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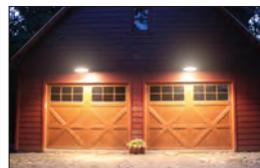
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## THIS IS BECOMING A MID-SUMMER NIGHT'S DREAM!

First off, can you believe that July is already here?! It is the height of the growing season and what better time than to feature everything locally food related? That was our thinking at least, especially with our area's bounty of local products and events taking place this month. All I can say is "Wow!" There is so much going on with local farms, farmer's markets, (food/farmer) fundraising events, and then with our everyday barbecues and cook-outs. Everything is so fresh and savory right now - I don't know about you, but we are excited. And for that reason we opted to have our first themed issue at the height of this growing season, therefore this issue is dedicated to everything locally food related, or it has some sort of food spin to it. We hope that you'll enjoy it, learn about something new, and above all support our farmers!

### Expanded, yet again

We've had to expand yet again for this issue! I am speechless, but elated! Once we began working on this issue and getting the word out about what we were doing, my Main Street team and I came up with so many story ideas that had a food twist to it and so we had a good line-up for the 36 page magazine, which was the size of our June issue. But at the last minute, when we were getting ready to place our advertising in the layout we found that we had more ads than before and had to expand because of that. I was happily surprised by this, because this allowed me to add one more local food story! So again, I hope y'all will like this extended food issue!

Personally I've greatly enjoyed putting this issue together and learning about all of the wonderful communal food-related events taking place, in addition to all of the local farmer's markets, and just learning more about our local farmers. And on that same note, when we were deciding on the cover image for this, our in-house photographer Steven Steele Cawman and I had both envisioned a local picnic scene. So I have to do a special shout-out to all of the local farms and businesses that donated items to our cover shoot. Please go to page 17 to view in detail the items depicted and where they come from. And let me tell you something, everything was absolutely delicious! So put your reading glasses on and prepare to get hungry for the bounty of our wonderful area!

- Thorunn Kristjansdottir



JULY 2013

A mid-summer's picnic for two at the farm, showcasing our area's bounty. All of the items depicted are locally grown, produced and or sold. For a breakdown of all items depicted please view page 17.

Cover photo by  
Steven Steele Cawman

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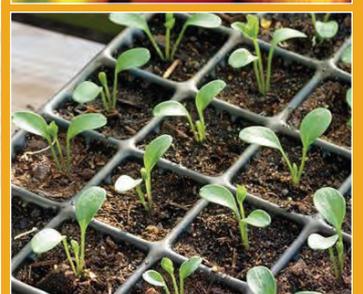


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## house of glass

GILMORE GLASS, GLASS ARTISTS

By *Steven Steele Cawman*  
[arts@mainstreetmag.com](mailto:arts@mainstreetmag.com)

For as long as I can remember, I have been fascinated by art glass. When I was a child, my grandmother's crystal knife rest mesmerized me. I was fascinated by the way it refracted light into a myriad of little rainbows. It seemed so light and airy and yet, was solid and heavy. Of course, I was not supposed to be touching it in the first place, but I couldn't help myself. I loved fine glass even then. Perhaps not surprisingly, my mother also became an avid collector of glass, and has a collection of decorative pieces from around the world. As the summer sun shines high in the sky, glass everywhere shines and sparkles anew. So, as we set out to do our July edition dedicated to food, I want to spotlight an art form that compliments the issue's theme. Immediately, I thought of Gilmore Glass and the wonderful array of fine glass tableware displayed in their Milerton showroom.

### The history of glass making

Glass making can be traced back as far as 3500 BC, first appearing in Central Asia, where it was first used in bead making. Archeological evidence suggests that the first true glass was made in what today is Syria and Egypt. From its beginnings, it was highly prized for its beauty and almost magical qualities. Glass would have been a prized possession worthy of kings and emperors. Glass played a key role in many ancient cultures from China and Rome. It was not until the Late Bronze Age, around 1600 BCE, that the Egyptians mastered the production of glass, and its use in household items, jewelry and funerary objects became more

commonplace. Amazingly, many such pieces have survived through the ages and continue to captivate us to this day.

Some of the techniques used by today's glass-makers reach back to glass' earliest days. History suggests that the Syrians invented the blowpipe around 100 BC. The Romans embraced these new techniques and began experimenting with new shapes and forms, creating beautiful decorative objects. Around this time, molds were developed in conjunction with blowing techniques, allowing craftsmen to make shapes and patterns on glass. This also allowed the artist to create multiple and identical versions of the same piece. For the first time, it was possible to have a set of "matching" glassware. New formulas for color were developed and gold and silver inlays were used to decorate vessels. With greater availability and ever-growing desirability, glass production increased greatly and it became more widespread. Glass was no longer a status symbol reserved solely for princes and the nobility. It could be found throughout the Roman world and has even been found in Viking burials throughout Scandinavia, northern Europe and Eurasia. It continues to be an object of beauty to this day.

### John, Jan, and the team

On my visit to Gilmore Glass, I spent time with the team to learn more about them and their work. John and Jan Gilmore set up their current shop seventeen years ago on the corner of Main Street and Route 44. Prior to this, they had a studio in Pine

Plains for twenty years, which they first opened in 1976. The current studio is ideally suited for Gilmore Glass. The expansive building complex of over 15,000 square feet holds their large workshop and 1,600 square feet of retail space. The building was once a car dealership and garage. In fact, it was the home of the very first car dealership in the state of New York. The open space, high ceilings, large doors and great natural light provide a wonderful backdrop for watching the artists blow glass. Before venturing out with a studio of his own, John was an artist's assistant at Haystack Mountain School of Crafts in Deer Isle, Maine.

Sitting down with John and Jan, we were joined by artists Dean and Eliska Smiley, who have been working at Gilmore Glass since 2006. Dean and Eliska work in conjunction with assistants Feather Blass, Peter Krup, and Evan Clune to create the expansive variety of glass found in the shop. Prior to joining the team at Gilmore, Dean and Eliska traveled the world studying glassblowing and working in a number of fine studios. Eliska spent three months at the acclaimed Pilchuck Glass School, located outside of Seattle, Washington. Following her residency there, the two traveled widely, helping to set up and establish several glass studios, also known as "hot shops" around the world.

Eventually, they settled down to be a part of an artists cooperative, where they worked for five years. The co-op closed in 1994. On the invitation of a master glassblower, Dean and Eliska then traveled to the Czech Republic, where they worked for three years. In the Czech Republic, they

studied and worked in several studios, immersing themselves in the Northern European traditions of glassblowing. The Northern European style is looser and freer than the Italian style often seen, and is usually done in transparent glass. While in the Czech Republic, the Smileys gained hands-on experience in production work, creating multiples of the same piece, as well as creating one-of-a-kind works of their own. The entire glass making process required care, attention to detail and dedication.

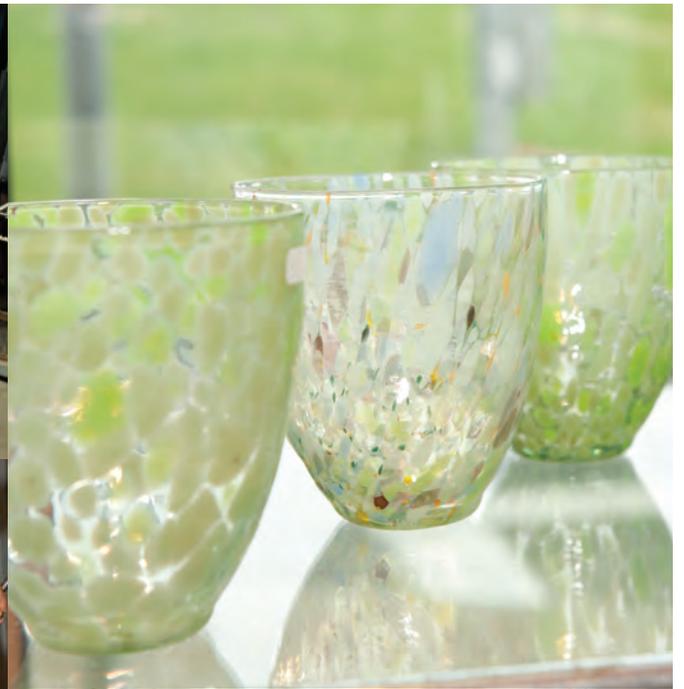
**Creating molten glass**

During this visit, Gilmor Glass were in the process of making clear glass tumblers accented with silver leaf. The glass blowing had already begun but the process leading to this stage started days ago. First, the crucible, which holds the molten glass in the furnace, had to be prepared. Days before my visit, the furnace was shut off and cooled and the remnants of the previous batch of glass were removed. Once cleaned out, this furnace was turned back on and slowly brought back up to temperature. Afterwards, a combination of sand from Michigan, sodium, borax and lime were slowly added in proportions that John has experimented with and perfected over the years. This kind of glass is known as soda-lime glass because of the ingredients used. Depending on its composition, glass melts at between 2600-2900 degrees Fahrenheit. It required several days to heat the ingredients and get the glass into a liquid state. Once heated, the glass must remain at temperature in order to form its molecular structure and allow any small air bubbles to leave the mixture.

This batch of glass was clear, but different compounds can be added to the mixture to create colored glass. Jan showed me a beautiful drinking glass in lavender that was made by adding neodymium oxide to the molten glass mixture. The inclusion of this rare earth mineral makes a glass that is unique. The color of the glass is also light-source dependant, meaning that in one type of light it appears a pale purple but under a different light source it appears more blue. Unfortunately, this subtly colored glass is very expensive to make because the cost of neodymium oxide and other rare earth minerals has skyrocketed over the recent years. John recalls when one could purchase a pound of the compound for five dollars. Today, the same amount would cost over one hundred and fifteen dollars, making production of this particular colored glass nearly cost prohibitive.

**The artform and glass making process...**

By the time of my visit, seven to ten days after the beginning of the process, the team of artists was ready to start making the glass tumblers. The entire process requires the skill and craft of dedicated artisans. First, Eliska begins by selecting a pipe from the pipe warmer. Before the pipe can be dipped



into the furnace to retrieve molten glass, the initial gather, the pipe must first be heated to create the proper adhesion between the pipe and the glass. Once she gathers the desired amount of red-hot, molten glass on the end of the pipe, she brings it to her lips and blows while turning the pipe in her hands. From there, while the glass is still red hot, she quickly moves to the marver table where she rolls the glass over the table. The thick metal surface of the table is very smooth and perfectly flat, allowing her to create a small, hollow glass cylinder. The piece is then returned into the furnace for a second gather to retrieve additional glass. The now larger piece is then placed into a metal mold that is lubricated with graphite. The mold is locked shut and Eliska blows on the tube, creating internal pressure that causes the glass to expand and take on the shape of the mold. The bottom of the dinking glass is then rolled smooth, giving it a slight concave shape.

The glass, still attached to the rod, is then taken over to a vacuum table where, still hot, it is rolled over a sheet of silver leaf. The silver leaf binds to the exterior of the glass and is fused to its surface. The glass is then placed in one final furnace called an annealer. The annealer is used to slowly cool the glass, over a period of a few hours to a few days, depending on the size of the piece. This keeps the glass from cracking or shattering due to stress put on it throughout the blowing process. The gradual reduction of heat allows the glass to return to a more molecularly stable form.

Once cooled, the glass is scored with a diamond

and the excess glass is removed at a crack-off machine. The newly formed lip of the glass is smoothed on a wet-belt sander and then polished using a flame polishing machine that heats the glass and stabilizes and stress that has been put on the glass from the crack-off process. At the culmination of this time and labor-intensive process, the silver leafed glass is finally ready for display in the store.

In addition to the fine tableware highlighted in this story, Gilmor Glass also creates one-of-a-kind sculptures, installation pieces, chandeliers, lighting and many more types of glass, all of which can be seen in their showroom. The team at Gilmore Glass is also highly skilled at making retrofits and repairs to heirloom items that require replacement glass. Dean and Eliska are also available for commissioned work, creating just the right piece should you not find what you are looking for in the shop. One thing you will surely find is a passion and dedication to the art of glass making that shines through in every piece. At Gilmore Glass, this passion is clearly on display. ●

*If you would like to find out more about Gilmor Glass, you can visit their website at [www.gilmorglass.com](http://www.gilmorglass.com). If you are interested in a tour, or for more information about upcoming classes at the studio they can be reached at 518.789.8000, or by emailing [info@gilmorglass.com](mailto:info@gilmorglass.com). Gilmor Glass is located at 2 Main Street, in Millerton, NY.*

*Are you an artist and interested in being featured in Main Street Magazine? Send a brief bio, artist's statement and a link to your work to [arts@mainstreetmag.com](mailto:arts@mainstreetmag.com).*



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## friendly faces: meet our neighbors, visitors and friends



We caught up with **Mike Valden** while he was making the ever-popular Church Street Deli Pizza. Wearing many hats at the Church Street Deli in Copake, you will most often see Mike tossing a pizza before saucing it and topping it off with cheese and other choice toppings. Mike said only he and his father know the secret pizza sauce recipe. Mike grew up in Copake, spending a lot of his time in the kitchen, and learning from his dad. They share the same passion for food and love to cook for others. And what's better than getting to eat all day long? Mike likes to spend his free time relaxing, particularly watching movies and reading. Mike doesn't have a favorite, he just likes to watch and read whatever is new and popular. Oh yeah, Mike before we let you get back to work, what was that secret you wanted to share? Tomatoes, basil and what? Only kidding!



**Davida Milano** has worked for Trotta's Liquor store for just over a year and loves everything about her job. Davida admits that even though she works in a wine store she isn't really a wine drinker. She said, "They say you have to acquire the taste," so she's working on it! Her boss has sent her on a couple of wine tastings, which has helped her wine taste buds. After all, working in a wine store, you need to know what you are talking about when helping customers. Davida has lived in Millerton all of her life. She said it's a nice quiet town and for being here for so many years she knows everyone. It's "homie." She enjoys take-out whenever she can, and gives all of the local restaurants fair play. However, she treats her kids to Salsa Fresca on Fridays, and she loves their buffalo chicken quesadilla. With a serious face she proclaimed, "If they ever take it off their menu, I will be devastated!"



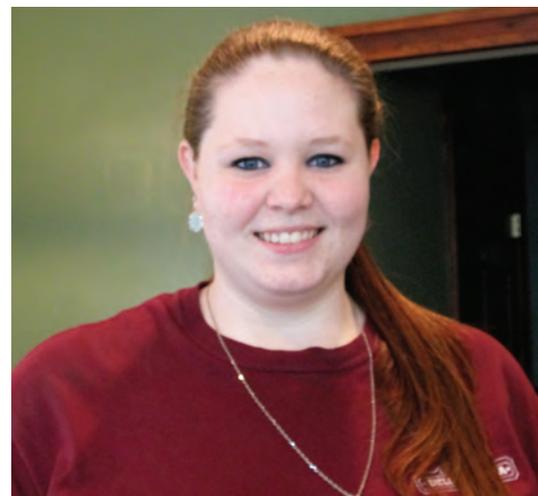
**James Zeumer** has been in the banking business for a little over a year, but is new to First Niagara. He loves working with his new team in Millerton and helping his new customers. He says everyone is fun to work with and the customers are great. James is originally from Long Island, but relocated to this area with his girlfriend and they now have their first house together. His girlfriend is the head waitress at the Oakhurst Diner, and of course the diner is James' favorite restaurant in town, but James says she is an amazing cook at home, too! He likes everything that she prepares, but his favorite home cooked dish is parmesan crusted chicken. That sounds delicious. Bon appetit! The fun-loving couple enjoys walking on the rail trail and taking in Millerton's natural beauty at every chance that they get.



Growing up on a farm and mowing lawns beginning at the age of 10, **Douglas Westfall** has taken the fun he had as a kid and continues to help locals today. He has lived in Millerton for 23 years, and officially went into business last year doing all aspects of general landscaping such as hedge trimming, lawn mowing, and chain saw work. In the winter months he shovels and snow blows sidewalks. He has 30 years of experience and has worked for schools doing ground maintenance, too. And don't worry, he's fully insured and has references available, too! Doug likes being outside and enjoys the nice weather. After a long day at work, he likes to go to The Pond Restaurant, or better yet, cook a BBQ chicken dinner for the family. He loves to cook and often helps local churches with fundraising dinners, preparing up to 230 meals at a time. Keep up all of the hard work, Doug, and bon appetit!



We caught up with **Mary Hosier** doing what she loves most: cooking for a deli full of hungry people! Mary has been in the food business for 30 years. She has done everything from waitressing and cooking at a young age, to running a diner for 13 years, catering, to now being partners in Talk of the Towne Deli in Millerton. Mary is not one to follow a recipe, everything that she makes at the deli is made from scratch. She enjoys a challenge and likes to come up with new recipes and specials for the menu, although she admits after so many years in the business it is hard to keep reinventing so many wonderful dishes. Mary says it's all worth it though, she loves hearing feedback from her customers, and it makes her job worth it every time. Mary likes to go camping on the weekends and just to relax. "Life is too short." When camping season is over, Mary looks forward to bowling two nights a week in the winter.



**Tara Boyles** has been working at the Church Street Deli for six years. Working six days a week, there is a good chance you will see her friendly face as you walk through the doors to get a delicious bite to eat. Tara's personal favorite off of the menu is the Chicken Cordon Bleu. Tara likes working with all of her co-workers and serving their customers. She commented that Copake is her hometown, everyone is so friendly, and she likes the fact that everyone knows each other, too. On Tara's day off she loves to trout fish, and it is one of her favorite things to do. You might also find her target shooting and hunting with her boyfriend. Tara also enjoys going to a friend's local dairy farm and having bon fires. Family and friends are very important to her and she likes to spend as much time as possible with them. Right on!



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# the superfoods

## MAINTAINING A HEALTHY LIFESTYLE

By Thorunn Kristjansdottir  
info@mainstreetmag.com

There are foods, then there are superfoods! We've all heard the term and understand it as being foods that are extremely good for us. Superfoods are defined as being especially nutritious and or beneficial to our health and wellbeing. But what are the superfoods and why are they coined as such? In my research I found some controversy, in that it is not necessarily a common term used by dieticians nor nutrition scientists, and that the term is viewed by some as a marketing tool. But on the flip side, there is a bounty of information and reasons why certain foods can be called super!

### What foods qualify as super?

Nine seems to be the magic number. Referred to as the "Superfine 9," they are low in calories, sugar and salt, and have lots of nutrients and fiber. A few of my sources even boasted that by sticking to the Superfine 9 you'd not only feel and look better, but you could lose some weight, too!

#### 1. Leafy Greens

The first of the nine are leafy greens. Calorie for calorie they deliver more nutrients than just about any other food. They are full of vitamins, minerals, fiber and phytochemicals, and they aid our bodies in fighting off diseases such as cancer and heart disease. Whether you eat them raw or cooked, they provide vitamins A, C, K, folate, potassium, and calcium. Leafy greens include spinach, kale, mustard greens, cabbage, romaine lettuce, red and green leaf.

#### 2. Cruciferous Veggies

Broccoli, cabbage, and kale also fall into this category and join the likes of Brussel sprouts, cauliflower, and bok choy. And according to Dr. Lipman, "Research suggests cruciferous veggies have the ability to inhibit the growth of some types of cancer cells and even stop others by reducing the production of free radicals."

#### 3. Avocado

They are higher in fat content than other fruits, but don't let that scare you. They have a wide array of healthy fats and nutrients such as oleic acid, lutein, folate, vitamin E, and monounsaturated fats. Avocados can also help protect against heart disease, cancer, and degenerative eye and brain diseases. Plus, they taste great!

#### 4. Blueberries

Much like some of the foods mentioned above, blueberries also help fight cancer and heart disease.



Additionally they can fight the likes of diabetes, stomach ulcers, and high blood pressure. They are full of disease-fighting phytochemicals, flavoids and soluble fiber, in addition to being a tasty treat! Blueberries help keep inflammation throughout the body under control, and they can help lower cholesterol. They're a great replacement for sugary desserts, too.

#### 5. Beans

Beans are a great source of potassium, folate, calcium, and B vitamins. They help raise our hormone leptin levels, which make us feel fuller. Not only does eating beans make us feel fuller, but it makes us feel fuller longer while the beans deliver a great source of sugar-free energy to us throughout our day. All of the benefits that beans provide help our bodies maintain healthy brain, cell and skin function, and they can even help reduce blood pressure and stroke risk.

#### 6. Walnuts

Walnuts provide a healthy dose of melatonin, copper, omega-3's, alpha-linolenic acid, and "the hard-to-find gamma-tocopherol form of vitamin E which helps protect your heart" states Dr. Lipman in his commentary on the Superfine 9. Walnuts, like a few of the other superfoods, can help protect our brains, and they can also help fight the onset of Alzheimer's and Parkinson's disease. And don't think that you need to sit down and eat a full bowl, just a handful of walnuts should suffice in tapping into their awesome benefits.

#### 7. Wild Salmon

Wild Salmon is another cancer fighting food. In

addition it can help fight cardiovascular problems, muscular degeneration, depression and cognitive decline. Wild Salmon is a rich source of the important omega-3 fatty acids, B2, B3, B6 and B12, in addition to protein, vitamin D, and selenium. One thing to take note of is that there is a difference between wild and farm-raised salmon. The wild ones are better for you, and Alaskan salmon in particular is known for being one of the best because it is consistently low in contaminants.

#### 8. Chocolate

Quite a few of us are most likely delighted to see chocolate on this list! But besides being delicious, chocolate makes us feel happy by helping our mood, it improves blood flow and blood pressure. It, like blueberries, also helps reduce inflammation, and reduces cholesterol. It is full of antioxidants, which help prevent cellular damage, degenerative diseases, and cancer. Here's the downside though, you can't consume unlimited amounts of the stuff. Moderation is key, and for the best health benefits grab the non-dairy, dark chocolate kind.

#### 9. Chia Seeds

Much like the other Superfine 9, these seeds are full of antioxidants, protein and minerals, and in addition they are full of soluble and insoluble fiber to help our digestive systems. They are also the richest source of plant-based omega-3 fatty acids. They can help you feel fuller, too, because they swell to more than five times their weight once placed in liquid, and since they're basically tasteless it is very easy and nutritional to add them to other dishes. •

Main sources: Dr. Lipman, Wikipedia, Google, WebMD.  
Image source: Google Images



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# mcenroe farms

OVER A CENTURY OF FAMILY FARMING & BUSINESS

By Christine Bates

[christine@mainstreetmag.com](mailto:christine@mainstreetmag.com)

For our food issue, Main Street visited Ray McEnroe of McEnroe Organic Farm, one of New York's largest and earliest organic farms producing organic soils, meats, vegetables, tomatoes and some of the best soup on Route 22.

## When did your family get into farming?

My great grandfather came to Amenia from Ireland in the 1850's and started farming. He had six sons and one daughter and six of them, including the daughter, had their own farms. My grandfather had three sons who were all farmers, including my father. I was born in 1951 and my father bought this farm in 1953. We had dairy cattle and I was a farmer as soon as I could walk.

## Was it easy to buy a farm back then?

In the 40's people bought and sold farms like cars. I remember my grandfather bought a farm in the 40's for \$40,000 and then turned around and sold it a week later for \$42,500. Everybody was buying and selling.

## How long have you owned this farm?

In 1983 my father died and I bought the farm from my mother. I had so much debt and worked so hard. I got up at 3:30am and worked until 6:30pm everyday. It was really crushing, so in 1987 I sold part of the farm to Susanne and Douglas Durst who wanted to start an organic composting operation. By 1989 we started putting up greenhouses and I provided the tomatoes and vegetables. In 1994 we became full partners in all of the businesses.

## Did you ever have a business plan?

Not really, we just talk a lot. The next generation is more numbers oriented.

## What happened to the dairy cows?

In 1994 the United States government under pressure from Monsanto approved the use of rGBH, an artificial growth hormone that stimulated cows to have more milk. This was done at a time when milk prices were already low and production was high. I knew it was wrong for people and for the animals and wanted nothing to do with it, so I sold my dairy herd of around 200 animals.

## How would you describe your business?

I see it as one entity – a farm. We have vegetables, livestock, organic plants, composting soil, and our retail farm stand and restaurant. The restaurant and stand help handle the surplus from the farm. My wife started making jam when we had unsold



Ray McEnroe picks a fresh tomato from his greenhouse on Coleman Station Road. There are 10,000 tomato plants in the McEnroe greenhouses producing organic tomatoes year round.

strawberries. We make sauce and salsa from unsold tomatoes, and have pickles made with our organic cucumbers. We use any excess through the kitchen, especially soups which are a big item for us. We are the biggest user of our organic soils which we use to grow our vegetables and feed our livestock.

## When did you open the farm stand?

See that little red open shed over there? That was our first stand starting in 1990.

## How has the market changed since you started?

People have become much more knowledgeable about food generally, and more informed about the taste and health aspects of organic food. Some customers drive two hours to shop here. It wasn't until 2001 that the federal government set guidelines for defining organic, which certifying agencies have to follow. NOFA of NY certifies us – that's Northeast Organic Farming Association. Anyone claiming to

be organic has to be certified. If a farmer sells more than \$5,000 a year in produce and claims to be organic, the farm has to be certified. All natural has no definition. I think there are about 11 farms in Dutchess County that are certified organic. McEnroe is one of the largest in New York state.

## How big is this operation? How many people work here?

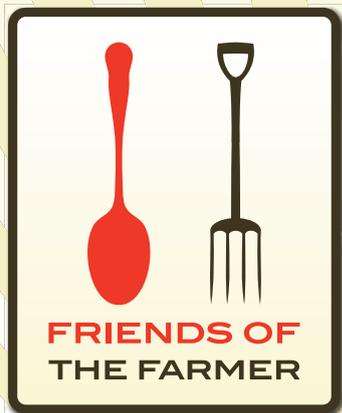
We farm organically on over 1,000 acres and employ around 30 people. There are 18 greenhouses and cold frames over on Coleman Station Road. Most of the employees are full time since the store remains open year round and the greenhouses are always in production.

## What about your family? Do they help out?

The next generation of the McEnroe and Durst

Continued on next page ...

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families are involved in the operations. My son Wade runs the kitchen and Erich manages the farm operations.

**What's the most difficult aspect of managing this operation?**

Finding good employees is the worst.

**What keeps you awake at night?**

It's prices. Every day costs increase. Fuel prices go up, labor, taxes, insurance. My insurance this year just increased by \$5,000.

**What about the effect of weather on your business?**

Farmer's are the biggest gamblers you've ever seen. You hope you have a harvest; you hope your customers come back. I don't have crop insurance and we don't have any federal agricultural subsidies. We go it alone.

**Do you wholesale any of your products?**

We sell our tomatoes directly to independent regional supermarkets, health food stores, and restaurants. Our truck travels around and delivers them. Our soil is OMRI (Organic Materials Review Institute) approved and inspected so other organic farmers rely on it and we sell to farms up and down the East coast.

**Who are your biggest competitors? Do you think that the Hannaford rumored to open in Millerton will affect your business?**

Anybody who sells a cup of coffee is our competitor. Sure, Hannaford is a competitor and there's nothing we can do about it. We just have to make sure that our product is the best.

**How do you make compost?**

Horse manure, leaves, cow manure and some food waste are mixed up together and then stuffed into long green ag bags to decompose. When it's ready it gets ground up, screened, and bagged. It takes eight to ten months before the compost is ready. In Massachusetts they are considering a law right now that will ban all organic matter from landfills. So everyone may be starting to compost.



Sheep, cattle, pigs and chickens graze in the fields at McEnroe Farm.



McEnroe's farm stand, restaurant, and flag is a landmark on Route 22 just south of Millerton. McEnroe makes their own organic tomato sauce, pickles and jams with the farm's surplus seasonal crops. Behind the McEnroe farm stand is a Victory Garden and educational displays. Most of the fresh organic vegetables sold at the McEnroe store are grown in the nearby greenhouses and fields.

**What is the most satisfying part of your business?**

Very simple – producing clean food.

**What are your feelings about agricultural protection programs?**

There needs to be some protection to preserve the land and protect open spaces. The problem is that someone has to pay for it and taxpayers are already paying a lot. Zoning restrictions limit farmer's rights.

**Do you pick out the products for the store? There's a huge assortment here from Italian pasta to No GMO ketchup.**

Well I guess I do. We want to have things that other people don't. We try as much as we can to source locally, but if it's a choice between organic and local we'll pick organic every time. Right now we have more mushrooms that are picked in secret spots by Rob Butler from Ancram.

**How do feel about Genetically Modified Organisms?**

I hate GMO's. They haven't been shown to be safe and I think they are very dangerous. Our sweet corn is grown from organic seed and is not genetically modified. Almost half of the corn for sale at local farm stands is GMO. Ask the farmer about his seed type and growing practices.

**How many tomatoes do you grow a year? How did you develop the technique of growing such perfect, delicious tomatoes? We have 10,000 tomato plants in the greenhouses**

and 2,000 in the field. Each greenhouse vine will yield between 12 and 15 pounds of tomatoes. All of our tomatoes are grown here from organic seeds. Once the summer solstice comes, we will only be planting in the greenhouses, which have lights. We've developed our system through trial and error, and experimenting with new varieties and techniques. In the last few years we've started grafting and, although it's time and labor intensive, grafting is really a superior method.

**What is your favorite product that you sell?**

I love our big white turkeys.

**What advice do you have for anyone wanting to start a farm-based business? What are the biggest mistakes that people make?**

Enjoy the fruits of the harvest, the food, the people, and what you are doing. The biggest mistake that I've seen is that farmers don't understand the costs of what they are producing and end up not making any money.

**Would you call yourself an entrepreneur or a farmer? What is your greatest strength in running the business?**

I guess I'm more of a farmer. My strength is experience and being able to delegate.

**This is my last question. Why isn't the huge flag flying today? How big is it?**

We took it down because we know it's going to rain tonight. The wind shreds them. The flag is 20' by 30' and we go through four of them a year. ●



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# GREAT GASTRONOMY: the local cornucopia

By Thorunn Kristjansdottir  
info@mainstreetmag.com

*Instead of our regular restaurant review, we have to give special recognition to the businesses behind the products that are depicted on our cover image. This picnic scene was put together with products that are grown and produced locally. You can truly get it all right here! And almost as importantly, it was deee-licious! Yum! •*

Right: Hudson Valley Fresh whole milk and butter come from The Farm Store at Willow Brook Farm, 518.789.6879, wbfarmsny.net.

All of the breads (hot dog and hamburger buns, along with the baguette), and these delicious chocolate chunk cookies depicted in the photo came from The Hillsdale IGA Supermarket, 518.325.4341, hillsdalemarket.iga.com



Above: Granny Smith Apple & Nectarine Pie with PateBrisee Crust from Coco's Crumbs, bakestress Leela Dinunzio, 518.789.3761.



Above: The tomatoes and cucumbers in the salad, along with the fresh strawberries and pesto pasta salad all came from McEnroe's Farm Market, 518.789.4191, mcenroeorganicfarm.com. Meanwhile the Sky Farm mesclun greens came from The Farm Store at Willow Brook Farm, 518.789.6879, wbfarmsny.net.



Above: The thick-cut steak, franks, sausages, pork chops, and hamburgers all came from The Farm Store at Willow Brook Farm along with other items depicted elsewhere in the photo, 518.789.6879, wbfarmsny.net.

Left: The bottle of Hillrock bourbon whiskey (which is grown/produced locally) was provided by Pine Plains Fine Wines & Spirits, 518.398.7633, pineplainswine.com

The beautiful flowers were provided by Black Grocery Farm Market & Nursery, 518.325.1501, blackgrocery.wordpress.com.



Above: The beautiful and delicious assortment of cheeses came from The Amazing Real Live Food Co., 518.398.0368, amazingreallive.com



Above: The chilled Rose Wine from Millbrook Winery, provided by Little Gates Co. Wine Merchants was perfect with the picnic, as was the Little Gates Co. 2011 Pinot Noir with the Real Live Cheese platter! 518.789.3899, littlegateswine.com.

All of the serving pieces, dishes, glasses, picnic/ pie basket, linens, tablecloth, cutting boards, vase, and so on and so forth, were provided by Hammertown Barn, 518.398.7075, hammertown.com.

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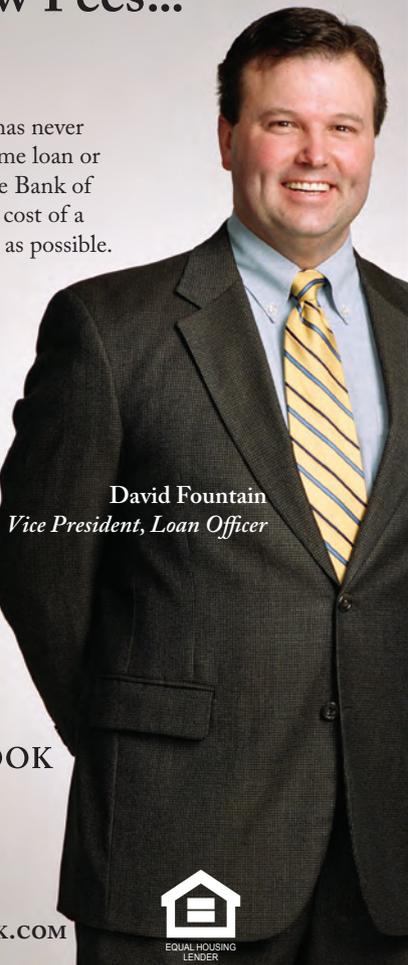
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# black sheep hill farm

## TALES OF A FARM GROUPIE

By Memoree Joelle  
[info@mainstreetmag.com](mailto:info@mainstreetmag.com)

Driving through the lush, rolling hills of Pine Plains, New York, I veer onto county route 83 to reach the farm of my final destination. Past a speckling of red dairy barns and ivy covered silos, I find the sign for Black Sheep Hill Farm and pull into the drive. A small wooden bridge delivers me over a bucolic stream that gurgles with the sound of summer in the Hudson Valley, and several towering iron sculptures ornament the surrounding pastures. A cluster of black sheep look up from grazing as I park the car near an antique tractor, in front of an exact replica of a nineteenth century rail station. Jack Banning steps onto the front porch to welcome me, cigar in left hand as he offers me his right, and we shake hands in front of a Newburgh – Dutchess – CT sign.

He is a tall, friendly man with a big personality and a generous smile. We linger on the porch while he smokes his cigar and tells me a bit of the history of his property. An old milk train from the nineteenth century once ran through here, and Jack and his wife Irene purchased the land and began farming here only five years ago. Their farm manager, Steve Howay, built the barns and the railway building which serves as their office, and later Jack and Irene built their house on the property as well. A retired art dealer, Jack's appreciation of aesthetics is evident by his surroundings. We go inside the office where Jack keeps a collection of bass guitars, and I am intrigued by an assortment of curiosities and artifacts. He phones his wife, whose engaging manner and animated eyes match her husband's, and together the three of us head down the path to meet the pigs.

### A delicious feast fit for a pig

Carefully stepping over an electric fence, once inside the large pen we are immediately met by a

handful of small Tamworth pigs, who scurry toward us in the excitement of Jack's call. Running gleefully through the tall grasses, they are an image of quintessential happy pigs. Watermelon halves and half-eaten, forgotten apples tell of the feast they lavished themselves on before we woke them from their late afternoon nap. It is Jack whose job it is to care for them, and he explains that they are fed a diet of local whey, milk, and fruit, with organic grains to supplement them plus whatever they dig up themselves. Tamworths are near and dear to my heart, but I left them reluctantly to continue our tour. Irene and Jack lingered at the gate, and acknowledged that of all the animals, when it came time to slaughter, these are the hardest to part with. But this is a farm, and so we said our goodbyes to the pigs, and Irene led me to her sheep.

### The shepherdess and her flock

True to its name, the farm hosts a flock of black sheep, and most of them live, graze, and roam upon a hill. Irene tends and maintains a small population of Black Welsh Mountain sheep, a heritage breed Irene discovered years before when she first decided to raise sheep. They are a breed known for their high quality fleece as well as mild flavored meat and a hardy disposition. She keeps three rams and twenty-five breeding ewes on average. Of thirty-two lambs, only six are kept to re-populate the flock. Small scale farming allows her to experiment with the gene pool, and her aim is to make sure it maintains variation for the health of the animals. You wouldn't guess that this devoted shepherdess, as Jack lovingly refers to his wife, once imported silks from Thailand. She is very much in her element among her animals, especially her sheep. Feeding them treats from her hand, she explains that the older ones "live out their retirement here on the farm." It does seem like a great place to retire, sheep or not.

In nearby garden beds, Irene and Jack grow a

small variety of beans, tomatoes, and fingerling potatoes, and around their borders heritage breed chickens peck at the fertile soils. The hens keep the vegetables mostly free of pests, and roam carefree now that the Bannings crafted a protective wire cover to save them from falling prey to hawks. The eggs are sold at Peck's grocery in Pine Plains, and from the farm store in the summer months, along with the vegetables. You won't find Black Sheep Hill pork or lamb meat at your local farmer's market, but you will find it on the menus of our area's top restaurants, including Stissing House and Number 9. And this month, you can sample some of the Bannings pork at this year's pig roast following the chef and farmer brunch that benefits the NECC in Millerton. The Bannings will continue to operate on a small scale, which by nature nurtures the land they love so much.

Jack and Irene's deep appreciation for the beauty and bounty of the land they live on is evident in every detail of their farm. From the way they preserved the history of the location to the way they incorporated their buildings and fences to mold into the landscape, they work with nature rather than forcing it to meet their needs. This is a valuable lesson they are passing on to their son, Karl, who helps out in the Summer months.

"We want to manage the land in a way that is responsible, and have fun doing it," Irene explains. And they do have fun. Before I left, Irene drove me up to the top of a hill across the road, where they keep their larger flock of sheep in a pasture she calls 'lamb heaven' because of its rapturous beauty. The view was breathtaking, and as we gazed down at the verdant valley below, I thought about how our time on this earth is limited, and how wonderful it must be to be born a small black sheep, on a hill. ●

To contact Jack and Irene Banning at Black Sheep Hill Farm call them at (518) 771-3067 or email at [jack@blacksheephill.com](mailto:jack@blacksheephill.com)

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# the real estate market

IN THE TOWN OF PINE PLAINS, NY

By Christine Bates

christine@mainstreetmag.com

*In every issue of Main Street Magazine we examine the dynamics of a particular real estate market in our coverage area. We talk to Assessors, bankers, building departments, and real estate professionals, and collect and analyze sales data to present an accurate, objective picture of each town.*

The Town of Pine Plains, including the hamlet of Pine Plains, has only one stoplight and the polo fields of Mashomack Polo Club. It is a rural town just south of the Columbia County border with a champion high school basketball team, sparkling lakes, and 1,400 feet high Stissing Mountain. According to the 2010 census it had only 2,473 people and a total of 1701 land parcels. The town's real estate market has never been frenzied and there are only two local real estate brokers. In contrast to the improving broad national market, Pine Plains' real estate activity, like much of rural northern Dutchess County, continued to languish in 2011 and 2012.

Main Street's analysis shows that the number of Pine Plains sales of single-family homes on building lots smaller than five acres has fallen by two thirds in the last seven years. In 2006 there were 33 arms length property transfers, contrasted with 13 in 2011 and only 11 in 2012. The overall average 35% decrease in sales price of these properties reflects what has happened in all of Dutchess County, where homes are being sold on average for 31% less than the peak of 2006/2007. Few properties have been resold since 2005 and, of these, all have been sold at lower than the original purchase price. As an example, one single family home on Birch Drive was purchased in 2007 for \$429,000 and resold in 2012 for \$302,000 – a 30% decrease.

## All segments of the market affected

Luxury properties, defined here as transactions over \$500,000, have also declined in number and value,



This saltbox on South Main Street is listed for \$298,500 after being withdrawn from the market in 2010 at \$259,000.



Top: Horses frolic in the fenced pastures of Berkshire Stud on bucolic Carpenter Hill Road. Above left: The new owner is extensively rebuilding the barns at the old Sunny Meadows farm off of Route 199. Above right: This 1790 house on Route 199 was purchased for \$190,000 in 2003 and is in on the market for \$299,000.

and clearly reflect the impact of the financial crisis on weekend buyers. In 2007 there were ten purchases above \$500,000, and in 2008 there was only one. In 2012 there were two \$500,000+ sales and, like the value of single-family homes, the average price was down 31%. Even though these residential \$500K+ sales are scarce, they continue to account for 40% to 50% of the total market including commercial properties.

The decline in both the number of sales and sales price has affected all segments of the market except for large acreage, rural residential homes. A single buyer, David Cote, the CEO of Honeywell International, a Fortune 100 public company, has made significant buys including Sunny Meadows Farm. According to Dutchess Parcel Access and Dutchess County Real Property records, in the last several years he has purchased three large properties totaling 565 acres for close to \$8 million dollars and added another \$2.9 million parcel in 2013 according to multiple listing records. Max Goodwin of Millbrook Real Estate observed that there are

quite a few buyers looking to accumulate raw land.

## The Carvel project is still on the drawing boards

The proposed Durst Carvel project, 1,900 acres that stretches to the Taconic Parkway from Route 199 west of the center of Pine Plains, if approved, would dramatically affect Pine Plains. The community is split whether the change would be positive or negative. The most recent version of this "recreation-oriented second-home community" includes 591 units in the township of Pine Plains (another 440 acres and 54 units are in the adjoining Town of Milan). The original plan for 951 units presented in January 2008 has been redesigned after Pine Plains passed zoning regulations in 2008. The current, slimmer version has been before the board since early 2012 and includes more open space, a trail system, artists in residence, fields for farmers, and a new dam expanding Lake Carvel. Accord-

Continued on next page ...

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**TOTAL \$ VALUE OF REAL ESTATE SALES IN TOWN OF PINE PLAINS 2005 TO 2012**

YEAR	AGRI-CULTURAL	ALL RESIDENTIAL	VACANT LAND	COMMERCIAL	TOTAL	% CHANGE PREVIOUS YEAR
2005	\$1,050,000	\$13,967,556	\$1,858,194	\$1,743,000	\$18,616,750	--
2006	\$3,571,300	\$14,649,900	\$830,000	\$155,000	\$19,206,200	+3%
2007	\$519,748	\$13,859,450	\$4,685,400	\$200,000	\$19,264,598	0%
2008	\$0	\$6,202,350	\$77,000	\$1,110,000	\$7,389,350	-62%
2009	\$390,500	\$4,723,680 <sup>1</sup>	\$251,720	\$0	\$5,365,900	-27%
2010	\$0	\$11,627,572 <sup>2</sup>	\$2,323,800	\$0	\$13,951,372	+160%
2011	\$0	\$5,486,400	\$870,000	\$440,000	\$6,796,400	-51%
2012	\$0	\$3,268,194	\$51,500	\$450,000	\$3,769,694	-45%

**TOTAL \$ VALUE SINGLE FAMILY HOMES W/O ACREAGE**

YEAR	# OF SALES	TOTAL \$ SALES VALUE	AVERAGE \$ PRICE
2005	30	\$8,683,556	\$289,452
2006	33	\$8,754,900	\$257,497
2007	23	\$7,709,182	\$335,182
2008	18	\$5,304,850	\$294,714
2009	11	\$3,835,000 <sup>1</sup>	\$348,636*
2010	10	\$1,743,875	\$174,388
2011	13	\$2,938,500	\$226,038
2012	11	\$2,377,194	\$216,109

<sup>1</sup> Includes the sale of one \$1,150,000 single family home on 5.5 acres.

**LUXURY NONCOMMERCIAL PROPERTIES OVER \$500K PURCHASE PRICE**

YEAR	# OF SALES	TOTAL \$ SALES VALUE	% OF TOTAL MARKET	AVERAGE SALE \$'S
2005	9	\$7,847,250	42%	\$871,917
2006	7	\$10,164,300	52%	\$1,454,043
2007	10	\$10,989,000	57%	\$1,098,910
2008	1	\$615,000	8%	\$615,000
2009	2	\$1,682,000	31%	\$841,000
2010	6	\$11,189,497 <sup>2</sup>	80%	\$1,864,916
2011	3	\$2,294,900	34%	\$764,967
2012	2	\$1,498,000	40%	\$749,000

<sup>2</sup> Includes the sale of 326 acres Sunny Meadows Lane and 194 acres on Route 182 to a single buyer.

ing to the Durst spokesperson in New York City, they are working with the town to revise the most recently submitted December 2011 New Neighborhood Development (NND) application. Jim Mara, an Assessor in Pine Plains, confirmed that the application is still in place and under discussion.

“Buyers come to Pine Plains because it is a rural town surrounded by farms, scenic country lanes, and pastoral views,” said Susan Crossley, a realtor and member of Pine Plains United, a citizen group formed in 2005 to preserve Pine Plains’ rural character. “They come here because Pine Plains is a small town, because it’s not Rhinebeck or Red Hook, because it’s not suburban.”

Meanwhile the existing buildings on the Durst property are being taken down and breaking ground is still a very long way off.

**Is now the time to buy?**

A quick tally of Realtor.com indicates that there are about 50 properties currently listed for sale totaling over \$50 million, not counting the Pine Plains Library that was foreclosed earlier this year by the Bank of Millbrook. Eleven of the 50 listings are properties with an asking price over \$500K, which together represent 85% of the total listing value of \$54 million. One property, Berkshire Stud, located on bucolic Carpenter Hill and Bethel Crossing, long listed at \$15,000,000, comprises 30% of the value by itself. The asking price on 492 acres of grassy fields, barns, and horse fencing works out to over \$30,000 an acre. At the lower end of the market there are bargains to be had like a house on Meusel Road, which came onto the market in

April 2011 at \$225,000 and has been reduced to \$69,000.

**Is the only way up?**

Max Goodwin checked his multiple listing sales records for the first six months of 2013 and reported five sales. One was another sale to David Cote, who beat out two other bidders on a \$2.9 million property. The other four were for residential properties each well under \$300,000. Pine Plains Assessor Mara admits he doesn’t have a crystal ball, but sees the higher end going higher and the lower end of the market continuing to struggle.

Many realtors and elected officials were not willing to speak on the record about the Pine Plains market. One Rhinebeck-based broker who wished to remain anonymous said, “We don’t want listings there. Nothing sells.” Another described it as the “Bermuda triangle of real estate. It’s never been a hot market. There’s nothing to do there.”

Always frank and willing to be quoted, Drew Hingson of Klemm Realty observed, “Markets correct very slowly. It’s just too hard for sellers to adjust to new price levels. They read about prices going up nationally, but that’s not happening here. Buyers and sellers need to know what the market is. It’s a long-term workout. And it’s not any better north in Columbia County.”

More optimistically, Paula Redmond, of Paula Redmond Realty who has two \$500K+ listings in Pine Plains, summed up the situation: “Pine Plains is small and rural and there’s just not that much available. It’s the last market to recover. We are starting to see improvement.” ●



Just north of the stop light in the hamlet of Pine Plains, The Pines is the perfect restoration of a Victorian mansion.



# local fundraising & food

## FROM OUR FARMS TO OUR COMMUNAL TABLE

By Memoree Joelle  
[info@mainstreetmag.com](mailto:info@mainstreetmag.com)

For more than twenty years, the North East Community Center has brought us together as a community. By providing childcare services, offering affordable yoga classes, setting up our Millerton Farmer's Market and even organizing an annual music festival, the center has reached all of us in some way. By connecting our small businesses, our artists, farmers, teachers and care-givers, it has unified us and shaped our small town into a thriving community. We know our neighbors, we say hello to shop owners as we walk down Main Street. On Saturday mornings we meet each other at the market, and chat with the farmers who grow our food. We are a connected community, because what makes a community is not a cluster of buildings and houses with a sign announcing its existence, but the people who live there.

### Chef and farmer brunch

This July, for the third year in a row, we all have the opportunity to come together and show our support for our community and its center, and celebrate the place we all call home. I can't think of a better way to celebrate than to come together over the bounty of the Hudson Valley. Our region is home to some of the finest chefs and farmers in the country, and on July 28th, they will converge

for the much anticipated annual Chef and Farmer Brunch. Sponsored by Millerton's farm-to-table restaurant No.9, the brunch will be headed up by area chefs including Tim Cocheo of Millerton's No.9, Chef Michel Jean of Pine Plain's Stissing House, and Dan Smith of Egremont's John Andrews. They, along with other esteemed chefs, will prepare an amazing array of dishes cooked entirely from ingredients grown and donated by local farmers. Participating farms include Black Sheep Hill, Herondale Farm, and a growing list of others. There will even be cheese from the Amazing Real Live Food Co. in Pine Plains, whose Camembert evokes my days in Normandy. Farmers' Market inspired dishes, tastings and cocktails will be provided by Amazing Real Live Food, The Farmer's Wife, John Andrews, Manna Dew, The Governor's Chef, No. 9, Pine Plains Platter, Route 7 Grill, Stissing House, Hillrock Distillery, and more. For a complete list of participating farms and restaurants, contact the NECC. All proceeds from the brunch will benefit the community center, which in turn benefits your community.

### Dance party and pig roast

Taryn Cocheo, owner of restaurant No.9, has organized the brunch since 2011 after a production



Photos provided by the NECC, and they are from the Chef and Farmer Brunch in 2012 that was hosted at Restaurant No.9 in Millerton.



company approached the NECC about filming a food event involving local chefs. Because of Taryn's commitment to the local food movement and her experience as a restaurant owner, she agreed to lead the event. The film project never took off, but in its place the idea for the Chef and Farmer Brunch was born. Since then, a growing number of chefs and farmers have been added to the line up, and so far ten chefs are on the list to participate this year. Taryn says that number will increase as the brunch date approaches, so expect an impressive menu for 2013.

This year's brunch will be followed by an afternoon barn dance and succulent pig roast, with pigs provided by Herondale and Black Sheep Hill farms. Bluegrass music by Pocatello and Telescope Casual will highlight the party, with home made food, wine, and micro brews from local breweries. A giving tree will be on display, with each leaf representing either a program or a need in the community. Guests can choose to sponsor any program they choose, and in any way they can.

Such a day-long feast seems appropriate, since we are fortunate enough to live in this abundant corner of the world, with farmers who grow our food with all the care a mother would give her child, and chefs who know how to make dinner

into an art. We get to look out over golden fields and drive through green countryside as far as the eye can see. We have a community of people who know how to care for what we have been given, and an organization that keeps us, quite literally, grounded. The NECC's food and farming programs have created a school garden, a community garden, and a Share the Bounty food pantry, all ensuring we are able nourish ourselves and each other. This Summer, we can contribute in a small way to what the North East Community Center does to make our home so special, and have a delectable time doing it. Guests are free to attend only one event, or both at a discounted rate. Whatever you choose, don't delay in reserving your place at the brunch table, because this event has sold out in previous years. ●

*Both the brunch and the barn party will take place at Silver Mountain Hay Barn in Millerton. Tickets for the 11am brunch are \$50 and should be purchased in advance, and tickets for the 1pm barn party and pig roast are \$25 and can be purchased in advance or at the door. Children under ten get in for free. For tickets, information, and a list of sponsors and participants, contact the NECC at 518-789-4259 or by visiting [www.neccbarnparty.com](http://www.neccbarnparty.com)*



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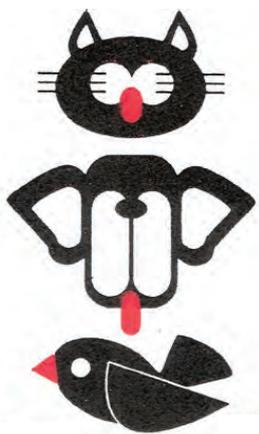
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# fresh local food, year round

## HOW HUDSON VALLEY HARVEST IS REVOLUTIONIZING LOCAL FOOD

By Thorunn Kristjansdottir  
info@mainstreetmag.com

Hudson Valley Harvest is helping to revolutionize local food. They are helping both local Hudson Valley farmers as well as consumers in the Tri-State area to improve access to the Hudson Valley's bounty of fresh foodstuffs. We conducted an interview with Paul Alward of Hudson Valley Harvest to learn about their mission.

**What exactly is Hudson Valley Harvest, what is it that you do - that others don't? What differentiates you and what service do you provide?**

We work with small farms to provide transparent, local, traceable food, and make that food available year round by freezing and canning. What differentiates us is the unparalleled quality of the food the farmers we work with grow and raise, and the level of service we work to provide. We provide access. At our best we are a pipeline to the bounty of the Hudson Valley.

**What is HVH goal? Do you have an ethos?**

Yes, to embrace the differences between us and big ag, and to educate our customers as to the differences. We strive to be flexible and forthright when working with our partner farms. Farming is difficult, and plenty of farmers have been left out in the cold when a "committed" buyer can get an animal or crop for less cost, but of dubious origin. So it may sound out of place but first we try to do no harm. We build relationships over time, and honor commitments made. The other side of the relationship is with the customer, of course. We try to set realistic expectations for them, for example, the Hudson Valley doesn't grow pineapples, or have fresh bell peppers available in February. There are



challenges and periodic inconsistencies inherent in small-scale agriculture, there's also sustainability, safety, and flavor. We've experienced tremendous growth in the last two years, but we work hard to never let growth consume what has made us successful. Our farmers are not representative of "big" agriculture, and we're not representative of the industrialized food system, and we're OK with that. We embrace the differences and the limitations as well as the positives.

**How did HVH come about, where did this idea spark from?**

Hudson Valley Harvest was founded by three friends; a farmer, a chef, and a health nut. We had had many conversations and arguments about the problems and frustrations we all experienced pertaining to food; growing good food, but not always being able to get it to customers, wanting good food but not always being able to get it. We decided that by working together with some of the best farms in the Hudson Valley we could work towards giving people better choices. We were lucky enough to meet an angel investor who was dedicated to changing local agriculture, and two years later we are working with over 40 farms in the Hudson Valley.

**Why just the Hudson Valley?**

I farm in the Hudson Valley and when we started in 2011 it was natural to start with farmers who were friends, and friends of friends. The Hudson

Valley is the Napa of the East, we have the soil and the skill. It's also where many of our customers have food memories; where they visited farms in their childhood, who they have purchased from at farmers markets, or farms they drive by on vacation. It costs more to farm in the Hudson Valley, and since many consumers already have a connection because of the farms in the Valley it seemed only fair to make sure that the farmers who created this goodwill be the first to benefit from it. As we grow, we plan on expanding the area we source from, but we want to make sure we're doing everything we can in the Valley first.

**What products do you provide?**

Beef, pork, chicken, lamb, duck, vegetables (fresh and frozen), honey, maple syrup, tomato sauce, tomato juice, and applesauce from over 40 farms in the Hudson Valley.

**Where do you sell the products?**

We sell to restaurants, grocers, health food stores, caterers, and institutions throughout New York City, the Hudson Valley, New Jersey, and Connecticut. In this area, you can find us at Adams Fairacre Farms, Gigi Market, Red Devon, The Local, and Jacks Meats, to name a few.



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**How does a farm start working with you and or have you sell and represent their products?**

Part of our “do no harm” mantra is to make sure we’re doing all that we can with the farms we already work with. We need to develop and strengthen those relationships, and some of them are not at capacity yet. As we grow and bring on new capacity we work through a waiting list of area farms. The fact is supply out paces demand, we get five phone calls from farmers looking to sell for every one restaurant or grocer that calls looking to buy. We’re off to a tremendous start, better than I had ever hoped when we started this. I look forward to the day when my main concern goes from worrying about demand to worrying about supply.

**What is the process?**

We sell both fresh and frozen, it’s the only way to eat local year round. All growing seasons come to an end, so when the Hudson Valley is at the peak of the season, we start preserving the best, most flavorful, nutrient dense, vegetables for the winter. We’re able to pick everything at its best, transport it a very limited distance (it says exactly how far on each and every package) and use modern methods of flash freezing and IQF to freeze them as quickly as possible, usually within 24 hours of harvest. Processing so close to harvest and using the quickest methods available to freeze (the quicker you can freeze a vegetable the less cell damage) produce an exceptional product. Our farmers grow the best stuff, our job is simple: don’t screw it up.

**Talk a little about your “eating local” mantra and what “local” means to you – about buying at a supermarket vs. buying the products you package and sell.**



A lot of people may not fully be aware of the difference, and the consequent health benefits and or consequences. We have great soil and skilled farmers in the Hudson Valley. They’re growing vegetables for sale locally, not to be shipped across the world. So they can grow varieties that taste good, they can focus on flavor, not how well it will travel or how it will hold up on shelf half a world away. Animals are raised more sustainably. When is the last time you’ve driven by a feedlot with tens of thousands of cows in it in the Hudson Valley? Those practices aren’t in place here. So local farmers are at a competitive disadvantage to these large scale operations as it pertains to price, but if we look beyond just price and consider flavor, the environment, and the ethical treatment of animals, then “Big ag” is at the competitive disadvantage, because they can’t compete with what the men and women who farm here do.

**So in a way, what you are doing is probably just as much about educating people as it is about selling a product and helping local farms?**

Yes, I would agree, information is a big part of what we provide.

**How does “organic” play into HVH - are all of the products organic?**

No, we don’t dictate what our farmers grow. The men and women who produce food for their livelihood should determine what best suits their land, systems, and resources. Our job isn’t to tell them, it’s simply to provide all available information to the customers and let them decide.

**What is the “big picture” goal and plan for HVH? What does the future hold?**

We want to revolutionize agriculture. We want to make local, delicious food available. We want to do our part to help make farming a viable career choice for the next generation. Price shouldn’t be the sole determining factor for food. If you’re willing to pay up for something that goes on your feet or that you drive, but not for something that goes in your body, then don’t buy local. Buy local I don’t just mean Hudson Valley Harvest, buy directly from a farmer, go to a farmers market, or join a CSA. Farmers aren’t cruising around in Cadillacs. If it seems a little more expensive that’s because it costs a little more to raise and grow things the right way. With cheap mass produced food you get the surprise of reading the package closely and seeing all the ingredients you can’t pronounce and all of the countries they come from, or reading about the next food recall or case of cruelty. The food grown and raised in the Hudson Valley is more flavorful, safer, and sustainable. Sometimes quality, safety, and sustainability just costs more. ●



# foraging 101

## RETURNING TO OUR ANCIENT FOOD ROOTS

By Mary B. O'Neill  
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Foraging for my food has been a lifetime pursuit. By necessity, I have honed my keen survival instincts and adapted my nutritional procurement techniques based upon my surroundings. As one of seven children in my family, my early foraging involved scouring the refrigerator and cupboards for scraps of food missed by my older siblings. In my city-living single days I foraged for take-out menus in the overgrown jungle of my urban apartment habitat.

Today, I am interested in foraging out of curiosity rather than necessity and this time it will be from nature. My goal is not to become a hard-core locavore but to explore eating what grows near my home, including those plants formerly known as weeds.

### Edible or poisonous?

How does one raised in the wilds of suburban Long Island go about doing this without poisoning herself or her family with a nice little side of sautéed poison ivy? Plant identification seems overwhelming and confusing. They are all pretty much green and leafy, right? To aid me in my endeavor I consulted books and Google. However, because my social life in the midst of raising three children can always use a boost, I called my friend Amy Lake for a fun guided expedition. Amy was the perfect person to introduce me to the abundant foraging in the wilds of this region. She is equal parts Hiawatha, Rachel Carson, Ernest Shackleton, and Ma Ingalls. So one sunny afternoon in early May

we departed for a new look at my yard and the nearby woods and waterways.

### Forewarned is forearmed in foraging

Now it's time for the warnings for first-time foragers. It can be serious business if you pick the wrong plants. The following guidelines, based upon those outlined by Jean Craighead George in *The Wild, Wild Cookbook: A Guide for Young Wild-Food Foragers* might be helpful. Craighead George is also the author of *My Side of the Mountain* and *Pocket Guide to the Outdoors*, both of which I read for the first time last year with my son. They are perfect for the neophyte adult forager because they are written on a fourth-grade reading level, and when it comes to the natural world that's exactly where I am.

Craighead George and I suggest the following:

- Start your foray into foraging by picking only what you know you can identify – not what you think you can identify. If you are unsure of a plant leave it alone, look it up, or call Amy.
- Forget mushrooms! Although the thought of a gourmet dinner prepared with your freshly-harvested fungi sounds very posh they are, according to Craighead George, "...difficult to identify and so dangerous that a professor of mycology (the study of fungi) once told me he himself would never pick and eat wild mushrooms." So leave mushrooms alone unless you are okay tripping to Sharon Hospital's E.R., or to a psychedelic destination of your own design.

- Learn to identify poison ivy, oak, sumac, and hemlock and then once you know what they look like, leave them alone. Wearing gardening gloves while foraging on my own is something I plan on doing.

- When foraging off trail remember to keep track of your location. Otherwise foraging for fun may become foraging for survival, and you will develop all kinds of negative and traumatic associations with securing your food from the wild.

- Start small and forage just enough for a side dish for two, or as an ingredient in a larger recipe. If you try to harvest large quantities you might be gone for days.

- Pay attention to the time of year and harvest accordingly. Different plants are available at different times in the seasons.

### Good choices for beginners

With those caveats out of the way let's explore the edible plants that Amy and I found on our wild plant scavenger hunt. Keeping in mind that this is Foraging 101, I will limit our discoveries to a few ubiquitous varieties, namely dandelions, lambs quarter, cattails, and garlic mustard.

The much-maligned dandelion (*Taraxacum Officinale*) is a great place to begin. We all know what it looks like and probably have some growing nearby. Your neighbor probably won't mind you pilfering some of hers either. Look for dandelions that are not too large. You want smaller tender leaves, as the larger ones can be tough. The easiest

preparation for dandelion leaves is washed and tossed with a light vinaigrette. It is rich in vitamin A and C and its nutritional levels far exceed iceberg lettuce – the staple of my youth. Had my mom known of the motherlode of healthy eating growing in our weedy yard my natural foraging would have started much earlier. Additionally, the roots can be washed, dried, ground, and substituted for decaf coffee. (Note to self: call Keurig and explore potential for Decaf Dandelion Brew.)

We found lambs quarter (*Chenopodium Album*) growing right outside my front door in between the slates of my walkway. Off the trodden path this plant grows to over six feet in height. The leaves are tender, and up until the 16th century, when spinach was introduced from Asia, lambs quarter was treasured as a bountiful leafy green. However, this plant blows the nutritional doors off spinach and is rich in protein, calcium, iron and vitamins C and A. If only Popeye had known about it... To prepare lambs quarter just use it as you would spinach – in a salad, sautéed with garlic and lemon, or in a quiche.

Next we moved to some wetter terrain where Amy bounded enthusiastically through the high grass to retrieve a cattail (*Typha Latifolia*). She yanked it firmly from the ground and shucked its hard outer shaft to reveal what looked like a baby leek. She bit into it with gusto and then offered it to me. I reluctantly took a nibble – it was crunchy and juicy and tasted just like the book said it would – like cucumber and celery. This would be the go-to plant for survival if you were ever stranded somewhere. You could survive indefinitely on cattails because you can use every single part of them from root to hot dog-shaped tip.

Back in the 1950s there was even a Cattail Research Center located at Syracuse University. Scientists from there posited that cattails had been around for 15 or 20 million years – the plant equivalent of the cockroach. They believed it had the potential to solve world hunger because of the concentration of the nutritious roots per acre. However, for *Foraging 101* just focus on the leek-like stalk and cut it raw into salads, pickle it, or use it as you would asparagus.



A dandelion is pictured on the opposite page. Above, lambs quarters being prepared for a meal. Below left, cattails before being harvested. Below, a bunny amongst garlic mustard plants.

Our last foraged plant is garlic mustard (*Alliaria petiolata*). This is a tricky one, not because it is hard to identify but because it is an invasive species. Choking our roadways and woodlands, this weed is the scourge of the serious gardener. Despite its nutritional content rich in vitamins A, C, E with good amounts minerals and omega-3 fatty acids, you cannot sound over-enthusiastic about this edible plant. With its public relations issues you must tread carefully. While serving it, acknowledge its dicey reputation and resolutely pronounce that you are saving our area from this pariah one meal at a time. Then roll your eyes heavenward and take on a martyred virtuous countenance while your guests gaze upon you with reverence.

Every part of this plant is edible, but harvest the leaves before the weather gets too hot and the leaves turn bitter. According to Amy, the leaves make a superb pesto or you can add to quinoa, mashed potatoes, or a green salad.

#### Foraging short cuts

What if you don't have the time or inclination to forage, but you like the idea of it? Foraging can be time consuming and labor intensive. There is an easier way – the Millerton Farmer's Market.

My go-to farmer was Dominic Palumbo of Moon in the Pond Farm. He had a burlap-lined crate brimming with stinging nettles (*Urtica dioica*) foraged from his farm property. Nettles cannot be eaten raw given their stinging quality, but can be cooked like any other green. Palumbo described their taste as a cross between spinach and kale with a hint of nuttiness. They boast quantities of vitamin A, C, D, K and calcium. Further on at Wassaic Community Farm, Annabel was proffering bags of dried nettle leaves to brew for a therapeutic tea.

Now if you go the route of purchasing foraged fare at the farmer's market instead of the old-



fashioned DIY way, you will have to navigate the thorny ethical decision of admitting that to your dinner companions. If you had done it yourself, think of the riveting conversation as you recounted your expedition into the woods earlier that day in search of a side dish. Of course, no one really needs to know. After all, one must never let the truth stand in the way of sparkling dinner conversation.

#### Returning to our hunter/gatherer days

Foraging is literally a return to our roots. What we see in the supermarket vegetable section is a small percentage of what is edible in our world. If you start with realistic expectations and an intrepid attitude you can add nutrition to your diet, rid your local areas of invasives, cultivate new interest, forge a bond with nature, and cut your grocery bill. There are books, websites, and people like Amy to guide you every step of the way. So go wild! ●

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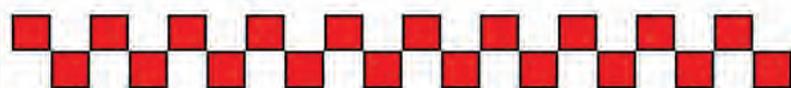
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By Thorunn Kristjansdottir  
 info@mainstreetmag.com

Many of you may perhaps consider yourself a self-proclaimed food lover, and if you are, take note: here's a festival for you. And if you consider yourself a friend to the local farmers, well, this festival is for you, too! The Friends of the Farmer Hudson Valley Food Lover's Festival is a celebration of local farming and community that raises funds and awareness for the Farm On! Foundation, fostering the entrepreneurial spirit of youth in agriculture in the Hudson Valley. This year's festival will take place over two days, July 19th and 20th at the Copake Country Club.

**What is the festival all about?**

Tessa Edick is the founder of both Farm On! and the festival, and she is a food entrepreneur having launched many food products. Along with some celebrity chefs they realized that farmers are the real celebrities and they wanted to celebrate the farmers, bringing economic development to their hard work that feed us so well. She visited many local farms and ended up starting a festival that brought the farmer and local consumer together to a table so a dialogue could begin about who makes your food and how.

The foundation is the philanthropy of Tessa's food launch business, CulinaryPartnership.com. But now she's got a great and expansive team involved with her: people, places, businesses and farms related to food and farming with a focus on local. The festival that will take place this July is the third annual festival and Hootenanny Farm Fresh

Fundraiser dinner with host chef Zakary Pelacio of Fish & Game in Hudson. Lukas Nelson & P.O.T.R. will be the headlining music ensemble – From FarmAid to Farm On! – this is the story of succession and the future of farming. Plus we get to come together, meet our farmers, and celebrate with them by eating their great food and showing them our support!

**There's more to this than just a party!**

The Farm On! Foundation is fostering the entrepreneurial spirit of youth in agriculture. They started with a summer camp. In it's second year, Camp Farm On! will sponsor 20 students July 8-12 in a one week summer camp where kids visit local farms and ag related businesses to formulate a profitable solution and pitch their ideas in teams to a shark tank – real live venture capitalists with notable investors and celebrities. In development is coursework and accredited curriculum in partnership with SUNY Cobleskill, Questar III and AdultEd, Cornell Cooperative Extension, 4H and Taconic Hills High School for pilot programs.

“We want kids participating in Camp Farm On! to know farming is not only cool, it can be a highly profitable business. Paring agriculture with an ROI business mentality makes for viable livelihoods and gives the next generation of farmers the tools to succeed today. Only then can we talk about succession and the future of farming,” said Tessa.



All photos provided by The Farm On! Foundation from their festivals from 2012 and 2011.

Continued on next page ...

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**What's a starmer?**

The first festival was inspired to celebrate the farmer as the real celebrity – the starmer. The first festival started at the same time as the Farm On! Foundation was established. It's about the future of farming – raising your replacement and the story of succession. Farmers are 60 years old, if the collective “we” don't bring awareness to our food choices and sources – which is what they do at the festival – how will the farmers sustain profitability and their children maintain viable livelihoods at family farms? Therefore one of the main goals of the festival is to bring awareness and appreciation for the farmers.

“Experience meeting your local farmer to change the way you eat. Understand where your food comes from – who makes it and nutrition density will make you look and feel great. Opt out of processed food. We cannot fix our broken food system we trusted to feed us well – we can only teach the youth honest food and responsible eating. Keep our local community going!” exclaimed founder Tessa Edick.

Tessa continued by explaining the details of the foundation and festival: “The Farm On! Foundation funds Camp Farm On!, Taconic Hills Harvest Club, Courses and Farm Tours at CLC Town summer camps. By attending the festival and the Hootenanny you support the Farm On! Foundation. Sponsors and patrons also generously donate. And we greatly appreciate everyone's support.”

“I'd like to take a moment to give a special

thanks to our great sponsors: Whole Foods, John Varvatos, Copake Country Club, Dodge Ram, Specialty Food Trade, Maple Hill Creamery, Ginsberg's, Chobani, BluHomes, Farm 2 Consumer, Harney & Sons, and all of our other fabulous sponsors plus the support of Zak Pellacio and Lukas Nelson. And of course this couldn't happen without our amazing farmers!” exclaimed Edick.

**What does the future hold for Farm On!? What's next on the horizon?**

Tessa answered that easily and simply stated, “To change the way we eat, meet your farmer and inspire students to opt out of processed food. The next move is to build course work and curriculum that will hopefully get accredited for our camp. Our dream would be to own a working farm as our educational site. It would be our foundation for a working classroom that includes teaching everything from planting to ownership of a small business and everything in between.”

**A few more details about the event**

As Farm On!'s press release states: For the third consecutive year, Farm On! Friends of the Farmer Festival is organizing two fundraising events at Columbia County's Copake Country Club. The first, is the July 19th's 'Hootenanny!' with host chef Zak Pelaccio (who's newly opened Fish & Game is committed to serving local and foraged ingredients) who will carve a lamb spit-roast, in addition a local farmer and his wife being seated at each table, giving guests a first hand experience meet-

ing the people who make their food. The 'Hootenanny' will be held lakeside at Copake Club Golf from 6-11 pm, which will include a Hudson Valley cheese course, golf cart drive-in movie sponsored by Whole Foods.

The 2013 Friends of the Farmer Festival's music and stage will be sponsored by John Varvatos, who will be joining us at the festival and feature a performance by Lukas Nelson & P.O.T.R. The festival is designed to engage the community with experiences in local food, meet your farmer opportunities, a farmer's market and vendors with local libations. There will also be a wide range of kid-friendly activities including a baby petting zoo, pony rides and more. In addition a “It's Five O'Clock Somewhere Barn to Belly – Meet your Farmer Mixer,” that kicks off a Q+A celebrating the farmer as the real food celebrity under the summer sun, lakeside at the Copake Country Club – the heartland of agriculture. ●

*Copake Country Club is located at 44 Golf Course Road, Craryville, NY 12521 overlooking Copake Lake between Catskill and Berkshire Mountains. For more information about the events, directions and to purchase tickets, go to [www.FriendsoftheFarmer.com](http://www.FriendsoftheFarmer.com) or call 917-722-2438.*

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28 Main Street, Millerton, NY. Wellness studio 65 Main Street.

Terri Lundquist is the owner of The Village Herbalist, and they have a new location at 28 Main Street in Millerton. This is a fantastic shop on a mission! They are more than just about herbal healing; it's all about natural healing and natural living, proving services for the mind, body, and soul. TVH has great products, such as plant-based cleaners for the home, essential oils, bath supplies that are all-natural and plant based – to name a few. Terri also has a TVH Wellness Studio, located at 65 Main Street, right behind Hair Modern. There, herb classes are conducted, healing workshops, as well as yoga; anything that is going to help make you a naturally healthier and happier person. To find out more about events at the TVH Wellness Studio please visit them on the web. And if you ever have a question, Terri is extremely knowledgeable and happy to help. She studied in Vermont for three years in an herbal medical program, followed by a few other programs. Terri also works with a number of local area doctors. She likes the fact that she is in collaboration with the physicians rather than against them. Terri is happy to have met lots of amazing people, not just in this community, but also the new faces that pass through town, and she is excited to see you, too!



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Petpourri is passionate about making their furry clients and owners happy. They opened their doors in 1993 and have met many cute four-legged friends. Not just dogs, but cats too says Stephanie Pellegrino, owner. The store caters to cats and dogs, and has some bird supplies, too. You'll find a variety of pet foods, bedding, treats, and toys at reasonable prices. Many may think it's cheaper to go to a big box store, but they can actually be more expensive. This time of year there are some seasonal items in stock such as life jackets for your dog – for the relaxing moments on the boat. Also, if you're into hiking with your furry friend, you can find great travel supplies such as collapsible food and water dishes. Petpourri keeps up with what is new and if for some reason you can't find what you are looking for, don't be afraid to ask Stephanie, she will get it in for you. Petpourri collaborates with the Interlaken Inn, because they have pet friendly rooms, and offer 20% off coupons. Petpourri is obviously a very pet friendly store, so the next time your pet is in the mood for shopping, stop in for some treats or a new squeaky toy!



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Columbia Tent Rentals has been owned and operated by the Reinckens family for the last 15 years. They are a full service rental company, specializing in weddings; small and intimate, to larger and formal weddings. They offer tables, chairs, linens, flatware, and glassware. Grills, ovens, and other types of equipment are also available as needed. Columbia Tent Rentals loves working with the brides and their families, and most of all, they care about their vision. Working with them every step of the way and "that day," seeing everything come together is very special. With a very ambitious schedule, working up to seven weddings in a weekend, it is no wonder they work a year and a half to two years in advance. In fact, they're already booking 2014 weddings. Primarily catering to Columbia and Dutchess counties, but have worked with clients all along the Hudson Valley and into Connecticut. If you are a bride looking to plan a gorgeous tent wedding, Columbia Tent Rentals is the perfect company for you. They're personalized and have great quality items; everything is made in America. They're continually staying current with the trends, point and case, recently purchased cooling systems which are already in use and perfect for those summer weddings! If you have an idea in mind, they'll do everything that they can to make your visions become a reality!



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## INSURING YOUR WORLD

Now that July is upon us and summer picnics, weddings, reunions, etc. are happening I think it prudent to review how insurances can apply in different situations! Lets start with weddings on your premises/farm, if it is all in the family and you have a homeowners policy you will, generally speaking, be all set. All homeowners have personal liability which cover slips and falls, food related illnesses, and most importantly host liquor liability for the service of alcohol. The aforementioned assumes the bride and groom families are doing all the preparations and service of alcoholic beverages and that alcohol is not being sold. Where it becomes sticky is if you are hiring a caterer or renting a hall or non-owned property to host the wedding, or for that matter, reunion or large gathering of any sort. Be very careful if you are a homeowner since your policy will extend to a rented premise yet if you are charging for the liquor then you should have the caterer supply their insurance and name you as the additional insured. Or you can purchase a one day policy to cover such an exposure which generally runs between \$250-\$400. Many halls or property owners will require that the lessor name them as additionally insured, this simply cannot be done under a homeowners so a separate event policy will be needed to get this endorsement, so get the facts straight ahead of time so an uninsured accident doesn't spoil a wonderful summer gathering.

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## Feline hyperthyroidism...

Hyperthyroidism is an increasingly common diagnosis in our family felines and is caused by nodules on the thyroid gland. These nodules, which are usually benign, secrete excessive amounts of thyroid hormone, causing an increase in overall metabolism. This is a disease of older cats, rarely occurring in those younger than eight years of age.

Cats suffering from hyperthyroidism have a persistently hyperfunctioning metabolism usually resulting in an increased appetite and thirst, accompanied by weight loss and hyperactivity (pacing) or nervousness. These symptoms, if left untreated, often progress to vomiting, diarrhea, increased vocalization (yowling, especially at night) an increased respiratory rate, and occasionally aggression.

On physical exam, your veterinarian may discover an enlarged thyroid gland, a heart murmur and/or arrhythmia, an increased heart rate, thickened toenails and poor body condition. Because excessive thyroid hormone is toxic to the heart muscle, if symptoms are left untreated, heart failure may result.

A diagnosis can be made based on physical examination and blood tests. A CBC and blood chemistries should be checked to look for disorders such as kidney and liver diseases, which sometimes occur along with hyperthyroidism.

The treatment of choice is radioactive iodine therapy, which targets the thyroid gland and may effect a cure. The cost of this treatment and the relatively low number of facilities admistering this procedure make methimazole the choice for most cat owners. Methimazole is a drug that blocks the formation of thyroid hormone by the thyroid nodules and is administered in oral pill form or as a transdermal gel that is applied to the ear flap and absorbed through the skin.

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## Dollars & sense

In recognition of Elder Abuse Day on June 15th, Bank of Millbrook wants to increase awareness about financial abuse of senior customers. "Seniors are increasingly becoming targets for financial abuse," says George T. Whalen, III, President. "At least 20 percent of Americans over the age of 65 have been victimized, and many may not even realize it." Bank employees are trained to look for red flags that a customer is vulnerable or may be a victim of financial abuse. These red flags can be invaluable when identifying abuse – whether it is a bank employee noticing unusual recent withdrawals or a new "best friend" accompanying the older customers to the bank.

All customers can participate in protecting themselves from financial abuse by following these tips:

- **KEEP PERSONAL INFORMATION PRIVATE.** Never share your social security number, account information, or personal details over the phone or internet, unless you initiated contact with a trusted source.
- **SHRED! SHRED! SHRED!** Shred receipts, bank statements and unused credit card offers before throwing them away so fraudsters can't piece together your personal information.
- **DON'T LET A SO-CALLED "ADVISOR" PRESSURE YOU.** Never let a new or untrusted "advisor" pressure you into sharing personal or financial details. They could be trying to defraud you.
- **CHECK YOUR CREDIT REPORT.** Customers should check their credit report at least one a year to ensure no new credit cards or accounts have been opened by criminals in your name.

"Being aware of warning signs and taking simple steps to safeguard personal information can make all the difference when it comes to stopping financial abuse," says Whalen.

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# WHAT'S YOUR SIGN?

## ARIES (March 21–April 19)

Be careful that you don't put your foot in your mouth. You have a tendency to jump the gun, be conscious of how you use your energy. A false start gets you disqualified. Orient yourself to your surroundings before you make any major upheaval.

## TAURUS (April 20–May 20)

You will find that you have an added burst of energy that could help you conquer just about any task you set your mind to. You may feel more aggressive than usual, so use this to your advantage by delegating tasks and moving forward on projects.

## GEMINI (May 21–June 20)

You may feel a bit anxious, and it may be hard to settle down. You have many irons in the fire, and they're all starting to heat up at once. Unfortunately, other people may not be especially sensitive to your needs, so beware. It's best to put up a psychic shield to protect yourself from other people's moods.

## CANCER (June 21–July 22)

Your heart should feel quite generous. You're most likely feeling the need to keep everyone smiling. Spread your radiant sunshine everywhere - it will be appreciated on a day like this. You can't go wrong with compliments and positive encouragement. Focus on the good in all people and you will find that this attitude helps bring out the best in you.

## LEO (July 23–Aug. 22)

You may feel the urge to get up and go. Follow this instinct and get to work. You're anxious to get the ball rolling. The key for you now is to make sure that the ones that are already started get done before you tackle the others. Don't let people stand in the way of your progress. Grab hold of the reins if you need to.

## VIRGO (Aug. 23–Sept. 22)

You may find that there is some opposition from other people, especially concerning emotions. You may feel threatened in some way. An aggressive attitude could be making you feel inferior or unworthy of certain attention. Wanting peace, justice, and harmony doesn't make you wimpy or inferior, as some people may suggest. These qualities are your strengths, not your weaknesses.

## LIBRA (Sept. 23–Oct. 22)

You're terrific at following through with projects, but perhaps not so great at starting them. It's the perfect time for you to prove this theory wrong. There's a great deal of force out there to help you. Take advantage of this energy and get to work on things you've been meaning to start but haven't gotten around to yet.

## SCORPIO (Oct. 23–Nov. 21)

Your self-esteem is apt to be quite high today, and you may feel an extra bit of fire helping you throughout the day. Take the lead on projects that seem to be going nowhere. If you want the job done right, you may have to do it yourself. Don't be shy. This is the time to stand up.

## SAGITTARIUS (Nov. 22–Dec. 21)

There may be a bit of tension and conflict in your world. Be prepared for mild contention that could turn into an all-out war if you aren't careful. Don't take things too personally. Think of these disputes as challenges that will only make you stronger when you overcome them.

## CAPRICORN (Dec. 22–Jan. 19)

There may be tension in your heart that could be difficult to shake. You find it hard to relate to people or that others aren't hearing you very well. Keep in mind that you may have to translate your thoughts in order to get your message across.

## AQUARIUS (Jan. 20–Feb. 18)

Try not to be impatient. This could be a day in which you feel restless, and everything seems to take much longer than you'd like. Try your best to go with the flow. Don't get so wrapped up in making sure things happen by a certain time. Quality is more important than speed, and a peaceful mind is more efficient and productive than a stressed one.

## PISCES (Feb. 19–March 20)

To fight or not to fight may be the question. Your sensitive, feminine side is likely to say one thing while your masculine, combative side says another. The key is to not act hastily in any situation. Make sure you proceed from a neutral platform instead of reacting from a point of aggression caused by someone else.

Source: www.horoscope.com

Welcoming  
 Elizabeth Lucal, MD, FACOG  
 to The Birthing Suites  
 at Sharon Hospital.

Where Nurturing &  
 Caring Come Naturally.



Regional Healthcare Associates is pleased to welcome Dr. Elizabeth Lucal to our physician group practice. Dr. Lucal has been practicing Obstetrics and Gynecology for over 13 years. She is Board Certified in the specialty and also earned Fellow status in OB/GYN in 2007.

Dr. Lucal is a Connecticut native who, prior to starting with RHA, developed her skills in OB/GYN by serving as an active duty physician (in OB/GYN) at Fort Drum, NY. In 2008, she deployed to Iraq serving as the Battalion Surgeon for an Army Combat Unit. Upon honorable discharge from the Army, Dr. Lucal started an OB/GYN office for a large medical center in Northern New York. During this time frame she decided to transfer her love of the job to the Sharon Hospital community where she can be closer to her family.

Dr. Lucal enjoys all aspects of OB/GYN but does have special interests in high risk obstetrics, minimally invasive GYN surgery, menopause and infertility. She is a member of the American Congress of Obstetrics and Gynecology, the American Society for Colposcopy and Cervical Pathology as well as the Society for Laparoendoscopic Surgeons.

Dr. Lucal is pleased to start full time and will divide her office time between TriState Women's Services (Sharon OB/GYN) and New Milford OB/GYN while performing all surgeries and deliveries at Sharon Hospital.

Dr. Lucal is accepting new patients at TriState Women's Services, 50 Amenia Road, Sharon, CT & New Milford OB|GYN, 2 Old Park Lane, New Milford, CT.

For more information or to schedule an appointment, please call 860.354.9321.



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