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MAGAZINE



THE
*Food
& drink*
ISSUE



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FOOD FOR YOUR FANCY AND DRINKS SO DIVINE

This July issue marks not just our third July issue, but our third “Food & Drink” issue. We are so fortunate to live in an area that is fertile and bountiful. We have countless farms, vineyards, distilleries, coffee roasters, tea purveyors, bakers, chefs, caterers, and so the list continues. And at the height of growing season, we feel that it's important to devote an entire issue to delicious food and quenching drinks.

In this issue Christine Bates features Millerton's own Irving Farm Coffee Roasters as our July entrepreneur. So if you want to learn about their expanding business, how it is that they got started, or you just want to know how to drink coffee the correct way, check out this article!

For our restaurant review, Mary O'Neill took her family to When Pigs Fly South in Sharon, CT, and as it turns out, her young son Caleb may have found his career calling! Meanwhile Memoree interviewed Lara and her husband Patrick who found their life's calling at Mountain View Farm.

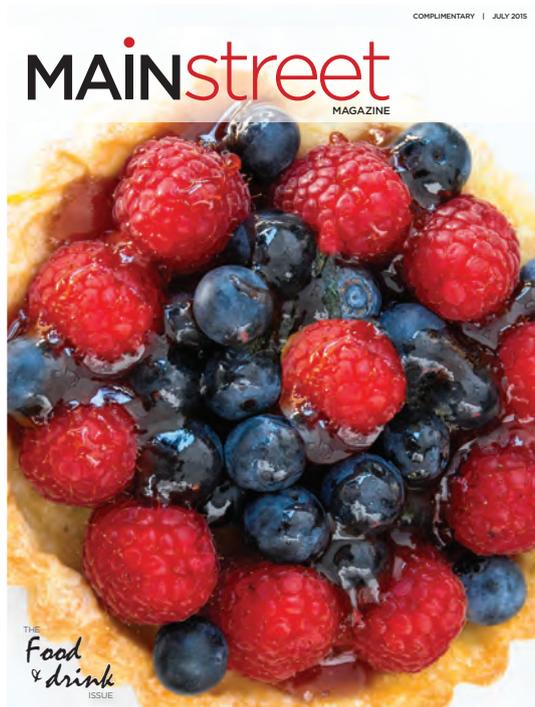
What's more food and drink related than France? Seriously! So for this month's real estate feature, Christine gives you some tips about buying a house in Provence. And why not? There are lots of folks who have second homes in our area, and others have second homes elsewhere in the world. And as Christine points out, it's a buyer's market!

Mary O'Neill is back at it with two diverse articles, in the first she tells us about a local woman who just published a delicious book about icebox cakes. Yes, icebox cakes. Meanwhile, Mary also shares with us the Ayurvedic approach to food and eating.

Feeling thirsty? Well, we've got you covered there, too! Paige Darrah visited a few local vineyards and shares her experiences with you. Meanwhile, John Torsiello took a look at the old pub at the White Hart Inn and uncovered a mystery or two there. Speaking of mysteries, Allison Marchese stumbled upon a doozy of a story with the infamous bootlegger Dutch Schultz who had a major operation during prohibition in Pine Plains. The location of his bootlegging operation is a legal distillery today where they make some “moonshine” as a nod to Dutch himself, made on the same property as Dutch made his booze.

Are you more of a DIY person? Check out Memoree's picnic feature, and John's catfishing story – they have some great tips. So enjoy! Enjoy the stories, as well as the food and drinks that will grace your tables this summer.

- Thorunn Kristjansdottir



JULY 2015

Delicacy at the Cornwall Farm Market

The delicious and beautiful pie was made by Robby Beecher and was at the Cornwall, CT Farm Market. It was sold at the stand of the Local Farm (www.rlocalfarm.com).

Cover photo by Lazlo Gyorsok

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SOUL IN KENT



By Brandon Kralik
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Art has achieved the spiritual status that it has in our society due to its inherent ability to provide what other experiences cannot. It does not provide nutritional requirements in the way of vitamins and minerals, but it can nurture the spirit and provide food for thought. He is not an organic farmer nor is he opening a healing center, but James Barron is bringing nourishment to the local community. Art has the ability to heal, and his business, James Barron Art, occupies a former yoga studio where he has practiced many times. “I have been upside down against every one of these walls!” He laughed during a recent interview I had with him during which he talked about the cultural community he envisions for Kent. The monumental Sol LeWitt exhibition he staged in June as well as the upcoming show of Cornwall artists in July.

James Barron is a sharp energetic entrepreneur who educated me about local history, of which I was unaware, regarding the history of Kent’s art community. He raised his children in Rome where he lived for eleven years, dividing time between New York and Connecticut during the summer months – Kent, specifically – where he came to “get away from it all. I think we can all appreciate that sentiment in some way. Life is good here.”

During my visit, James led me upstairs to a second gallery with a vaulted ceiling and skylights. Large windows opened onto a big deck and which provided a beautiful natural light, even when the spots were not on. We walked around the Sol LeWitt exhibition, which spans the artists entire

career. He gave me some interesting background about the artist and talked about how art can nourish the soul of a community.

Art as a destination

“I have been impressed by art destinations like Dia:Beacon, MASS MoCA, the Chinati Foundation, Marfa and Ballroom Marfa, which I am involved with, but it is as if you need to make a pilgrimage to go there. You fly to Austin, you drive seven hours in the desert and then you get there and you are rewarded. Then the art is stronger because of your commitment,” explained James.

“If you are interested in Caravaggio, you have to go to Rome. If you are interested in Borromini, then you also have to go to Rome. I am interested in the concept of art as a destination. In New York, there is easy access to art; there are hundreds of galleries and museums. Here in Kent there are three galleries. My dream would be that there would be more galleries, which would help create a synergy, a destination where people would come. Whether that happens or not, we will see, but I am staging the kind of exhibitions that are good enough to attract some of my colleagues who are saying, ‘Wow! Kent!’” exclaimed James.

According to James, Kent has always had a great art community. There was a man named Jacques Kaplan, and years ago he had a gallery called Paris Kent New York. He was from Paris, lived between there and New York, and then he discovered this area and fell in love with it. He made his money as a furrier. He would trade furs for art and became an obsessive collector who opened up in Kent. He had such names as Arman, and Lindner. He showcased Pop, New York School, and Surrealists work alongside of contemporary and local artists.

Then, his wife, Violaine Bachelier, opened



another gallery along with her partner Darby Cardonsky. They would host openings together. James elaborated: “At one point I believe there were seven galleries in Kent, Fred Thaler had his gallery too and they choreographed these splendid openings, on Saturday afternoons. One could stroll from one gallery to the next from four until seven. There was a huge buzz about it. I like that idea. People would have an experience in common and there would be a discourse about it, ‘Did you see that show?’ or, ‘I really love that work!’ ‘It’s the first on the left!’ They would ask questions, ‘What do you like about it?’ It would get them talking. That discussion is what I think is really important in nurturing a community.”

James continued by explaining: “The gallery owners would host big parties up on the hill and there would be delicious salads and bread and wine and it was just fabulous. Jacques introduced me to a man named Andrew Forge, who was the head of the Yale Art School. Forge wrote books on Soutine, Bacon, DeKooning, a brilliant guy, and Jacques took me by the arm and led me to his table and said with his French accent, ‘I want you to meet Andrew, I think ze two of you vill become ze best

of ze friends! And we did! Until Andrew died, he was one of the people who changed my life. He was an epically brilliant thinker.”

Galleries should change lives

A gallery is not just about dollars and cents. It is about: can you change lives? Can you show people a new way to view art? Can you create a dialogue on how they view art and about how everyone is affected? And, can you support the local community? “I want to bring people up, from the city, into this community. That is what it is about. They will go out to eat, go into the antique stores and the book store, and that is how you create culture. Right now there are three galleries here. I would like to see the area as an art destination,” beamed James.

He then continued by exclaiming that “You have the beauty of nature here. I hiked the Appalachian trail this morning, as I do every morning, a refreshing walk in the forest. I often kayak on the Housatonic. How cool is that you can see a Sol LeWitt and five minutes later you can be on a kayak in a pond looking at cranes and ducks? It is wonderful and unusual.”

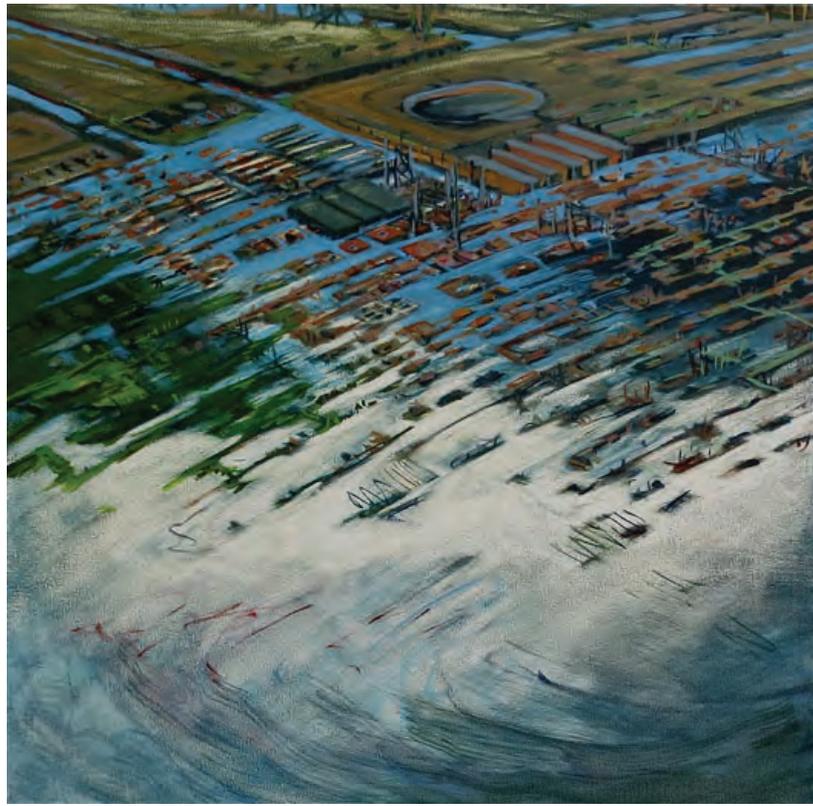
“Even the barns which house the gallery spaces themselves are special,” he said. “The man who built this building was Jim Preston, who was CEO of the Avon corporation, retired and his son was an architect named Matthew Preston, and he built these barns and each of the places had their own purpose. When we took this over it was a yoga studio and it was designed to create a sense of calm, so we have kept that feeling, but in order to show the work properly, of course we had to install lights, but even without the lights the room has a wonderful atmosphere.”

The plan and the artists

With so many New Yorkers and others discovering the tranquility and harmony of what the tri-state corner has to offer, it seems like the right place to have a museum-quality gallery like this.

Who would have thought that one could see a world class Sol LeWitt exhibition here, in our area? James Barron told me that even though Sol LeWitt was from Connecticut and had a studio here, there has not, until now, been a solo gallery show of this magnitude in the state. James Barron plans on bringing monthly shows throughout the summer and then every other month in the winter.

“For the July show the focus is on these artists:



Opposite page, top: *Life* by Brendan O’Connell (cropped for this publication). Bottom: The James Barron Art gallery in Kent, CT.

This page, left: *Edgelands* by Judith Belzer. Bottom, left: Untitled by Carroll Dunham.

Carroll Dunham, Laurie Simmons, Jackie Saccoccio, and her husband Carl D’Alvia, James Nares Duncan Hannah, Philip Taaffe, Brendan O’Connell, Todd Eberle who is a photographer, and the list goes on. Judith Belzer and her husband, Michael Pollan (who is one of the writers who revolutionized our understanding of food and what we eat), are very dear friends, so, it goes on like this! This is a remarkable and unique group of artists. The openings are a time when everybody can get together, have a glass of wine or beer and enjoy themselves. I think it is going to be an incredible show. It will take up both the lower and upper galleries. It is going to be fantastic. I think I might have to fill the extra apartment over the gallery with it, too.”

Carroll Dunham is originally from New Haven, CT, and his work is well known, having been exhibited around the world for many years. *New York Magazine* referred to his work as some of the most vividly painted female genitalia in the history of art and a review in *The New Yorker* credited Dunham with transplanting the female nude from the boudoir to a cartoon-bright Eden with surfaces that are aqueous and furious, splattered and smeared. His paintings, drawings, and his writings have appeared in many publications including *ArtForum*.

Judith Belzer’s current work investigates the edge lands where the built environment and natural landscape converge. Her way of making lends itself to the elevated perspectives often seen in this body of work. Originally from this area she now lives and works in San Francisco and has exhibited nationally for many years. She has had feature articles in *The New York Times*, *ARTnews* and Jerry Saltz, art critic for *New York Magazine*, described her work as “... richly sketchy panoramic landscapes with sweeping spaces, vertiginous views, the light of San Francisco, and the glow of a restless painter in search of a real abstract landscape.”

Artist Brendan O’Connell, who just this last

month had a two-page write-up about his paintings in *Cosmopolitan*, is one of the local artists in the July show. O’Connell has appeared on the Colbert show, and his paintings were recently added to the permanent collections at Emory University and the Wadsworth Atheneum. He is a founder of Everyartist.com, which is a national program focused on advancing the creative opportunities of children. He is best known for paintings of brands, which has drawn the attention of institutions and large corporations such as Walmart, because of their honest look at what we value, what we look at everyday.

James Barron concluded the interview with a glimpse into the future. “After the Cornwall Artists show we will open the August Flowers exhibition in August. This will be an historical exhibition that will include a range from old masters flower paintings, to Cy Twombly Fresson prints of flowers, to Sally Mann, Donald Sultan, Jan Muller, and others. Then in September we will have Eric Fischl, Larry Sultan, Gregory Crewdson, and an Edward Hopper, who was one of the first American Artists to get at this loneliness in a contemporary setting in America, and very influential to many artists in America. I want to highlight local artists because they bring in their communities, the gallery then becomes a meeting place for like-minded people, and from there we build. We want to bring in poets and dancers as well as other curatorial ideas. Some things that will shake us up in a way. I want to create a show that shakes people up a little bit.” ●

You can reach James Barron by calling (917) 270-8044 or going to his website at www.jamesbarronart.com.

Are you an artist and interested in being featured in *Main Street Magazine*? Send a brief bio, artist’s statement, and a link to your work to arts@mainstreetmag.com.



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Lindsie Vanegas is the Human Resource Manager at Harney & Sons Fine Teas and has been in her current position for a little over two years now. “Human Resource Management is always interesting, challenging, and rewarding. I love being able to help solve problems and make things better for the employees.” Outside of work, most of her free time is spent gardening and working on home renovations with her husband, attending family barbecues, and entertaining her four-year-old son. One of Lindsie’s favorite teas is Sencha Scent of Mountains and it’s no surprise that her favorite restaurant in town is the Harney & Sons tea bar/lounge. “My favorite dish is the Croque-Madame. The classic French ham and cheese sandwich covered in cheesy Béchamel, with a fried egg on top, and a side of Cornichons – it’s to die for.”



Justin Ball is the Managing Director of The Sharon Playhouse. This is his second season in the position and he likes it very much. He is originally from Westchester County and is a Trinity College and Brooklyn College graduate. He received his MFA in directing, but likes the business side and his directing background allows him the opportunity of observing from both perspectives. His duties include marketing, fundraising, staffing, and negotiating contracts. Justin likes interacting with the staff, patrons, and volunteers, and he enjoys all the excitement that comes with the atmosphere. You’re apt to find Justin and his wife dining out in their free time, and also taking advantage of the Rail Trail and all the peace and tranquility that the surrounding area has to offer.



Jamie Swaney is a year-and-a-half barista veteran at Irving Farm and is a new waitress to Oakhurst Diner, too. Jamie really likes getting to know all of the locals that come into both eateries. She is originally from Pendleton, South Carolina, and Millerton reminds her of that small town feel. Jamie attends Dutchess Community College and is studying Medical Laboratory Technology. She admits she doesn’t have much spare time, but when she does she likes to go hiking. Refueling is easy for Jamie; “I think of myself as the beverage queen and like having local tea and coffee shops in town. You know where the food and drinks come from, from right down the road.” Jamie likes to cook too, but lately she finds herself baking, especially with granola. “You can’t go wrong with granola!”



Peter Feen, who along with his wife Becky, own Peter Becks Village Store in Salisbury, CT. They will celebrate their fifth year in business this coming September. Pete is also an agent with Elyse Harney Real Estate and enjoys splitting time between the two endeavors, and finds that they compliment each other quite nicely. He is a GUNNERY and St. Lawrence graduate and has been living in the Northwest Corner for about six years. Pete enjoys the small town feel of the area and likes the diversity of the population. He is an avid sailor, enjoys dining out, and barbecuing with friends. For the past 10 months much of his free time has been spent with a new addition to the family, his son Parker. Pete says it’s time he very much looks forward to.



Eleni Stefanopoulos is the Manager of Operations at The Boathouse in Lakeville, CT. She has been running the beautiful family owned restaurant since 2009. Her duties include managing the front of house, event planning, staffing, and liquor inventory along with keeping the place running like clockwork. She is an Indian Mountain and Kent School graduate and received her B.A. from Simmons College. Eleni finds the business rewarding and really likes to see people enjoying themselves and watching new folks discover all that The Boathouse has to offer in terms of food, drink, and atmosphere. She is a native and loves the area, although her days off usually find her in Manhattan visiting friends and dining at city restaurants. She is also a gardener and an avid New York Rangers fan who is looking forward to next year!



David Arnold is an insurance broker for Brad Peck Insurance in Copake, NY, specializing in Farm Insurance, Life, and Long Term Care Insurance, and has been doing this for the past 14 years. He covers quite a large territory; from the eastern New York border, west to central New York. Dave grew up on a dairy farm outside of Saratoga Springs, and first came to Columbia County in 1977 to work for Cornell Cooperative Extension. Dave and his wife have a small horse farm in Worcester, NY where they have three horses that they trail ride extensively. The couple met at a ballroom dance 13 years ago and enjoy dancing together to this day whether it be swing, ballroom, Latin or Argentine tango, when they are able to find the time. Bravo!



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being in-tune with your body

By Thorunn Kristjansdottir
info@mainstreetmag.com



As this July issue is our annual *Food & Drink* issue, of course we have to look at food to some extent as it pertains to our health! I have just finished reading all of the articles in this issue, and to begin, I'm both hungry and thirsty. But whilst reading, I found myself contemplating food and how we eat. I know that we've touched upon this subject in previous articles and previous issues. But I think that the overall theme from a lot of our articles (specifically in this issue, as well as in past issues) is that the quality of food that we eat matters greatly. Fresh is the key, because we are what we eat! It really is as simple as that. The more processed a food is, the less nutrients are in it (generally speaking). Author Michael Pollan has preached this (amongst other things), and I highly recommend his books for those who are interested in learning about the diversity and complex processes behind the food that we eat.

Food should be joyful. I feel that with all of these diet crazes and cleanses, and whatever you want to call the latest fad out there now, we often get caught up and the joy of eating good food gets lost. Guilt kicks in instead, the guilt of having indulged in a great piece of cheese with a decadent glass of wine. For me the guilt just ruins the whole experience.

I continually try to make sure that I have a good relationship with food. This is especially important in today's society where body-shaming is prevalent, and so many of our young women (and young men) suffer from eating disorders. This is a very complex subject and far beyond my pay grade, but I feel that the importance and joy of eating food is lost in this, and sadly some of these individuals never regain that joy (which is my personal viewpoint as an observer). This makes me very sad, because I view life as a gift. And we should enjoy every aspect of our life, and the joys that it brings – and that includes the wonderful food that we are lucky enough to be able to eat.

Being connected with your body

As I mentioned, *fresh* is the key to any meal.

Michael Pollan preached in one of his books to shop on the edges of a grocery store, because that is where you find your fruits, vegetables, meats, and dairy – the fresh stuff. As soon as you start entering into the interior of the store, that's where you'll encounter the preservatives and processed foods. And this is so true! Think about this and look around the next time that you walk into your grocery store. And also think about how you feel when you eat fresh foods, and how you feel when you eat processed (fake) food. Listen to your body. What is it telling you?

Our relationship with food is complex. Besides bringing us joy and nutrition, food affects us all differently. Foods can also cause ailments and or fuel pre-existing conditions and ailments. Did you know, for example, that while taking certain prescription drugs (like some chemotherapy drugs) that you are not allowed to eat grapefruit because it counteracts with the drugs? So don't ever be afraid to ask questions of your doctor or pharmacist. Be your own advocate, and remember that there's no such thing as a stupid question.

We are all different. Our bodies are all different and react differently. Our age and lifestyle and life's preferences all impact our mind, body, and spirit, and what we eat impacts us all on an individual level. So for me, when I read some of these diet, exercise, and health books and articles, I don't like the generalizing factor of it. So I've realized that I'm beyond it, for the fact that I now approach these 'suggestions' as just that: suggestions. I then take them and cater them for my individual needs and preferences.

I think the most important thing for each and every one of us is to know our bodies. To know what our bodies like and do not like. Know your limits. Then, in conjunction with that, I think it's important to work with your primary doctor. Be vigilant about your well-being, and that includes having a working relationship with your doctor. Don't skip that annual check-up, but use it as a way to get insight into your body! Get the blood work done and when you get the results, check all of

your different levels: is your Vitamin D level low? Is your cholesterol too high? If you know these things, you can work on improving your health and life.

Who am I?

Who am I and what gives me the right to be giving you health advice? I'm your average citizen of this world. I'm not a trained professional when it comes to health, nutrition, or exercise.

But I'm like you: someone who is in-tune with my body, and I care greatly about my own well-being. Like some of you, I'm also guilty of being a pound or two overweight, indulging in a bowl of ice cream when I know I shouldn't, and not exercising enough. But I have also worked on educating myself in many ways about health as it pertains to me, my body, and health. I'm no expert, and I've never claimed to be. But I have found that a lot of us are overwhelmed by all of the latest trends, and fads, and research. It's confusing! Lets be honest about that. It is both confusing and overwhelming.

The main things that I've learned from the countless things I've read, the many doctors and fitness professionals I've both talked to and worked with, is that we need to be in-tune with our bodies. You need to care about yourself! If that box is checked, then the next thing you need to think about are the things that you do: exercise and what you eat. Our bodies are living organisms, they are machines, and they need to be taken care of. But what's perhaps most important is common sense. Use your common sense; you know that those fries and burger from a fast food restaurant aren't good for you, because after you eat it you feel awful. You know that when you get up from your desk and computer and take a brisk 10 minute walk and get fresh air that you feel a million times better.

As so many of the health professionals that have both penned articles here and or been interviewed have said, make your health and fitness a lifestyle, then you no longer feel like it's another chore that you have to do. But no matter what you do, love yourself, be healthy, and be happy! ●

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spilling THE beans

STEVE LEVEN
OF IRVING FARM
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By Christine Bates
christine@mainstreetmag.com

Between Harney & Sons Tea and Irving Farm, has Millerton become the caffeine capital of New York State? Steve Leven, co-founder of Irving Farm Coffee Roasters, talked to Main Street about growing a coffee business from a small storefront in New York City to an expanding enterprise with a distinctive new roasting facility just outside of the Village of Millerton in the Town of North East.

How did your coffee career get started?

After graduating from NYU, I worked in real estate and happened upon a very small storefront downtown at 52 Irving Place, just north of Union Square. My college friend, David Elwell, became my business partner and we renovated the space, opening up our first coffee shop in April 1996. It was the time before there were Starbucks everywhere and the idea of specialty, quality coffee was just beginning. On a trip to Maine we were inspired by Green Mountain Coffee, which had four locations in New England. We wanted to do something similar in New York, and we knew we had to roast our own beans to get the right quality.

Did college prepare you for starting your own business? Did you have a business plan?

Dave was a psychology major and I was a film major. We learned together how to be our own bosses and to grow a business. We didn't start with a business plan, and neither of us had ever taken a business course or read a business book.

You located your roasting plant in Millerton. How did that happen?

I could say that we did a systematic search in a hundred mile radius from New York City, but the truth is the manager of our store in New York knew the owner of an abandoned farm in Coleman

Station in the Town of North East. We bought it in 2000 and, after a little fixing up, started roasting in the carriage house for our own store. Eventually, you could smell the coffee from the Rail Trail.

When did you open the Irving Farm coffee shop in Millerton?

In 2003 we purchased the business of Back in the Kitchen. In 2005 we bought the actual building and tried running the coffee shop ourselves, not very successfully. We sold the business to Steve Dalton in 2008, and bought it back from him two years ago, closing and renovating the space to be similar to our other stores in New York. Now we have a very well run operation that we're proud of.

How many stores do you have?

In addition to Millerton, we have four cafés in New York City with future locations in development.

What have been the big changes in your business?

Four years ago we brought in a new team of leaders to reshape our wholesale, retail, and coffee buying initiatives, along with a group of business partners who shared our vision for the company. We wanted to open new stores, build a training and education center for both coffee professionals and consumers, and expand our roasting operation. Putting the right team in place has enabled us to achieve all of those goals.

What is your vision?

It's taken years for us to figure that out. Our vision is to build the pillars of future growth and to keep spreading the word to drink better coffee. Our goal has always been to offer the highest quality coffee

Continued on next page ...

Above: Irving Farm coffee beans. Photo courtesy of Irving Farm.

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possible, and now we do that with a renewed focus on relationships, community, and the sustainability of both.

Which coffee do you drink?

Our Blackstrap Espresso, every morning.

Where does your coffee come from?

Daniel Streetman is our full-time coffee buyer and he travels six months of the year sourcing coffee and working directly with small farms. We aim to have a 100% direct trade with farmers and we're getting close. Building relationships and getting to know everyone from the people picking the fruit to the owners of the mills is imperative to us. We currently offer relationship-based coffees from Ethiopia, Central America, and South America.

What do you think has been your biggest mistake? What about the competition?

Probably lack of focus has been our biggest problem. We opened and then had to close one store because we didn't really have a strong plan in place. As for competition, we try not to worry about what other folks are up to. We have respected, industry professionals on our leadership team and we trust that by staying focused on quality coffee and great customer service our business model will be sound.



Above: Espresso in the making at Millerton's Irving Farm's coffee house on a Sunday morning. Photo by Christine Bates. Below left, top: Stephen Leven, co-founder of Irving Farm Coffee Roasters. Photo courtesy of Irving Farm. Below left, bottom: The sign on Irving Farm's new roasting facility just outside the village of Millerton. Photo by Christine Bates. Following page: Barista making pour-over coffee. Photo courtesy of Irving Farm.

Do you think of yourself as an entrepreneur?

Not sure, I guess other people do. David and I are building a sustainable business that gets better and better every year. Every day is fun and our staff is inspiring. They never say never.

Speaking of staff, how many people does Irving Farm employ? Are employees hard to find? How do you train them?

We have around 120 employees between our stores, office, and roasting plant. Because of our reputation in New York, people who care about coffee are always approaching us, but in Millerton we have to work a little harder.

Training employees and customers is very important to us. We just had a huge party to celebrate the opening of the Loft, our new training center in New York.

Your new roasting plant on Route 22 is finally open. What took so long?

We spent five years getting all of the necessary approvals. I wish the process were easier, but we are finally ready to be able to use all of that production space so it worked out for the best.

How important is the Internet to your business?

We have an active online sales presence and you'll find us on Twitter, Instagram, Facebook, and Pinterest. It's become one of our most valuable forms

of communicating with customers and other coffee enthusiasts.

Do you have a wholesale business?

Our wholesale business to restaurants, coffee shops, and grocery stores is about 30% of our business. Whole Foods has been a customer for ten years, and we've always cultivated relationships with chefs and quality restaurants. For instance, we just collaborated with Chef Dan Barber at Blue Hill in Manhattan to harvest and prepare Salvadoran cascara (coffee cherry) exclusively for his experimental pop-up restaurant that addressed food waste by turning scraps and compost into innovative meals.

What's the biggest risk in your business?

I'd say it's over expansion. We risk burning ourselves out as the company's growth picks up speed.

What's your least favorite part of the job?

Building new stores can be exhausting. It requires so much energy.

In building this business what has surprised you the most?

I'm surprised by how great our organization has become and the talented people we have attracted to our company. Delegation has been difficult but invaluable. It's all about trust.

Continued on next page ...

We asked Teresa Fuchs, who is in charge of Irving Farm's wholesale business and also chief barista, to share her coffee knowledge with Main Street readers.

What is the best way to taste coffee? With milk, with sugar, black?

If you want to taste the coffee (seasonality, varietal, terroir, processing, roast character, etc.) black is best. We have a formal tasting process that doesn't even include a filter medium. We grind beans directly into porcelain or glass cup, smell the grind sample, then pour hot water over it and wait for most of the grinds to settle. That's how we taste coffee. You can enjoy your coffee anyway you like. But to taste and understand the flavor, it should be black with as little potential interference from the brew method as possible. From there you can prepare your coffee any way you want to fully enjoy it.

Is it really important to the taste to grind your beans at home?

You know that delicious smell that comes off freshly ground beans? If you do it right, when you brew that coffee, you're trapping those smells in the beverage! The longer those aromatics have to dissipate into the atmosphere the less of them will end up in your cup. If you want maximum delicious aromatics in your cup, grind immediately before brewing.

Do electric home coffee makers make good coffee?

The most common issue with kitchen coffee makers is that the water never reaches the ideal brewing temperature. To fully dissolve and extract those aromatics, you need water between 195 and 205° F. And most common coffee makers don't stay at a consistent temperature. That might be why the final brew sits on a hot plate. Also most folks don't know how to really clean coffee equipment, and that can add an unpleasant sour/bitter build up to brew ware. Pouring water just off a boil over the grounds in a system like the Melitta or Chemex, or the myriad new versions of these pour over systems, can help produce a better extraction. You do want to make sure the coffee and water have enough time together to work their magic.

How is a cup of espresso made? Can you do it at home?

Espresso is just another way to brew coffee, though it requires some pretty specialized equipment. Not only does the water need to be at the right temperature, but it also needs to be pressurized to between eight and 10 bars of pressure. You can buy espresso machines for home use, but cheap ones don't usually have consistent temperature or pressure. And to make really delicious and consistent espresso, you'll probably want to take a hands-on class at our train-

ing center in New York City.

What's the best temperature to drink coffee?

Even though most folks seem to want coffee piping hot, your mouth prefers to taste things at its own temperature. This is one of the reasons cheap beer tastes delicious when it's icy cold and not so good when it warms up. It's the same with coffee. Excellent coffee that's well prepared will taste delicious once it's cooled to room temperature.



What's the best way to decide on the type of coffee for you?

I'd find a provider who's roasting coffee or a shop that you really trust and ask them questions. Try some different things. There are a lot of very intelligent and passionate people working in coffee right now, and they LOVE the opportunity to help you discover something new in coffee or help clarify what you already love.

Is single origin coffee preferable to a blend?

Not necessarily. It depends on the application and what you're looking for. If you want something that will stay pretty consistent flavor profile wise, blends can be ideal if your roaster is good at sourcing, roasting, and blending. If you always want to try something different or if you want your coffee to be an expression of a particular place and people, then single origins (and even single farms and small lots from within farms) can be a very exciting way to explore.

Where does the caffeine go in decaffeinated coffee?

Caffeine from decaffeinating coffee goes into all the soft drinks and 'energy' drinks and diet pills and all the things that don't naturally contain caffeine.

Explain the importance of roast?

Roasting is pretty complex, and has been oversimplified for too long as light versus dark. It's a whole process of developing flavors. Heat and time and materials involved all affect the flavors in the final product. You can't create magic in roasting, but you can highlight or mute flavors already inherent in the bean. That's why all the steps matter so much.

How long do ground coffee and coffee beans store?

It depends on how they are stored. It's unlikely even really, really old coffee will make you sick, but it's less likely to be as delicious as it could have been when it was fresh. Ground coffee stales very quickly. It still tastes like coffee, just not as full an expression of that coffee. We recommend using beans within 14 days of being roasted. AND in anticipation of your next question, please don't store them in your fridge or freezer. Roasted coffee is very porous and should be stored away from heat, light, moisture, and oxygen. The bag it most likely came in protects it from those things pretty well. Keep it in the bag, rolling out the air after each use.

Where does the coffee in a can of Maxwell House come from?

A tree, just like all other coffee. Pretty crazy right? Even those grounds were once seeds inside the fruit that were most likely picked by hand and processed and packed and shipped to wherever it was roasted by

people somewhere. Why is it so cheap then? You should ask a really important question. Just like why is that T-Shirt so cheap?

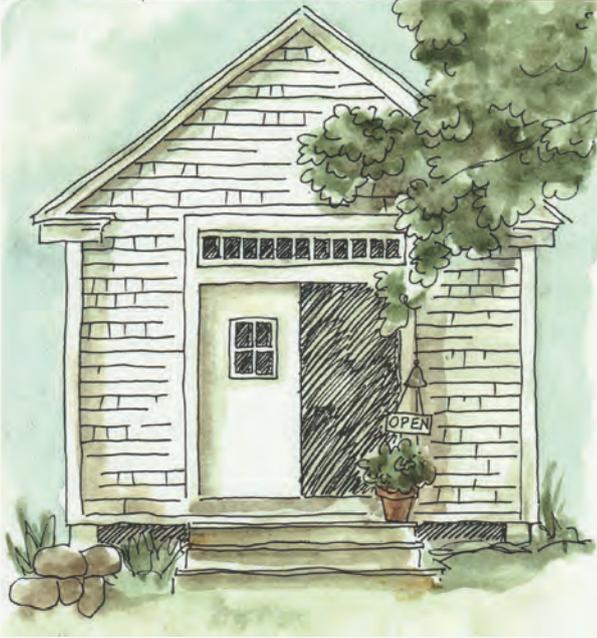
What's the best way to make and appreciate iced coffee? Should you?

Sure, enjoy coffee as you like, really no judgment. The two terms being thrown around currently are Cold Brew and Hot Over Ice. Cold Brew uses time to extract the coffee into a liquid. Hot Over Ice brews a concentrate and uses the ice to slow the oxidation process. Both produce different flavor profiles. I'm not one to say one is better than the other, although I prefer the Hot Over Ice method. When done properly, it can produce more complex aromatics and flavors than most cold brews. •

To learn more about Irving Farm Coffee Roasters you can visit them online at www.irvingfarm.com as well as to find all of their locations.

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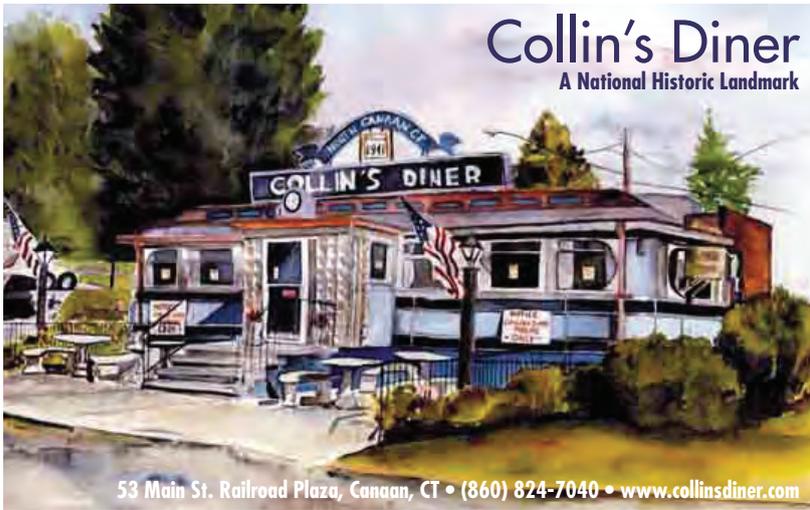


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happy as a pig:

WHEN PIGS FLY SOUTH IN SHARON, CT – GREAT GASTRONOMY

By Mary B. O'Neill
info@mainstreetmag.com

“When pigs fly” is a familiar adynaton, a figure of speech so unlikely that it will never happen. It also happens to be the name of the Sharon eatery where you can get some darn good southern cooking, BBQ, and hospitality – for real.

Southern man

For the past six years chef Bennett Chinn and his team have been creating authentic southern fare out of this tiny house of restaurants – the little brick structure on Main Street. Two years ago he expanded the footprint of the restaurant to include a rustic yet comfortable eating area and the menu expanded from BBQ to Louisiana cuisine.

Born and bred in the south, Chinn is a CIA-trained chef and a champion of the food of his youth. When Chinn moved north to train as a chef he ended up staying here, but brought the south with him. And boy, am I grateful for that.

Little piggies

My family and I have been customers of the restaurant since it opened, mostly ordering the pulled pork and brisket sandwiches. Just recently, we expanded our palate and were sorry we did not do it sooner. During a recent visit my 12-year-old son Caleb and his friend were famished after soccer practice one day and ordered pulled pork sandwiches with sides of mac and cheese to take out. Here are their comments:

“The mac and cheese is wet and moist, creamy with the right amount of seasoning.”

“The pulled pork is sweet, but not too sweet with just the right amount of BBQ sauce to please the palate. The brioche bun is just the right consistency.”

“This is the perfect place for first timers and daily go-ers. You know the people who eat here every day.”

“You walk in and you could feel the south. Outside there is a lovely patio with the smoker nearby so you can get the smell.”

“The inside is modern but traditional. The glass sink in the bathroom is so cool.”

Upon finishing their meals and critiques, they both contentedly sat back from the table and remarked, “Hey, we’re good at restaurant reviewing. We should do this for a living.”

Southern comfort

Our second visit was by Caleb, my husband Jeff, and me. This time we had a sit-down meal al fresco at the restaurant. We ordered seafood gumbo, BBQ shrimp salad, the crab cake po’boy sandwich, and the full rack of wet smoked ribs.



Above, clockwise: Caleb the food critic. Lobster and scallop cocktail from the catering menu (photo courtesy of B. Chinn). The restaurant. A bowl of Jambalaya (photo courtesy of B. Chinn). The smoker. All other photos by Jeff May.

Chinn called his gumbo “a riff on the gumbo of his youth minus the crab claws and okra – those two ingredients don’t quite satisfy northern palates.” The soup was rich and loaded with seafood, robustly seasoned, but not overwhelming, and appropriately spicy on the finish.

Caleb commented that the po’ boy was a “mélange of delicious flavors and textures.” He now knows that he is quite fond of remoulade sauce and pronounced it “awesome.” He appreciated the crunch of the Romaine lettuce and the onion. I can only add that the crab cake was moist and delicately seasoned with lots of crab throughout. Caleb chose the honey butter corn bread to accompany his sandwich, which was light and baked golden with a subtle honey flavor.

The wet ribs were divinely messy and finger lickin’ good. Jeff enjoyed the layering of flavors that ricocheted between the dry rub and the BBQ sauce on top. When we asked Chinn for the secret recipe for the rub and sauce he folded his arms in mock indignation and refused our request. You can’t blame a gal for trying!

The ribs were smoky and tender and quite meaty. You would not go hungry with these. We chose iron skillet baked beans and shoe peg corn pudding as our side dishes. The beans were dark, and like other menu items slightly sweet, but with bursts of chili seasoning and bits of bacon. The corn pudding was creamy and something I would eat with a spoon to get every toothsome drop and crunchy kernel.

The BBQ shrimp salad was a satisfying, yet lighter choice. It was a flavorful combo of fresh Romaine lettuce, ripe avocado and tomato along with grilled shrimp lightly coated in BBQ sauce.

The sublime house chili lime dressing conducted the marriage ceremony between the shrimp and veggies. Lightly creamy, again slightly sweet, this dressing delivered a wonderful sizzle on the taste buds at the last moment.

Catering to all tastes

Chinn also runs a successful catering business. He can do the backyard family barbecue for ten and also put on elegant parties for up to 500 people. While he can cook any type of cuisine, he tends toward Mediterranean. This summer alone he has upwards of 30 events of varying sizes on his docket.

For catering clients, Chinn begins with a client’s vision for the event and a wish list for the food. Then he goes about designing a potential menu, and works with the client’s budget to make the reality as close to the vision as possible.

Home cooking – but not by me

Often my test for a restaurant is whether or not I could make the meal at home. When it comes to BBQ and southern flavors my family and I are very happy to let someone else, specifically When Pigs Fly South, do the work for us. The food is excellent, portion sizes generous, presentation appealing, and Chinn and his staff are friendly and aim to please. So come on down to Sharon, y’all. You won’t be disappointed that you did. •

When Pigs Fly South, located at 29 West Main Street in Sharon, is open Sunday through Thursday 11-8; Friday and Saturday 11-9. They serve beer and wine. It is a cash-only establishment with a cash station on the premises. For more information about the restaurant or catering call (860) 492-0000 or email Bennett Chinn at bennetchinn@yahoo.com. Their new website is www.whenpigsflysouth.com.



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life made simple:

GROWING UP ON THE FAMILY FARM

By Memoree Joelle
info@mainstreetmag.com

A simpler time. Those words mean slightly different things for everyone, but they convey a universal sense of nostalgia. For many, they bring to mind the pre-internet revolution, when the milkman still came to call and the knife sharpener's bell could be heard around the neighborhood. Maybe for you it brings back memories of snapping green beans on the back porch, of running barefoot through the lawn, of finding joy in small pleasures; an evening meal with the whole family at the table, a bike ride, an outdoor nap beneath a shade tree, perfectly ripened strawberries eaten moments after being picked. Maybe you envision a lush, green landscape with cows grazing in the distance, and a farmhouse with a view of the mountains. These are the things that make up the everyday joys of living, for those of us who enjoy the rural life.

Inside one of those farmhouses in Falls Village, CT, the Hafner family shares a meal at their table



on the porch, just as the sun begins to slip behind the mountain. Lara, who served as a helicopter pilot for thirteen years with the Connecticut Army National Guard, and her husband, Patrick, a former combat engineer officer who currently serves in the Connecticut Army National Guard, settled here with the vision of creating a life for their children that closely resembles the one they knew themselves growing up.

Where the Charolais cows roam

Lara remembers the Charolais cows that roamed the French countryside of her childhood, where she spent many carefree summers with her grandparents. A native of Falls Village, she grew up surrounded by a landscape she always has held a deep appreciation and love for. Those Charolais cows, though less common here than in France, are part of the plan to enrich their small family farm, and provide for their surrounding community. Patrick manages the seven Black and Red Angus beef cattle they have now, plus the dozen pigs on the farm.

All of the animals are raised on open pasture and allowed to graze and forage, and are supplemented with non-GMO grain when needed. The cattle are grass-fed only as long as there is grass growing on the ground, and not grain-finished. The family also own about one hundred laying hens, and include eggs as part of their vegetable CSA. The vegetables are lovingly grown, tended, and harvested by Lara single handedly; work she finds both soothing and rewarding. At the end of each day, she enjoys preparing a simple meal that allows the vegetables to reveal their flavor; pasta with basil, just-picked vine tomatoes and homemade sausages; a big, bright pink and white bowl of French radishes.

A labor of love

Farming was not on the couple's agenda when they purchased the eighteen acres of what was originally a working farm, Mountain View Farm, which is the name they use today. They planted vegetables in an enclosed garden space because, as parents, they wanted to be able to grow the food they feed to their two sons, Patrick, age seven, and

Mark, age four. Soon, however, a gardening hobby became bigger when the thriving vegetables began to overflow in their kitchen, and the land seemed to beckon them to grow more. Thus began their labor of love. Patrick built a small farm stand that allows the couple to sell directly to the surrounding community, and once they began their CSA offering, they set out to introduce animals to the farm. They plan to expand their herd of cattle to twenty pure-bred Charolais in the years to come, and maintain around a dozen heritage pigs. Friends, family, and neighbors can purchase the beef whole, or as halves or quarters. The pork is sold either whole or as sides, and is also sold as individual vacuum-sealed cuts. All of the meat will be available starting this fall.

The Mountain View Farm vegetable CSA, which begins yearly in June, includes at least five varieties or more of seasonal vegetables per week, all of which are organically grown so they are guaranteed free of pesticides and GMO's. The farm is not certified organic, but the stamp of approval that counts is the one that comes from the people who visit and eat food from the farm. Lara explains, "We prefer to establish trust between ourselves and the local community, and to assure you that we would never grow or raise any food that we wouldn't eat ourselves, and we are quite picky when it comes to the quality of our food."

Most would agree, quality food is a big part of quality of life. And even though we no longer live in a simple time, life here can be so beautifully simple. ●

To join the Hafner family's CSA, contact them at 309 Route 7 North, Falls Village, CT, (860) 824-7439, or via email at Mountainvieworganicfarm@gmail.com. All photos courtesy of Lara and Patrick of Mountain View Farm.

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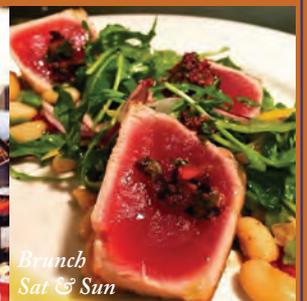
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summer dreams

BUYING A HOUSE IN PROVENCE

By Christine Bates

christine@mainstreetmag.com

Main Street's monthly analysis of real estate is taking a summer vacation and going to France. Instead of reporting on our local real estate markets and topics, we have expanded our horizons to the other side of the Atlantic to the countryside of Provence in the south of France. With the help of the Internet anyone can dream of buying a stone house surrounded by olive groves.

Imagine piercing blue skies, the scent of vast lavender and thyme fields, weekly markets with local cheeses, vegetables, fresh bread, and 300-year-old stone houses, cool in the mid-day heat. This is central Provence, two and a half hours south from Paris on the TGV train to Avignon and north of the clogged, touristic, expensive beach towns lining the Côte d'Azur, the Hamptons of France. In many ways it is a region not unlike our own with vast farms, quiet country roads, year round recreation, easy access to cities, local traditions, and lots of second homeowners. The so-called "Golden Triangle" of the mountain towns east of Aix-en Provence, and Avignon is 90 minutes away from skiing in the Alps and swimming in the Mediterranean.

The strong dollar makes it a good time to buy

No one can predict economic cycles or foreign exchange rates, but right now seems to be the best time in a number of years for Americans to buy in France. The exchange rate of the Euro to the dollar is extremely favorable, giving dollar buyers a 30% discount compared to 2008 conversion rates. From a peak of 1.60 US dollars to one Euro in 2008, the exchange rate fell over six years to a low of 1.06 in mid April, although by mid-June the rate had bounced up to 1.13 Euros to the US dollar.

Mortgage rates are below 3%

Mortgage rates are even lower than the United States and financing is readily available to non-resident buyers. Fixed rate mortgages are available for as much as 85% of the value of the property at annual rates between 1.45% and 2.85% for terms of six years to 25 years (see www.francehomefinance.com). Buyers with ready cash can demand a discount from the asking price.

Prices may be near the bottom

Recently released figures from the notaries in France indicate that housing prices fell 2.4% outside of Paris in 2014 compared to the previous year, and that declines were more widespread and deeper than in 2013. Overall prices in Euros are now lower than in 2006. Specifically prices in Vaucluse and



Above: A renovated 2,200 square "Mas" farmhouse with five bedrooms in Oppose, Luberon is on the market for 1,050,000 Euros. Photo courtesy of Julie Janssens of Janssens Immobiliere (www.janssens-immobilier.com). Below top: One of the delights of Provence is the weekly open-air market. Photo by Christine Bates. Bottom: A game of "petanque" at the end of the day in a small village in Provence. Photo by Peter Greenough.

the Luberon market lost about 8% last year and 30-35% over the last three years.

Perhaps international buyers are looking for safe havens in Paris, London, and New York where urban properties are believed to hold greater safety. By some estimates French country properties in general have lost 30% to 50% of their value over the last five years.

Lots of houses for sale, but prices may be firming

There is an abundant supply of properties, especially in more remote mountain areas. It is still a buyers market, but properties are now closing near to asking prices according to Rudi Janssens whose firm Janssens Immobilier specializes in Provence. The French themselves seem to be losing interest in acquiring second homes in France – only half of the buyers here are French. Perhaps they are all buying in southern Portugal?

After English, the third language of high-end real estate brokers in the south of France is Russian. But the oligarchs seem to prefer the villas and beaches along the coast where prices can be three to four times that of inland Provence. The Chinese are focusing on buying vineyards in Bordeaux and Burgundy. But other foreign buyers are still interested



Continued on next page ...

in Provence. The British and Belgians are the most active according to Janssen and then the Swiss and Dutch. According to Christie's brokers in tony St. Remy, very few American have been looking to buy over the last five years, but they are coming back.

What is it like to buy a house in Provence?

Sue Della Corte and her husband looked for a month with an agent from Carpentras before finding their dream house in Provence in 1980. The stone cottage she bought on sight was built in 1734. It had been abandoned since 1930 and was without electricity or running water. "We were the first Americans to ever buy in Montbrun Les Bains, an untouched hill town in Drome, and it took us three years to renovate."

Her only complaints after decades of summers are "unbelievable" utility bills and French plumbers. "The French are wonderful cooks, but not so good with mechanical tasks." *La Villette* has always been rented out in the summer months as a *gite*, a fully furnished vacation home, but Sue and her second husband Joe return every year to enjoy the sublime months of September and October.

A British music business couple based in Los Angeles had the advantage of the Internet in searching for their property. "We looked all around – Avignon, Arles, Languedoc – and decided that we wanted to find an in-town property with a swimming pool and no garden. We focused on Aix because it's a bustling, international university town. We were thinking of a place where we could live down the line with a climate similar to Los Angeles. There's so much to do in Aix and you don't have to drive. We made friends there within two weeks. And there are lots of Americans."

They searched the Internet for months before finding their renovated four-bedroom house built in the 1500's as a farmhouse, and an agent who spoke fluent English. "We did a lot of research and knew what we were getting into. We visited in December and January and the weather is so much better than London. It's not cheap. Our house cost 920,000 Euros, but after all the closing costs it was well over a million and the sales contract seemed like thousands of pages long."

English-speaking buyers, who flocked to Provence following the publication of Peter Mayle's *A Year in Provence*, are no longer interested in spending a year to renovate a house and certainly not the three years for Della Corte's house. American buyers are looking for a completely renovated, ready to move in stone house – typically around one to two million Euros, or a renovated village house with a garden for between 750,000 and one million Euros according to Janssens. Price levels are much lower in the less accessible up-a-mountain hill towns.



Above top: Houses are less expensive in more remote areas like Montbrun les Bains. Photo by Peter Greenough. Left: "Maison Luberon" near a village in Luberon, this 1,420 square foot house with four bedrooms, a small stone cottage and a swimming pool is 545,000 Euros. Photo courtesy Alice Sanchez of Pierres et Tradition (www.pierrestradition.fr). Right: 17th century stone buildings surround a courtyard in this historic property in Menerbes. Three bedrooms with pool is 780,000 Euros. Photo courtesy of Lionel Houant, Immobiliere du Luberon (www.immobiliereduluberon.com).

You don't have to spend \$60 million to buy a 1,200-acre chateau and vineyard like Brad and Angelina to enjoy what Provence has to offer. If you seek out the small towns and mountain villages charming buys are available. For example you can buy a five bedroom villa in a quiet location in Flassans-sur-Issole for 425,000 Euros, less than an hour from St. Tropez. Look at a map and realtor sites and imagine yourself far away.

Buying basics

- Tour properties on the Internet on sites like www.french-property.com
- Find an agent who speaks excellent English to guide you through the buying process. You will be asked to sign a *Bon Visite* which protects the broker's commission in the event of a purchase. Most agents readily answered our English email requests for information.
- Be sure to check on any rights of way through property and actual boundaries. The local *marie*, mayor's office, should have plans on file.
- Check out permitted land usage, especially in agricultural areas.
- You don't need to hire an attorney, just a notary.
- Review the DDT – the *Dossier de Diagnostic*

Technique is required by law. This includes lead, asbestos, termites, gas, electricity and energy reports and is attached to the *compromise de vente*. Property vendors with swimming pools are obliged to commission a report on the safety features of the swimming pool. The seller pays for these reports.

- The *Compromise de Vente* is the binding contract signed at the notary after agreement on price. A deposit of 5% to 10% of the purchase price is made upon signing and there is one week to back out of the agreement. Like US, contracts conditions to close may be specified as contingencies.
- It may take as long as three months before the final *Acte Authentique* deeding the property is signed at the notary's office.
- There are French property taxes, which are low by most American standards.
- Check the source and quality of the water supply.
- Consult with your tax attorney before buying to understand the implications on US income and estate taxes on foreign properties.
- Expect to pay an additional 7% of purchase price in closing and notary costs. •

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The Sycamore, oil on canvas 26x40, Jeffrey L. Neumann ©2015

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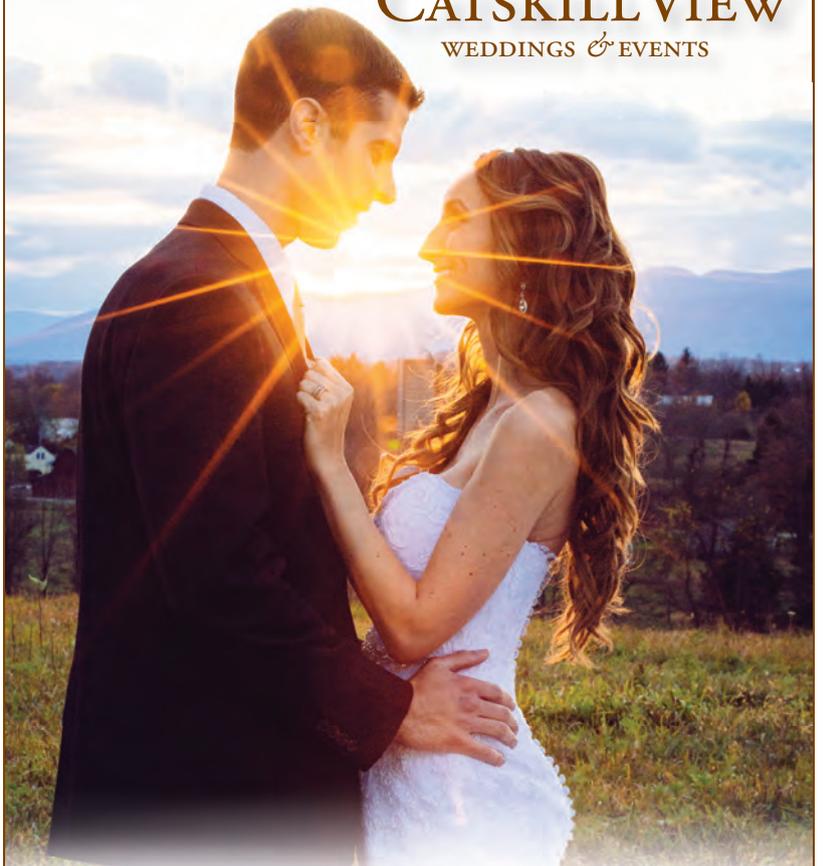
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icebox hero:

NO BAKE WONDERS

By Mary B. O'Neill
info@mainstreetmag.com

The light and creamy icebox cake is the rock star of a new cookbook, *Icebox Cakes: Recipes for the Coolest Cakes in Town* by Jean Sagendorph and Jessie Sheehan. In it, the authors lovingly wax lyrical about this confection with creative recipes that will please the palate and will strike the right chord at any occasion.

Let them eat (icebox) cake

The icebox cake, while seemingly a kitschy throwback to the '50s, actually found its way onto the menu in mid-19th century France with Marie-Antoine Carême's charlottes. These chilled desserts of ladyfingers and custards were served under the names of Charlottes à la Parisienne or à la Russe. In the 1920s, while looking for a recipe that featured its Chocolate Wafers, Nabisco created the Americanized icebox cake that has become the standard bearer for this genre of dessert.

Sagendorph and Sheehan begin their paean to icebox cakes with a variation of this original recipe and from there it only gets better. We're talking Salty Milk Dud, Mexican Chocolate Spice, and Banana-Rum – the '50s convenience dessert just got its bling!

Mixing it up

Co-author Jessie Sheehan has been a part-time resident of Sharon, CT since 2009. *Icebox Cakes* is her first cookbook, although she has developed and tested recipes for a number of years. Sheehan describes herself as a recovering actress, reformed lawyer, mother of two boys, and joyous baker. She definitely has her groove on when she talks about baking and her journey to it.

A lifelong lover of sweet things, Sheehan found herself on maternity leave struggling with whether to return to her legal career. With no professional

culinary training or experience she offered up the only tool she had – her love of dessert – to the owners of Baked NYC in Red Hook, Brooklyn. They took her in, probably because they didn't know what else to do with a 30-something woman looking for a confection connection amidst the haze of full-time child rearing.

She parlayed her one-morning-a-week volunteer gig into a paid one. Over time she became an assistant pastry chef and an in-house recipe tester. Now she develops and tests recipes, blogs about her efforts, and does freelance cookbook editing and proofreading.

One of the comforting aspects of Sheehan is her honesty and her "if I can do it, you can do it" encouragement of baking. Sheehan maintains that before her stint at Baked NYC, when she told someone she was bringing dessert it was out of a box or bought from a bakery. She confesses, "I was not born with a whisk in my hand. I am an anomaly in my field. I don't have a formal culinary education and I came to this much later in life than most of my peers."

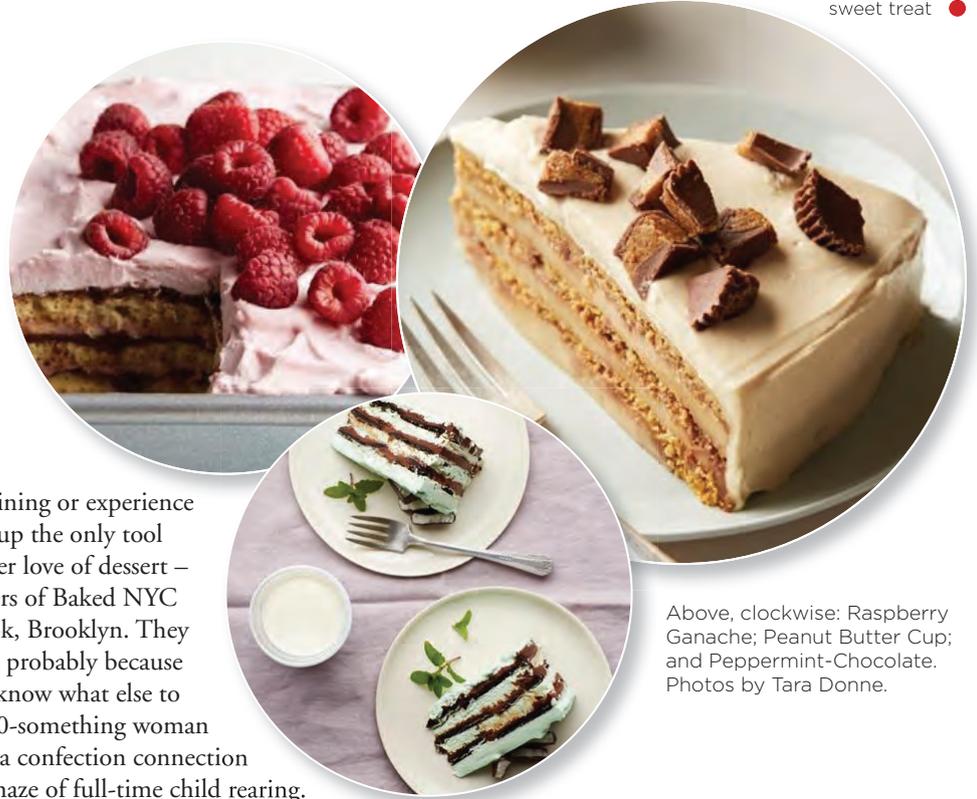
Proof is in the pudding (and whipped cream)

So what exactly is in an icebox cake? According to the book there is a layer composed of wafers, graham crackers or lady fingers. These ingredients, when left to mingle with the moist ones, soften and become "cakelike." The authors provide recipes for these items so you can bake your own.

Whoa, wait a minute! Bake my own lady fingers? Uh-uh, no way, not happening! Sheehan can sense my anxiety immediately. She talks me down from the culinary ledge and assures me that I "can improvise with store bought cookies and lady fingers" while soothingly guiding me to the pages that list high-quality and accessible substitutes.

Using store-bought substitutes is how Sheehan sees many people using the book – at first. She then urges that, "Making all your own ingredients for an icebox cake takes the recipe and result to a whole new level. The beauty of the icebox cake is that while there are multiple components, each component is easy – so don't be afraid that the recipe might look long."

Next, there is the creamy layer of whipped cream or pudding. This ingredient is the catalyst



Above, clockwise: Raspberry Ganache; Peanut Butter Cup; and Peppermint-Chocolate. Photos by Tara Donne.

that triggers the intricate chemical reaction which, with the aid of your fridge, turns dry cookie into something "downright soft and pillowy." The fillings are worth making from scratch as they literally hold the recipe together.

Lastly, there is the decorating that comes after you assemble the cake and let it chill. This includes dustings of cinnamon and cocoa, fresh fruit, peanut butter cups, and malted milk balls. Is there no end to how good an icebox cake can get?

The book also includes a section on the tools you will need for the recipes, explaining what each gadget or pan is and how it is used.

The little black dress of desserts

The icebox cake is a dessert for every season and event, from casual to sophisticated. Sheehan has made Chai Ginger for Thanksgiving, Peppermint Chocolate for Christmas, Espresso Chip for the elegant dinner party for twelve, and Marshmallow Peanut Butter for the backyard BBQ.

While the name icebox makes you think of summertime – it's not just for hot weather anymore. The recipes in *Icebox Cakes* make year-round transitions with ease, making them your new go-to dessert for all seasons.

Next time I need to bring a dessert, I am giving my boxed brownie mix the cold shoulder. Sorry, but there's a new sweet thing in my life – the icebox cake. ●

"Icebox Cakes" is published by Chronicle books and is available locally at Oblong Books in Millerton. You can find out more about Jessie Sheehan, read her blog, and try her recipes at www.jessiesheehanbakes.com.



Above: Book party at the home of Pom and David Shillingford. Photo by Pom Shillingford.

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BACKYARD TRAVEL IN THE HUDSON VALLEY:

the hv wine trail

By Paige Darrah
info@mainstreetmag.com

In this month's installment of Backyard Travel in the Hudson Valley, our contributing writer Paige Darrah got thirsty! And how appropriately because it ties into our Food & Drink issue. Paige went out and explored the recreational side of a few of our region's choicest wineries. There's little technical analysis needed, this is about going to the wineries and having fun!

"Do you want to start drinking or should we wait?" she asked. Phyllis Feder had just walked the 30 feet to the tasting room from her stately, pale grey house. The house's wraparound porch overlooks her vineyard; it's the kind of screened porch you'd want to snag an invite to play cards on until the wee hours of a balmy summer evening.

"It's always interesting for me to watch the dynamics of the people who come here; you hear lots of stuff in a tasting room. Lots of men come here and try to impress the ladies with their sometimes shaky knowledge of viticulture," Phyllis explained.

"What's been happening a lot recently – which I really like – is a lot of younger visitors have been showing up at the vineyard. It's great because... they don't have all the prejudices that older, more seasoned drinkers have. Younger drinkers are more open minded about things that are new."

Clinton Vineyards produces three genres of adult beverages with their hardy Seyval Blanc grape: white wines, dessert wines, and "bubbles" (Phyllis' word for sparkling wine/champagne). They're famous for the latter – even the queen of England drinks their fruity sparkling wines.

My favorite Clinton drink is their Peach Gala (\$32 per bottle). It tastes like a peach mimosa but lighter and better. "You get a little bit of peach to the nose, and you get a little bit of peach to the back of the palate," Phyllis said.

A local Kir Royale: Napoleon would've loved this

"In victory, you deserve Champagne, in defeat, you need it."

—Napoleon Bonaparte

A Kir Royal is part of the wine tasting experience at Clinton. The cocktail itself – a traditional French apéritif made with champagne and cassis – was the serendipitous result of a disappointing white wine year in Dijon, the capital of France's Burgundy region. When Dijon's Mayor Mr. Félix Kir was faced with entertaining cranky post World War II dignitaries, he decided to throw in some cassis to mask the wine's shortcomings.

Clinton was the first Hudson Valley winery



to produce cassis (a black currant dessert wine/liqueur), and it often brings home the gold at international competitions.

"A lot of people say they get a headache from champagne, which I think comes from the champagnes that don't use Méthode Champenoise," said Phyllis.

Some champagne producers inject CO₂ into huge vats of white wine instead of using the more labor intensive Champenoise Method (which involves a second fermentation). "Listen – you'll get a headache from anything you drink too much of ... except maybe orange juice," Phyllis said. That's been my experience.

Phyllis swears this is true

Ben Feder – a talented artist and book designer who passed away six years ago – started Clinton Vineyards back in the '70s after an incident we'll call 'The Drunken Cow Incident of 1974.' Here's what happened: there was an old orchard full of fermented apples at the back of Ben's property in Clinton Corners, NY. Sometimes the cows would eat the fallen apples ... and they'd get looped!

One day a neighbor called and said "Mr. Feder, two of your cows have gotten out and they're lying on their backs on my lawn mooing and moaning. Would you come get them please?" To which Ben replied, "I would love to help you, but I'm a boy from the Bronx. I don't know how to get cows out of a field." Ben had to solicit a more agriculturally inclined friend to move the cows.

Continued on next page ...



Above top: Even superheroes enjoy wine! These were hanging in Carlo's tasting room. Above: Clinton Vineyards. Visiting wineries also involves a stroll through the vineyard itself, and there's usually a pond involved. Above: Clinton's Jubilee.

What to say during a wine tasting

A few supplemental phrases for those of us who say "it's good," and "I like it" too often.

"That one's very pretty." –Carlo DeVito

"The bubbles are a bit sleepy." –Phyllis Feder

"It's got a beautiful mouth feel; it's soft and fruit-forward." –Phyllis Feder

In the days following The Drunken Cow Incident of 1974, Ben decided that he was “done with ‘em; they were rather boring anyway.” So it was out with the cows, in with the vines. Clinton Vineyards will turn forty next year.

A wine revolution

Next up is Carlo DeVito, proud proprietor of Hudson-Chatham Winery and outspoken ambassador for the quality wine revolution in the Hudson River Region.

“Look at these bad boys! They’re leafed out,” Carlo explained while leading a tour of his vineyard in late May. The vines were apparently just twigs the week before. When the ‘buds break’ and the grapes and leaves begin to emerge, that’s what’s referred to as ‘leafed out.’ “You can see the grapes popping out. Really exciting to see.”

Carlo loved wineries even as a teenager. He’d hop on his 10-speed and pedal past Cream Ridge Winery and think “that is so cool. I’m going to do that one day.” He frequented local wineries in Jersey, New York, and Connecticut while he was studying at Fordham. Carlo moved from New Jersey to Ghent, NY to start the winery back in 2006; Hudson-Chatham now produces 3,000 cases per year and has a loyal following.

They make their signature, medium-bodied reds in French oak barrels. “If you use new oak it becomes overpowering and the wine ends up tasting more like a dining room set than a glass of wine. The older oak gives the wine that finessed, rounder taste we’re looking for; takes the edge off without overpowering it. We want to let the fruit shine through,” Carlo said.

Baco Noir is Hudson-Chatham’s pride and joy right now, and it’s the highest rated Baco Noir in North America. They make five different Baco Noirs, but they’re famous for their Estate Baco Noir (the ‘estate’ distinction means that the grapes were grown at the winery’s own vineyard). Carlo has his



Above top: Carlo DeVito sharing his wine knowledge in his tasting room. Bottom left: Phyllis Feder of Clinton Vineyards and writer Paige Darrah. Bottom right: Paige and Matt Darrah drinking in Clinton’s tasting room. Bottom left: Carlo offers local cheeses for sale at his Hudson-Chatham Winery.

highly decorated varieties lined up like Oscars on the tasting room’s mantle.

Youthful locavore drinkers

Young wine drinkers are increasingly into local wines. “It used to be that you’d get a review in *Wine Spectator* or *Wine Enthusiast*, and you were thrilled. Younger drinkers in their 20s and 30s couldn’t care less about what’s going on in these wine magazines [true, but *Wine Enthusiast’s* website winemag.com is awesome]. They care about what’s happening locally; they look to the *Edible Magazines*, *Main Street Mag*, local newspapers, that kind of thing. They want to know the story behind where their wine comes from,” Carlo explained. For this reason, Hudson-Chatham sells at lots of local Farmer’s Markets (i.e. Hillsdale, Copake). They also sell Hudson Valley cheeses out of their tasting room. Carlo’s two favorites are Old Chatham Camembert and Hawthorne Valley aged alpine.

Hedging with the hybrid

“Vinifera is the class of grape I liken to a pure bred dog, a thoroughbred really. Hybrids are mixed-breed. Ben used to say that the people who think only Viniferas can make good wine are Vinifera racists.”

—Phyllis Feder

What’s surprising is that up until the 1970s, the wines that were made in New York state were all from Native American grapes (i.e. concords, and niagras) that make your really sweet, college hangover-style wines. But a guy named Dr. Frank came to the States from the Ukraine in 1962 and basically pointed out that, if good wine could be

grown in Europe, it could be grown in the Hudson River Region. John Dyson (owner of Millbrook Vineyards) and Dr. Frank hooked up in the ‘70s and began growing vinifera grapes. Viniferas are the grapes that yield that dry, European-style wine. It requires more work to grow the viniferas, so some places cross-breed the two grapes (i.e. to create a hybrid version).

It’s the golden age of Hudson Valley wine. In recent years (and over the past two or three years in particular) the Hudson Valley’s wine making status and caché have been on the rise. Why? Because of outspoken ambassadors like Carlo and Phyllis, and because there are more people making better wine. Many of the people who stroll into tasting rooms (myself included) say things like “I’m not a connoisseur,” or “I’m not an expert.” Phyllis thinks that everybody’s an expert because we all know what we like. Hudson Valley wines may not be as tasty as those made in Provence, but it’s easier to forget that if you’ve hung out with the people who toil behind the label. ●

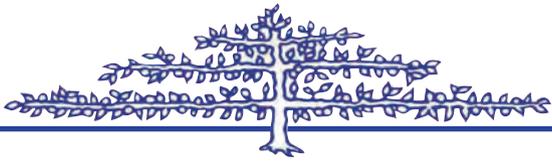
For further information, visit www.dutchesswinetrail.com.

Clinton Vineyards in Clinton Corners, NY, www.clintonvineyards.com. Sales and tasting room hours are 1–5:30pm Friday through Sunday. Phyllis is there every weekend!

Hudson-Chatham Winery in Ghent, NY, www.hudsonchathamwinery.com. Sales and tasting room hours are noon to 5pm Thursday through Sunday. They’ve got a tent set up in the back to shelter the weekend’s steady flow of wine enthusiasts.

Millbrook Vineyards in Millbrook, NY, www.millbrookwine.com. Open every day from 11–6, \$11.50 for a tasting and you get to take home your wine glass.





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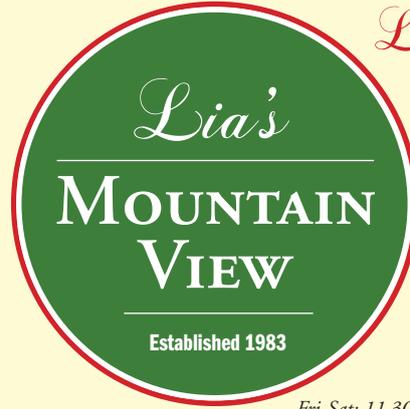
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picnic à la piquenique

ENJOYING THE AMERICAN MEAL WITH FRENCH ROOTS

By Memoree Joelle
info@mainstreetmag.com

Summer just wouldn't be summer without a picnic. The word conjures up childhood memories of blankets spread on grass, hard-boiled eggs and lemonade. Famed painters have idealized scenes of aristocratic gatherings on lawns and beside rivers, and the word itself dates back to the mid eighteenth century. Derived from the French piquenique, which generally means to leisurely "pick" at food, the word picnic made its way into the English language by 1800. A classic French piquenique resembled what we commonly call a potluck in the States, where friends gathered with homemade nibbles to share. Today, while the idyllic American picnic scene involves red and white-checkered tablecloths and potato salad, the point, really, is to enjoy warm weather and friends. And there are so many ways to do that, especially here in the tri-state area.

Some people may quibble at these picnic options, arguing that they aren't true picnics. But to them I say, ask yourself two questions. "Am I eating something right now?" "Am I outside?" If you answered yes to both, you have got yourself a picnic.

5 situations, 5 picnics (with a French twist): The daylong family affair

This one requires a bit of planning, and a few more supplies than the others since you'll be outdoors for several hours. To keep it stress-free, pack light and keep it simple. Foods that don't require much prep time or need to stay hot or cool are best. If a grill is going to be involved, I highly recommend Jack Peele's Jacuterie sausages, which you can buy either at the Herondale Farm Store in Ancramdale, or Sol Flower Farm at Silamar on Route 22 in Millerton.

Looking for pie? I know you are, because many of you have written asking me, "Where in the

world can I buy a good pie?" Well, now the Sol Flower Farm store is carrying locally baked pies by Hi 5, so there's your answer. Plus, you can pick up fresh fruit there all summer, and freshly baked bread by Millerton baker Barbara Ray.

Get a scoop of Jane's ice cream while you're there, which is also served at the scoop shop in Hillsdale. Speaking of ice cream, if soft serve is your thing, Willow Brook Farm stand, also on Route 22, has the most delicious version, made from Hudson Valley Fresh milk. They also have an assortment of other snacks and goodies you might need for your day's adventure.

The romantic picnic

Ah, romance. For this one, you're definitely going to need wine and cheese. And perhaps some chocolate-covered strawberries.

Little Gates Wine Merchants in Millerton always keeps a good selection of chilled whites and roses in the cooler, and to make life easier, you can choose a bottle with a screw top. Left home without glasses? They also sell small tasting glasses that you can then keep in your picnic basket for next time. Local cheeses made by Chaseholm Creamery, Old Chatham, and Coach Farm can be found at the Sol Flower Farm store, down the road, if that's the direction you're heading.

On the Connecticut side, try Salisbury Wines, where you can get your bottle and your cheese in one stop, then cross the street for a fresh baguette at Salisbury Breads. Then maybe, just maybe, a sweet little lemon cupcake to share at Sweet Williams.

If Massachusetts is your destination, then you have a much wider selection of cheeses at Rubiner's Cheesemonger's on Main Street in Great Barrington. Pop into the fancy French pastry shop,

Patisserie Lenox, across the way if you have a date you want to impress.

The impromptu picnic

The impromptu picnic is often preceded by picking up a friend or three from the train station in Wassaic. Such friends are often city-dwellers and thus nature deprived, and will be in awe of your know-how when you stop at a farm store on the way home and treat them to a country-style outdoor experience before you even get home. You say to your friends, "Should we stop and get a few things to have for dinner tonight?" And then end up eating pie, or ice cream, or other local goodies at one of the many area outdoor picnic tables.

Sometimes, the impromptu picnic occurs because you just suddenly feel the strong need to go outside and feel the sun on your face. All you want to do is grab something fast (but not fast food, because why would you ever do that?) to eat outdoors in a scenic spot. Well, never fear, because there are some great choices to help you do just that, and in three states!

First stop, Amenia. Back in the Kitchen's sandwiches, quiches, and desserts are delicious and easy to pick up for your road trip through the countryside, through the woods, or, just back to your house. On Route 22, McEnroe's deli and prepared foods counter has hot and cold sandwiches, soups, salads, and coffee. But my favorite picnic meal with friends (or even alone) is the Bistro Box on Route 7, on the way to Great Barrington. If you haven't been, you're in for a treat. Not only do they have the best gourmet roadside burgers, onion rings, hot dogs, and even a falafel sandwich, but they use



Continued on next page ...



Photos, clockwise starting directly above: Bread and flowers from Sol Flower Farm. Foraged dandelions from a hike and forage, perfect for a destination picnic. To please the spreadable, edible crowd, Chaseholm Farm Creamery has you covered with their selection of spreadable cheeses, which go perfectly with the fresh sourdough bread that's also perfect for your picnic sandwich. And let's not forget the delicious pie from Hi 5, which is a necessity for every picnic, no matter which kind it is!



Above: An elegant outdoor affair.

locally sourced meat and other ingredients. Plus, they have a huge lawn for you to spread out on, complete with a mountain view. Oh, and ice cream for dessert.

The faux picnic (also known as the backyard picnic)

This one is not really a picnic at all, per se, but more of an al fresco dining experience for those of us who happen to enjoy that sort of thing. It's summer, so you might as well eat outside and cook outside, too. There are plenty of delicious foods to grill besides hamburgers and steaks, or even chicken. Lamb sausages, eggplant, and whole branzino (in French, *loup de mer*) are perfect grilling choices to add variety, and need little seasoning or prep time. Think salt, pepper, lemon juice, olive oil here. Brush over everything, including the requisite harictos verts that are in peak season.

To avoid breaking plates carried to and from the kitchen, invest in lightweight acrylic dishes and "glasses," especially if you're going to be dining near a pool. I found mine in Salisbury's At Home in the Country store, on Main Street, where you can find all kinds of picnic-worthy accessories.

The destination picnic

This one is for outdoorsy sorts and those who enjoy long bike rides, hikes, forages, and pilgrimages. For this type of picnic, you'll want to pack as light as possible. The classic French sandwich is perfect for a backpack. Simply slice a baguette in half, spread with plenty of soft, salted butter, and layer several

slices of salami or thinly-sliced cured ham like prosciutto. Wrap in foil, and voilà. Picnic sandwich.

My preferred destination for picnic sandwich-eating is the short, relatively easy hike up to Mt. Riga, in Salisbury. It only takes about thirty minutes to climb to the top, and once there, it's one of the most beautiful views around. Food is not really the focus here, but lingering to take in the beauty is the perfect expression of *joie de vivre*.

However you define it, there is only one rule for your picnic – enjoy it. Summers are short in New England.

Picnic tips:

Play it safe! It's tick season, so be vigilant about checking yourself. Stop by The Village Herbalist in Millerton for a safe spray that lets you repel ticks and mosquitoes without using chemicals.

Keep it green: Paper and plastic don't have any business in your picnic, and it's easy to avoid them. Pack lightweight acrylic dishes, and small rolled-up dishcloths from any dollar store make great washable and reusable napkins.

Stay local: If you're really going to enjoy the great landscape, you might as well eat what is grown here. Isn't that the point? Skip the grocery stores and support your local farmer, baker, and picnic basket maker. You'll have a much better experience. •

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chef bruce young

SIMPLE AND SUBLIME AT SALISBURY BREADS

By Allison Guertin Marchese
info@mainstreetmag.com

Bruce Young, chef, is cool, smart, hip, and really on top of the food scene in Salisbury, CT. He's got his creative culinary hand in a lot of things. Bruce and his partner run a catering company which is based in a 18th Century Greek Revival home called Ragamont House. There he's the executive chef overseeing parties and dinners for Hathaway Young Catering & Events where Bruce takes the show on the road producing stellar weddings and perfect parties throughout the county and beyond. Then there's Salisbury Breads across the street from Ragamont, where one can get weak in the knees by just inhaling the wafting scents of fresh rolls hot out of the oven.

Despite his youthful appearance, he brings many years of experience to his culinary practice in Connecticut's northwest corner. His mantra is *fresh* which is repeated in all that he does.

Who is Bruce?

At heart Bruce Young is a hometown boy growing up in Warren, Connecticut, near Litchfield and putting roots down in the Hudson Valley where he and his wife raise their family.

He spent the better part of his college years and post college days pursuing a career as a jazz saxophonist and studying music at Berkley College. Early on he was drawn to food. "I didn't have a lot of money so I was always cooking. It was always a constant theme and sometimes how I supported myself," says Young.

Later he tracked toward his Ph.D. in music in England. It was then that he turned seriously toward a culinary life. Music took a back seat when Bruce began studying under a few serious French chefs and then with a Michelin-rated baker in England. "I'm not your every day chef," he comments, "most don't like to read recipes and so they steer away from baking. My mother was a librarian and as early as I can remember I read everything from books to the cereal box. Often I'll be reading six or seven books at a time."

For the love of baking and cooking

His need to serious research paid off when Bruce says he fell in love with the art form, the craft, and the complexity of baking. "It looks so easy putting dough in the oven, but it's not like that. Sometimes the simplicity of good bread can be transcendent, sublime." Indeed, baking can be both an art form and a science and Young seems to have uncovered



Above: Chef Young says, "I read several recipes and research a dish before I start to create a dish." Delving into the details helps him put the whole thing together. And above are some of the things he puts together, clockwise, Coq au Vin, Salmon Salsa Verde, and Crème brûlée. Photos courtesy of Bruce Young.

the mystery with clear glass cases filled with surprises. New to the shop is also full line of artisanal locally made cheeses hand selected on family farms.

As for catering Young says, "Sometimes you just have to get it done like making pigs in a blanket for a party, but I'm really a fan of classic dishes. Food doesn't have to be trendy and crazy. If you do traditional food extremely well customers are happy."

What's the secret to running a successful catering company? Bruce says he's happy to say that the egos are checked at the door. "There's no chaos in our kitchen or at our events. I'm rather even tempered, which helps create a real team effort and people like that the focus is on the food."

In all that he does Chef Young still has time for family, shuttling his kids to school before he hits the kitchen most days. There's also a garden in his back yard filled with growing vegetables flowers and herbs. And of course, he's always reading and investigating what's on the horizon.

What about the food trends?

When asked if the Farm to Table trend is fading, Young had this to say. "I think people are tired of incredibly long descriptions of what they're eating. Though everyone seems to be offering us everything from farm-fresh chickens to foraged fiddleheads, what's more important is finding great organic ingredients and the very best produce in large quantity at good prices." As trends go, he says in the moment he's having fun experimenting with Texas barbecue. "I built a smoker and I am logging

different results with it." Yet of all the specialty foods he makes, Bruce confesses that his chicken pot-pies still remains his biggest seller.

Does this popular chef ever slow down long enough to indulge in something decadent? He said, "I can stare at chocolate cake all day and not eat it, but if there's ice cream in the freezer, well that's another story."

Despite some confusion that Bruce is both co-owner of Salisbury Bread, as well as Hathaway Young Catering & Events, he is delighted that both businesses are growing in popularity. And why not? When you look at Bruce's creations you are truly getting gastronomic eye candy. Many of the cakes resemble glazed ceramics, art for a gallery and not necessarily something you'd want to break apart haphazardly with your fork.

Bruce Young's establishments deserve a stop in Salisbury where you won't get "restaurant food," says Chef Young, "It's more like sitting down at a really well run house serving you dishes with the very best ingredients." ●

Salisbury Breads is located at 17 Main St., (860) 435-8835 or you can visit them online at www.salisburybreads.com. It is open Wednesday-Monday and is closed Tuesday. On Saturday, it is open from 9am to 6pm; Sundays, 9am to 3pm and all other days, 10am to 6pm. To reach Ragamont House for special events, lodging or catering, call (866) 424-7095 or visit www.ragamont.com.

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the joys of herbs

THE MANY JOYS AND BENEFITS OF HAVING AN HERB GARDEN

By Claire Copley
info@mainstreetmag.com



In our corner of three beautiful states, many of us are lucky enough to have vegetable gardens. We eat very well here during the growing season. My particular “cabbage patch” is honed to include the things we like to eat on a regular basis. For us, it’s tomatoes, lettuces, cucumbers, garlic, spinach, kale, chard, leeks, cabbages, peppers, asparagus, some miscellaneous onions, beans, and potatoes. I include a few more things every year, space permitting, to see how they do. If they are easy to grow and delicious then that’s good enough for me. I also like a few challenges so things get included every year that I am “experimenting” with. This year it’s cardoons and artichokes because I adore them and figured if I started them early enough I might actually see some by October. We’ll see.

The bounty of summer, whether it comes from your garden or a local farmer’s market, means more creative ways to bring out the fantastic flavors of real food. So this year I expanded a bed off of my kitchen porch and tripled my space for herbs. Somehow the luxury of a handful of fresh basil or mint never gets old. My herb garden is not designed, it doesn’t have walking paths or arbors or contemplative benches. It is a smallish bed right out my kitchen door where I can grab some chives, or a bunch of tarragon for my salad or I can just sit on the porch and smell their wonderful aromas.

The history and significance of the herb garden

Herb gardens are perhaps the oldest documented gardens in history. Herbs were not always a luxury. Back when ingredients had to last all year long, herbs often were used to disguise flavors that were best left undiscovered. They were used as part of the preservation process too. People have used herbs for over 3,000 years both in the culinary arts and in medicines. Helen of Troy was gathering herbs when Paris kidnapped her and carried her off to Troy.

“Physic” gardens were herb gardens that were

grown to provide the basics of medical and apothecary practices. Some of these gardens were extended to provide training in the medicinal and botanical arts and often became the first known botanical gardens. We have recorded physic gardens as early as 1334 in Italy. In London the Chelsea Physic Garden is still going strong, founded in 1673 as the *Garden of the Society of Apothecaries*. Some type of herb garden was essential to every community, whether it was a monastery or a large estate, and different styles and designs were developed for each. There are countless scholarly tracts on these gardens and the central role they played.

Even though we no longer depend on herbs for their medicinal benefits, herbs have healing properties that are still useful today. Many herbs can be used for simple infusions to soothe sore throats and coughs, induce sleep, calm upset stomachs, indigestion, and a variety of other complaints. Herbs are also still used as tinctures (extractions of essential oils) and applied externally to heal wounds, soothe bruises and sprains, reduce inflammation and calm insect stings.

Scents and essential oils

Whether we grow herbs for their culinary or medicinal properties, we get the added benefit of the sheer pleasure they bring. The scent of most herbs is contained in their leaves where tiny cells of essential oils reside. Often the leaves need to be crushed or bruised to release the full effect of these oils. This is one reason that herb gardens have traditionally had narrow paths that encourage physical contact. The perfumed oils produced by mature herbs create a very pleasurable garden indeed. Often herb gardens incorporate benches as a place to simply take in the fragrance.

Herb gardens also make wonderful feeding grounds for bees and butterflies because of their scents. Herbs are rich in nectar and closer to their wild forms than many scentless, hybridized plants.

Before modern beekeeping, gardeners would make and place baskets or logs in herbs gardens to attract the bees and encourage them to build their hives. While we know bees are mainly attracted by color, fragrance plays a strong role as well. Butterflies are more attracted by scent. Planting a wide variety of herbs ensures a full season of bloom and thus provides a continuous nectar stream, and a haven for the butterflies.

Cooking with herbs

In culinary use, herbs add flavors, pungency and spice, cut the fattiness of meats, and transform everyday food. I made a simple chicken salad recently and decided to add cilantro as my newly planted seedlings were bolting in the heat. It forever changed my expectations of chicken salad! Having herbs outside the kitchen door promises many more such experiments. Cilantro is the leaf of the coriander plant, also known as Chinese parsley. It is an annual herb and it’s seeds (coriander) can be dried and used as a spice in soups, stews, and a range of Indian, South American, and Asian dishes.

Apart from the few herbs that dry really well, such as thyme, marjoram, rosemary and savory, culinary herbs are infinitely more delicious when eaten fresh. As herbs wilt after only a few hours, most of the interesting varieties never appear in markets. Though locally we have access to many fresh herbs, having them in my garden allows me to be more experimental and spontaneous. It is exciting to be able to grow a variety of herbs for different types of dishes and cuisines.

Keeping an herb garden

Most herbs need well-drained soil and plenty of sun. They tend to have delicate foliage and do very well with five or six hours of morning sun. A

Continued on next page ...

south or east-facing site is probably best, as north or west-facing sites may provide too much harsh afternoon sun. Some protection from winds is also helpful and will prevent the soil from drying out too quickly. Site the bed as close as possible to the house because it needs to be quick and easy to gather fresh herbs while you are cooking. Now that I think about it, why do we have kitchen doors if not to run out to the garden for some missing ingredient? If possible add a hard path to, or around the bed. This will eliminate the need for garden boots to collect your herbs and that will make you more likely to do so.

If left to their own habits, culinary herbs can get tangled and untidy. Maybe this is another reason that traditional herb garden designs tend to revolve around contained beds, and formal, separated design schemes. Fortunately, in this case, use equals pruning. The constant snipping helps to keep them tidy and deadheaded. Different herbs do have different odd growth habits so eventually I may regret my lack of formality.

Remember that many herbs are annuals in our climate and will either need to be brought in over the winter or replanted each year. Personally, I find that bringing in herbs is often unsatisfactory as they tend to fall victim to various ailments and infestations over the winter, but winter is a good time to start the annual herbs from seed and give them a head start. Woody perennials like rosemary can be tricky as it is too cold outside in winter and rosemary doesn't seem to like it at all inside. It's difficult to start from seed so I always end up buying new plants in the spring. Let me know if anyone has the secret for rosemary.

Planning your herbs

How you plant your outdoor kitchen garden is really dependant on your space, and the type and quantity of herbs you want to grow. Some herbs are perennial, some biennial, and some annual. Most households need only one or two plants of large perennial herbs like sage, lovage, and fennel, but need to grow annuals like basil, chervil, dill, and cilantro in bulk. Biennials like parsley and caraway might be in high demand as well. Remember too



Above: Mature plantings of mint, chives, and sage give way to recent additions. Photo by Claire Copley.

that there are several varieties of each. Each variety can offer a very different quality so consider more than one. You can edge the garden with low perennials like thymes and oregano, planting taller ones in the interior.

If you don't have space for a full-fledged herb bed, herbs do pretty well in containers and you can move them around as needed.

For herbs grown outdoors in containers, the ideal is a container at least eight to ten inches deep. Of course, you can base the size of the container on the expected size of the plant. Drainage has to be especially good so put in a layer of pebbles or broken pots at the bottom before you add any soil. Pots will need to be watered more regularly than in-ground plants and feeding them will also be necessary, as they will deplete the nutrients in their pot pretty quickly.

Claire's recommendations

A classic list of basic perennial flavoring herbs would include tarragon, mint (definitely in a pot!), garden or lemon thyme, summer savory (might also be best to winter inside), fennel, chives, sage, oregano, and marjoram, and biennials such as parsley and caraway. Annuals I suggest are cilantro, basil (several varieties), chervil, dill, and rosemary. Mint is necessary to contain in a pot or separate space as its runners are aggressive and it will soon take over the whole garden. It's fun to have several varieties of mint since they can be quite different and are great in summer fruit, drinks, and cocktails. Other favorites of mine are lemon verbena (annual) and lavender, which I have terrible trouble growing here (darn!). These are not culinary herbs but add to the herb garden with their scent and appearance. Also angelica is a lovely addition and is part decorative and part culinary.

A few other annual herbs of note are bay laurel, which is not very hardy in our climate, but is very useful. When I lived in Italy there were six-foot hedges of it! Chamomile is a lovely ground covering herb and useful for tea. Nasturtiums, while not technically an herb, will add its graceful appearance to the garden and edible flowers to your salads.

Adding joy to all aspects of your life

I wonder if the heavy documentation we have on herb gardens and their design and culture reflects their beauty as well as their functionality. As plants, herbs are special. Certainly their ability to enhance our pleasure in food, especially homegrown food, is central to their role. We can be so much more adventurous with our food when we add the leaves, seeds, and roots of various herbs. Their ability to help us with common maladies of life furthers their useful place in the garden and in our appreciation. But there is also their peculiar and special beauty as plants. They tend to be delicate, with fine, graceful foliage. The foliage of herbs comes in many colors and types, but is usually elegant and enticing. And, of course, there is their fragrance. Grouped together they create a sensual pleasure achieved by few other plants.

So much joy in the garden is due to fragrance, and so much pleasure in cooking and eating is due to flavorings, that an herb garden is bound to add joy to your life. For me, it is exciting to try new things, and to have a new garden that has focus and purpose is a treat. My newly expanded herb garden will likely lead to new pleasures in the years to come. •

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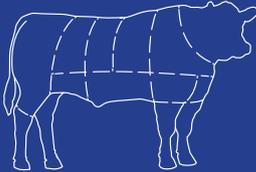
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bad guys and booze

GANGSTER, DUTCH SCHULTZ, AND THE HISTORIC HIDDEN BOOTLEGGING DISTILLERY

By Allison Guertin Marchese
info@mainstreetmag.com

In the 1930s, drinking was a mean business. Spirits were outlawed in New York by way of Prohibition legislation banning most types of alcohol. These restrictions were created in large part by the Anti-Saloon League and the Woman's Christian Union movement which were key components in forbidding the consumption of alcohol. The laws were also supported heavily by the pietistic Protestants and the Temperance movement which dates all the way back to England in the early 1800s. Despite these laws, risky bootlegging flourished in farm towns outside of New York City where there was little notice of bad guys and booze.

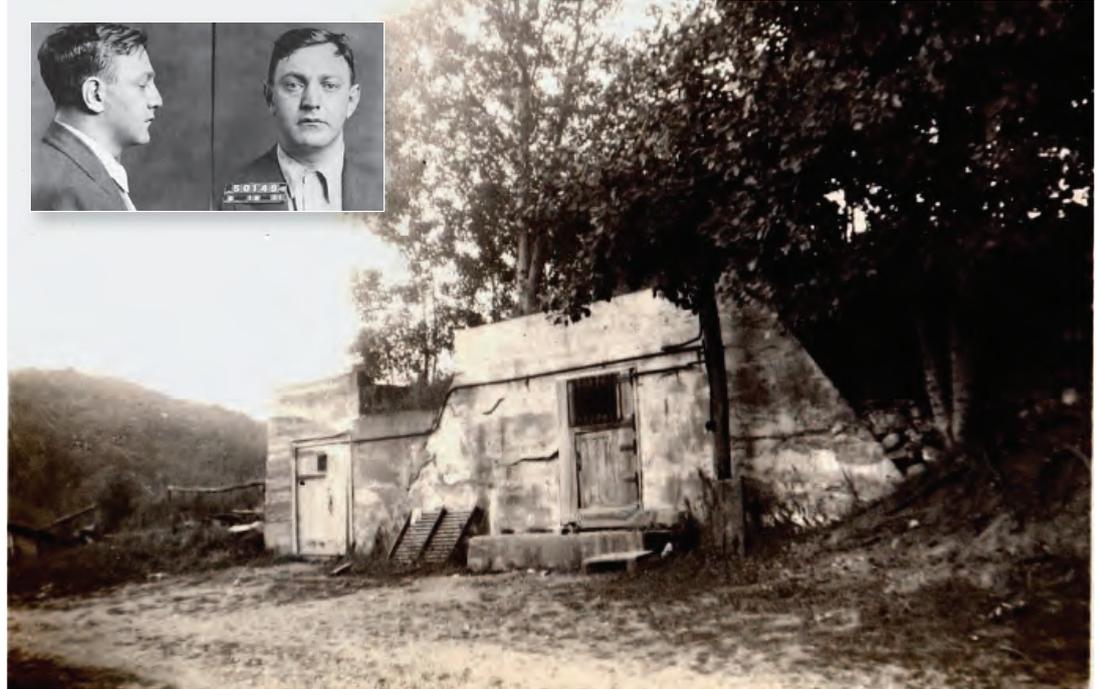
To be exact, it was in the town of Pine Plains, New York that notorious gangster, Dutch Schultz, operated one of the largest illegal underground distilleries in the country. The site is now known as Harvest Homestead Farm and Dutch's Spirits on Ryan Road.

The Beer Baron of the Bronx

Dutch Schultz was born Arthur Felgenheimer on August 6, 1902, in the south Bronx, where tough guys earned their stripes in New York City. He was of German/Jewish descent. Arthur was a typical poor City kid without two nickels to rub together, scraping to survive after his father abandoned he and his family. To get by he began to steal. By 17 he had already been arrested and hardened serving time and when he was sprung from jail, Arthur was gone and Dutch Schultz was born. Seems that Dutch adopted this name from a famous former street fighting criminal from the 1800s who was part of the Frog Hollow Gang and was well known for his fierce temper.

Dutch continued to live a life of crime, but when he could, he would take an honest job in-between heists. At one point he was driving a truck with his good friend Joey Noe when a bunch of bootleggers hired them to distribute kegs of beer. Realizing the kind of profits that could be made (\$3 for a keg of beer sold to distributors for \$9 and then to a speakeasy for \$19) Dutch and his friend started their own joints and brought beer from makers outside of New York City to avoid having to share their profits with other established gangsters.

Rival gangs still fought each other ruthlessly for business, carrying machine guns in their trucks, torching rival establishments, hanging men from hooks and holding them hostage for ransom. But despite his small stature, Dutch Schultz was aggressive and relentless. Soon "The Dutchman" and his friend were controlling most of the speakeasy joints



in the Bronx. But the business in the Bronx would come to a tragic close when Dutch's close friend, Noe, was gunned down in the street. Dutch took the death hard, but prospered by inheriting his friend's half of the business and hailing as the biggest bootlegger in Manhattan.

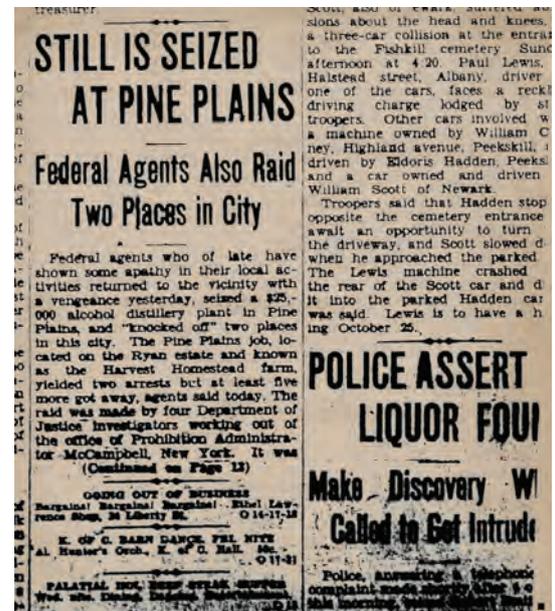
It was that title that brought him to a meeting with mob boss Lucky Luciano in 1929. They formed a crime syndicate together, which led to many brutal years and bloodshed in New York.

The years of crime, murder and mayhem weighed heavy on Shultz like a full case of whiskey. Maybe to get a way from it all, in 1932 he bankrolled an operation that would secretly add to his income. Under the auspices of an every day turkey farm, Schultz set up a secret bootlegging operation in Pine Plains.

As to keep it all on the "down low" Schultz created an intricate underground system of sophisticated hillside bunkers, hidden hallways, concealed pipes, and even a camouflaged bunkhouse. On the surface it all looked legit with coops and barns and the appropriate farm accoutrement.

The underground comes down

Eventually the operation was too big to keep quiet, even in a sleepy little place like Pine Plains in the 1930s. Maybe it was the frequent sugar deliveries or the heavy truck traffic that gave it away, but when the place was finally raided by authorities, they found an incredible super sized operation. Some of



Above top: Dutch Schultz's mug shot. Above middle: One of the old bunkers used for Dutch's bootlegging operation. Above: A newspaper clipping about the raiding of Schultz's operation. All photos courtesy of Harvest Homestead Farm.

Continued on next page ...



the workers were arrested and the equipment was seized. The actual owner of the farm it seems was a retired policeman named Patrick Ryan. After the raid he quietly reverted the moonshine operation back into a turkey farm.

But for Dutch Schultz it was not so simple. He hid out at the home of a friend near Saratoga until he was finally arrested. On November 28, 1934, *The Saratogian* newspaper headline read “Baby Face Nelson Found Dead,” but not far under that is a photo of Dutch Schultz’s scowling face and a short piece explaining how the gangster gave himself up near Albany. And then a quote from the police Commissioner, Louis J. Valentine, which reads “My only regret is that he is not being carried into the City of New York in a box.”

Schultz was tried on racketeering and income tax evasion on over \$400,000 earnings and according to the papers in 1935, at his trial the “beer baron of the Bronx” tried in vain to reclaim his big black ledger, which apparently was the key piece of evidence that could convict him.

Almost dead and delirious

And as fate would have it, the gangster of the prohibition era would meet his fate in a bar. At 10:15 pm on October 23, 1935, Schultz was shot at the Palace Chophouse at 12 East Park Street in Newark, New Jersey, which he was using as his new headquarters. Two bodyguards and Schultz’s accountant were also shot. Shultz survived and went into surgery. The doctors were unaware that Schultz’s assassin had intentionally used rust-coated bullets in an attempt to give Schultz a fatal bloodstream infection (septicemia), should he survive the gunshot. Schultz lingered for 22 hours, speaking in various states of lucidity with his wife, mother,

Above left: The old dormitory. Above: One of the buildings of Harvest Homestead Farm today, but they do have cars from Dutch’s era. Right: The roofs of the old bunkers. Below left: Harvest Homestead Farm’s nod to Dutch and his bootlegging, their legal and modern-day ‘moonshine’. All photos are courtesy of Harvest Homestead Farm.



a priest, police, and hospital staff, before dying of peritonitis.

But the story doesn’t stop there. Schultz’s last words were a strange stream of consciousness babble, spoken in his hospital bed to police officers who attempted to calm him and question him for useful information. Although the police were unable to extract anything coherent from Schultz, his rambling was fully transcribed by a police stenographer. This includes the famous: “A boy has never wept ... nor dashed a thousand kim.” But the entire text is much more rambling, for example: “You can play jacks, and girls do that with a soft ball and do tricks with it. Oh, Oh, dog Biscuit, and when he is happy he doesn’t get snappy.”

One of his last utterances was a reference to “French Canadian bean soup” (French Canadian pea soup is a popular dish that is still produced as canned goods by many food companies). Schultz’s last words inspired a number of writers to devote works related to them. Beat Generation author, William S. Burroughs published a screenplay in novel form entitled *The Last Words of Dutch Schultz* in the early 1970s.

The mystery of the money

Shortly before his death, fearing that he would be incarcerated, Schultz commissioned the construction of a special airtight and waterproof safe, into which he placed \$7 million in cash and bonds. Schultz and his then partner in crime, Rosencrantz, drove the safe to an undisclosed location somewhere in upstate New York and buried it. At the time of his death, the safe was still interred; as no evidence existed to indicate that either Schultz or Rosencrantz had ever revealed the location of the safe to anyone, the exact place where the safe was buried died with them. Gangland lore held that

Schultz’s enemies, including Lucky Luciano, spent the remainder of their lives searching for the safe. The safe has never been recovered.

Harvest Homestead Farm today

Today the old distillery where Dutch Schultz may have hid his treasure is called Harvest Homestead Farm and sits in peaceful place of Pine Plains, a short drive from Millerton’s Main Street.

On the farm’s website you’ll find added history about the great underground distillery where, “in the day,” thousands of gallons of moonshine were made within the expansive network of interconnected tunnels. Over 80 years after Dutch Schultz ran the “Bootleg Bunker Complex,” the operation now sits proudly on the National Register of Historic Places with a new distillery adopting the old “farm-to-bottle” approach of producing corn and grain on the very place where the spirits are distilled and bottled. Co-owners Ariel Schein and Alex Adams are dedicated to continuing the tradition by making their own version of moonshine and “bottled lightening” which they say is a nod to old Dutchy. Their products can be purchased at liquor stores throughout New York State and online.

The new distillery has big plans to revitalize the business and conduct group tours of the old underground establishment, but not just yet. As the property is held to historic preservation rules, the construction is taking longer than expected. Not to worry, the proprietors expect to have their grand opening later in the summer or early fall. So make plans to go. It’s definitely worth a visit, and who knows, maybe you’ll find the buried treasure. ●

For more information contact Harvest Homestead Farm / Dutch’s Spirits at 98 Ryan Road, Pine Plains, NY, or visit their website www.dutchsspirits.com.



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THE WHITE HART INN'S tap room

By John Torsiello
info@mainstreetmag.com

For almost 150 years the “tap room” at the historic White Hart Inn in Salisbury, CT has been a place for weary travelers or locals to sit back, meet or make friends, and enjoy a libation and comfort food.

The White Hart Inn, which legend says was named after one of the Hampshire, England taverns of the same name, has operated as a “post-road” inn since 1867, though its physical structure dates back to 1806, when part of the current building was constructed as a private residence. The Inn reopened under new management last year after an extensive renovation project.

“With the exception of the tap room, all of the interior spaces were changed in the 2009 renovation,” says Conley Rollins, one of the owners of the Inn that stately sits practically in the middle of Salisbury. “So the tap room was the one piece of the Inn that really retained its aesthetic connection to an earlier era and we very deliberately wanted to keep that connection. And so we changed nothing, literally. But as much as many people think of the current incarnation as ‘original,’ as you can imagine in a 200-year old building there were many changes in style and decor.”

Rollins says that there is a collection of old post cards of the inn and one of his favorites includes a photo of the tap room, which looks straight out of (the television show) *Mad Men* – a sort of high-modern, Japanese inspired look. “And then we have even older photos of the tap room where, again, it looked totally different. As far as I can tell there were two constants: the woodwork of the mantle and the tables. The tables have stayed the same as the decor changed around them.”



The community's focal point

A pub, i.e. public house (a house “open to the public”) can often be the focal point of the community. The writings of Samuel Pepys described the pub as the “heart” of England, and the history of pubs can be traced back to Roman taverns. Traditionally the windows of pubs were of smoked or frosted glass to hide the clientele from the street, but from the 1990's onwards there was a trend toward clear glass windows in keeping with brighter interiors.

In England and other countries including the U.S., there were distinctions, some class in nature that separated customers of pubs and “saloons.” However, pubs gradually improved in reputation and operation until almost the only difference was in the prices. With the dismantling of class divisions in the 1960s and 1970s, the distinction between the saloon and the public bar became blurred, usually by the removal of the dividing wall or partition. Often the décor and decorations are the same throughout the premises, and many pubs now comprise one large room. However the modern importance of dining in pubs encourages some establishments to maintain distinct rooms or areas for dining, as in the case at the White Hart Inn.

Historical significance

At the Salisbury Inn, homage is paid to the tap room's storied past. Says Rollins, “I was at the Inn a few weeks ago and was talking to one of the house guests at the bar. He had a long connection to the area and had been to the White Hart many times in the past. He started telling me that his mother had bought a White Hart sign at an antique store and that it used to hang outside of the Inn. I was a bit skeptical because I saw the photo and it didn't match anything that I had ever seen in photos of the outside of the Inn. But I sent it to (local realtor) Elyse Harney, who immediately recognized it. It turns out that it wasn't a sign that was outside the Inn, but it had hung in the tap room for years. A number of people had asked us about the sign that hung in the tap room and we had no idea what

had happened to it. It was amazing that this man's mother wound up with it. They are going to bring it back to the inn, a wonderful gesture and a great way to bring back some of the old White Hart.”

The interior of the White's Hart tap room, or pub, is warm and comfortable, due in large part to the dark wood and wallpapered walls, a multi-framed window to the right of the bar, a small, intimate seating area at the bar, and subdued lighting. Situated about the tap room are small tables where patrons, just as they did over a hundred years ago, can sit, chat and enjoy a beer or single malt and a bit of food. On shelves on the back wall of the bar area are, of course, myriad liquors, and the rest of the room is reflected in a mirror, standard for a pub.

Food to satisfy the hungry

The menu at the White Hart Inn tap room is a mix of dishes that could well have been served 150 years ago, and then again not. For instance, travelers of yesteryear most likely could have enjoyed black bean chili with corn bread and a “ploughman's lunch,” while they may have turned an eyebrow up at baked eggs with smoked salmon or a warm sweet onion and Gruyere tart. For dinner, a visitor to the tap room in, oh, say, 1890, would have had the opportunity to revel in fish and chips or a bar steak, just like today, but not likely chicken liver mousse. Wandering minstrels once kept pub patrons entertained and the White Hart keeps that tradition alive with music on certain evenings, which further lends an air of relaxation to the tap room and dining area.

It seems that sometimes the more things change the more they stay the same. Such is the case with the tap room at the White Hart Inn. ●

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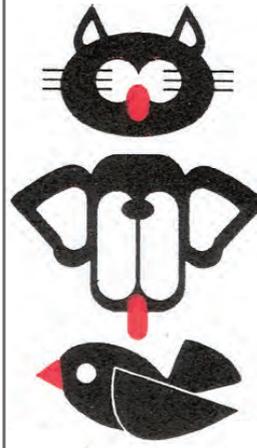


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balancing the universe on a fork

AN AYURVEDIC APPROACH TO FOOD AND EATING

By Mary B. O'Neill
info@mainstreetmag.com

Westerners are rediscovering what Ancient Eastern scholars and healers knew thousands of years ago, that the body and mind are intimately connected. This essential linkage was most famously torn asunder by the philosopher René Descartes in the early 1600s. Since then, despite our best efforts to keep them apart, body, mind, and spirit have been struggling to find their way back to each other to bring our lives to great wholeness.

An example of ancient wisdom that unites the corporeal and the conscious is the science of life known as Ayurveda (from the Sanskrit *ayus* meaning “life” and *veda* meaning “knowledge”). Dating back 5,000 years to India, Ayurvedic theory and practice were first codified in the *Charaka Samhita* written in Sanskrit by the sage Charaka. In it are descriptions of symptoms and remedies for all manner of affliction, as well as guides for good health, including principles for healthy eating. To this day it is one of the primary texts for Ayurvedic learning.

Fundamentals of Ayurveda

Ayurveda is a holistic view of life that encompasses mind, body, and the natural universe. In Ayurvedic theory, underlying all things there is a consciousness that connects every thought and every material particle of being. Thus, when you get down to this sub-cellular level the distinction between mind and body disappears. What happens in the mind is played out in the body and vice versa. In Ayurveda, one seeks a balanced life with oneself, with others, and with nature. This is the foundational principle, that one should live a life in balance, and balance equals health.

Balancing the equation of five elements + three Doshas

Ayurveda focuses upon five elements that are represented in nature and which have become foundations for the physical world – ourselves included. There is no separation between human beings and the natural world, we are nature and our connection to it is just as intimate and necessary to our health as the connection of mind and body.

Space/ether, air, fire, water, and earth are these five elements. From birth, each human being holds a combination of them in greater or lesser degrees, which gives form to our individual nature.

These individual qualities, capacities and tendencies define who we are. In Ayurvedic theory this is known as our *prakruti*, our true nature, our natural constitution, and the source of balance we seek to maintain.

Our *prakruti* aligns with three archetypal Ayurvedic combinations known as *doshas*, which are Vata, Pitta, and Kapha. Vata represents a union of space and air; Pitta is a blend of fire and water; and Kapha is a mixture of earth and water.

Most people are primarily a combination of two *doshas*, although we possess all five of the elements to some degree. Usually one *dosha* will be dominant with another playing a secondary role. To help you determine your individual *dosha*, many Ayurvedic books and websites contain questionnaires to guide you. The questions are simple and pertain to physical characteristics, emotional propensities, and habits of mind. Ayurvedic consultations are another way to do this. See if you can recognize yourself in *Which Dosha Are You?* accompanying this article.

Cindy Vannoy, a yoga instructor at Yoga at Space in Lakeville, CT, has been a passionate student of Ayurveda for the past 15 years. She is continually fascinated at the depth of knowledge Ayurveda offers, and in turn incorporates these tools for living well into her yoga classes. As sister sciences, the two systems are highly compatible and overlap in many areas.

Vannoy describes Ayurveda as a practice of self healing. Living a life in alignment with our natural constitution, defined by the interplay of our *doshas*, keeps us on track for a long and healthy life. When one recognizes an imbalance, feeling off or out of sorts, adjusting one's activities, thoughts, and diet returns us back to our natural equilibrium.

She counsels that correcting imbalances cannot be achieved the American way – cold turkey, all or nothing. It needs to be done mindfully and incrementally with attention to all aspects of our lives including a focus on lifestyle, emotional states, and diet. Vannoy observes, “It is often the simple changes to daily routines, food choices and exercise that bring us back into balance.”

Continued on next page ...



Simple Detoxifying Teas

Drinking warm teas throughout the day help to rid the body of toxins. Place all ingredients in a saucepan with 4 cups of filtered water, bring the water to a boil for 5 minutes and then steep for 2 to 5 minutes. Always add the lemon while the tea is steeping. Strain the tea into a pot or thermos.

Vata Tea

1 tsp. fennel seeds
1 tsp. cumun seeds
½ tsp. coriander seeds
½ tsp. fresh grated ginger
Squeeze of lemon juice
Raw organic sugar to taste

Pitta Tea

1 tsp. fennel seeds
1 tsp. coriander seeds
½ tsp. cumin seeds
10 fresh mint leaves
Squeeze of lemon juice
Raw organic sugar to taste

Kapha Tea

1 tsp. cumin seeds
½ tsp. coriander seeds
1 stick cinnamon or licorice
10 fresh basil leaves
Squeeze of lemon juice

Source: **Eat Taste Heal: An Ayurvedic Guidebook and Cookbook for Modern Living**, Five Elements Press, 2006

You are what you eat

Recognizing the connection between what you are and what you eat is only the starting point for Ayurvedic eating. In Ayurvedic theory, diet is a cornerstone to living a life in balance. Yet it is so much more than that. Each person's nutritional needs are highly individualized and vary by season, time of day, and age.

A balanced Ayurvedic diet nurtures body, mind, senses, and spirit. What, why, and how we consume all play a role in our overall health. Therefore, eating Ayurvedically for one's specific doshic constitution demands that we focus on the food's energy in relation to our own, with an ongoing effort towards recalibration and returning to our prakruti for health and longevity.

A matter of taste

The five elements are present in the six tastes, which are sweet, sour, salty, bitter, pungent, and astringent. The accompanying chart shows the predominant elements and examples of food choices associated with each taste. From there, it is easy to see how the opposites balance each other.

Vannoy says, for example, if your dosha or constitution is predominantly Pitta, avoid or minimize foods associated with the element of fire. This will help you stay balanced and cool, especially in the summer season. Indeed, as we all possess the five elements to some degree, it is helpful for everyone to reduce foods with a lot of fire during the summer.

She acknowledges the layers of complexity involved in Ayurvedic eating and recommends that

Five Elements and Food

EARTH

Most kinds of seeds and nuts; meat; mushrooms; root vegetables; beans; wheat, rice, and many other grains; coconut meat, hard dried fruits; and minerals

WATER

Milk and dairy products; juicy fruits such as plums, watermelons, grapes, cantaloupe, oranges, papaya, and peaches; coconut water; juicy vegetables such as cucumbers, zucchini, and tomatoes; and salt

FIRE

Spices such as hot peppers, black pepper, cinnamon, cloves, ginger, asafoetida (hing), garlic, and onions; sour fruits, such as pineapple, lemons, grapefruit, tamarind; sour berries like cranberries; alcohol; tobacco.

AIR

Dried fruits; raw vegetables; rough vegetables such as broccoli, cabbages and sprouts; nightshades like potatoes, tomatoes and eggplants; many beans such as black beans, pinto beans, and chickpeas

ETHER

Sprouts; fresh vegetable juices; algae; spirulina; intoxicating and narcotic drugs such as alcohol, marijuana, LSD, cocaine and tobacco; Anesthetic drugs such as ether

Taste and the Five Elements

Sweet = Earth + Water

Salty = Water + Fire

Bitter = Air + Ether

Sour = Earth + Fire

Pungent = Air + Fire

Astringent = Air + Earth

Source: **Textbook of Ayurveda**, Volume 1 by Vasant Lad, M.A.Sc.

Which Dosha Are You?

Vata: energetic, creative, and natural risk takers who often initiate projects. When Vata is out of balance you can be nervous, anxious, fearful, fatigued, and depressed.

Pitta: natural leaders and administrators, capable of taking precise, decisive and focused action. When Pitta is out of balance you can experience mood fluctuations, irritability, increased body temperature, restlessness, and impatience.

Kapha: pillars of community, ability to follow through and see projects to completion, affectionate, good natured, and experience the least mood fluctuations of the three doshas. When Kapha is out of balance you can experience sluggishness, feelings of being "stuck in a rut," strong attachments, addictions, possessiveness, over-sensitivity, and laziness.

Source: **The Tastes of Ayurveda**, Arsenal Pulp Press, 2012

a good starting point for nutritious eating for everyone would be to start with a colorful plate of food. If it is colorful, it is likely to have the full range of tastes served up. As you learn more about your own nature and the foods you are eating, you can slowly incorporate changes into your eating patterns.

Vannoy admits that despite being an ardent student of Ayurveda, she cannot always adhere to a full Ayurvedic diet. To compensate, she remains aware of the best foods for her dosha, as well as the season of the year, and adjusts her food choices accordingly. She then focuses on what she can do. One small habit she maintains is to begin each day with hot lemon water to cleanse the digestive system. She also drinks home-brewed Ayurvedic tea throughout the day to stoke the digestive fire. When serving and eating her meals, she tries to create a pleasant and relaxing dining experience.

When making changes to your own diet Vannoy suggests the one-quarter approach. Make changes slowly, reducing or adding one quarter of the amount at a time. This allows your body to adjust to the new normal and lets you adopt the change in a more lasting manner. Again, it's about balance and ease – not shocks to the system.

Setting the table and the mood

Ayurvedic eating is a holistic experience. To that end, it needs to be a mindful affair, one that consciously pays attention to the food and the sacred place it holds in our lives. To pay homage to the essential role food plays in maintaining and cultivating the link between us and the Universe, we need to set the stage and create a ritual.

Eat in pleasant surroundings that create an uncluttered eating space free of distractions (that means no smart phone). Include in your meal any props that symbolize additional care and attention,

such as flowers, candles, and an attractive place setting. Use of foods that are local, natural and unprocessed is also encouraged. All of these measures increase a sense of balance and ease.

Good company and conversation can also be a way of honoring the role of food in the gathering together a community of divine beings. Performing stressful tasks while eating undermines the ambience you are trying to create. So reschedule that tense business negotiation you had planned to do over a power lunch!

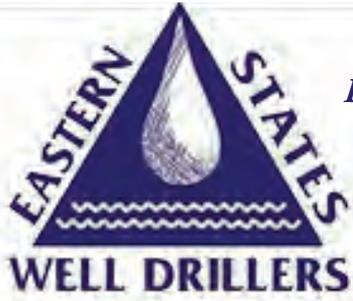
Also important for this ritual meal is the blessing. It can be a prayer, poem, or thought of gratitude in which you take time to be thankful for the food and the company in which you are eating it.

Eating the whole thing

An Ayurvedic diet or approach can seem daunting at first. But as Vannoy points out, "Much of Ayurveda is common sense. Anything you can do, even a small act, such as drinking water with cucumber or mint added, rather than ice, will cool you from within, without drowning your digestive fire. It can move you into greater balance. Eventually, you'll become aware of how intimately we are connected to food and the Universe through the five elements." She adds, "Make small changes, be aware of them, and don't be too hard on yourself if life gets in the way. Just begin again." ●

For more information on Ayurveda, dosha questionnaires, and Ayurvedic eating visit <http://doshaquiz.chopra.com/>; www.eattasteheal.com/; and www.kripalu.org. Cindy Vannoy is offering a community yoga class on Ayurveda and Yoga on Saturday, July 12 at 9:30 am at Yoga At Space in Lakeville, CT. For more information go to www.yogaatspace.com.

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NOW AND THEN,
IS A *good thing.*

Thomas Jefferson, 1787

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catfishing

& SEEKING OUT OTHER
AQUATIC LIFE TO CATCH & EAT

By John Torsiello
info@mainstreetmag.com

Some of my sweetest memories from childhood were when my grandfather and my dad packed up the old 1953 Buick and headed out for a catfishing expedition.

Well, we called them bullheads, you know those ugly bottom feeders that bite only when nighttime begins to fall and they start their foraging. Occasionally, they will hit on severely overcast days. But nighttime was the time when we conducted our catfishing.

A fisherman's catfish tale

And was it fun for a little kid. We would fish in a small pond in northwest Connecticut that the owner of the property, whom my granddad knew well, used to let us have all to ourselves for a few bucks. We set up lanterns, baited our hooks (with night crawlers, of course), watched the sun go down and listened to the bullfrogs croaking and the "peepers" peeping as dusk fell. Prior to dark, we would land an occasional yellow perch, bluegill or bass. But this was all just a prelude to the fishing done after dark, when the catfish would strike and we would load our pails. Then it was in the backseat on the way home, listening to the baseball game on the radio.

Now, one would not think that such an inglorious fish would be so tasty. But man, they were and are. After the tedious job of cleaning the fish, which included having to skin them without getting pierced by the "stingers" they have located on their mid-top and sides, they were cut into filets. My mother and grandmother would then dip them in egg and breadcrumbs and fry them on the stove for dinner the next night. I'll tell you what, you can have all the trout you want, I'll take deep fried catfish any day of the week. Throw in a side of boiled potatoes lathered in butter, some coleslaw, and it was a meal to make any fisherman smile.

I continued to fish regularly as I reached adult-



hood and often visited that old pond with my friends and wife after my granddad passed away. I later gave my love of fishing to my daughter and we had the same magical moments that me, my grandfather and father had when I was her age. And, yep, now my little grandson has a fishing pole in hand as he enjoys the same thrill of casting a line in the water and waiting for some unseen monster to take it and run.

Where to fish in Dutchess County

Dutchess County is full of great lakes and ponds to not only catch bullheads but also myriad fish of all shapes and sizes. And the rivers, streams, and creeks of the county produce trout in abundance, which I must say I have come to acquire a taste for.

Here's a look at where best to wet a line:

Iron Mine Pond in Taconic State Park south of Rudd Pond is a great small pond for those that want to get away from the crowds and fish along the shoreline. It's only five acres, but the state stocks 200 rainbow trout in Iron Mine Pond every spring. Anglers also report of catching largemouth bass and panfish.

Morgan Lake is located in Poughkeepsie and offers some great access to shore fishing. This small lake also has a wide variety of fish to catch and will usually produce some good action. Local sportsman groups stock this lake with trout throughout the year. The fish lurking below include largemouth bass, chain pickerel, common carp, and panfish.

Rudd Pond is located in the northeast part of Dutchess County just north of Millerton. It has great access and is surrounded by state park land. Reports have always been good for catching largemouth bass, chain pickerel, and panfish. Rudd Pond also has a good panfish population, including bluegills, black crappie, and yellow perch.

Stissing Pond is located in Pine Plains and

offers some good fishing opportunities. This pond is ideal for fishing out of a small rowboat, canoe or kayak, and has good weedlines and dropoffs that give anglers a variety of techniques to use to catch fish. Largemouth bass, yellow perch, and bluegills offer some exciting action.

Sylvan Lake is shaped like a deep bowl and has beautiful clear water with a well defined weedline along its edge. With no gas motors being allowed, this lake is ideal for a relaxing day of fishing. It also offers a variety of species to catch. The cold deep water provides good trout habitat, and the shallow weed beds provide great cover for panfish and largemouth bass. The DEC stocks close to 1,700 brown trout into Sylvan Lake every spring. As the water warms up during the summer, look for the trout in the thermocline; 20 feet down is a good place to start. Anglers report of catching some large hold-over fish up to 10 pounds.

Upton Lake is located north of Millbrook. This lake is perfect for the angler that wants to fish out of a canoe, kayak or small rowboat, and offers anglers a variety of fish species to catch. The DEC stocks Upton Lake with 600 brown trout every spring. Anglers report of catching nice size hold-over fish. It also provides anglers with opportunities of catching largemouth bass, chain pickerel and a variety of panfish.

Wappinger Lake located in the town of Wappingers Falls is a shallow impoundment of Wappingers Creek, and provides good angling opportunities for catching largemouth bass, chain pickerel, and panfish.

The Dutchess County section of the **Roeliff Jansen Kill** is stocked annually with over 2,000 brown trout. Some wild brown trout reproduction

Continued on next page ...

exists. This is a large stream and some nice sized brown trout are present. Some brook trout can be found in the headwaters.

Shekomeko Creek is not stocked by the DEC; however, it does have a wild brown trout population that can provide a challenge to anglers. A few wild brook trout might be found in the headwaters.

Sprout Creek is stocked annually with 6,000 brown trout with some contribution to the fishery by a wild brown trout population. Wild brook trout can also be found in the headwaters.

Swamp River is stocked annually with over 500 brown trout to augment a modest wild brown trout population. In addition there are also small numbers of wild brook trout present.

Wappingers Creek is stocked annually with over 12,000 brown trout and 2,000 rainbow trout, with all of the rainbow trout being stocked downstream of the dam at Pleasant Valley. Some wild brown trout reproduction exists, especially upstream of the Taconic Parkway. Wappingers Creek is the largest stream in Dutchess County and it yields some sizeable brown trout. Wild brook trout can also be found in the headwaters.

The Wassiac Creek and the **Tenmile River** are both quality coldwater streams containing wild brown trout. The Tenmile River is stocked annually with over 9,000 brown trout.

And, of course, you can find catfish in every lake and pond. But you have to wait until night falls to really get into the heat of battle with the tasty fish. •



Previous page: The brown bullhead. Above: Rudd Pond makes for a sweet day of fishing. Below left: An angler wets a fly. Visit the New York State Department of Environmental Conservation at www.dec.ny.gov to find great spots to fish in southeastern New York State.

A few recipes à la John to try if you're lucky enough to land a mess of catfish, trout, or bluegills:

DEEP FRIED CATFISH INGREDIENTS

Servings: 4
 1/2 cup flour
 1/2 cup yellow cornmeal
 1 teaspoon salt
 1/2 teaspoon pepper
 1/2 cup milk
 1 1/2 lbs catfish meat
 oil (for deep frying)

DIRECTIONS

Mix dry ingredients. Heat oil to 365F degrees. Dip fish in milk, then in flour mixture. Fry a few at a time, turning once, about 2 minutes each side. Drain on paper towels.

2 lbs. dressed (and fillet bluegill) fish
 1 1/2 tsp. salt
 Dash pepper
 1/4 c. milk
 1/2 c. flour
 1/4 c. cornmeal
 Vegetable oil for frying

Clean fresh caught fish and fillet. You may use frozen. Rinse and dry fish. Add salt and pepper to milk. Mix flour and cornmeal. Dip fish fillets into milk mix and roll in flour mixture. Fry in hot oil at mod-

erate heat for 4 to 5 minutes or until golden brown on one side. Turn carefully and fry 4 to 5 minutes longer, or until other side is golden brown and fish flakes easily when tested with a fork. Drain on paper.

BLUEGILL STIR-FRY INGREDIENTS

Servings: 4
 3 tablespoon canola oil
 8-10 ounces bluegill fillets, chopped
 1 cup green onions, diced
 1 cup fresh mushrooms, diced
 1 cup fresh asparagus, diced
 1 cup green bell pepper, diced
 1/2 tsp homemade Old Bay seasoning
 1 garlic clove, minced
 2 tablespoon homemade teriyaki sauce
 cooked rice

Directions

Heat up a wok or a skillet and add the canola oil. When hot add all of the ingredients except the cooked rice. Fish is done when it flakes easily.

TROUT ALMONDINE INGREDIENTS

Servings: 4
 1/3 cup butter or 1/3 cup margarine
 1/2 cup blanched slivered almond
 4 (8 ounce) trout
 4 tablespoons butter or 4 tablespoons margarine
 1 1/2 teaspoons lemon juice
 salt
 pepper

DIRECTIONS

In a small bowl, melt the 1/3 cup butter or margarine in a microwave for approximately 30 seconds. Add almonds and heat, uncovered, in the microwave for 3 minutes or until lightly browned; stir occasionally. Set almonds aside. Arrange fish in a shallow, 10-inch, heat resistant, baking dish. Place 1 tablespoon of butter on each fish and sprinkle with lemon juice, salt, and pepper, to taste. Cover with wax paper and heat for 7 minutes or until the fish flakes easily with a fork. Spoon browned almonds over fish and heat, uncovered, in the microwave for 2 minutes or until heated thoroughly.



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Millerton Farmer's Market

Open Saturdays through October 31st, 9am-1pm. (518) 789-4259. 51 South Center St., Millerton, NY. www.millertonfarmersmarket.org

There is nothing better than locally grown food in a local community. The Millerton Farmer's Market is currently run by the NECC, providing fresh local food to their customers and a place for their wonderful vendors to sell their items. The market serves Millerton, but often hear people say they drive up to 30 minutes to visit the Millerton market. The relationship between farmers and customers is really special. The farmers can really talk to you about how to cook their food and tell you more about how it was grown. It's certainly not something you can get in a grocery store. They also have music weekly and chef demos done by both professional chefs and by the market's interns who are learning a lot about nutritious foods, farms, and food education. Taryn Cocheo, market manager, says the connection with customers, farmers, chefs, and raising money for the food access programs is so rewarding. The market looks forward to growing every year! They are continually adding more vendors as well as special events and are always finding new ways to connect the community with the market, as well as local businesses. Come check out the market! They have so much to offer. The use of credit cards, food stamps, and EBT cards are welcomed at the market, too.



Chaiwalla Tea Room

(860) 435-9758. 1 Main Street, Salisbury, CT. Like us on Facebook.

Looking for a lovely cup of tea and a warmth, both in actuality and in atmosphere? Look no further than the Chaiwalla Tea Room, located in scenic Salisbury, Connecticut. Chaiwalla has been in continuous operation for over 25 years, serving as the prime spot for brunch, lunch, or a pot of the house tea, Chai. The menu includes a wide variety of sandwiches such as the popular tease toast, fruit filled french toast, savory soups, and freshly-baked cakes, pies, and confections. While you can't go wrong ordering anything from the menu, if you ask their customers, most will recommend the house specialty: tomato pie, which combines ripe plum tomatoes, creamy Vermont cheddar cheese, and a flaky crust to perfection. There is hardly a better place to take a break from the hustle and bustle of everyday life, according to the Chaiwallans. Whether it's with a refreshing glass of strawberry ice tea in the summer, or a rich pot of Assam by the fireplace in winter, you can't have bad time over a cup of tea. Chaiwalla is open daily from 10am to 6pm, Wednesday through Sunday throughout the summer months and open weekends during the winter.



The Collin's Diner

Traditional comfort food. (860) 824-7040. 53 Main Street, North Canaan, CT. www.collinsdiner.com

Celebrating its 75th anniversary, The Collin's Diner is a national historic landmark and is an original 1941 Jerry O'Mahony design. The diner is named for the original proprietors who started their business with a horse drawn eatery during the early 1900s. It was placed at its present location in 1941 and is the only design of its kind in the world which sits on its own island that is still in operation. Mike Hamzy bought the diner in the late 60s and he and his wife Aida operated it for more than 42 years. Today Ameen-Storm Abo-Hamzy, Mike's son, and his two sisters run the diner. The Diner serves traditional breakfast and lunch and offers American comfort food with a few Lebanese delicacies. Specialties are hand-cut fries, free range eggs, and Jersey milk which is a little richer than milk. They are offering two eggs and toast from 5:30-10 am Monday through Friday for 99 cents as a celebration special. The Diner has been awarded five stars by *The Boston Globe* and *The New York Times* for comfort food and has been touted as the best Blue Plate in Connecticut. The Diner has been featured in several Hollywood films and Ameen hosts the annual free outdoor Poetry Is Music® summer festival during Canaan Railroad Days.

INSURING YOUR WORLD

Summer is upon us and outdoor parties abound! Weddings, graduations, July 4th parties, etc., if you or a relative is organizing such an event, make sure you check the liability limits of your homeowners or if it is a business sponsored party, your business owner insurance policy to ensure adequate limits of liability coverage. Many exposures exist while entertaining! Consider food allergies, peanut, gluten, shell fish – all can lead to serious illness and in some cases can be fatal. Unfortunately, if you are the one doing the serving, you are responsible! If you have hired a caterer, make sure you have a certificate of insurance from them naming you as additionally insured so you can secure additional coverage under their policy while they are serving on your property. If you have alcohol at the party and you are not charging for drinks, you are covered under your homeowners and/or business owners policy via your “host liquor liability” coverage. Again, request that your caterer provide liquor legal coverage if they will be serving at your party. As I’ve written in the past, better off to be safe and insured than sorry after the fact! Have a great summer.

Kirk Kneller
Phone 518.329.3131
1676 Route 7A, Copake, N.Y.



Brad Peck, Inc.

FOOD & WINE PAIRING

Summer has finally come to Connecticut’s Northwest corner, and with the new season in full bloom, we have been getting a lot of questions about the best wines to pair with lighter summertime fare. When it comes to pairing your food with the perfect wine, there are no absolutes - and as one famous chef put it, “I eat the food I want to eat with the wine I want to drink!” And so you shall! But of course, there are still a few elementary rules in wine pairing which can enhance your summer staples, from seafood to barbecue and even casual picnic or beach dining!

With shell fish such as lobster or shrimp try a crisp, light Muscadet from the Loire Valley. And despite its reputation, Muscadet is not the least bit sweet! For vegetables and salads try a cru Beaujolais or light Cabernet Franc, a Sauvignon Blanc or a dry sparkling wine. For general seafood, a good mix might include a Sancerre or Pouilly-Fume (both Sauvignon Blanc), or an Albariño from Spain. Red, tomato-based sauces are helped with a Barbera or Montepulciano d’Abruzzo from Italy, or a Chinon (Cabernet Franc) from France. Game dishes can be elevated with good Pinot Noir (particularly Burgundies), many Bordeaux, and Syrahs from the Northern Rhône. For casual grilled foods such as hamburgers, pair with a simple Aglianico, Merlot, or Cahors (Malbec). And don’t forget, rosé is a great food wine as it pairs with most anything, and what says summer better than a cool, crisp rosé?! Happy Summer!!



(860) 435-1414
19 Main Street, Salisbury, CT
wine@salisburywines.com
www.salisburywines.com

Securing your BBQ space

As we’re in the height of BBQ and outdoor living / deck season, it’s important to review the safety and conditioning of your deck. Any deck that’s exposed to the elements needs to have the correct wood and the correct fasteners, such as screws and or nails that are galvanized, zinc coated, ceramic coated, or stainless steel to name a few. Your choices of wood varies greatly as well. Most decks are framed with pressure treated wood, and your top deck boards can range anywhere from pressure treated to cedar to mahogany and other types of exotic hardwoods. The life expectancy for these woods is much greater than your average white woods such as spruce, pine, Doug fir. You can also use plastic composite decking, which is a low maintenance option.

Deck railing is another important safety feature to examine. When you and your guests are enjoying the nice outdoor living space, people often set their drinks on the railing and or lean up against it. The railing should be checked continuously throughout the season to make sure that it safe and secure.

A few things to look out for: a spongy feel to your deck, which could mean that the board is rotted or is failing. If your railing posts are wiggling or loose, they need to be re-fastened or potentially replaced if damaged. A good preventative measure is to coat or treat your decking with the correct preservative for maximum life expectancy, and treat accordingly based on the wood and preservative that is used.

Fridrik Kristjansson
518.929.7482
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www.naileditbuilding.com



The harvest calendar

Learning more about the harvest calendar in your region is a great way to ensure that you get the freshest produce and support local farmers. Here are general guidelines as to when to look locally for popular fruits and vegetables. Their availability may vary with weather conditions. However, if you know when and where to look, the Hudson Valley will not disappoint those in pursuit of freshness!

- Good news for those with winter blues: radish, pea, spinach, beet and kale seeds will germinate when soil is as cold as 40 degrees Fahrenheit! Accordingly, you’ll see these vegetables in the market as early as mid-April.
- May brings fresh asparagus. The tender shoots have a short growing season, wrapping up by early June. Harvests of chard, lettuces, arugula, and fast growing varieties of radishes, turnips, and beets should be well under way.
- June brings vitamin-rich cabbage, broccoli, cauliflower, string beans, carrots and strawberries. Local strawberries may appear small, but they are deceptively sweet and juicy!
- Witness July’s parade of popular produce: peppers, summer squashes, onions, garlic, and potatoes. Cherry tomatoes and sweet corn make their debut towards the end of the month. Also, look for blackberries and early season raspberries.
- Much awaited melons, blueberries, fennel, celery and a host of tomato varieties ripen in August.
- September will bring Brussels sprouts, winter squash and pumpkins, as well as late season raspberries.
- Don’t despair; kale, lettuce and root vegetable harvest can continue up to and beyond winter frosts. You can store beets, carrots and parsnips long term in the refrigerator. Plus, a cool, dark place is a safe home for onions, garlic, winter squash and potatoes for two to three months.



Call: (518) 789 4191
Route 22 between Millerton and Amenia
www.mcenroeorganicfarm.com

LISTINGS:

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Agway
518 789 4471
agwayny.com
Boundaries for Pets
800 732 3181
boundariesforpets.invisiblefence.com
Petpourri
845 435 8833
Wild Birds Country Store
413 644 9007
wild-birdstore.com

ANTIQUES

Millerton Antiques Center
518 789 6004
Susan Silver Antiques
413 229 8169
susansilverantiques.com
Sutter Antiques
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518 329 0411
tristateantiquerestoration.com

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518 789 4961

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crowhills.com
Clark & Green Inc.
clarkandgreen.com
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Darren Mercer Architect
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gmframing.com
Housatonic Fine Art & Custom Framing
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johnwrobertsonfineart.com
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salisburyartisans.com
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The Arts at Hotchkiss
860 435 4423
hotchkiss.org/arts

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North East Muffler
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charlottesny.com
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collinsdiner.com
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themoviehouse.net

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Roaring Oaks Florist
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roaringoaksflorist.com
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860 824 5192
stonepolishingct.com
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860 435 2348
thornhillflower.com
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518 789 9497
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917 678 7689
vklarsoncommunications.com

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hammertown.com
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mirrormirrorclothingshop.com
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SomethingsGottaGive
860 824 8045
The Village Herbalist
518 592 1600
tvhmillerton.com

WHAT'S YOUR SIGN?

ARIES (March 21–April 19)

Everything is getting on your nerves and that's testing the patience of those around you, too. Even though it's hard, sometimes it's best to let things run their course.

TAURUS (April 20–May 20)

You need to get your finances in order, otherwise it's not looking good. You have some unexpected news coming your way.

GEMINI (May 21–June 20)

There are new projects in your future and you may not like them one bit, but you need get started on them nonetheless. Keep your calm.

CANCER (June 21–July 22)

Your talents are diverse. But going into something unprepared and with too much gusto can impact the enthusiasm and support.

LEO (July 23–Aug. 22)

It is crucial that you remain true to yourself and don't try to deceive yourself.

VIRGO (Aug. 23–Sept. 22)

Even though your work is fun and important, don't forget that there is life after work and you need to spend time on it so that your life's joy blossoms.

LIBRA (Sept. 23–Oct. 22)

You need to talk to your superior. Be careful not to talk too much though and show consideration, understanding and compassion to those around you.

SCORPIO (Oct. 23–Nov. 21)

You've worked really hard on your latest accomplishment. Well done. Don't forget that people around you greatly care about your well-being.

SAGITTARIUS (Nov. 22–Dec. 21)

You'll get some news that will affect how you think things should be. Keep calm, think about it, make a decision, and break loose.

CAPRICORN (Dec. 22–Jan. 19)

Test your judgement because you shouldn't let others control all aspects of your life. Be clear about who's in control and it'll all go much better.

AQUARIUS (Jan. 20–Feb. 18)

You're going to evaluate a list of things that you can and can't do. Go over it with a fine tooth comb.

PISCES (Feb. 19–March 20)

Don't let your impatience control you even though things aren't happening as quickly as you'd like. Someone wants to show you their goodwill, be mindful of the acts of those around you.



Caring for life's emergencies.

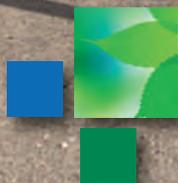
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