

EDITORIAL

Shop the season in the Sullivan Catskills

BY CLARISSE OWENS, CCE SULLIVAN FRESH PROGRAM MANAGER

he Catskill region of Sullivan and surrounding counties associates June with the early-summer season. This means that fresh produce has begun to roll out of the fields and into the farmstands and our local farmers markets. Pull out recipes for crops like radishes, asparagus, the many varieties of lettuces, greens, herbs, rhubarb, scallions, and garlic scapes as you prepare to shop the season. You might even find some carrots and beets at the market, and eventually strawberries.

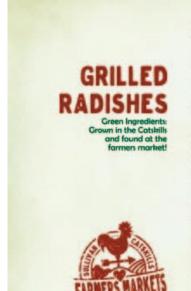
The season for fresh produce in our area moves quickly and is limited by long winter months, so don't miss out on the specialties that June has to offer. It's a great time to visit a market and try something new while you wait for mother nature to perfect still-growing summer favorites like tomatoes and cucumbers.

Additional Offerings

Sullivan County farmers won't be able to offer a wider variety of fresh produce until the summer, but there are still plenty of other farmsourced products that can be found throughout the year. Farms equipped with good storage, like a cellar or cold room, can store produce over the winter months that

taste just as delicious as they did during the fall harvest. Overwintered produce you may be able to find in early June at local markets are potatoes apples, and onion varieties.

Many farms in Sullivan County also raise livestock and poultry to produce eggs, cheeses, milk, and many varieties of meat. If you incorporate protein into your diet, try a locally sourced omelet or burger seasoned with fresh herbs. If not, local honey and maple syrup are other yearround products that go great in salad dressings, marinades, and more.



INGREDIENTS

- 1 bunch radishes, washed and sliced into ¼ inch rounds
- 1 Tbsp. olive oil
- 1/2 Tbsp. white wine vinegar
- 2 cloves garlic, minced
- 3 sprigs fresh dill
- Salt and pepper, to taste

INSTRUCTIONS

- 1. Preheat your grill. If using a gas grill, heat to medium.
- In a medium bowl, combine the radish slices, olive oil, white wine vinegar, garlic, salt and pepper. Toss to combine.
- Lay out a large sheet of aluminum foil (roughly 18-24 inches long). Pile radish mixture in center, top with dill.
- Fold the sides of the aluminum foil in to form a sealed packet. Place the packet on the grill, seam-side up and let cook for 20-30 minutes.
- Remove the packet from the grill and let rest for 5 minutes.Carefully open the packet, being careful of escaping steam.Transfer radishes to a serving dish.
- 6. Serve immediately. Leftovers can be chilled and eaten cold.

CONTRIBUTED PHOTOS

Fridays 3-6pm

Here's a unique recipe to try this season.

What Are Farmers Up To?

As trees and leaves have burst into green in your backyard, farmers have seen the same thing happen in their fields. Rain and warmer weather help plants charge into their growing cycle, meaning that June is a busy time for Catskills farmers. During early-summer, farmers hustle to keep up with newly transplanted crops, rotational grazing for livestock, watering systems (irrigation), and ever-growing weeds.

However, June brings excitement as the fear of cold frosts dis-

sipates and farmers' markets start back up all over the county. Farmers and their families take great care to bring the best quality products to markets while earning a fair price for their hard work.

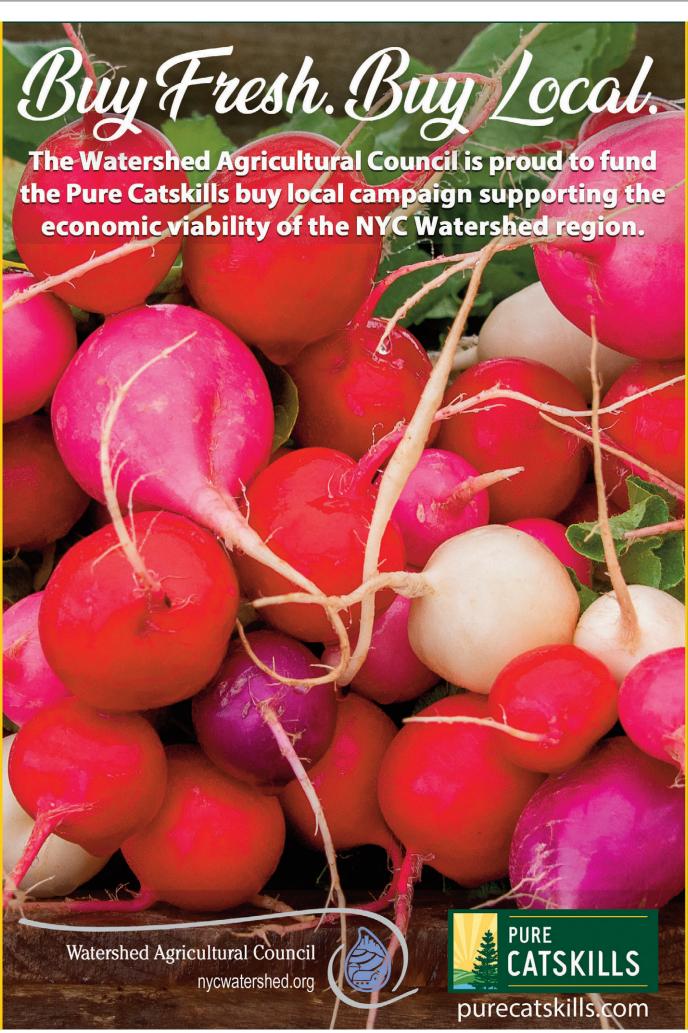
When visiting a market this season, remember to be patient with the ebbs and flows of farming and working with the land. Eating locally means eating seasonally, so when you shop this season, appreciate the offerings of early-summer and the fresh products that may not be around in the fall!

This article was brought to you by Cornell Cooperative Extension Sullivan County. Find any of Sullivan Fresh's 8 market locations to shop the season for fresh, affordable farm products. For more info, visit www.sullivan-freshmarkets.org.





Creekside Park, 116 N Main St Liberty, NY



FARMERS MARKET SULLIVAN COUNTY DEMOCRAT

ver 15 vendors will be welcoming you at the rebranded Kauneonga Lake Farmers and Makers Market on 3594 State Rte. 55, in the heart of Kauneonga on Saturday, June 25 from 11 a.m. - 2 p.m., and every Saturday thru September 10.

Stroll through the market with coffee in hand from the newly opened 3575 Kitchen. Soak up the atmosphere and get to know the growers, bakers, and artisans who embrace the spirit of fresh is best. Learn about locally-sourced produce from Fare View Gardens. Explore exotic wild foods and mushrooms from Marley's & Mushrooms NYC. Along the way snag tasty dips, assorted bites, blended teas, and a recipe from Organic World USA.

Get inspired and celebrate with cakes made by Sweet Junction. Sweeten up your day with unique flavored baked goods that change with the season from Be Kind Bake House. Sample Awestruck crafted hard ciders from NY State apples blended with natural herbs and spices. Get the inside buzz from Honey Bee Herbs featuring medicinal herbs, creamed honey, spices, and holistic bee produce.

Windy Willow Farm is returning with an expanded selection of eco-friendly alternatives to plastic for storing and preserving along with assorted housekeeping favorites scrubs, granola, and fresh eggs. Another new market feature is Meat from JR's Fresh Farm Meats a locally owned family farm, right here in Bethel.

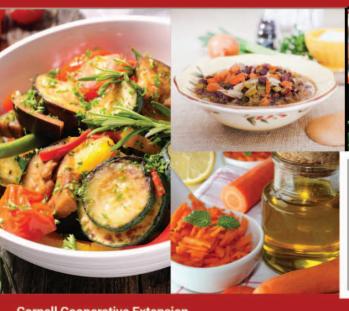
The 2022 Kauneonga Lake Farmers and Makers Market experience is all about rebuilding the legacy of American Farmers, Artists, and Makers right here in Kauneonga to elevate, heighten and supercharge your senses with colors, floral scents and magical fields of lavender Explore the market, have fun, meet amazing



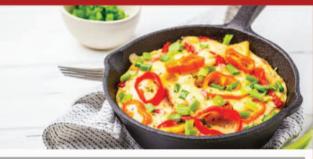
artists and artisans, Art by Adrienne, Little Garden Company, Farms. Lavender Sky Bedazzled by designers of one-ofa-kind jewelry, Domeisy, Light Curves, and Lori Rae.

Explore the history of Shandelee quilts and discover home and

CCE Sullivan YouTube Channel







Check out our You Tube channel to learn about how to cook different recipes using fresh ingredients from local farms. Cooking demos take place in our new Catskills Teaching Kitchen. You can also purchase these fresh ingredients from one of our 8 different Sullivan Fresh Mobile Market locations or the Sullivan Fresh Monticello Farmers' Market, starting in July.

Cornell Cooperative Extension Sullivan County

Contact us today!

64 Ferndale-Loomis Road Liberty, NY 12754

www.sullivancce.org sullivan@cornell.edu





READY TO LEARN MORE: SCAN THE QR CODE TO **HEAD RIGHT TO OUR** YOUTUBE PAGE









CONTRIBUTED PHO-TOS

Be Kind Bake House is one of several vendors at the Kauneonga Lake Farmers Market.

AILLY ACRES PORK • BEEF POULTRY • LAMB

At the Farmers Markets CALLICOON, BARRYVILLE AND NARROWSBURG

the only people we depend on three times a day every day!!

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www.HILLYACRESFARM.com

If you go

Kauneonga Lake Farmers and **Makers Market**

Date: Every Saturday, June 25 -September 10, 11 AM -2 PM

Where: Kauneonga Lake State 3594 Rte. 55

Market Contact: Moreen Lerner

Email: dhmlerner@aol.com

Mobile: (908) 202-6033

Facebook: Kauneonga Lake Farmers Market Website: kauneongalakefarmersmarket.org

fashion products by JR's knits, and Upcycled furniture plus special pop-ups including an occasional sighting PickleLicious

Specializing in Pickles, Olives, and all things pickled.

The Market is managed by the Town of Bethel and operated by Bethel Local Development Corp. The Kauneonga Lake Farmers Market has something of a festival vibe, with lots of planned summer events like kids' activities, apple pressing, chef demos, beehives, and live music every Saturday throughout the summer. The Kauneonga Lake Farmers & Makers market is all about the experience.

We're not your grandfather's farmers' market!



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Be Kind Bake House Bethel Council of the Arts Chef Cut Coffee Designs by Domeisy Fare View Gardens TR's Beef Honeybee Herbs **Lavender Sky Farms Light Curves Glass** Lori Rac Jewelry Marley's Organic Mushrooms & Wild Foods Mushrooms. NYC Organic World US Shandelee Brook Quilts Sweet Junction The Little Garden Company

Upcycled Furniture Treasures

Windy Willow Farm

Weekly Pop-ups

Art by Adrienne Awestruck Ciders

The farmers' market in the Manor

STORY AND PHOTO BY SEAN KUHN

he Livingston Manor Farmers' Market has moved! Now located at 62 Main Street, it's just down the road from where it was last year.

The market is open every Sunday from 10 a.m.- 2 p.m. until Columbus Day weekend. Try the fresh vegetables from Heller's Farm, or the dairy products from Wahl Dairy Farm and their grass-fed Jersey cows.

Did you forget your anniversary? Elm Garden Designs has you covered with locally grown flower arrangements for any event, or just to have around your home.

Enjoy the farmers market each Sunday in Livingston Manor, and when you've finished your shopping, explore the hamlet's hidden treasures.





Additionally, the market will feature a new special guest vendor each week. Guest vendors are as follows ...

May 29 - Manor Ink

Manor Ink is a youth-driven, community-supported monthly newspaper established in 2012 and published by the Livingston Manor Free Library in Livingston Manor, NY. Manor Ink is a non-profit publication that enables young people to develop skills and share their voice in the community. A free newspaper, Manor Ink brings local news to the communities of western Sullivan County. We seek writers, photographers, reporters and young minds.

June 12 - Steve Davis Designs

Offers custom live edge furniture, bar tops, and décor. Each piece is one of a kind!

June 19 - Mountain Bear Crafts

A local source for machine embroidery and screen printing in the Sullivan County Catskills.

June 26 - Space Acres Botanicals

Space Acres Botanicals was created to remind people of their connection to nature. By awakening the senses, my botanical work encourages the body, mind, and soul to utilize ancestral pathways for connection and healing.

July 10 - Jenny Gill Ceramics

Jenny Gill Ceramics make handmade stoneware pottery from my home studio in Livingston Manor, NY. The textures, patterns, and palette of my work are inspired by the wild, lush landscape of the Catskills and informed by the rich histories of ceramics traditions in Japan, Europe, and the US.

July 17 - Bryan Cronk Ceramics

Bryan Cronk is a ceramics artist working out of Livingston Manor, specializing in handmade rustic functional pottery. Drawing inspiration from nature, my work combines the inherent warmth of wood with the hard yet practical nature of ceramics.

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SATURDAYS MAY 14th - OCTOBER 29th

FROM 10AM-1PM Rain or Shine

7 Erie Avenue, Narrowsburg, NY

- Behind Narrowsburg Union -

Farmers, Food Producers & Artisans

Bridge Street Bakehouse • Cakes and Scones Bakery • Channery Hill Farm
Eminence Road Farm Winery • Food for Beings • Four Story Hill Farm • Hilly Acres Farm
Marley's Organic Mushrooms • Myers Century Farm • Oakworks • Rock Valley Spirits
Soraia's Kitchen • Sprouting Dreams • Trapani Farms • Two Creek Farm
Wild Russet Farm • Willow Wisp Organic Farm

Educational Events & Demos

-see website for dates and details-

NarrowsburgFarmersMarket.org



@NarrowsburgFarmMarket

At right: Justine's Just Breathe Yoga studio is located on the Somewhere in Time Farm in Parksville.

Below: Justin, Justine and Jon Sutherland carry on tradition at the Somewhere in Time Farm in Parksville.

At bottom: The grounds of the Somewhere in Time Farm offer breath-taking views of the surrounding landscape.



Roots reaching back Somewhere In Time

PHOTOS BY MATT SHORTALL

omewhere In Time Farm lives on a mountaintop surounded by blueberry fields, evergreens, maple trees and glorious sunsets.

is a fifth generation family farm.

The farm was sold in 1950, and in 1988 Justine and Jon were blessed to buy the land back and reconnect to their family roots.

Their son Justin, when he was five years old, drew a picture of himself on a tractor and said "When I grow

connected to his irish scottish roots and manifested that dream.

> Now he and his family grow organic vegetables together through all four seasons.

Soil and Water

Somewhere in Time Farm is dedi-

with clean water that comes from natural springs and soil that is abundant with life.

Justin added "rotating crops, resting fields, and growing cover crops all build healthy soil. These practices help to create the true essence of the vegetable. A local chef came to the farm, harvested a carrot and

said 'This is how a carrot should taste.'"

Students from A Single Bite, the non-profit school program that encourages healthy eating habits, visit the farm to tour the fields and greenhouses to learn how to grow and harvest organic vegetables.

parents grew potatoes on their land about 180 years ago and now they are the biggest seller for Some-

where In Time Farm.

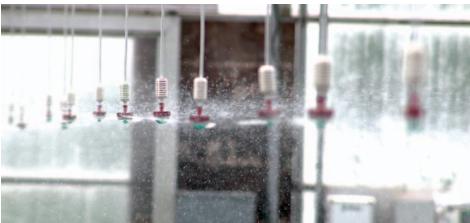
Their wide variety of vegetables are sold to restaurants and stores locally and beyond. They also sell



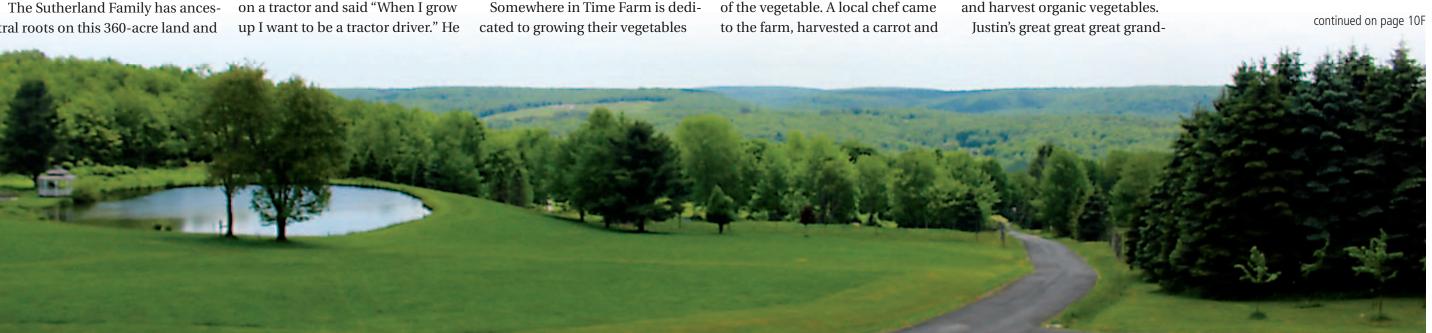
Above: In addition to their other fields, the Somewhere in Time Farm operates several greenhouses growing a wide variety of vegetables.

Below: Healthy plants all start with the right soil and water, and Somewhere in Time Farm has advanced systems for delivering both.

Bottom: Justine Sutherland's Yoga practice recognizes its importance in achieving a strong body and peaceful mind. Justine has been teaching yoga for sixteen years and is a Certified Sivananda Yoga Instructor.

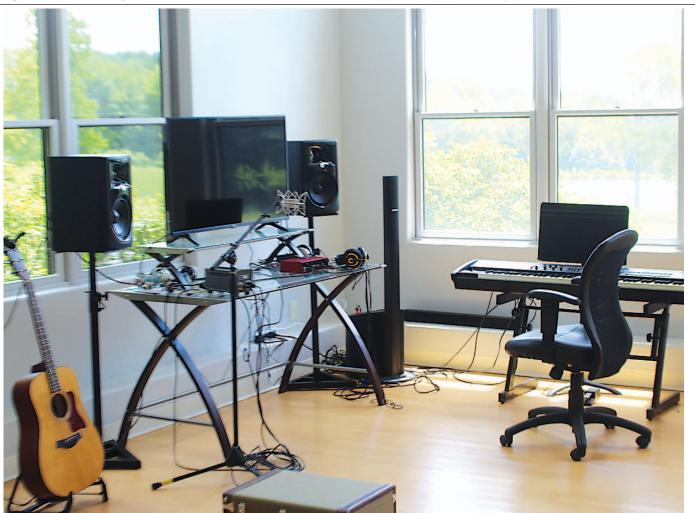








10F FARMERS MARKET SULLIVAN COUNTY DEMOCRAT JUNE 7, 2022



Left: Justine and Justin write music that takes inspiration from the land.

Right: Vegetables don't get any more fresh than this.

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vegetables from their scenic store located on the farm.

A Peaceful Place

Somewhere in Time Farm is a place of peace and inspiration.

Justine and Justin write beautiful songs and compositions that are inspired by the land, and you can hear that connection in their song "Where The Wild Deer Roam." This is one of the many songs they have written together.

One can experience these connections by planning a healing retreat at the yoga studio, organizing a special event or memorable wedding, or staying at one of their four cabins.

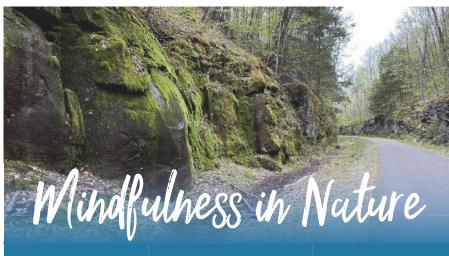


FRIDAYS 4-7 PM

STARTING MAY 27TH

20+ VENDORS - LIVE MUSIC

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Slow down with Sullivan Renaissance and The Yoga Space with a guided walk and meditation.

Wednesday, July 6 at 7 PM on the Hurleyville Rail Trail

Mindfulness connects us to the natural world, allowing us to appreciate its beauty. Research shows that the beauty of nature inspires awe, which boosts happiness, generosity, compassion and connection.

For more information or to register, visit SullivanRenaissance.org or follow on Facebook and Instagram.







While visiting or staying on the farm you can reconnect to your roots by hiking through the forest, walking barefoot, or gazing up at the stars.

This is the how The Sutherlands want to "share the land."

"Our children Jaime and Justin and our son-in-law Sean will

continue to share the land, and maybe our grandchildren Mary and Jon will be the next generation of family farmers," says Justine.

For more information email info@somewhereintimefarm.com or visit their website at www.somewhereintimefarm.com



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FARMERS' MARKETS & VENDORS

*Sullivan County Farmers' Markets that Accept Farmers Market Nutrition Coupons (FMNP) and/or SNAP/EBT

Barryville Farmers' Market Saturdays 10am to 1pm

May 21 - October 29 3405 Scenic Route 97 Barryville, NY 12719 (United Methodist Church) (845) 557-0913 info@barryvillefarmersmarket.org www.barryvillefarmersmarket.org

Vendors

Beach Lake Bakery
The Bake House
Beaver Dam Brook Farm
Bialecki Farm
County Road Bakery
Hidden Acre Farm
Lilly Bear Pet Treats
Marley's Mushrooms
Nikki C's Catering & Seafood
Soraia's Kitchen
Tonjes Dairy
Hilly Acres,

Twin Brook Farms Quails-R-Us Tsubo Aromatherapy Woodside Blue

Callicoon Farmers' Market

Outdoor market through November at Callicoon Creek Park at Dorrer Drive in Callicoon.

Sundays 11am to 2pm www.callicoonfarmersmarket.org info @callicoonfarmersmarket.org

Vendors

Aaron Burr Cidery
Andersen's Maple Farm
ARK Floral
Bialecki Farms
Cakes & Scones Bakery
Eminence Road Farm Winery
Heller's Farm
Hilly Acres Farm
Lucky Dog Farm
Maynard Farms
Pika's Farm Table
Pure Mountain Honey

Soraia's Kitchen Sprouting Dreams Farm Tonjes Farm Dairy Township Valley Farm Trapani Farms Willow Wisp Organic Farm Woodside Blue Preserves

Jeffersonville Farmers' Market

Sundays 10am to 1pm
May 22nd to October 9th
Jeff Bake Shop: 4906 NYS Route 52 in
Jeffersonville, NY
www.jeffersonvillefarmersmarket.com
www.facebook.com/jeffnyfarmersmarket
Instagram: jeffny_farmersmarket
jeffnyfarmersmarket@gmail.com
Live Music - Last Sunday of June, July,
August, and September — Jeff Library
childrens reading event.

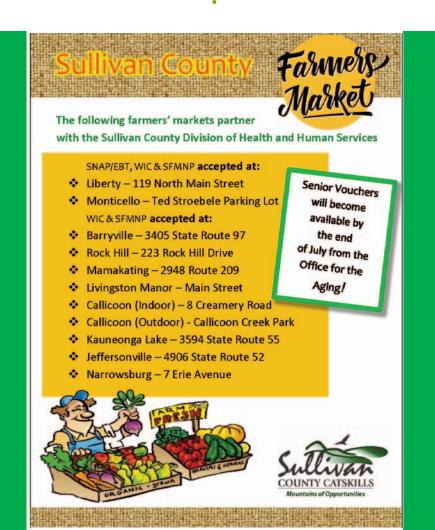
Vendors

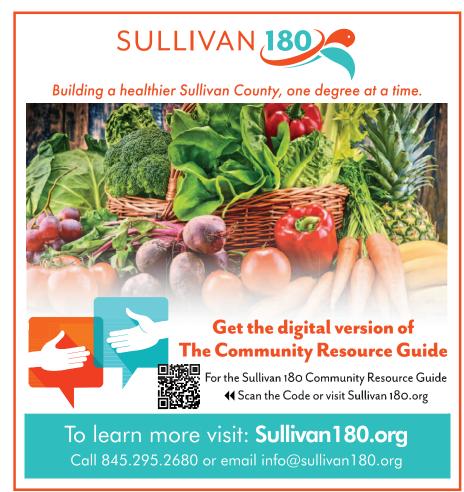
Bethel Pastures Farm Catskills Woodworks Forage Provisions Forthright Cyder & Mead Jam Thyme
Jeffersonville Library
Jitterbug Catskills
Kenoza Hummingbirds 4-H
Kenoza Lake Music School
Light Curves Studio
Love Handles Clay
Marley's Organic Mushrooms
Momoglobal Flowers
Seminary Hill Cidery
Soraia's Kitchen
Wild Russet Farm
Windy Willow Farm
Witchey Handmade
WJFF Public Radio

Hermann Farm

Kauneonga Lake Farmers' Market

Saturdays 11 am – 2 pm June 25 to September 10 3594 State Route 55 in Kauneonga Lake, NY kauneongalakefarmersmarket.org www.facebook.com/kauneongalake





farmersmarket Instagram: kauneongalakemarket

Vendors

Art by Adrienne Awestruck Lavender Sky Farms Light Curves Glass JR's Beef Upcycled Furniture Treasures Weekly Pop-Ups

Organic World US

Mushrooms.NYC Chef Cuts Coffee

Lori Rae LLC The Litte Garden Company

Picklelicious

Fare View Garden Windy Willow Farms

Sweet Junction

Bethel Council of the Arts

Marley's Organic Mushrooms & Wild Foods

Be Kind Bake House

Honeybee Herbs Designs by Domeisy

Shandelee Brook Quilts



MATT SHORTALL | DEMOCRAT

Muthig Farm, pictured here at last year's Harvest Festival at Bethel Woods, is also a vendor at the Liberty Farmers' Market.

Liberty Farmers' Market

A Catskill Mountainkeeper Market Fridays 3pm to 6pm June 17 to September 16 Creekside Park 119 North Main Street in Liberty, NY (845) 439-1230

cmkfarmersmarket@gmail.com

*Accepts SNAP/EBT

www.CatskillMountainKeeper.org

Vendors

Sprouting Dreams Farm Bobolink Farm Maynard Orchards Four Story Hill Farm Muthig Farm Elm Garden Design Baker's Daughter Mushrooms NYC Lorna's Naturals

Livingston Manor Farmers' Market

Sundays 10 am to 2pm May 29 – October 9 62 Main Street, Livingston Manor, Ny 12758 Contact: mariabivins@gmail.com

Vendors

Hellers Farm Elm Garden Design Wahl Dairy Farm

Sullivan Fresh Monticello Farmers' Market

(Operated by Cornell Cooperative Extension)

Thursdays 10am to 1pm June 30 — September 29 10 Jefferson Street (Behind the Ted Stroebele Recreation Center) Monticello, NY

845-292-6180

sullivanfresh@cornell.edu www.sullivancce.org

* Accepts SNAP/EBT

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FARM CREDIT EAST

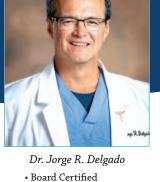


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FARMERS' MARKETS & VENDORS

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Mamakating Farmers' Market

Fridays 4pm to 7pm May 27 - September 2 2948 U.S.-209, Wurtsboro, NY mamakatingfarmersmarket@gmail.com visitmamakating.org

Vendors

MT Plate

Peaceful Aromas

Forthright Cyder & Mead
Gary's Pickles
GoGoats Milk
Great Joy Family Farm
Happy Herbs Soap
High Bridge Farm
Honey Hollow
Kirby Farms & Hemlock Grove Gardens
Lilly Bear Treats
Little Pebble Farm
Love Rising Bakery
LunaGrown Jams
Luckey Girl Studio

Marley's Organic Mushrooms

Nikki C's Seafood and Catering

Springbrook Hollow Farm The Spice Apothecary Quilt Designs by Susan

Narrowsburg Farmers' Market

Saturdays 10am to 1pm 7 Erie Ave, Narrowsburg, NY (Behind the Narrowsburg Union) May 14 to October 29 570-982-0050 info@narrowsburgfarmersmarket.org www.NarrowsburgFarmersMarket.org

Vendors

Aaron Burr Cider
Cakes & Scones Bakery
Channery Hill Farm
Eminence Road Farm Winery
Food for Beings
Four Story Hill Farm
Hilly Acres Farm
Honey Hill Pottery
Marley's Organic Mushrooms
Myrtle Avenue Bakehouse
Oakworks Studio
Quails R Us Plus!
Rock Valley Spirits

Soraia's Kitchen Sprouting Dreams Farms Trapani Farms (Coming soon) Wild Russet Farm Willow Wisp Organic Farm

Rock Hill Farmers' Market

Saturdays 10am to 1pm June 4 to September 24 223 Rock Hill Drive in Rock Hill, NY 845-397-0376 rhfarmersmarket@gmail.com www.rockhillfarmersmarket.org

Vendors

Aaron Burr Cidery
Bobolink Farm
Burns Farm
Corey's Pickles
Chestnut Creek Baked Goods
Majestic Farm
Luna Grown Jams
Mushrooms NYC
Right from the Hive
The Bake House
Trapani Farms
Winterton Farms

Markets that DO NOT accept SNAP/EBT and FMNP Incentive Programs:

Roscoe Farmers' Market

Sundays 10am to 2pm
May 22 — October 9
Niforatos Field
1978 Old Route 17 in Roscoe, NY
roscoenyfarmersmarket@gmail.com
www.roscoeny.com
https://www.facebook.com/people/Rosco
e-Farmers-Market/100057598263666/

NOTE: Vendor lists are subject to change at any time. Also, this listing did not include the Harvest Festival at Bethel Woods, which is slated to take place on Sundays from August 28 to October 2. Be on the lookout for our Harvest Festival special publication in August that'll have more info on the festival, or visit www.bethelwoodscenter.org.



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Sullivan County Rural Health Network and Sullivan County Public Health Services is proud to announce that we are providing \$20 worth of coupons to participants at our weekly farmer's market education program. Participants in the educational portion of the Sullivan Fresh Market on the Move will be provided with basic tools to support the lesson. Basic tools include: seeds, soil, cookbooks, insulated lunch bags, cutting boards. Tools and coupons will be provided at the conclusion of the brief educational program. Attendance is required once per week for \$20 in coupons.

2022 Sullivan Fresh Mobile Farmers Market JULY-OCTOBER TUESDAYS

1st & 3rd Tuesday: Garnet Health Medical Center
68 Harris Bushville Rd., Harris, NY 11:30 A.M. – 1:30 P.M.
2nd & 4th Tuesday: Sullivan County Public Health Services
50 Community Ln., Liberty, NY 11:30 A.M. – 1:30 P.M.

WEDNESDAYS

Stop #1: Village of Woodridge Municipal Lot Green Ave. & Dairyland Rd., Woodridge, NY 10:30 A.M. – 12:30 P.M. Stop #2: Fallsburg Town Hall

19 Railroad Rd., South Fallsburg, NY 2:30 P.M. – 4 P.M.

THURSDAYS

Stop #1: Community Church of Wurtsboro

134 Sullivan St., Wurtsboro, NY 11 A.M. – 1 P.M.

FRIDAYS

Stop #1: Woodbourne Municipal Lot

Robbie Ln. & Route 52., Woodbourne, NY 10 A.M. – 11:30 A.M.

Stop #2: Loch Sheldrake Public Parking Lot

Hasbrouck Rd. & Route 52, Loch Sheldrake, NY 1 P.M. – 3 P.M.

Sullivan Fresh Farmers' Market at Monticello

THURSDAYS

June 30th - September 29th

Ted Stroebele Center across from the Sullivan County Gov't Center 10 Jefferson St., Monticello, NY 10 A.M. - 1 P.M.