



# Summer Newsletter

July 2007

## Healthy Food Enterprise Program

Federal Legislation to Support Small Processors Needs your Support Now!

When it comes to processing and distributing foods, the federal government comes into play. Often it is through regulation, but right now, it's for grants and loans to support small and mid-sized food processors and distributors. New York's Washington DC representatives have introduced legislation to help small and mid-sized food processors and distributors work with products from the state's and region's many small and mid-sized farmers.

The recent federal proposals supported by Senator Clinton and Representative Gillibrand would provide loans directly from the USDA, and loan guarantees (which are like loan insurance) to encourage banks to make loans to food processors and distributors. More specifically:

- Grants for up to \$250,000 over three years to support planning, design, and market feasibility studies.
- Loans for up to \$1.5 million with rates fixed to US Treasury rate, and 15 year repayment.

- Loans are for purchasing/rehabbing buildings, buying equipment and trucks, etc.
- Focus is on increasing the supply of foods from local and regional farmers locally in all retail and wholesale sectors, including food-insecure communities.

Eligible recipients include businesses, non-profits, municipal government, producers, and educational institutions.

To make the proposal law, Senator Clinton and Representative Gillibrand need to include the program, called the "Healthy Food Enterprise Program," into the Farm Bill – which is being debated right now. Representative Gillibrand is the only New York State member on the House Agriculture Committee and can support an amendment to introduce this program. Senator Clinton, who is not on the Senate agriculture committee, is working with Senators who are on that committee.

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## The NYS Agriculture Experiment Station in Geneva Turns 125 in 2007

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Come celebrate the 125<sup>th</sup> anniversary of the Experiment Station at the Open House on September 15, 2007, 10 am - 4pm.

Interactive activities, exhibits and tours include Food Venture Center Farmers' Market, Apple Cider Making Demonstration, The Technology Farm, Exotic Butterfly Greenhouse, Cockroach Olympics and Live Insect Zoo, and much more. For more information, check the Experiment Station web site for details: [www.nysaes.cornell.edu](http://www.nysaes.cornell.edu).

**(SSFPA members interested in attending this event, please let Alison Clarke know ([accompost@gmail.com](mailto:accompost@gmail.com), 585-244-2711) for a possible member gathering.)**

## President's Corner

Food products from global farming and large scale processing fill grocery store shelves. Yet there is a growing dissatisfaction with the environmental costs of such products. One-hundred mile diets based on local farms and processors is the new interest of consumers worried about the quality of food and the distance traveled. The NYSSFP Association is in a unique position to help connect consumers to NY food processors' products. However, much needs to be done.

This spring the Board met with Hank Herrera of the NY Sustainable Agriculture Working Group to ask their assistance in re-connecting to over 1,200 individuals and businesses who were connected to NYSSFPA over the years. Beginning in June 2007, NYSAWG will be calling these folks to learn about their interests in new, collaborative marketing and distribution possibilities in the future. (Visit [www.nysawg.org](http://www.nysawg.org) to learn more about other NYSAWG activities that support local producers.)

The Board also met with Kryss Cail and Martha Goodsell of NY Farms! to clarify roles for a 2007 grant for multi-business gift boxes for the Long Island, Hudson Valley, Adirondacks, and Finger Lakes regions. A general NY state gift box will be created for members in other regions. All products need to be shelf stable.

An updated NYSSFPA brochure has been produced. If you would like to order some, contact our secretary, Liz Beals, at [bfk@bethsfarmkitchen.com](mailto:bfk@bethsfarmkitchen.com) (518-799-3414). This new brochure has been included in a Resource Packet for Regional Contacts, which will be mailed out this summer. This packet contains over fifteen items to help NYSSFPA members.

Our future goals include setting up regional

chapters made up of producers who work together to meet the new demand for local products in innovative ways that fit their regions. Innovation may include regional distribution centers; multi-business small store, home party or co-op sales; internet ordering via [www.newyorkfarmersmarket.com](http://www.newyorkfarmersmarket.com) or fundraisers for schools, PTA's and Day Care Centers. Your board is committed to your future sales successes!

Anna Dawson  
[annadawson@berk.com](mailto:annadawson@berk.com)

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Another important New York Representative for agriculture is Maurice Hinchey, who sits on the Agriculture Appropriations Committee, and would fund this program if it is made a law.

The time is now to contact your representatives and let them know what you think about this proposal. Below is their contact information, with the name of their agriculture staff.

Representative Gillibrand (NY-20) –  
Contact: Brooke Jamison, 202-225-5614.

Representative Hinchey (NY-22) – Contact:  
Moirra Campion, 202-225-6335.

Senator Clinton – Contact: Trevor Dean 202-224-5643

To learn more, contact:

Christina Grace, New York Farm Bill Working Group (NY), 347-744-9693.

Alan Hunt, Northeast Midwest Institute (DC), 202-464-4016.

# Rebirth of Food Policy Council

## Community Food and Anti-Hunger Groups Applaud Spitzer's Action

Anti-hunger, nutrition, agricultural policy and community food security organizations applauded the announcement by Governor Eliot Spitzer that he has issued an Executive Order to create a New York State Food Policy Council.

The Council will coordinate efforts by the various state agencies to end hunger, promote improved nutrition and support local farmers. A similar council existed during the administration of Governor Cuomo. Legislation to create such a Council was introduced last year by Assembly member Felix Ortiz and Senator Catherine Young.

"Dozens of programs, located in numerous agencies at the federal, State and local level, attempt to reduce hunger, strengthen local agriculture, and reduce nutrition and health problems. The programs would benefit from increased coordination pursuant to comprehensive food policy planning. The Council would also provide government agency representatives with the opportunity to meet and interact with citizens and each other on food and agricultural policy," said Bich Ha Pham, Executive Director of the Hunger Action Network of NYS.

"The creation of a Food Policy Council has been supported across the Board, from groups like the Farm Bureau, emergency food programs, nutritionists, dieticians and supporters of sustainable agriculture. The Council would help create win-win situations, such as helping local farmers sell to schools and restaurants so consumers have better access to healthy, fresh fruits and vegetables. We need to ensure that we are getting the maximum impact from our tax dollars, promoting family farms while improving the nutritional diet of all New Yorkers," said Mark Dunlea, Associate Director of the Hunger Action Network of New York State. Dunlea was an advisory member to the previous State Food Policy Council.

"The Governor is to be applauded for creating the Council. The re-birth of a New York State Food Policy Council is very important as we seek to

encourage healthier eating patterns of our communities, address hunger and support the economic viability of our state agriculture. It is also vital that this structure be built into the fabric of our state, and legislation is still needed to be sure it continues beyond this administration. I encourage the Governor, Assembly and Senate continue to work together to put the Food Policy Council into statute," said Fern Gale Estrow, MS, RD, CDN, Chair of the New York City Food Systems Network. The Executive Orders creating a Food Policy Council by Governors Carey and Cuomo were repealed by Governor Pataki when he took office.

"NY Farms! sees great potential in bringing together policymakers with a stake in the food system in order to develop policy synergies around food: providing benefits to those who produce food on the farm, those who process, ship and prepare it in businesses and institutions, and all of us who, as 'eaters' in the Empire State, rely on a secure, safe and nutritious food supply. For instance, the goals of providing the freshest food possible to our population, keeping NY's food producers in business and profitable, and minimizing the foodmiles our meals must travel to conserve energy and protect the environment, have great synergy, although typically pursued under separate governmental agencies," said Krys Cail, a member of the Board of Directors of NY Farms!.

"There's probably nothing as important to our security and well-being as getting our food system right. All of us working toward that end at the local level are thrilled at the prospect of having state-level support to move us toward a sustainable food system--this is great news," added Joan Gussow, Board Member of Just Food and author of "This Organic Life".

For more information, contact:

Mark Dunlea at 518-434-7371 ext 1#

# Buy Fresh Buy Local

## Rebuilding Local Food Systems in New York State

The Buy Fresh Buy Local Campaign is making it easy for consumers to find and buy fresh, local food from farmers, processors, and businesses they know and trust. A project of the New York Sustainable Agriculture Working Group (NYSAWG), Buy Fresh Buy Local New York will build markets for local foods, based on the core values of the local food system. Within each region, our partners currently engage in activities that result in the production and exchange of food. Our goal is to keep food dollars from leaving these regions, ensuring that local food systems will thrive and provide healthy, delicious, plentiful food for these communities. Buy Fresh Buy Local Partners not only distribute food that is locally grown, raised, and produced right here in New York, but they also create a lasting message that promotes local health, regional economies, and personal relationships between consumers and the people at the foundation of their food system.

FoodRoutes Network ([www.foodroutes.org](http://www.foodroutes.org)) is the National Coordinator for the Buy Fresh Buy Local campaign. NYSAWG is the regional coordinator for New York. Campaigns nationwide create local visibility consumers can recognize anywhere, and are currently underway in 15 states and 18 communities. In its pilot year for the campaign, NYSAWG has brought Buy Fresh Buy Local to Cattaraugus and Allegany counties in southwestern New York, and is working to expand the campaign to other urban and rural communities across the state.

Membership in Buy Fresh Buy Local New York entitles you to many benefits. Your Introductory Packet contains the following tools: 1) Local Partner Membership decal; 2) Reusable campaign display; 3) 10 point of sale cards; 4) Free, unlimited access to consumer brochures.

Displaying these materials while you sell your products identifies you as a Buy Fresh Buy Local Partner and creates recognition of the campaign in your area. Additional materials are

made available through NYSAWG. Please contact us for the purchase and development of other campaign supplies.

As a Local Partner, you will also be listed on the Buy Fresh, Buy Local New York website, [www.buylocalny.org](http://www.buylocalny.org). This site will serve as an interactive resource that links Partners to each other and to consumers. It will feature an online Local Food Directory that will allow consumers to find sources for local products, provide updates on local campaign events, and be a source for campaign reference materials.

NYSAWG is committed to collaborating with Buy Fresh Buy Local Partners to steer the campaign appropriately in their areas. In addition to promoting Local Partners in the media and at special events, NYSAWG is able to provide technical and campaign support to our Local Partners including: 1) Development of additional marketing materials and assistance with advertising; 2) Training new and existing farmers how to produce specifically for local food systems development; 3) Conducting and sharing research; 4) Policy advocacy.

By supporting your Buy Fresh Buy Local Partners, you help reestablish the links between farmers, processors, and businesses who form the local food system. Your purchase of local food also strengthens your regional economy, supports endangered family farms, safeguards your family's health, and protects the environment.

To find out more, contact NYSAWG at 585-271-0490 or [hank@c-prep.com](mailto:hank@c-prep.com).



## Regional Sampler Box Update

In our Summer 2006 Newsletter (see at our web site, [www.nyssfpa.com](http://www.nyssfpa.com)), we announced the possibility of a collaborative project between NYSSFPA and NY Farms!. It was initially called "Regional Specialty Basket, but now with a prototype gold-colored box perfect for about 8 samples from regional processors, "Regional Sampler Box" emerged.

A grant application from NYFarms! was sent to the NY Farm Viability Institute and accepted with minor revisions. Though NY Farms! fine director, Martha Goodsell, will be moving on to other farm advocacy work, she has agreed to continue working on the project. (Visit NYFarms! web site for job description for Director). A Memo of Understanding outlining the items each organization will be responsible for is in process as is a complete Business Plan.

We will work with 4 regions in the first year: Adirondack, Finger Lakes, Hudson Valley and Long Island. Regional teams are being formed by NYSSFPA to coordinate the outreach to processors assembling, packing, shipping and accounting. NY Farms!, with the added resource of PRIDE of NY, will be generally in charge of marketing which includes design of a catalogue with participating processors' information for reordering. Our goal is to have this first trial year ready for 2007 holiday sales. Potential customers may be reached on line, in specialty stores, farmers markets and such venues as legislator and real estate gifts.

Guidelines for participation were generally listed in our Summer 2006 newsletter. Our timeline will be communicated as soon as the Business Plan is completed, but we welcome your interest through the following contacts:

Adirondacks: Jane Desotelle,  
[janedesotelle@earthlink.net](mailto:janedesotelle@earthlink.net)

Finger Lakes: Lael Gerhart, [LSG8@cornell.edu](mailto:LSG8@cornell.edu)

Hudson Valley: Beth Linskey,  
[beth@bethsfarmkitchen.com](mailto:beth@bethsfarmkitchen.com)

Long Island: Jeri Woodhouse, [jeriwood@aol.com](mailto:jeriwood@aol.com)

## FLCB, a "Hot" Event

The NY Garden Tent at the new NY Wine and Culinary Center in Canandaigua was the site of Finger Lakes Culinary Bounty event on June 2 for regional processors. The hot, humid weather was apparent as vendors and consumers alike flocked to the Cayuga Creamery table for delicious sorbets and ice cream.

Our NYSSFPA table featured the blown up map display with bright colored streamers connecting regions to products on the table. As in past displays, this turns out to be an eye catcher and source of lots of questions. We didn't sell products, but were able to point interested customers to the NYWCC gift shop where many of our members' products are for sale. Requests for the crackers John Bender/Crackerman of Etna sent us were referred to the wine tasting room where they use and sell them.

As is the case at such festivals, an important aspect was networking with other processors of wines, cheeses, pesto, confections, maple syrup and vinegar products. Some are members and others said they wanted to join or rejoin. A special plus was being next to the Finger Lakes Tourism table and talking about things we could do together. I was pleased to have included regional tourism contacts in the Resource Packet just sent to our contacts. We talked of the marketing opportunities for the Regional Sampler Boxes we are working on with NY Farms! A realtor from Rochester came along and said "Here is my card. Let me know as soon as they are ready to market. I need them as welcoming gifts for new home owners". It is clear the market is there, and our goal of having gift boxes from four regions for the next holiday season holds a lot of promise.

For those who have not come to visit the NY Wine and Culinary Center which opened just a year ago, it is well worth seeing. Hopefully our Small-Scale Food Processors' Association will plan an event there in the future.

Alison Clarke  
[accompost@gmail.com](mailto:accompost@gmail.com)

## To Bee or Not To Bee?

The original monologue, spoken by Hamlet 406 years ago and penned by Shakespeare, was about contemplating his own mortality. But for many business owners, the question is meaningful when they have to make moves and large changes in their business plans. This means asking hard questions about continuing to run a business somewhere else or with someone else.

Isaac Frerichs, along with his wife, Sari Frerichs, run a honey farm in Seattle, Washington, which is called "Sweet as can Bee". They have approximately 25 hives that produce honey, pollinate the local farms, and rear queen bees for retail sales. Isaac and Sari have built quite a business for themselves; however, they are planning on a major move as part of a job change for Isaac.

But where does that leave his bees and all the time, money, and effort that they've put towards them? Isaac plans on keeping his boxes that he houses the bees in and bringing them in his move. He plans on putting them back up when he gets to their new home. He will sell his "Seattle" bees and buy new ones when he gets to his final destination. He has been doing market research, nation wide, to see what hives have been selling for. He plans on offering to sell his bees first to other bee keepers in the area who have the same hive management philosophy as he does. Isaac's belief is selling to other beekeepers who do not use harsh chemicals in their hives. If he does not find an interested buyer, he will put an ad in Beekeeping Newsletter and on Craig's List to find someone interested.

What about how it will affect his honey? Of course there will be a gap in production, but Isaac is preparing for that and minimizing the loss by temporarily buying honey from another big, local beekeeper. This will fill that gap in any lost production that might happen. Another option that Isaac and Sari are thinking of is if they do find a beekeeper interested in purchasing all of their bees, they would also sell the customer contact information. Their customers expect local honey and if "Sweet as Can Bee" can not offer that, they will give that business to another local beekeeper. Isaac's honey that he produces elsewhere will have a different flavor compared to what he has produced in Seattle. It's similar to grapes used in making wine: you can grow the same grape

variety in different parts of the world, make the wine the same way and still come up with different flavor profiles. Isaac is looking forward to seeing how his honey will change. Also, if Isaac's bee buyers move the hives they've purchased, the surrounding two miles of farm land could be affected by lower pollination and low production yields for the farmers.

So, when Isaac and Sari finally move, they will start their hives all over again which provides them the chance to look over their previous years of business and make any changes that need to be made. That is one of the biggest advantages of starting over. He'll purchase approximately 2 colonies so he can learn the honey and pollen flows of the area. This should cost him \$150. If he buys packaged bees, which are more common, consisting of three pounds of bees and a queen, it will take a year before he will be able to harvest honey. If he buys fully established hives, he can harvest honey after having them for a season.

Isaac has some reflections, "It's hard. It takes a lot of time to find a buyer and take them out to look at the bees. I will miss this area (Seattle) as it provides an awesome place to harvest honey. [However] It's not everyday that one can just start over. Moving can open up a new start and new possibilities for us."

Elizabeth Beals

[bfk@bethsfarmkitchen.com](mailto:bfk@bethsfarmkitchen.com)




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### Newsletter Articles Wanted!

Are you interested in contributing an article to our newsletter? Please send it to:

Junko Kanamura  
1116 East Delavan Avenue  
Buffalo, New York 14215  
Fax (716) 896-6791

Or send it via E-mail at:  
[junkokanamura@yahoo.com](mailto:junkokanamura@yahoo.com).

The deadline for the fall issue is

**September 15, 2007.**

## Resource Information Now Available

When I first conceived of a packet of resources last fall, after several years of organizing with our New York Small-Scale Food Processors' Association, little did I realize the journey it would be! The concept was to have basic resource materials for those whose names are listed on our NYSSFPA brochure for the 11 regions of the State. When someone calls with

interest in the organization, start-up help for "wannabe" processors, knowledge about others in their product line, sources of raw product, business or marketing questions, these resources would be easily available.

Hopefully, this will not only support the building of regional identity and of our organization's offerings, but encourage the sourcing of local produce.

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### Introducing our Supporter

Stu McCarty and Lynn Thor at Grower's Discount Labels are ready to help small scale processors with information on materials, adhesives, graphic design and applicators. They have been working over 30 years providing graphic design solutions and, as growers themselves, know firsthand about the marketing challenges people face. They supply a high quality labels at a discounted price with personal service at every step.

They are passionate about the growth in the interest in local food and farming and are proud to be part of its revival through direct marketing. Their interest in producing labels for small scale producers stems from their commitment to the revival of the local farm economy and sustainable agriculture.

The driving force behind sustainable agriculture is the consumers who are seeking out high-quality, locally-produced food that has integrity and taste. They have operated a 40-family Consumer Supported Agriculture (Whistle-Stop Gardens CSA) project for the last 12 years on their 80-acre farm. They have been able to connect their CSA members with regional farms who are marketing poultry, lamb, pork, beef and cheese. Three Devon cows, a couple dozen hens and 3 cats round out their diverse farm.

As a result of their experiences in the arts, graphic design, printing and farming, they feel confident that they can help business owners achieve their marketing goals with well-designed labels.



- discounts: 5 to 25%
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All prices and label gallery at our new website:

[www.growersdiscountlabels.com](http://www.growersdiscountlabels.com)

The packet includes:

- New NYSSFPA brochures
- Nutrition labeling brochure
- Newsletter
- Booklet on regional organizing
- Map of Regions
- Website information ([www.nyssfpa.com](http://www.nyssfpa.com))
- Cornell Cooperative Extension contacts by counties within our regions along with assorted other contacts
- NYS Agriculture and Markets inspectors by county within our regions
- Regional Tourism Bureau contacts
- Health Dept. information for 20C Kitchens
- Sample insurance companies
- Certified organic farms or those signing Farmers Pledge in our regions
- Co-packers and Shared Use Kitchens
- Marketing tips put together by Finger Lakes Culinary Bounty
- Brochure from NY Ag Innovation Center and booklet from the new Cornell Agriculture & Food Technology Center, both located at the NY Agriculture Experiment Station in Geneva, NY

Let us know what else might be helpful.

Alison Clarke  
 accompost@gmail.com



## SSFP Wanted!

### announcements

#### Finger Lakes Agritourism Trails

I am a board member for Finger Lakes Culinary Bounty ([www.fingerlakesculinarybounty.org](http://www.fingerlakesculinarybounty.org)) and work for Finger Lakes Tourism Alliance ([www.fingerlakes.org](http://www.fingerlakes.org)), and we are working to develop "agritourism trails" for visitors to the area. We are incorporating farms, restaurants and other stops of interest. We would like to hear from any processors who are "visitor friendly."

This means that they:

1. are open to have public visit. This could mean having regular hours for visitors or be able to accommodate groups with advance notice.
2. have a staff person that can speak to the visitors and explain the operation in a professional and friendly manner.

If you are interested in being considered for our Agri-tourism trails, please contact me directly at [sallyb@fingerlakes.org](mailto:sallyb@fingerlakes.org) or call 800-530-7488.

Sally Berry  
 Program Director, Finger Lakes Tourism Alliance

#### Farm, Apple or Cuisine Trail

NY Ag. & Mkts. announces a new program to promote greater agricultural marketing and promotion through the establishment of 10 farm trails, 7 apple trails, and 5 cuisine trails. Food and farm product producers within a 25 mile area may join forces to sell in a cooperative manner utilizing a map, other directional devices or highway signs to direct patrons to their respective businesses. A one time fee of \$250 and an application is available at [www.agmkt.state.ny.us/farmtrailsapp2.pdf](http://www.agmkt.state.ny.us/farmtrailsapp2.pdf).

## Direct Farm Product Sales to NY Wine and Culinary Center

Cornell Cooperative Extension and the New York Wine and Culinary Center are hosting two information meetings for Finger Lakes region farmers who would like to become direct suppliers to the NY Wine and Culinary Center in Canandaigua, NY. The meetings will review expected quantities, quality standards, food safety protocols, and delivery procedures for fresh fruits and vegetables, meats, and other local farm products.

NYWCC menus and classes include a wide array of food products and are adjusted seasonally. Free session is scheduled on Monday, June 11, 9:30-10:30 am and repeated 6:30-7:30 pm. Register by calling 585-394-7070. For directions go to [www.nywcc.com](http://www.nywcc.com). For questions call Jim Ochterski, 585-394-3977 or email to [jao14@cornell.edu](mailto:jao14@cornell.edu).

## Seeking Vendors for the Little Lakes Food Festival

This is the third year for the popular and well-run event started by a SSFPA member and an organic farmer interested in promoting the Finger Lakes region and small scale processors. This year, it will be at Hemlock Lake on July 28, 10-5pm.

We celebrate specifically the food, wine, music and the arts of the Little Finger Lakes but will consider vendors beyond those boundaries for members of the NYSSFPA, if it is a product not already represented.

We hosted 1,500 festival goers last year and expect 2,000 or more this year. Please visit our web site:

[www.aTasteofTheLittleFingerLakes.com](http://www.aTasteofTheLittleFingerLakes.com) for details. If not as a vendor, please come as a guest and support other members. If interested, please contact directly.

Fred Forsburg, Honeyhill Farm  
585-346-3829  
[honeyhillfarm@frontiernet.net](mailto:honeyhillfarm@frontiernet.net)

## Tilling the Soil of Opportunity: A Practical Training Course for Agricultural Entrepreneurs

Tilling the Soil of Opportunity is a business-training course using NxLevel™ curriculum. Each attendee will leave with a comprehensive business plan to act as a blueprint for future growth. At each session guest speakers such as small business attorneys, bankers, insurance agents, and marketing consultants, all with experience in serving the farming community will be available for consultation.

The course is for Agricultural Entrepreneurs who have started or are thinking of starting an agricultural based venture that is not tied to large-scale, commodity-style production. The materials are specifically designed for people who are searching for innovative ideas and enhanced marketing opportunities in the area of value-added agriculture. It is also for the previous attendees with new projects who need business plans, or marketing plans.

The course will run for three 2-day sessions at Cornell Cooperative Extension – Suffolk County:

Session I: September 11 & 12.

Session II: October 2 & 3

Session III October 16 & 17, 2007

Day 1 of each session begins at 12:00 pm and ends at 7:00 pm. Dinner is provided.

Day 2 of each session begins at 8:00 am and ends at 12:00. Breakfast is provided.

For more information about the course, contact: Cheryl Leach 315-787-2622 or [cal35@cornell.edu](mailto:cal35@cornell.edu) or Bob Weybright 845-677-8223 ex.122 or [rw74@cornell.edu](mailto:rw74@cornell.edu).

### Any Announcement for fellow SSFPs?

Send them for the next newsletter to:

[junkokanamura@yahoo.com](mailto:junkokanamura@yahoo.com).

The deadline for the fall issue is:

**September 15, 2007.**

Small Scale Food Processors Association of NY

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Stuyvesant Falls, NY 12173

www.nyssfpa.com

**TO:**



**SSFPA Board**

Anna Dawson, President

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Liz Beals, Secretary and Member-  
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Joan Reid, Member at Large,  
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Alison Clarke, Friend of SSFPA

Newsletter Production:

Junko Kanamura

Deadline for fall issue Newsletter:

**September 15, 2007**

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

Or E-Mail to:

[junkokanamura@yahoo.com](mailto:junkokanamura@yahoo.com)

Those of you who would **rather read this newsletter online**, please let us know via email:

**[junkokanamura@yahoo.com](mailto:junkokanamura@yahoo.com)**

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If your SSFPA membership fee is  
due, a renewal form is enclosed

Individual membership fee for 2007  
is \$30. Your membership expira-  
tion date is listed on your address  
label.