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MAGAZINE



The
Food
& Drink
Issue



Before



Before



After



Before



After



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LET'S EAT AND DRINK

This is our *seventh* consecutive “Food + Drink” issue! This was the first themed issue that we had in our first year of publishing this magazine, and we decided to do it way back in 2013 because July seems to be the height of growing season. Additionally, everyone is loving the fresh summer foods and barbecuing, and drinking fun summer drinks. So why not celebrate by devoting a whole issue to it? Well, that was our thinking all of those years ago, and we continue to love to highlight great (and mostly local) food and drink-related subjects. Our readers also love this theme, and so we hope that this seventh issue doesn't disappoint!

For starters, our “in-house” baker, Jessie Sheehan, made a specific recipe for this issue that graces the cover. She will then share the recipe with us in the August issue. Once you flip the page and go through the magazine, you'll explore a plethora of stories on varying topics within the food and drink realm. For starters, Christine Bates caught up with Eleanor Nurzia, the founder and owner of 52 Main in Millerton, NY. You think starting and running a restaurant and bar is easy? Let Eleanor set you straight!

Regina explores the “secret hotel” just south of Rhinebeck, NY, that grows some of its own food and has a talented chef creating some very beautiful, delicious, and interesting dishes. Regina also tells us all about the Lucky Dragon; a new restaurant in Rhinebeck. Meanwhile, Griffin shares a couple of local places that are brewing up some local adult beverages.

This month's center spread is dedicated to Terni's in Millerton, NY, which is turning 100 years old this month. Terni's has quite the story and has had a major impact on the local community and countless people in the last century. Mary takes us out of town and gives us some pointers on glamping, and how and what to cook when glamping. Ian on the other hand travels out toward Canaan, CT, and tells us all about Freund's farm. Dominique on the other hand takes us across to New York, to Craryville, and tells us all about Random Harvest. Teri then ties it all together by talking about the health benefits and drawbacks that certain foods have on our health.

I also need to clarify a mistake that I made in last month's issue: Ian Strever wrote the story on Phenology, and I forgot to switch out the author's name when I was laying out the article. I just want to make sure that credit is given where it is deserved – Ian wrote a great piece and so he should of course be credit for his work! Mistakes happen. Happy summer!

– *Thorunn Kristjansdottir*



JULY 2019

Jessie Sheehan's strawberry rhubarb galette with a flaky cream cheese crust – recipe coming in August's issue!

Cover photo by
Jessie Sheehan

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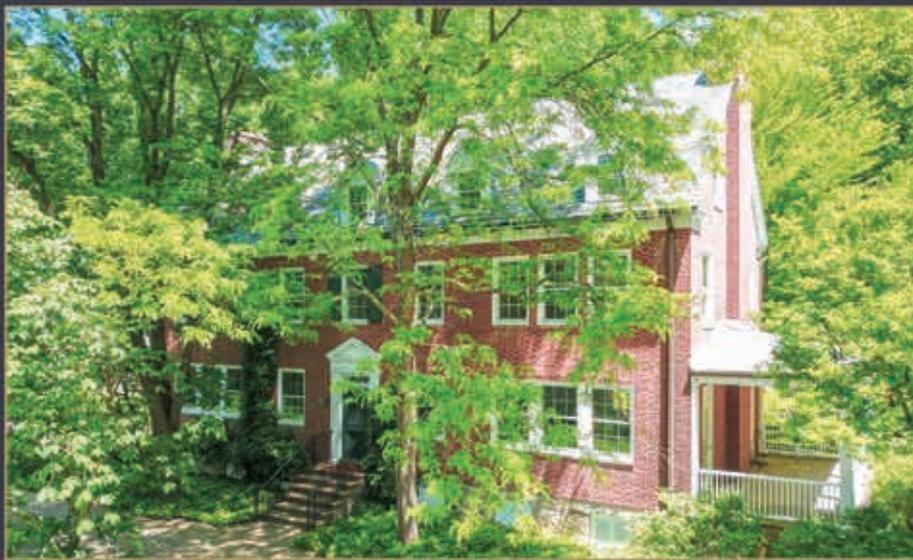


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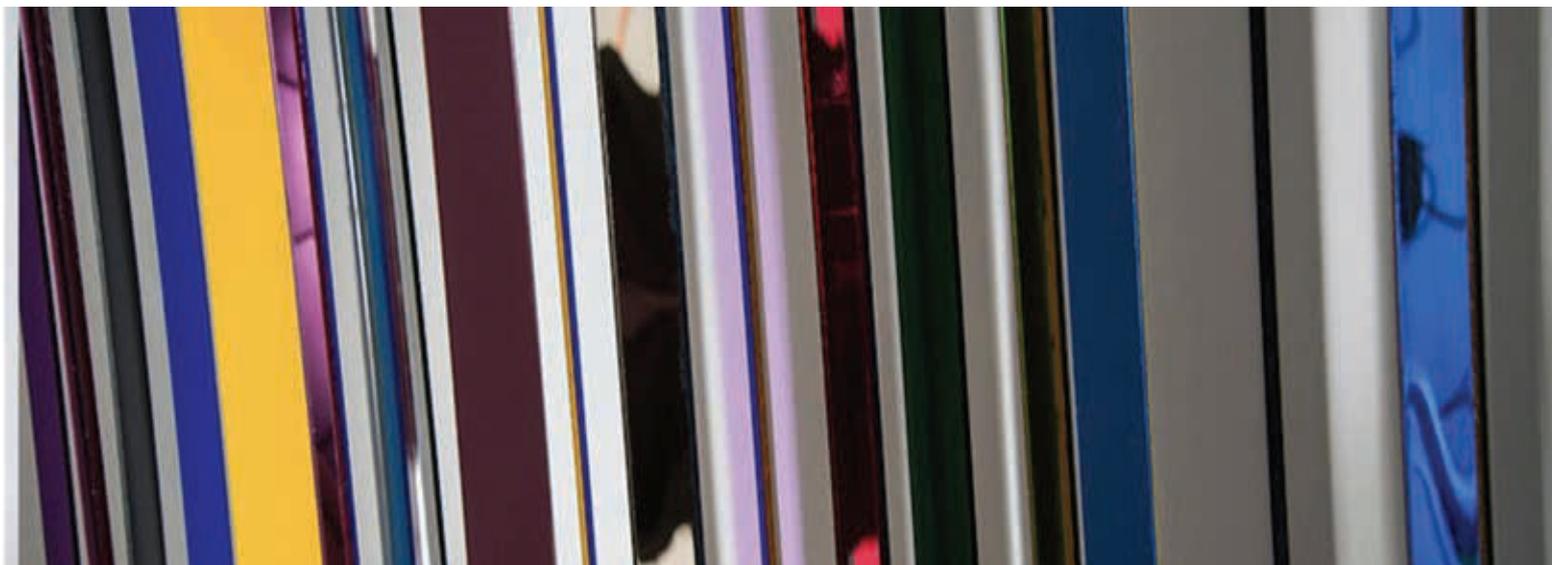
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Rufus de Rham: The arts as occupation

By CB Wismar
arts@mainstreetmag.com

If we can presume that the late troubadour Harry Chapin got it right in his lilting *All My Life's A Circle*, then the career trajectory of Rufus de Rham would be a fine illustration. Celebrating the fact that life is rarely, if ever, a linear exercise, Chapin affirmed:

*No straight lines make up my life;
And all my roads have bends;
There's no clear-cut beginnings;
And so far no dead-ends.*

And, so it has been for Rufus de Rham.

Growing up in Kent, CT, and attending Kent School, Rufus had the opportunity while still in high school to join a classmate's school break return to his home in Korea. While not a typical vacation from the classroom, the sampling of a unique culture had an impact.

Later, as a student at NYU, the offer was made for Rufus to study in Amsterdam for his semester abroad. He opted out of the chance and waited until his final year to immerse himself, once again, in Korea. This time, the visit and the

scholarly pursuits became so compelling that he channeled his energy into the study of Korean cinema at Yonsei University.

And, the circle turned.

Into the world

After graduation, a family matter drew him to Boston for a few months, whereupon he decamped to Brooklyn, NY. This was not the burgeoning gentrified life of Park Slope, but the gritty world of Bedford Stuyvesant. To make ends meet, Rufus, who is quite calm and polite by nature, took a job as a security guard. Quite a change from the exploration of Korean film.

There were a string of jobs and projects, working with like-minded NYU graduates on short film productions, being a barista at Starbucks, working at an Apple Store, meeting Emilie Harjes (the love of his life), and finally deciding that graduate school was calling and he should audit a class or two to get back into the academic rhythms.

De Rham selected as an audit experience a course in film archiving and restoration, and in the short term, things came into focus. Gathering up a Master's Degree in Moving Image Archiving and Preservation, he ventured into the complex and sometime chaotic world of cinema in New York City. Festivals, screenings, restoration

projects, short-term assignments, and spending two years programming the New York Asian Film Festival eventually led to an offer from The Film Society of Lincoln Center for him to join their staff in the area of archival film collection. It seemed that Rufus had found a home ... until ...

Back home

While Emilie pursued a career that has taken her to be a photo editor at Consumer Reports, Rufus felt the call to return to Kent. Together, they would find a home with "great potential" south of the village and settle into the lengthy, daily commute. But, when the call for applicants to fill the position of executive director of the Northwest Connecticut Council on the Arts appeared, he applied for the position at the suggestion of friends, and with another bend in the road, found himself stepping into that role at the end of 2018.

No straight lines in this man's career, but no dead ends, either. As de Rham discovered when settling into the new position, things are not always what they seem and positions become much more complex when "discussing" becomes "doing."



Above, top to bottom: Arts Council logo. Kathy Peck, Steph Burr, Rufus de Rham, Maddie Stenson at the Arts Advocacy Day. Opposite page, top to bottom: The Bourbon, Barbecue and Bluegrass event. Folks enjoying the Arts Night Out event. Photos courtesy of Rufus de Rham.

And, “doing” is what drives Rufus de Rham.

With any community not-for-profit, there is always the constant need to generate funding. Programs require investment. Staffing means salaries ... and fringes ... and taxes. Although there may be an easy affirmation of the importance of the arts in community life, converting that affirmation – whether by individuals or companies that are headquartered in the region – into financial support is a perpetual challenge.

Arts, politics, and money

The shifting winds of politics in an area without a county government, but a dependency on the scattering of local towns that comprise Litchfield County and beyond require appearances, meetings, proposals, grant writing, and a multitude of daily projects that all seem to cry out for immediate attention. If, as Rufus firmly believes, the arts are a vital contributor to the economic engine that drives the area, then making sure the arts in every form – painting, sculpture, dance, theatre, music, etc. – are promoted, supported, encouraged, and recognized.

Several Arts Council projects have attracted a great investment of time and talent on the part of Rufus de Rham and his “team” of Maddie Stenson who handles membership and outreach, and Steph Burr, the program director. They are supported by a board chaired by Kathy Peck. A robust online events calendar, a weekly *CultureBEAT* newsletter, and a Cultural Directory

are regular functions that focus their time.

Advocacy efforts are a vital function of the Council and the four have traveled to Hartford to lobby for arts funding, gone town to town to sit in Selectmen’s meetings, become involved with the Council of Governments, and all the while producing lively events to unite artists and the community.

“Arts Night Out” receptions move from town to town in the area, finding expanding audiences whenever they are announced. “Make Music Night,” the global celebration of the summer solstice that places free musical programs in towns throughout the region attracts everyone from casual locals who merely walk by, pause and move on, to those who drive miles to appreciate the talent resident in the region.

Combining music, culinary artistry and the distillers art is accomplished at the annual “Bourbon, Barbecue and Bluegrass” fundraising evening hosted at Litchfield Distillery and providing yet another way to engage the broader community in the lively arts.

In support of the Council’s mission “...to engage the public in building a strong and connected arts and culture community that is integral to the economic development and the collective well-being...” of the 25 town area served by the Council. “We want to be the center,” affirms de Rham. “We want to be the place where residents and artists can come for information,



motivation and connection ... and even to get out of their comfort zone.”

That mission is not insubstantial when overlaid on a service map that extends from Salisbury to Hartland and Barkhamsted to Roxbury and New Milford.

An annual awards recognition, known as CultureMAX, recognizes the businesses that invest in and support the arts, theatre and performance troupes that keep the arts alive, instructors who pass the creative spirit to succeeding generations, and individuals whose careers have centered and keeping the arts in full public view.

The recent “Wellness in the Park” event in Torrington linked the Arts Council with the Chamber of Commerce and Prime Time House in a community effort that succeeded in continuing to build business relationships.

And through this sometimes turbulent and overwhelming passage, Rufus de Rham keeps finding

new ways to reinvent himself and bring the experiences he’s had on what may be along the road, ahead. By nature he is a professed optimist and has reveled in the travels to meetings and encounters with artists, politicians, business owners, and educators who meet Rufus de Rham and begin to understand how he revels in the next bend in the circle... “and, so far, no dead ends.” ●

For more on Rufus de Rham’s efforts and the Northwest Connecticut Arts Council, visit www.artsmwct.org.

Are you an artist and interested in being featured in Main Street Magazine? Send a brief bio, artist’s statement, and a link to your work to arts@mainstreetmag.com.





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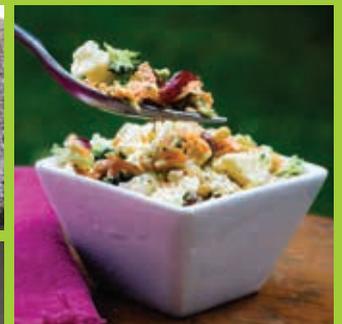


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It can be said with confidence that local family specialist, bartender, and mother of two boys **Meaghan Todd** is the Hudson Valley's version of a "supermom." For over ten years Meaghan has been an integral part of her community both as a supportive aid for families in need and a friendly ear behind the bar. "What I love most about my jobs is that I have the opportunity to help families and individuals reach their goals – and bartending offers me a wonderfully nostalgic opportunity to engage with my local community." Meaghan currently serves as a family specialist at Berkshire Farm Center & Services for Youth where she has spent the last three years, and she has recently returned to the Hillsdale House where she treats Hillsdale, NY, residents to local brews and her infectious smile.



Local bartender and recent nursing graduate **Jeremy Woodell** has been the model for the kind of good-natured personality that reaches across the counter. Jeremy began bartending six years ago, having spent the last two bartending at Crossroads Brewing Company in Athens, NY. Despite the challenges of his courses at Columbia Greene Community College, Jeremy's friendly nature persists. "The thing I love most about my job is the great co-workers I get to see multiple times a week." Indeed, when visiting Crossroads, it is impossible to miss the camaraderie between co-workers that emanates from behind the bar. Jeremy's laid back personality is reflected in his life outside of work as well, "Outside of work, especially now that it is closer to summer, you can find me anywhere there is a beach or a patio."



Tracey Sheedy has been providing healthcare services for women for 20 years as a physician's assistant who specializes in obstetrics and gynecology. Patients see her at Sharon Hospital Medical Practice's New Milford office where she provides compassionate care for women. Originally from Staten Island, she left the high-rises and city lights behind 13 years ago and hasn't looked back. "I love the old quaintness about our town and the beautiful town green where many events are held throughout the year," she said. In the summer, Tracey enjoys soaking up family time as much as the sunshine. You can find her ferrying her three children from various sports activities, including to the baseball field. She volunteers for the town's baseball league in addition to the local breast cancer fundraiser. You might also find her at Lucia Ristorante, ordering her favorite dish of eggplant parmigiano.



David Wurth is the owner and chef of CrossRoads Food Shop, a small breakfast and lunch restaurant in Hillsdale, NY. CrossRoads has been in operation for seven years and six months, having started in February 2012. "I love many pieces of my work life but what stands out are the relationships I have come to cherish with our longtime customers and the local farmers that supply us with many of our ingredients." While time away from work is minimal for David, he's happiest when spending time with friends. In his free time he has also managed to attain a working knowledge of *The Mary Tyler Moore Show!* David moved to Columbia County in 2006, having visited the Hudson Valley many times while a New York City resident. "What I love most about the area is watching the seasonal changes to the landscape – the colors, the light, the sounds of the wildlife, the smells of things growing."



Sometimes the heart of a small town can be found in an unrelenting smile and a warm greeting early in the morning, or at the end of a hard day's work. Hillsdale Stewart's Shop manager **Gwenn Manning** possesses those friendly qualities in spades, making her the leader in the clubhouse of Hillsdale's favorite one stop shop. "One of my favorite parts of working for Stewart's is our connections to the community." Gwenn's spirit combines her natural people skills with her love of numbers, "I started out as a part-time partner after four years in college pursuing my degree in accounting." Gwenn looks forward to serving the community through hard work and genuine kindness, "Come in and try my favorite ice cream, Fireworks! It's honestly the best thing ever!"



Millerton Inn's executive chef **Andreas Hinos** has been cooking professionally for 17 years, but truthfully, Andreas grew up in the kitchen. "My mother owned a restaurant so I started young." Andreas reflects fondly on the family relationship that fostered his love for food, moreover, the communal relationship the people he serves has with the food he makes, "What I love the most is knowing that people have left full and happy after finishing a meal. The culture behind it is so powerful – food brings everyone together." Having moved to the area from Akrotira, Greece, Andreas enjoys seeing people savor dishes from his native country, "I love seeing people dive into a whole fresh grilled fish. There's nothing better than seeing just the bones come back on a plate!"



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The Professional

ELEANOR NURZIA
OF 52 MAIN IN
MILLERTON, NY

By Christine Bates

christine@mainstreetmag.com

On a rainy afternoon before 52 Main started serving tapas and wine at 4pm, I sat down with Eleanor “El” Nurzia to talk about her career. El explained her history in the restaurant business starting at age 16 and how she decided to open a tapas restaurant in the Village of Millerton seven years ago.

What brought you to Millerton? Why tapas?

I was looking for a location with sophisticated customers near or adjacent to an entertainment venue. I also considered Ridgefield, CT, – both locations have the right demographics for a small plate menu, but Millerton offered a sense of community and the prospect of customer loyalty. In Ridgefield restaurants come and go – hot one day and closed the next.

Tapas were just becoming a familiar way of eating when we opened in 2012. Tapas appeal to the desire for variety and are very affordable. For many older customers one plate and a glass of wine is just the right amount – the perfect portion for light appetites. Others make a full meal of sampling and sharing a selection of tapas. Recently, our most popular choices are the tuna poke tacos, truffled chickpeas, and of course the smoked Gouda mac n’ cheese.

Customers here are very conscious of health and food trends and we try to be very responsive with vegan, vegetarian, keto diet, and gluten-free menu choices. We rotate our menus several times a year to utilize seasonal ingredients and to accommodate seasonal eating habits. We always keep the favorites around and we encourage feedback to our chef.

Was it difficult to open in Millerton?

It took us much longer than we ever expected. We had to install a very expensive, custom septic system since Millerton has no sewer. The Department of Health only allowed us a limited portion of the approved seating for the first six months while they conducted additional assessments.

We opened in May 2012 and it wasn’t until September that all of our seats were finally released. It was only then that we could properly advertise and begin taking reservations. It was a bumpy opening and it took four years to get to where we should have been in two years.

Initially underage drinkers were a problem. They were accustomed to not being carded in Millerton and it took a while to make it clear that we would not be serving minors here. It also took time to establish our behavioral expectations. Some younger guests saw a large bar and thought it gave license to poor behavior. We are very hardcore about that and customers also need to be appropriately dressed – see that “Proper Attire” sign? Seven years later, we enjoy a lovely adult crowd. We have become a community gathering spot.

How did you get started in the restaurant business?

I grew up in an extended Italian family and feeding large groups of people became a natural skill. At age 16 I started out waitressing weekends and in summers for a caterer at a local



country club in Mahopac in Putnam County. When I went to Boston College on an academic scholarship I needed to work and got jobs tending bar downtown during the school year. At BC my major was economics. And I studied international relations and economics in an American University study abroad program in Belgium. I made many friends during this program and eventually moved to Washington DC after graduation.

My first official restaurant management position was with Capital Management Group, which owned eight restaurants and expanded to 18 in the DC area during the time I worked for them. Each restaurant had a different concept and menu, and I worked in several of them in different positions. I was involved in several openings and eventually focused on developing corporate employee training. Every task needs to be check listed – the restaurant business is all about being super organized because there are so many moving parts.

After eight years I joined Sutton Place Gourmet when they acquired Hayday Markets and I became the



Above, top: Eleanor with one of the chefs from last year's Chef & Farmer's Brunch. Photo by Christine Bates. All of the rest of the images with this article showcase some of 52 Main's offerings.



Continued on next page ...



general manager of the Hayday Market in Westport, CT. This business was takeout and I missed the social relationship aspect of a sit-down restaurant. After two years there I was recruited to become the regional manager for Coach's Sports Bar and Grille, a venture based on the reputation of UConn coach Jim Calhoun. It was difficult to work for private investors with little restaurant experience and no clear direction.

Then an opportunity presented itself to help a small restaurant in Pawling owned by family friends. The Colosseo was an Italian mom-and-pop operation that was failing. With the help of my sister-in-law partner we quickly turned the business around and outgrew our space in less than two years. Abruzzi Trattoria on Route 22 in Patterson became our expanded new home. I was part of the creation from the ground up. I owned the business for ten years. It became the local gathering spot that brought the community together.

During this time I created and built 52 Main. With the help of a great team, we transformed the former pharmacy space into a tapas bar. For

two hectic years I was at Abruzzi all day and then here in Millerton until late at night. I had not intended to sell Abruzzi, but one of the restaurant's vendors introduced me to a buyer that made me an offer that I couldn't refuse.

What don't most people understand about the restaurant business?

Most people don't comprehend the complexity of all the interrelated decisions that go into creating a restaurant – from menu planning and pricing, choosing china and glassware to selecting vendors, training staff, maintaining equipment, getting inspected, complying with regulations, hiring help, etc. It's all about how all of these pieces come together and then stay together.

Have any restaurateurs influenced you?

I don't watch any cooking TV shows. They have nothing to do with the day-to-day ins and outs of running a restaurant. Lidia Bastianich's recipes based on the cuisine of northern Italy have influenced me. Also the yearly *The Best of the Best* recipes from cookbooks published by *Food & Wine* have a huge variety of recipes. And of course the internet is always a source of new ideas.

Where did you learn to cook?

In my first job at Capital Markets I spent three to four weeks beside the executive chef in each of their restaurants.

What about cocktails?

Cocktails are super trendy and Jim, our bartender, is very busy. Right now one of our featured drinks, the Paper Plane with Berkshire Mountain bourbon, Amaro Nonino, Aperol and fresh lemon juice, is really popular.

What drives profitability in a restaurant?

Each establishment has a different break-even-number, but to succeed all restaurants need customer foot traffic, and consistency of food and service. The best advertisement is word-of-mouth from customers.

What do you do about negative internet reviews?

Bad reviews are painful. We respond to everyone and try to be polite. It's very difficult to get rid of a bad review. For example one scathing review was clearly not about our restaurant. We tried to explain to Yelp that we had no burger section on our menu, which the reviewer referred to. We sent Yelp a copy of our menu but they wouldn't take it down. Because it was from a frequent poster they said there was "insufficient" reason to take it down. Big companies and advertisers get better positioning on Yelp and these sites cannot explain their algorithms. We are finding that there is now more traction with Google reviews and Instagram postings. Monitoring, responding, and posting are so important that I have a social media person to handle this.

What do you do for the NECC's Chef & Farmers Brunch?

For the fourth year I am the chair of the all-volunteer committee that produces the brunch. All of the money raised from sponsorships, ticket sales, and auctions goes to the NECC. This year it will be held at Millbrook School on Sunday, July 28, and we expect over 350 people.

Our committee, supported by NECC staff, organizes everything. This is where checklists are required. First we scout out locations and make a recommendation. Everyone wants the brunch to continue to have a local, rural casual feel. We create sponsorship opportunities and solicit businesses, design and print invitations, sell tables, ask farmers to contribute food, and convince chefs to give up a Sunday morning to feed and serve guests. We rent tents, install sound systems, organize volunteers and valet parking, create the auction, and the least fun, arrange for health inspections, permits, and licenses.

It's months of work and meetings for a single day, but the brunch is the NECC's only fundraiser and lets it continue to operate its important programs. I'm so proud to be part of the day. ●

To learn more about Eleanor Nurzia and her restaurant 52 Main, you can visit them online at www.52main.com or find them on social media.



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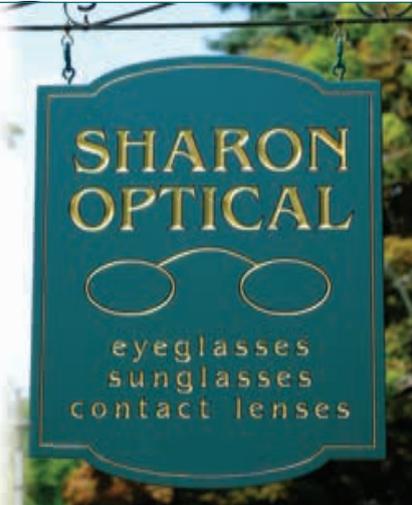
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IT'S NOT JUST ABOUT FILM - IT'S ABOUT COMMUNITY

ONE-BOWL Vanilla cupcakes

WITH CHOCOLATE
FROSTING

By *Jessie Sheehan*
info@mainstreetmag.com

I have always been – and perhaps will always be – very much a chocolate cake kind of person. In fact, my most beloved flavor combo is chocolate cake with vanilla frosting (I mean I love chocolate, but chocolate cake with chocolate frosting can sometimes be a little too much – even for me). But now I have developed a recipe for truly the unthinkable: a vanilla cupcake with chocolate frosting and I am here to tell you that there might just be a new favorite in town.

The vanilla cake is oil-based, beyond moist and deeply vanilla-flavored, as it should be. The frosting is rich from softened butter and darkly chocolate-y from Dutch process cocoa powder, and is the perfect sweet and fluffy crown atop the vanilla cup. Sprinkles are an awfully nice addition, too.

One-bowl baking

But here's the thing: this one-bowl chocolate-frosted vanilla cupcake is not only super delicious – and capable of converting even the most chocolate-loving of chocaholic cake lovers into a vanilla fan – but is also incredibly easy to prepare, as the entire process takes place in a single mixing bowl in about 15 minutes flat.

One-bowl baking, for the unfamiliar, actually requires this: that only a single bowl be used when assembling a recipe – and for these cupcakes, it's the same bowl for both the cupcakes and the frosting (you're welcome). A quick wipe of the bowl with a paper towel, after emptying it of cake batter, is all you need, before adding your frosting ingredients.

In addition to the single bowl, one bowl baking recipes tend to be easy to follow (never a long ingredient list, nor complicated instructions). Moreover, the ingredients are probably already in your kitchen cupboards – and if you do have to take a trip to the grocer's, it is never to purchase hard-to-source items, but only for those that are easily found wherever it is you do your shopping.

One-bowl baking is for those of us who enjoy making treats with short, easy-to-follow recipes, are fond of using pantry-friendly ingredients, and are not too crazy about doing dishes. In short, when you one-bowl bake, tasty treats come together quickly, while leaving your kitchen sparkling clean.

A couple of tips:

The cake batter is easy to throw together, but definitely benefits from a gentle hand. Please fold the dry ingredients into the wet just until a few streaks of flour remain. And when mixing the frosting, do not be concerned if the mixture takes a bit of time to come together into an icing-like consistency. It will happen, I promise.

Finally, after frosting the final cup and turning to your sink with nothing more than its one dirty bowl, a big sigh of relief, coupled with a little smile, is not only appropriate, but expected.

Yield: about 2 dozen cupcakes

Ingredients for the cupcakes:

2 cups granulated sugar
1/2 cup of vegetable oil
1 Tbsp vanilla extract
1 egg
2 yolks
1 1/2 cups whole milk Greek yogurt



1 1/2 cups all-purpose flour
1 cup cake flour
1/4 tsp baking soda
1 3/4 tsp baking powder
1 tsp table salt

To make the chocolate frosting:

1 3/4 sticks unsalted butter,
room temperature
3 1/2 cups confectioners sugar
1 cup Dutch process cocoa powder
1/4 tsp table salt
1 Tbsp vanilla extract
1/2 cup heavy cream, or more
if needed

Instructions to make the cupcakes:

Preheat the oven to 350-degrees. Line two 12 cup cupcake tins with liners and set aside.

Combine the sugar, oil and vanilla in a large mixing bowl and whisk vigorously to combine. Add the egg and the yolks, one at a time, whisking after each addition to incorporate. Add the yogurt and whisk a final time.

Using a fine wire-mesh sieve, sift the two flours, the soda, powder and salt onto a sheet of parchment paper on the counter, if you have it, and then transfer the dry ingredients into the bowl using the paper as a funnel. If you do not have parchment paper, sift the dry ingredients right over the mixing bowl.

With a rubber spatula, fold gently to combine, stopping when a few streaks of flour are still visible. Fill the liners about 2/3 of the way full with batter, making sure to scrape every last bit of batter from the bowl, as you will be reusing it.

Bake for 16 minutes, rotating at the halfway point. The cupcakes are done when a toothpick comes out with a moist crumb or two.

Let the cupcakes come to room temp before frosting.

To make the frosting:

Place the butter in the mixing bowl and using a handheld mixer, beat the butter on medium speed until soft and smooth. Add the sugar a cup at a time, mixing to combine on low, after each addition. Add the cocoa powder and salt and mix again. Add the vanilla and then the cream and mix until smooth, fluffy, and spreadable, add in a tablespoon more cream at a time, if necessary.

Frost the cupcakes and serve to your extremely lucky guests. •

Jessie is a baker and cookbook author; you can learn more about her through her website jessiesheehanbakes.com.

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The sharing economy

Short-term rentals and the real estate market

By Christine Bates
christine@mainstreetmag.com

The May issue of *Main Street* touched on the “sharing” economy in its discussion of the role of transportation in economic development and the future impact of driverless cars and the Uber generation. Short-term home rentals are another example of the “sharing” phenomenon that directly impacts real estate markets.

Our region has always had seasonal furnished rentals for the summer, for the school year, for the ski season. But these rentals were for longer terms – typically for more than a month but less than a year. Reservations were handled by real estate brokers who knew the owner and the property or by word-of-mouth. Leases were signed and references checked.

But our world has changed.

Women work full-time and couples don’t have the leisure of weeks of summer vacation to spend in the mountains or at the beach. There’s also student debt to pay off and the high cost of primary housing. Millennials don’t want to spend every weekend in the same place – they want experiences, not “mortgages.” They can select where they want to go and when by visiting the internet rather than driving around with a real estate agent or looking at rental advertisements in the local newspaper.

Internet sites like airbnb, HomeAway, VRBO, etc. are the response to the quest for variety, authenticity, and experience – not the cause.

Short-term rentals are a home-away-from-home

Short-term rental platforms are not the same in terms of what they offer or how much they charge, but all offer a unique living situation. No two are alike. Sites like HomeAway only list entire properties while you could also just rent a sofa bed in a room on airbnb. (airbnb was started when the founding entrepreneurs discovered they could help pay their bills by renting out an air mattress in their living room). airbnb is now the largest presence in this market. In a sense, airbnb has become the Kleenex or Xerox of short-term rentals with listings in 191 countries, offered by over 600,000 hosts.

Just for fun, Google airbnb in a remote country and see what you find. For example a two-bedroom house with a pool in Conakry, the capital of Guinea, is just \$26 a night. Or Google a short-term rental local map to see what our area has to offer. You’ll be amazed at the number of homes, range of prices, and distinctive offerings from chic “glamping” to stately historic homes.

What these hosts all offer is authenticity – not the anonymous, box of a standard hotel, but a real sense of place and people.

For groups of guests, a short-term rental with four bedrooms, kitchen, and gathering places is



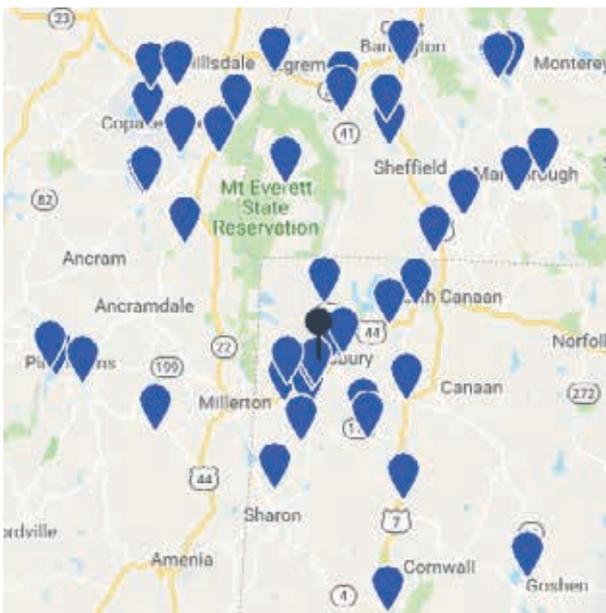
much less expensive than four rooms in a hotel and provides living room and a kitchen to cook for yourself.

What do hosts and their guests say?

Hosts and guests, despite rumors of destructive, noisy behavior and unsavory conditions, recount positive short-term rental experiences. Henry Klimowicz, artist and curator of gallery exhibitions at the RE Institute in bucolic Boston Corners, just north of Millerton, rents out a high style rustic loft apartment created at the end of his barn overlooking fields and wetlands. According to airbnb, 100% of his guests give him a five-star rating. There are three bedrooms for five guests at \$200 a night. One recent guest said, “So enchantingly beautiful, unique, and elegant. Places like these are the reason that airbnb exists.”

For his part Henry feels “airbnb up here is not like airbnb in the city. Most of my rentals are only for the weekend. I often help my guests with information about the area, restaurants, farmers’ markets, swimming ponds, or hiking trails. Hosts in the city really only answer two questions:

Above: Short-term rentals help pay the bills and keep this historic Sharon, CT, home in the family. Photo courtesy of DeeAnne Hunstein. Below, left: Maps from short-term rental internet sites are an easy way to explore prices and availability in our region. You’ll be surprised. Left: Pictured is a map from VRBO with some of their listings from our area.



Continued on next page ...

where do I get a coffee, and where is the subway. It is fun to help people experience the lovely things that our area has to offer.”

Short-term rentals are not a new phenomenon. Liza Reiss, a real estate agent with Elyse Harney Real Estate, has been renting out her own guesthouse for twenty years utilizing both HomeAway and VRBO, and her network of previous guests and local referrals. Liza says that quality short-term rentals fill a need during wedding season, private school graduations, and holidays that cannot be met by local hotels. “We have a wide range of excellent local accommodations, but it’s not economically feasible to build more hotel rooms, which would be vacant for much of the year. Short-term rentals fill a real need and make our region accessible to more people.” Guests love her house in Sharon, CT. “Liza is a dream of an owner. She’s attentive, accommodating, and kind. We hope to celebrate Thanksgiving here again next year!”

One real estate agent, who lives in the Town of Washington, rents out a bedroom in his restored Victorian cottage. He’s discovered that some guests become real estate clients. A farmer in Ghent supplements his seasonal income by renting out his farmhouse. For others, short-term rentals help



them pay property taxes and hold on to their homes.

Real estate impact

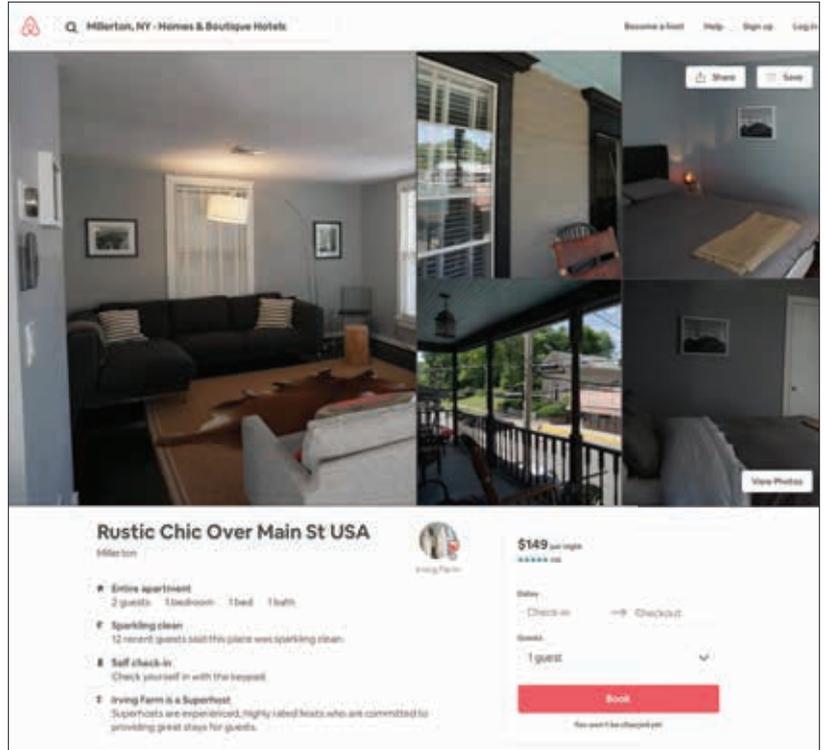
Local real estate agents are more concerned about the impact of short-term rentals on long-term real estate values than losing summer rental commissions to the internet. On the one hand, listings with the potential for short-term rental income can command a higher sale price. On the other hand, the easy accessibility of short-term rentals may have diminished the demand for purchasing second homes. This is somewhat offset by “professional” airbnb hosts who buy property for the sole purpose of marketing homes as short-term rentals at higher prices than a regular year-long rental would bring. Critics comment that this phenomenon reduces the availability of affordable rentals for full-time local residents. There’s even a show on Netflix called *Stay here*, which is targeted at hosts who want to maximize their property’s airbnb appeal, occupancy rates, and pricing.

Regulation is on the way

Cities, local towns, counties, and states are trying to figure out what to do about short-term rentals due to concerns about lost hotel and sales tax revenue, unfair competition, impact on housing availability, and potentially unsafe accommodations.

Locally, Dutchess County Planning is researching the situation and hopes to develop regulatory guidelines for New York communities before the end of 2019. At the state level, New York is considering legislation regulating what they term “home-sharing platforms” by outlawing short-term rentals in affordable housing or rent-stabilized units, and limiting owners to listing a single property on home-sharing sites.

NYS would also require airbnb, HomeAway, etc. to register the names of hosts with the state and collect occupancy taxes. Current rules treat New York City differently from other



Above: A screenshot from airbnb’s website of a Main Street listing. Below, left: A village Victorian rental exemplifies the variety and authenticity that make short-term rentals attractive. Photo: Christie Bates.

municipalities, creating a patchwork of rules that has made enforcement difficult. Democrats sponsoring the bill say it balances the need for regulations with the reality that airbnb is here to stay. “We live in 2019,” said Senator James Skoufis of Woodbury. “It’s foolish for anyone to put up invisible walls.”

Meanwhile Massachusetts, where over 1.2 million travelers use airbnb annually, has already enacted state-wide legislation effective in July, 2019 that will require airbnb hosts to register and pay 5.7% hotel tax on their rentals. Properties rented for less than 14 days a year are exempted. Plus communities can levy their own taxes of up to 6% and require owners to carry insurance.

In Connecticut only Hartford has adopted specific zoning regulations for short-term stays, while other communities like Kent treat them under the category of Bed & Breakfasts or Boarding Houses. Salisbury has been holding public hearings on short-term rentals but no solution has been proposed. During these hearings people complained about the noisy behavior of guests staying in neighboring properties. Realtor Robin Lech recom-

mends that owners receive a warning if neighbors complain about rental guests, and then be shut down for a year if it happens again.

The good and the bad

One host who bought an antique house with her husband in Sharon in 1978 has always done short-term rentals. In the early days it was to friends of friends for weddings and summer holidays. “It was a pleasure to share the house and get to know the people. We would have cocktails together. Today you can’t communicate directly with the guests and they don’t want to meet you. They don’t want you around. It’s a whole different idea of hospitality and sometimes they are destructive.” Her children never want to give up the home where their childhood pets are buried and their father’s ashes will be scattered, but strangers from the internet help keep it in the family. ●

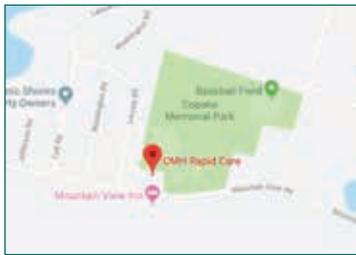
Christine Bates has written about real estate since Main Street’s first issue. She is a licensed real estate professional, licensed in Connecticut and New York.

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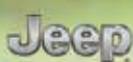
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THERE'S LOTS OF INTRIGUE SURROUNDING THE DUTCHESS - A "SECRET" HOTEL AND RESTAURANT



In an era where many are clamoring for notoriety, some yearn to retain an element of mystery and simplicity.

Now that the summer season is upon us, people are whispering about The Dutchess. Since this Hudson Valley hideaway doesn't advertise, and lacks signage and a social media presence, most hear about this country escape the old-fashioned way – through word-of-mouth.

Those privy enough to hear about The Dutchess are often curious enough to peek at its website. There they'll discover an illustration of a vintage-style key. Featured underneath it are the words: "A secret hotel in the Hudson Valley." The journey begins at the "contact us" link.

Discover...

"We don't want our guests to arrive with any expectations," reveals Mark Margiotta, chef and director of food and beverages at The Dutchess – a hotel and restaurant that celebrates exclusivity.

Located on 252 acres in Staatsburg, NY, the property traces its history back to 1753. Beyond the stylish 14-room hotel and farm-to-table restaurant, are a farm and a Dutch barn that was converted into a yoga studio.

Grounded in the gentle, more personal ways of yesteryear, The Dutchess reflects on an era when community, group gatherings, and face-to-face conversation were in vogue. A time when physical experiences were the norm and virtual experiences were yet to be discovered.

Guests of The Dutchess are invited to engage in outdoor dining experiences, which are set in the woods or farm, or in a dimly lit barn that is aglow in candlelight. For many, being immersed in nature only heightens this sensory experience.

Beyond The Dutchess' focus on the wonders of agriculture, there's a wellness component. The premises are generally booked as wellness retreats or corporate retreats. Since each visit is tailored to the needs and desires of the group visiting, The Dutchess experience is continually evolving.

When guests arrive, they're encouraged to immerse themselves in the joys of country life. A slower

pace, and the beauty and tranquility of the landscape invites guests to unwind and disconnect. They happily swap the buzz of their cell phones for simplicity and silence. They're also encouraged to engage with other guests. Common activities include yoga, meditation, sound healing, bocce, and hiking. Baking and cooking classes are also offered.

Dining...

In spring 2019, The Dutchess introduced a farm-to-table dining destination called The Dutchess Farmhouse. Most of the dishes boast seasonal vegetables and herbs grown from the farm. In summer, the garden blooms with baby greens, chicories, dandelion greens, arugula, summer squash, corn, and carrots.

Dinners generally feature a tasting menu of four-to-six courses, which are gluten-free and dairy-free. The first course, for example, may offer baby root vegetables and ramp spread, or a tasty carrot bread. For the second course, guests have enjoyed Lions Mane Custard made

Continued on next page ...

By Regina Molaro
info@mainstreetmag.com

All photos courtesy
of The Dutchess



with sage, nettle, and confit oyster mushrooms. A Green Apple and Sorrel dish made with demi-sec and roasted apples, parsnips, and butter lettuce is exemplary of the third course.

“We try to utilize as much as we can from our own farm and local farms,” says Margiotta who joined The Dutchess a few years ago. Prior stints include working at Manhattan’s 11 Madison Park and Poughkeepsie’s Brasserie 292. When it isn’t possible to use their own ingredients, Margiotta uses produce from nearby farms such as Maple View Farm, Hepworth Farms, and Highland Farm.

Although he cooks an abundance of vegetables, Margiotta always serves some type of protein. A standout dish is the John Fazio Farms duck breast, which is

dry-aged for 14 days. The ducks are farm-raised, and hormone- and antibiotic-free.

Guests generally dine communally at long wood tables. “Our guests often don’t know each other. It can be a bit awkward at first, but after a while, they take interest in one another. A lot of interesting people come to The Dutchess, so you never know who you’re going to meet,” says Margiotta.

Since today’s standard farming practices aren’t sustainable, the team addresses old ways of growing and production. The educational programs center around agriculture and spreading awareness on how people can produce food on healthier land.

The team also offers information on nutrition/health benefits and promotes healthy eating habits. Educational sessions invite guests to visit the fields, hand-pick produce, and engage in discussions about agriculture and food.

Cheers...

The Dutchess Farmhouse’s beverage program reflects the same sensibilities as the culinary program. The cocktail menu evolves with the seasons. An elixir menu offers a lineup of crafted tinctures that have specialized properties that deliver benefits. The Dark Side is made with activated charcoal and lemon, maple syrup, aquafaba, and pisco. It claims to have cleansing properties.

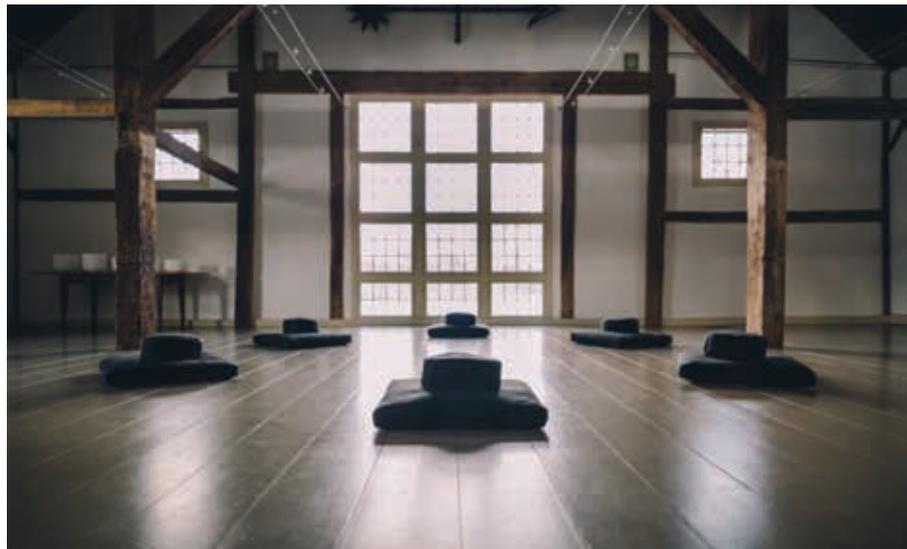
The Spicy Vision aims to “open

and “clarify” through the use of carrot juice, ginger, lime, turmeric tonic, jalapeno salt, and a “vision tincture.” The beverage includes tulsi (also known as holy basil), which facilitates digestion and a connection with the spirit. Hibiscus cools the system while ushering in a sense of tranquility and calm while blue lotus relaxes the brain and awakens self-intuition. Any of the elixirs can easily be transformed into alcoholic cocktails, which deliver the same beneficial properties as the elixirs.

The Dutchess Farmhouse also features local beers that hail from Mill House Brewing Company, Newburgh Brewery, and other local companies. The selection of wines includes Azimut Cava Extra Brut (an elegant brut with balanced minerality) and Rioja Inedito Grenache, which features notes of plum and dark chocolate, among others.

On occasions when the premises aren’t booked for retreats, the charming guest quarters and inviting restaurant are open to others who yearn to explore. Since guests aren’t sure what will unravel at The Dutchess, a pair of color splashed, hand-painted overalls hang in every closet as an option for those who packed attire that isn’t farm-friendly. •

Those interested in experiencing The Dutchess or The Dutchess Farmhouse, can inquire through www.thedutchess.com.





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SUMMER ON TAP

By Griffin Cooper
griffin@mainstreetmag.com

There is a movement happening. A grassroots trend of small business growth that is fertilized by the spirit of ambition and the kind of passion for product that is uniquely characteristic of the Hudson Valley. A not-so-underground collaboration between producer and supplier that has funneled New Yorkers from every corner of the state to community hotspots in search of relief from the summer heat and a place to connect with friends and neighbors. The kind of business trend that is typically found in the more commercial destinations in the country like Silicon Valley, but this movement is the farthest thing from a corporate takeover, it's about beer.

The explosion of breweries and taprooms across the Hudson Valley represents something of a large scale restoration of former factory and farming towns along the Hudson River with barns, opera houses, and cabins being transformed into complex brewing operations and rustic tasting rooms.

The result has produced some of the best craft beer and boldest IPAs in the entire country. As temperatures rise this season, here are a few spots that have pushed their passion and ingenuity to beer perfection, becoming destination locales as well as producing crushable brews for you to tick off your summer must have list.

Crossroads Brewing Company

For nearly a decade, the historic town of Athens, NY, has seen an influx of newcomers and an uptick in economic activity thanks in part to the restoration efforts of Ken Landin and Janine Bennett who, in 2009, purchased the Brooks Opera House on 2nd Street. One year later, Crossroads Brewing Company was born with a seven barrel brew house and a modest tasting room.

In the years since, Crossroads has expanded into a full kitchen and restaurant and has established itself as one of the premiere pubs in the Hudson Valley. Winning prestigious awards has become routine for the cozy yet hip establishment located just a beanbag's toss from the Hudson River itself. Starting in its infancy in 2011, Crossroads has won the Matthew Vassar Cup for Best Brewery in the Hudson Valley, a World Beer Cup Medal, two Great American Beer Festival medals and multiple TAP NY medals.

Today, the Athens brewpub remains the talk of the town with a busy selection of ten taps including the confrontational Outrage IPA and the full-bodied flavor of their Black Rock Stout. If you're feeling like an ambitious craft beer drinker, and wish to be the hit of your own party, pick up a growler of Crossroad's yearlong offering of New Normal, their most popular IPA. The Athens location also offers a deliciously seasonal food menu, including fan favorite mac n' cheese, the mouth-watering classic that is served right out of a wrought iron skillet.

By 2017 Crossroads in Athens had cemented its status as the go-to brewpub in Greene County and Ken and Janine were ready to bring their elite brewery concept to another location. In October of that year, seven years after the first beer had been poured in Athens, the Crossroads Catskill taproom opened on Water Street in the village of Catskill, NY. In addition to offering the now locally famous brews that Crossroads has perfected, the Catskill taproom offers up take-home growlers, merchandise, and a variety of canned products as well. Situated along the bank of the Catskill Creek, Crossroads outdoor patio seating is a must visit during the warmer months when popular food trucks park themselves nearby, making the experience even more eclectic. This summer, Crossroads will welcome the popular food truck likes of Slidin Dirty from Troy and 3 Ball BBQ out of Albany. Check out Crossroads's website for their calendar of events as well as how to book your own private brewery tour! crossroadsbrewingco.com

West Kill Brewing

What happens when you combine years of brewing experience with a celebrated homecoming and an inherent love for the natural beauty of the Catskill Mountains? How about a one-of-a-kind destination

Continued on next page ...



for craft beer enthusiasts with the most unique selection of craft beer in the Hudson Valley.

Owners Mike Barcone and Colleen Kortendick met while in college in Boston, it was there that Barcone honed his skills as a home brewer. After years of making his name and networking in the big city, Mike found he could no longer resist the call of his beloved hometown of West Kill, NY. However, Mike did not return home to pursue his dream of owning his own brewery in his hometown alone, Colleen, his determined partner, and co-brewer Patrick Allen, who had gained experience working at Keg and Lantern in NYC joined Barcone on his trek northward.

Once home the venerable trio once again flexed their entrepreneurial muscles by first choosing a location perfectly distinct in landscape and character. At the end of Spruceton Road sits the natural wonder of Mike's childhood home, a 127 acre dairy farm complete with beehives and even a cherry orchard. Barcone utilized the natural agricultural assets to eventually build what would become West Kill Brewing and its unbelievable variety of craft brews forged from locally grown ingredients.

West Kill Brewing has since established itself as one of the top producers, as well as suppliers, of locally brewed craft beer in the area. West Kill supplies some of the most popular local hotspots in the Hudson Valley like Governor's Tavern in Hudson, NY, located just off Warren Street next to the train tracks. At Governor's, their goal is for the customer to feel as if they are having a new drinking experience with each visit, as such the tavern is constantly rotating their tap lists making local suppliers a critical aspect for success.

Undoubtedly, West Kill has risen to the top of their favorite supplier list. Most recently, they grabbed a keg of West Kill's new Pale Ale called Catch and Release featuring a wild hop that gives the beer itself

a coconut vanilla flavor and aroma. Back at home, West Kill brewers make the most of their sublime landscape to craft brews that connect directly to the place where they are created.

Despite being a dead end road, Mike and Patrick understand West Kill's keen location as it relates to hiker traffic and the surrounding mountains. For adventurous beer drinkers, West Kill's menu should read like religious text, their hard work and imagination is reflected in IPAs like the Apiary (7% apv) which is brewed with wildflower honey straight from the Catskill Mountains. Looking to quench your thirst in the heat while testing your medal? Try Lean-To (8.6% abv) a double IPA featuring Strawberries from the vine, pine, and ripe fruit.

The tasting room, which was previously Mike's uncle's cabin, was built shortly after the brewery and stands directly across from the Sap House, that's right, the property was once used to make maple syrup. West Kill utilizes maple syrup made from the sap extracted from the trees on the property and boils the sap in a wood-fired evaporator as part of their wildly popular Maple Brown Ale named Saphouse.

This July, West Kill will play host to the NY State Backcountry Hunters and Anglers for an entire weekend of fun and festivities. During this same weekend, local band Side Show Willie will make a special appearance alongside the Taco Ria

Food Truck. For more information on events and beer availability check out West Kill's website westkillbrewing.com.

Barrington Brewery

For nearly twenty-five years, Barrington Brewery & Restaurant in Great Barrington, MA, has made the phrase "Barn Brewed Beer" a part of the everyday lexicon for beer drinkers on either side of the New York/Massachusetts border. Brewmaster and owner, Andrew Mankin, was trained in England and his extensive experience across the pond is reflected in Barrington's English style recipes.

Mankin's tap list features three rotating seasonal taps as well as an extensive list of fan favorites and mainstays including Ice Glen IPA, Black Bear Stout, Barrington Brown, Hopland Pale Ale, and the famous Berkshire Blonde. Last fall, Barrington developed a New England IPA named Hop Brook, which, like the name suggests, is a combination of a traditional hoppy IPA and the refreshing nature of a clearwater Hudson Valley brook that flows calmly underneath the hazy summer sun. This juicy, laid-back style of IPA is so popular, Mankin finds it hard to even keep it in stock. Also in 2018 the brewery transitioned from bottling 22 ounce "bomber bottles" to canning 16 ounce cans. The cans can be purchased at the brewery itself as well as in the local package stores.

Sustainability is the name of the

game for the popular Massachusetts brewery, both in how the beer is made and how the building operates. Starting in 2016, Barrington began to power itself via an electric panel system which was installed by Grenergy Solar and Torrico Electric. This state-of-the-art solar-electric system produces 168,000 Kilowatt Hours annually, providing the brewery with an incredible 85% of its electrical needs. Both the panel and systems installed helped to make Barrington Brewery one of the most environmentally friendly breweries in the country. The brewery has been ahead of its time for decades in reliance on solar energy, reducing its ecological footprint since 2007 when a thirty panel, roof-mounted, solar hot water system was installed and effectively cut their natural gas usage in half.

Barrington Brewery may primarily produce Ales, but its communal and economic aid make it a model for sustainable small businesses across the region and beer drinkers of all kinds. Despite its high tech installments, Barrington retains the traditional tavern style feel and it's comfortable pub interior is a reminder of its European influence.

Make sure to check out Barrington Brewery's website to take advantage of their hearty food menu as well including specials nights where hungry beer drinkers can enjoy a Fried Belly Clam dinner served all day Sundays and a Roast Prime Rib Thursday dinner special. www.barringtonbrewery.net. •

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Glamping *Hammonasset style*

By Mary B. O'Neill, Ph.D.
info@mainstreetmag.com

Growing up on suburban Long Island with two Brooklyn-born-and-raised parents didn't bode well for cultivating a love of camping. We were also a family of seven children and the logistics of making that kind of vacation a reality were a bridge too far.

My childhood camping expeditions consisted of a makeshift tent in my backyard made with blankets draped over our picnic table and weighted down with buckets of water.

In my young adulthood, camping was an ordeal I endured during my dating life with my husband. My fondest memory is a rainy and waterlogged tent adventure in Janesville, Wisconsin. Our campsite neighbors pulled in with their oversized pick-up truck. Emblazoned on their bug guard, obscured by the carcasses of countless smashed insects, were the words "The Snot" in lovely looping cursive. I knew we were in for a bucolic back-to-nature good time.

Fast forward a few more camping trips over the years, never more than two nights, and I've arrived at a glorious new era in outdoor vacationing: glamping.

History of a vacation concept

Wikipedia defines glamping as a portmanteau of "glamorous" and

"camping." The word first appeared in the UK in 2005 and made its way to the *Oxford English Dictionary* in 2016. Though the term may be relatively modern, the concept isn't. In the 1500s, European royals were combining luxury with outdoor living. In the 1920s, wealthy travellers on African safaris also made their trips opulent adventures.

With history on my side, I decided to give glamping a go. But where to do it? And how?

Life's a beach

Enter Hammonasset Beach State Park in Madison, CT. It ticked my boxes – inexpensive beachfront beauty with proximity to home.

I've long wanted a shore vacation. My most enduring childhood memories are with my father and siblings on early Saturday mornings at Point Lookout beach. Dad would bring a thermos of hot cocoa and thickly-buttered fresh rolls sliced in precise tiny wedges for stubby hands. We'd spend a few hours there rolling in the surf and sand, giving my mom some much-needed extra sleep. Although my dad has passed away, when I'm at the beach I feel most connected to him.

However, my husband Jeff finds beaches a kind of exquisite torture. The gritty sand, the relentless sun, and the unpredictable ocean are a



Above: Our glamping cabin and bike with beloved basket. Below, left: A view of the Long Island Sound.

disastrous cocktail for him. I've had to introduce a host of remediations to make any time spent on a beach palatable. An L.L.Bean Sunbuster Folding Shelter (Father's Day 2018 – more on that later), a low-slung folding chair from REI, and the latest *Jack Reacher* novel assuage his shorefront testiness.

You can imagine then that convincing him to take a beachfront vacation at beachfront prices would be impossible – until Hammonasset. It combines the sun and sand that I crave with the price point and a variety of other distractions that he requires.

Hammonasset is both a state beach park for daily use and a campground, which contains multiple spurs of tent and camper sites. It also has something else that make glamping a breeze – cabins! These sturdy dwellings contain a front room with a double bed and table and chairs. The rear room has four built-in bunks.

On the plastic-coated mattress go my 300-count cotton sheets, pillows, and summer-weight down

duvet, nightly spritzed with lavender misting spray. A powerful but quiet table fan enhances sleeping comfort.

The crowning glory of the cabin experience is – wait for it – electricity!

There's also a front porch, a picnic table and a fire pit with a grill.

Indoor bathrooms, sinks, and showers are a short walk away. There, I perform my daily ablutions with scented natural soap, shampoo, and body cream.

Summer kitchen

The best part of glamping is cooking and eating, which is all done *al fresco*. First, you need all the proper accoutrements of the glamping gourmet.

All of our glamping equipment was purchased either for Father's Day or my husband's birthday, both of which fall in glamping season. Any time I want to add an accessory or gadget, I buy it and hand it to one of my children to give to their dad.

Continued on next page ...



This method has been the vehicle to procuring the small-but-mighty O-Grill with portable, foldable, and compact grilling stand, a deluxe tabletop two-burner gas stove, a Tuscan Grill with collapsible legs, and easy-to-store camping dishes and bowls.

The rest of our cooking utensils are cast-offs and hand-me-downs. To qualify as glamping, our personal belief is that disposable plates, cups, and cutlery would debase the experience and increase our already-considerable environmental footprint. Because Hammonasset has deep outdoor sinks for washing up we also bring a bucket, a dish drying rack, and biodegradable dish liquid.

One of the pleasant routines of glamping is the post-meal dish-washing at the communal sink, which serves as a gathering spot for small talk with other campers. This is where we can listen to their tales of woe regarding leaky tents, uncomfortable ground sleeping, and mosquitoes, and walk away feeling smug and self-satisfied that we are immune to these inconveniences.

Food, glorious food

Glamping requires eating well and often. After all, fending for ourselves in the wild expends considerable calories.

To add ambience to our outdoor dining room I bring my Williams-Sonoma Provençal tablecloth, which transforms our standard picnic table into a rustic yet posh backdrop for our meals. Citronella candles provide low lights and pest control.

Meal planning takes time and effort. Part of my pre-glamping ritual is to scour recipes and shop for provisions. My mantra is that whatever I buy is cheaper than eating out and a personal test of glamping prowess is to avoid a grocery store for the week.

We feast on grilled grass-fed meat, sausage, and bacon. Farm eggs are also a must. EVOO and a selection of Penzey's spices travel

with us everywhere. My go-to's are their freeze-dried garlic and Sandwich Sprinkle, a blend of garlic, herbs, and salt that lifts the flavor of anything it touches. Harney & Son's Florence tea provides a robust morning cuppa.

We also bring whatever veggies have come out of our garden, plus more that we've sourced at a local farm stand. These we skewer and grill or season, wrap in foil and place in the campfire to charred perfection.

Glamping happy hours consist of wine and craft beer and a selection of artisanal local cheeses as we watch the sun go down over the horizon. While sipping and spreading we recollect the day's adventures from the bug-free tranquility of our L.L.Bean Woodlands Screen House, another Father's Day gift.

Even our on-the-run PB&Js are on farmers market bread with organic freshly-ground peanut butter and French raspberry jam (seedless, of course).

I suppose you're wondering how I keep all this food fresh for the week. Coolers? I think not. Glamping in electrified cabins plus kids home from college equals a mini-fridge. Into the minivan it goes as one of the first items we pack. This appliance has transformed our glamping experience. No more wondering if the meat is a little off. No more leaking baggies filled with ice.

I love to ride my bicycle

You must trust me on this next piece of advice. Do not go glamping at Hammonasset without a bicycle. If you do, you will be missing out on one of the richest parts of the experience.

Forget the fancy touring bike. Go upright or go home. My 18-speed Schwinn with a nicely padded seat to match my own is perfect for the job. Mounted on my handlebars is a basket-cum-tote that is my pride and joy. Nothing gives me greater satisfaction than loading up my towel, book, sunblock, and bike lock (I'm from Long Island, trust no one) and heading out on the open bike path.



Above: Stone spiral labyrinth near Meigs Point.

This path runs the length of the park and terminates past the Meigs Point Nature Center, a newly renovated environmental learning facility that has excellent exhibitions and programming.

One of my daily excursions involves a ride to my favorite section of the beach near Meigs Point and then a hike along the waterfront hiking trail, which traverses rocky and brushy terrain and across a secluded pebble beach with a stone spiral labyrinth.

Good riding can also be had throughout the campground. The people-watching is unparalleled and you can take in the range of definitions of camping from a minimalist single tent to a behemoth RV with all the bells and whistles.

For kids, this is what freedom tastes like and posses of mini easy riders fill the campground. My son, city and country raised, once remarked, "I'd like to live in a place like this all year round. Somewhere you can ride your bike, there would be tons of kids, and instead of tents there would be houses." Uh, Caleb, it's called the suburbs.

Reaching civilization

At the entrance to the park is a section of the Shoreline Greenway Trail that takes you into Madison, CT, a tony and idyllic shore community. Riding along its pristine streets bordering the Long Island Sound eases the transition from campground to the trendy shops, cafes, and art galleries of downtown Madison. And just as you start to get envious,

you think that the cost of your week of glamping wouldn't pay for one night's rental in one of these homes.

Our annual Madison favorites include Ashley's Ice Cream for generous scoops of their rich and creamy version of the stuff – a reward for all that peddling; The Shoreline Vine for unique olive oils and vinegars – you can taste what you buy; and R.J. Julia's Booksellers – a wonderful independent bookstore with a relaxed cafe in the rear for sandwiches and your favorite cafe beverage.

The E.C. Scranton Memorial Library is a welcoming place to cool off, read the paper, and check your emails on a library computer. Although this is glamping, which by definition is high on comfort, bringing your laptop on the trip would just cross an ethical boundary.

Call of the wild

Glamping at Hammonasset is an annual part of our summer vacation calendar. The blend of beach, biking, and outdoor living make it the perfect antidote to life's travails. It's glamplified living. The sky is bluer, the ocean more refreshing, the burger juicier. It must be all that luxury laced with the danger of the wild. It's a call I can't resist. •

Reservations for cabins and camping sites at Hammonasset Beach State Park are made at www.reserveamerica.com.

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Defining a century
in small town
America

by Griffin Cooper
griffin@mainstreetmag.com



How do you define history? When we recall our time as students slumped over our desks in History class half staring, half lazily daydreaming, at the bulky hardcover textbook before us, is it those scholarly historical accounts? Names? Dates? Many of us are all too familiar with how history reads, but how does it *feel*?

For the residents of Millerton, NY, many of whom have spent their entire lives with the image of a modest, nineteenth century, three story saloon-style sporting goods store permanently etched into their mosaic of memories, history feels like the contours in the carved wood of a Native American figure who guards the entrance to the wonders of penny candy and milkshakes.

History is in the smoothness of a marble countertop, the taste of a vanilla fizz on a hot summer's day, and the reliable nature of "Gramma Terni" doling out treats to the children of neighbors and friends.

Reliability is the architect of our collective memory, and for a full century Terni's has stood on the corner of Millerton's history, opening its doors

every day to the generations that pass by. Years of perseverance have come to define the character of the store for locals as well as members of the Terni family who grew up inside its familiar walls, "It was a magical place to visit," recalls Susan Terni Taff, daughter of Stephen Terni and granddaughter of Paul Terni, the original owner and founder of Terni's General Store. Imagining as a child what it must have felt like to see the curved staircase, the coin embedded steps, or the colorful train sets, it becomes hard to argue with her assessment.

After a visit to Terni's, one instantly becomes aware that one has discovered a hidden museum on the corner of a rural Main Street that sits tucked within the landscape of the Hudson Valley. The building represents a time capsule for the idea of a nineteenth-century general store and the character of the American homestead. It's a story born from the sweat and determination of an American immigrant family that has become all too familiar in the history of the nation as well as today.

In July, Terni's may be turning one hundred years old, but for the people who have experienced its history, it *feels* timeless.

An immigrant's journey

In July of 1919, a stranger came to town and presented then esteemed judge Dan Gleason with an offer to buy the recently foreclosed building on the corner of Main Street that was formerly owned by George W. Brown. He was man in his mid 40s, of medium height, light complexion, and a lame left leg. Upon first glance, a fairly nondescript newcomer to the area looking to establish roots in a building that had previously been a town mainstay.

What the members of Millerton and North East didn't know, but would soon come to find out, was that Paul, better known to his family as Leopoldo Terni, had already experienced a lifetime of hard work and struggle that had forged an unshakable ambition. Born on October 3, 1872 in Piacenza, Italy, Paul was orphaned as a young child and eventually adopted by the family of a local postman named Pelligrini from the town of Tornolo, Italy. Susan Terni Taff describes two of the family myths that have surrounded Paul's abandonment as a child, "The first and more

Continued on next page ...

Above: Terni's as it stands on Main Street in Millerton, NY, today. Photo: Griffin Cooper.

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fanciful is that my grandfather was the illegitimate son of a Prussian soldier and comes from some kind of nobility over there. The other, and probably more likely, is that he was left on the doorsteps of a church.”

The name Terni does indeed possess some aspects of nobility in its history in Italy, as it bears the title of noble of Lombardy, in antiquity as well the name Terni denoted the title of Patrician.

Despite his mysteriously tragic introduction to the world, Paul's adopted family raised him with the kind of love that instilled a sense of endearing optimism that fueled his passages twice across the Atlantic and up the Hudson River.

In May of 1893, at the age of twenty-one, Paul emigrated to the United States for the first time where he began his journey of hard work that involved many stops along the Northeastern seaboard. Paul's map of travel included both New York and New Jersey and eventually even further south where, in 1902, his name shows up in the city directory in Altoona, Pennsylvania.

Susan recounts another legend of her grandfather's travels as told by her father Stephen Terni, "One of the stories my father told of (Paul) was that he cooked for a chain gang 'down south' somewhere... There was a lot of activity in that area during the time due to railroad construction." Paul's love for food and his proficiency in ice cream-making soon

became part of his dream of opening a business in the US, and his legacy of movement captures the spirit of the Terni name; everything is passed down through the family, as tight knit as the community where the persistent store stands today.

Eventually, in February of 1906, Paul was granted US citizenship when he lived in Elizabeth, New Jersey. Shortly after, Paul traveled back to Italy in search of his bride where, rumor has it, he traveled around the Italian countryside on the back of a wagon. He was thirty four and soon his pension for persistence in the pursuit of his dream was joined by the love of a strong woman whose relationship with the town of Millerton is remembered with great fondness even today. Assunta Filiberti, then twenty-one, married Paul Terni on March 3, 1907 in Terni's hometown of Tornolo, less than a month later, the pair returned to the United States to complete their pursuit of the American dream.

Life for the new immigrant living in New York City at the turn of the century was not easy, but Paul and Assunta's ambitions stretched beyond the crowded apartment buildings and tenements of the Lower East Side and up the Hudson. In 1908, the first Paul Terni Confectionery was opened in Monroe, NY, and for the next six years, Paul's meticulous passion for hand packed ice cream made him a small success and led to two more stores in Elizabeth and eventually White Plains. By 1919 the man who stood before Judge Gleason with an offer to buy the former G.W. Brown's carried with him the spirit of Ameri-



can determination and the start of a family legacy.

Terni's in the twentieth century

What began as a small family offering of fresh fruits and vegetables, candy and ice cream, soon became more than a quick stop general store, but a gathering place for every member of the community. In 1926, the annex, which was once a saloon and had since been occupied by Toni Bassile's shoe shop was converted into a cigar store after Toni moved his shop to South Center Street.

Local attorney and president of the North East Historical Society Ed Downey recalls his childhood experience at Terni's, "As a child, I recall going there with my father, Gus Downey, who would share the latest 'news' of Millerton with Art Terni and then head to the back of the store where his *New York Herald Tribune* was saved for him with his name written on it."

In the Spring of 1927, Paul Terni passed away suddenly at the age of fifty-four due to a severe sinus infection. Just eight years after realizing his dream, the man who started it all was gone. His wife Assunta, affectionately known as "Gramma" Terni to locals throughout her years in Millerton pushed forward with the help of her



Above, top to bottom: A classic photo from inside Terni's, from somewhere between 1919 and 1927. Leopoldo Terni standing in front of what is now Gilded Moon Framing, photo from 1925. Left: Terni's staff in front of the store circa 1920s. Photos courtesy of Susan Terni Taff.



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two grown sons, Art and Stephen.

In 1934, Art and his wife Henrietta opened the titular sporting goods store which, according to information given by North East Historical Society, in the summer of 1974 carried “the best line of sporting goods in the county.” It was during this time that Art’s son Phil, the current beloved owner of Terni’s, would gain his first experience in what it takes to run such an important landmark, and what it means to be the center of a small town.

As a young boy, it was Phil’s responsibility to grab the evening papers from New York City off the trains that ran nearby daily and bring them around the back of the store to the cigar smoke-filled, impromptu parlor where veterans of the Second World War discussed the latest musings of the day. According to an article published in the *Lakeville Journal* in November 2018, the embattled war heroes, “never spoke of the conflict, never relived the battles. Instead, they would speak about the planes that had become the mainstay of many far-flung operations.”

Phil, who began working for his father and learning the economics of making change at the age of nine recalls the early morning pit stops from farmers and nearby auto mechanics in search of the day’s paper. “When I was a kid this was primarily an agricultural area, and one of my fondest memories was seeing the farmers come in early in the morning looking for their tobacco and cigarettes and jokingly



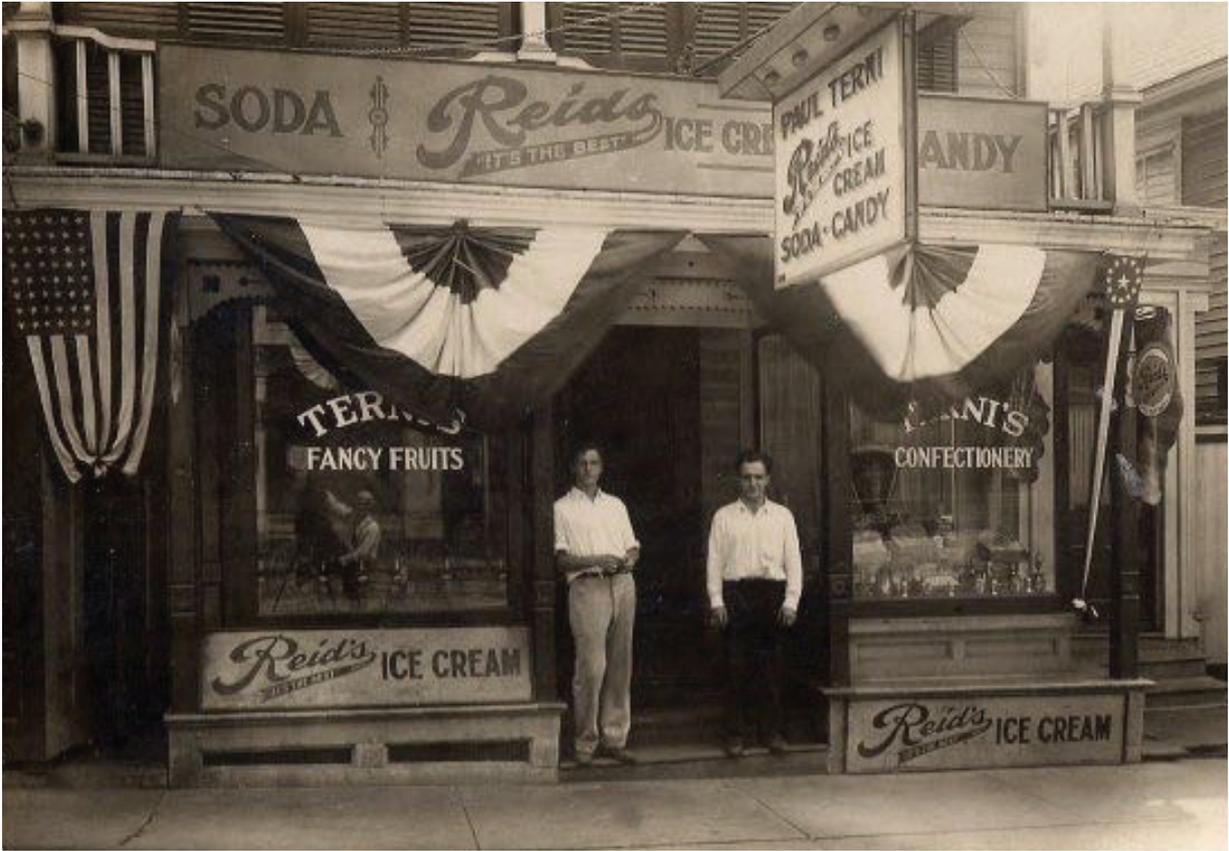
shouting, ‘Here ya go Terni! I gotta get to work!’” says Phil with a wry smile.

It’s these simple moments of community interaction that built Phil’s passion for commitment to consistency, a humble, workman type of attitude that made him such a presence in Millerton for years after he took over his family’s business. An attitude that has also been passed down to his son Lyman Terni, who, for seven days a week over the course of three decades, watched his father tend the store each day, “That building has been his life, despite the massive shift in Millerton, my father has remained the keeper of things and has seen the people of the world come through those doors.”

Through the years Assunta, her son Art, his wife Henrietta, and their son Phil saw Terni’s become something of a regal hotspot for the region, attracting celebrities like Babe Ruth and Artie Shaw. Esther Heffernan, Susan Terni Taff’s sister, recalls the awe she felt as a child when visiting the store and observing her elder relatives, “The silver plated dishes and spoons, the train sets, and those stairs ... I loved those stairs, and Henrietta was just so glamorous.” As a full-time teacher

to students in the area, Henrietta conveyed a sense of style and finesse to every lucky visitor of the country store.

Over the next half century Millerton fell in and out of economic hardship before its recent arrival into the upstate boho, trendy, organic food, and artist’s getaway destination, all the while Terni’s has stood firm with a welcoming, yet enduring resistance to modern trends and retail technology. Dick Hermans of Oblong Books & Music in Millerton, a man whose grandparents lived on Main Street and who has worked in town for over forty-five years had this to say about the evolution of the town surrounding Terni’s: “In the 1950’s there was a grocery store on Main Street and not much out past the Baptist Church on Rte 44. We have always had a strong commercial center on Main Street and while that continues, the closing of Saperstein’s clothing store means Millerton doesn’t offer quite the variety it did years ago. It is still, however, what people call a ‘walkable’ village whether that’s in the heart of downtown, represented by Terni’s, or on our residential streets.” Despite the evolution of the town itself, Dick knows what



Above, top to bottom: Stephen (left) and Arthur aka Art (right) Terni in front of Terni’s circa 1927/28. What’s unique about this photo is the reflection of the photographer in the “fancy fruits” window. “Gramma” Terni in front of the store, circa 1927/28. Left: Art Terni inside Terni’s, circa 1927/28. Photos courtesy of Susan Terni Taff.

Continued on next page ...



Above, top to bottom, L-R: Phil Terni continues the legacy of his parents and grandparents, serving customers and the community from behind the ice cream counter at Terni's. The Native American statue and relics of the ice cream era. Right: Terni's at night from a snowstorm in winter of 2019. Photos on this page by Olivia Valentine.



makes Terni's so enduring, he continues, "Terni's is an iconic store because it has such a strong family history, an appearance that is timeless, and an ambiance that Phil, his parents, and grandparents created by simply being themselves."

A lasting legacy

Being themselves comes naturally for Phil and his wife Ellen who have nestled themselves in the lap of small town life. Carrying on the open door tradition of offering honest goods in an atmosphere that feels more like your living room or kitchen than business, and interacting with people that are more neighbors than customers is the legacy that the Terni name has been passed down for three generations.

Phil's son Lyman says of Terni's lasting impression: "The store leaves its mark on everyone in its own way." Despite their being only a small

number of Terni's in the town itself, the memories of Paul (Leopoldo), Assunta, Art, Stephen, Stephanie, Paul, and Henrietta live on in the edifice of the old building. Even for newer generations, Terni's maintains a personal connection to memory that has become less common in the twenty-first century. Recently Ed Downey asked his son about what he remembers from his childhood spent at Terni's, he responded, "Basically, I recall a sense of communal respect and admiration for the services and space Phil Terni has provided the community for decades; if even through no direct intention of his own. ... Spider-Man comics, Pendleton's, (candy) dots, shotguns with beautifully carved stocks of nature scenes, and many larger people talking with him about the town's issues or just their own. It's as if he was a town therapist as well. I recall seeing him walk to work with that hat that made him look like he was mustering for the Civil War."

Similarly local photographer and lifelong Millerton resident Olivia Valentine recalls her errands to the general store as a young girl that, honestly, never felt like errands, "My sister, who is ten years older than me, would send me down to buy her *Vogue* magazine. I always jumped at the chance because she would give me extra money for candy. To walk down with change in my pocket, stand at the glass candy display case and tell Phil exactly what I wanted and watching the little brown bag fill up with sweet treats was the best. What I would give to sit at the counter and drink one more milkshake!"

Terni's represents the kind of communal experience that surpasses the certainty of time, a familial bond that has connected a small town for generations. Phil Terni still sees the

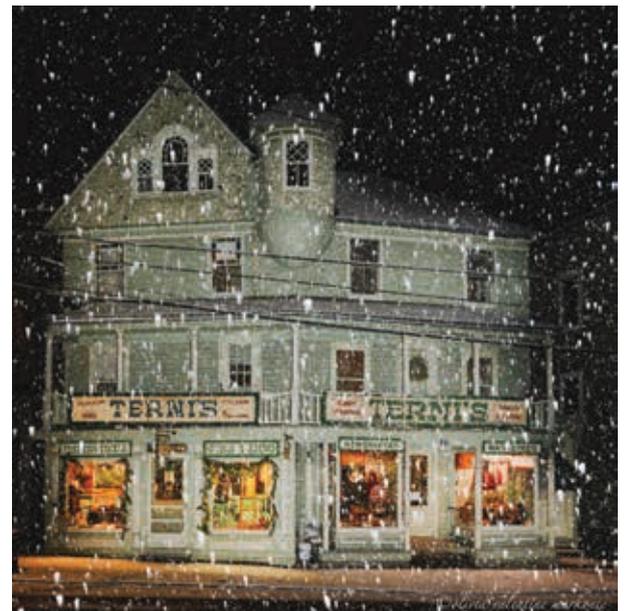
neighborly spirit of yesteryear in present day Millerton, "I have been lucky enough to form relationships that have endured and I still see some of the same familiar faces today, there's always someone around to talk to and that's important."

For Susan Terni Taff, the store is more than the memory of its familiar facade. "It's family, it's who I am, my roots ... my heritage."

In July, Terni's will turn one hundred years old and history will mark the occasion, recording the time and place. It is true that history is an uncompassionate timekeeper, its unbiased knowledge denotes its importance to society. But once forgotten is that history is people, tastes, experiences, feelings. "I open the door each morning and say 'let's see what happens,'" Phil says of opening his storefront each morning and looking out over the town that has come to define his family's legacy.

Terni's has watched an American century pass by its front doors and stands firm in 2019 while the waters of time break against its sturdy foundation. Phil says with an endearing resoluteness, "We are here today." That's why, in Millerton, NY, on the corner of Main Street, for the last century, history has felt like home. ●

Terni's and Millerton welcome you to come and celebrate a century of Terni's, at any time really, but particularly during the week of July 19 for the official one hundredth birthday.





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Freund's Farm

By Ian Strever
info@mainstreetmag.com

There is no question that “farm-to-table” is an important movement in today’s food industry. In grocery stores, restaurants, and farmers markets, locally-sourced products occupy a sizable portion of menus and shelf space, promising exceptional freshness and flavor. And for the most part, they deliver on that promise.

But what exactly does “farm-to-table” mean? In its most basic sense, it entails ingredients from nearby farms ending up directly on your dinner table, without the intermediate processing that most food undergoes through the mainstream food industry. Just simple ingredients from a place you could visit if you cared to.

Buying direct from the farm, like a religion?

But anyone who has read Michael Pollan’s *The Omnivore’s Dilemma* will recall Polyface Farm’s high priest of locavorianism, Joel Salatin, whose jeremiads against “our disconnected multi-national global corporate techno-glitz food system” foment veritable hysteria among his parishioners. For Salatin and others like him, buying

direct from the farm is more like a religion, replete with its own ethics and morality. Suddenly, that simple farm-to-table concept can come to incorporate intricate systems of global economics and metaphysics.

Farm values and scrapers

Lived ethics can become all-consuming and defining, to the extent that it is sometimes hard to tell where a person ends and a philosophy begins. Such was the case with Theresa Freund, the face behind Freund’s Farm Stand in East Canaan, CT, when I realized after half an hour with her that she had scuttled my plans for a nice, tidy interview. Unlike many who have jumped on the farm-to-table bandwagon, Freund comes at the concept from the perspective of someone who has lived it long before it became trendy, and her philosophy is more consistent with farm values than strictly environmental ones.

Take scrapers, for instance. Scrapers are pieces of flexible plastic, roughly 6” x 3” that are given out at industry food shows. Most of us don’t own one, and I can’t recall ever seeing one for sale in a kitchen



store. For Freund, however, they are essential cooking utensils, used for scraping bowls, extracting brownies from pans, cutting corn bread, and myriad other uses. On the day I visited her kitchen, it was the one point of conversation that caused her worker to break from her task into a smile.

In the Freund kitchen, a scraper is not just a scraper – it is an economic tool. It ensures that every last drop of batter reaches the pan, that when a recipe calls for three cups, it gets every bit of those three cups. It reminded me of a grandmother’s insistence on using a paring knife with strawberries to cut right around the stem instead of wasting the top third of the berry. When I probed Theresa on that point, she elaborated on a series of formative experiences in what were once called “Home Economics” classes. Although most of us associate such courses with cooking and “home-making,” the notion of managing the economics of a home was at the center of her experience.

Above: Rows of vibrant lettuces move directly from the farm to Theresa’s catering business and the retail market. Below, left: Sustainability means more than just sustaining the environment to the Freunds. They want to sustain their family-run business through their innovative practices.



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Garden economics

Those values extend to their garden, which is located right behind the farm stand. Any gardener knows that fruits and vegetables don't always conform to their Platonic ideal. They come out split, bruised, deformed, and imperfect from the vicissitudes of weather, bugs, and blight. Most broccoli attracts worms that become moths, but Freund knows that a saltwater bath will remove the insects without resorting to pesticide, allowing her to use it for her original broccoli salad, a favorite among her catering customers that might not have made it onto the menu were it not for some ingenious marketing on her part.

Different kinds of events call for different kinds of foods, and while customers are often explicit about their requests for wedding showers and graduations, they are less so for funerals. Freund used that opportunity to offer her broccoli dish, which includes cashews, red onion, and ramen noodles, and it has since become her most requested recipe, ending up written on napkins all over the northwest corner. Her own cookbook, based on simple recipes from the likes of Betty Crocker, is a dog-eared compendium of similar recipes gathered over the years, and is the kind of thing avid cooks might hope to have bequeathed to them in a will.

Taking cooking risks

Theresa is an inveterate tinkerer, like the rest of her family, and although she consults venerable recipe sources such as Betty Crocker and *Cooks Illustrated*, she is not afraid to take risks with her cooking.

On the day I visited, she showed me some delectable ribs that she marinated with kombucha (try it—you won't regret it). She is perhaps best known in the area for her highly seasonal catering menu that includes asparagus in the spring, vibrant tomatoes in the summer, and butternut squash and root vegetables in the fall and winter. Over the years, customers who once carefully selected their dishes now trust Theresa to show up with whatever she's working with at that moment.

Interconnected

Indeed, interviewing Theresa is a saga. What starts as a conversation about a farm stand ends up meandering from farm to garden to catering business. With Freund's however, it is all of a piece, and completely interconnected. Behind the farm stand and garden is the family's milking operation, which is state-of-the-art, involving robotic feeders and milkers. That milk heads to the Cabot Collaborative, and the other byproduct, manure, enters a methane digester to recover the methane that produces energy



Above: The market is bursting with locally-made products in addition to food from the farm itself. Below, left: In addition to food, Freund's Farm Stand sells starter plants and impeccable flowers.

for the farm, allowing the remaining material to be formed into compostable pots – CowPots – that go back into the ground to complete the cycle back to the farm stand and catering business.

Theresa's entire family is involved in the operation, with husband Matt and brother-in-law Ben running the bovine end of the business and responsible for the tinkering that led to CowPots and the methane digester. Coupled with their solar array, the farm's environmental efforts earned it the Outstanding Achievement in Resource Stewardship from the Innovation Center for US Dairy in 2015. Theirs is a sustainable farming model, but in more than just an environmental sense.

A true family business

Freund's is now a third-generation farm, owned by a family that realizes that it needs to innovate and offer a different kind of lifestyle to sustain their family-based operation.

Robotic milkers and feeders may increase the farm's efficiency and milk yield, but they are expensive additions to a relatively small farm (they have under three hundred cows compared to neighboring Laurelbrook's 1,100). By the family's reckoning, however, the innovations pay dividends that are more

valuable than simple profits: they keep younger Friends interested in new developments and allow them to have a more diverse and in some ways easier experience than their predecessors.

My talk with Theresa ended abruptly with a phone call from one of her suppliers. I excused myself to allow her to get back to work while I checked out the baked goods in the farm stand. There is far more in the store than I could take in during one visit, and there is far more than I could take in during one trip to their farm. When you go there, leave yourself plenty of time – it's more than your average farm stand. ●

To learn more about Freund's Farm Market, you can visit them at 324 Norfolk Rd, East Canaan, CT, or online at www.freundsfarmmarket.com, or give them a jingle at (860) 824-0650.



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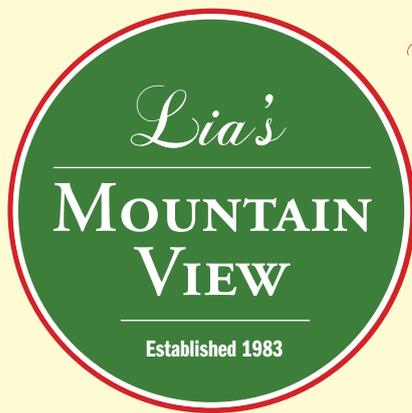


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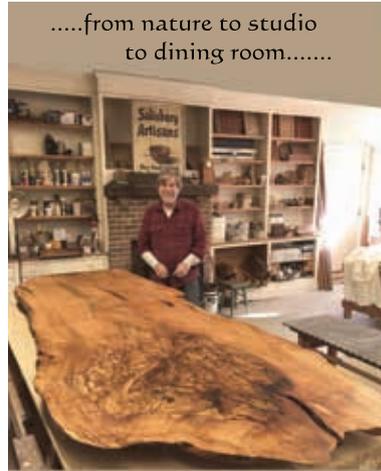
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Welcome to Random Harvest



By *Dominique DeVito*
info@mainstreetmag.com

The name has a certain allure, for sure. A random harvest gives the impression of a collection that's fresh and varied. One that's ready to be picked over and enjoyed at one's leisure. While there's certainly a harvest of goodies in the market and community space called Random Harvest on busy Route 23 in Craryville, NY, there's nothing random about it. And that's a good thing.

On the contrary, Random Harvest is a venue that's fully intentional. There's a purpose here, and it's present in every aspect of the space and – more importantly – in every interaction of its five owners and its growing community.

On a sunny Tuesday morning, just after the store opened at 11, I went to learn what the buzz was about. I'd known of the store's opening late last year and was impressed with its stated concept of "growing a relational food economy." What did that mean? How is Random Harvest different from many other places in our area that promote and support local? Farmers markets abound, and there are other cooperative stores in the area.

It's about relationships

From the beginning, Random Harvest put its focus on people helping people, not just being another source of local foods. "Why would I want to eat something I can't relate to?" Margot Siegle said more as a statement than a question when I asked them to expound on the relational aspect of their model. Margot is one of the current owners and has been with Random Harvest for several years. We talked about how and where most people make choices about food, and the persistent dissociation from its source.

"There's something disempowering about pushing a button to get food that you want, or choosing something that's mass produced. I think food choices translate to the energy we put out in the world," they continued, "and that's about more than something that's packaged. It's also about who makes it."

Like many, Margot's interest in what they eat and where it comes from developed from going to farmer's markets in the various places they've lived, and in addressing particular health issues. They even started their own farm, which is now in its fourth season, called Linkefligl, where they raises chickens. They understand what it means to produce food on the many levels through which it impacts our lives. Along with the other worker-

owners of Random Harvest, Margot was interested in establishing a model in the store that would make sense – and cents – for all involved. "I had discovered a place called Argus Farm Stop in Ann Arbor, Michigan," they told me, continuing, "their model was one we wanted to emulate, so we went out to meet with them and they were really helpful." Argus Farm's system is such that rather than order a specific product from a producer and try to keep it stocked at a level determined by the store, the producers are responsible for bringing product.

What they make, we offer

Back in Craryville, inside Random Harvest's beautiful space is a selection of amazing foods from over 80 local producers. Vegetables, cheeses, baked goods, meats, yogurts, milks, honey, nuts and grains, prepared foods, teas and coffees, soaps, essential oils, and much more! All of the producers represented have completed a producer application that's on the Random Harvest website. Once approved, they bring what they'd like to sell, priced how they decide. The market merchandises the selections, clearly indicating the names of the farms/producers. When their products are sold, they receive 75% of the sale and Random Harvest receives 25%.

Brandon Bjerke is making a delivery of gluten-free goodies from Happy Belly, the business he and his wife Monica started about six years ago. He joins me and Margot to talk about their experience of working

with the market. "I love it," he says with a big smile, a baby cocooned to his front. "The business model here is good because we can bring what we're actually making, and that changes for us, so it has to change for anyone who eats what we make."

Supporting what I've surmised is the intentional randomness of the selection, Brandon confirms that not having the same mix all the time makes it that much more interesting for customers. "You'll find Happy Belly," he says, "but it might not be what you had last time you were here." Margot concurred, adding, "To be able to have producers bring what they have to be sold here rather than for us to make selections from them is better for them and ultimately better for the customers."

"I like to feed people"

Amy Lawton joins us. She's Random Harvest's head chef and, like Margot, has a long, varied, yet sustained passion about sources of food and eating for health and enjoyment. She reveals that she was a communal homesteader for nearly a decade, a cook in various restaurants in the Hudson Valley, and is the owner of a catering company called Table of Contents. Random Harvest was a natural fit for her. "I like to feed people," Amy said in the way of something being so obvious and essential that it's irrefutable. "I've

Continued on next page ...

been cooking forever, and I like to use what's available."

Random Harvest's hours are 11am to 7pm, seven days a week. That means people are in for late breakfasts, lunch, and even dinner. Amy is there to keep the deli section stocked with fresh foods, and the freezer stocked with soups and stocks and other delights (like a fabulous nettle butter that I couldn't resist). "When we talked about what kinds of foods we wanted here," she told me, "we knew they had to be interesting, yet accessible. I want it to be super diverse, so that it suits as many people as possible."

I indulged in A Seasonal Rap, described as "changing seasonal veggies grilled and wrapped in a whole wheat tortilla with herb-dressed greens, schmearred with a sweet pea and navy bean hummus." It tasted even better than it sounded.

Amy's sense of humor and individuality shone through in the ingredients, and also in the names of her dishes. A Cow and Horse sandwich was made with roast beef with red

onion, horseradish chèvre and spinach on sunflower bread; and there was The French Tickler – Camembert cheese and apricot jam on a warm croissant.

Prices? Completely affordable at \$10 and under.

There was a great selection of salads, soups, a special chili featuring pulled pork, and of course, baked goods. I was delighted to find a to-go sandwich of buttermilk fried chicken livers with pickled onions, arugula, mayo and Dijon on a baguette.

"I've studied cooking with wild and invasive edibles," she said when I commented on the nettle butter.

"Another goal of mine is to preserve a season. I'm a big fan of fermenting, freezing, and drying," she continued. "Random Harvest is an opportunity to continue to learn. About food. About people. About the relationships. We're doing things we all like to do and constantly learning."

Defining, and refining

The five women who currently co-own Random Harvest have a very focused vision and mission, clearly posted on their website. The Vision is: "Random Harvest envisions a relational food economy in the Hudson Valley where food builds bridges towards a generous, just, and nourished community."

The mission? It's to be a "... worker-owned neighborhood market, cafe, and community space that: provides food and goods sourced directly from farmers and producers; brings together diverse community for shared work, sustenance, and learning; and uses models of exchange, pricing, and ownership to reflect the needs of workers, producers, and community members."

"Essentially," echoed Robin Mulaney, Random Harvest's financial manager, who's been involved from early on, "local food brings people together and strengthens community. That's what we're about, and it's absolutely happening!" she said to describe her role. "We've been open about six months," Robin continued, "and we've already paid over \$70,000 to the farmers and producers. We're all so proud of that."



All photos with this story are courtesy of Random Harvest and from their Instagram account, but they show the diversity of their offerings as well as the store itself.



When I ask what else she's excited about, she mentions seeing the diverse backgrounds of the people who are coming in to Random Harvest. "We offer something recognizable with something a bit more adventurous," she pointed out. "A lot of planning went into this, and we're delighted that the reality of our worker-owner cooperative is matching our predictions."

While Robin, Amy, Margot, Hillary and Claire Wolf make up the current roster of worker-owners, Robin explained that anyone employed by Random Harvest is on the path to ownership. It involves being employed there for at least six months, and of course remaining employed there.

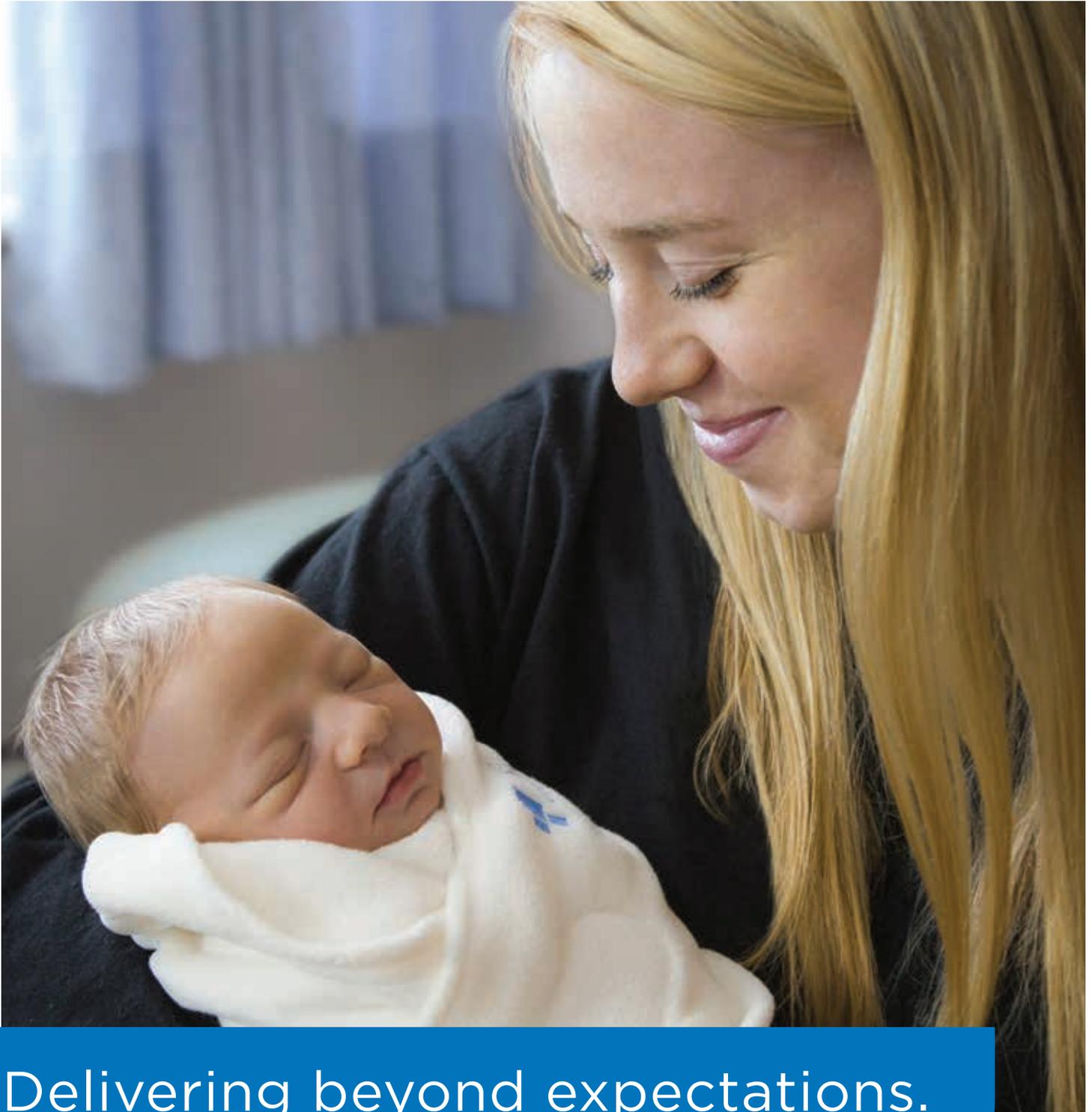
Supporting your interests with theirs

With the food selection and system in a good place, the focus is turning more to the use of Random Harvest's community space. There's an area upstairs that can be used for classes or dinners or other ways of engagement that feed into their mission. Yoga classes are Tuesday evenings; a physical therapist offers his expertise on Wednesdays; there's community

acupuncture on Thursdays; and weekends feature events like pop-ups with producers, healing movement, a dance party, and a sing-along.

If you're a cook who needs a kitchen space, you can rent the one at Random Harvest. If you're a practitioner of massage or reiki or other body work, there's a healing room available to rent. Random Harvest is truly committed to being a place where people come together to celebrate vital connections. It could easily be said that this is true of many places in our beautifully diverse part of the upper Hudson Valley, and this is *Main Street's* food issue, so it's filled with information to make our mouths water and engage our senses. You'll know what I mean by a celebration of connections when you get there. Savor. And repeat. ●

Random Harvest is at 1785 State Route 23 in Craryville, NY. Open 11am to 7pm Monday through Saturday and 11am to 6pm on Sunday. Learn more at www.randomharvestmarket.com.



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Lucky Pursuits

Rhinebeck's Lucky Dragon entices Chinese food enthusiasts with its innovative takes on classic dishes

By Regina Molaro
info@mainstreetmag.com

A red door embellished with a fierce gold dragon and shiny nail-heads greets guests at Lucky Dragon – a stylish Chinese restaurant that invites foodies to enjoy a “farm-to-chopsticks” experience in Rhinebeck, NY. The Asian-inspired dining destination, which was unveiled in April 2019, is accented with a kaleidoscope of bold, colorful lanterns, as well as images of Buddha and the ubiquitous “beckoning cat” that is believed to usher good luck to Asian businesses.

Founded by husband-and-wife team Howard and Chris Jacobs, Lucky Dragon is the brainchild of the same duo who launched The Amsterdam in 2017. Just like a cherished recipe brimming with ingredients that mingle harmoniously, the team’s vision, creative energy, and lifetime experiences were well aligned for this culinary debut.

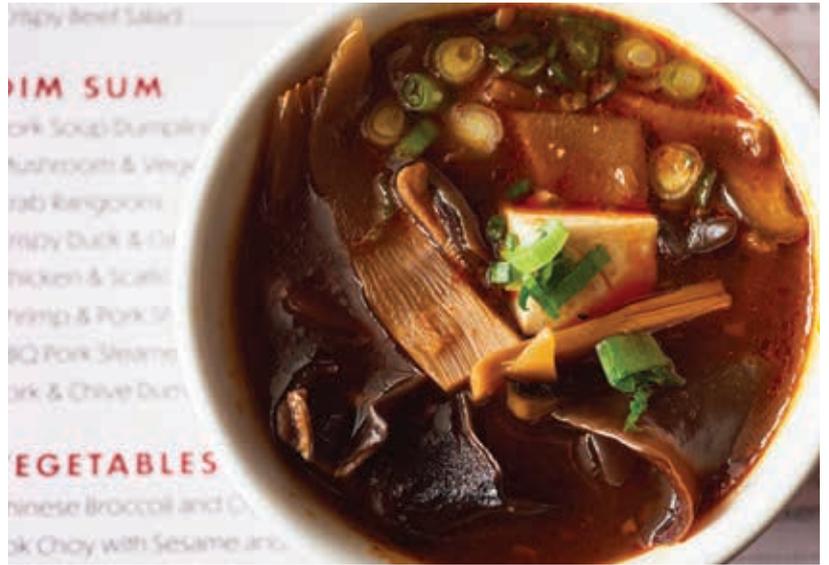
The Jacobs have a vast appreciation for other cities and cultures. Although they trace their roots back to Toronto, Canada – a thriving metropolis with one of the largest Chinese/Asian populations in North America, they’ve also called New York City and San Francisco home. After enjoying a weekend home in the Hudson Valley, the couple decided to make this area their home.

Elevated Chinese fare

Howard reflects upon his early childhood in Toronto, “Chinese cuisine was a weekly standard in my home. Every Sunday, we either went out for Chinese food or ordered take-out.” Fueled by a lifelong passion for the culture and cuisine, Howard and Chris yearned to bring elevated Chinese fare to Rhinebeck.

When conceiving the plan, the Jacobs tapped the expertise of Alexander Burger, executive chef of The Amsterdam. He now serves as executive chef at Lucky Dragon as well. Prior to joining The Amsterdam, Burger spent more than eight years working with esteemed chef Daniel Boulud of Daniel fame – the Michelin two-star restaurant in Manhattan.

After the stint at Daniel, Burger immersed himself in the cultures, cuisines, and exotic flavors of Thailand, Hong Kong, Kuala Lumpur, and Singapore. He enjoyed cooking and getting acquainted with the cultures and cuisines of these faraway places. He also worked with a host of Michelin star chefs in cities across the globe including Bilbao and Moscow. Later, he returned and became the executive chef of Bar Boulud.



Locally grown...

The sprawling farms and local bounty of the Hudson Valley is what inspired Lucky Dragon’s “farm-to-chopsticks” sensibility. When creating the menu, Burger drew from Mandarin, Cantonese, and Sichuan dishes, but utilized fresh, local ingredients. “For us, ‘farm-to-chopsticks’ is a recognition that the ingredients are the real story here,” reveals Howard.

Lucky Dragon’s menu, which has been described as “Chinese comfort food,” features locally sourced ingredients that arrive fresh daily. Its array of classic Chinese dishes are presented with an innovative twist and have varying degrees of spice and a range of aromatics.

The Lucky Dragon team also includes executive sous chefs Angelyne Schofield and Stef Torres. Together, under Burger, they lead the day-to-day operations. Both have previous experience at The Amsterdam.

Schofield and Torres were well suited for their roles at Lucky Dragon. Well before Howard and Chris planned the launch, Schofield and Torres enjoyed taking weekly trips down to New York City to indulge in the exotic flavors of Chinese cuisine, specifically soup dumplings and bao buns.

Continued on next page ...

All images with this article showcase Lucky Dragon’s offerings. Photographs courtesy of Lucky Dragon, taken by Jennifer May.





Signature dishes

Some of Lucky Dragon's signature dishes include General Tso's Chicken, Lemon Sesame Chicken, Beef Lo Mein, and Hot & Sour Soup, as well as LD Fried Rice, which includes Chinese sausage, shrimp, a dash of egg, crispy shallots, and Shaoxing wine.

Its House Special is Peking Duck, which features a local Rohan Duck that is blanched in rice vinegar, Shaoxing wine, and honey. It ages for a week before being slow roasted until crispy. The duck is carved Cantonese style and is served with bao buns, hoisin sauce, scallions, pickled cucumbers, and carrots. The remaining meat is then used for Peking duck fried rice. The process encompasses different techniques and flavors Burger gained through his travels in Asia. The dish must be pre-ordered and cooks on a rotisserie in open view of guests.

Some other faves include Chicken Lettuce Wraps, Kung Pao Shrimp, Beef & Broccoli, and Orange Chicken. On Saturdays and Sundays, Lucky Dragon entices dim sum enthusiasts with its offering of Mushroom & Vegetable Dumplings, Chicken & Scallion Dumplings, Pork & Chive Potstickers, and Shrimp & Pork Shumai.

Lucky Dragon just introduced a Dim Sum brunch, which is available from 11am to close on Saturdays and Sundays. A full dinner menu is also available all day on weekends.

When sourcing ingredients, the team works with local purveyors with a mission to incorporate quality produce from the Hudson Valley. Some of the fresh vegetables sourced here include snow peas, carrots, onions, and peppers. They also scout out the best bok choy, Chinese broccoli, and water chestnuts from Asian markets in both New York City and Albany.

Some of Lucky Dragon's signature handcrafted cocktails include the LD Sling (gin, cherry, and yuzu); Tie Mai Thai (boasts two different rums, orgeat, and a splash of lime); and the Five-Spice Margarita (tequila, Chinese Five-Spice, and yuzu). A selection of wine, beer, and cider completes the offerings.

Summer loving

Beyond Lucky Dragon's delectable cuisine and chic interior is a new after dark scene for summer and autumn. At press time, the Jacobs were preparing for the debut of the backyard space, which is scheduled to open on the weekend of July Fourth. It will

feature a Chinese garden along with table- and bar-seating. An outdoor service location will keep wine, beer, and cocktails flowing.

On Fridays, Saturdays, and Sundays, Lucky Dragon will be open until midnight or later. Beyond the drinks, a limited food menu features special appetizers and classic dishes in small portions. Music and fun videos will enhance this hip yet casual *al fresco* experience.

Starting in mid-July, lunch will be offered every Tuesday through Sunday from 12 to 2:30pm, and dinner will be available from 5pm to 10:30pm. On weekends, a dim sum brunch will be available from 11am to 2:30pm. (A full dinner menu will also be available all day long).

As for special events, a special sake event will be held in July, and a wine and beer event in August. Experts from the winery and brewery will be on hand, and special dishes will complement the program. Once a month, Lucky Dragon will offer thematic tasting events, which will usher in a host of other chefs who will work alongside Burger, Schofield, and Torres.

Lucky Dragon kicks things up a notch with a drag queen bingo event being offered in July, August, and September. "It's about the food, but it's also about being around the table having fun with friends and family," concludes Howard. •

For updates and details on events, visit getluckydragon.com. Reservations are recommended and can be made through the website.





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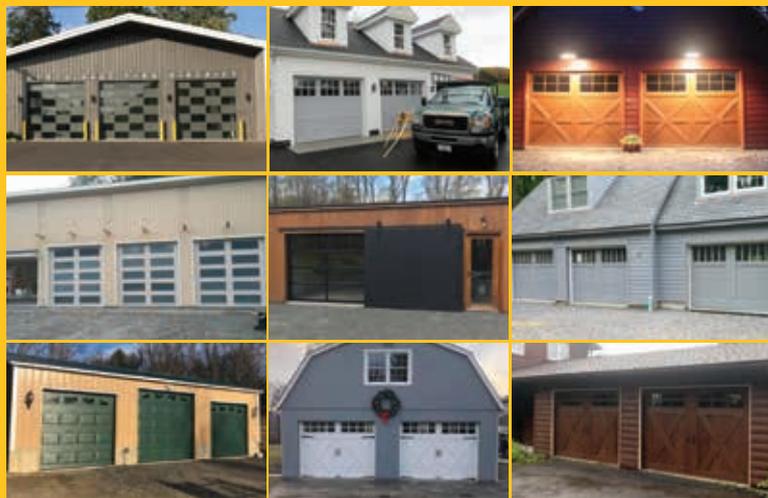
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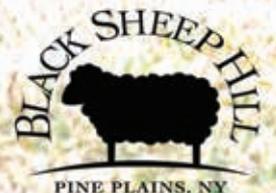
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Food is medicine

By Dr. Teri Goetz, DACM, LAC
Teri@TeriGoetz.com

Food as medicine has become a popular theme these days, and I'm thrilled about it. As a culture used to taking a pill for an ill, we've forgotten what Hippocrates, the father of medicine, said: "Let food be thy medicine and medicine be thy food."

Ancient Chinese medicine never forgot this principle of preventing harm and promoting longevity through living and eating in alignment with the natural rhythm of the seasons. The ancient practitioners understood the importance of maintaining balance by nurturing the whole self – physically, emotionally, mentally, and spiritually – because when we live in extremes, that's when disease sets in.

The foods we eat can bring us joy. They can help heal and bring vitality, or promote a long life. They can also make us feel inflamed, symptomatic, and just plain lousy. The kind of food we put into our system makes all the difference (we all know the digestive misery of indulging in too much ice cream or greasy, fried foods). It's a pretty powerful tool! Food can be medicine, but making a habit out of eating the wrong foods – and even at the wrong time of year – can actually be the cause of illness.

Food is a regional matter

Chinese medicine teaches us to live in harmony with nature. Your climate and locale should determine what you eat. Since we've entered the global world and market, we've lost touch with the natural rhythms of our local environments. Now, in the Northeast, we can eat mangoes in December! It's possible our digestive systems just weren't meant for that, as people living in a cold winter climate.

We've gotten used to having year-round access to whatever we want, and it's hindering our ability to live a balanced life, guided by our environment. Flavor-enhanced, prepackaged foods have dulled our palates to the more subtle flavors of freshly made (and, ideally, locally grown) foods. There's a physiological reason for this that goes beyond the reach of this article, but suffice it to say that food manufacturers have carefully crafted a studied ratio of fat, salt, and sugar to manipulate our brain's taste receptors into craving their snacks, essentially making them addictive.

To use food as medicine, we have to retrain our mouths and brains to the flavors of a mostly plant-based, whole-foods diet, sourced locally and eaten in a conscious, mindful way.

Chinese dietary therapy

Chinese dietary and herbal therapy came from ancient practitioners observing the natural world and its inhabitants – how people, plants, and animals responded to certain conditions and environments. Today, we use their brilliant observations to treat a vast range of ailments.

They noticed, for example, that flowers grow "up," so they used flowers in decoctions (teas), thinking that "up" energy might help a person who is down. They were right; flowers such as rose, chamomile, and lavender are used to treat mild depression.

Substances that are heavy, like shells, are called "heavy settlers" and are used for manic behavior. By watching nature, we learn how to use what's around us to help us heal.

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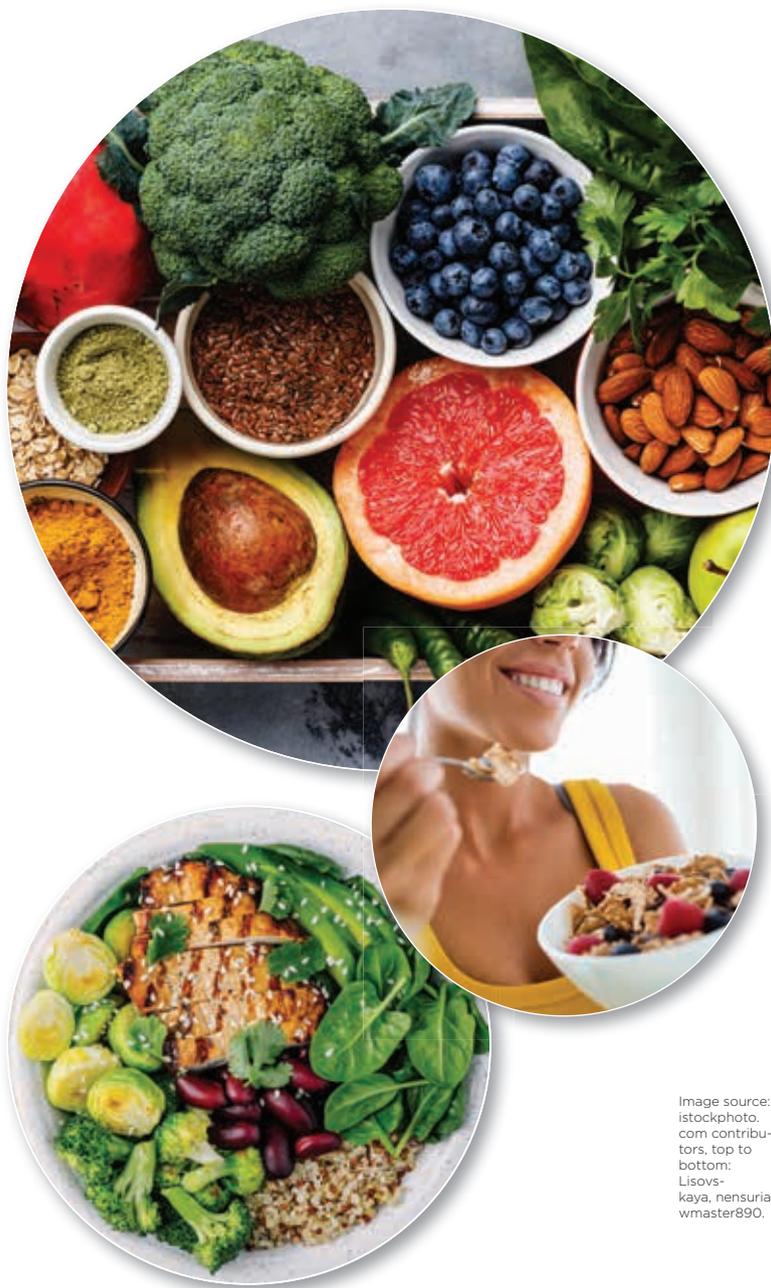


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This is obviously a simplification, as traditional Chinese medicine is a centuries-old wealth of nuanced wisdom, but it's helpful to understand the principles behind these dietary philosophies.

How you consume food matters, too. Mindfulness is key. Sitting down and pausing before eating, taking a breath between mouthfuls, and feeling appreciation for how the food came to the table and for the nutrients your body is absorbing is as important as what you eat. We can learn to eat more intuitively by bringing awareness to our natural environment, and by paying attention to how our bodies are affected by the seasons and the foods that change accordingly. Eating locally and seasonally, adjusting our cooking style, and having some working knowledge of the thermal nature of foods can help us bring our bodies into balance.

Thermal nature of food

We all have an internal thermostat, and the calibrations are different for each of us. The Chinese knew that by taking our local climate into consideration, we could balance our internal temperature with the external one. For example, if you live in a warm climate (or during the warmer months), it's important to eat foods that keep you cool, like cucumbers, radishes, arugula, and watermelon, which "drain heat."

If you live in a damp environment, it's important not to eat foods that produce more dampness in the body. These foods can often be identified by their sweetness and phlegm-producing qualities: sugar, dried fruits, dairy, and some citrus, like oranges (prepackaged foods also fall under this category!).

It's also important to know yourself and your constitution. If you have a tendency to be cold, then

eating lots of cold foods, even in summer, is not a great idea. Instead, eating a more neutral diet with warming flavors like cinnamon and ginger will help warm you internally. If you have a tendency to feel worse when it rains or feel physically uncomfortable (more than the average person) during humid weather, you might be constitutionally "damp" and you should avoid the foods listed above.

The basics are as follows: cooling foods are things like cucumbers, apples, pears, dandelion greens, watermelon, mint, spinach, and physically cold foods like ice cream and chilled beverages. Warming foods are most meats, spices like thyme, ginger, cinnamon, garlic and black or chili pepper, greasy foods, coffee, and alcohol.

No one benefits from really cold foods because our bodies have to use more energy to digest them. That's why our digestion tends to prefer at least lightly cooked food. However, in the summer, many people with a strong digestion can get away with eating uncooked or cooler foods due to the climate. Raw food is cooling or cold; large portions of meat and starches (like potatoes) are warming or hot.

Ideally, your diet is mostly neutral, slightly warming, or slightly cooling (in the middle, not an extreme. Balanced). This would include loads of (ideally organically grown) fresh vegetables and some fruit, whole grains, nuts, seeds, and beans/legumes (ideally sprouted to ease digestion), free-range poultry, grass-fed meats, wild-caught fish, and culinary herbs and spices.

Dairy is also closer to neutral, but watch your dairy intake because it's generally so processed that it is difficult to digest. Use dairy in moderation.

Food can calm the mind or reduce phlegm. It can ease inflammation and bring our systems into balance. While there is sometimes a good reason to count macronutrients (proteins, carbohydrates, and fats), there is a deeper wisdom in creating mindfulness around eating and understanding how different

foods act on our body. Our ancestors knew how to eat according to what was local and in season, and they generally didn't burden their systems with excess (and certainly not with laboratory-created, packaged food). In rethinking our approach to modern eating, we should consider the thermal (cooling or warming) nature of food and how that can strengthen or burden our bodies.

Food medicine can be subtle, but it's a long game. When played well, it's powerful. And there is power in simplicity. •

Teri Goetz has been a doctor of acupuncture and Chinese medicine for nearly 20 years. She is also a life coach and Reiki master. She practices in Sharon, CT, and NYC. She helps patients deal with chronic pain, stress, and illness, as well as with dietary and lifestyle suggestions. Contact her at Teri@TeriGoetz.com or call (888) 445-3902 or visit www.TeriGoetz.com.



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PILOBOLUS = ELEGANCE, ATHLETICS, AND IMAGINATION

By CB Wismar
info@mainstreetmag.com

It all seems so obvious. Why wouldn't people flock to a performance by a group named for a barnyard phototropic fungus that propels its spores toward sunlight with great speed, accuracy, and strength?

When Pilobolus welcomes audiences to its Five Senses Festival starting July 21, that's exactly what will transpire. Named for laboratory experiments being performed by one of the troupe's founders father at Dartmouth in 1971, the innovative modern dance company has performed in over 65 countries worldwide, been featured on the 79th Annual Academy Awards broadcast, appeared in countless commercials including a remarkable Hyundai spot, and successfully mounted annual tours that never cease to amaze their audiences. The Five Senses Festival, which begins with a gala fundraiser on July 21 in Washington, CT, will not only offer brilliant performances by the group, but engage a wide variety of artists, musicians, culinary stars, social theorists, historians, and designers.

Pilobolus performances are an intense blend of strength, flexibility, and the stamina required of elite athletes brought together with elegant movement supported by carefully selected music. Stories are told. Emotions are evoked. Messages are sent that celebrate humanity and envelope the audience.

It is not an infrequent occurrence that after witnessing a Pilobolus performance, members of the audience seek out the opportunity to be instructed and encouraged in the controlled freedom of their very unique dance style. A summer camp in Washington, CT, has been expanded to programs in New Haven, CT, Torrington, CT, and New York City. Children seem to take, naturally, to the wonders of Pilobolus movement ... adults do so with misgivings that melt easily into joyful laughter and a sense of accomplishment.

Adjust, adapt, and appear

Matt Kent and Renee Jaworski, co-artistic directors of the dance company have filled their summer, thus far, with far reaching travels and sold out performances. Renee rehearsed one troupe that set off for a return engagement in Saudi Arabia during early June. Considerations and restrictions that embody performances sponsored by the Saudi Ministry of Entertainment add layers of complexity to the already intricate work of creating and staging a Pilobolus performance.

"We have to re-work the pieces that we perform to make sure there is no male/female touching," asserts Renee Jaworski, who led the group on its second visit to the Kingdom of Saudi Arabia. "Even the smallest detail, like putting on an abaya



Above: At the Five Senses Festival. Below, left: Rehearsal for *Rushes*. Images courtesy of Pilobolus.

before leaving the plane are very important. Our rehearsals on site are viewed by the Ministry, who then make comments and suggest changes to make the performances acceptable."

The cultural bridge, however, is a strong one. Ten performances in five days are filled with eager audiences who revel in experiences that are so unique.

Back at the Joyce

At the same time that Renee and dancers were off to the Middle East, Matt Kent was rehearsing two distinct programs that appeared at New York's Joyce Theatre through the entire month of June. The core group of dancers spent weeks refreshing dances that had been created as many as 20 years ago, but are once again new and exciting.

As new members are added to the core team, there are intricate choreography, pin-point timing, and exacting moves that need to be learned ... perfected. To view a rehearsal is to watch exquisite athletes fully engaged in a series of precision feats of strength that would make

an NFL offensive coordinator feel right at home. One critical difference is that a typical play in football lasts only a few seconds of intense physicality while a Pilobolus dance flows through many exacting minutes.

Once tours and weeks long performance schedules are accomplished there is barely enough time to do the laundry, spend a few moments with family and friends, get a few moments rest, and gear up for the next major event – the trumpeted Five Sense Festival.

Part of the community

No matter how far ranging their travels, Pilobolus always returns to its home base in Washington, CT, where they have been based for years. Their small office houses the administrative team that books performances, reserves flights, books hotels, orders supplies, keeps tabs on the crates of technical equipment, and performs the "human resources" functions that keep tabs on the core team and the important list of freelance dancers who can be called on to fill out a tour or a



Continued on next page ...



Above, top to bottom, L-R: Amethyst Kiah. Hyundai dancers. Pilobolus. Below, right: Dancing at the Five Senses Festival. Photo: Brigid Piece. All images courtesy of Pilobolus.

performance.

When rehearsal time arrives, there is the constant need to find spaces large enough to replicate the size of a stage performance space, make sure the floor is covered with the black “molly” that provides the even surface so critical to acrobatic dance, and coordinate housing and transportation as programs are shaped, refined, and always improved.

Being a fully active participant in the community is critical to Pilobolus and is exemplified by the efforts of Emily Kent, the educational and community engagement manager for the group. Working closely with ASAP! – the After School Arts Program that for the past 20 years has engaged over 9,000 students each year in a variety of arts programs and experiences, Emily leads an eleven-week after school program that culminates with a performance by Pilobolus and a performance by the students who have become fully engaged with the challenges of modern dance.

The summer celebration

With summer at hand and the announced dates for the Five Senses Festival, community buzz centers on how, possibly, Pilobolus can

better the total experience that was the 2018 Festival.

“We’re truly excited about where the Festival is going,” offers Matt Kent during a rehearsal break. “We’re working with brilliant musicians Bela Fleck and Abigail Washburn and have begun working with an exciting musician and composer who has already scored one of our Joyce pieces, Stuart Bogie.”

Five Senses Festival

Simply (and comprehensively) billed as the celebration of “breath-taking art, music, dance, nature, food, ideas, family activities, and conversation,” there is little that is not included in the Five Senses Festival. Beginning with the fundraising gala – the Five Senses Ball on July 21 – it stretches across two full weekends, July 26, 27, and 28 and August 2, 3, and 4. Programs are all offered at Five Senses Festival Field, 292 Bee Brook Road, Washington, CT. Hours are 9:00am to 10:30pm each day.

Aside from Fleck and Washburn, the musicians slated to appear include violinist Simone Porter, cellist/activist Ben Sollee, Mortec Collective, southern gothic singer Amethyst Kiah, and Chilean songwriter Nano Stern.

Art installations by Randy Polumbo and Lauren Booth will be experienced as well as writing workshops with Claire Messud, Nicole Krauss, and Dani Shapiro.

Food is an important contributor to celebrations of the senses, and

this year Cassandra Purdy will host guests who will demonstrate their own form of culinary artistry.

There will be what is now a fixture of the Festival, a tent set up for kids’ activities throughout the Festival run presented through collaboration with Jessica Russel of Artroom Atelier. Childcare will be available for families and wellness programs will be interspersed through the two weekend schedule with yoga led by Lela Ilynsky, meditation led by Jampa Stewart – both of the Valley Spirit Wellness Center – and exercise classes led by Deborah Andrews and Peter Houldin.

Intriguing thought may not be one of the recognized five senses, but presentations and discussions led by such luminaries as designer Bruce Mau, will highlight the fully interactive Festival.

There will be performances by Pilobolus, to be sure. Fresh from tour and residency, the eagerness of the immensely talented to share what is fresh and new will be on full display. The refreshing undercurrent of the Five Senses Festival is that the events are either very low cost or entirely free. Support for the event comes from both the Five Senses Ball and the generous support of local community foundations.

It’s summer. Time to celebrate with all five senses! •

For more information about the Five Senses Festival, go to www.fivesensesfestival.com. For information about Pilobolus, visit www.pilobolus.org.



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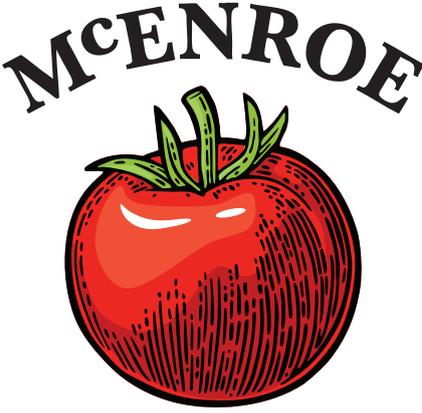
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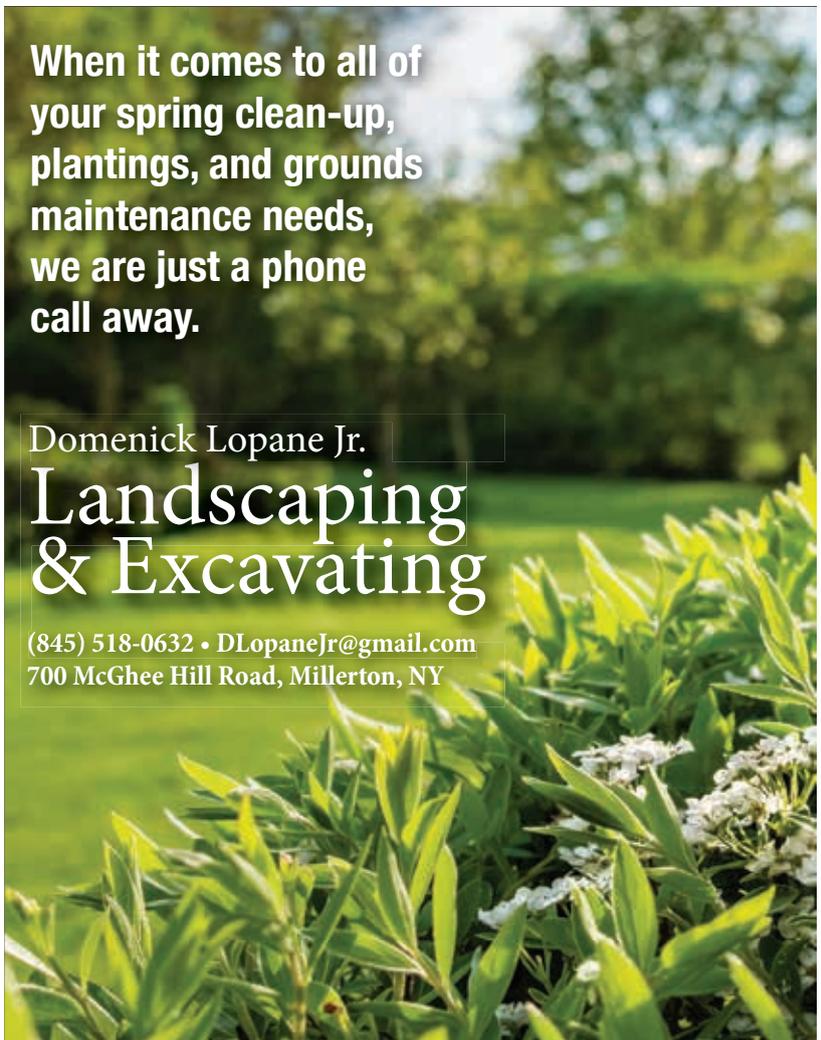
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SOHU Craft Market

Features work from over 30 local artisans. 227 Pitcher Lane, Red Hook, NY. greigfarm.com/sohu-craft-market

In November 2018, South of Hudson Craft Market or SOHU for short, opened a space inside a converted barn located on Greig Farm in Red Hook, NY, for the purposes of giving local artists and artisans a place to showcase their work. Just eight months later, the beautifully rustic interior houses over 35 vendors from a variety of trades. SOHU reflects the craftsmanship of the Hudson Valley with its eclectic mix of pottery, soaps, knitwear, cutting boards, handmade farm tables, wool, jewelry, and even CBD products. Market manager Samantha Miller takes pride in the more humble benefits of running the distinct venue that has already become a crafter's destination spot, "The items presented by local makers and collectors give our customers a unique experience, to see the faces of our visitors light up when they enter the barn is my favorite part of the job." Walking through the barn's restored hall, with its exposed wooden beams complimenting its rural grandeur, the faint smell of baled hay lingers that reminds visitors that the heart of this local market still lives in its farming past. SOHU market is looking forward to a busy first summer and is open from 10am to 5pm, Thursday through Sunday, and is currently accepting vendor applications. For more information on the market check out their page on the Greig Farm website, www.greigfarm.com/sohu-craft-market.



Copake Hillsdale Farmers Market

Saturdays 9am-1pm, May 25–October 26, 2019. (518) 929-3255. 9140 State Route 22, Hillsdale, NY. copakehillsdalefarmersmarket.com

For the members of the Copake Hillsdale Farmers Market, being on the cutting edge of the outdoor market craze is more than simply being trendsetters, it means providing opportunities for local farmers. Underneath the rustic-covered barn that stands prominently off of Route 22 at the edge of the beautifully maintained Roeliff Jansen Park, the present day Copake Hillsdale Farmers Market has become a bustling hub of community interaction each year from May through October. The market has expanded to include 30 farmers and local food producers. It has also extended a helping hand to the influx of customers in need. By participating in a variety of food assistance programs they ensure that everyone can enjoy the same fresh, healthy, and locally sustainable food options. The Market is currently the only farmers market in Columbia County to participate in DoubleUp Food Bucks, a matching program for SNAP customers that provides up to a \$20 allowance for produce and fruit, per visit. The market has become something of a venue as well, hosting live music, guest speakers, and even children's programs. With its personal commitment to farmers, food producers, and customers, the Copake Hillsdale Farmers Market is not only the most unique shopping experience in the area, but the rekindling of the spirit of community each spring.



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BANGALLWORKS owners Steve Bruman and Tom Ambler know instinctively that it takes more than an attractive venue and a resilient sense of ambition, both of which they overwhelmingly possess, to start a small business in the Hudson Valley. It takes a commitment to the surrounding community, and BANGALLWORKS, even in its infancy, embodies the character of the small town where it stands proudly at the intersection of Hunns Lake Road and Millis Lane in the hamlet of Bangall in Stanford, NY. After purchasing the historic 19th century building for the purpose of preservation, the charismatic duo resolved themselves to give the Hudson Valley a welcoming space for rural co-working and community building. BANGALLWORKS, which will have its soft opening this summer, offers a wide range of workspace offerings including WiFi, copying and scanning, private and conference workspaces, a media projection wall, a lounge and bar, and even mail pickup and receiving services for members. Despite its many modern convenience offerings, BANGALLWORKS still retains the charm and comfort of a rural setting and one cannot help but feel at ease upon entering into the rustic interior. Steve understands the power of hard work and connecting with people having helped launch the acclaimed national publication *Men's Health Magazine*, still he enjoys keeping things local saying, "I enjoy meeting and providing for the community and having fun along the way." Indeed, this summer, all roads will lead to Bangall.



The Hillsdale House

Good food in a local historic building. (518) 325-7111. 1 Anthony Street, Hillsdale, NY. Like us on Facebook.

Since the late 18th century, the Hillsdale House, located just off Route 23 along the main drag in Hillsdale, NY, has offered quality comfort food, an easy-going tavern atmosphere, and respite for the weary traveler. Today, new owners Carmen and Cori Barbato have partnered with Thomas Ryan, a graduate of the Culinary Institute of America and consultant on two major hospitality projects in the Hudson Valley. They hope to restore the tavern to its former glory while still maintaining a consistent, comfortable feel. Despite being at the center of Hillsdale for centuries, the Hillsdale House's influence extends into a variety of hamlets along the NY/MA border including Copake, Crarryville, and Austerlitz. In the face of the ever-changing challenges that come with managing an established business in a town that has undergone a dramatic evolution in the last decade, Ryan hopes to welcome the community to the Hillsdale House by hosting significant events and providing a meeting place for local and governmental gatherings. When contemplating the current business trends in the area Mr. Ryan says, "The Hudson Valley is finally being recognized for a world class destination." The time has come for this landmark tavern and inn to enter the fray and re-open its doors to the community it has served for centuries.

INSURING YOUR WORLD

Summer is here and we all will be attending weddings, barbecues, graduations, and reunions. If you are the person doing the hosting or are part of a committee that is in charge of the food and drink make sure that your vendors are fully insured. One would be surprised at the number of food purveyors that don't have the appropriate insurance to cover food poisoning, if someone bites too hard on a pit or bone and breaks a tooth or worse yet, a jaw! How about peanut or gluten allergies? These are all serious issues when charged with serving food to large groups, so make sure that your caterer or food truck is properly covered for liability, and request a certificate of insurance naming you or your organization as additional insured, which provides you with coverage under the vendors' policy. If you're an organization, make sure your insurance will cover you when serving food, or are at another venue doing the serving. Event policies for weddings, reunions, or large parties are inexpensive and good to purchase prior to the event to insure you are covered properly. Remember ... be sure and insure!



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Hot weather tips for raising poultry

As temperatures flare above 90 degrees with high humidity, it's important to raise your flock in a cool environment for them to produce and thrive. Chickens need hydration and shaded areas to feel comfortable in the heat. Without proper care, raising poultry will not be sustainable as your flock can suffer from heat stroke, appetite loss, and fewer eggs produced. Follow these hot weather tips:

Unlimited fresh, clean water is essential. In addition to accessibility, give your flock a boost by adding extras to the water such as ice and electrolytes. Try changing the water every few hours so it remains cold and fresh. Chickens won't drink dirty or warm water and egg production will suffer. Provide shade as possible during the summer. Go beyond ventilating the coop and make sure there are areas in the pen that are set up to protect your flock from the sun beaming down. Use a parasol or an old sheet to create your own shelter to keep the birds cool. You can also add a misting fan to the coop to increase ventilation and reduce the ground temperature, keeping your birds comfortable. Another great tip to keeping your birds cool this summer is to feed them a cold diet. Popular ingredients such as corn and scratch should be used sparingly. Corn and chicken scratch take longer to digest, which creates more body heat raising the internal temperature of your chicken. As a substitute, feed your chickens fresh fruit and veggies to help regulate a cooler body temperature. Also try freezing fruits and vegetables, chopping them up, and serving them to your chickens. Some great options your chickens will enjoy include watermelon, cucumber, berries, pineapple, and oranges. Feed frozen fruits and veggies to your flock twice a day to help them retain high energy and coolness. The best hot weather tip to try this summer is inactivity. Avoid any unnecessary activity during the day and don't disturb the birds.

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White wine

Summer has arrived in the northwest corner, and with the change in weather comes a change in people's wine choices. After six months of focus on warm, rich reds, people are looking for crisp, clean whites. There is still a demand for red wines during the summertime, of course, but trends clearly shift with the weather. What is it about the warmer months that seems to engender this change in taste?

The most obvious answer is that white wines are typically meant to be served chilled, and who doesn't enjoy a cold beverage on a hot day? For wine lovers, though, there's more to it than temperature. Just as a full-bodied, sturdy red wine is able to warm the spirit on a chilly winter's day, there is something about the light and crisp character typical of many white wines that lends itself to the spirit of summer – one that is breezy, relaxed, and cool. The lighter whites and those with the brightest sense of acidity, like Pinot Grigio or Sauvignon Blanc, are especially adept at encapsulating this feeling and are among the most popular choices of the season. Some less well-known whites that also play the role well include Cortese di Gavi of Piedmont, Italy; Muscadet-Sèvre et Maine of the Loire Valley, France; the "Steen" of Stellenbosch, South Africa, which is really Chenin Blanc; and the favored white of the Willamette Valley in Oregon, Pinot Gris, which is really Pinot Grigio (but made in a particularly elegant style). Of all the white wines one could choose for a summer's day, however, it is Grüner Veltliner, the premier white out of Austria, with its unmatched acidity belying its lack of effervescence, that is perhaps the most quintessential.

Whether you're in search of a wine to sip on its own or choosing the perfect bottle to accompany an *al fresco* summer meal, there's a white from some part of the world that's bound to do the trick.



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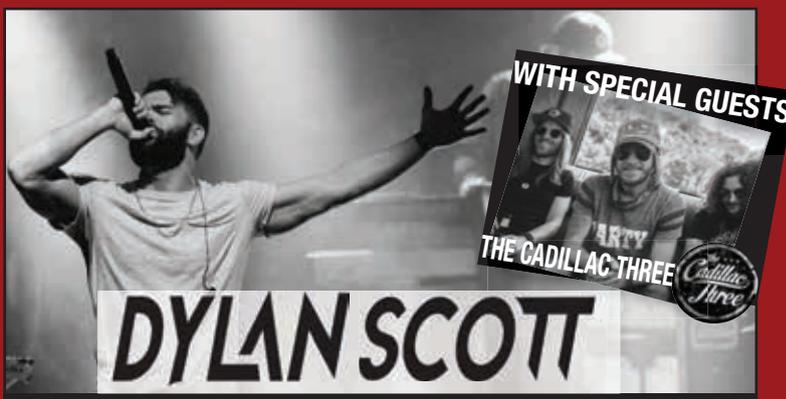


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