STICK TO LOCAL FARMS - RONDOUT VALLEY 2017

Green Man is an ancient mythical character expressing the cycle of the seasons and the vitality of nature. Our Green Man is a tribute to Chef John Novi. Since the 1970s at the Depuy Canal House in High Falls, and beyond, John has championed the agricultural bounty of the Rondout Valley.

RONDOUT VALLEY GROWERS

SEED SONG

KINGSTON YMCA FARM PROJECT

LYONSVILLE SUGARHOUSE

HORTUS CONCLUSUS

April FLOWERS

Twilight Acres HOMECROWN

SOUTH PINE STREET CITY FARM

KINGSTON FARMERS MARKET

ROSENDALE FARMERS MARKET

Bells

CATSKILL NATIVE NURSERY

VERONICA'S GARDEN Stone Ridge, NY

FLYING CHANGE FARM

ARROWOOD FARMS

WESTWIND ORCHARD

HOLLENGOLD FARM

Stone Ridge Orchard

HUDSON VALLEY SEED CO

HUDSON VALLEY VERTICAL FARMS

FARMERS TABLE FARM RAIL TRAIL CAFE

SAUNDERSKILL FARMS

Duchess Farm Equestrian Community LLC

BARTHEL'S FARM MARKET

KELDER'S FARM Homegrown Mini-golf

Country Flowers Greenhouse

Corn Cow

1 mile

railtrail

Habitat Real Estate Group · The Ridge Gym · Applestone Meat Co · Emmanuel's Marketplace · Ulster Savings · Marbletown Animal Hospital · Rondout Valley Prompt Care · High Falls Food Coop · Wild Earth · Visit Vortex · Kitchenette · The Spy · The Big Cheese · MyTown Marketplace · The Carpet Store · Westwood Metes & Bounds Realty · Friends & Family II · Hillside Restaurant · Applestone Meat Co · Accord Feeds & Needs · R.V.E.S. Equipment · A & M Hardware · Accord Wines & Spirits · Hurley Country Store · Ulster Savings Bank · The Den of Marbletown · Boitson's Restaurant · Kovo Rotisserie · Adams Fairacre Farms · The Nest · Rough Cut Brewery · Mohonk Preserve · Mohonk Preserve Visitor Center · Minnewaska State Park · Aroma Thyme Bistro · Gaby's Cafe · Ellenville Regional Hospital

Treasure Map Adventure

This map will lead you to some of the most amazing farms in the Hudson Valley–fascinating places that grow flowers, fruits, vegetables, herbs and livestock, that make maple syrup and brew beer, and more. You'll visit farms on the fertile flatland, farms in the rolling uplands, and farms in the city of Kingston. And every one welcomes you with a free sticker to help complete your map!

Love Your Farmer!

Rondout Valley farmers are happy to share their amazing farms with you and to also give you a free sticker. Remember to shop while you visit—try some produce, sign up for a lesson, or buy gifts for friends. This symbol ✷ means that there's a additional special offer (see listings on the other side of the map). Our farms thrive with your support!

Hints for Roaming the Valley

Themed farm tours are a wonderful way to get started on your sticker collection, and we've got some fun lists for you. Visit all the horse and livestock farms, focus on flowers, hit the you-picks, or hunt down farm-baked goods and sweets! Bicycling is a fantastic way to see farms for everyone from families with kids to hard-core enthusiasts—we've worked out routes for all. We're having a farm bike tour with the Mid-Hudson Bicycle Club on June 10. Info about all is at Stick2Local.com.

Be Prepared and Be Bold!

Farms are mostly gritty, outdoor places, so wear comfortable, rugged clothes and shoes. Working farms may not be as clearly marked as expected, so if you are confused or don't see anyone around, just give a yell or check your map for a phone number. While visiting, ask farmers about what they do and their specialties. Look, listen, sniff, and taste. And take care around all the awesome farm machinery!

Mysteries, Puzzles and Rewards

On the other side of the map important information about each participating farm is listed. **Collect 10 stickers** and you'll earn four free rounds of Homegrown Mini-Golf at Kelder's Farm and the *Stick to Local Farms Cookbook*. **Collect all 26 farm stickers** and earn a big fancy Green Man completion sticker and a Farmers Market Bag of seasonal treats!

Name that Farm! Correctly name all the farms featured in the map border, and you're in the running for a Market Bag Award chosen from all the correct answer entries. (More clues on our website!)

Claiming rewards: To claim a sticker reward, send a selfie with your stickered-up map to us at stick2local.com. For Name that Farm: fill in your answers at Stick2Local.com.

(All claims must be received by 12/31/17. One per person.)

Spot 'em!

Find the objects below and check them off. Post photos on our Facebook page or Instagram and tag them #stick2local for a chance to win a prize.

- ☐ Curly pig's tail
- ☐ Farmer in rubber boots
- ☐ Honking goose
- ☐ Leather saddle
- ☐ A pruning ladder
- ☐ Pat of animal poo
- ☐ Wooden fence
- ☐ Radio playing country western music
- ☐ Bale of hay
- ☐ Root vegetables
- ☐ Red flowers
- ☐ Trees in pots
- ☐ Bee hive
- ☐ Ducks in a row
- ☐ Parsley plant
- ☐ A dog named Holly
- ☐ Green Man sculptures
- ☐ Horse shoes
- ☐ A pizza oven
- ☐ A horse named Fancy
- ☐ A gazebo
- ☐ A strutting rooster
- ☐ A God's Eye weaving
- ☐ Live music
- ☐ Home baked pie
- ☐ A city sidewalk
- ☐ Lily pads
- ☐ Cider donuts
- ☐ A gazing ball
- ☐ A tractor
- ☐ A field of sunflowers
- ☐ Barbed wire fence
- ☐ A greenhouse
- ☐ A berry bush
- ☐ The setting sun

Super Easy - No Bake
Fresh Fruit Pie

¾ cup maple syrup or honey
¼ cup cornstarch
7 cups of fruit, large pieces chopped to about 1/2"
3 tablespoons lemon juice
8- or 9-inch pie shell, prebaked or graham cracker

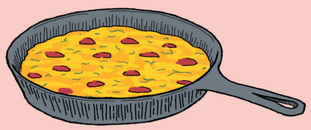
Fill the shell with 6 cups of berries.

Mix sweetener, corn starch and lemon juice, add remaining berries.

Cook, stirring, over medium heat for 8 minutes until thick and glossy.

Pour over berries and refrigerate for 2 hours.

6 to 8 servings



Savory Veggie Fritatta

Make this with seasonal vegetables and herbs, for a meal or a snack, served hot or not.

2 tablespoons oil or butter
1/2 onion or 4 scallions, or some chives, chopped
1 tsp salt and pepper to taste
4 cups of vegetables, chopped in about 1/2" pieces
1/8 to 1/4 cup fresh herbs, to taste, chopped finely
6 eggs
1/2 cup grated cheese (optional)
¼ cup milk or water

1. Put the oil in a medium-sized non-stick skillet with heat on medium-high. When hot add the onion or scallions (add chives with herbs later) and some salt and pepper. Cook and stir for about 3 minutes then stir in the vegetables. Saute until the vegetables are done, up to 15 minutes. Meanwhile, in a bowl, mix the eggs, optional cheese and salt and pepper with a fork until just mixed.

2. When the vegetables are cooked, turn the heat to low and mix in the fresh herbs. Flatten the vegetables evenly in the pan.

3. Pour the egg mixture over and put a lid on. Cook over very low heat for about 10 to 15 minutes until set and firm. If you like you can finish the top under a broiler.

4. Slide on to a plate, cut into wedges and serve.

3 to 6 servings

More easy, delicious local food recipes like these in the *Stick to Local Farms Cookbook*, at farmstands, bookstores or on our website: Stick2Local.com.