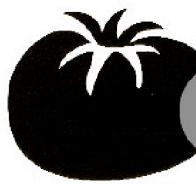


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# GardenShare

HEALTHY FOOD. HEALTHY FARMS. EVERYBODY EATS.

# Newsletter!

[gardenshare.org](http://gardenshare.org)

**Join GardenShare supporters  
for an afternoon at the farm.**

Bring your own picnic lunch or  
sample local vendors' fare.

## Sugar Hill Farm

Renee & Roy Smith, Hosts  
116 Rice Road  
DeKalb Junction

## Growing Community Award Presentation

**Fun for all ages**  
Hayrides ~ Games  
Vendors ~ Music

Come one... come all...

# GardenShare Picnic

**September 18 ~ Saturday ~ Noon to 4:00**

Rain Date: September 19

**Music** ~ Animal Crackers (family song & dance) ~ Ole Barn Boys (north country bluegrass) ~ Canton Goldenaires (barbershop chorus)

**Vendors** ~ Mullin's Restaurant (local BBQ & sides) ~ Good to Go! (Health Initiative's smoothie concessions)

Media Sponsor



north country  
public radio  
STORIES • MUSIC • LIFE

for updates & a map:  
[GardenShare.org](http://GardenShare.org) 

# GardenShare@Work

## ►► NORTH COUNTRY • CSA Bonus Bucks

Community Supported Agriculture (CSA) brings benefits to consumers and farmers alike. Farmers get paid up front, and consumers receive a weekly box of delicious, wholesome food.

But not everyone can afford the membership fee. So GardenShare's "CSA Bonus Bucks" program shares the cost of CSA membership with households on a tight budget.

Eligibility for this program is determined according to federal poverty guidelines.

This year, twenty-two households are CSA members thanks to Bonus Bucks. Contributions from GardenShare supporters—along with a \$500 grant from the Stewart's Foundation—made this possible.

Catholic Charities, Dioceses of Ogdensburg, has already awarded a \$4,500 grant to help expand the CSA Bonus Bucks program in 2011.

## ►► POTSDAM • 1844 House

On June 16, sixty-seven friends of GardenShare raised over \$6,700 at a benefit auction and dinner at 1844 House, the delightful bistro noted for its delicious ways of supporting local farms.

A hearty thank-you to Jenny and Brian Walker, owner/chefs, for generously hosting this event—and to Marissa ("Bid Higher, Higher!") Mauer, our auction anchorwoman extraordinaire.



## On the Web

**GardenShare.org** ~ At our newly redesigned website, you'll find a host of helpful resources:

- online version of our *Local Food Guide*, including Google maps to help you find the farmstands.
- calendar of food/farm/garden events around NNY.
- latest news on GardenShare projects and activities.
- much more!

**Blogs** ~ Wondering how to cook with more locally grown foods? GardenShare's new blog, *The Seasonal Kitchen*, is dedicated to exploring the pleasures of cooking and eating in rhythm with the seasons. This means staying attuned to the natural cycles of the harvest so you can enjoy fresh local foods when they are at their peak of goodness. Written by Robin Rhodes-Crowell, *The Seasonal Kitchen* will help home cooks prepare meals that are in harmony with what local markets and gardens have to offer. Check it out at [GardenShare.org](http://GardenShare.org).

**Facebook** ~ Up-to-the-minute news and your chance to comment. Join us there!

## ►► GARDENSHARE • NNY Community Foundation

The Northern New York Community Foundation has awarded GardenShare a \$10,000 grant for our initiatives to close the food gap in the North Country. This funding will strengthen GardenShare's work to make farmers' markets and CSA memberships accessible to people on low incomes. Thank you!

## ►► NORTH COUNTRY • School Garden Grants

GardenShare has awarded ten grants to school garden projects around the North Country. The \$500 grants were given to help schools implement a garden project this summer.

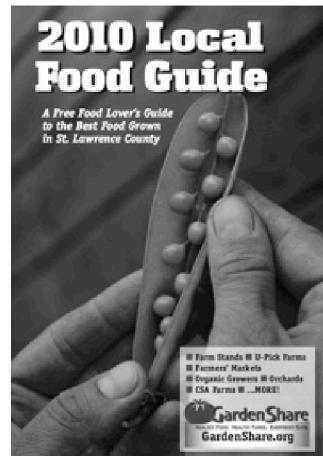
"School gardens offer a wonderful way to introduce young people to the delights of growing, eating, and sharing healthy food," said GardenShare's executive director, Phil Harnden. "We're pleased to be able to encourage these creative projects."

GardenShare looked for projects that connect a school garden with the classroom, the cafeteria, and the community. The winning projects involve children

from pre-K to high school and show strong support from school administrators, teachers, and parents.

Some projects are using the grants to build raised beds or erect deer fencing; others, to buy child-sized tools, garden carts, or composting bins. Several are expansions of garden projects already underway; others envision new gardens.

"These schools represent a broad geographic area of the North Country and the Adirondacks," said Harnden. "All around our region, we're seeing



## ►► ST. LAWRENCE COUNTY • 2010 Local Food Guide

GardenShare is once again distributing 35,000 copies of our annual *Local Food Guide*. The guide lists dozens of outlets for food grown in St. Lawrence County.

The same information—plus Google maps—can be found at [GardenShare.org](http://GardenShare.org)

for updates:  
**GardenShare.org**

enthusiasm for school gardens."

Grants were awarded to Bloomingdale Elementary School; Canton Central School; Clifton-Fine Central School; Heuvelton Central School; Minerva Central School; Potsdam Central School; Sackets Harbor Central School; South Jefferson High School; Southwest Tech Center; and Westport Central School.

Each school was required to match its \$500 grant with \$500 in donated funds, donated materials, or work time donated by parents or community members.

The grants were made possible through the generosity of Jessica Griffiths and Tim Wennrich in memory of Marianne Wennrich of Canton.

#### ►► GARDENSHARE • Summer Intern

Mary Kohnstamm, a St. Lawrence University student from Whitefish, Montana, has been a wonderful addition to the GardenShare staff this summer.



Mary has contributed her energy and skills at farmers' markets and in the office. Among her many contributions has been her work to promote the Farmers' Market Nutrition Program, which makes fresh

fruits and vegetables available to income-eligible moms and their kids. Thank you, Mary!

#### ►► NORTH COUNTRY • Regional Food Guide for Restaurants

Chefs across NNY can find sources of food from in or near our region thanks to GardenShare's new *Regional Food Guide for Restaurants*. Over 200 chefs received complimentary copies of the guide on a disc this spring.

#### ►► GARDENSHARE • Volunteer?

Can you help distribute GardenShare newsletters to libraries, stores, and other outlets near you? If so, please call Sarah Bentley-Garfinkel at (315) 386-2086 or mail the reply coupon on the back cover.

# Shop with a Chef

GardenShare invites you to "Shop with a Chef" this summer at four farmers' markets in St. Lawrence County.

Each of GardenShare's Shop with a Chef events will be led by Sarah Tulloch, our Community Projects Coordinator and a graduate of Le Cordon Bleu College of Culinary Arts.

Chef Sarah will lead a walking tour of each market to familiarize participants with the layout of the market and to help new shoppers feel at ease about shopping there.

Along the way, she will introduce the farm vendors, point out and discuss the various fresh fruits and vegetables available, and give tips about shopping at a farmers' market.

After the tour, she will give cooking tips about foods being sold that day by the market vendors.

Everyone is welcome to participate in Shop with a Chef, but parents of young children are especially encouraged to attend.

One goal of Shop with a Chef is to increase the consumption of fruits and vegetables among children aged 2 to 10. By introducing the bounty of produce at local farmers' markets, GardenShare hopes to encourage their parents to shop there regularly.

Parents of children aged 2 to 10 who attend the tour and demonstration will receive \$10 worth of "Farmers' Market Greenbacks." These coupons can be exchanged for fresh fruits and vegetables at any of the four markets.

Parents will also receive a free packet of information about local food outlets, produce seasonality, nutrition, food storage, and cooking.

Chef Sarah is also writing a weekly Shop with a Chef blog at GardenShare's all-new website: GardenShare.org

Sarah, who grew up in Canton, is passionate about combining her love of



cooking with local, sustainable food. She believes that healthy food should be available to everyone and that, with basic cooking skills, we all can enjoy the pleasure of eating well.

Sarah's weekly blog will provide recipes and cooking hints to supplement the Shop with a Chef events.

Shop with a Chef is sponsored by the St. Lawrence Health Initiative's Eat Well Play Hard Community Project, a grant funded by the NYS Department of Health.

Additional funding is provided by Susan Sweeney Smith, Andy and Harris Smith, and Logan and Mack Patnode of Cranberry Lake. •

#### Shop with a Chef Schedule

Tours begin from the GardenShare booth at 10:00 A.M. on the following days. Visit GardenShare.org for maps to the markets.

##### August 12

Gouverneur Farmers' Market

##### August 14

Ogdensburg GreenMarket

##### August 28

Potsdam Farmers' Market

##### August 31

Canton Farmers' Market

# Ask. Give. Volunteer.

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City, State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Check all that apply:

- Here's my tax-deductible donation to GardenShare: \$\_\_\_\_\_**
- I want to volunteer to help distribute GardenShare newsletters.**
- Send me a free *Local Food Guide* to St. Lawrence County.
- Send me a free subscription to this newsletter.
- The name above is a friend—please introduce them to GardenShare.

Mail to: GardenShare  
860 Maple Ridge Road  
Richville NY 13681



The GardenShare newsletter is published four times a year, one issue being the *Local Food Guide*. Subscriptions are free.

GardenShare works to build a North Country where all of us have enough to eat and enough to share—where our food choices are healthy for us, for our communities, and for the environment.

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Sarah Bentley-Garfinkel, John Casserly,  
Roz Cook, Daisy Cox,  
Ellen Rocco, Renee Smith,  
Heather Sullivan-Catlin, Jenny Walker

#### Staff

Phil Harnden, Executive Director  
Sarah Tulloch, Community Projects Coordinator  
Mary Kohnstamm, Student Intern

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GardenShare Picnic Sept. 18...

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