Wendy and Asher's Goodbyes and Thank Yous

As many of you know, we are in the process of buying a farm in Madison, NY, south of Syracuse, and plan to be farming and running a CSA there next season. This will be our last season at the Poughkeepsie Farm Project. Thank you all for your kind words and good wishes as we start to say our goodbyes.

It is hard to leave the PFP after so many years and so many wonderful connections. We'll miss you all but we will send reports back and we will be open to visitors. We'll send on our contact information and more information about the farm in a few weeks.

We would like to thank a whole lot of people who have made our time at the PFP so great over the years:

- Those who have had barter share positions over the years helping to get the day to day work of the PFP done and being people we could always turn to including Sue Lynch, Ed Lynch, Stan Kardas, Ben Lotto, Elena Petrolese, Julie Cirilli, Kathleen Skwish, Lynn Bartolotta, Tracy Stopa, Donna Milano, Sooozie Nowak, Janet Joyce, Denise Murphy, Jane Livingston and many others who have held these roles in years past
- Beatrix Clarke, Annon Adams and Candis Sunderland for your unwavering dedication to the meditation garden and for our good time together there
- The many PFP members who have served on the Board over the years for your willingness to take responsibility for this organization and work hard for its
success. In particular Board chairs who we have spent a lot of good time with on this PFP journey: Georgette Weir, Karen Nichols, Lisa Brawley, Valerie Kind, Anne Gardon, Susan Tveekrem, and Carlie Graves.

- Several people who have been "super volunteers" over the years. We couldn’t possibly name you all but want to give special mention to Dick Crenson, Sean Dague, Susie Deane, Ed Berkel, Muriel Horowitz, Barbara Lindsey, Rebecca Wisniewski, Jamie Rusek and Russ Karp, Alan Berkowitz, Angela Colclough and the many Vassar students who come to the farm with their curiosity and willingness to help out.
- Kasey Peters, Trevis Carmichael, and Julia Sisson and all of our wonderful apprentices and interns over the years who have been a pleasure to work with, teach, and learn from and who make the future of farming look very bright!
- Our co-workers Jamie Levato, Patti Patterson and Nicole Baker for being great to work with. We especially thank Susan Grove for her incredible dedication, hard work, kindness, and friendship.
- All PFP members and shareholders! Some of my best memories of the PFP are getting to hear so many of your stories as we worked side by side doing the harvests, hands busy with vegetables and the joy and appreciation that you have expressed on distribution days for the vegetables and the farm.

Thank you all. It’s been a pleasure to be part of this community. We wish you the best in your next chapter. We look forward to hearing about it, supporting it in new ways, and passing on stories of our new adventures.

All our best, Wendy and Asher

Second Graders Visit the PFP

Each fall, Ms. Vogler’s second grade class takes two field trips to the PFP. On their first trip this fall, they toured the farm tasting the different vegetables that were ready to harvest as they passed by the bed rows and visiting the compost pile to learn about how new fertile soil can be made from vegetable scraps and leaves. The students also did a weeding project in the education garden and learned how to prepare kale biscuits. On the tour, the students were very excited to learn about compost; the fact that there were kitchen scraps on the top of the pile piqued their interest and made the information more intriguing.

The students enthusiastically asked to taste everything. They loved eating the raw kale
right off the plant. One student, who visited the PFP in the summer with camp, said that he really loves kale. He was delighted to find out that his class would be harvesting kale to make the kale biscuits. During the garden project, one student said, "I like weeding!" Several others declared that they wished they could work at the PFP and that they wanted to come back the next day.

On their second trip to the farm, Ms. Vogler's class made a butternut squash soup, learned about seeds and plant life cycles, picked raspberries, and tasted a variety of culinary herbs in the Meditation Garden. The PFP educators were thrilled that the students remembered a lot from the previous week, including composting. While eating the butternut soup, one student confided, "I don’t really like it, but I’m going to eat it all, because I don’t want to waste it." Several of the students said they were going to help their parents cook at home. In the meditation garden, the students tasted dill, mint, edible flowers, sage, chives, and the perennial favorite of local students, sorrel. After trying the sorrel, one student jumped up and down in excitement announcing that it tasted like lemons and she loved it. When the students heard that the raspberries were ready to harvest, they exclaimed “RASPBERRIES!!!!!!” They could not contain their enthusiasm; their faces lit up with excitement.

GROWING OUR COMMUNITY

Farm Manager Position Available

Unpublished

PFP has an immediate opening for a Farm Manager capable of growing a rich array of produce while nourishing the productivity of our 10 acres of organically farmed (non-certified), fertile and well drained soil. The right candidate will enjoy growing for, interacting with, and supporting an active and committed CSA of 400 shareholders while orchestrating production responsibilities in conjunction with an array of community programs.

This is a full-time, permanent position with expectations of longer hours in season, including weekend work during the planting and growing season. Benefits include medical coverage (cost is shared with PFP) and paid vacation/sick leave. The Farm Manager reports to the Executive Director.

The Poughkeepsie Farm Project is a non-profit organization that works toward a just and sustainable food system in the Mid-Hudson Valley of New York state by operating a member-supported farm, providing education about food and farming, and improving access to healthy, locally-grown food. Our working farm provides an educational resource for a wide diversity of individuals and groups to gain hands-on experiences and knowledge, shared through farm visits with educational activities for youth and other community groups, thematic farm tours, open volunteer times in the fields and gardens, cooking demonstrations, and food and farming related events.

The Farm Manager supports these programs under the management of the Executive
Director while recruiting, training, and managing an assistant farm manager, seasonal apprentices, summer interns, and volunteers to exemplify organic farming methods and best practices in land stewardship, in accordance with the mission of the Poughkeepsie Farm Project.

Specific responsibilities include:

- Development and implementation of an annual farming and field-staffing plan to grow, harvest, and distribute approximately 120,000 lbs of vegetables, herbs, small fruit, and flowers using organic methods
- Management of twice-weekly CSA distribution and delivery of donated produce
- Recruitment, hiring, supervision, education and evaluation of Assistant Farm Manager, seasonal apprentices, summer interns
- Planning and implementation, with the Executive Director, of an educational curriculum for apprentices and interns, including hands on training and workshops, including participation in mid-Hudson CRAFT program
- Supervision and hands-on field education for volunteers and approximately 200 working shareholders
- Development of responsible and realistic annual budgets and plans for long term capital acquisitions
- Order growing and maintenance supplies, pay and track related bills
- Ensure excellent record keeping of farm and CSA activities including farm plans, harvest records, soil tests, shareholder harvest hours, and shareholder forms
- Staff and volunteer communication as needed
- Quarterly farm/CSA activity reports to PFP board of directors and participation in finance and farm committees

Desired qualifications:

- Minimum 3 years of management experience on an organic vegetable farm
- Minimum 2 years of work experience on an organic vegetable farm of ten acres or more
- Ability to operate and maintain farm facilities and site (e.g. hoop houses, refrigerated storage, irrigation, etc.)
- Ability to perform physical farm labor: lift farm loads, walk, stand, kneel, drive, bend for long periods of time, etc. Ability to engage in other strenuous tasks as necessary.
- Ability to safely perform and supervise mechanical operation and maintenance including tractor and implement operation and repair and tractor and vehicle maintenance, and to plan equipment needs.
- Valid Driver’s License

Knowledge and skills needed:

- Desire and ability to share a passion for organic farming with members, youth,
and visitors
- Good interpersonal and communication skills
- Good management and teaching skills
- Ability to lead and participate in group process activities
- Knowledge of soil and nutrient management and composting, crop rotation, natural pest, disease and weed management, succession planting, post-harvest handling
- Financial and yield management skills
- Excellent record keeping skills for crop production, fertilizer and pesticide use as necessary for certified naturally grown
- Knowledge of beekeeping and herbs a plus

To apply:
Please submit a cover letter describing your capabilities and experience, a detailed resume of the farming you have done, and three references we may contact. We expect to fill this desirable position quickly in order to assure readiness for the 2013 harvest season. Application review is ongoing and will continue until the position is filled. Apply to: hr@farmproject.org

The Poughkeepsie Farm Project is an equal opportunity employer.

GIVING BACK

What a Difference a Farm Share Can Make
At our A Seat at the Table fundraising event in July 2012, one of our Food Share participants shared her story of how a farm share make a difference in her life:

When I was diagnosed with a life threatening illness [that] could be treated but not cured…it changed my life forever…I [started] having chronic stomach problems. The nutritionist determined that I had developed a sensitivity to the pesticides in the produce and it was having a negative impact on my health. She went on to suggest that I consume organic produce. I had to be honest when telling her that I would love nothing more than eating strictly organic, the only problem with that was that my budget simply wouldn't allow it. I was already using the either or system when at the supermarket. Either I could afford to buy the salad or the broccoli. Not both. Either I could buy apples or bananas, not both. I had a hard time just getting the basics, and toward the end of the month I was relying on local food pantries…It’s been three years now and I am so grateful to be a PFP sponsored shareholder. I now eat more and weigh less. My health has improved. Not only has the farm project improved my health, but my state of mind as well. I have been very isolated, [but] the farm gives me a healthy place to connect with a diverse community of people who all share common ideas and values that mirror my own. I absolutely LOVE walking through the fields and picking my own food. It has given me back that connection with the earth that is so much a part of who I am.
This is just one of more than thousands of stories of people who were part of the PFP this year. More than a thousand - hundreds of them low-income - ate healthy, farm fresh produce every week of the 2012 growing season - accessed at the farm, downtown farmers' market and partner organizations that serve our most disadvantaged neighbors. Hundreds of youth were inspired to try - and enjoy! - fresh food through hands-on learning experiences on the farm or at schools and after-school programs. Dozens of community leaders are planning ways to respond to hunger and food insecurity by making urban gardening and fresh, healthy food even more convenient and accessible.

These efforts are made possible by donations from supporters like you!

Please consider making a gift TODAY. You can make your gift online or by mailing a check. Your contribution helps us continue our programs.

FEATURED VEGETABLE AND RECIPES

**Garlic**

Garlic is a miracle vegetable of nature. It is one of the oldest cultivated crops known. Egyptians, Romans and Greeks alike praised the bulb for its aromatic, healthful and strengthening qualities. A member of the Lily family, which also includes onions, leeks, and chives, the garlic bulb contains high levels of calcium, selenium, potassium, zinc, vitamins B6 and C, manganese and essential oils. Furthermore, garlic is an affordable household cure for a variety of mild ailments.
The miraculous health benefits of garlic include:

- Improved immune system functioning
- Lower cholesterol and blood pressure (by preventing blood clots and plaque build up)
- Improved fetal weight gain during pregnancy
- Antibacterial, antifungal, antiviral properties

Garlic has even been proven in scientific studies to reduce the formation of cancer cells by slowing the pace of growth and minimizing tumor size. When buying garlic, always opt for fresh (rather than flaked or powdered) for maximum health benefits. The best garlic is plump, hard, and has unbroken skin. Do not use or choose soft garlic or garlic that has begun to sprout.

One of my personal favorite ways to cook garlic is to simply roast it. Roasting garlic gives cloves a sweet, rich flavor and lessens the strong taste of raw garlic. Roasted garlic is a great side, or topping for practically any meat or vegetable dish.

Braided garlic image used from http://www.flickr.com/photos/carbonnyc/255533368/

**Winter Greens and Beans**

**Summary**

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**Prep time** 30 minutes

**Description**

A spicy, smoky take on winter greens

**Ingredients**

- 2 T oil
- 1 onion (chopped)
- 2 clv garlic (minced)
- 14 oz can of diced tomatoes (with juice)
- 1 1/2 t paprika
- 14 1/2 oz vegetable broth
- 8 c kale (coarsely chopped)
15 oz can cannellini beans (white kidney beans, drained)
manchego or parmesean cheese (grated)

Instructions
Preparation: Heat oil in heavy large pot over mediumhigh heat. Add onion and sauté until soft and beginning to brown, about 6 minutes. Add garlic; stir 1 minute. Add tomatoes with juice and paprika; stir 1 minute. Add broth and greens; bring to boil, stirring often. Reduce heat to medium-low, cover, and simmer until greens are wilted and tender, stirring occasionally, about 15 minutes. Stir in beans and simmer 1 minute to heat through. Divide among bowls; sprinkle with cheese, if desired.

Lemon Garlic Roasted Beets

Summary

Yield

Servings

Prec time 1 hour

Description
Contributed by Paula Repka

Ingredients

1 lb beets (peeled and sliced 1/4 in. thick)
2 clv garlic (thinly sliced or minced)
2 T lemon juice
1/4 t lemon zest
1 T olive oil
1/4 t sugar
salt and pepper (to taste)

Instructions
Preheat oven to 375. In an 8 in. square, non-reactive baking dish, toss all ingredients together. Spray a piece of parchment paper with cooking oil or Pam and set it oiled side down on beets. Cover tightly with foil. Roast 40 minutes, shaking pan occasionally.

MISCELLANEOUS
There is a bridge over the Fall Kill Creek on Washington Street. On it, the Poughkeepsie Farm Project and the Poughkeepsie Community Food Coalition are featured. The **of the coalition, working to shape Poughkeepsie's food future, is on February 7th.**

The **sign** is one of seven in the City of Poughkeepsie that draw attention to the Fall Kill Creek, natural resources and other assets in the City, as part of the **Fall Kill Plan.** Below is a cut out of the reference to the Poughkeepsie Farm Project's efforts to proclaim Poughkeepsie a "food city."

**In the News and a Note of Thanks**

Europa, a cook on the Clearwater sent a note of thanks and included a scanned in article that mentioned the PFP and stressed the importance of local food movement.
Clearwater cook buys ‘bocal’ to feed crew

Cooking with local products aids community, environment

By Europa McGovern

As the cook on the Sloop Clearwater, I have the responsibility of keeping the hardworking Clearwater crew and volunteers fed as we sail from Brooklyn to Roanoke Island, welcoming children and adults afloat to introduce them to the ecosystem of the Hudson River. Preparing meals for them, which are usually gratefully complimented, is only one part of what I do.

As the cook on board the sloop, I also contribute to Clearwater’s green mission, and to the communities where we dock, by doing my best to source our food locally. We have a term we use on the boat for this: “bocal.”

Bocal isn’t just a silly word for us; it means buying food locally, in bulk, which is the best way to feed hungry sailors. Bocal also means affordable to everyone — and especially to those like us who have many to feed. There is currently a strong movement toward locally sourced, artisanal and farm-to-table products. This is indeed a wonderful trend, but not always affordable to average people trying to feed their families.

Clearwater can afford to participate in this by having shares with Community Supported Agriculture at the Poughkeepsie Farm Project, a nonprofit CSA farm that does great work in Poughkeepsie to help feed the community and make quality fresh food available to low-income families.

Clearwater also uses Hudson Valley Fresh dairy products from a nonprofit co-op of nine local dairy farms that empowers small family farms by pooling their dairy products and guaranteeing a living wage for their farmers. I also buy our eggs from a small farm near New Paltz and cook with Wild Hive flour, converted and bensam from a local community grain project that both grows and mills its products locally. We eat bread from a local bakery, which is not only delicious and organic, but is yet another local business that keeps jobs in our communities at their bakery and cafes. Adams Fairacre Farms is a chain of locally owned supermarkets that also make it all possible.

In this small way, we at Clearwater are doing our part to support agriculture in communities along the river; it is a symbiotic relationship and just a small example of the connections that can be made everywhere to secure the future of local, sustainable agriculture and small businesses in our communities. Buying these locally produced agricultural products keeps our valley thriving and supports small farms and assures that their land is farmed, not developed. It keeps jobs in our communities. And, of course, the quality of local food cannot be compared. Buying local ultimately saves on fuel and energy associated with transporting foods great distances, which also reduces the impact on our environment.

Food is, after air and water, one of our basic needs. It is worth the extra effort, and only slightly more expensive, to buy fresh, local and sustainable products. It will make you feel good from the inside out. Just ask the crew next time the Sloop Clearwater is in your town.

Europa McGovern is a self-taught cook who prepares meals for the Sloop Clearwater.

ON THE WEB

- Poughkeepsie Farm Project: http://farmproject.org
- Local harvest: www.localharvest.org
- Wild Hive Farm: www.wildhivemill.com
- Hudson Valley Fresh: www.hudsonvalleyfresh.com
- Adams Fairacre Farm: http://adamsfairacre.com

The Sloop Clearwater buys locally grown produce in bulk to benefit the local farms that grow it and those who enjoy its fresh flavor alike.

Photo courtesy of Julia Church