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**July 10, 2010, Issue 9**

## **New PFP Salve Coming Soon**

The meditation garden team is making salves, lip balm, tea, and tinctures again this season from herbs grown in the herb garden. A new batch of salve will be for sale at distribution soon including calendula (rosemary and unscented), and comfrey (eucalyptus and unscented). 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.

## **CSA Shares Available in Poughkeepsie**

Do you know someone in the Poughkeepsie area who would like to join a CSA? Poughkeepsie Farm Project is 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](http://www.veritasfarms.com/CSA) or by calling 384-6888.

## **PFP Distributes Seeds into the Community**

The Community Seed Project distributed hundreds of PFP



### **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.

### **Shareholders, Sign Up**

PFP CSA's working shareholders, remember to sign up for your work hours if you haven't already.

grown seeds into the community this spring. So far, in addition to selling about 150 packets to individuals, the PFP has donated about 300 seed packets to 22 different programs. It has been a great way to get to know more about a lot of great projects and contribute to them. Some of the groups have arranged visits to the PFP in conjunction with picking up the seeds. The groups include:

Arlington High School's Going Green Gardening Program  
Briggs Farm, New Horizons  
Cold Spring Elementary, Stanfordville  
Cornell Cooperative Extension's Green Teen program  
Daytop, Rhinebeck  
Earth to Table Organization, Poughkeepsie  
Edible Hudson Valley  
Grinnell Library, Wappingers Falls  
Hamlin Elementary Center, Pennsylvania  
Jewish Community Center - Early Childhood Center  
Keon Center in Peekskill NY  
Kingston YMCA  
Navajo Reservation in Arizona  
PFP's Seed Garden Volunteers  
Ramapo for Children, Rhinebeck  
Riverhaven Shelter, Hudson River Housing  
Rooting for Change, collaboration in Poughkeepsie  
Senior Services of Westchester County  
Sprout Creek Farm  
The Guidance Center, New Rochelle  
Titusville Garden Club  
Webutuck schools garden

We still have seeds for sale and 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](http://farmproject.org/sites)

Sign-ups are in the member hours sign up book available at all CSA distributions.

## Upcoming Events

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

### Pottery Making Parties for Soup-a-Bowl

Barrett ClayWorks, our non-profit partner, is allowing pottery-making volunteers to attend open sessions to throw the bowls we need for Soup-a-Bowl. PFP will cover the materials costs for all bowls donated. Barrett Clay Works is scheduled to have Open Studio at these times:

- Monday 3:30-5:30 pm;
- Tuesday 4-10 pm;
- Wednesday 2-5 pm;
- Thursday 3-8 pm;
- Friday 1-4 pm;
- Saturday 10 am-1 pm;
- Sunday 1-4 pm.

Call Barrett at 845-471-2550 to confirm the times.

### Build a Rain Barrell

The rain barrell building

</default/files/2010PFPSSeedCatalog.pdf> and seeds can be purchased at:

At PFP CSA distributions on Tuesdays 4-7 pm and Saturdays 9:30 am- 12:30 pm

By mail order for orders of 10 packets or more

We also welcome volunteers in the seed garden Wednesdays 4-6 p.m.

## Volunteers Opportunities!

### Help Transport Sponsored Share Families for Pick-Your-Own

Are you available on Friday or Saturday mornings, we could use your help to transport families with Sponsored Shares to the farm for *pick-your-own*. Some of the families participating in our Sponsored Share program that receive a subsidized CSA share, lack reliable access to transportation and pick-up their share downtown at the Friday farmers' market. These shareholding families are often not able to enjoy *pick-your-own* opportunities. We are seeking volunteers who can help transport these families on a few pre-arranged dates this season. Contact Angela at [foodshare@farmproject.org](mailto:foodshare@farmproject.org) or 845-516-1100 if you are interested in helping out.

### We Need Car Seats!

Do you have gently used but no longer needed car seats, or know a place where we can get some donated? In order to transport sponsored share families with children to the farm for pick-your-own (see above) we are looking for car seats and booster seats for children of all ages. Contact Angela at [foodshare@farmproject.org](mailto:foodshare@farmproject.org) or 845-516-1100 if you have a lead.

### Seed Project Volunteering

The Seed Garden is in full swing! Each week there is an

workshop will be held, as part of the Dutchess Watershed Awareness Month on Saturday, July 17, 1 pm at 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, email Emily at [emvail@vassar.edu](mailto:emvail@vassar.edu) or call her at (845) 437-5313.

### Save the Date/ Reserve Your Spot

- July 17 - *A Seat at the Table* ([tickets available online](#))
- July 22 - Summer *Organic and Beyond* discussions start\*
- September 11 - 3rd Annual Soup-A-Bowl!

Don't miss the fresh soups, homemade pottery and live music on the banks of the Hudson! Tickets will soon be available online, at distributions, and at the Poughkeepsie Main Street Farmers' Market. Bowl making opportunities above and volunteer opportunities below!

- October 6 - Fall

opportunity to join two of our knowledgeable farm interns in this unique and exciting gardening project that is cultivating crops for seed saving in the fall - Tuesdays from 4 – 6 p.m. We look forward to seeing you there! Poughkeepsie Main Street Farmers' Market To help at the *PFP booth at the Poughkeepsie Main Street Farmers' Market* or to lead educational farm visits to the PFP, contact: Julia Sisson, [jusisson@vassar.edu](mailto:jusisson@vassar.edu).

## Events!

To help plan, publicize and implement Educational Events, including an upcoming Seasonal SkillShare, contact the Events Committee Chair, ChiWei Ranck at [EventsChair@farmproject.org](mailto:EventsChair@farmproject.org)

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](mailto:susan@farmproject.org) or 845-473-1415.

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](mailto:sheepmom23@aol.com) or Amy Pelletier Clark [apelletier5@gmail.com](mailto:apelletier5@gmail.com).

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

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](mailto:jusisson@vassar.edu).

*Rethinking Food in a Time of Crisis* discussions start\*

\*To register, email [foodpolitics@farmproject.org](mailto:foodpolitics@farmproject.org)

## 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

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[info@farmproject.org](mailto:info@farmproject.org)  
[www.farmproject.org](http://www.farmproject.org)

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## 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](mailto: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 <http://farmproject.org/content/donations>.

