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June 15, 2010, Issue 7

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, firing and instructor. Register today by calling Denise at Barrett Arts Center (471-2550).

*New: We may partner with Barrett Clay Works to reserve some open sessions in August for a Pottery Party - newly trained and experienced potters meet together to throw all the bowls we need for Soup-a-Bowl. Stay tuned for more details...

CSA Shares Available in Poughkeepsie

Do you know someone in the Poughkeepsie area who would like to join a CSA? Poughkeepsie Farm Project is



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.

Beyond our Delicious Vegetables!

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.

Sign up for Your Work Hours

PFP CSA's working shareholders, please remember to sign up for your work hours if you haven't already. Sign ups are in the member hours sign up book available at all CSA distributions.

Poughkeepsie Main Street Farmers' Market Open for the Season!

The weather was beautiful for the grand opening, setting the tone for a great season! Check it out, every Friday from 10 a.m. to 2 p.m. - fresh food, hot lunch, interesting vendors, live entertainment!

Some Upcoming Food and Farming Events in the Hudson Valley

Rain Barrell Building Workshop as part of the Dutchess Watershed Awareness Month

Saturday, July 17th, 1:00 p.m.

Fall Kill Partnership Gardens, Poughkeepsie (behind the Family Partnership Center on N. Hamilton Street)

The workshop costs \$15 to cover materials and is limited to 15 participants. To sign up, please email Emily at emvail@vassar.edu or call her at (845) 437-5313.



100% Fair Trade Coffee from Just Coffee is now available for sale at PFP CSA distributions.

[Visit the PFP website](#) to see what varieties we offer!

Chicken and Egg Shares

For those who ordered Gray Horse Farm egg and chicken shares, pick up started Tuesday, June 1 and Saturday, June 5. Please remember to pick up your eggs or chicken in the distribution room and to check off your name on the Gray Horse sign in sheet. Pick up will be every two weeks until October. Want more info? [Visit the PFP website for more info.](#)

Beef and Eggs

Meadow View Farm will be tabling at CSA distribution once a month on both Tuesdays and Saturdays with their beef and eggs. Meadow View Farm is a Certified Naturally Grown farm located in New Paltz, New York (Ulster County).

Mark Your Calendar / Reserve Your Spot:

July 17 - A Seat at the Table (tickets available online, volunteer opportunities below)

July 22 - Summer "Organic and Beyond" Discussions Start (to register, email foodpolitics@farmproject.org)

September 11 - Soup-A-Bowl (tickets will soon be available online, at distributions and at the Poughkeepsie Main Street Farmers' Market, bowl making opportunities above, volunteer opportunities below!)

October 6 - Fall "Rethinking Food in a Time of Crisis" Discussions Start (to register, email foodpolitics@farmproject.org)

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

Volunteers Opportunities!

There are many ways to get more involved in the work of the PFP! To help plan, publicize and implement Educational Events, including our Summer SkillShares, contact:

Events Committee: ChiWei Ranck, Chair,
EventsChair@farmproject.org

To support one of our signature fundraising events, contact:

A Seat at the Table - inaugural and absolutely unique local food feast served al fresco in the PFP's farm fields on July 17th: Co-Chairs, Amy Sherman
sheepmom23@aol.com or Amy Pelletier Clark
apelletier5@gmail.com.

Soup-a-Bowl - 3rd annual benefit luncheon featuring soup, pottery and live music: Chair, Rebecca Wisniewski
rwisnski@verizon.net.

They feature grass-fed beef and offer eggs from their own chickens raised cage-free and without hormones. Bart will be at PFP on the first Saturday and the second Tuesday of each month through October (except in June it will be the second Saturday). For June, he will be at PFP on June 8 and June 12.

Local Honey

We are selling **Ray Tousey's** local honey (bears, 1 lb, 2 lb and cream honey) and PFP's own lip balms, tinctures, and salves as well as t-shirts, totes, water bottles, notecards, and cookbooks.

PFP Staff

Executive Director:
Susan Grove

Farm Manager:
Asher Burkhardt-Spiegel

Office and Garden Manager:
Wendy Burkhardt-Spiegel

Assistant Farm Manager:

To help at the PFP booth at the **Poughkeepsie Main Street Farmers' Market** or to lead group visits to the PFP, contact: Julia Sisson, jusisson@vassar.edu.

To volunteer to be a point person to help **publicize PFP 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; and initiate online social networking (such as using Facebook and/or Twitter), contact: Susan Grove, susan@farmproject.org or 845-473-1415.

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. We are also looking for volunteers who are interested in tending 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 through late summer. If you would like to take responsibility for tending a bed (say of basil, chives or oregano) please let Wendy know at 240-3734 or wendy@farmproject.org.

Thank You for Helping Make the PFP's 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

Sarah Pappas

Market Manager:
Steve Hopkins

Education Manager:
Jamie Levato

Poughkeepsie Farm Project
P.O. Box 3143
Poughkeepsie, NY 12603
845-473-1415

info@farmproject.org
www.farmproject.org

<http://farmproject.org/content/donations>.