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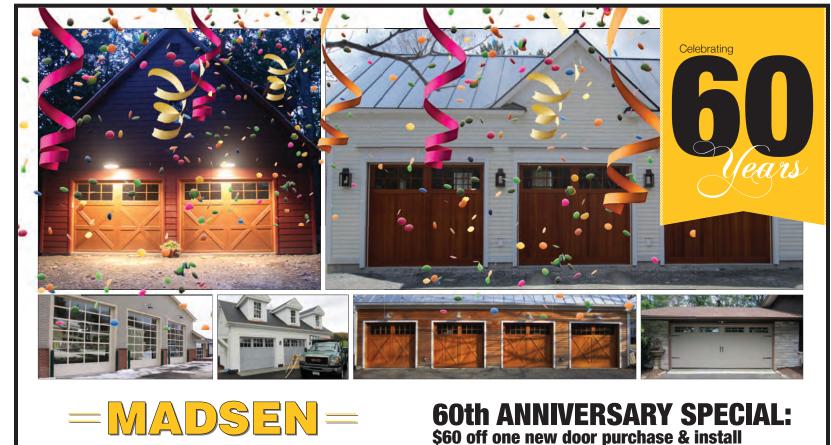
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## THE FOOD & DRINK ISSUE AND EXCITING NEWS ABOUT UPCOMING CHANGES TAKING PLACE AT THE MONTH'S END...

I am extremely excited about this Food & Drink issue, our second annual! What better time to feature all things food and drink-related than at the height of the growing season? And if you flip through the pages of this themed issue, you'll see a number of local places that either grow and or produce our foods and drinks, prepare them, sell them, or are somehow connected to them. What a great group of people and businesses!

Our Food & Drink issue last year was our first themed issue ever, and we had so much fun with it that it sparked our interest in featuring a couple of other themed issues throughout the year. So we are truly excited to be returning to the topic that started it all! Not only that, but perhaps you noticed that this July issue is 48 pages in length — our biggest issue yet! I am truly excited and proud of this. It affords us the opportunity to bring you more stories about locally related topics, and we get to feature more local advertisers and businesses. It just doesn't get much better!

We live in such a bountiful area, but not only that, we have some truly amazing and delicious choices. So go out, eat, drink, be merry, and shop locally.

#### We're movin' on up ...

During the final days of July, we'll be moving our offices up Main Street. We're moving from 24 to 52 Main Street in Millerton, where we'll be sandwiched between two fantastic restaurants: Manna Dew and 52 Main (yes, pun is intended!). We welcome you to visit us in our new space once we've moved. We're extremely excited about this move because the new space is larger than our current office space, *and* we'll also be joining forces with a good friend of mine, Martina Gates, at 52 Main Street.

Martina is an accomplished equine photographer and fine artist. Her work will adorn our walls throughout the year, as will the work of a select few other photographers. So in addition to housing Main Street Magazine's offices and my graphic design firm, Thorunn Designs, we'll also have a photo gallery. Each show will run for two months, and will feature the work of a different photographer. Stop on by and check us out in August!

- Thorunn Kristjansdottir



#### **JULY 2014**

Local 111 in Philmont, NY serves up grilled asparagus with soft boiled egg, arugula, almonds, and mustard vinaigrette with a beer from Chatham Brewing. (See feature article about chef/owner Josephine Proul on page 6).

Cover photo by Steven Steele Cawman

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#### **PRINT, LEGAL, ACCOUNTING & INSURANCE**

Printed by Snyder Printer, Inc. • Legally represented by Davis & Trotta Law Offices
Accounting services by Pattison, Koskey, Howe & Bucci CPAS • Insured by Brad Peck, Inc.

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By Steven Steele Cawman arts@mainstreetmag.com

Pulling into Philmont, New York, you will find the converted service station that now houses Local 111, a restaurant specializing in local farm-to-table dining. Max Dannis, a former management consultant, and his wife Linda Gatter, an architect, first opened the restaurant in 2006. They lovingly restored and converted the two-bay service station into a culinary destination where people could enjoy the fresh, tasty offerings of the Hudson Valley. After closing for a few months for winter, Local 111 reopened in May under the new ownership of Chef Josephine Proul.

#### A California girl

Josephine is a sixth generation Californian with strong family roots in food culture. During her childhood in Sacramento, she found herself surrounded by a family that loved to gather around the dinner table on a regular basis. Taught by the gentle hand of her grandfather as a small child, she got her first taste for her life's passion while stirring risottos and grinding fresh sausages by his side.

Tradition truly influences all of the food culture that Chef Proul claims. In 2004, she made a firm commitment to the industry she loves by moving to the east coast to attend the New England Culinary Institute, graduating with a Bachelors Degree in Culinary Arts. She began as a sous chef at Local 111 in 2008, eventually becoming it's head chef and owner.

#### **Hudson Valley love & "Philmontians"**

Chef Proul loves the area and is excited by what she sees happening in the region. This is an exciting time to be in the Hudson Valley. There is a food co-op opening across the street from the restaurant and you will even find her mother up the street as the owner of the Main Street Public House. New partnerships and a growing interest in local products and foods are reinvigorating the area's culinary scene. Since Chef Proul arrived, she has been interested in cultivating lasting relationships with local farmers, other chefs, her purveyors, and her community. Her goal is to also build a strong rapport with Local 111's guests in a way that supports future growth in farmers markets, food education, and season extension. She is passionate about creating a community and cuisine that is locally sourced.

Josephine describes her culinary style as New American and is careful to make sure that her offerings appeal to a wide range of diners. Whether you are looking for a light fare or a more substantial "comfort food," there is something on the menu for you. She coined the word "Philmontian" to describe her selection.

According to Josephine, "My food isn't stuffy or pretentious, it is totally approachable." Her food, like Josephine herself, is fun and funky. Items are reasonably priced. Proul notes, "Hey, I am happy that my guests have come to Philmont. So, I want to make sure they leave satisfied and happy."

#### Taking it to the next level

Proul recounts how in 2011 she traveled to Spain along with her sous chef Michelle Pelkey in order



This page, above top: House smoked duck snack plate with bean salad, mixed pickles and pollen Bert cheese. Above: Chef Josephine Proul.

Opposite page: Three of Proul's dishes (top: today's fish with scallions, radish, lentil hush puppies, and malt "tartar," middle: grilled sirloin, herb and almond salad, herb pistou, cured kale and blue cheese grits, bottom: chicken confit with cured kale, pecans, spicy aioli, and summer herbs); the Chamber of Commerce ribbon-cutting ceremony in front of Local III this past May; two interior images from the restaurant.

to absorb the local food and wine culture. The two visited eleven cities in three weeks, devouring all that the country had to offer. She returned from her travels abroad with an even deeper love for food.

"I knew we had to ratchet things up here and take it to the next level. We had the right team and formula in place, we just needed to improve what we were doing," explained Proul.

Over the next couple of years, she focused on managing her food costs and training her front-ofhouse team to deliver superior customer service. Proul praises the team that she has in place and credits them with helping in Local 111's success. The staff's dedication and happiness is evident in her very low staff turn-over rate.

Having worked and managed Local 111 for five years, having a better handle on her food costs, and with a great staff in place, Proul sat down with owners Max and Linda to discuss taking over. "It had always been their intention to sell the business to make it chef-owned when they originally opened Local 111," said Proul.

Josephine praised the way Max and Linda helped her to get to the place she is in today. They really turned the running of the restaurant over to her and allowed her to make a majority of the management decisions along the way. "It took me five years to build up the momentum to do it and be ready. But when we closed for the winter break back in February, I knew the time was right for me to take over as owner in May."

#### Taking pride in the ingredients

Josephine is proud to point out that everything is made from scratch and in-house, with the exception of the hard rolls used for the hamburger she serves. She selects what is in season and works with those ingredients, in addition to ingredients sourced from area farms. Her pork comes from Cool Whisper Farm in Hillsdale. Beef and eggs come from Pigasso Farms in Copake, and her cheeses are made by local artisans.

The one thing you will not find at Local 111 is a full-bar, but you won't miss it. Because there is a church located right across the street, her liquor license only allows her to serve beer, wine, and alcohol with a strength of 24% or less. This hasn't stopped her from creating a spectacular menu of handcrafted original cocktails. She has discovered and is embracing soju, distilled Korean liquor that complies with her license. She uses it to create delicious Cosmopolitans, Martinis, and even Bloody Marys for brunch. She showed me a container of soju that she is infusing with rhubarb for an upcoming, flavorful cocktail. In addition to the cocktails, she also has a wonderful variety of local craft beers and a carefully selected, international wine list that offers something for everyone.













#### Awards and accolades

This March, Proul and five other Berkshires and Hudson Valley chefs were invited to chef and present "The Berkshire Cure-All" at the prestigious James Beard House in New York City. The James Beard Foundation celebrates, preserves, and nurtures America's culinary heritage and diversity. This dinner celebrated Berkshire products and showcased the local farm-to-table movement. Proul was excited to be invited to showcase her skills at this prestigious foundation. For Chef Proul, the invitation signified her success on the food scene. She also took great satisfaction in the peer recognition she received when participating in the event.

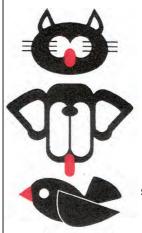
Proul is no stranger to receiving accolades and awards. In 2010, she won the Victoria A. Simmons Locavore Award as an Inaugural Nominee and won the Locavore Award again in 2013. In the same year, she also received the "Taste of Dinner" Fifth

Anniversary Honoree Award and a Berkshires and Hudson Valley Chefs Local Food Networker award.

Chef Proul puts soul, dedication, and her love of the area into everything that she cooks. Come share in this passion for the freshest and best ingredients from the Berkshires and Hudson Valley at Local 111 in Philmont, NY. •

Local 111 is located at 111 Main Street, Philmont, NY. Reservation can be made by calling (518) 672-780 and are highly recommended. Dinner is served Wednesdays through Sundays and Brunch is served on Sundays from 10am to

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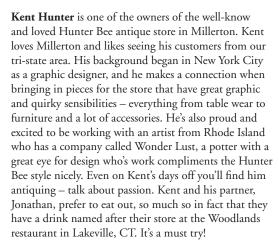
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#### friendly faces: meet our neighbors, visitors and friends







Libby Markonic is a working wife and mother who paints houses for Hussey Painting and finds it relaxing. Libby stays active by doing outside activities such as hiking, playing with her kids, playing an intense round of badminton, and tossing the Frisbee around. Despite how cold it was this winter, Libby still managed to hike almost everyday. One day she recalls it being negative 16 degrees! To fuel her body after being so active, Libby likes to dine at the many delicious restaurants in our area, but she also likes to cook. "You won't hear my husband complain about my cooking," she laughed. But when asked about her favorite dish, she says it doesn't matter if she's ordering or cooking at home, she loves shrimp scampi or any kind of Italian food. She and her family are excited about going to the beach in Rhode Island this summer for a little R&R.



Heather Miles and Sarah Butts are best friends and both work at Irving Farm on Main Street in Millerton for a combined total of six and a half years. They're both baristas, but you'll most likely encounter Sarah's friendly face while she takes your order whereas she often mans the front counter. The girls like meeting new customers, but also like seeing their regulars, too. They make working fun and created a tally game to see if they know the person's order and name before they even hit the counter. There's a good chance you'll find them dining out together at other amazing local eateries, too. Heather really likes the organic burgers at the Oakhurst Diner, "They are delicious!" Sarah likes the mac and cheese from 52 Main. Pop quiz girls: you see me entering Irving Farm, what's my name, and what am I going to order?



Paul Choma joined his wife as the vice-president of Gilded Moon Framing ten years ago and likes the creativity that they bring together as a team. Paul also loves the friendly people in town and the beautiful views from the renovated bank building that sits atop the hill overlooking Main Street in Millerton. Paul is very ambitious outside of framing too; he works out, is a part-time ski instructor during the winter months at Catamount, he's his kids number one fan, and he's the cook in their home. Paul is looking forward to fresh tomatoes from his garden this season. They started the tomato plants from seedlings and he hopes to make tomato sauce once they're ready. Paul is also looking forward to going water skiing and boating with his wife this summer. To finish off his busy day, he likes to come home to their "third" kid, their black lab, and have quality "TV time."



Erin Rafferty works at Barlow Farm where she serves ice cream and smoothies. She also works full time in the emergency department at Sharon Hospital. When she isn't working hard, she and her boyfriend enjoy downtime at their home in Wassaic. They like the wildlife and hiking trails in the area around their home. Erin loves spending quality time with her family and friends. As for their summer plans, Erin is looking forward to taking long weekend vacations, and her cousin's wedding in September! When asked about her favorite dish, Erin admits that her favorite dish to cook is lasagna with delicious chocolate chip banana muffins for dessert. Of course Erin also likes eating out and says her favorite restaurant is Irving Farm, but hopes to see you in Barlow Farm. She recommends that everyone try the custard ice cream or the peanut butter banana smoothie! Yum.



Nate Cannon works for W.B. Case and handles most of the HVAC operations. He likes to do something different every day and there's a lot of versatility, which is why he wanted to get into the field in the first place. Nate is still an apprentice and has only been with W.B. Case for three months, but has been doing this for over a year. He likes learning something new everyday. Nate hails from Canaan, CT, so he's very familiar with the area and knows his way around which comes in handy at work. Hands-down Talk of the Towne Deli is Nate's favorite place to eat around Millerton. "You can't beat a Towne Wrap!" Nate also has a second job working at a paint ball field in Falls Village. They've been in business for over three years, and have 17 acres of all of the fun you can handle. They're open to all ages, so stop on by and say "Hey" to Nate.



























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# eat, drink, and be ... healthy LIFESTYLE

By Laura J. Downey info@mainstreetmag.com

"his lips drink water, but his heart drinks wine" – E.E. Cummings

Living in an area that is rich in natural beauty has its perks, not only aesthetically but also in what local farmers, vintners, and even artists are able to bring forth from it. With this issue of Main Street Magazine being the "Food & Drink" special and with our local area being abundant with wineries, I thought it would be appropriate to take some time to look into the effects of alcohol, and specifically red wine, on cardiovascular health. With poet E.E. Cummings quote at the top of this article one can look at it and assume that Mr. Cummings was referring to someone's love for wine, but research suggests that our hearts may actually benefit from alcohol, specifically red wine. Alcohol, when consumed in moderation, may be a secret ingredient to cardiac longevity.

#### **Everything in moderation**

There have been countless studies performed over the years on how many glasses of wine would constitute 'moderate' wine consumption. The number of drinks was impacted by research location, male versus female subjects, body composition, age of subjects, and even type of alcohol provided. After years of variability, most current research shows that 'drinking in moderation' in regards to wine means one glass per day for women, age 21 and up, one glass per day for men, age 65 and up, and two glasses per day for men, ages 21 to 64. A glass is designated as five ounces of wine. The consumption amount becomes crucial to the positive benefits of drinking wine because once someone drinks more than this amount the effects are actually detrimental to his or her health.

Another important factor in the research is that the benefits of alcohol consumption are limited to those who have a healthy heart. Any cardiac conditions, especially those requiring medication, negate the benefits of moderate alcohol consumption and alcohol should be avoided altogether, unless otherwise directed by a physician

#### Relax and de-stress

Alcohol, also called ethanol, is a central nervous system (CNS) suppressant. Our central nervous system is made up of our brain and our spinal cord, two major players in how our body functions. Cell membranes are permeable to ethanol, and when

alcohol first enters the blood stream it is quickly absorbed and carried throughout the body. Because alcohol can cross the blood-brain barrier (a protective barrier that allows a safe balance to remain in the brain and keeps many harmful agents away) it has an immediate effect on the functioning of our brains and spinal cord. When drunk in moderation, alcohol has a relaxing effect on the body as it slows the transmission of messaging throughout, dulling any excitatory effects. This initial dulling of the CNS lowers our heart rate and breathing rate, amongst many other reactions.

A popular research topic these days is stress, and its effects on our health. A lot of research has been coming out that shows the negative impact of stress on our health, especially on our cardiovascular system. Stress can take years off of our lives depending on the severity and duration due to its physical impact. If a glass of wine can create a calming effect and allow the body to de-stress it could very well add years to our lives.

#### Alcohol and the cardiovascular system

Along with the effects that alcohol has on the central nervous system, it has also been found, when drunk in moderation, to have a positive impact on the entire cardiovascular system (our heart and blood vessels). Ethanol has been found to modulate low density lipoproteins (LDL) or 'bad' cholesterol and high density lipoproteins (HDL) also referred to as 'good' cholesterol. Research shows that it is best to have higher levels of HDL and lower levels of LDL, which moderate alcohol consumption has been shown to promote by raising the levels of HDL. Ethanol has also been shown to help decrease the amount of plaque formation in vessels ultimately decreasing the risk for a blood clot to form. Blood clots can result in a myocardial infarction (heart attack) as well as a cerebrovascular accident (stroke). Overall moderate consumption of wine can decrease the risk of coronary artery disease, high cholesterol, hypertension, and many other cardiac related health problems.

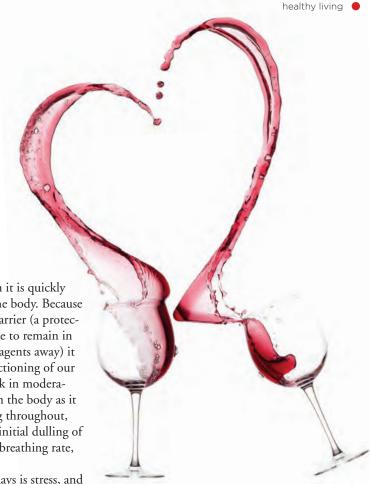
#### Why red wine?

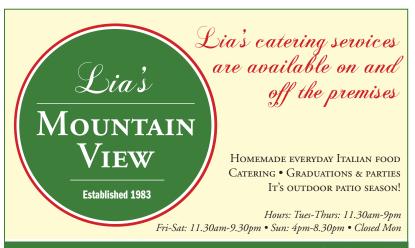
There has not been enough research to support the idea that red wine is more beneficial for cardiac health than any other type of alcohol. Red wine, because of the grapes used in the wine making process, and because of the longer fermentation period, has been seen as more beneficial in moderation to our health. Red wine tends to contain higher

amounts of antioxidants, specifically polyphenols. One polyphenol that was thought to be especially helpful in maintaining cardiac health was resveratrol. Resveratrol, in animals, has been shown to positively impact all of the areas that were discussed above for heart health. A recent study that was released this past May showed that resveratrol by itself was actually not beneficial for humans who drank red wine in moderation. There has been speculation that it is not resveratrol by itself, but rather resveratrol in combination with other antioxidants that may contribute to the beneficial cardiac properties of red wine. More research is needed at this point to truly determine what makes red wine better than other forms of alcohol to promote heart health.

Wine is one of the oldest man-made medicines that has ever been documented, with its origins starting around 6,000 BC in the northern area of what is now the Middle East. It has been proposed by many scholars and wine lovers, over numerous generations and continents, that red wine in particular has greater heart health benefits than any other form of alcohol. Whether red wine specifically is more beneficial for cardiac health over other forms of alcohol is still to be determined. Although moderate alcohol consumption appears to have positive effects on the cardiac system it is important to remember that it can be detrimental if not used appropriately. •

The research that is referred to in this article is based on individuals who are of the legal drinking age, have no cardiac diseases, and who do not have any adverse reactions or addictions to alcohol. Anyone who has a cardiac history or who is on medication should consult with his or her physician prior to drinking alcohol. Please drink responsibly.







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## DIVE DEAS A CHANCE THANGES TAKING PLACE AT PALEY'S FARM MARKET

By Christine Bates christine@mainstreetmag.com

For our Food & Drink issue, Main Street Magazine visited Charlie Paley at his Paley's Farm Market in Sharon, Connecticut to find out what happened to the food market - normally filled every spring with strawberries, fresh mozzarella, lettuce, tomatoes, cheese, bread, and pies.

#### Everyone was shocked when they received your email announcing that the food market at Paley's would not open this year and that you will close everything on July 19th. What happened?

I've been considering changing the focus of Paley's to the garden center and plant growing for a few years. I've recognized that I cannot continue to work at the same pace forever. This spring I decided to implement my plan and take a break for myself. I want to slow down and enjoy life. It was just too much. I think of it as taking a sabbatical.

We have a lot of options for our food business from reopening next spring as usual, or leasing the store and crop fields to another farmer who wants to create a farmer's market at Paley's.

Without the food market I have time to actually talk to my customers. And after July 19th I will have my first summer off in 32 years. I'll take some time to rethink my business. Normally I work seven days a week, 12 hours a day. Paley's market was great for everyone except for me.

#### What was the hardest part of making this dramatic decision?

It's not disappointing my customers, which is bad enough. And it's sad to let go of the food market. I'm very fussy and hands-on and very happy when it all comes together and the parking lot is full of customer's cars. I take a lot of pride in that. The worst part is letting my employees go.

#### When did you start this business? How long have you been doing this?

My father, Morris Paley, was a dairy farmer and, at one time, owned five dairies in Sharon, CT. He got out of that business when I was seven or eight. I started growing corn on this land when I was 15 years old and then when I was 19 started a very casual farm stand with only vegetables that I grew. I hired some friends to sell and was a ski instructor at Breckenridge, Colorado in the winter. Next I added fruit and annuals and then my first greenhouse, and then I was running this three-ring circus of a farm and a garden center and a food market. My father said, "Dairy farming is hard but this is nuts."



#### How many greenhouses do you have? How many employees?

Right now I have seven greenhouses with over 20,000 square feet. I have ten employees max and am very careful about expenses and costs. My sister Sarah Coon is our bookkeeper and we do a lot of brainstorming about the business.

#### What about the solar panels?

We put up 144 solar panels last fall with the help of grant money and tax incentives. I have a 15-year contract to sell electricity to CP&L. Look here on my computer, I can track how many kilowatts we generate per day. Since we started on December 13th of last year, the panels have produced more than 16,700 KW.

#### Who are your customers and competition?

Our customers come from all over the region because of the quality of our plants and product. We sell large six packs with plants that actually have roots that we grow ourselves. I'm always very disappointed in the quality of plant material grown by wholesalers. Our plant product inputs are high quality - good soil, fertilizer, and non-GMO seeds. We grow almost all of our annuals and most of our



Above top: Charlie Paley watering in his greenhouse. Above: Paley's road sign.

Continued on next page ...

perennials, but rely on other growers for our trees, shrubs, and roses.

Garden center hopping seems to have become a new spring sport. I don't expect people to buy everything here. Customers are always a little embarrassed when I look in their cars and see plants from other places. I like to see what other people are doing.

#### What do you like best about your business? I like growing plants in my green houses.

#### What is the hardest part of this business?

Very simple – weather! If the weather is good everyone does well. This spring was very cool and then it got hot. The annuals loved it. They get stressed when it's too hot. As we focus our business on the garden center, the green houses allow us to be more independent of the weather. I don't know if it's that I'm getting older or there is climate change, but it does seem that the weather is getting more severe. It's just more unpredictable. A few years ago we had 30 inches of rain in June and we lost our potatoes and corn, and the tomatoes rotted. Open field crops seem increasingly vulnerable to blight and mildew.

## What have you learned over 32 years in the growing business? What would you tell a young farmer?

I've learned to avoid over production if your goal is retail. Marketing is the most important question to ask. Growing is easy. Selling is hard. Who and what is your market? I avoid wholesale because you can't make money.









Above top: The exterior of the greenhouse surrounded by perrenials. Above left and right: There is no food at Paley's Farm Market this year, only hanging baskets for the season. Below: Paley's gardening supplies.

#### What's changed in your business?

The variety of plants has expanded enormously. In the early days we used to sell flats of impatiens and marigolds. Next came the perennial craze when hostas and astlibes took off. Now there is a huge selection of new annuals – bicopia, verbena varieties, salvia – that are designed for containers and are disease resistant.

Also customers are more concerned about where food comes from. They are savvier. In 1982 no one knew what a sugar snap pea was. People wondered what was wrong with the fingerling potatoes when we first introduced them. Kale used to be a garnish, now it's a craze.

I have also noticed resurgence in canning. In the early 80's customers would buy bushels of tomatoes to can, and now they are interested again. It does seem that people don't actually cook as much – there's more food assembly.

Knowledge sharing has also improved enormously. I can watch a YouTube video to learn all sorts of new techniques. And our website let's us communicate with our customers. That's how we got the word out about the food market not opening.

On the business side we now use QuickBooks and we can track costs and get a better idea about what we're selling. We have stopped trying to be everything to everyone.

And I think I mentioned that the weather is getting more extreme. It used to be way easier to grow tomatoes.

#### What are your plans for the rest of the summer?

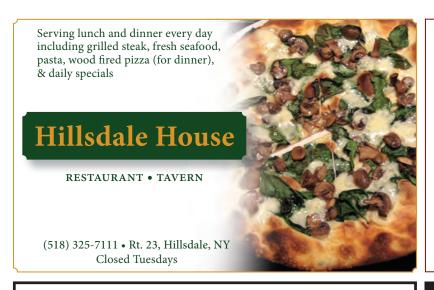
This summer I hope to get away a bit, but also look forward to being around here without the 12 to 16 hour workdays. There are some garden centers and farm markets I'd like to visit in Connecticut, Vermont, and New York. I'm leaving the food side of the business up in the air and will focus on rethinking the retail garden center business. Maybe someone will come along who would like to run the food market. Right now my fields are resting and planted in rye. I am planning a big sale in the middle of July when the garden center will close. My plants will winter over in the greenhouses and we will reopen in the spring of 2015.

We had a Summer Solstice Open House on Saturday, June 21, when Litchfield Hills Solar and the Sharon Energy and Environmental Commission talked about energy conservation and green energy. My next project is that I'm trying to figure out how to capture and store rainwater for the greenhouses.

#### What do you intend to do when you retire?

Not sure about that, but I don't want to own a hose. •

Paley's Farm Market is located on Route 343 in Sharon, CT. You can reach them at (860) 364-1771 or through their website at www.paleysfarmmarket.com.



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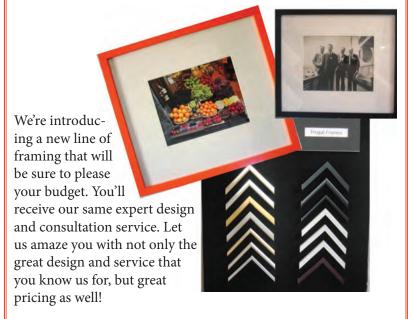


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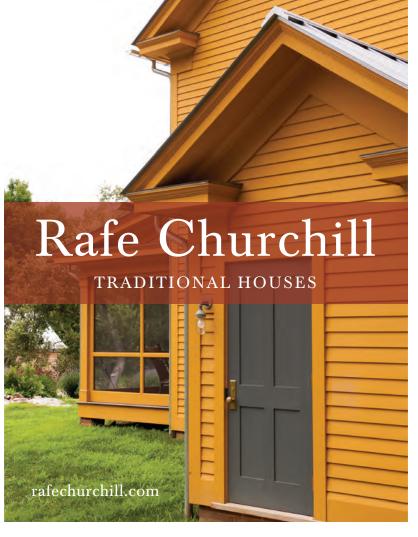
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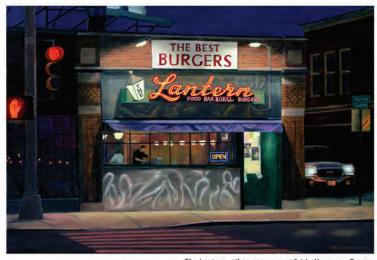






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The Lantern, oil on canvas 24x36 J.L. Neumann © 2014

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## **GREAT GASTRONOMY**



By Thorunn Kristjansdottir info@mainstreetmag.com

The Red Devon restaurant is located in Bangall, a stone's throw from Stanfordville, NY, in Dutchess County. The restaurant sits at the Hunns Lake Road intersection and is seemingly tucked away and hidden from the highly-travelled Route 82. But upon arrival, it's as if you're transformed in time and space...

This was my first dining experience at the Red Devon – and what an experience it was! As a result, the Red Devon has now officially entered onto my list of top five favorite local restaurants, it joins the likes of The Woodland's in Lakeville, CT and Market St. in Rhinebeck, NY. So without further delay, let me tell you about my fantastic Red Devon experience and why you need to go there and check it out!

#### The room is Zen

We had arrived a few minutes ahead of our 6:45 reservation on a beautiful Saturday summer's evening. The sun was setting and the sunlight hits the front porches of the Devon's building just right. Very little of that sunlight enters the bar and reception area however, but from that room we were escorted to the right, into the main dining room. I was immediately filled with a feeling of Zen-like calmness. We were seated toward the back, and what comfortable booth seating they have! Let's face it; nothing beats a good booth.

After settling into our booth and meeting one of our waitresses, we took in the room. We both, separately, commented that it felt as if we were at a swanky restaurant at a resort at some exotic location, and not in up-state New York. The room had a beautiful and simple elegance to it, and we couldn't quite put our finger on it, whether it was the type of interior design, or the lighting, or a combination of it all, but it had a touch of Japanese "Zen-ness." And that's when our second waiter arrived with the bread basket, ready to take our drink orders, and to tell us about the evening's specials.

#### The delightful menu

As our waiter explained, the left side of the menu includes dishes that they have available year-round.

The right-side of the menu has the chef's specials, which are seasonable specials that depend on availability, and in-season ingredients.

The Early Summer Menu, on the left side, includes a House Salad which consists of shaved red onion, shaved radish, mesclun greens and lemon vinaigrette; the House Smoked Salmon Salad which also comes with shaved radish and red onion, cucumbers, capers, dill, lemon vinaigrette and arugula; or the Local Artisan Cheese Plate which consists of a selection of three artisan cheeses, toasted baguette, and seasonal compote. The entree choices included the Fish and Chips which is line caught cod that's been beer battered and comes with house-made tartar sauce and coleslaw and hand cut french fries; and the Temple Farm Hamburger which comes with roasted garlic aioli, lettuce, sliced tomato, hand cut french fries, and a sesame seed bun.

From this side of the menu we ordered our two appetizers, which were the Baby Spinach Salad which has house smoked bacon, Bayley Hazen blue cheese, shaved red onion, roasted baby beets, and a sherry mustard vinaigrette; and the House Made Tagliatelle 'Carbonara' which has Cremini and Shitake mushrooms, asparagus, fresh egg, wilted spinach, Coach Farm aged goat's cheese, and house smoked bacon.

There are salads, and then there are salads! The spinach salad was a salad! The dressing was the first curiosity that my taste buds went "goo-goo" for and I think that this is the best piece of blue cheese that I have ever in my life had. The bacon was very interesting because it was obvious that it was smoked, but it was smoky without being totally overwhelming like some smoked meats can be. The Carbonara pasta was beautifully presented, and it had an interesting combination of flavors and textures. It too had the bacon as an ingredient, but it combined perfectly with its fellow ingredients.

For our main course, I ordered the Buttermilk Brined Southern Fried Baby Chicken which comes with sauteed black kale, mashed potatoes, and cayenne maple syrup. My fiance decided to try

something off the Chef's Menu and he ordered the Young Beef Piccata which comes with grandma's potato gnocchi, Cremini and Shitake mushrooms, spinach, capers, and brown butter. But as soon as our order was placed, a waiter walked by with a hamburger and fries, and my fiance had second thoughts about his order - the hamburger looked absolutely phenomenal!

Once our main courses arrived and we sunk our teeth into the delicious feast before us, my fiance was more than happy with his choice. My chicken was ... it's the best fried chicken that I've ever had! Period. The kale was sweet, and combined with the mashed potatoes - wow! I then dipped my chicken into the cayenne maple syrup, what an odd and amazing combination of flavors: it was sweet then you got a hint of spice, and it was addicting!

The Beef Piccata looked beautiful sitting atop the gnocchi, spinach, and mushrooms. My fiance said that it was incredible, so I snuck my fork over and tried a gnocchi - it's the best gnocchi I've ever had. Hands-down. With it I tasted the sauce and it too was absolutely amazing, and so I started cutting a piece of the beef, to which my fiance reminded me that it was beef (I don't eat red meat), but I said that I knew, but I just had to try it. The beef was tender and so full of flavor. Both dishes were simply put: incredible in every way possible.

As I first stated, the Red Devon is now one of my five favorite local restaurants, and I can't wait to go there again. Thank you to the incredible chefs and the extremely attentive wait-staff. •

The Red Devon is located at 108 Hunns Lake Rd, Bangall, NY, they can be reached at (845) 868-3175 or through their website at www.reddevonrestaurant.com.









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whippoorwill farm

TALES OF À FARM GROUPIE

By Memoree Joelle info@mainstreetmag.com

The ethereal call of the eastern Whippoorwill probably hasn't escaped your ears if you've lived in this area for long. The small bird's cry, heard only at dawn and nightfall, is steeped in folklore and literature, from The Legend of Sleepy Hollow to countless poems and songs. And while its call is distinct, it's easy to walk right by it; its brown mottled feathers camouflaged perfectly with the bark of trees and

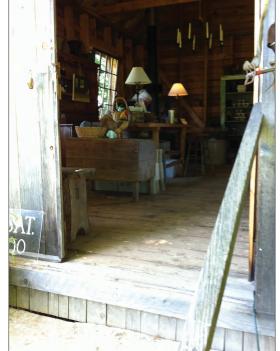
Similar to its namesake, Whippoorwill Farm melds so perfectly into the Connecticut landscape that you might miss it if you don't slow down on your drive through the winding roads that lead through Litchfield Hills. Most locals know of this charming farm and farmstand by word of mouth, although Whippoorwill is the first farm that comes up on the Eat Wild website, a trusted source for finding the best healthy and sustainable farms all over the country.

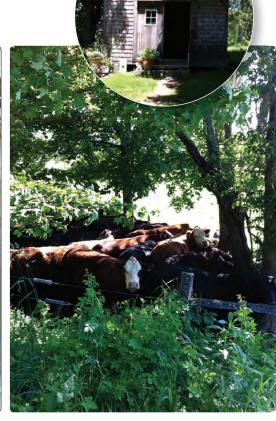
#### A farm stand much like a fairy tale

Allen and Robin Cockerline have been farming at their Salmon Kill Road location since 2003, raising their herd of a few hundred Devon-Angus cross cattle and mixed breed heritage pigs on a hundred acres. The farm store sits adjacent to their home, and has the effect of a small cottage from the fairy tales I read as a child. Inside, the rustic yet elegant atmosphere is clean and inviting, with beautiful wooden floors and walls, a graceful iron chandelier, and large open windows that look out onto the pastures.

Robin runs the store, and she has made it just as welcoming and warm as she is. Buying meat here feels more like stopping by a friend's house or a neighbor's than a shopping errand, and that's because, well, it is. On a perfect day in late June, the kind where you appreciate living in all of this green beauty and bounty that we get to call home, I drove to Whippoorwill Farm, parked under a shade tree,







Above: The cows of Whippoorwill Farm graze in their enclosed field on the 100 acre property. Allen and Robin's farm store sits across from their home and it is a cottage reminiscent of one that you might find in a fairy tale. Below: Whippoorwill's sign, outlining some of their products.

and went inside. Enveloped in a kind of quintessential rural beauty as soon as I passed through the door, I wanted to linger in this space. I noticed a bird, though not a Whippoorwill, had chosen the rafters above to make her nest, and I couldn't blame her. If a farm stand can feel like home, this one certainly does. Robin helped me select a New York strip steak from one of the four immaculately clean freezers before showing me around the farm, and I went out to meet the cows alone. Grazing peacefully, they didn't seem to mind my approach, and were and succulent. a vision in black and auburn, standing clustered amidst the lush foliage.

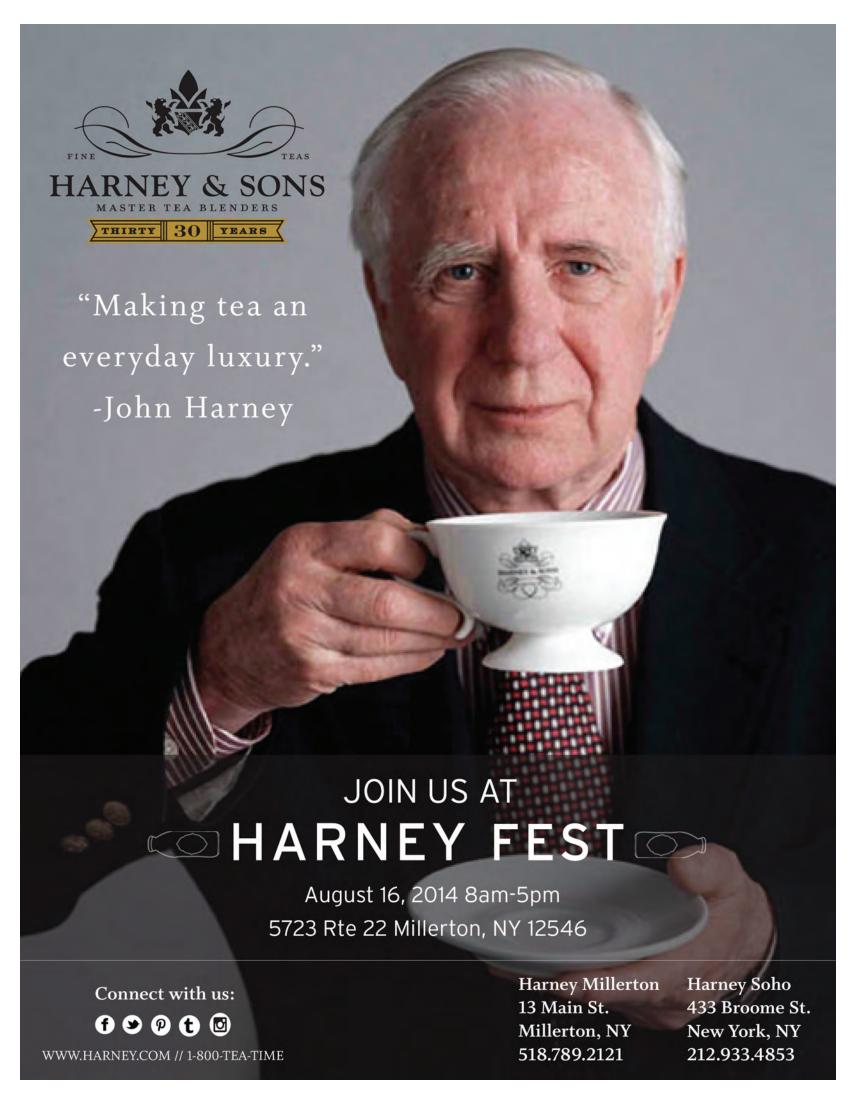
#### Top quality

Of course all of this ambiance and charm wouldn't matter without also having quality meat. Quality to me means a combination of high nutritional value, flavor, and of course the assurance that the animals were raised in a conscientious way using sustainable methods. Robin and Allen raise beef that is purely fed grass and hay only, never any grains, so it is lean, high in omega-3 fatty acids, and full of flavor.

Their approach to raising animals has earned Whippoorwill Farm Animal Welfare Approved status, which isn't easy to obtain. Allen had previous experience in dairy farming, and transferred that knowledge into raising beef back in 2000. He went into the business always with the intention of doing what is good for the animals, considering their quality of life, as well as the final product he offers to customers. An excellent grass farmer, Allen also makes top quality haylage, which is cut grass that goes through a lacto-fermentation process. I like to think of it as sauerkraut for cows, and it is in a way. It provides dense nutrition, and healthy cows. The end result is meat that is good for you and me to eat, especially since it is dry-aged to make it tender

I marinated the New York strip steak that I bought that day and grilled only a few minutes per side to get a very flavorful, and tender piece of meat. I haven't yet tried the pork or chicken, but that gives me a good reason to return to the farm, let myself be drawn in by its magical beauty, and maybe catch the call of the Whippoorwill through the dense trees that line the way to 189 Salmon Kill Road. After all, I live in a place where shopping for dinner is as simple as stopping in to say hello to a neighbor, and I wouldn't have it any other way.

Whippoorwill Farm is open year-round on Fridays and Saturdays, and by request. They offer grass-fed beef, pork, chicken and eggs, and local honey and maple syrup. wwwwhippoorwillfarmct.com. 189 Salmon Kill Road Lakeville, CT.



## kitchens are keeping rooms

#### THE REAL ESTATE IMPACTS OF KITCHEN RENOVATIONS

By Christine Bates christine@mainstreetmag.com

For this month's Main Street Food & Drink issue, we decided to focus our real estate column on examining the importance of kitchens to real estate. We talked to sellers, buyers, builders, architects, realtors, and kitchen designers to understand what people look for in a kitchen, when you should renovate, and how much you should spend.

#### The most remodeled room

New owners remodel kitchens more than any other room - about 50% to 70% of the time according to local realtors. So does it make any sense for sellers to redo the kitchen before putting the house on the market? Research conducted by Remodeling Magazine indicates that nationally a major upscale kitchen renovation costs around \$110,000 and that only about 64% of the cost would be recouped in the sale price. In a more moderate kitchen remodel, costing an estimated \$55,000, the cost recouped in a sale would be around 74%. The value recouped varies by the region of the country. Redone kitchens in California actually make a profit for the seller.

Builder, renovator, and realtor Pat Best of Best & Cavallero Real Estate cautioned that if you are just about to sell, the next person would redo the kitchen anyway. "Most sellers just don't have the time or energy to redo the kitchen. And don't forget that it's hard to live there while the kitchen is being redone."

John Harney of William Pitt Sotheby's International believes that a poor kitchen would not kill a sale, because buyers intend to renovate anyway. "If the space remotely resembles a kitchen, let the next person do the renovation."

Lauren and Mark Trager, who are creating a



Above: An over-the-top kitchen built for entertaining now under construction.



Above: In last month's realty article we featured a grand 1830 colonial on Main Street in Salisbury, CT that its owners, Pom and David Shillingford, had renovated. The Shillingfords worked with Rafe Churchill on renovating the entire house, including this beautiful kitchen which is complete with an Aga stove. Originally it was a screened in porch.

luxury kitchen for their new home on Undermountain Road in Salisbury, observed that the kitchen creates the "WOW factor" in the house. "What can you really do to a bedroom? The kitchen is what everyone sees."

Although realtors generally don't recommend renovating your kitchen to sell, there are small, quick, inexpensive changes that an owner can make such as giving the kitchen a fresh coat of neutral paint, changing the kitchen knobs, and improving the lighting. Savvy sellers accent the kitchen with fresh flowers, place settings, and linens.

Pat Best stresses that the cost of a kitchen renovation should be guided by the value of the property. A kitchen in a recently renovated cottage in Lakeville, CT listed at \$399,000 has sleek stainless appliances and cabinets ordered from Home Depot and which cost under \$10,000. (See picture on following page).

Best estimates that a kitchen should not exceed 25% of the cost of the total renovation and she emphasized that the range in the cost of a kitchen renovation is enormous from \$10,000 to \$100,000. "If you have a \$2,000,000 house, buyers will expect a Viking stove and a Subzero refrigerator, but you can get a very similar look with less expensive stainless appliances and stock cabinets."

#### Buyers are looking for large, light, kitchens with access to the outside

"No one wants a small, dark kitchen away from everything else," according to Chris Garrity of Bain Real Estate in Sharon, CT. "Expect a buyer to ask for a discount from the listing price to put in a new kitchen."

The kitchen most buyers are looking for has lots of cabinet and counter space, and opens onto an outside living space and interior living space. Room for dining and maybe a couch make the kitchen the center of the house. Garrity sees today's kitchens as the new keeping room – a place where the family gathers, and it is the center of household activities. Where people want to talk to the cook, or do their homework.

#### Enjoy your kitchen now, sell later

One strategy is to remodel several years before you intend to sell and enjoy your updated kitchen now. Architect Frank Garretson has helped clients design kitchens for over 30 years. He estimated that two out of three of his clients are redoing kitchens to enjoy themselves as part of general remodeling.

Continued on next page ...

Chris Garrity gave the example of a client who decided to add onto the house and renovate the kitchen, making it bigger and lighter, at a cost of around \$50,000. He estimates that it will add \$100,000 to the eventual sale price.

Main Street conversations with kitchen designers, realtors, and architects agreed on directions in kitchen design in our area:

- Open kitchens integrated with the rest of the house and the outdoors are sought after
- Light and bright cabinets instead of dark cherry or mahogany. And never oak. Sleeker, frameless cabinets without intricate, heavy moldings
- More expensive quartzite counters instead of granite. Corian is less popular now
- Induction cooktops, introduced in the 1980's, have been redesigned and make less noise
- Kitchen islands are a must, often with sinks and eating areas
- Pull-out trash/recycling bins should be included in the cabinetry
- Stainless is still desirable, but colored appliances, even avocado and harvest gold, may be staging a comeback
- Six burner, restaurant style stoves remain popular at the high end
- Elaborate coffee systems let you be your own barista
- LED lighting
- At the high end expect two dishwashers, two refrigerators, a wine cooler, a beverage center, and a butler's pantry
- Remember to include charging stations for all of today's electronic devices











Above top: The 650 square foot kitchen in this Sharon, CT contemporary has it all including two ovens and a 40-bottle wine cooler. Photo courtesy of Best & Cavallaro. Above left and right: An example of a "dated" kitchen before and after renovation. Below top: An appropriate kitchen renovation for a Lakeville cottage on the market for under \$400,000. Photo courtesy of Best & Cavallaro. Below bottom: A real chef's kitchen at Ragamont House in Salisbury opens onto a garden. Photo courtesy of William Pitt Sotheby's International.

#### How to maximize the value and enjoyment of your kitchen

Architect Frank Garretson; Lauren Trager, who is building her fourth kitchen; realtor, builder and renovator Pat Best; and Gail Olsen of Ducci Kitchens in Goshen shared their years of experience in creating the best kitchen for a home:

Your kitchen should complement the home. "Think of timeless design rather than trends," advises Olsen.

"Know what you can do and what you want," stressed Trager. "Consult magazines, visit stores, make lists of what you like."

Think about what you need. Make sure your kitchen works - consult design professionals if you need to. Best recommends consulting with Home Depot designers as one way to get started.

Order appliances, fitting, and fixtures from local retailers who will service the product. Don't buy appliances online. Remodelers seem to be spending more on appliances and are very brand conscious.

Come up with a budget for the project and think about where you want to spend money.

To maximize resale value don't add highly personal touches and keep colors neutral.

Custom built cabinets by local carpenters can be less expensive with faster delivery times than factory built, but can't offer factory baked on finishes.

Plan for lots of counter and storage space, and a walk-in pantry, if you have the room.

Excellent lighting is very important including under cabinet lights and dimmer switches.

#### For professional chefs, the kitchen is the focal point

According to Garrity, who has sold properties to a number of chefs, "They really aren't fussy. They are just looking for a kitchen that works."

Annie Wayte, the executive chef for the soon-toreopened White Hart Inn in Salisbury, CT, looks first at how easy a kitchen is to clean and maintain. Next is the kitchen layout. "Can I reach the oven, fridge, work table, and sink without unnecessary steps? Personally I prefer a small kitchen so I don't waste time walking. For me the kitchen is a social eating room where my friends can hang out and nibble while I cook, a place where my family can congregate for a meal, and it's my office." •

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By Melissa Batchelor Warnke info@mainstreetmag.com

This was a difficult assignment, but I'd worked myself into the pickle, pure and simple. I'd told my editor, sneakily: "The Food & Drink issue is coming up? Maybe I should review a cocktail or two from the local watering holes." The beginning was fabulous, but the end found me pulling myself off the couch to get to the bar and Googling juice cleanses. I suppose what I'm saying is, I dedicated myself to this research because I believed it was in the public interest. It took determination, grit, and perseverance to drink this many cocktails. You're welcome.

#### 1. The Falls Village Inn, Falls Village, CT

Right in the "downtown" of sleepy Falls Village, the 175-year-old inn owes its recent good looks to a Bunny Williams-executed face-lift. The large wraparound porch makes for relaxed dining and fabulous people-watching. Our waitress warned that the bartender had recently departed; the rest of my party stuck to wine. But I asked her to make me something to match the weather. Up came a Lemon Drop Martini – cold vodka, triple sec, superfine sugar, and fresh lemon juice. Somehow, I'd avoided these in the past but now I couldn't be sure how or why. The details were there, from the sugared rim down to the perfectly pulpy lemon. Highly recommended.

#### 2. 52 Main, Millerton, NY

52 Main is a friendly spot and easy after-work meeting place. The yellow interior felt comfortably cave-like and romantic when we visited in a downpour. I ordered the 52 Martini, figuring when someone names a drink after their establishment, that's a strong vote of confidence. It featured hibiscus vodka, fino sherry, apricot brandy, and fresh lemon juice. My friend got the intriguingly named Illegal Monk – all mescal, chartreuse, orange liqueur, fresh lime, and simple syrup. Mine was delightful in its eccentricity – the touch of brandy gave it a richness and an extravagance that matched the drama of the outside storm. Hers was

a bit less so; refreshingly smoky, just tart enough but watery and flat, as if too many notes were being struck at the same time. Their extensive martini list has something for everybody – if you don't find your fancy the first time, keep moving around. It's on there.

#### 3. Infinity Music Hall, Norfolk, CT

Last month in my music roundup, I sung the praises of Red Baraat, the Bhangra funk dhol and brass band. This month, I got to see them live – and they did not disappoint. We sat in the mezzanine, where I ordered the Infinity cocktail, essentially a twist on a cosmo; Absolute Ruby Red, Poma Pomegranate Liquor, St. Germaine, fresh lime. I must be honest now, dear reader, I do not recommend this one. I am not sure if it was a fluke accident or routine occurrence, but it was delivered warm in a plastic cup and the lingering impression was that of spoiled cough syrup. I could not even choke it down for my review, which I am sure you can imagine pained me to no end. Stick to the beer menu, which better suits a concert anyway.

#### 4. Serevan, Amenia, NY

Serevan is easily my favorite restaurant in the area, and I'm devoted to its incredibly simple Serevan Martini – made with vodka, cucumber water, and fresh lime juice. My old boss was fond of quoting Dieter Rams' design principle "Less, but better." This strikes me as the quintessential Rams martini. My mom ordered the Im-Passioned Prosecco, which had an undertone of fresh ginger and featured two floating blueberries. The presentation and ingredients never fail to impress.

#### 5. Oakhurst Diner, Millerton, NY

Oakhurst is better known for its decadent diner food, but it features a full bar as well as a renowned Bloody Mary and the Shandy – half Newcastle, half unfiltered ginger ale. The entire effect is nearly like a kombucha without the associated punch to your guts; the lower alcohol content makes it a nice

choice for long summer lunches.

#### 6. Barlow Farm Fresh Fruit and Dairy, Millerton, NY

If you're green in the gills at this point or don't drink to begin with, head on over to Barlow where you can get all manner of smoothie, made with either yogurt or custard depending on how virtuous you're feeling. Blackberry mango makes the grade, as does Main Street Director of Advertising Ashley's favorite – the off-menu peanut butter banana.

#### 7. Pastorale, Salisbury, CT

We got downright spoiled at Pastorale, where we sidled up to the bar to find their amazing mixologist, Claire, on duty. She made my friend an experimental Raspberry Lemonade, which may come to the menu rather soon. I had a the basil-infused Moksha Martini, which was flawless. Pastorale's back porch is one of the nicest spots on the area's offer; blocked from the road by the building and covered in ivy, it's a transporting summer hangout.

#### 8. The Boathouse, Lakeville, CT

Despite having been in the area for more than 20 years, I somehow have no memories of The Boathouse's back porch. For my last cocktail, I had exhausted my previous company. This one I would have to review alone, with a good book, and so I came searching for a peaceful place. The classic wooden tables with green cloth umbrellas, the planted lettuce, pansies, and hung lights all set the ambience. The drink was The Ketch – white rum, St. Germain, muddled strawberries, mint, simple syrup, and lime juice. For a few minutes, all was still. I relaxed into the bird sounds. Then came the children. I cursed my luck. My anxiety was in vain; they were good. The sun shone. Zora Neale Hurston wrote it about a woman, but I'll appropriate the phrase here: it was just enough to make you forget to grow old and forget to die. •

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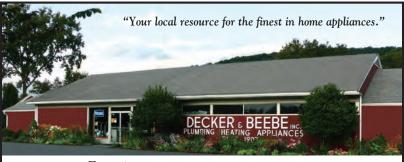
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By Thorunn Kristjansdottir info@mainstreetmag.com

What is the time-honored tradition and the quintessential thing to indulge in on a hot summer's day? Think of your inner child! Because it's ice cream of course. Ice cream is one of the few treats that we'll never be too old for, and we'll never get judged for eating based on our age - even if you're getting a cone with rainbow sprinkles or gummy bears and you're past the age of six. No, no sirry. Whether you're five or 85, this is a sweet and creamy treat for everyone (minus the few unfortunate lactose intolerants out there).

So in honor of the great ice cream of summer, we conducted a survey amongst our Facebook friends on our Facebook page, asking where their favorite local ice cream joint was and what they get there. We then took it upon ourselves to go to a few of these ice cream hot spots and taste-tested a few of their sweet, cold, gooey, delicious ice creams.

We began the journey at Barlow Farms in Millerton, NY where it's all about the custard! They've got vanilla, chocolate, and a the ultimate combo: the swirl. This is a must-try! The richness of the custard simply hits the spot and chocolate sprinkles are the perfect pairing with the custard.

Fudgy's in Amenia seems to be the favorite location amongst our "advisors" because it was the one location that trended the most in our survey. We took a drive down to Amenia and tried a scoop of their cotton candy ice cream, and got a sugar cone with a scoop of their French vanilla and a scoop of red velvet. The girl who scooped said that they have one customer who drives all the way from Kingston for their sweet scoops of ice cream. Talk about dedicated fans, and for good reason. Yuuuuummy!

Next up was Keeler's Eskimo Bar in Claverack where we tried a Green Slime Flavor Burst with rainbow sprinkles (yes, that's what the five year old ordered), a scoop of chocolate chip cookie dough, a

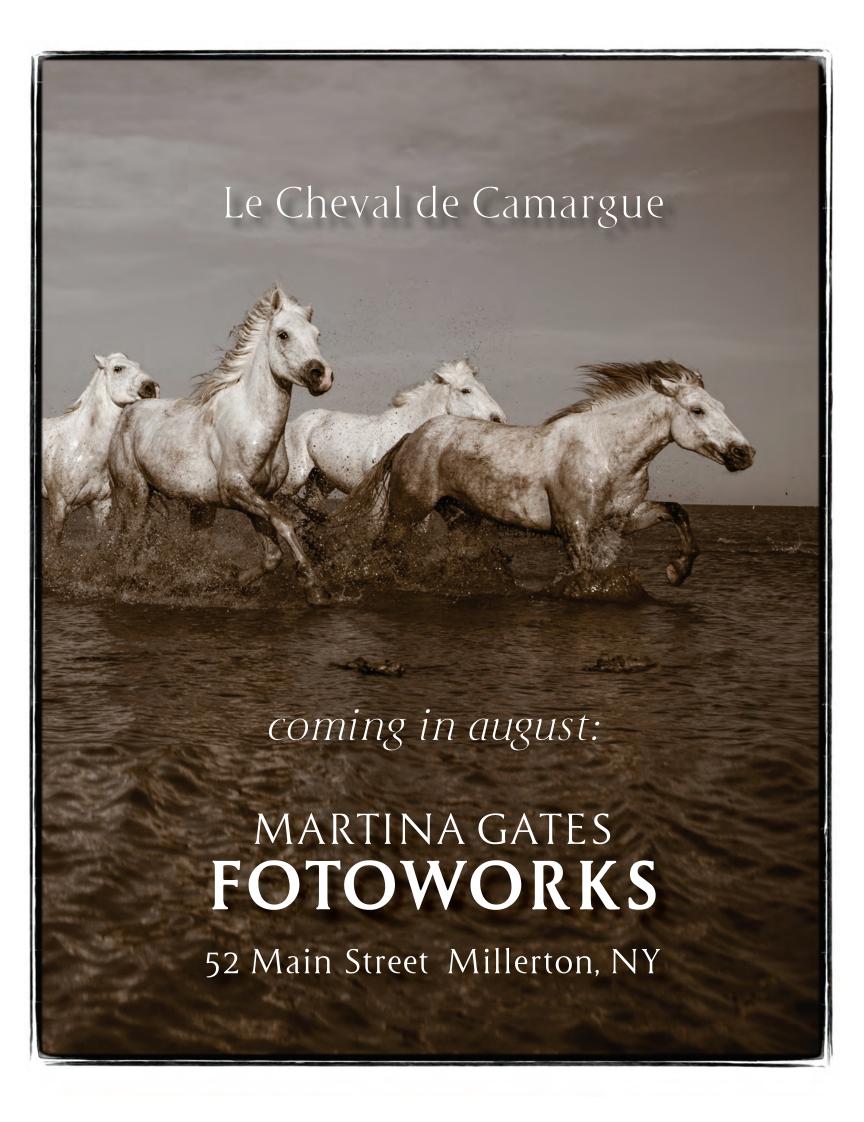


soft-serve vanilla with rainbow sprinkles (you know, one of the classics), and a fresh-cut strawberry sundae with vanilla ice cream and hot fudge, whipped cream, nuts, and cherry-topped!

Some of the other places that we've frequented in the past and that were recommended by our Facebook friends include **Dad's Diner** in Copake, where I always indulge in the butterscotch Flavor Burst on a sugar or waffle cone, and if I'm feeling dangerous, I get chocolate sprinkles which bring out the butterscotch even more. Dad's also has a mean chocolate dip for those soft-serve types.

A number of our Facebook friends sang the praises of Holy Cow in Rhinebeck, but that's another ice cream destination much like Fudgy's. You make a trip to go there for their pure awesomeness! Two other places mentioned by our "advisors" were Quattro's Poultry Farm and Market in Millbrook off of Route 44, which also has great Italian pastas and meats in addition to ice cream, and the Village **Scoop** in Hillsdale, NY which I have yet to try – but the summer is young!

These are only seven local ice cream bars that have creamy and delicious ways to cool you down on a hot summer's day. Like us on Facebook and tell us where your favorite spot is! •





By Mary B. O'Neill info@mainstreetmag.com

These days many of us are so careful about the food real fear of our bodies absorbing toxins and chemithat we eat. We source organic fruit and vegetables, buy milk and beef obtained from hormone-free and grass-fed cows, and select free range eggs and poultry. We scour package labels for food additives that we can hardly pronounce and those that we can, such as high-fructose corn syrup. What about the products that we slather on our skin? How much religious discipline and label reading do we employ there?

As it turns out, a growing amount. According to Global Cosmetic Industry (GCI) magazine, the greening and environmental consciousness of world bath and body care consumers was worth \$55 billion in 2013. That does not even count cosmetics and makeup! Sustainability and reduced dependence in the beauty industry on wasteful packaging, parabens, petrochemicals, and toxins is moving apace. Where there is consumer demand, supply is sure to follow.

Yet, the move to more sustainable and natural cosmetics, bath, and body care can start at home. A growing number of people (mostly women) are reciting the mantra, "If I can't eat it I won't put it on my face - or my body." The reasons for this are varied and often blended. Some are motivated by preserving the earth, some by cost, and some by inner chemist who enjoys experimenting and creating exotic concoctions. Many are drawn to it by the

cals that are bad for us, as well as breathing them in or the leaching of these substances into the environment. To educate yourself further about chemicals in cosmetics and beauty care products you can begin with a visit to the Environmental Working Group website. Its Skin Deep database profiles the safety of many over-the-counter cosmetic and personal care products and makes for some fascinating and informative reading.

Regardless of your motivation, what follows are just a few examples of the way your cupboard, pantry, and refrigerator are filled with items that can serve double duty in your diet and your beauty routine. It is by no means exhaustive, and the internet and your local library can lead you to many other ways in which you can make your own natural health and beauty products.

#### **Cuckoo for coconuts**

If you have not heard about the benefits of coconut oil, then let me introduce you to the new staple dietary and topical wonder oil. Although it is a saturated fat, it is the "good kind." Coconut oil has anti-fungal, anti-viral, and anti-bacterial qualities, it contains antioxidants, aids in weight regulation, promotes heart health, lowers cholesterol, and improves memory. You can use it in cooking and baking and it does not break down at higher cooking temperatures. It is a white solid at room temperature but turns to a clear liquid above 75 degrees Fahrenheit. In the summer you need to store it in the fridge, but as soon as you put it in your palm it

will melt just from the heat of your hands.

That's what it does for your insides. It also has significant benefits when you slather it on as well. So go to your medicine cabinet, throw away that tub of Vaseline petroleum jelly that you have had since the dawn of time and replace with high-quality organic virgin coconut oil - your go-to moisturizer and healing salve for the 21st century (even though people in other parts of the world have been using it for centuries). Use it to soften those rough spots on elbows and heels, deep condition your hair to create lustrous locks, and reduce facial wrinkles and dryness all over your body by using daily as a moisturizer. It cures athletes foot, helps with acne, and mixed with a few drops of essential oil can make a natural deodorant. It can also serve as a light massage oil. This versatile oil is said to have moderate sun screen properties and definitely helps to soothe burns.

#### Sugar and salt

Along with being two of the flavors our taste buds can detect, these staple ingredients from your pantry serve as excellent exfoliators. As you seek to cut them from your diet, sugar and salt can find new life in your bathtub. They help you shed those dead skin cells, increase circulation to the skin, and maintain a rosy glow naturally without unneeded chemicals.

Continued on next page ...



#### RECIPES AND IDEAS TO TRY FROM NATURAL HOME SPA BY SIAN REES

- Add a cup of cider vinegar to your bath to soften skin and restore its natural pH balance.
- Mix 4 drops of your favorite essential oil with 2 tsp. of almond oil into your bath for an aromatherapy experience.
- For a quick facial mask, apply mayonnaise to your face and lie down for 10 minutes before rinsing or mash an avocado and rub on your face to dislodge dead skin.
- For a pre-gardening hand treat, mix 2 tsp. olive oil and 2 tsp. liquid honey, plus a drop of geranium essential oil before putting on your gloves.
- For a nourishing facial booster break open a Vitamin E capsule and smooth into your skin before going to bed.
- If you have a facial blemish dab it with naturally antiseptic tea tree oil.
- To gently exfoliate your face apply any of the following with a cotton ball - pineapple juice, tomato juice, lemon juice, or milk.
- For an anti-dandruff tonic, mix 8 oz. witch hazel with 2-3 drops rosemary essential oil. Shampoo and condition as usual, towel dry and then massage tonic over your scalp with fingertips.
- Pour flat beer into a spray bottle and squirt lightly over hair for an effective styling product. Don't worry about smelling like a brewery, the beer loses its scent once it has dried.

Photo source: iStockphoto.com contributor NejroN



Sugar and salt both work well for scrubs for all body parts because you can buy them in varying degrees of coarseness depending on your preference and skin sensitivity. In addition, they dissolve in the bath or shower so you don't have insoluble ingredients like ground nuts or apricot pits clogging up your drain. A basic scrub recipe includes two parts salt or sugar, one part oil such as apricot, coconut, avocado, grape seed, jojoba, olive, sesame, or almond, and a few drops of pure essential oil to suit your mood. Some popular choices are lavender, grapefruit, sweet orange, tea tree, or peppermint. This recipe can be enhanced with other ingredients like honey and aloe vera. Since it contains no preservatives this scrub will keep refrigerated for four weeks.

#### Yogurt and honey

While a tasty combination that we enjoy for a healthy dessert, this duo also works well as a facial mask. The yogurt has lactic acid which gently exfoliates dead skin. The probiotics also heal unsightly blemishes. The honey hydrates and contains antibacterial qualities. Cinnamon and nutmeg increase circulation and plumps the skin – a natural Botox. Simply combine one tablespoon plain yogurt, one teaspoon honey, pinch of ground cinnamon, and a pinch of ground nutmeg. Despite how tempting it is to eat this combination, aim for around the mouth and not in it. Apply to your face and let sit for 10 minutes before rinsing.

In ancient Egypt and Greece honey was used to care for wounds by applying directly to the wound site. (Before using it yourself, I would suggest researching on your own). Not all honey has the antibacterial qualities suitable for this use. The honey most recommended for wound dressing is called

Manuka honey from New Zealand and Australia. There is also "medical grade honey" that is used solely for its healing qualities.

#### Increase your appetite

We are frequently trying to incrementally reduce portion size and how much food we put in our bodies. Forget this advice when using food on the outside! Making your own health and beauty products is a natural complement to our efforts to eat healthier. You will be mindfully aware of the purity of the products you use and what exactly is going on your body and potentially being absorbed by it. It also eliminates unneeded chemicals, decreases the plastic and paper packaging involved, and hearkens back to a simpler time when less was more. Most of all, experimenting with natural food and other ingredients commonly found in our kitchens is just plain fun. So roll up your sleeves, get the kids involved, and whip up a batch of body scrub! •

For more information visit: Environmental Working Group, www.ewg.com

For reciples visit: www.goodhousekeeping.com www.realsimple.com www.healthylivinghowto.com

For ingredients visit:

The Lakeville Health Food Store at 332 Main Street in Lakeville, CT. (860) 435-0729.

The Village Herbalist at 28 Main Street in Millerton, NY. www.tvhmillerton.com

The Village Herbalist and The Lakeville Health Food Store carry many of the ingredients listed in this article.



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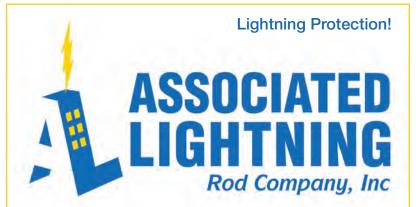
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## a south african braai

#### COURTESY OF PINE PLAINS FINE WINES TO BENEFIT THE COMMUNITY









By Thorunn Kristjansdottir info@mainstreetmag.com

Will Carter and his partner, Todd Lohrey, purchased an existing wine and liquor store in Pine Plains, NY, aptly named Pine Plains Fine Wines, thirteen years ago. They've been able to grow the store significantly, and in 2012 moved it to a new purpose-built space located on Route 199.

"I'm at the store more-or-less full-time," said Carter. "My partner is Financial Director of The Greenwich Hotel in TriBeCa. He cracks the whip on weekends."

#### What's a South African Braai and what's it doing in Pine Plains?

"In conjunction with the store, we try to visit various wine makers in various areas (such as Italy, France, Spain, Austria, Canary Islands, and recently Argentina) to better understand the scene," explained Carter. "While in South Africa last year, we became enamored with the small-craft, familyowned nature of the wineries, and nation-building culture of both the black and white people working them. We became involved with a trade group, WOSA, which invited us to co-sponsor a wine promotion with them. For our first event last year, we hoped for 150 attendees - we had 375!"

The event last year was a South African Barbecue, or Braai as it is called in Afrikanaer. Carter and his team set up a number of tents by his store, the tents housed a variety of South African foods and dishes that were prepared by Chef Hugo Uys of Johannesburg. In addition to the South African dishes, Lohrey and Carter offered a wine tasting of over 50

further explained that they sold tickets at \$25 a head, with all of the proceeds going to the local Food Pantry.

"There is significant poverty in our community, much of it rightly disguised by a scrim of selfdignity," explained Carter. "Our food pantry assists about fifty families each month, and numerous others without means to pay for heat, formula, or transportation to work. A number of significant people in the area are involved in making this better, and we offered to join them by helping with our event."

Carter continued by explaining: "Last August we were able to provide the largest recorded contribution to The Food Pantry. This year we want to continue our support and expand (my mother always said "always grateful, never satisfied!"). We want to help address the nearly two hundred children in the Pine Plains Schools who do not have adequate food or nutrition on weekends. They have subsidized meals during the week, but for reasons beyond our scope to address, have little or no food on weekends. The so-called Backpack Program packs up food (and sometimes children's books) for these kids (and their siblings) and sends it home with them on Fridays. They will probably learn better on Monday if they have a full stomach on Sunday. The program has been very successful in other school districts, our own superintendent is enthusiastic, volunteers have already come forward to implement it, and we want to provide funds to initiate it. For

South African wines at the Braai fund-raiser. Carter \$167, a child can be fed on weekends for the entire school term. For \$5,000 thirty children can be fed. To have so many hungry children in such an area of privilege is striking. And fixable. If you, reading this article, offer to help."

#### What's on the Braai agenda in 2014?

"The Braai, or open fire barbecue, will be held on July 12th in a series of tents adjoining Pine Plains Fine Wines, on Route 199, one block west of the stoplight," said Carter. "The logistics get a little bit complicated. We're having a chef from Johannesburg prepare a seven-to-nine course tasting menu of unusual and delicious foods (you'll love ostrich). The Presbyterian Church kitchen is the only place in town big enough to handle four or five hundred meals, and once again they've graciously donated their space for the prep crew. Mashomack Preserve generously provides refrigeration for everything. And our vendors will present between 50 and 70 different wines to taste and savor. So that everyone in town can afford to come, the cost is only \$25. Tickets are by advance sale only (we have to know how many to prepare for) and phone reservations using a credit card can be made by calling (518) 398-7633. The event completely sold out one week early last year. Please plan to join us. Bring your appetite, your enthusiasm – and your checkbook!" •

All photos except the right photo were taken at the 2013 Braai, photos by Jean Lebreton. Photo right is of one of the South Africa vineyards, photo Charmaine Greiger/WOSA.

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# the land A TOUR OF OUR LOCAL BOUNT



info@mainstreetmag.com Photos courtesy of the featured farms

By Memoree Joelle What I love most about living in this part of the country is the abundance of family farms – why else would they call me the farm groupie? And even better, their farm stores. I avoid supermarkets as much as possible, and with all of the farmer's markets available that is easy enough to do. From May to November, in addition to the markets there are dozens of farm stands and stores to choose from, some of which are open year round. While this is by no means a comprehensive guide or complete list, I have highlighted a few to get you started. I can't think of a more pleasant way to spend the weekend than taking a drive through the country and stopping at each one. It is the best way to savor what Summer tastes like in our beautiful, fertile corner of the world.

#### **Herondale Farm Store** Ancramdale, NY

If you're looking to buy top-notch grass-fed organic meat with superior flavor, this is the real thing. Why grass-fed? Because five out of five cows prefer grass, that's why. Herondale offers some of the tastiest, and healthiest 100% grass-fed and grassfinished beef and lamb, as well as pastured pork and free-range chicken and eggs. Having recently undergone a makeover, the store now offers a variety of other local products including fresh vegetables from Sol Flower Farm, Sky Farm, and Mx Morningstar Farm, along with freshly baked breads, pastas, cheese, ice cream, and Jacuterie's dry-cured salami. One-stop shopping has never been more delicious. Head north from Millerton on Route 22 toward Ancramdale and look for the sign. Summer hours are Friday 11-5, Saturday 11-4, Sunday 10-2. www.herondalefarm.com

#### Sol Flower Farm at Silimar Farm Store Millerton, NY

Still growing their vegetables and flowers in Millerton's Boston Corners, Sol Flower Farm has recently expanded to the Silimar Farm Store on Route 22. Open daily, now you can get all of Sol Flower's famous, exquisite veggies and flowers right in the store, along with fruits, fresh bread, and local dairy products. All sustainably grown, all organic, all of impeccable quality, all Sol Flower. www.solflowerfarm.com

#### **Chaseholm Farm Creamery** Ancramdale, NY

Brother and sister team, Rory and Sarah Chase, sell their raw milk, homemade sauerkraut, beef and veal alongside Rory's truly amazing Amazing Real Live cheeses. You don't even have to book a ticket to France this Summer because driving through Columbia County to Chaseholm Creamery rivals a trip through Calvados, and you can get that sweet, silky Camembert right at the farm. www.chaseholmfarmcreamery.com

#### Willowbrook Farm Store Millerton, NY

This family farm goes back three generations, and in their adorable farm store, located right on Route 22, you can buy their beef and pork, and other products from local producers. It's hard not to stop by here on my way home from work to get a scoop of Hudson Valley Fresh ice-cream, and of course that sweet, sweet corn of Summer. Look for the duck pond and the Holsteins. Open every weekend, contact the farm for more info.

Continued on next page ...

#### Whippoorwill Farm Store Lakeville, CT

One of the most charming and lovely stores in the area, with lovely people to match. Robin and Allen Cockerline sell their own grass-fed beef and pork in a picturesque, storybook setting that will make you want to forget everything else and become a farmer. The store is open year-round on Fridays and Saturdays, and by welcome request. www.whippoorwillfarmct.com

#### McEnroe's Farm Market Millerton, NY

Conveniently located on Route 22 and open daily year-round, McEnroes's is where you can get everything from the farm's own beef, pork, lamb, and chickens, to organic compost and dish soap. The veggies are a combination of their own along with imported, so read the signs carefully when you choose. Bulk bins, snacks, and a great deli with a prepared foods counter and daily menu specials makes this local market a good place to stop for lunch and shop at the same time. www.mcenroeorganicfarm.com

#### Shunpike Dairy Millbrook, NY

Need raw milk? Stop here to fill up your own mason jars with raw milk, and in Summer you'll also find eggs, and a table in front with a few vegetables. There are no set opening hours, but the milk is always available. Visitors are welcome to watch the cows get milked twice a day, so check the hours at www.shunpikedairy.com

#### **Quattro's Poultry and Game Pleasant Valley, NY**

A family with a long farming history, raising their own sustainable poultry and game. In the store they offer a variety of artisinal Italian products includ-















ing pastas and cheese, olive oils, craft beers, and specialties like smoked pheasant, which I highly recommend.

www.quattrosfarm.com

#### Big Rock Farms Stanfordville, NY

I love stopping in here on my way back from the antique stores just up the road on Route 82 (or down the road, depending where you're coming from). An appealing display of fresh produce, fruits, jams, cookies, and a meat and dairy case stocked full of local goodies. The lovely ladies behind the counter will put a smile on your face and offer you a sample of something sweet, and they're open daily. Find them on Facebook or just go there! 6031 Route 82.

#### Daisi Hill Farm Millerton, NY

A family-run operation selling their own produce, hanging plants, and flowers. What I love is their no-nonsense, straight forward approach and fair prices on all of their vegetables. A large selection of nursery and garden plants, and a petting zoo gives the kids something to do while you find the perfect tomato. Open daily all Summer. 438 Indian Lake Road.

#### Black Sheep Hill Farm Pine Plains, NY

Inside a replicated train station you can buy the farm's own heritage breed lamb and pork, and garden vegetables. The store is open from May

through September, and is well worth a visit not only for the food but for the views. Go to www. blacksheephill.com for hours and directions.

#### Other great farms, but by appointment

The above listings are for farms with walk-in stores, but plenty of area farms will sell their products onsite if you give them a call.

Meili Farm in Amenia has some of the best pastured pork, located right across the street from Paley's Garden Center. There are only three farms whose pork I will consume, and they are one of them! Have you seen the beautiful cows with a white stripe around their middle, grazing on Amenia Road? Nope, they're not painted, they are Meili Farm's Belted Galloway-Hereford cows! Stop and admire, and if you're lucky and you may just get a glimpse of cute little piglets. Animal Welfare Approved, and amazing. www.meilifarm.com

Also check out **Dashing Star Farm** in the Coleman Station district of Millerton, where the cutest little lambs will charm you, make you stop your car, get out, and go crazy with your camera. But slow down, and don't hit their chickens, who roam free! www.dashingstarfarm.com

Wike Brother's Farm in Sharon will fulfill your order for grass-fed beef and eggs. A family farm for 140 years, they are serious about good meat and land stewardship, and their beef should not be missed! www.barlowbeef.com

All opening hours listed are summer hours only unless otherwise specified, so please check with the farm to confirm when they are open. •



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# a changing of the quarc

By Thorunn Kristjansdottir info@mainstreetmag.com

Beside a little stream and pond on Route 3 in Ancramdale sits a local hotspot, a restaurant that is appropriately named The Pond. There are some changes taking place there, but to tell the story right – we have to start from the beginning.

The original structure was built in 1818 as a farmhouse, surrounded by orchards, with two barns and a cider mill on the property. In the 1920's, during the Prohibition Era, it was known for its bootlegging operation. A flagpole was erected on the mountaintop across from the building to notify the patrons that the coast was clear to deliver the moonshine. The flagpole still remains, but only as a conversation piece.

The building was turned into a restaurant forty five years ago, with the original owners retiring in 1990. Approximately ten years ago Larry Marrish and his wife, Linda, purchased the property, and took three years to do a total overhaul of the building. The restaurant has an Adirondack atmosphere with hand-hewn beams and various rustic antiques displayed throughout. It sits on nine acres of manicured grounds with a small pond in front which the wildlife and geese call home.

# A changing of the guard

As of this summer, Larry's son Eric Marrish, will be taking over the restaurant along with his wife Susan - talk about a family affair. "Moving forward with this venture, Susan and I embrace the unique opportunity in which my parents have offered us. Linda and Larry will continue to give us the guidance and their wealth of knowledge, along with their great hospitality on a daily basis. I look forward to working with them and being back home," explained Eric Marrish.

"My plan is to offer some of my modern eclectic flare to the food at The Pond while simultaneously keeping the favorites in which the guests have grown to love," continued Marrish. "I'm excited to be back in Columbia County showcasing all of the culinary outlets that this area has to offer. We will continue to offer quality meats and seafood, and our specials will be driven by the farmers markets, and what the seasons have to offer. As the farmers markets have opened for the season, we will source as much of the products as possible, including the Eger Brothers Farm and the Fix Brothers Farm both in Livingston. I am also eager to offer some of the numerous vegetables that I'm currently nurturing in my large garden located on the grounds."

Some of the new and exciting items that The Pond will be serving up will include a meat and cheese slate, Applewood smoked half chicken, pan seared beef medallions, and pulled pork crispy



spring rolls.

"I am in the process of constructing a smoker in which I can offer authentic barbeque, in addition to smoked meats and fish," exclaimed Marrish. "In addition to the numerous and uniquely decorated dining rooms, The Pond has a 150 seat multifunction banquet room that is available to host any event. Many weddings have taken place here throughout the years. We're now hosting a weekly Sunday Brunch Buffet. We'll continue to offer a three course Italian night every Wednesday where we showcase our house-made pastas and Italian entrees, including soup or salad and dessert."

Marrish explained that the restaurant's plan in moving forward is to continue to offer quality foods and drinks in a unique, beautiful, and rustic atmosphere.

# So who is Chef Eric Marrish?

Marrish grew up in Livingston, a small town in Columbia County, where at a young age he started working at his father's business, Night Watch Lamp Company. Upon graduating, Marrish decided to pursue his culinary dreams and enrolled at the prestigious Culinary Institute of America in Hyde Park, N.Y. After completing his externship at the historic Red Lion Inn in Stockbridge, M.A. he received an A.O.S. degree in the culinary arts in 1991. His first job upon graduation was at the award-winning Thymes Restaurant in Kingston, N.Y. While there, Marrish continued to strengthen his culinary foundation with the help of his mentor, Chef Dan Smith.

After leaving The Thymes, Marrish moved to Washington D.C., and while there worked and managed numerous award-winning restaurants

such as The River Club, The Oval Room, and 701 Club, to name a few. But after 12 years in the "big city," it was time to move to the quiet corner of northeastern Connecticut. During his time in CT, Marrish was the Executive Chef at The Vine Bistro in Putnam, and over the next eight years provided diners with upscale farm-to-table meals, while simultaneously winning awards in Connecticut Magazine. He was also featured in Foodies Magazine and Best Chefs of Connecticut Cookbook, and was reviewed by The New York Times while at the helm. After the sale of The Vine, Marrish went on to manage other leading restaurants, including The Golden Lamb Buttery, 85 Main, and was part of the opening culinary management team at The MGM Grand at Foxwoods Casino - all of which are Zagat rated.

Today, Marrish has been able to take his culinary dream to the next level: as the owner of The Pond Restaurant. With the support, and great opportunity from his father and Linda, he was able to obtain this dream. He will be dedicated to sourcing out local ingredients in which the Hudson Valley has to offer, while also providing the community with a multi-function banquet room.

"I envision The Pond Restaurant to be a place that not only highlights local grown and handcrafted ingredients, but gives back to the local farmers in our community," beamed Marrish who looks forward to being back in the Hudson Valley with his family and friends and doing what he loves and knows best - cooking good food. •

The Pond is located at 711 County Route 3, in Ancramdale and can be reached at (518) 329-1500.



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Vinho Verde is a dry white wine from Portugal. Although it is made in both a red and white style it is usually the white version that is exported and commonly found in the U.S. At it's best the wine offers lovely, slightly acidic fruit. Venho Verde is light bodied and sometimes has a slight fizz. A great summertime wine, it goes well with shellfish and moot light dishes.

Verde (meaning green) in the name does not refer to the color of the wine, but to the fact that the wine is released in the spring, the greening of the year.



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# a taste of

THE SOUK TO THE HUDSON VALLEY

By Melissa Batchelor Warnke info@mainstreetmag.com

In March, I traveled to the ancient city of Marrakesh, Morocco with my family. Like many before us, we fell in love with the scents, colors, the radiant blue sky, even the desert heat. The souks where one could buy a teapot, a hookah, a set of handmade baby slippers. The maze of alleyways where we got spun around like tops as dusk settled in. The taking care of a few things, my beloved slow-"riads" - gardens or sitting rooms in the middle of a building - were particularly fascinating to us former New Yorkers, who had internalized years of putting each square inch to practical use.

Perhaps best of all was the food. There was the tagine, a flavorful stew made in a pot that looks like a witch's hat. The harira, a lemony lentil soup served with dates. The hot green tea with mint, invariably poured from high above the cup to encourage bubbles. I was able to take a three-hourlong cooking class and, although I was heavily supervised and prodded by professional Moroccan chefs throughout, I came out feeling pretty groovy. I even brought home my own tagine.

# **Bringing Morocco to Lakeville?**

After our trip, I started to wonder: how hard could it be to make some of this Moroccan goodness, using only ingredients I could find in the area around our Lakeville, CT home?

I pulled up a Bon Appétit recipe for "Moroccan Slow-Cooked Lamb" on Epicurious. Yes, this looked like just the dish I'd loved there! Yes, 97% of people would make it again! Yes, I would flavor the couscous with chopped mint, slivered almonds and grated lemon! I flew around my local supermarket feeling fancy as all get out. I think I even said "Get ready for the best meal of your life!"

It was not.

First of all, have you ever worked with lamb shoulder? That sucker's all cartilage, bone and fat, each of which must be pulled from the other with great effort. At the end, when you're sweating and



feeling like a butcher, you're left with like four ounces of lamb. And the good stuff is expensive to begin with – \$14 at Guido's (a supermarket in Great Barrington, MA) for a two-person serving.

Secondly, I understirred. When I returned from cooked lamb had fast-cooked itself into a pungent brown crust along the side of the pan. I threw a bunch of water on it, scraped up all the burnt parts and frantically whipped up something that could have been featured on the disaster food blog "Someone Ate This." Then I attempted to cover the crime scene with toppings (image bottom right).

In my defense, the couscous was nice. You know couscous, it cooks itself.

My dad struggled to find the exact words. "Not in your top ten," he started out. Fair. "Bland," he said. OK. "I can't detect a single spice," he continued. I used six! I found fennel seeds for god's sake. But there is nothing like cooking another country's cuisine to bring you back down to earth. I needed to crawl before I could walk.

# Dust yourself off and try again

And crawl I did, right on over to the Smitten Kitchen blog, where I found that goddess' recipe for "Squash and Chickpea Moroccan Stew." This time I shopped at LaBonne's in Salisbury, where I could find everything needed for the dish but saffron threads, the preserved lemon, and the brined green olives. No matter! Saffron is too expensive anyhow. Preserved lemon too; better to make it yourself, by shoving salt into every crevice of a quartered lemon and leaving it in a closet to ripen for a month. But I didn't have a month to spare, so I used a normal lemon. And for the brined green olives - whatever. I bought ones with pimento in the middle and just cut it out.

Quartering a butternut squash was a breeze after



hacking through lamb bones the previous evening. Many of the main ingredients you'd be likely to have at home - red potatoes, chickpeas, chicken broth. The whole thing only took 30 minutes including prep time (see top image). You can make it in a Dutch oven. And – best of all – it was delicious! Moist and seasoned and complex, with the sweetness Moroccan food is so well known for coming in through the cinnamon sticks. Yes!

And if even that sounds like too much work, just whip up a Moroccan carrot salad. You'll need Harissa - the North African chile paste - ahead of time, which can be found at a specialty food store (try Guido's) or ordered online if you can't find it locally. Julienne those carrots, throw in raisins, parsley, feta, lemon juice, and you're good to go.

One of the best parts of Moroccan food is that as it sits, the spices have a chance to absorb better. So once you know you can cook it, go ahead and double the recipe. It only gets better with age, baby. •

Slow cooked lamb recipe: epicurious.com/recipes/food/views/Moroccan-Slow-Cooked-Lamb-231597

Squash and chickpea Moroccan stew recipe: smittenkitchen.com/blog/2009/01/squash-and-chickpeamoroccan-stew

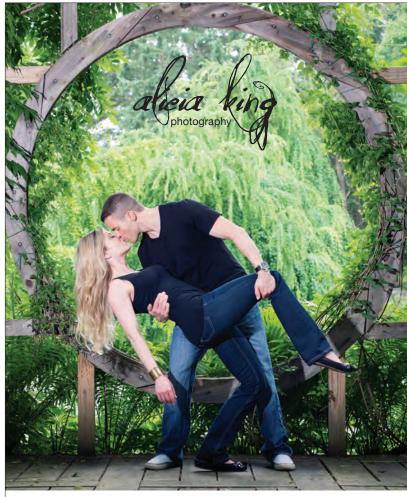
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# foundation





Left: Thea, a "Little Farmer" learning you are what you eat at the Friends of the Farmer Festival. Above: Lukas Nelson, Tessa Edick, and John Varvatos at the Hootenanny! 2013.

By Thorunn Kristjansdottir info@mainstreetmag.com

We featured The FarmOn! Foundation last July and thought it fitting to check in with them to see what's new, and to see what's next on the horizon.

If you're not familiar with The FarmOn! Foundation, its mission statement says it all: We are dedicated to bringing awareness to food choices and sources and reinvigorating respect for farming, inspiring young people to choose agricultural careers to create an economic engine connecting rural and urban marketplaces.

"We believe that by educating entrepreneurially oriented youth on how to create economically and environmentally sustainable farming operations that support succession across generations we engage local communities to participate in the production, distribution, and consumption of locally produced food products, we develop a commerce as an economic engine in the Hudson Valley, and change the future of farming," stated Tessa Edick, the foundation's founder and executive director.

# What's happening now?

The FarmOn! Foundation is currently building a community center and working farm in the Hudson Valley which will be dedicated to educating the next generation in the art of sustainable farming and best business practices to foster the entrepreneurial spirit in agriculture.

"Young people are more and more aware of the importance of their food choices which has reignited an interest in farming," explained Edick. "In order to maintain that interest, these young entrepreneurs need to understand how they can make a living in agriculture and sustain viable livelihoods. That is where the FarmOn! Foundation will make a critical difference - by reversing the trend of Agribusiness back to re-establishing economically and environmentally sustainable family farm operations in rural communities."

# What's changed since last year?

"Since we started with the launch of the Friends of the Farmer Hudson Valley Food Festival and the FarmOn! Scholarship Fund in 2011, we've significantly advanced the cause, awareness, and youth educational programming commitments to include Local Milk Initiative, Agri-Business accredited curriculum, Camp FarmOn! summer enrichment programs, Farm Tours for the community and a 'citified' CSA program called #abcsa with ABC Home in New York City, bringing local food to farm-share members and economic development to local Hudson Valley farms," beamed Edick.

# What's the goal going forward?

"The FarmOn! Foundation is a 501[c][3] non-profit organization and public charity, currently funded by and seeking corporate sponsors, individual philanthropic organizations, patrons, and event attendance to underwrite its important work, starting with the Hudson Valley community development initiative inspiring us all to change the way we eat and shift to a local lifestyle that supports nutrition and wellness," explained Edick.

"The foundation has been funded through the Friends of the Farmer Events 2011-2013 attendees, sponsors, and local supports, as well as by the support and the social responsibility of the Culinary Partnership/Tessa Edick, private donors, partnerships, and sponsorships. 2014 partners include: TasteNY, Whole Foods Market, Applegate, Disney, John Varvatos, Harney & Sons, Hudson Valley Fresh Cooperative Dairy, Ed Herringtons Inc, Local Economies Project, NOVO and New World Foundation, Lukas Nelson, FarmOn! Foundation Executive Board of Directors, SUNY, Marist, Cornell Cooperative Extension, QuestarIII, Taconic Hills Central School District, and Harvest Club, as well as over one hundred family farms throughout the Hudson Valley," said Edick.

# Why is FarmOn! and its work important?

Edick simply stated: local food is our future.

"We can no longer afford to truck food from thousands of miles away, sacrificing nutrition, wasting energy, and undermining local farming economies in the process. Only by reconnecting consumers with the importance of their local farmers can we reverse this dangerous and unsustainable

trend. The oldest honorable profession – farming - needs to be re-established for our health; for our children; and for the economy of our local communities. Only when the costs of trucking, storage, and distribution is redirected to the local farmer will farming once again become a profitable business ... and attract future generations of farmers. That is sustainable farming!" exclaimed Edick.

# What's on this year's calendar?

If you're interested in supporting The FarmOn! Foundation, either reach out to Tessa directly, go to their website, or attend one of their many events this season - here's a list:

Friday July 18: HoeDown Benefit Concert at Club Helsinki, Hudson, NY, with Willie Nelson's son, Lukas Nelson and Tommy Stinson with daughter Ruby Stinson, sponsored by TasteNY and John Varvatos.

Saturday July 26: Hootenanny! Benefit Dinner at The Copake Country Club on Copake Lake, NY with one hundred family farms and host Chef Jean Georges, ABC Kitchen with great performances and Whole Foods golf cart drive-in movie.

Thursday-Sunday, August 8-11: Bronx Zoo children's zoo ribbon cutting with FarmOn! Children's Working Farm and Disney.

Sunday, August 17: Northern chef alliance benefit dinner Fish and Game Farm with ten celebrity chefs, five open pit fires, and one cause - FarmOn! Foundation.

Saturday, September 27: Friends of the Farmer 4th annual Hudson Valley Food Lovers Festival – grill and bar, vendors, local libations, education, kids' activities on the farm, live music by Disney kids artist performing.

Week of October 24-31: Boo at the Zoo! Bronx Zoo FarmOn! Harvest Fest with John Deere and Disney. •

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# Four Brothers Drive-In Theater

Restaurant, ice cream stand, and drive in movie theater. 4957 Route 22, Amenia, NY. (845) 373-8178. www.ameniadrivein.com

Four Brothers is a well-known family restaurant chain in our area that's been around for 40 years offering great food, and more importantly, reasonable prices. There's one Four Brothers, however, that's a little different from the others. Yes, they still have the same great menu, customer service, and signature house dressing for both casual dining and large gatherings, but the Amenia location, which opened in 1978, is excited to have their very own ice cream stand that started in 2005, and are excited to be recognized as America's newest drive-in movie theater. The drive-in theater starts at sundown and is equipped with all new digital equipment as well as really bright and powerful projectors - showing two newly released films a night. There is a nice mix of comedy, drama, action, and kids' movies. They are looking into licensing now, but hope to eventually have Thursday's movie screenings as a "throwback" with classic films. But wait, what's a movie without popcorn?! Four Brothers has an even better solution. Call inside to the restaurant, place your order, tell them what car you're in, and they will bring it out to you. They will also give you a complimentary windshield cleaning for a crystal clear view! All that's left to do is to tune in through an FM transmitter. What a great way to spend a summer evening!



# **Salisbury Wines**

Wine, spirits, beer, tastings and classes. (860) 435-1414. 19 Main Street, Salisbury, CT. www.salisburywines.com

Salisbury Wines is dedicated to offering an impressive selection of wines, spirits, and beer for all taste buds and budgets. Their portfolio represents international and domestic products, which are often handcrafted from small estates and balances quality and value. From the moment you walk into the store, you'll feel how warm and inviting the atmosphere is. The staff is extremely knowledgeable, they've tried every product that's in the store after all, so if you aren't sure which bottle of wine to select for your dinner party - feel free to ask. If you're looking for a great wealth of knowledge about where your wine actually came from, Salisbury Wines offers a free wine tasting every Saturday afternoon from 2-5pm. They usually open a red and white wine, but have been known to open a nice rosé as well. They also encourages you to sign up to their email list, where you'll be invited to attend a class that just might be hosted by a distributor. They also carry cheeses from the 109 Cheese Shop in Danbury, which are hand-cut and wrapped. And if you're looking for gifts, you can find great wine accessories such as glasses, cork screws, drip rings, wine stoppers, wine books, and gift cards! The store is open seven days a week: Monday-Saturday 10-7 and Sunday 12-5. They're also happy to make deliveries.



# **Charlotte's Restaurant & Catering**

Restaurant and catering. 4258 Route 44, Millbrook, NY. (845) 677-5888. www.charlottesny.com

Mikael and Alicia Moller started working at Charlotte's in 1981. They married and bought the business in 1989. The restaurant is presently open for dinner Wednesday through Sunday with lunch/brunch Saturday and Sunday with seating in the outdoor garden. They also cater to clients in the city and around Millbrook, and the restaurant has private party rooms for special events. Mikael and Alicia have worked to make Charlotte's Restaurant a warm and comfortable place with a menu that reflects Mikael's experiences around the world, but using local ingredients when possible. They're currently getting their grass-fed Devon burger meat from Long Silo Farm in Sharon, CT. The wood burning grill is a nice seasonal feature and is currently open on Friday through Sunday nights, weather permitting. Saturday nights boast Miami Moe playing live Jazz music in the garden, which is open to dining during the summer months, weathing permitting. Alicia and Mikael thoroughly enjoy catering weddings both at the restaurant and off premises. They spend a great deal of time with the couples, working out the details and logistics to make their special day perfect in every way. They love to see the couples return for baby showers, anniversaries, and other special occasions.



# **Irving Farm Coffee Roasters**

Coffee shop & café. 44 Main Street, Millerton, NY. (518) 789-2020. www.irvingfarm.com

How many of you are coffee drinkers? I'll let you in on a little-known-fact: Irving Farm is first and foremost a coffee roaster. They sell wholesale to restaurants as well as bags to grocery and specialty stores. Many of you may not be aware that Irving Farm started as a coffee and tea shop, the owners were later approached by their coffee provider at the time who suggested that they try roasting their own coffee. Today, Millerton is fortunate enough to have it's very own café, with Wi-Fi, an in-house baker, friendly staff members, a delicious menu, and little local pick-up items such as eggs, honey, pottery, and chocolate. The Millerton location hopes to one day expand their bakery and to have more take-out options. Not going to be in Millerton, but your taste buds are craving Irving Farm's fresh ingredients? If you're planning a trip to New York City be sure to check out their four great locations throughout the city. Irving Farm is also very excited to be building a new roasting facility on Route 22 and hopes to open in November. Until then, Irving Farm's friendly staff invites you to come in weekdays from 6am-5pm, and 6am-7pm on the weekends.

# **INSURING YOUR WORLD**

With summer parties rapidly upon us, clam and steak bakes readying for the weekends, it is important to review your personal or club insurances. If you are a homeowner, it's relatively easy, your personal liability will take care of any "products" exposure should a guest become sick due to a food allergy or tainted potato salad. Your homeowners also provides coverage for host liquor liability if someone imbibes too much and injures another party, the key here is that there can be no fee charged for the alcohol, if there is, a separate policy must be purchased. If you are a member of a club, fire department, or other fraternal organization, review your policy and let the respective carrier know that you are planning a function and be sure you have "products and completed operations" coverage to cover for any food consumption claims. In this case it is imperative that if alcohol is served and charged for that the organization be sure liquor legal liability be added to the policy or a separate policy must be purchased to ensure coverage is afforded. Remember that all commercial general liability policies specifically exclude liquor liability if alcohol is sold at the function so whether the organization is doing the selling or it is being done by a caterer, be sure that coverage is in place. The devil is always in the details!

Kirk Kneller Phone 518.329.3131 1676 Route 7A, Copake, N.Y.



# When grass is bad for horses

In the natural state, horses evolved to eat pasture grass on the prairies, often travelling many miles to reach appropriate forage and water sources. With modern horse keeping on limited acreage, horses are now typically fed concentrates (grain) and hay more than pasture. Producers of pasture grass seed have developed varieties for the cattle industry that maximize weight gain, resist drought, and provide high levels of fermentable carbohydrates. These seeds have been used extensively in developing pasture land on farms. Unfortunately, many horses are genetically meant to exercise more than they do, and eat diets less rich in calories than they do. (Does this sound familiar?). As a result, many horses struggle with obesity and metabolizing sugar. Because sugar is produced by the photosynthesis that plants perform, grass is a food filled with sugar. When excess sugar is eaten by a susceptible horse, serious medical issues may arise such as laminitis or colic.

If you have a horse that struggles with obesity, unlimited exposure to grass can be very dangerous. Grass produces sugar through photosynthesis during periods of sunshine, and stores it within the plant. Sugar levels in grasses are lowest after a period of darkness and highest after a period of sunshine. Plants store excess sugar under stress, such as in a drought, or with overgrazing. Thus the safest kind of grass for a sensitive horse is healthy unstressed pasture in the first few hours after dawn, or the last hours of darkness.

Amy L. Grice VMD, MBA 845-876-7085 www.rhinebeckequine.com 26 Losee Lane, Rhinebeck, NY 12572



# Dollars & sense

Whether you're a renter or a homeowner, chances are you care about saving money. Here are some tips to help you save money – and the environment too.

Light up the house, not the electric bill. Replacing incandescent light bulbs with efficient compact florescents will save you about \$6 a year per bulb, and more than \$40 over its lifetime.

Some like it hot, hot, hot...or cold, cold. Adjusting your thermostat just a few degrees while you're out saves money and energy.

How low can you go? Reduce your water usage by using a 1-liter plastic bottle, filled with water and placed inside the toilet tank.

Make it mean-green-clean. Save money and avoid toxic chemicals by making your own cleaning supplies. Basic household ingredients like vinegar, lemon juice, baking soda and borax clean everything from windows to tile. Look online for recipes and

Reduce, Reuse, Recycle! Sticking to this mantra can help you save money around the house. Use a rag instead of paper towels. Buy products in bulk, concentrate or refillable containers to reduce packaging waste.

Win-dos for your windows. For better insulation from the weather, caulk exterior window joints, put shrink wrap on windows, or hang blackout curtains.

Fan the green flames. To keep your refrigerator running efficiently, keep the fan

Decorate green. Houseplants are like living air-filters. English Ivy, rubber trees, peace lilies and red-edged dracaena can help clean the air and look pretty too.

"Vampire energy" is sucking you dry. On or off, anything plugged into the wall sucks energy. Vampire power costs U.S. consumers more than \$3 billion a year, according to the U.S. Energy Information Administration.

Stacey M. Langenthal Executive Vice President (845) 677-5321 x102



# Let's talk about Digestive Bitters

Bitters are widely recognized cross culturally as digestive stimulants. For centuries, Europeans have included a before or after dinner bitter tonic as part of their dining ritual—the aperitif and digestif. These drinks stimulate the bitter receptors in the taste buds and prime the digestive function via action through the vagus nerve and gastrointestinal system. They work best in people who need them, people with suboptimal and generally debilitated digestive function. Most of the chemicals responsible for the taste of bitters are terpenes: monoterpenes, sesquiterpenes, diterpenes, triterpenes and some bitterness comes from flavanoids. The more common bitter plants include: gentian, centaury, and wormwood.

Overall, bitters help prevent and improve a variety of conditions, including the maintenance of normal blood sugar levels, the tone of the GI tract, assimilation of nutrients, help to reduce allergies, protect us against anemia, improve immune function, and they are very helpful for digestive debility due to stress.

# So, how do they work? Bitters start right at the top.

1. They increase appetite which works very well for anorexics or people with wasting disease like some cancer patients. 2. Increases gastric acid and gastrin, the hormone that helps make us secrete gastric acid. 3. Increases pepsin, the enzymes that help break down proteins. 4. Increases gallbladder motility, helps release bile from the gallbladder (bile flow). 5. Increases the secretion of pancreatic juices. 6. Increases cell division and growth of the stomach, duodenum and the pancreas. 7. Increases insulin and glucagon. 8. Increase the muscle tone of the GI tract, especially our sphincters, stomach and the small intestine generally.

Bitters are best taken about 15 minutes before meals, but you can take them after. Ideally about 10 drops in an ounce or two of water sipped for maximum stimulation of the vagus nerve. Use with caution in the cases of hyperacidity, ulcers, reflux, and IBS.



Terri Lundquist, Herbalist and Owner The Village Herbalist 28 Main Street, Millerton, NY 12546 (518) 592-1600 www.tvhmillerton.com

# LISTINGS:

### ANIMAL CARE, ETC.

Agway 518 789 4471 agwayny.com Petpourri 860 435 8833

### **ANTIQUES**

Millerton Antiques Center 518 789 6004

Tristate Antique Restoration 518 329 0411 tristateantiquerestoration.com

## **APPLIANCES**

Decker & Beebe Inc. 860 824 5467 deckerandbeebe.com

Gordon R. Keeler Appliances 518 789 4961

### **ART & DESIGN**

Eckert Fine Art 518 592 1330 janeeckertfineart.com

Gilded Moon Framing & Gallery 518 789 3428 amframina.com

Martina Gates Fotoworks martinagates.com

ARIES (March 21-April 19)

TAURUS (April 20-May 20)

GEMINI (May 21-June 20)

CANCER (June 21-July 22)

person may have a new idea.

LEO (July 23-Aug. 22)

to blend into the crowd.

prove fruitful.

physical action resolves no problem.

listen to "your side" of things. Remember that

Play, train and love; that's the perfect combi-

nation. Show confirmation and the search will

You have to come to terms with the fact that

everyone has secrets and they choose not to

which is good because it's not in your favor

Don't hesitate to speak your mind, even

share them. You'll be noticed more than usual

though you think the person across from you

You'll be presented with interesting ideas and

You've known for a while what you truly want

you need to take the time to look into them.

You'll reap benefits by putting words to a

to do and you're ready to reach that goal.

Success in business will also have a positive

concept or secret about yourself.

VIRGO (Aug. 23-Sept. 22)

impact.

may not agree with you. It's possible that that ones.

Neumann Fine Art 413 246 5776 neumannfineart.com Samantha Free Interiors 917 710 2125 samanthafreeinteriors.com

Snyder Printer 518 272 8881 snyderprinter.com

Thorunn Designs 518 592 1135 thorunndesians.com

## **AUTOMOTIVE**

Factory Lane Auto Repair 518 398 5360

Ruge's Subaru rugesauto.com

Sharon Auto Body 860 364 0128

### **CAFES & FOOD & WINE**

Church Street Deli 518 329 4551

Harney & Sons 518 789 2121 harney.com

Hillsdale House 518 325 7111

Lia's Mountain View 518 398 4631 liasmountainview.com

Local 111 518 672 7801 local111.com

WHAT'S YOUR SIGN?

Millbrook Vineyards & Winery 845 677 8383 millbrookwine.com

It can prove tiresome for others to continually Dress up for special occasions. Prepare

Oakhurst Diner 518 592 1313

Pine Plains Fine Wines 518 398 7633

Red Devon 845 868 3175 reddevonrestaurant.com

Salisbury Wines 860 435 1414 salisburywines.com

Taconic Wayside Inn 518 325 4401

Trotta's Fine Wine & Liquor 518 789 3535

# CARPENTRY/BUILDER

Churchill Building Company 860 596 4063 churchillbuildingcompany.com

Nailed It Building & Construction 518 929 7482

naileditbuilding.com Over Mountain Builders

518 789 6173 overmountainbuilders.com Rafe Churchill

# rafechurchill.com **ENTERTAINMENT**

Millerton Golf 518 789 8215

yourself carefully before you speak your mind

Enjoy the passing moment because it'll never

return and it's better to remember it in a

It's always easier if someone holds things

together with you. React to it in the moment,

but don't let your irritation affect those clos-

Conversations sometimes take unexpected

directions. You're capable of impacting the

forces of nature for the sake of your loved

It could be best to let things evolve naturally

and on their own. One minute you're plan-

discovery of a lifetime in bread-baking.

ning a vacation, the next you're making the

The answer you've been seeking lies with a

good friend. The good intentions of someone

outside of your circle of trust affords you an

opportunity to have special moments with

SAGITTARIUS (Nov. 22-Dec. 21)

CAPRICORN (Dec. 22-Jan. 19)

AQUARIUS (Jan. 20-Feb. 18)

PISCES (Feb. 19-March 20)

your loved ones.

LIBRA (Sept. 23-Oct. 22)

SCORPIO (Oct. 23-Nov. 21)

about certain subjects.

positive light.

est to vou.

### **FARMS & FARMING**

FarmOn! Foundation friendsofthefarmer.com Hawthorne Valley Farm Store 518 672 7500 hawthornevallevfarm.com

Herondale Farm herondalefarm.com

Hudson Valley Harvest hv-harvest.com

Madava Farms 845 877 5143 crownmaple com

McEnroe Farm Market 518 789 4191 mcenroeorganicfarm.com

Quattro's Poultry Farm & Market 845 635 2018

Ronnybrook 518 398 6455 ronnybrook.com

# **ELECTRICAL**

Berlinghoff Electrical Contracting 518 398 0810 berlinghoffelectrical.com

# **HEALTH & BEAUTY**

Amore Nail Spa 518 592 1133 amorenailspamillerton.com

D's Salon & Spa 518 965 9003

Robert Dweck, MD Counseling for the Body & Mind 845 206 9466 robertdweckmd.com robertdweckmd@gmail.com Sharon Hospital

sharonhospital.com

# HOME HEATING, ETC.

Dutchess Oil & Propane 518 789 3014 dutchessoil com

Lindell Fuels 860 824 5444

Taylor Oil 800 553 2234 gmtayloroil.com

# HOME SERVICES

Associated Lightning Rod 518 789 4603 alrci.com

Eastern States Well Drillers 518 325 4679 easternstateswelldrillers.com

Madsen Overhead Doors 518 392 3883 madsenoverheaddoors.com

W.B. Case, LLC 860 364 2169

# **INSURANCE & FINANCE**

Bank of Millbrook 845 677 5321 bankofmillbrook.com Brad Peck 518 329 3131 lofgrenagency.com

# LAWN, GARDEN, POOL

Landscaping & Escavation 518 789 6170

Race Mt Tree Services Inc. 413 229 2728 racemttree.com Robbie Haldane 518 325 2000 robbiehaldane.com

## LIFESTYLE & EVENTS

Alicia King Photography 845 797 8654 aliciakingphotography.com

Catskill View Wedding & Events 518 592 1135 catskillviewweddings.com

### LODGING

142 Wells Hill B&B 860 435 8388 142wellshillbandb.com

Sharon Country Inn 860 364 0036 sharoncountryinn.com

# **REAL ESTATE**

Bain Real Estate 860 927 4646 bainrealestate.com

Elyse Harney Real Estate 518 789 8800 860 435 2200 HarneyRE.com

Millbrook Real Estate 845 677 3525 millbrookrealestate.com

Paula Redmond Real Estate, Inc. 845 677 0505 paularedmond.com

# **SPECIALTY SERVICES**

Cantele Tent Rentals 518 822 1347 canteletentrentals.com

Columbia Tent Rentals 518 851 9460 columbiatent com

Country Care Property Management 845 518 0632

**Ghent Wood Products** 518 828 5684 ghentwoodproducts.com

Nickbee's Eco Store 518 592 1177 nickbees.com

Roe Jan Lockworks 518 329 1465

Scott D. Conklin Funeral 518 789 4888 conklinfuneralhome.com

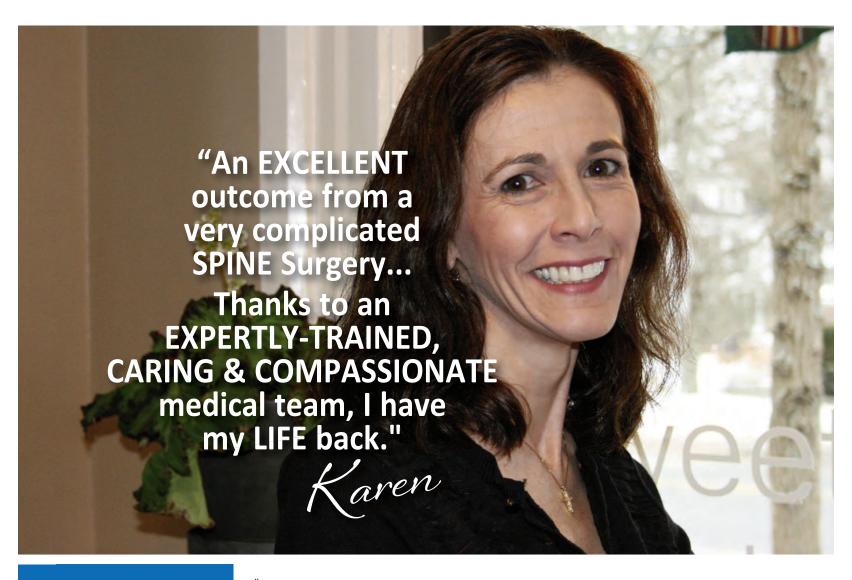
Valentine Monument Works & Sandblast 518 789 9497

# **STORES**

Hammertown hammertown.com Herrinaton's Inc. 518 325 3131 herringtons.com Riley's Furniture 518 789 4641

rileysfurnitureflooring.com

Domenick Lopane Jr.



The
Center
for
Orthopedics
at
Sharon Hospital

Quality, safe, patient care with excellent surgical outcomes.

Enhancing quality of life, one patient at a time.

"Having been a nurse for the past 26 years, I was dedicated to caring for my patients. I tried to maintain proper back care when lifting and transferring patients at all times. However, when an Emergency occurs, often nurses must gather super-strength to assist a patient... Dr. Astrauskas, my PCP, and Christine Lowell, PA, worked with me to gain strength through physical therapy and the use of steroid injections. I did not want to mask my back pain with medication because I had witnessed what prolonged use could do to a person.

Over the past year, it became apparent that the non-surgical interventions were simply not going to be able to cure my back problems. I needed help getting out of bed and moving from room to room. I would wake up in severe pain in the middle of the night. My quality of life was terrible.

Together, Dr. Dan George, Orthopedic Spine Surgeon and Christine Lowell, Orthopedic Physician's Assistant, talked to me about surgical intervention and the next options for my care. We decided to proceed with surgery. It was a complicated case; a fusion with rods placed in my back. From the moment that I presented to the Surgical Department at Sharon Hospital, I was cared for like a member of the hospital family. Not just because I had worked there, but because Sharon Hospital's team of caregivers treats each and every patient as if they are their own family.

There is a misconception among some people that you receive better care at a larger hospital. That is simply not true. I have also worked in large city hospitals in Hartford and Nashville, so I know first hand that the care that I gave at Sharon and the care that I received as a surgical patient at Sharon Hospital is just amazing... The entire team of expertly trained surgeons, nurses, and anesthesiologists were dedicated to making me comfortable each and every step of the way. I was nervous when I went to the operating room holding area but the surgical team's compassion and dedication to my safe care made me feel at ease.

Today I am able to do the things that I enjoy most with my family. I am also able to travel for work to our eight RegionalCare Hospitals. Running through the airport and lifting my suitcase into the overhead bin is no longer difficult. I have my life back. Thank you to Dan George, MD, Christine Lowell, PA, and the team at Sharon Hospital for giving me the ability to move freely again.

My name is Karen. I am proud to say, Sharon is MY Hospital; where the hospital family cares for their community family every day."

Karen Arel, MSN, MHA, RN Registered Nurse | Informatics Analyst RegionalCare Hospital Partners



Sharon Hospital | sharonhospital.com