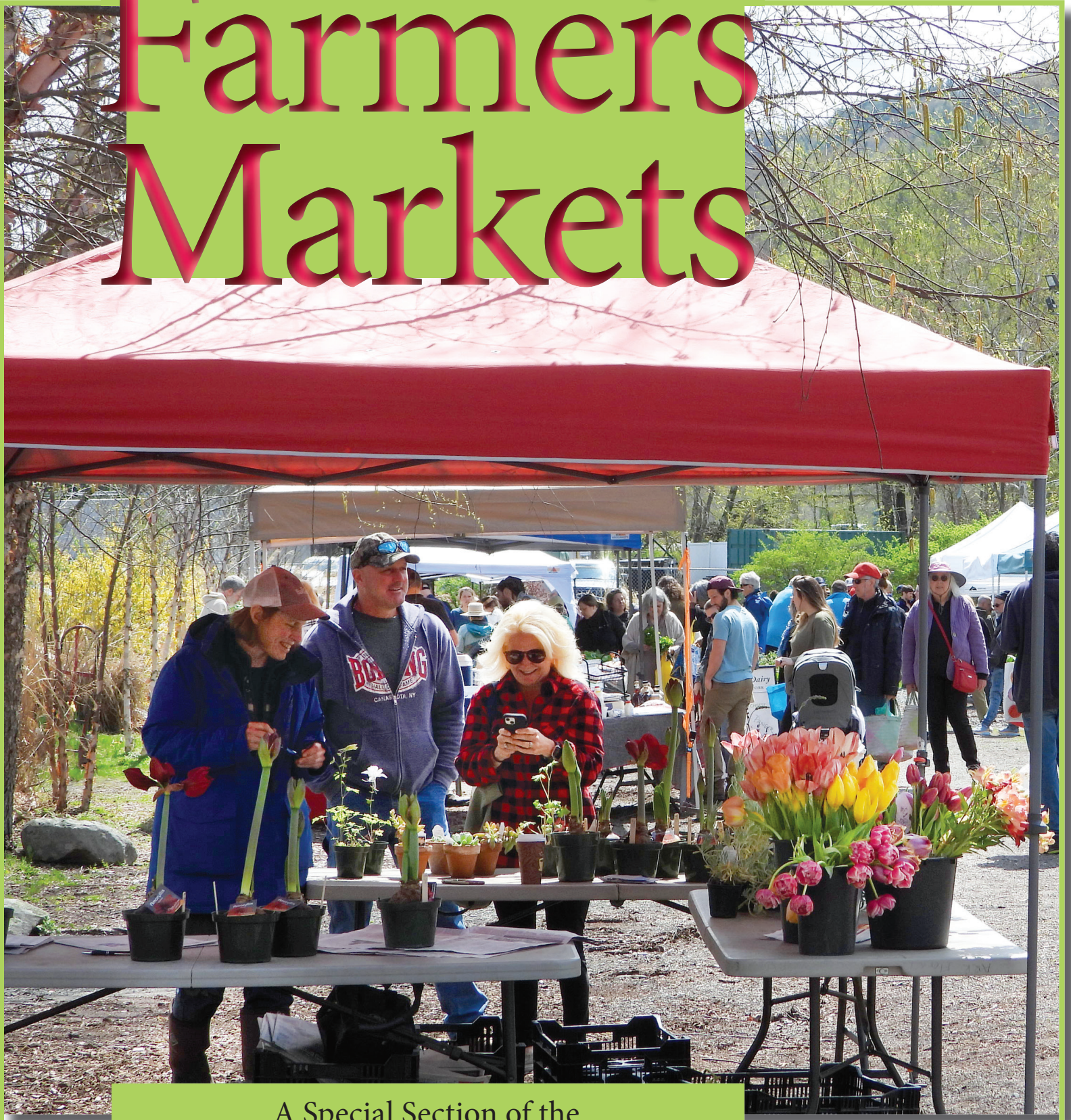


Sullivan County

TAKE ONE FREE

# Farmers Markets



A Special Section of the  
**SULLIVAN COUNTY DEMOCRAT**

June 2023

Section F • Callicoon, N.Y.

# Six reasons to shop at your local farmers market

Farmers Markets are fun, socially fulfilling, and a great way for the entire family to eat healthier. They are also one of the best ways to support our neighbors – hard-working Catskills farmers! Here are 6 reasons to visit your local farmers market this summer:

- 1. You get to buy delicious food!** The food you get at a farmers' market can only be fresher if you were to pick it yourself from your own garden. Often, farmers will pick their produce that day, sometimes in the morning, before the market. You can really taste all the flavors of the produce you get with it being that fresh!
- 2. It encourages you to be a part of the community.** Going to the farmers' market is a great way to see all the folks in your community. After all, they are community-oriented events. Having interactions at the

markets are a great way to help create stronger bonds among you and your neighbors, as well as get in on what's happening in your community.

- 3. You support local families.** When you buy from a local farmer, you aren't just supporting the farm. You're helping to support the family that relies on income from selling the products they make. Knowing what your money is going towards is a great feeling. And knowing that you can help to feed another family just



by feeding your own is even better!

- 4. There's more than just buying stuff.** Often at Catskills farmers markets there are cooking demos, live music,

and a host of other booths! Going to the market is more than just buying your weeks' worth of groceries. It becomes an experience that you can look forward to every weekend.

- 5. Learning new things.** By just going to the farmers market, you can learn a bunch of new things

when it comes to food. Often the farmers have great recipes that you can try out, or new foods that you may not have seen before. You also get to learn when the produce you like are naturally in season. Who knows, something you learn there might stick with you for the rest of your life!

- 6. You get to know where your food is from.** The best part about going to the farmer's market is that you know where that food was grown. It could have been grown right down the road, or in the next town over instead of trucked from the other end of the country. Or, shipped from all over the world! There's something to be said about knowing who produced the food you eat, and it's a great reason to fall in love with your local farmers' market.

To learn more about your local farmers markets visit [www.sullivancatskillsfarmersmarkets.com](http://www.sullivancatskillsfarmersmarkets.com)

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## Sullivan County Farmers Market

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The Watershed Agricultural Council is proud to fund the Pure Catskills buy local campaign supporting the economic viability of the NYC Watershed region.

Watershed Agricultural Council  
nycwatershed.org



purecatskills.com

# NARROWSBURG FARMERS' MARKET



**SATURDAYS** MAY 20<sup>th</sup> – OCTOBER 28<sup>th</sup>  
**FROM 10AM-1PM** Rain or Shine  
 7 Erie Avenue, Narrowsburg, NY  
 - Behind Narrowsburg Union -

## Farmers, Food Producers & Artisans

Bridge Street Bakehouse • Cakes & Scones Bakery • Calkins Creamery  
 Four Story Hill Farm • Hilly Acres Farm • Myers Century Farm  
 Rock Valley Spirits • Soraia's Kitchen • Sprouting Dreams Farm  
 Trapani Farms • Two Creek Farm • Willow Wisp Organic Farm • And More!  
 Educational Events & Demos  
*-see website for dates and details-*

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



@NarrowsburgFarmMarket

## Have you heard about the Catskill Edible Garden Project?

The Catskill Edible Garden Project works with schools to design edible gardens as living, outdoor educational and gathering spaces.

These projects offer access to healthy local food, "hands on" experience and exposure to food and agriculture as important aspects of our community and culture.

Sullivan 180 partners with Catskill Mountainkeeper and Cornell Cooperative Extension to provide funding support, technical assistance, education and programming.

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People gather outside to visit the shops to see what vendors are offering.

CONTRIBUTED PHOTO

# Narrowsburg Farmers' Market open for season

**T**he Narrowsburg Farmers' Market is proud to announce the opening of its 2023 season on May 20th. Located in the heart of Narrowsburg, behind The Narrowsburg Union, this farmers' market provides a platform for local farmers, artisans, and food producers to showcase their products and connect with the community.

The Narrowsburg Farmers' Market offers a unique shopping experience with a diverse array of fresh, locally grown produce and delicious food products. Visitors can expect to find everything

from seasonal fruits and vegetables to artisanal cheeses, bread, baked goods, and more.

"We are thrilled to kick off our 2023 season and welcome back our loyal customers and community members," said Greg Swartz, market manager. "Our farmers and vendors have been working hard to bring their best products to the market, and we're excited to showcase their incredible talent and dedication to local agriculture."

All products sold at the market are grown or produced within a 75-mile

radius of Narrowsburg, ensuring that customers receive the freshest, most nutritious food while reducing their carbon footprint.

The Narrowsburg Farmers' Market will be open every Saturday from 10 am to 1 pm, rain or shine, from May 20th through October 28th. The market is located at 7 Erie Avenue, behind The Narrowsburg Union in Narrowsburg, NY.

For more information about the Narrowsburg Farmers' Market and a full list of vendors, please visit <https://narrowsburgfarmersmarket.org>.

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1

- 1 Pop-in to one of the pop-up tents at the Callicoon Farmer's Market!
- 2 Galli Family Farm offers organic feed and fresh eggs.
- 3 Heller's Farm sells canned goods as well as fresh produce. They have a booth at the Livingston Manor farmers market.



2



3

# Around the County

## Snapshots of our farmers' markets

PHOTOS BY BARRYVILLE FARMERS MARKET, DEREK KIRK, AND PETRA DUFFY



4



5



6

4 Roscoe's farmers market even had alpacas!

5 Catskill Provisions' Verna Spina (left) and Cloe Drench (right) sell libations.

6 Heller Farm offers fresh local produce and flowers in LM.

7 There's a wide assortment of locally crafted products and produce for sale.



7



8



9



10

**8** Kate's Herbals sells bug and tick repellent for you and your pets! They also offer tinctures for a variety of uses.

**10** The Be Kind bakery owner Casey Zier sells fresh and unique baked goods, bringing them to the Roscoe farmers market from her bakery in Honesdale.



11



12

**11** Sally Porter sells homemade, all-natural pet treats at Roscoe's farmers market.

**9 and 12** Peggy McGuire Library Director (left) and Laura Klein, a volunteer, visit the Livingston Manor farmers market to showcase various books for patrons to borrow.

# 2023 FARMERS' MARKET SCHEDULE



**FMNP: Farmers Market Nutrition Coupons (Both WIC & Senior)**

**SNAP/EBT: Electronic Benefits Transfer**

**FCC: Fresh Connect Checks**

Visit [SullivanCatskillsFarmersMarket.com](http://SullivanCatskillsFarmersMarket.com) for more information and a full listing of incentive programs accepted at farmers markets

## Barryville Farmers' Market

3405 Scenic Route 97 Barryville, NY 12719 (United Methodist Church)

Saturdays, 10am – 1pm

May 20 – October 28

[info@barryvillefarmersmarket.org](mailto:info@barryvillefarmersmarket.org)

[www.barryvillefarmersmarket.org](http://www.barryvillefarmersmarket.org)

\*Accepts: FMNP, FCC

## Callicoon Farmers' Market

[info@callicoonfarmersmarket.org](mailto:info@callicoonfarmersmarket.org)

[www.callicoonfarmersmarket.org](http://www.callicoonfarmersmarket.org)

## Outdoor Market

A. Dorrer Drive, (Callicoon Creek Park)

Callicoon, NY

April - November

Sundays from 11am-2pm

- Indoor Market
- December – March
- Sundays from 11am-2pm
- \*Accepts: FMNP, FCC

## Jeffersonville Farmers' Market

[jeffnyfarmersmarket@gmail.com](mailto:jeffnyfarmersmarket@gmail.com)

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

4906 NY-52, Jeffersonville, NY 12748

May 21 – September 4

Sundays 10am – 1pm

## Kauneonga Lake Farmers' Market

3594 State Route 55, Kauneonga Lake, NY

June 24 – September 2

Saturdays 11am – 2pm

[k1fm12749@gmail.com](mailto:k1fm12749@gmail.com)

[www.kauneongalakefarmersmarket.org](http://www.kauneongalakefarmersmarket.org)

\*Accepts: FMNP, FCC

## Liberty Farmers' Market

Operated by Catskill Mountainkeeper

119 North Main Street, Liberty, NY (Creekside Park)

June 23 – September 1

Fridays from 3 – 6 pm

(845) 439- 1230

[cmkfarmersmarket@gmail.com](mailto:cmkfarmersmarket@gmail.com)

[www.CatskillMountainKeeper.org](http://www.CatskillMountainKeeper.org)

\*Accepts: FMNP, FCC, SNAP/EBT

## Livingston Manor Farmers' Market

May 28 – October 8

Sundays 10am – 2pm

62 Main St., Livingston Manor, NY

[mariabivins@gmail.com](mailto:mariabivins@gmail.com)

\*Accepts: FMNP, FCC

## Come visit the 143<sup>rd</sup> Annual Grahamsville Little Worlds Fair August 18-20, 2023

Rides & Games by Shamrock Shows • Live Entertainment

### 2023 HIGHLIGHTS:

Livestock & Still Exhibit Displays!

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Despite being early in the morning, the Roscoe Farmers Market filled up quickly on Sunday morning.



**Mamakating Farmers' Market**

2948 Route 209, Wurtsboro, NY  
 May 26 – September 29  
 Fridays, 4-7pm  
 info@mamakatingfarmersmarket.com  
 www.mamakatingfarmersmarket.com

\*Accepts: FMNP, FCC, SNAP/EBT

**Sullivan Fresh Monticello Farmers Market**

\*Operated by Cornell Cooperative Extension Sullivan County  
 10 Jefferson Street (Behind the Ted Stroebele Recreation Center)  
 June 29 – September 28

Thursdays from 10:00-1pm  
 (845) 292-6180  
 sullivanfresh@cornell.edu  
 www.sullivanccce.org

\*Accepts: FMNP, FCC, SNAP/EBT

**Narrowsburg Farmers' Market**

• Located behind The Narrowsburg Union, 7 Erie Ave, Narrowsburg, NY  
 • May 20 – October 28  
 • Saturdays from 10 am – 1 pm  
 • info@narrowsburgfarmersmarket.org  
 • www.NarrowsburgFarmersMarket.org

**Rock Hill Farmers' Market**

• 223 Rock Hill Drive, Rock Hill, NY  
 • June 3 – September 30  
 • Saturdays from 10 am – 1 pm  
 • 845-397-0376

• rhfarmersmarket@gmail.com  
 • www.rockhillfarmersmarket.com  
 • \*Accepts: FMNP, FCC, SNAP/EBT

**Roscoe Farmers' Market**

• Niforatos Field, Roscoe, NY  
 • May 21 – October 8  
 • Sundays from 10 am – 2 pm  
 • katesherbals@gmail.com  
 • www.roscoenoey.com

• \*All Sullivan Catskills Farmers' Markets are independently operated\*



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# Barryville Farmers' Market celebrates fifth season

The Barryville Farmers' Market has their biggest year yet planned for this, their fifth season, and will be located at 3405 Route 97, Barryville, NY 12719 next to the adjacent property of John and Debra Conway, bringing fruit, vegetables and specialty products to the community every week.

The market was launched in 2019 following the move of the old Barryville Farmers' Market to Narrowsburg and the resulting outcry from the Barryville community which was strongly in favor of keeping a farmers' market in Barryville.

The first farmer to join the Barryville Farmers Market initiative was Matt Burns of Beaver Dam Brook Farm. The new market organizers built the market around Beaver Dam with local favorite farmers like Hilly Acres Farm, Tonjes Farm Dairy, and Beach Lake Bakery as

well as new faces like Bialecki Farms, Hidden Acre Farm, OHF Orchards, and Marley's Mushrooms.

The addition of a Live Music Series featuring local talent and Back to the Garden educational series round out the offerings and satisfy the mission of BFM to "remain a community meeting place."

Opening Day will feature special events and musical guests in collaboration with "Festival of Our Founding Fish: Upper Delaware Shadiest 2023," which is sponsored by The Upper Delaware Scenic Byway and The Delaware Company.

Starting Saturday, May 20th, the Barryville Farmers' Market is open every Saturday between 10:00am and 1:00pm through October 28th.

Crowds of people attending the Barryville Farmers Market.



Attendees relaxing in chairs on the grass.

PHOTOS BY BARRYVILLE FARMERS MARKET

## Core vendors for the 2023 season

- \* Beaver Dam Brook Farms
- \* The Bake House
- \* Beach Lake Bakery
- \* Bialecki Farms
- \* Channery Hill (new vendor for 2023)
- \* Churchill After Hours Coffee (new vendor for 2023)
- \* County Road Bakery
- \* Feel Goodiez Juice Bar (new vendor for 2023)
- \* Forkin' Good Nuts
- \* Grizzly Bagels
- \* Hidden Acre Farm
- \* Hilly Acres Farm
- \* Lilly Bear Pet Treats
- \* Marley's Mushrooms and Wild Foods
- \* Nikki C's Seafood and Catering
- \* Soraia's Kitchen
- \* Tonjes Farm Dairy
- \* Twin Brook Farms/Quails R Us Plus
- \* Woodside Blue Preserves

## Pop-up vendors for the 2023 season include:

- \* Basket Case handmade baskets
- \* Catskill Woodworks
- \* Knit Love Hand Knits
- \* LoPinto Pottery
- \* Olde York Farm Distillery
- \* Stickett Inn Cider
- \* Sweet Sparrow Knits
- \* Tsubo Aromatherapy



## Berry Good Catskills Cobbler from Sullivan Catskills Farmers Markets

There's nothing quite like a fresh dessert that highlights local ingredients on a hot summer night. The Sullivan Catskills Farmers Market website provides a great resource for locating a farmers market near you, as well as different recipes to try during different seasons.

For the summer season, July through September, one of the featured recipes is the Berry Good Catskills Cobbler, which highlights fresh berries, locally sourced eggs, milk and mint leaves, as well as baking ingredients that you can find around the house for a simple, yet delicious, dessert.

There are over 200 different species of raspberries, including blackberries, that can range in color from red to yellow, purple or black. In a 100-foot-long row, up to 70 pints of berries can be harvested.

The berries are best when stored in the refrigerator and used within 2-3 days. Be sure to rinse the berries before consuming. If the box is overly-stained or leaking, it is a sign of overripe berries.

Onto the recipe! You'll need two cups of berries, two well beaten eggs, 1/2 cup of milk, 10-12 mint leaves (for garnish), one cup of sugar, one cup of flour, 1/2 cup of oatmeal, 1/2 cup of melted butter, 2 tsp. baking powder, 1/2 tsp. cinnamon and 1/4 tsp. salt.

Preheat your oven to 425 degrees and combine berries, 1/2 cup sugar and one egg in a greased baking dish.

Combine flour, oatmeal, 1/2 cup sugar, baking powder, cinnamon and salt in a mixing bowl. Mix one egg, milk, and the melted butter together

and stir gently into the flour mixture.

Pour the mixture over the berries in the baking dish and bake for 30 minutes. Cool for 15 minutes and enjoy!

The website includes other resources besides recipes, so be sure to take a look at [sullivancatskillsfarmersmarkets.com](http://sullivancatskillsfarmersmarkets.com) for more information about markets around the county.

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