthy choices, and improve our local community's access to healthier food. We are currently seeking \$6,431 to help us cover the costs of subsidizing CSA shares for low income families and donating shares to the emergency food system. Donations can be made online at <http://farmproject.org/content/donations>.

Community Gardening Plots Available in the City of Poughkeepsie!

Fall Kill Partnership Gardens is a volunteer initiative that is creating a new community garden behind the Family Partnership Center at 29 N. Hamilton Street. Plots will be available for city residents before the end of May! If you are a City of Poughkeepsie resident and would like to garden at the Fall Kill Partnership Gardens, please contact Helen at 845-337-3122 or Amy at 845-505-2303 to reserve your plot! Garden space will be limited. Call today to reserve your plot!

Save the Date

July 17	A Seat at the Table
July 21	Summer "Organic and Beyond" Discussions Start*
September 11	Soup-A-Bowl
October 6	Fall "Rethinking Food in a Time of Crisis" Discussions Start*

*Register by emailing foodpolitics@farmproject.org.