



Fall Newsletter

October 2009

President's Corner

Eventful Fall Kicks off

Your NYSSFPA Board has been very busy as we prepare for our Annual Conference in Saratoga, January 22-24, 2010, in conjunction with the NOFA-NY's "Organic Farming and Gardening Conference". The Northeast Organic Farmers Association proved to be a wonderful group to partner with last year. We are pleased to have input into their Value Added workshop section that we feel will best serve our processors. We are scheduled to have our Annual Meeting at 5:30 pm on Saturday, January 24, before the wonderful local foods dinner for which I know they would welcome your products.

The first major marketing letter publicizing our initial four specialty gift boxes, "Taste the Region", has gone to federal and state legislators, tourism and realtor associations in the Long Island, Hudson Valley, Adirondack and Finger Lakes regions. We hope to roll out three more regions and add more products to the initial four in 2010. We are starting small to identify new and better

ways of marketing and to receive consumer surveys which are part of the mini-catalogs included in each box for reordering. If there are processors in the above regions, especially in Hudson Valley and Long Island, who want to be a part of this project, please contact me immediately at accompost@gmail.com.

A "ribbon cutting" reception will be held on Thursday, November 12, at the new NY Wine and Culinary Center at the head of Canandaigua Lake. The NYWCC will be a wonderful partner not only in marketing our boxes, as they have many NYS value added products, but also in holding educational workshops, one of their main missions.

"Taste the Region" boxes will be sold at the upcoming PRIDE of NY Harvest Fest in Syracuse, Nov. 13-15. The initial deadline for this show has been extended. If you still want to get a booth at \$150, go to their web site (<http://harvestfestny.com>) or call (518) 457-7229. Coming up later is the famous Desmond Hotel PRIDE show, Dec. 12-13, in Albany. We will also sell our gift boxes there. If individual producers would like to share a booth, please let us know so that we could share expenses and help coordinate. Vendor forms will be out soon.

To further our NYSSFPA goals of offering hands-on workshops both at our conference and in the regions, which strengthen the regional identification, we are offering two workshop alternatives on Nov. 17 at the Dutchess County Farm and Home Center, Millbrook, in the Hudson Valley. Dr. Olga Padilla Zakour, Director of the Food Venture Center at the NYS

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Agricultural Experiment Station in Geneva, is offering a Best Practices Processing School there from 8 am to 5 pm on Nov. 17 and 18, which many may want to attend. (See calendar item on page 9.)

NYSSFPA will offer a choice of “Pricing your Product” or “Artisan Baking” on Tuesday evening, Nov. 17, following a light supper. The reasonable cost of \$35 includes supper served at 6 pm. The workshops will run from 7 to 9 pm. We are fortunate to have David Rudofsky of Rudofsky Associates presenting the product pricing workshop, as well as our member, Janet Piccarelli of Janet’s Quality Baked Goods, who has extensive training in artisan baking. Rudofsky Associates is dedicated to providing winning financial and strategic planning solutions to businesses of all sizes including food and beverage operations. David will focus on pricing as part of growing your business. Janet comes from a long line of bakers and has focused on artisan baking in business for the past 5 years. She will focus on actual artisan baking but will share her business journey along the way. Fill out the registration form on page 9.

We are in dialogue with members in the Adirondack and St. Lawrence regions interested in hosting daylong workshops in their areas. Our summer newsletter listed some of the alternative choices we have to offer to support individual processors, beginning and advanced, and to support the growth of the regions. You can read the newsletter at our website, www.nyssfpa.com.

All members will receive the thick catalogue of offerings and registration form for the January NOFA conference a little later in the fall. I hope to see many of you there in person if not before at the above events. We welcome your feedback in terms of processing information as well as policies for which we might jointly pursue.

Alison Clarke
accompost@gmail.com



USDA Value Added Grants

November 30 is the deadline for applications to the US Department of Agriculture's Rural Development for Value Added grants for up to \$100,000 for Planning Grants and up to \$300,000 for Working Capital Grants.

The Lagoner Farms was recently featured on television telling of the success in year-round marketing of jams from their fruits as a result of a Value Added Grant. Go to the web site www.rurdev.usda.gov or to your area USDA Rural Development office for information. As Mr. Lagoner said, the application packet is thick and took time, but it helped to build a successful business.

We had a victory in the agricultural appropriations just completed. Value Added Grant monies were increased from \$18.9 million to \$20.4 million. Join the National Sustainable Agriculture Coalition (www.sustainableagriculturecoalition.org) and receive alerts. Calls are making a difference!



Newsletter Editor Wanted

Are you interested in editing our quarterly newsletter? The current editor’s term is over after the Winter issue and we are looking for a new editor. If you are interested, please contact one of the Newsletter Committee members below.

Alison Clarke
accompost@gmail.com
Anna Dawson
annadawson@berk.com
Junko Kanamura
junkokanamura@yahoo.com

Healthier Eating for the 21st Century

Food offerings in the supermarket change weekly. Some products copy ideas that are centuries old. What should we be eating in the 21st century? By revisiting the food habits of New Yorkers in the past 400 years, and looking at the habits of our own families, we can gain a perspective on how to select and produce healthier future local food choices. We can choose the healthiest canning recipes of the past (canned fruits in juice or 50% sugar syrups). We can reduce fat, sugar or salt in recipes (make fruit sauces instead of jam or use less highly salted animal products). We can choose minimally processed, frozen and dried healthy whole food recipes. We can consciously select safe present day food technologies. (Carbon dioxide lengthens storage time for cottage cheese.) We can increase the convenience of using whole grains, fruits, legumes and vegetables. The goal is to have a sustainable local food system that grows healthy individuals and successful communities using the knowledge we now have. We can change the present to have a better future.

Peter Rose provides us a thorough look at 17th century eating choices in working class and well-to-do New York kitchens in her book The Sensible Cook: Dutch Food Ways in the Old and New World (1989). Dutch cooking focused primarily on animal based foods. The ships of the Dutch West India Company brought colonists from all over Europe to populate the Hudson Valley. The colonists brought with them numerous domesticated animals along with seeds, herbs and fruit trees. Dutch ships also brought to valley exotic spices, sugar, dried figs, dates, raisins, tea, coffee, rice, chocolate, pine nuts and wines from all over the world.

The Atlantic Ocean and the Hudson River Valley provided food options for fisherman and hunters. Over 20 varieties of ocean and freshwater fish were available. Small fish were pickled. Large fish were salted, smoked and dried. Wild game filled the forests. Deer, bear, rabbit, woodchuck and a multitude of birds like starlings, finches, pigeons, swans, pheasants and herons were added to the kitchen stew pot and fireplace roasting spits.

Some 17th and 18th century meals could easily consist of four or more different animals. “Olipodrigo”, a Dutch stew for festive occasions, contained thirteen different meats. For our early settlers, it was easier to use animal products in their meals than it was to grow produce. Domestic animals fed themselves on pasture in the summer. Grain and hay, major farm crops gathered in the summer, fed horses as well as beef, pigs, dairy and poultry during the New York winters.

Large animal meat preservation included freezing in the winter, adding salt and spices, smoking or drying. Pork fat was rendered into lard for deep fat frying. Lard and wheat flour (ground at the community mill) provided the pastry for meat pies. Cream from dairy animals was made into butter for cookies and cakes. Bread, butter and beer (made from NY hops) were meal staples. Milk was fermented into yogurt and soft cheeses. Hard cheeses were salted and dried for future use.

Colonial nutrition diversified in the summer when lettuce, spinach and asparagus emerged in the spring. The household garden provided perennial herbs and edible flowers for salads along with root vegetables, cabbage, onions, carrots, corn, cauliflower, brussel sprouts, dry beans and peas. Wild berries and grapes were harvested in addition to tree fruits. Dutch global commerce brought sugar and spices to inspire cooks to make syrups, jams, candied fruits and fruit pies. Main meals included a vegetable dish, salad or fruits.

Winter fare was more limited. Winter meals consisted mostly of animal products, whole grains, legumes, nuts, seeds, fermented foods, vegetable roots and grain products (bread, biscuits, pancakes, waffles). Short-term vegetable preservation throughout the year consisted of salting and fermenting, pickling with vinegar and storing in a root cellar. The cool ground temperatures in cellars kept certain fruits and vegetables, like apples, carrots, parsnips, turnips and onions from freezing or spoiling on warm days. Dried seeds of corn, peas, beans, wheat, oats, buckwheat and rye grains allowed for longer storage and were ground and/or cooked when needed. Whole grain, cooked porridge was often served with milk.

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Colonists who worked physically from dawn to dark used all the calories they ate.

In the late 1800s many more Europeans immigrated to New York and moved up the Hudson Valley to buy farms. They brought their country's cooking heritage to family meals. Even in the 1940's many farms did not have electricity. Farmers gathered wild berries and mushrooms, grew a large garden, butchered their own beef, pigs and chickens, made fruit pies, soups, roasts and stews on wood, coal or gas stoves. Cooks preserved food by fermenting, pickling, and storage in root cellars similar to folks in the past. Canning became a preservation method from 1880 onward. The Ball Book Guide to Food Preservation was first printed in 1909.

Food choices changed in the middle of the 20th century. By 1952, cooks were squeezing a plastic bag of white fat with a yellow ball of dye to make margarine. By 1960 hydrogenated vegetable shortening was replacing lard for deep fat frying and pie crusts. Margarine replaced butter in cakes and cookies. In food science classes at Cornell, professors were creating orange flavoring in a test tube. The age of taking foods apart had started.

Today's food scientists change the molecular structure of more foods than can be listed—including milk and oils—processes that local cooks cannot duplicate. Large-scale food processors write articles in processing magazines to food technologists promoting the sale of food parts to each other. Today's large scale food preservation techniques utilize irradiation or "fresherizing", aseptic packaging, pulsating electrical fields and more. Many of us are raising our children on food parts combined to resemble and taste 'whole' foods.

Interestingly, families today continue the food hunting and gathering tradition. Only now it has evolved into trips to farmer's markets and grocery stores for rural and urban consumers alike. The major part of the common American diet is still meat based. The outer perimeter of the supermarket is devoted to animal products (dairy, eggs, cheese, meats). Other sections display fresh fruits, vegetables, bread and baked goods. Highly processed foods and non-food items fill the rest of the store. Is it a surprise that Dr. Joel Fohrman, in his book Disease Proof Your Child (2005), reveals the following statistics?

Of the 1 ¼ tons of food per year that a modern consumer eats, 52% consists of refined and highly processed foods; 42% animal products and only 6% whole plant foods (vegetables, fruits, legumes, unprocessed nuts, seeds, whole grains).

Consumers focused on local whole foods yearn for a pantry and freezer filled with convenient canned, dried and frozen local products to eat all year long. Some feel we need to preserve foods again like our grandmothers did. The Ball Company continues to sell canning supplies to meet the recent resurgence of interest in food preservation. The most recent printing of their Ball Blue Book on food preservation is 2009. Before we jump to copying our grandmothers' recipes, storage and preservation processes, we need to apply the latest 21st century knowledge using "nutrition analysis programs" to select the best recipes of yesterday. We need to bring together dietitians, food designers and local food processors to produce the healthiest local foods possible.

Unless vegetables are pickled or acidified in some way, a pressure canner is required for canning vegetables like green beans and carrots. Who wants to eat pressure canned carrots and zucchini that take 1 hour and 30 minutes to process? Do we want to continue using 55% to 65% added sugar to make jam in a jar? Do we want to add a 50% sugar syrup to fruit for canning?

The 2009 version of the Ball Blue Book Guide to Preserving barely mentions vacuum packaging frozen foods, even though many stores carry relatively inexpensive out-of-chamber vacuum packagers. Cooks in the 1960's might remember "Seal-a-Meal" machines. Local meat processors have been using commercial "in-chamber" vacuum packaging technology since the 1960's too. Both of these pieces of equipment take air out of the package so oxidation and the drying out of the food in the bag is kept to a minimum during storage. Janet Chadwick in her book The Busy Person's Guide to Preserving Food (1995) compares preservation methods for a variety of fruits and vegetables. Quality outcomes for root cellaring, freezing, drying or canning methods and detailed instructions for all processes are provided. Freezing along with vacuum packaging is an easy and quick preservation method for fruits and vegetables.

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This technology can boost a family's and community's ability to create convenient high quality year round food. This technology has recently been used at the local level in a SARE grant to preserve fruit and vegetable purees, cooked whole grains, chopped peppers and onions, thin sliced rhubarb, carrots, parsnips, daikon radishes and much more. Can this simple technology be an answer for:

1. Portion control?
2. More nutrient dense and flavorful fruit sauces, puddings and quick breads?
3. Extend spring asparagus or summer zucchini into the fall and winter?
4. Selling easy-to-use products to consumers with little cooking experience?
5. Offering a new processing market for small and mid sized farmers?
6. Ready-to-eat cooked frozen dry beans?
7. Designing meals that use small amounts of grass fed local meats?
8. Paying sustainable farm prices for artisan cheeses, produce and grains?

The answer is yes to all the questions above.

Consumers deserve frozen local food choices. Pay a visit to the Northeast Sustainable Agriculture Research and Education website (<http://nsare.org>). Check a small grant (FNE 01-367 "A Community Kitchen") focused on freezing and vacuum packaging. Individually packaged foods were added to small amounts of pre-packaged hard cheeses and USDA local meats to create kits for flavorful soups and stir fry meals that are not only convenient but model the healthy diet suggestions in Dr. Campbell's book, The China Study (2004). Visit the internet site www.ourhometownfoods.com and get ideas for other kinds of products that can be made in any community in New York in year-round, 20C licensed, "Pride of New York" Harvest Kitchens.

We need to organize, "Community Food Compacts", regional food collaboratives of farmers, culinary and food science interns, experienced local food processors, cooks with a passion for local food, dietitians and consumers who want food security and healthy food options in their hometowns. Go to the September 2006 issue of Today's Dietitian and read

the article titled "Preserving the Taste of Yesterday to Meet the Health Needs of Today" written by Kindy Peaslee, RD., to learn more. Farmers cannot "Do it all!" It takes consumers and workers with a common goal—creating the world's healthiest foods in sustainable hometowns all over New York.

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Beginning Farmer Project Announces Fall Online Course

Are you a new or aspiring farmer who would like some guidance in the development of a farm enterprise, but has been unable to locate or attend any trainings near you? Are you comfortable enough with a computer to consider learning online? Cornell Cooperative Extension and the NY Beginning Farmer Project have created two basic online courses to help you think through the major factors related to farm start-up. Join experienced CCE educators and 29 of your new farmer peers in a dynamic learning experience that incorporates both self-paced readings and real-time virtual meetings with discussion forums, presentations by successful farmers, homework activities, and developing a customized plan for your next steps in farming.

- Taking Stock: Evaluating Your Resources and Choosing an Enterprise. Course duration: 5 weeks beginning Oct. 16, 2009. Cost: \$100.
- Markets and Profits: Make Money Selling What you Grow. Course duration: 6 weeks beginning Jan. 8, 2010. Cost: \$100.

For more information, see:

<http://www.nybeginningfarmers.org/index.php?page=onlinecourse>, or contact Erica Frenay, (607) 255-9911 or ejf5@cornell.edu.

For more information about a variety of small farm topics, visit www.smallfarms.cornell.edu.

<Member Profile >

Anna Mae's Homemade Jams

I was born in Ballston Spa, NY. I lived with my grandparents on a small farm as Dad was in Army-WWII. My grandmothers both made jams, and so did my mother. I sort of followed in their footsteps. I have always made jams, but really started this venture when I had a freezer filled with fruits that my son and I couldn't eat fast enough. Making jams was a good way to make use of the fruit.

We are generations of jam makers. My parents have sorted, tipped and tailed many gooseberries. My mother, who is 90 years old, de-stemmed currants for me this summer. My daughter doesn't make jams but I have grandchildren who help with some steps along the way. I have an album with photos of my grandchildren doing mixing, picking fruit, writing labels, loading & unloading jars, etc. I've also had nieces help me hull strawberries, and nephew's family remove stems from currants. One granddaughter helped me this summer picking fruit, labeling, making jams, delivering, and helping at farmers markets. The grandsons have also helped at farmers markets when they stayed with me. Another granddaughter helps with paperwork needed for business, spreadsheets, inventories, and so on. Even my great grandson helped box jams this summer and he is only one and a half years old!

I have taken Dr. Olga Padilla-Zakour's commercial jam classes over the last few years. I learned lots, thanks to Olga.

Buy Local!

These words are repeated many times at Saratoga Farmers Market by me and other farmers. Buying locally helps to keep local farmers in the black and producing products for all of us to eat. These products are fresher than those found at the supermarket. Also, more and more customers are visiting farmers markets to purchase our fresh, unique, and varied products. Buying locally means that your customer dollars go directly to the local farmers, since we are a "producers only" farmers market.

At farmers markets, customers can directly talk to the farmer, which is impossible if you are shopping at supermarkets. Customers can find out how their food is grown, produced, and brought to market. Suggestions for preparation can be obtained, many times with recipes. One can get to know farmers who go out of their way to make and keep their products safe for us to eat. Many times, the product doesn't travel much, and therefore, the time that elapses from the farm to the customer's table is minimal. This could be just hours instead of days or weeks. Imagine sweet corn from the field to your supper table in less than 12 hours. The result is superb flavor out of this world!

Because I grow most of the fruits for my jams, it gives me a great edge over others who can't do this. Red and black raspberries, red, white and black currants, rhubarb, juneberries, red and blue gooseberries, blueberries, apricots, sour cherries, tayberries, pears, apples, tomatoes are grown by us on the farm. Utilizing my own fruits enables me to make better products. Many don't know what the unusual fruits (gooseberry, elderberry, currant, etc.) are. Educating the public is a way of life for me at farmers markets. I often come up with unique jams just because I have something different on hand. Except for the cranberries and oranges, other fruits used in my products come from other New York state farmers.

Jam sampling gives customers chance to taste my jams before they decide to buy. Jam customers are great - my jam flyers are printed by one of them, and I use fruit obtained from them (quince). I always listen to my customers as they are always right. I know this and use many of their suggestions today. I have fantastic and loyal customers. Increasing variety in my products and increasing sales have proved this to me. BUY LOCAL! My customers do!

Anna Mae Clark
jammaker@nycap.rr.com



Grape Discovery Center Update

In late June, the ownership of the building and property at 8305 West Main Rd in Westfield, NY, officially transferred to the Concord Grape Belt Heritage Association, Inc. The process of acquiring the building was tedious at times, and we appreciate the support and assistance of the Chautauqua County IDA in bringing the transaction to a successful conclusion. The Association now has a place where we can tell the story of the grape growing heritage in the Concord Grape Belt that dates back to the mid 1850's and today contributes over \$340 million/yr to the region's economy.

Our state economic revitalization grant will fund the renovations for 6000 ft sq of the 13,000 ft sq structure. The design work will be fully complete in early September at which time the architects will be soliciting bids for the renovation work. This work requires extensive roofing upgrades, full building utility upgrades to the HVAC, electrical water and septic systems, and exterior and interior building reconstruction. The offers to bid will go out to several selected general contractors with a focus for inclusion of local firms capable of performing the work reliably and with good workmanship.

If timing is favorable, the work can begin in the fall with opportunity for inside renovations to continue through the winter. By spring, the renovated building will be ready for Phase II of our project, which includes construction of exhibits, wine/juice tasting areas and retail space within the new building area. Funding for this Phase including start up advertising and working capital was intended to come primarily from an Appropriations Request submitted in February 2009 to US Senator Charles Schumer. Unfortunately, we received notice on June 8th that our request was denied for the current fiscal year. A private fundraiser has also been planned to help support Phase II. Fund raising booklets have been printed and we will be planning to kick off the campaign in late winter with an Open House at the Discover Center.

Dave Momberger
Discovery Center Building Chair
Concord Grape Belt Heritage Association

'Food desert' blooms in the Bronx; Wholesale farmer's market opens

The new market at 800 Food Center Drive will be open Monday-Friday from 2 a.m. to 8 a.m.

The south Bronx is transforming from a so-called "food desert" to an oasis of fresh produce with the debut on Wednesday of the city's first wholesale farmers' market open to the public.

The new Wholesale Greenmarket opened in the parking lot of the New Fulton Fish Market at Hunts Point. The initiative is funded by the State Department of Agriculture and Markets and led locally by the Council on the Environment of New York City, which runs retail greenmarkets throughout the city.

Though geared to serve grocers and restaurants and selling only in bulk, the Wholesale Greenmarket will also be open to the public, giving area residents a unique opportunity to buy farm-fresh vegetables at dramatically reduced prices. We celebrate this opportunity for NYS farmers, and urge any of our processors to take advantage of using this wholesale market of local produce.

“Farmers and Artisans” -A Year Round Market

What happens if farmers and small scale processors band together? The answer is “a year round local foods market featuring the bounty of local farms and food artisans.”

This is the brainchild of Jo'El Drajem of Blossom Hill Farm, Julie Blackman of Blackman Homestead Farm and David Setzer of Artful Table, who met at Elmwood-Bidwell Farmers Market in Buffalo, where they have sold pasture based meats, fruits and jams, and artisan breads. The long frigid winter of Western NY makes it difficult for farmers and small scale processors to sell their products after the markets are over. The idea of a year round foods market came about when they got together and talked about the ways to have consistent sales year round.

The charming new retail location in the suburb of Buffalo opened on September 24. The store happens to be in the same block where the Williamsville Farmers Market calls home during the summer and fall. Besides their own products, they will also sell products made by 15 to 20 of their fellow vendors at the market. This will not only allow farmers and small scale processors to sell their products after the market season is over, but also gives their customers a chance to buy their favorite local products year around. For more information, visit www.farmersandartisans.com.

Workshops and Conferences

Kitchen Culture Workshop Series

We invite you to our Regional Farm and Food Project's Fall 2009 Kitchen Culture Workshop Series in the Albany and Hudson Valley area. The goal is to put culture back in the kitchen where it belongs, while giving consumers the homestead skills they need to become producers and creating greater food security in every pantry, and to just have some plain old fun together making great tasting homemade food.

Workshop topics are Homestead Cheese Making, Raw Milk and Home Cow Care, Chicken Love on Kinderhook Farm, Chicken Love in the City, The Art and Science of Root Cellaring, Homestead Bread Making With Local and Heirloom Grains, Lacto-Fermentation, and Simple and Good Whole Grain Cookery.

You can find the entire schedule with locations at www.eventbrite.com/rss/user_list_events/2128499928.

For more information, contact Gianni Ortiz at gianni@gianniortiz.com

Better Process Control School - Acidified Foods Only

The Better Process Control Schools (BPCS) certify supervisors of thermal processing systems, acidification, and container closure evaluation programs for low-acid and acidified canned foods. Each processor of low-acid or acidified foods must operate with a certified supervisor on hand at all times during processing.

This school satisfies the training requirements specified in both the FDA and USDA regulations for ACIDIFIED FOODS ONLY. It is designed to provide additional information and focus on critical issues that affect acidified foods production.

DATE: Monday and Tuesday, November 17 and 18, 2009, 8:00am - 5:00 am.

PLACE: CCE Dutchess County, Farm & Home Center, 2715 Route 44, Suite 1, Millbrook, NY 12545

FEES: \$ 400 per person

INSTRUCTORS: Dr. Olga Padilla-Zakour, Associate Professor of Food Processing, Director of NYS Food Venture Center, and Dr. Randy Worobo, Associate Professor of Food Microbiology, Cornell University

Both professors have vast experience and knowledge of food regulations, processing and safety. They are recognized Processing Authorities who educate and assist food entrepreneurs and food companies as part of Cornell University's land grant mission.

For more information, contact Nancy Long at (315) 787-2288, Fax (315) 787-2443, NPL1@cornell.edu

Cornell Strategic Marketing Conference - Story Telling: Marketing the Unique Story of Your Business for Success!

November 2-3, 2009 at The Henry A. Wallace Visitor and Education Center, Hyde Park, NY

The marketing decisions of today's agribusinesses selling agricultural, food, and specialty products are becoming more and more complex. Buyers are demanding a closer connection to their food and knowing, not only more about the products, but more about the farm or firm that produces it. Marketing the unique story of your business provides the opportunity to showcase the unique qualities of your firm, separates you from your competitors, & allows you to capitalize on your competitive advantages. Effectively communicating and marketing that story is what this conference is all about.

For Registration & Conference Information, go to <http://marketingpwt.aem.cornell.edu>

Sponsored by: Agricultural Marketing & Management Program Work Team, Cornell Program on Agribusiness and Economic Development, Dept. of Applied Economics & Management, CCE-Dutchess County.

For more information, contact Todd Schmit at (607) 255-3015, tms1@cornell.edu, or Les Hulcoop at (845) 677-8223, lch7@cornell.edu

Events Calendar

November 7 & 8 and 14 & 15: Chautauqua-Lake Erie Wine Trail Harvest Wine Weekends

Come celebrate fall with the 22 wineries of the Chautauqua-Lake Erie Wine Trail. You haven't experienced western New York if you haven't visited during grape harvest when the aroma of grapes fills the air! Wineries will be open 10am - 5pm and will feature fall food and wine pairings. Ticketholders will receive an event wine glass, recipes, and a Wendell August Forge coaster. For tickets (\$35/person for weekend, \$30 for Sunday Only) and lodging information, visit www.chautauquawinetrail.org or call (877) 326-6561.

The Wine Trail is also pleased to announce its 2010 Events which include some traditional events and some new ones. Two new events have been added in 2010 and include a Wine and Art Weekend in March, during which local artists from both New York and Pennsylvania will be displaying their work at various wineries.

January 16th, 17th, & 18th - Bare the Barrels – “A White Sale” (FREE EVENT)

February 6th & 7th - Wine & Chocolate Weekend

March 20th & 21th - Wine & Art Weekend

April 17th - Winemaker's Dinners

November 13-15: PRIDE Harvest Fest NYS Fair grounds. Deadline extended. If interested in a booth, go to their website for details (<http://harvestfestny.com>) or call (518) 457-7229.

November 17: NYSSFPA Workshops Alternatives Dutchess County Farm and Home Center, Rt. 44 Box 259, Millbrook NY.

6:30 pm Supper followed by 7:00 – 9:00 pm workshops. Cost: \$35 including supper.

"Pricing your Product" presented by David Rudosky, Rudosky Associates, and "Artisan Baking" presented by Janet Piccarelli, Janet's Quality Baked Goods. Fill out the form below and

send with check for registration to: NYSSFPA, PO Box 113, Stuyvesant Falls, NY 12174.

Registration Form

I would like to attend the Nov. 17 workshop on (choose one): Pricing Your Product _____ or Artisan Baking _____

Name: _____

Phone: _____

Address: _____

E-mail: _____

Tear off and mail with check for \$35 to NYSSFPA, PO Box 113, Stuyvesant Falls, NY 12174. For further information, contact Miriam Haas, mhaas@communitymarkets.biz

Alert on Food Safety Enhancement Act of 2009

The House of Representatives has passed the Food Safety Enhancement Act of 2009/HR2749 and it is now up to us to become more educated and advocate before it comes up in the Senate late fall or early 2010. Though all of us are always concerned with food safety for ourselves and customers, problems don't often come from the agriculture production or small scale processors, but from the large processors. The legislation passed includes:

- * Updating the registry of all food producers and processors,
- * \$500 per facility for the FDA to have revenue to inspect facilities and update registry,
- * Inspection of every high risk facility ever 6-12 months and other once in 18 months.

The National Sustainable Agriculture Coalition has good information and details of the bill if you go to HR1749, The Food Safety Enhancement Act of 2009. Knowing that we all have sufficient food safety inspections from local Health Department and NY Agriculture and Markets, and that another \$500 for additional layers of inspection would put many NYSSFPA folk out of business, we encourage all to become informed and ready for the upcoming bill in the Senate.

Small Scale Food Processors Association of NY

P.O. Box 113

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www.nyssfpa.com

TO:



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Paul Yox, Allegheny Region

Deadline for the Fall issue of the newsletter:

December 1, 2009

Submit articles to: Junko Kanamura
1116 East Delavan Avenue
Buffalo, NY 14215

Or E-Mail to: junkokanamura@yahoo.com

If your NYSSFPA membership fee is due,
a renewal form is enclosed.

Individual membership fee for 2009 is \$30. Your
membership expiration date is listed
on your address label.

Consider becoming a board member.
We need your ideas and energy.

**Our by laws require a minimum of
15 members. Each Region
should be represented!**