



# The Farm at Miller's Crossing

Week of June 29th 2009

518.851.2331

[farmatmillerscrossing.com](http://farmatmillerscrossing.com)



Brooklyn Botanic Garden Visit

## BUSY DAYS!!!!

The children and I have been busy these past few weeks going to New York City for various CSA and Food Pantry events. Without the help of my sisters in law Betsy and Katy...it would have been beyond my abilities to drive there and back with everybody in tow. Endless thanks to them for their help.

Of course the plan is always that Chris will be the "farmer" going to these events, but when they happen in June and we seem to be held hostage to Mother Nature's plans, plan "B" is set into motion and off I go with children.

June 27<sup>th</sup> Katy, Christopher John, Lael and I drove down to Long Island City to attend a cooking demonstration and party at the food pantry for the Center of Hope. As folks waited in line for their food, I helped Vincent, a trained Chef through Just Food's Community Chef Program. Beets were the highlighted vegetable and as he explained how to cook the greens and use the beets to make a salad, I peeled the beets with Christopher John.

The Fresh Food for All program is on the front lines of the battle to get people to eat healthy. Trying to get healthy **fresh** food into neighborhoods where it is not currently available. Living in Columbia County, where there are countless farm stands providing fresh food for the community and lots of CSA farms like ours, it is hard to imagine not being able to find fresh food.

This past week, Betsy, Abigail and all four of our children went to Flatbush Brooklyn for an event trying to educate the population about the CSA model and how it can

be utilized to get really fresh, healthy food to people who may not have access to it.

I was joined by the director of Hunger Action Network, the director of New York Coalition Against Hunger, Just food's Paula Lukats, the Councilman from Flatbush and some VISTA volunteers.

Before we got to the pick up site, we spent three hours at the Brooklyn Botanic Garden taking in all the roses in bloom and the climate controlled gardens in the greenhouses...the kids ran around and really enjoyed the sights and smells. It felt quite different in those gardens than traffic that were stuck in for three hours of before we left the city!!!! Felt like another world!!!!

Enjoy the share, Katie



Katie helping with a cooking demonstration in Long Island City at The Center for Hope Food Pantry



Photo Op at Flatbush Reformed Church in Brooklyn