



Hudson and Saratoga Local Foods

LOCAL FOOD IN THE HUDSON VALLEY, SARATOGA AND BEYOND

SATURDAY, DECEMBER 12, 2009

Kale



TODD ERLING WITH UDI BRILL, CHIEF MARINE BIOLOGIST AND FARM MANAGER OF LOCAL OCEAN



Todd Erling of Hudson Valley Agribusiness Development Corporation talks about Local Ocean, the first commercial recirculating marine fin-fish aquaculture system in the United States

SIMPLE EARTH CUISINE



Kale

Now is the best time to enjoy kale, as its flavor will intensify and actually become sweeter after periodic exposure to frost. As other similarly hearty vegetables, like broccoli and chard, finally succumb to the harsh winter elements, kale will be the "last of the Mohicans" to be standing in a snow covered garden. Frederick Wellington of Wellington Herbs and Spices says "Now is a good time for kale and collard greens. Until we get 10 or so straight days of cold temperatures below zero, kale and collards can survive and still be harvested. Once the extreme cold weather sets in, the leaves will actually shatter like glass".

Kale is a fairly low maintenance vegetable that will grow well in any soil and is largely unaffected by pests and diseases that trouble its cabbage cousins like club root, cabbage root fly and slugs. Extremely nutritious, kale is packed with fiber, antioxidants, beta carotene, calcium and vitamins - like K and C. Some "Super Food" proponents even believe that levels of sulforaphane that are present in kale and its fellow crucifers possess cancer fighting properties.

There are many ways to prepare kale, from oven dried chips to



Chef owner Lisa Caccamise talks about her work as a personal chef and her use of local foods. Visit her website at SimpleEarthCuisine.com

LAST MARKET OF THE SEASON - THE SUFFERN FARMERS MARKET



Pumpkin Leek and White Bean Soup demonstration

LACTO-FERMENTATION WORKSHOP AT OLANA



Betsy Cashan and Louise Frazier talk about lacto-fermentation at a workshop at Olana

PRODUCE PROJECT COORDINATOR STEPHEN CORRIGAN



Produce Project coordinator Stephen Corrigan talks about the latest Capital District Community Gardens collaboration with Troy High School students

2009 FARM-BASED

salads to various quiche and pie forms. Here's a recipe I prepared yesterday:

Kale Quiche

1 bunch Kale, washed, ribs removed and chopped
6 eggs
2 cups Hudson Valley Fresh sour cream
1 cup Parmesan cheese
¼ cup minced onions
1 tablespoon dried herbs - parsley, basil, chives, oregano
4 thin slices wheat or sourdough bread
Olive oil
Salt and pepper

Steam the kale with the onions in a covered pan with 1 tablespoon olive oil and 2 tablespoons of water for five minutes, until the water has evaporated. Trim the wheat or sourdough bread to fit a pie pan. Sprinkle the bread with olive oil and salt and pepper. Line a pie pan with the trimmed bread and bake it in a 350 degree oven for 5 minutes. While the bread is baking, whisk together the kale/onion mixture, eggs, Parmesan, sour cream and herbs. Season the mixture with salt and pepper and pour it over the toasted bread. Bake the pie in the oven until it is firm and a toothpick inserted comes out clean. I served my Kale Pie with a small salad of winter greens and a puree of Barton Orchards salsa and sour cream.

Some farms that still have kale

Migliorelli Farm, Roxbury Farm, Schoharie Valley Farms, and Hawthorne Valley Farm
Columbia County Bounty farmers

More Recipes

Kale Pie - from Nicci Cagan of From the Ground Up
Kale Salad - from Jess Oppenheimer of Youth Organics
Grilled Kale with Seasoned Ricotta Cheese - from Gianni Ortiz of the Regional Farm and Food Project
Kale and Potato Soup - Noah Sheetz

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EDUCATION CONFERENCE



Stone Barns Center for Food and Agriculture

NICCI CAGAN, ALLYSON LEVY, FROM THE GROUND UP



Nicci Cagan and Allyson Levy talk about From the Ground Up, the school garden at Marbeltown Elementary School, and the 2009 Youth and Garden Grants Program award

DEVIN DASCHER AND KOMBUCHA TEA



Woodworker and Kombucha hobbyist Devin Dascher talks about the art of fermenting Kombucha Tea

NATIONAL EAT-IN PICNIC AND PIZZA MAKING PARTY, STONE RIDGE, NY

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Time For Lunch, National Day Of Action to get Real Food in schools

LARRY LAMPMAN AND
FOXHILL FARM



Larry Lampman of Foxhill Farm in Ancramdale demonstrates three cow calls

NEW BOOK SERVES AS
TRIBUTE TO HUDSON VALLEY
FARMS



Read Jennifer Gish's review of Joanne Michaels' latest book about 44 upstate farms

RONDOUT VALLEY GROWERS
AID FOOD PANTRIES



This summer, thanks to a pair of interns, the Rondout Valley Growers Association was able to gather, inventory, and organize donations from gleaning twice weekly

JOHN MISHANEC'S
VEGETABLE PEST STATUS
REPORT SEPTEMBER 2, 2009



John Mishanec is an Integrated Pest Management educator for Cornell Cooperative Extension. Read his latest Vegetable Pest Status Report for this season. He addresses the problems of Late and Early Blight, Botrytis, and Powdery Mildew.

THE DIRT ON THE BLACK
DIRT REGION



Chris Pawelski is a fourth generation black dirt farmer. Chris is currently busy sorting and packing his onions. This season Chris has been challenged by excessive rain. Read about his farm and other black dirt related news

THE LATEST RECIPE



Warm and hearty, this pumpkin soup recipe is vegetarian and a crowd pleaser during the holidays

SCENES FROM THE HUDSON VALLEY, SARATOGA AND BEYOND



For those who don't like reading too much

VIDEOS FROM THE HUDSON VALLEY, SARATOGA AND BEYOND



Larry Lampman of Foxhill Farm in Ancramdale talks about his cows and the farm

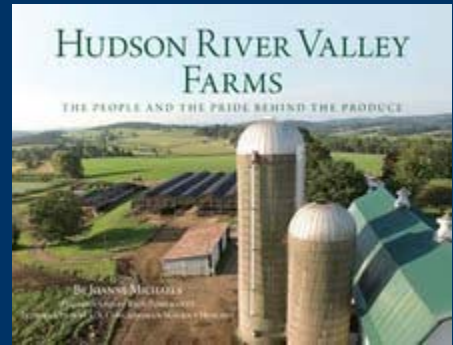
ATTICUS MORNING AG CLIPS



Read about the latest agricultural news in New York state on the Atticus Communications website.

The Morning Ag Clips are available every morning during the work week.

HUDSON RIVER VALLEY
FARMS: THE PEOPLE AND
THE PRIDE BEHIND THE
PRODUCE



Author and former Hudson Valley Magazine editor-in-chief Joanne Michaels has recently finished a fascinating new book about 44 upstate farms. Visit her website to see a listing of other Hudson Valley books that she has written

CAPITAL DISTRICT
COMMUNITY GARDENS



Capital District Community Gardens is a non-profit community garden organization that serves residents in Albany, Rensselaer, and Schenectady Counties by helping them to develop viable gardens and urban greening practices. Read more about their Veggie Mobile and the Garden Education Center and Greenhouse

GREENTHUMB



GreenThumb in New York City is the largest urban gardening program in the country, providing assistance to more than 600 gardens and 20,000 garden members. [Learn more](#)

HAWTHORNE VALLEY FARM



Hawthorne Valley Farm is a 400 acre biodynamic farm in Harlemville, NY. The farm is one of the few in New York that sells raw milk. There's also a full scale bakery, a CSA, and a large farmstore that sells the farm's lacto-fermented vegetables

KINDERHOOK FARM



Kinderhook Farm raises beef cattle on a 100% grass and legume diet that includes no grain, antibiotics,

growth hormone, or animal by-products. Visit their website and read their blog.

THE FARM AT MILLER'S CROSSING



The Farm at Miller's Crossing is a 200-acre organic vegetable farm in Hudson, NY. The farm also raises a small herd of beef cattle, plants and flowers. Learn more about their CSA and where to buy their products

ROXBURY FARM



The Roxbury Farm website offers a wealth of information on topics like agriculture, biodynamics, recipes, and cooking tips.

MY PERSONAL FARMERS.COM



For downstate residents in the Westchester and Putnam areas, the home delivery service of My Personal Farmers.com makes it simple to buy food locally

LOCAL HARVEST



Local Harvest and Eat Well Guide (eatwellguide.org) are local food search engines. type in your zip code and find local foods near you

SO MUCH TO SEE ...TASTE & EXPERIENCE IN MY FINGER LAKES



Discover what's new and exciting in the Finger Lakes

SEACOAST EAT LOCAL - THINK GLOBALLY, EAT LOCALLY



Seacoast Eat Local is a group of consumers, chefs, growers, and activists who advocate eating locally for ecological, social, cultural, and environmental reasons.

NY COALITION FOR HEALTHY SCHOOL FOOD



New York Coalition for Healthy School Foods works to promote

optional plant-based entrees, healthy snack foods, farm to school programs, and nutrition education to encourage healthier choices

NATIONAL ACTION AGAINST OBESITY



“Let’s finally recognize obesity as abuse—abuse of our children, abuse of ourselves—and together take action against it.” Words from MeMe Roth, President and Founder of the NAAO

STAND BACK, YUKON GOLD: THERE’S A NEW POTATO IN TOWN



But potatoes are gaining popularity at farmers’ markets and farm stands in eastern New York, Mr. Mishanec’s territory. Many are varieties Cornell has released in the last 15 years

ANSWERS ABOUT LOCAL FOOD IN NEW YORK



In a three part series Jacquie Berger, the executive director of Just Food, answers questions from NY Times readers about local food and community supported

agriculture

THE ART OF EATING



Simple, local food is the best, says Earth Month guest contributor Alice Waters. That's not news, and that's not changing.

FARM START



Ever wondered how new farms get started? Farm Start helps aspiring new farmers with start-up funding.

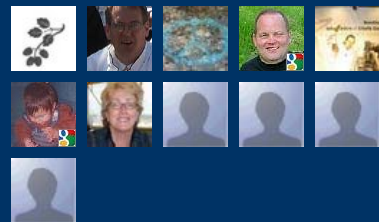
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HUDSON SARATOGA ARCHIVE



Past articles, links and posts

BOOKS

Animal, Vegetable, Miracle: A Year of Food Life, Barbara Kingsolver
Farmer John's Cookbook, The Real Dirt on Vegetables, Farmer John Peterson and Angelic Organics
The Omnivore's Dilemma, Michael Pollan

LOCAL FOOD LINKS

Slow Food Westchester Blog
Swoon Kitchenbar Blog
Rural Intelligence
H. Childress and Sons
Hudson Valley Parent
Roots and Wisdom
Serious Eats
Hudson Valley Fresh
Cooking With Ideas
Dutchess County Tourism
Dutchess County Farm Fresh Guide
3 Votes a Day
My Personal Farmers.com
Columbia County Bounty
Regional Farm and Food Project
Columbia County Real Food Network
Cornell Cooperative Extension
100 Mile Diet
Slow Food
New York Farm Bureau
Department of Agriculture and Markets
NY Farms
<http://blogs.timesunion.com/eatlocal>
Eat Well Guide

BLOG ARCHIVE

▼ 2009 (78)

▼ December (6)

Coming Soon

[Kale](#)

Friday, December 11, 6:30 pm

From Carol Clement of
Heather Ridge farm

Sell Your Potatoes by Variety
Name

Oats

▶ November (3)

▶ October (6)

▶ September (5)

▶ August (8)

▶ July (9)

▶ June (9)

▶ May (9)

▶ April (7)

▶ March (5)

▶ February (6)

▶ January (5)

▶ 2008 (64)

▶ 2007 (7)

ABOUT ME



NOAH SHEETZ

[VIEW MY COMPLETE
PROFILE](#)
