

**The Taste of Yates**

# **LOCAL FOOD GUIDE**

**Brought to you by:  
Cornell Cooperative Extension of Yates County  
& the Yates County Chamber of Commerce**



Photo Credit: Flint and Steel Farms

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## Symbols Guide



**U-Pick Café/Restaurant**



**Certified Organic**



**Closed on Sundays**



**EBT Accessible**

# ABOUT THE TASTE OF YATES

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Welcome to the Taste of Yates Local Food Guide! Cornell Cooperative Extension of Yates County and the Yates County Chamber of Commerce are pleased to share this publication with you as it truly illustrates the diversity and bounty of food Yates County farms have to offer. However, you may be asking yourself why it is important to eat local food.

There are numerous reasons to buy local food all year round:

- **The products are fresher!**  
Local Foods can be harvested at the peak of ripeness because they do not need to travel as far to the consumer. Foods lose nutrient value and taste the longer they sit on the shelf. By working with your local farmer, you can fill your refrigerator and freezer with the freshest products Yates County has to offer!
- **There is less impact on the environment!**  
Local foods travel fewer miles than foods shipped all over the nation or even the world. By eating local, your food has traveled fewer miles and therefore leave a smaller carbon footprint.
- **It supports the local community!**  
Buying local food means your dollar stays right here in the local community supporting our farmers and businesses.
- **Yates County is full of variety!**  
Yates County is blessed to have an amazing diversity of agricultural products. It is just a matter of walking out your front door to find everything from produce, meat, dairy, grains, dry beans, wine, cider, and so much more!

This guide is meant to connect the people that grow the food to the people who eat the food. Please use this publication as a tool when making food purchases. The farmers and producers listed in the guide do all do business differently, and it is best to contact them before arriving on the farm or visiting a local retailer that carries their product.

**Happy Eating!**

## Get In the Guide!

While compiling the information for *Taste of Yates*, Yates County Cornell Cooperative Extension made every attempt possible to make this guide as comprehensive as possible. If, for some reason, you were not personally contacted or made aware of the guide and would like to be included, please call the Yates County CCE office at 315-536-5123 or e-mail [yates@cornell.edu](mailto:yates@cornell.edu).


# NEW YORK STATE HARVEST CALENDAR

	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Apples												
Asparagus												
Beans												
Beets												
Blueberries												
Broccoli												
Cabbage												
Carrots												
Cauliflower												
Corn												
Cucumbers												
Eggplant												
Grapes												
Lettuce												
Melons												
Onions												
Peas												
Peppers												
Potatoes												
Pumpkins												
Radishes												
Rhubarb												
Spinach												
Squash-Summer												
Squash-Winter												
Tomatoes												
Turnips												
	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
			Harvest Period					Extended Availability Period				

# FRUIT & PRODUCE

## Farm Stand Etiquette, by Judson Reid, Cornell Vegetable Program

Yates County is home to an abundance of homegrown fruit and vegetable stands, and we are happy to share this healthy food with you! Many farm stands are self-serve which requires courtesy and honesty on the customers' part. Remember that the farms where you buy your produce are the family's home, so please respect their privacy and refrain from taking pictures. Farms are workplaces that include hazards such as large animals, electric fences, and heavy machinery. Resist the temptation to wander about, unless invited by the farmer. We love our lake people, but please consider wearing more than a bathing suit when visiting farm stands. Most farm stands in the county are operated by Old Order Mennonite families that do not conduct business on Sundays to preserve a day of rest. For suggestions on farm stands that are open on Sunday, call Cornell Cooperative Extension!



No Sunday Sales

Onions

Potatoes

Cherries

Zuchinis

Beans

Raspberries

Photo Credit: Judson Reid

## Bluff Point

### 1. Larzelere Agricultural Enterprises

3256 Rt. 54A  
Bluff Point, NY 14478  
(315) 536-8504

U-Pick: Grapes. Concord, Delaware, Seyval and other varieties in production; Cabernet Franc and Vignoles.



### 2. Simmons Vineyard Farm Stand

Corner of Culver Hill Dr. & Skyline Dr.  
Bluff Point, NY 14478  
(315) 536-8504

Seasonal table grapes.

## Branchport

### 3. Jim Bedient's Blueberries

3955 Stever Hill Rd.  
Branchport, NY 14418  
(315) 595-6676

U-Pick: Blueberries



## Dundee

### 4. Crystal Valley Produce

1719 Rt. 230,  
Dundee, NY 14837  
(607) 243-8875

Full-line vegetable stand, greenhouse with vegetable transplants, perennials, annuals, and hanging baskets.



### 5. Glenora Farms

340 Dundee-Glenora Rd.,  
Dundee 14837  
(607) 243-8383

Growing season – 24 hour honor system. Apples, cherries, peaches, pears, grapes, etc.



### 6. Hillside Produce

4418 Himrod-Lakemont Rd,  
Dundee 14837  
(607) 243-8097

Full-line of vegetables, cut flowers in the spring, bedding flowers in the summer, mums in the fall.



### 7. Indian Run Farm

639 South Glenora Rd,  
Dundee 14837  
(607) 243-8747

OPEN @ The Windmill  
Full-line of vegetables, buy-in fruit from other farms, honey year-round.

### 8. Road's End Farm

639 South Glenora Rd,  
Dundee 14837  
(607) 243-8747

Full-line of vegetables, some fruit and herbs.



## Keuka Park

### 9. Willett Road Produce

3421 Willet Rd.  
Keuka Park, NY 14478  
(315) 536-1105

Full-line of vegetables, ever-bearing greenhouse strawberries and greenhouse tomatoes.



## Penn Yan

### 10. Apple Barrel Orchards

2673 Sand Hill Road  
Penn Yan NY 14527  
(315) 536-2744  
<http://applebarrelorchards.com>



In-season produce and sweet cider from Red Jacket Farm.

U-Pick: Apples and grapes



### 11. Finger Lakes Produce Auction

3691 State Rt. 14A  
Penn Yan, New York 14527  
(315) 531-8446

Farmer-owned cooperative.  
See page 7 for more information.

### 12. Fresh Fruit & Flower Farm

677 Pre-Emption Rd.,  
Penn Yan, NY 14527  
(315) 536-7704

Specializes in flowers & raspberries in addition to plums, apricots, cherries, peaches and apples.



### 13. G & F Produce

4114 Bath Rd.  
Penn Yan, NY 14527  
(315) 536-0017

Full-line of vegetable plants, flowers, gladiolas, sunflowers, and bouquets.



### 14. Henderson's Produce

2741 Rt. 14A  
Penn Yan, NY 14527  
(315) 536-4958

Full-line of vegetables.



### 15. Hilltop Greenhouse

2664 Rt. 364  
Penn Yan, NY 14527  
(315) 536-1063

Greenhouse - flower  
and vegetable plants.



### 16. Hoover's Greenhouse

Leon and Emma Hoover  
2606 Baldwin Rd.  
Penn Yan, NY 14527  
(315) 536-8429

Perennials, annuals, vegetable  
transplants, fall mums.



### 17. Horning's Greenhouse Garden Center & Nursery

874 Rt. 14A  
Penn Yan, NY 14527  
(315) 531-8801  
[www.horninggreenhouse.com](http://www.horninggreenhouse.com)



Large selection of flowering and  
vegetable plants, trees, shrubs,  
and gardening  
supplies.



### 18. Indian Pines Farm Market

2406 Rt. 54A  
Penn Yan, NY 14527  
(315) 536-3944  
[https://www.facebook.com/  
IndianPinesFarmMarket/](https://www.facebook.com/IndianPinesFarmMarket/)

Vegetables, fruit, honey, eggs, milk,  
cheese, maple syrup, coffee,  
vegetable transplants, and flowers.

### 19. Locust Grove Produce

772 Pre-Emption Rd.  
Penn Yan, NY 14527  
(315) 536-6698

Fresh seasonal produce  
and flowers.



### 20. ORR-chard's Apples, Cider, and Honey

2129 Bentley Rd.  
Penn Yan, NY 14527  
(315) 536-2815  
[https://www.facebook.com/  
ORRchardsApplesHoneyAndCider](https://www.facebook.com/ORRchardsApplesHoneyAndCider)

U-Pick: Cortland, Golden  
Delicious, and Granny Smith Apple  
varieties, cider, and honey.



### 21. Raymond Shirk's Produce Stand

3006 Old Bath Rd.  
Penn Yan, NY 14527  
(315) 536-5824

Eggs, melons, sweet corn,  
tomatoes, zucchini, kale, swiss  
chard, yellow squash, cucumbers,  
egg plant, onions, garlic, green  
beans, winter squash  
(fall), asparagus, and  
strawberries (spring).



**22. Sauder's Produce**  
2511 Welker Rd., Penn Yan  
(315) 536-2160

Vegetables, greenhouse growing  
supplies  
U-Pick Blueberries.



### 23. Serendipity Blueberry Farm

3455 Chubb Hollow Rd.  
Penn Yan, NY 14527  
(607) 371-3676  
[www.serendipityblue.com](http://www.serendipityblue.com)



Naturally grown U-Pick  
Blueberry farm.



### 24. Sugar Shack Blueberry Farm

824 East Swamp Rd.  
Penn Yan, NY 14527  
(585) 526-5442

Black raspberries, honey,  
maple syrup, jams &  
jelly and some gifts.



Photo Credit: Serendipity  
Blueberry Farm

### 25. The Produce Shack

391 Pre-Emption Rd.  
Penn Yan, NY 14527  
(585) 526-6240

Full-line of produce & vegetables.  
Everything is locally  
raised on the farm.



### 26. The Windmill Farm & Craft Market

3900 Rt. 14A and Hobson Rd.  
Penn Yan, NY 14527  
(315) 536-3032

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



Fresh produce and baked goods,  
hand crafted items, home and  
garden decor, gifts, and apparel.



### 27. Tomion's Farm Market

200 Rt. 14A,  
Penn Yan, NY 14527  
(585) 526-5400

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



Home-grown fresh fruits and  
vegetables, specialty foods, baked  
goods, cut flowers. U-Pick:  
strawberries,  
raspberries, rhubarb.



### 28. U-Pick Blueberries

3998 Rt. 14A  
Penn Yan, NY 14527  
(315) 536-9513

U-Pick: Blueberries.



### 29. Wager's Cider Mill

256 E Main St.  
Penn Yan, NY 14527  
(315) 536-6640

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



Apples, cider, cider donuts,  
grapes, grape juice, New York  
cheese, fresh baked pies and  
cookies.

### 30. Windy Acres Farm

4172 Rt. 14A  
Penn Yan, NY 14527  
(607) 243-5899

Vegetables, vegetable  
transplants, flowers, hanging  
baskets, perennials,  
local fruit, trees,  
shrubs and supplies.



### 31. Yates County Cooperative Farm & Craft Market

2304 Simmons Rd.  
Penn Yan, NY 14527  
(315) 536-2473

[www.yatescoopfarmersmarket.wordpress.com](http://www.yatescoopfarmersmarket.wordpress.com)



Wide variety of fresh produce,  
plants, baked goods, jellies, crafts,  
and soaps.

### Rock Stream

### 32. Country Side Nursery

6100 Rt. 14A,  
Rock Stream, NY 14878  
(607) 243-3895

Greenhouses with vegetable  
transplants, herbs, tomatoes,  
fruit trees/shrubs, perennials,  
annuals and  
hanging baskets.



### 33. Ever Green Farm CSA

5942 Old Lake Rd.  
Rock Stream, NY 14878  
(607) 243-3613

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



Vegetable C.S.A. (Community  
Supported Agriculture). CSA  
membership required. See  
website for current delivery  
locations and pricing.



Photo Credit: Tomion's Farm Market



Photo Credit: Apple Barrel Orchards



# FINGER LAKES PRODUCE AUCTION

The Finger Lakes Produce Auction is a farmer-owned cooperative, incorporated in 2000. The Auction is a wholesale market for flowers and fresh market fruits and vegetables. During the produce, season auctions are held three mornings a week. Hay auctions are held twice a week in the winter. Special consignment auctions of lumber, quilts, and machinery take place on Saturdays throughout the year.

## AUCTION SCHEDULE

### Full Season Three Day Schedule for Produce and Flowers:

Mon. 10 a.m., Wed. & Fri. 9:00 a.m.

### Hay/Straw Auctions:

Year-round, Fridays 11:15 a.m.  
Jan.–Apr. Tuesdays 11:15 a.m.

### Special Auctions:

Ranges from farm machinery, building materials, and tools to quilts and crafts. Please refer to [www.fingerlakesproduceauction.com](http://www.fingerlakesproduceauction.com) for the special auction schedule.

Seasonal Crops	
<b>Spring Crops</b>	Hanging baskets and bedding plants, vegetable plants, asparagus, rhubarb, spring onions, spinach, lettuce, red beets
<b>Early Summer</b>	Peas, strawberries, early cabbage, cauliflower, broccoli, beans, small potatoes, summer squash, zucchini, cucumbers, pickling cucumbers, blueberries
<b>Full Season</b>	Tomatoes, sweet corn, cantaloupes, peppers, watermelons, sweet onions, potatoes
<b>Fall Crop</b>	Winter squash (Acorn, Buttercup, Butternut, Spaghetti, Blue Hubbard), cabbage, cauliflower, broccoli, pumpkins, gourds, Indian corn, turnips, red beets, sweet potatoes, mums, apples

### How To Purchase:

There are lots for large scale and small scale buyers. Large lots are sized for retailers, while small lots (approximately 2-5 bushels) are perfect for restaurants and those looking to preserve a year's worth of produce. For household quantities, it is best to attend the auction prior to buying. Buyer Numbers are available in the office.

### Finger Lakes Produce Auction

3691 State Rt. 14A

Penn Yan, New York 14527

(315) 531-8446

[info@fingerlakesproduceauction.com](mailto:info@fingerlakesproduceauction.com)

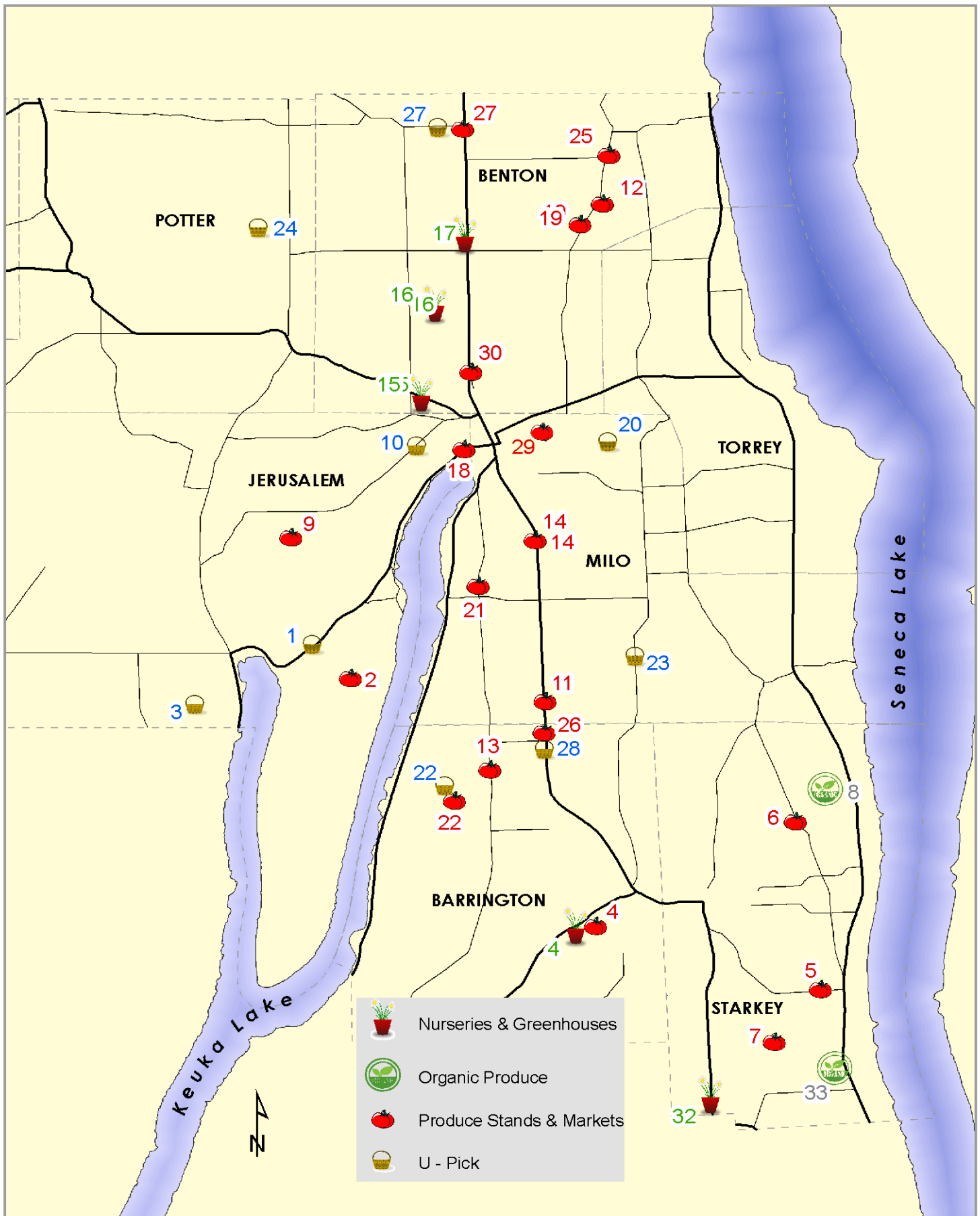
[www.fingerlakesproduceauction.com/](http://www.fingerlakesproduceauction.com/)



Photo Credit: Travis Cranmer

# PRODUCE MAP

NUMBERED LOCATIONS ARE IDENTIFIED ON PAGES 6-10



MAP CREATED BY ETHAN HALL OF THE YATES COUNTY SOIL & WATER CONSERVATION DISTRICT.

# MEAT PRODUCERS & BUTCHERS

## Buying Local Meat, by Caroline Boutard-Hunt, CCE-Yates County

With interest in buying local high all over our region, there has been a lot of focus on purchasing local fruits, vegetables, and grains. Some people find switching over to buying local meat more difficult citing the extra work to find and purchase, cost of buying in bulk, and inexperience with the terms used to market it. However, these concerns can be addressed easily especially in Yates County where we have a wide range of local meat available from bison and beef all the way to poultry and rabbits.

Here are some things to keep in mind on how to most effectively use your food dollars to invest in local meat:

- 1. Choose your priorities-** Are you most concerned about price, variety of cuts, or animal treatment? There are many reasons that people choose to make the switchover to buying local meat. Getting the opportunity to discuss growing practices with your local meat producer may help educate you on individual practices as well as give farmers feedback on what you as a consumer want. I know many local beef producers, and none of them raise their meat in the same way- some feed grain, some feed only grass, some are organic, some are not. All of them have a strong respect for the animals they raise and a commitment to providing a high-quality product.
- 2. Choose your budget-** How much cash do you have spare? Buying meat in bulk may appear more expensive at the outset, but you get a variety of cuts from porterhouse steaks to ground beef and roasts for a flat rate per pound. Also, you get to choose your cuts and package sizes to suit your family. For our family, though the initial cost is high, we end up with very little wasted meat at the end of the year and a lot of variety.
- 3. Be cognizant of your storage capabilities-** A lot of local meat is packaged and frozen before purchase. Do you have a chest or upright freezer? We have several- mostly purchased on Craigslist. Three hundred pounds of meat can be a stressful project if you're trying to find space for it while it sits in boxes.
- 4. Talk to your farmer-** Talking to several local meat producers before purchasing can help you figure out what you can afford, store and want to see when you open up your freezer.



Photo Credit: Shirk Meats

## Branchport

### Big Mamou Organic Farm

1985 Keech Rd.  
Branchport NY 14418  
(315) 436-3135

[www.bigmamouorganicfarm.blogspot.com/](http://www.bigmamouorganicfarm.blogspot.com/)



Hay, haylage, grass-fed beef, pasture-raised chicken and eggs, heritage duck, organic vegetables, bison, nitrate-free hot dogs, local wine, honey, maple syrup, and other local products.

### Spring Pond Farm

4385 Italy Hill Rd.  
Branchport, NY 14418  
(315) 595-6198

High quality freezer beef for sale, by the pound, by the quarter or side. Moisture-aged, wonderful marbling. All cattle are handled humanely, raised on grass and milk, and finished with nutritionally-balanced grains.

## Dundee

### FLX Wienery

5090 State Rt. 14  
Dundee, NY 14837  
(607) 243-7100  
[www.flxwiener.com](http://www.flxwiener.com)



House-ground burgers and sausages, as well as hot dogs. Milkshakes & ice cream floats. Most items are available as gluten-free. Vegetable and vegan options available. All items that are not made in-house are sourced locally.

### Log City Meats

4648 Log City Rd.  
Dundee, NY 14837  
(607) 243-5221

Quality processing of customer's self-raised meat; provides smoked meat and venison services.



### Shirk Meats

4342 John Green Rd.  
Dundee, NY 14837  
(607) 243-5581

Cheese, eggs, beef, pork, chicken, and spices.



## Middlesex

### Bedient Farms Natural Beef

750 West Swamp Rd.  
Middlesex, NY 14507  
(585) 738-3114  
[www.bedientfarmsnaturalbeef.com](http://www.bedientfarmsnaturalbeef.com)



Pasture-raised beef, pork, chicken and lamb. Hormone and antibiotic-free, old-fashioned quality meats. By the piece or quarter, half and whole.

### Dudley Poultry Company

910 State Route 245  
Middlesex, NY 14507  
(585) 374-2695  
[www.dudleypoultry.com](http://www.dudleypoultry.com)



USDA-inspected and HACCP certified fresh cut poultry.



Photo Credit: FLX Wienery



Photo Credit: Over the Moon Farm

## Naples

### Flint and Steel Farm

Angela Ingraham  
250 Bassett Rd.  
Naples, NY 14512  
(585) 374-2695

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



American Guinea Hog Piglets heritage breed for sale.

### Mossy Rock Farm

3760 Brink Hill Rd.  
Naples, NY 14512  
(585) 374-9967

[www.facebook.com/mossyrockfarm](https://www.facebook.com/mossyrockfarm)

Grass-fed beef, lamb, goat, free range organically fed pork, free range chicken and turkey.

### Sweet Grass Meats

6114 Italy Valley Rd.  
Naples, NY 14512  
(585) 374-9913

<http://www.sweetgrassmeats.com/>

Grass-fed beef and lamb, carries pork and chicken raised locally.

## Penn Yan

### Big Peace Farm

2628 Shanty Plains Rd.  
Penn Yan, NY 14527  
(315) 595-6630

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

Grass-fed beef, chicken, and pork.

### My Little Farm

142 North Flat St.  
Penn Yan, NY 14527  
(585) 737-5208

[www.facebook.com/My-Little-Farm-241749189196135/](https://www.facebook.com/My-Little-Farm-241749189196135/)

All natural poultry (chicken & turkey).

### Over the Moon Farm

1700 Stiles Rd.  
Penn Yan, NY 14527  
(315) 536-6158

<https://www.facebook.com/Over-The-Moon-Farm-1907180399569719/>

Farm raised certified organic beef, pastured chicken, and pork available in the fall. Farm fresh eggs, and organic vegetables.

### Pastured Poultry

603 Rt. 14A  
Penn Yan, NY 14527  
(518) 727-3237

Pastured Poultry offers you a fresh product that is picked up locally the same day as the product is processed. Chickens are raised on the pasture, cared for daily and are typically processed when they are 7 weeks old.

### Southview Angus

Floyd Hoover  
1793 Ridge Rd.  
Penn Yan, NY 14527  
(315) 536-7208

100% grass-fed and naturally raised Black Angus beef.

# FLOUR, BEANS, & WHOLE GRAINS

## The Evolution and Importance of Whole Grains

Grains have long been a staple in the human diet. However, the way in which humans eat grain has changed greatly over time. To understand this change one must first understand the grains themselves. A kernel of grain, for example, a wheat berry, consists of three layers. The outer layer of the grain is called the bran, and its purpose is to be a tough shell to protect the seed; the bran contains fiber and B vitamins. The largest interior layer is called the endosperm, and its purpose is to provide food to the seed. The endosperm is the main ingredient of processed white flour, containing carbohydrates and protein. The germ of the whole grain is the part of the seed that will develop into a new grain plant. The germ is rich in vitamins, minerals, and unsaturated oils.

Grains are now mostly bought as flour, pasta or cereal. Often, the grains are processed by sifting to remove the germ and the bran which contains the most nutrients and fiber. The germ and bran are removed because they contain oil that can go rancid without refrigeration. Therefore, if you remove the germ and bran, you increase the shelf life. Eating whole grains increases the amount of the bran and germ you are consuming. Fresh ground flours that have not been sifted contain 100% of the whole grain (the endosperm, germ, and bran).

The Harvard School of Public Health states, "that returning to whole grains and other less-processed sources of carbohydrates improve health in myriad ways." The noted health benefits include reduced risk of cardiovascular disease, diabetes, and cancer. The increase in fiber also improves digestive health. Whole grains can easily be incorporated into your diet. For fresh grains consider purchasing a small grain mill for your kitchen or locating a natural foods store that will grind the grain fresh for you. It may take some tweaking, but begin substituting the fresh whole grain flour in all of your favorite recipes!



Photo Credit: Lakeview Organic Grain

## Dundee

### Dutch Country Store

1542 State Rt. 230  
Dundee, NY 14837  
(607) 243-3222

Dry beans, flour, oats, grains, pasta, spices, sugars, jelly, milk, dry fruits, meat, bread, cooking supplies, produce, canning supplies, etc.

## Penn Yan

### Lakeview Organic Grain

119 Hamilton Pl.  
Penn Yan, NY 14527  
(315) 531-1038

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



Barley, rye, spelt, triticale, wheat, animal feed and seed.  
Sold: Wholesale.



### Oak Hill Bulk Foods

3173 Rt. 14A  
Penn Yan, NY 14527  
(315) 536-0836

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



Distributor of dry beans, flour, sugars, gluten, jelly, spreads, milk, cheese, produce, eggs, bread, meat, canning kits, freezing supplies, steamers, and baking tins.



## Sugar Creek Foods

2901 Rt. 364  
Penn Yan, NY 14527  
(315) 536-0105

Whole grains, bulk herbs and teas, home remedies, supplements, baking products, all natural sugars and sweeteners, local produce, bread, milk, eggs, canning supplies, etc.  
Deli with subs and sliced meat and cheese.



## The Birkett Mills

163 Main St., Penn Yan  
(315) 536-3311

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



Wheat, buckwheat, flour, kasha cereal, cream of buckwheat, and grain seed.  
Sold: Retail and wholesale.



### Wapsie Valley Cornbread

1 cup fresh ground cornmeal  
1 cup spelt or whole wheat flour  
¼ cup sugar  
4 tsp baking powder  
¾ tsp salt  
2 eggs  
1 cup buttermilk or milk  
¼ cup oil or melted butter, lard or bacon drippings  
Mix flour, sugar, baking powder, salt and cornmeal. Mix eggs, buttermilk (or milk), oil. Mix wet ingredients into dry ingredients and stir until smooth. Spoon into 12 muffin tins or one 9 inch oven-proof skillet (cast iron works best). Bake at 350 degrees for 20 minutes until lightly brown. Serve with butter and molasses, honey or jam

### Farmer's "Power Bars"

1 cup shortening (½ cup butter / ½ cup vegetable shortening, or all butter - some Crisco will give a chewier cookie)  
1 cup white sugar  
1 cup brown sugar  
2 eggs  
1 tsp vanilla, coffee or maple extract  
2 Tbsp molasses  
2 cups spelt or whole wheat flour  
3 cups oat meal  
1 tsp baking soda  
1 tsp cinnamon

Cream wet ingredients until light, Mix dry ingredients together in bowl and mix into wet ingredients, beat well. Add -  
½ cup raisins, dried cranberries or other chopped dried fruit  
½ cup chocolate chips  
½ cup chopped nuts (optional)

Drop dough by teaspoonfuls onto cookie sheet and bake at 350 degrees for 10-12 minutes until lightly browned - do not overbake! \*\* more oil will make a crisper cookie, more Crisco-type shortening will make a chewier cookie, using some butter gives better flavor. Up to a half cup of olive oil can be substituted.

Recipes provided by:  
**Mary-Howell Martens**

# WHOLE GRAIN COOKING TIPS

You can add whole grains to your meals without cooking, simply by choosing breads, breakfast cereals, and other prepared whole grain foods. If you'd like to enjoy delicious whole grains at home as a side dish, however, here are some guidelines for cooking them from scratch\*.

1 Cup of Grain	Water	Cook Time	Cooked Amount
<b>Amaranth</b>	2 cups	25–25 minutes	3 1/2 cups
<b>Barley, hulled</b>	3 cups	45-60 minutes	3 1/2 cups
<b>Buckwheat</b>	2 cups	20 minutes	4 cups
<b>Bulgur</b>	2 cups	10-12 minutes	3 cups
<b>Cornmeal (polenta)</b>	4 cups	25-30 minutes	2 1/2 cups
<b>Couscous, whole wheat</b>	2 cups	10 minutes (heat off)	3 cups
<b>Kamut®</b>	4 cups	Soak overnight, then cook for 45–60 minutes	3 cups
<b>Millet, hulled</b>	2 1/2 cups	20 minutes	4 cups
<b>Oats, steel cut</b>	4 cups	20 minutes	4 cups
<b>Pasta, whole wheat</b>	6 cups	8–12 minutes (varies by size)	varies
<b>Quinoa</b>	2 cups	12-15 minutes	3+ cups
<b>Brown Rice</b>	2 1/2 cups	45 minutes (varies by variety)	3-4 cups
<b>Rye berries</b>	4 cups	Soak overnight, the cook 45–60 minutes	3 cups
<b>Sorghum</b>	4 cups	25–40 minutes	3 cups
<b>Spelt berries</b>	4 cups	Soak overnight, the cook 45–60 minutes	3 cups
<b>Teff</b>	3 cups	For porridge: Toast: 3 min. Simmer: 15-20 min.	3 cups
<b>Wheat berries</b>	4 cups	Soak overnight, then cook 45–60 minutes	3 cups
<b>Wild Rice</b>	3 cups	45–55 minutes	3 1/2 cups

## Shortcuts

- **SOAKING:** If you want to cook grains more quickly, let them sit in the allotted amount of water for a few hours before cooking. Just before dinner, add extra water if necessary, then cook. You'll find that cooking time is much shorter with a little pre-soaking.
- **PRE-COOKING:** For steel-cut oats, try this shortcut: Bring water and oats to a boil, then turn off the heat and let the oats soak overnight. In the morning, return the oats to a boil, and they'll soften much quicker. (This approach is similar to the "two-step" cooking method popularized in Maria Speck's cook-book, *Simply Ancient Grains*.)
- **BATCH COOKING:** Another shortcut is to cook whole grains in big batches. Grains keep 3-4 days in your fridge and take just minutes to warm up with a little added water or broth. You can also use the leftovers for cold salads (just toss with chopped veggies, dressing, and anything else that suits your fancy), or toss a few handfuls in some canned soup. Cook once, then take it easy.
- **QUICK COOKING:** There are also many quick-cooking grains on the market, both in the freezer aisle and the grain aisle. These grains have been pre-cooked so some are ready in as little as 90 seconds in the microwave.

## Important: Time Varies

Grains can vary in cooking time depending on the age of the grain, the variety, and the pans you're using to cook. When you decide they're tender and tasty, they're done! If the grain is not as tender as you like when "time is up," simply add more water and continue cooking. Or, if everything seems fine before the liquid is all absorbed, simply drain the excess.

\*Information provided by Oldways Whole Grains Council [www.wholegrainscouncil.org](http://www.wholegrainscouncil.org)

# DAIRY PRODUCTS

## Buying Dairy Products Locally Helps Local Economies, by Anika Zuber, Harvest New York

New York is home to 353 dairy plants across New York State, and as consumers have shown a keen interest in purchasing local, artisanal products, the number of plants in New York has crept up. In fact, about 240 of these plants are receiving less than 3,000 pounds of milk per month or milk from non-cow animals such as goats or sheep. This is great for local economies because for each job created at a dairy plant, 4.27 additional jobs are generated throughout the economy. In addition to this, the rise in the amount of farmstead dairy plants gives consumers the ability to directly interact with the farmer or person involved in making the product and allows the farmer to capture more value for their milk. By purchasing milk from a farmstead or artisan creamery, you are providing that farmer with more value per pound of milk produced than they may typically receive, and are therefore helping their farm remain sustainable.

If you are buying a dairy product from a local creamery, you know that the product you purchased is indeed locally produced. However, the grocery store can be a mystery for many consumers. Luckily for New Yorkers, our state is the 3rd highest milk producer in the United States at a whopping 14.7 billion pounds of milk produced. New York is also ranked number 1 in cottage cheese, cream cheese, and yogurt production, and is number 4 in cheese production. You might be asking why this is important. This is important because when you go to the store to purchase a dairy product, there is a good chance that you are supporting a dairy farmer or dairy plant in New York State.

If you would like to know what dairy plant your milk comes from, take a look at <http://whereismymilkfrom.com/>, which describes where on the container to look to find which state your milk comes from.



Photo Credit: Garlic Cheese Curds from Shtayburne Farm

## Dundee

### Crystal Valley Creamery

2213 State Route 230  
Dundee, NY 14837  
(607) 243-9668

Certified Organic milk, sourced from pasture-fed cows right off the farm.



## Penn Yan

### Spotted Duck

999 State Route 54  
Penn Yan, NY 14527  
(315) 694-1628

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



Spotted Duck is the only creamery in the Finger Lakes, that makes duck egg frozen custard from scratch, using ingredients that are grown in an organic manner and locally sourced. All custard flavors are made with no artificial flavors, colors, preservatives and absolutely no corn syrup!



### Seneca Farms

2485 Route 54A  
Penn Yan, NY 14527  
(315) 536-4066

<http://senecafarmsny.com/>



Homemade Ice Cream, along with other Frozen Ice Cream Treats! Fried Chicken, Hand-Pattied Burgers, homemade salads, and our famous Corn Fritters!

## Rock Stream

### Shtayburne Farm

2909 Chase Rd.  
Rock Stream, NY 14878  
(315) 270-2249

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



Over 15 blends of fresh farmstead artisan cheeses; Cheddars, Monterey Jacks and fresh cheese curds.



Photo Credit: Spotted Duck

# CRAFT BEVERAGES

## **The Emergence of Farm Based Beverages, by Cheryl Thayer & Lindsey Pashow, Harvest New York**

Yates County residents have a new way to support their local farmers, and that's by patronizing their friendly craft beverage establishment. This is credited in large part to the creation of "farm licenses," which afford certain incentives to farm-based beverage operators, but require that a certain percentage of the raw inputs needed to make the craft beverages are grown in New York. These inputs include such crops as hops, grains, and apples. Presently, there are over 400 breweries, 65 hard cideries and 123 distilleries in New York, more than 62% of which operate under a "farm license" and are thus subject to the aforementioned purchasing requirements. As a result of these new farm-based beverage operators, there has been tremendous growth in the number of acres of farm-based beverage grains, hops, and in the variety of apples being planted, namely an increase in apple varieties that are desirable for use in the production of hard cider.

By supporting your local brewery, hard-cidery, and distillery, you are in turn, directly supporting the New York-based businesses that are responsible for turning a raw agricultural input into an ingredient that can be used by craft operators. These New York-based businesses include not only farmers but maltsters and hops processors as well. In fact, to meet the demand of this new emerging market sector, four new hop processing companies and 12 new malt houses have opened their doors since 2012, despite no legislative mandate to have these agricultural inputs processed in NYS.

Thanks to a concerted effort on the part of State and Federal legislators to reduce regulatory burden, modernize alcoholic beverage control laws, and invest in agricultural applied research and development, New York continues to see new craft operators open daily, which in turn, support our local farmers and small businesses.



Photo Credit: Climbing Bines Hop Farm and Craft Ale Company

## Dundee

### 1. Barrington Distillers

5040 Bill Bailey Rd.

Dundee, NY 14837

(607) 243-9734

[www.facebook.com/pg/BarringtonDistillery](http://www.facebook.com/pg/BarringtonDistillery)

Hand crafted spirits created in the heart of the Finger Lakes.

### 2. Starkey's Lookout

5428 State Rt. 14,

Dundee, NY 14837

(607) 678-4043

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



Craft beers, Guest Taps and 2 craft sodas along with a long list of vinifera and hybrid-style wines using only Finger Lakes grapes.

## Himrod

### 3. Miles Craft Ales

168 Randall Crossing Rd.,

Himrod, NY 14842

(607) 243-7742

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



Craft beers, including Callisto Pale Ale, Scottish Lure Ale, and Bonfire Brew.



## Penn Yan

### 4. Abandon Brewing Co.

2994 Merritt Hill Rd.

Penn Yan, NY 14527

(585) 209-3276

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



Beers crafted at Abandon are many and varied. The beers range from the likes of a 3.6% Munich Dunkel to 10.2% BA Imperial Stouts. We have categorized our beers into a couple of series, Flagship and Woodshed. We also brew some incredible sours and have of beers aging in barrels.



### 5. Climbing Bines Hop Farm

511 Hansen Point Rd.

Penn Yan, NY 14527

(607) 745-0221

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



Specializing in small-batch, hand-crafted ales brewed on site with the freshest, estate-grown hops, and barley harvested just a few miles down the road.

### 6. LyonSmith Brewing Co.

138 Water St.

Penn Yan, NY 14527

(315) 536-5603

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



Brews beers from the United Kingdom. Eight beers on tap: four permanent and four rotating.

### 7. Wort Hog Cidery

2770 State Rt. 14

Penn Yan, NY 14527

(315) 536-1210

<http://www.meadery.com/worthog-cidery>



Offers seven varieties of hard cider made from all local fruits.

## Rock Stream

### 8. Seneca Lake Brewing Company

4520 State Route 14

Rock Stream, NY 14878

(607) 216-8369

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



NY State's only dedicated Cask Ale Brewery, serving traditional British Real Ales.



Photo Credit: Abandon Brewing Co.

# WINERIES

## **A Toast to Finger Lakes Wine Country**

Did you know that more wine grapes are grown in Yates County than in any other county east of the Rocky Mountains? It's true, and the abundance of wineries testifies to the quality of soils along Canandaigua, Keuka, and Seneca Lakes. Each of these lakes has its own 'Wine Trail,' a route that takes visitors from winery to winery. Special events are common along the trails. They are held regularly and sport a variety of themes. Visit [www.uncorkny.com](http://www.uncorkny.com) for information regarding the events and wine opportunities in Yates County.



Photo Credit: Fox Run Vineyards Café

## Bluff Point

### 1. Yates Cellars

3170 Rt. 54A,  
Bluff Point, NY 14878  
(315) 575-1863  
[www.yatescellars.com](http://www.yatescellars.com)




Boutique Winery with high quality, affordable wines.

## Branchport

### 2. Hunt Country Vineyards

4021 Italy Hill Rd.,  
Branchport, NY 14418  
(315) 595-2812  
[www.huntwines.com](http://www.huntwines.com)



Hunt Country Vineyards encompasses 50 acres of high quality cool-climate grapes that are crafted into classic vinifera varietals. 

### 3. Stever Hill Vineyards

3962 Stever Hill Rd.,  
Branchport, NY 14556  
(315) 595-2230  
[www.steverhillvineyards.com](http://www.steverhillvineyards.com)



Stever Hill Vineyards produces about 2,000 cases annually of 20 unique dry, semi-dry, and sweet Finger Lakes wines.

## Dundee

### 4. Fruit Yard Winery

5060 SR. 14,  
Dundee, NY 14837  
(607) 243-8866  
<https://fruityardwinery.com/>




Offers a variety of wines from Dry to Sweet!

### 5. Fulkerson Winery

5576 Rt. 14,  
Dundee, NY 14837  
(607) 243-7833  
[www.fulkersonwinery.com](http://www.fulkersonwinery.com)




Wine, home winemaking supplies, home brewing supplies, fresh grape juice seasonally. 

### 6. Glenora Wine Cellars Inc.

5435 State Rt. 14  
Dundee, NY 14837  
(607) 243-5511  
[www.glenora.com](http://www.glenora.com)



Glenora Wine Cellars is one of the first wineries on Seneca Lake, and offers award-winning Finger Lakes wines, year-round hospitality, and cellar tours. 

### 7. Hermann J. Wiemer Vineyard Inc.

3962 Rt. 14,  
Dundee, NY 14837  
(607) 243-7971  
[www.wiemer.com](http://www.wiemer.com)



Riesling, Chardonnay, Gewurztraminer, Pinot Noir, Cabernet Franc, and Sparkling wine.

### 8. Hickory Hollow Wine Cellars

5289 State Rt. 14  
Dundee, NY 14837  
(607) 243-9114  
[www.hickoryhollowwine.net](http://www.hickoryhollowwine.net)



Fine vinifera red and white wines.

### 9. McGregor Winery

5503 Dutch St.  
Dundee, NY 14837  
(607) 292-3999  
[www.mcgregorwinery.com](http://www.mcgregorwinery.com)



A small family-owned and operated vineyard & winery. Vinifera wines are 100% estate grown, hybrid and native grapes are purchased locally.

Photo Credit: Keuka Spring Vineyards

*Keuka*  
SPRING  
2015  
EPIC RESERV  
NEW YORK



Photo Credit: Hunt Country Vineyards

## 10. Tabora Farm Market & Winery

7879 Lakemont-Himrod Rd.

Dundee, NY 14837

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



Offers Riesling, Cayuga White, Niagara, Diamond, DeChaunac, Lèon Millot, Baco Noir, and Marèchal Foch.



## 11. Villa Bellangelo

150 Poplar Point Rd.

Dundee, NY 14837

(607) 243-8602

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



Oldest winery in Yates County (1866).

## Himrod

## 12. Heron Hill Tasting Room

3586 Rt. 14

Himrod, NY 14842

(607) 243-7109

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



Tasting Room showcases award-winning wines and retail space. Black Button Spirits are also available at this location.



## 13. Miles Wine Cellars

168 Randall Crossing Rd.

Himrod, NY 14842

(607) 243-7742

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



Enjoy award winning Finger Lakes Wine, including Riesling, Cabernet Franc, and our famous Ghost Wine!



## 14. Shaw Vineyard

3901 State Rt. 14

Himrod, NY 14842

(607) 481-0089

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



Vinifera wines produced in a dry, cool -climate style. Varieties include Keuka Hill Reserve, Pinot Noir, Cabernet Franc, Cabernet Sauvignon, and Merlot.

## Keuka Park

## 15. Vineyard View Winery

2971 Williams Rd.

Keuka Park, NY 14478

(315) 694-7262

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



Family run winery overlooking a fifth generation, 100-year-old vineyard.

## Penn Yan

## 16. Anthony Road Wine Co.

1020 Anthony Rd.

Penn Yan, NY 14527

(315) 536-2182

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



Estate Vineyards, Winery, and Tasting Room with lake-view patio and adjacent garden.

## 17. Buzzard Crest Vineyards/ Barrington Cellars

2794 Gray Rd.

Penn Yan, NY 14527

(315) 531-8923

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



20 varieties of fruit-forward wines to suit a variety of tastes, most from organic grapes.






**18. Cuki Fine Wines (CK Cellars)**

2770 State Rt. 14  
Penn Yan, NY 14527  
(315) 536-1210  
[www.meadery.com/cuki-wines](http://www.meadery.com/cuki-wines)




Fine, dry wines

**19. Earle Estates Meadery (CK Cellars)**

2770 State Rt. 14  
Penn Yan, NY 14527  
(315) 536-1210  
[www.meadery.com/earle-estates-meadery](http://www.meadery.com/earle-estates-meadery)  
  

Award-winning mead and honey fruit wines


**20. Fox Run Vineyards Café**

670 Rt. 14  
Penn Yan, NY 14527  
(315) 536-4616  
[www.foxrunvineyards.com/](http://www.foxrunvineyards.com/)  
  

Fox Run Vineyards offers in-depth tours of the vineyard and winemaking facility, and a Café that features a house-made menu with local ingredients.






**21. Kemmeter Wines**

1030 Larzelere Rd.  
Penn Yan, NY 14527  
(315) 521-3897  
[www.kemmeterwines.com](http://www.kemmeterwines.com)  




Kemmeter wines located on the west side of Seneca lake in New York is a boutique winery created by seasoned winemaker/and grapes grower Johannes Reinhardt. Tasting Room is by appointment only.

**22. Keuka Spring Vineyards**

243 Rt. 54, East Lake Rd.  
Penn Yan, NY 14527  
(315) 536-3147  
[www.keukaspringwinery.com](http://www.keukaspringwinery.com)  
  

Voted 2016 Winery of the year!

**23. Monello Winery**

701 Rt. 14  
Penn Yan, NY 14527  
(315) 536-9785  
[www.monellowinery.com](http://www.monellowinery.com)  
 

Very specialized dry wines.

**24. Prejean Winery**

2634 State Rt. 14  
Penn Yan  
(315) 536-7524  
[www.prejeanwinery.com](http://www.prejeanwinery.com)  


Prejean Winery grows eight grape varieties that originated in Europe: Merlot, Cabernet Sauvignon, Cabernet Franc, Riesling, Gewurztraminer, Chardonnay, and two varieties, Pinot Noir and Pinot Gris.

**25. Red Tail Ridge Winery**

846 State Rt. 14  
Penn Yan, NY 14527  
(315) 536-4580  
[www.redtailridgewinery.com](http://www.redtailridgewinery.com)  
 

Limited release, dry wines and traditionally made bubbles. Obscure European wine grapes.

**26. Rooster Hill Vineyards**

489 Rt. 54 South  
Penn Yan, NY 14527  
(315) 536-4773  
[www.roosterhill.com](http://www.roosterhill.com)  


Situated in Penn Yan, on the east side of Keuka Lake, Rooster Hill Vineyards blends sun, soil, and local winemaking traditions into ultra premium vinifera wines.





Photo Credit: Vineyard View

### 27. Seneca Shore Wine Cellars

929 Davy Rd.,  
Penn Yan, NY 14527  
(315) 536-0882

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



Seneca Shore Wine Cellars grows, produces, and sells Finger Lakes wines as the Medieval Winery of the Finger Lakes. Free Tastings (with a wine purchase) at our Tasting Room where wine can be sampled and purchased.

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### 28. Serenity Vineyards

930 Davy Rd.  
Penn Yan, NY 14527  
(315) 536-6701

[www.serenityvineyards1977.com](http://www.serenityvineyards1977.com)



Family owned estate vineyard on Seneca Lake specializing in dry vinifera wines, esp. reds w/a few sweet wines. Dog friendly. Picnic area overlooking lake.

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### 29. Torrey Ridge Winery (CK Cellars)

2770 State Rt. 14  
Penn Yan, NY 14527  
(315) 536-1210

[www.meadery.com/torrey-ridge-winery](http://www.meadery.com/torrey-ridge-winery)



Torrey Ridge Winery produces many award winning red & white wines made from various fruits and grapes.


## Rock Stream

### 30. Magnus Ridge Winery

6148 State Rt. 14  
Rock Stream, NY 14878  
(607) 243-3611

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



Magnus Ridge Winery is situated on a beautiful park-like setting on the west side of Seneca Lake in Rock Stream. Visitors can leisurely enjoy our facilities, which include four tasting rooms, the Waterlilies Café and a fabulous gift shop. 

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### 31. Rock Stream Vineyards

162 Fir Tree Point Rd.  
Rock Stream, NY 14878  
(607) 243-5395

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

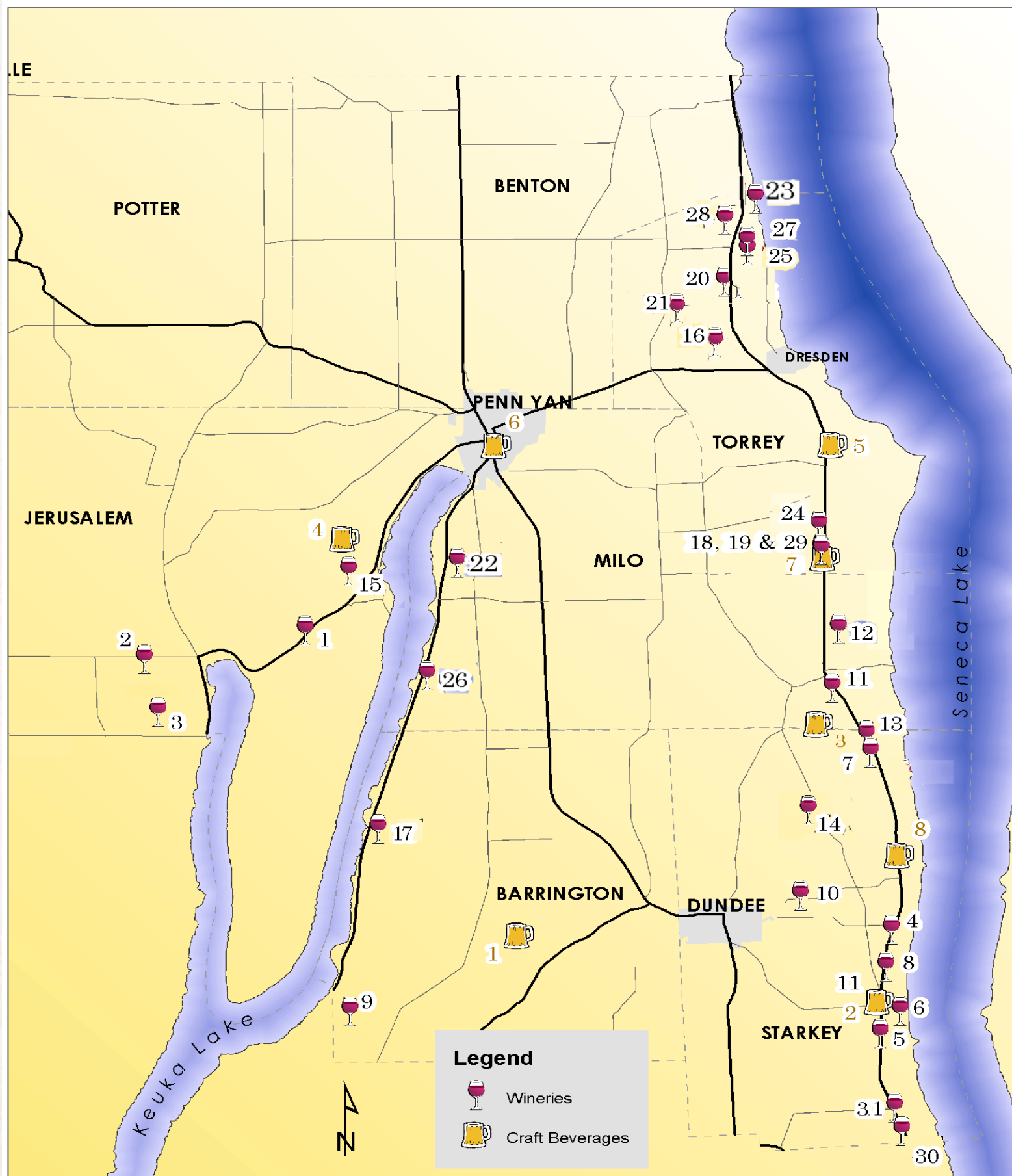


Rock Stream offers unique wines such as DeChaunac, Dry Niagara, Make Me Blush and port, and is Seneca Lake's only winery crafting Grappa and Grape Brandy.



# WINE & CRAFT BEVERAGES MAP

NUMBERED LOCATIONS ARE IDENTIFIED ON PAGES 16-22



MAP CREATED BY ETHAN HALL OF THE YATES COUNTY SOIL & WATER CONSERVATION DISTRICT.

# MADE WITH LOVE

## Niche Foods of Yates County, by Maggie Mahr, CCE-Yates County

As you've made your way through The Taste of Yates, it's most likely you've thought about places you want to visit, and what to make with your purchases. When finalizing a menu, you may sometimes ask yourself "what else should we have with this?" This question goes beyond deciding what vegetables to cut up for a salad, or even what wine you want to serve. I'm speaking of course, of condiments, the unsung heroes of the culinary world. These include jams, jellies, preserves, spices, dressings, honey, and maple syrup. While you can purchase such goods at many of the establishments listed in the guide, this section is dedicated to those who specialize in small-batch production, creating the perfect topping for your meal.

Another question you may ask a lot is "who wants coffee?" Coffee can only be grown in a tropical climate and must be roasted before it can be brewed. In Yates County, we are proud to say that we have three local businesses that not only perfected the process of roasting, but also feature locally sourced foods and gifts for purchase.



Photo Credit: JAVA-Gourmet Company Store & Black Cat Bistro



## Coffee

### **JAVA-GOURMET Company Store & Black Cat Bistro**

2808 State Route 54A  
Penn Yan, NY 14527  
(315) 536-7843

[www.java-gourmet.com](http://www.java-gourmet.com)



Locally roasted, gourmet, small batch coffees.  
Award Winning, Coffee-based Artisanal Foods.  
Locally Sourced Natural and Infused  
Culinary Flake Salts.



### **Master's Touch Coffee Roasters**

4831 Hillcrest Dr.  
Dundee, NY 14837  
(607) 243-8505

<http://www.masterstouchcoffee.com/>



Specialty coffee from around the world,  
freshly roasted to order.

### **Pantry Pleasures**

3900 Rt. 14A (Windmill Farm & Craft Market  
Penn Yan, NY 14527  
(315) 536-2068

Coffee, teas, herbs and spices.

## Honey

### **Greater Penn Yan Bee Keepers Association**

214 Main Street  
Penn Yan, NY 14527  
(585) 412-8817

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



The Greater Penn Yan Beekeeper's Association holds  
monthly meetings at the Penn Yan Public Library,  
which are open to the public and free to attend.

### **Nolt's Apiaries**

2051 Porters Corners Rd.  
Dundee, NY 14527  
(315) 243-5975

Honey, woodenware hive tools.

### **Wixson Honey, Inc**

4937 Lakemont-Himrod Rd.  
Dundee, NY 14837  
(607) 243-7301

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



Wholesale producer and packer of honey.

Pictured: Comb Honey

## Jams, Jellies, and Preserves

### Los Gatos Bed & Breakfast

1491 Route 14A  
Penn Yan, NY 14527  
(315) 536-0686

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



Homemade jams and jellies featuring local fruits, apple cider syrup, and honey.

Also available online at

[LosGatosBandB.com/catalog](http://LosGatosBandB.com/catalog).



### Martin's Kitchen

4898 John Green Rd.  
Dundee, NY 14837  
(607) 243-8197

Jam, jelly, apple butter, pickles, salsa, relish, dressings, and pie fillings. Co-packing service available.



## Maple Products

### Hoover's Maple Supplies

2355 Pulteney Rd.  
Branchport, NY 4340  
(607) 522-4340

Maple syrup, maple cream, and maple supplies.



### MacKenzie Family Maple Syrup

#### @ Sweet Grass Meats

6114 Italy Valley Rd.  
Naples, NY 14512  
(585) 374-6162

The MacKenzie family has been making maple syrup in Italy Valley for over 30 years. Their syrup is known for its great taste and quality.

### Schiek's Maple Products

873 Ridge Rd.  
Penn Yan, NY 14527  
(315) 730-0926

Maple syrup, maple granulated sugar, maple molded sugar, maple cream and maple cotton.

## Sauces, Dressings, & Spreads

### Chef Lerman

P.O. Box 525  
Penn Yan, NY 14527  
(315) 536-0739

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



Award-winning salad dressings and sauces. Products are vegan, gluten free, lactose free.

### Sacheli's Farm Foods, Inc.

998 W. Swamp Rd.  
Middlesex, NY 14507  
(585) 259-1988/(585) 554-3238

[www.onion-jelly.com](http://www.onion-jelly.com)



Onion Pepper Jelly, Onion Garlic Jelly, Onion Balsamic Jelly, Poppyseed Dressing, Artisan BBQ Sauces, Salad Dressings, Mustards, Cheese Spreads, Tomato Basil Pasta Sauce, Hot Ketchup and Cookbooks.



Pictured: Schiek's Maple Syrup

# FOOD PRESERVATION

Whether you're preserving your own harvest or you've purchased locally grown fruits or vegetables, canning, freezing, and drying can be effective ways to serve foods that taste harvest-fresh at a later date. To ensure that the products you serve are safe, it is important to follow tested guidelines for safely preserving foods by these methods. The Yates County Local Food Guide gives a quick guide to the most common ways, but the full reference can be found in the Cooperative Extension of the University of Georgia's book, *So Easy To Preserve*, or on the National Center for Home Food Preservation website, [www.nchfp.uga.edu](http://www.nchfp.uga.edu).



Pictured: Los Gatos Bed & Breakfast Preserves

# CANNING

Canning is a safe method of preservation, if done properly, that destroys microorganisms and inactivates enzymes that would normally cause foods to spoil. The process involves placing foods in jars or cans and heating them, driving the air from the jar and creating a vacuum seal as it cools. This vacuum seal prevents air and microorganisms from getting into the jar to prevent recontamination of the food.

Through the years, home canning methods and techniques are constantly tested and improved to assure the safest, most effective way of processing food. Older recipes should be exchanged for the latest, up-to-date, research-based recipes from reliable resources recommended by Cornell Cooperative Extension.

## CANNING METHODS

### Boiling Water Bath

*This method processes food at a boiling temperature and is recommended for high acid foods like fruits, tomatoes, pickles, and relishes as well as jams, jellies, preserves, and butters.*

1. Fill canner half full with clean hot water and preheat to 140°F for raw-packed food or 180°F for hot-packed food.
2. Load filled jars, fitted with lids, into the canner at once using a jar lifter.
3. Add more boiling water so the water level is at least 1 inch above the jars.
4. Place lid on canner and bring water to a gentle boil.
5. The duration of boiling time depends on the food being processed. See recommended resources above.
6. When the recommended time is complete, turn off the heat, remove canner lid and let sit for 5 min.
7. Use the jar lifter to remove the jars one at time, and let cool down on a towel undisturbed from 12 to 24 hours.

### Pressure Canner

*This method processes food under pressure at temperatures higher than boiling and is the only safe method for processing low acid foods like vegetables, meat, poultry, and fish.*

1. Place the filled jars on the rack and 2-3 inches of hot water in the canner centered over the burner.
2. Fasten the lid and leave the weight off the ventport or open the petcock.
3. Bring the water to a boil and let the steam flow for 10 minutes over high heat.
4. After the venting, close the petcock, or place the gauge on the ventport.
5. Once the recommended pressure is reached, adjust the heat to maintain a constant pressure, and start the processing time.
6. When the time is completed, remove the canner from the heat, let the canner cool down and depressurize.
7. After it is depressurized, open the petcock or remove the weight from the ventport, wait 10 minutes, and remove the lid carefully.
8. Remove the jars and place them on dry towels, leaving 1 inch of space between each jar.
9. Let them cool down from 12 to 24 hours (pg. 29-39, GA book)

# FREEZING

Freezing is one of the simplest, most convenient, and least time consuming methods of food preservation. This method retains natural flavors and tastes more like fresh food. While it does not sterilize foods, it slows the growth of microorganisms and chemical changes that cause foods to spoil. Foods that have undergone the proper freezing process and are consumed within a year have a nutrient value equal to or greater than food preserved by any other method.

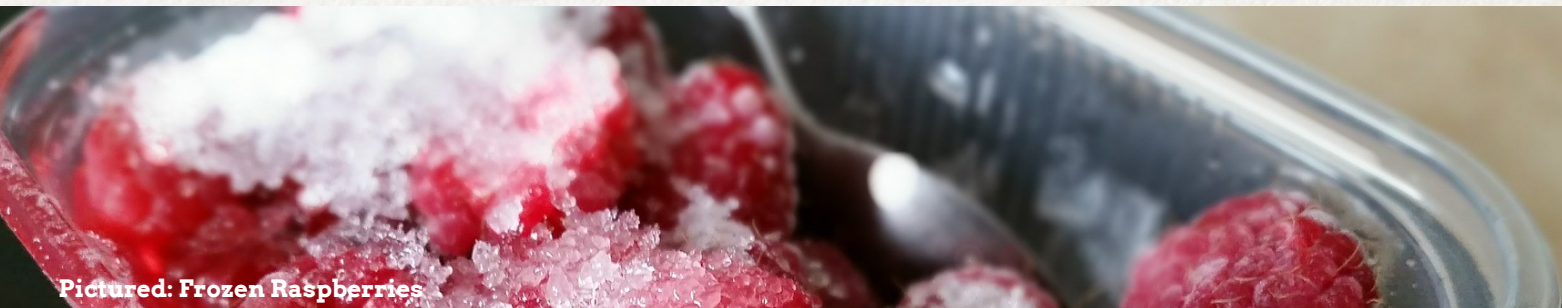
## FREEZING FRUITS

- ♦ Select fully ripe, fresh fruit.
- ♦ Store in refrigerator until ready to freeze.
- ♦ Wash in cold water then peel, trim, cut, and package in portions for intended use.

### TYPES OF PACKS

	<ul style="list-style-type: none"><li>• 40% syrup is recommended for most fruits, but varies with sweetness.</li><li>• to make the syrup, dissolve sugar in lukewarm water, then chill</li><li>• use just enough cold syrup to cover fruit in container</li></ul>
	<ul style="list-style-type: none"><li>• sprinkle sugar over fruit and gently mix until the juice is drawn out and the sugar dissolved</li><li>• good for soft sliced fruit such as peaches, figs, grapes, strawberries, and cherries</li></ul>
	<ul style="list-style-type: none"><li>• pack the fruit into a container or bag, seal, and freeze</li><li>• good for whole fruits such as berries</li></ul>
	<ul style="list-style-type: none"><li>• spread a single layer of fruit on tray and package as soon as frozen</li></ul>
	<ul style="list-style-type: none"><li>• water, unsweetened juice, or pectin syrup</li><li>• generally does not result in a product with plump texture and good color compared to sugar packs</li><li>• fruits freeze harder and take longer to thaw</li></ul>
	<ul style="list-style-type: none"><li>• can be packed as is, with or without sugar</li></ul>
	<ul style="list-style-type: none"><li>• prevents discoloration in most fruits and adds nutritive value</li></ul>
	<ul style="list-style-type: none"><li>• steam fruit until hot– varies with fruit</li><li>• best used with fruit that will be cooked before use</li></ul>

- ♦ Packaging: freezer bags (remove all air), rigid containers (fill empty space with wax paper)
- ♦ Serve semi-thawed.
- ♦ Can be stored for 8-12 months.



Pictured: Frozen Raspberries

## FREEZING VEGETABLES

- ♦ Select fresh, young, tender produce.
- ♦ Store in refrigerator until ready to freeze.
- ♦ Wash before removing skins or shells.
- ♦ Blanching:
  - \* Blanching time varies with vegetables, ranging from 1 1/2 minutes—11 minutes.
  - \* Blanching is necessary for almost all vegetables as it stop enzyme action, cleanses the surface, and reduces vitamin loss.
  - \* Timing is crucial: under-blanching stimulates enzyme action and over-blanching causes loss of flavor, color, vitamins and minerals.

### TYPES OF BLANCHING

<ul style="list-style-type: none"> <li>• good for all vegetables</li> <li>• use 1 gallon of water/lb of vegetable</li> <li>• bring water to a boil before lowering vegetables in blanching basket</li> <li>• start time as soon as water returns to a boil</li> </ul>
<ul style="list-style-type: none"> <li>• recommended for broccoli, pumpkin, sweet potatoes, winter squash</li> <li>• takes 1 1/2 times longer than water blanching</li> <li>• use a pot with a tight lid and basket that holds food 3 inches above bottom of pot</li> <li>• bring 1-2 inches of water to a boil</li> <li>• steam in single layers</li> <li>• start time as soon as lid is sealed</li> </ul>

- ♦ When blanching is complete, vegetables should be cooled quickly to stop the cooking process by submerging vegetables in cold water. It should take the same amount of time to cool as it does to blanch. Dry pack or tray pack.
- ♦ Can be stored for 8-12 months.

### FREEZING MEATS

- ♦ Select high quality fresh meats.
- ♦ Trim excess fat.
- ♦ Cut for intended use.
- ♦ To wrap, use either: Freezer paper, 'drugstore wrap', or 'butcher wrap'.
- ♦ Freezer bags– fold out all the air.
- ♦ Separate pieces with 2 layers of freezer paper or wrap with separation.
- ♦ Serve after being cooked from frozen or defrosted state.
- ♦ If defrosting, defrost in the refrigerator.
- ♦ Storage time varies with meat but never exceeds 12 months.

## Branchport

### Branchport Hardware

1 West Lake Rd.  
Branchport, NY 14418  
(315) 595-6622

Basic canning supplies: jars, lids, funnels, lifters, cold pack canners, etc.

## Penn Yan

### Carey's True Value

143 Seneca St.  
Penn Yan, NY 14527  
(315) 536-4111

[www.ww3.truevalue.com/careystruevalue/](http://www.ww3.truevalue.com/careystruevalue/)



One-stop shopping experience for home and garden supplies and improvement projects.

### Knapp & Schlappi Lumber Co.

273 Lake Street  
Penn Yan, NY 14527  
(315) 536-3383

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



Wide variety of canning and pickling supplies

### Martins Equipment

900 Rt. 14A  
Penn Yan, NY 14527  
(315) 536-7056

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

All kinds of canning jars and lids, pressure cookers, canners and seasoning packets.



### Pinckney Hardware

24 Main St.  
Penn Yan, NY 14527  
(315) 536-7033

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



Canning supplies and storage containers.

# Recognition & Certification Icons

As you drive through Yates County, keep a look out for the following signs that symbolize various programs or organizations. Each sign represents a given recognition or certification that farmers are able to receive for various practices on their farms.



## Agricultural Environmental Management Program (AEM)

AEM is a voluntary, incentive-based program. Farmers make common-sense, cost effective, and science-based decisions to help meet business objectives while protecting and conserving the State's natural resources.

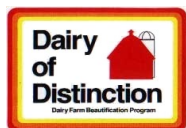
<http://www.nys-soilandwater.org/aem/>



## Beef Quality Assurance

The national BQA Program was initiated in 1987 to provide cattle farmers and ranchers with science based management practices that enhance carcass quality and beef safety and improve animal care. BQA works to protect consumer confidence in our beef supply and to return more profits to producers. Participation in the program is voluntary. BQA principals influence the management practices of more than 90 percent of cattle.

<http://www.nybeef.org/bqa.aspx>



## Dairy of Distinction

This award is part of the Northeast Dairy Farm Beautification Program that recognizes the hard work and dedication of dairy owners/operators who have attractive, well-kept farms and promote a good dairy industry image.



## Farmer's Pledge

This was created by NOFA-NY for both certified and uncertified organic farmers. Pledge Farmers agree to reduce food miles, use ethical business practices, pay a living wage to farm workers, and cooperate with others to create a more sustainable way of life. The difference between certified organic and signing the pledge is that the certification process includes third party verification of farm practices where as signing the pledge does not.

<http://www.nofany.org/farmers-pledge>



## Finger Lakes Culinary Bounty (FLCB)

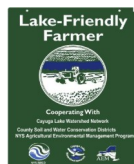
Links the region's farms, food producers, wineries, and food establishments to provide residents and tourists with fresh, local produce and creative cuisine borne in the Finger Lakes. <http://www.flcb.org/>



## Keuka Lake Wine Trail

This trail offers a more diverse group of wineries than any other destination in the Finger Lakes.

<http://www.keukawinetrail.com/>



## Lake Friendly Farm

This network identifies key threats to the watershed and advocates for solutions that support a healthy environment and vibrant communities. Farms with this sign have adopted best management practices to protect water quality.



## New York Farm Bureau

"To Serve and Strengthen Agriculture"

This non-governmental, volunteer organization is financed and controlled by member families for the purpose of solving economic and public policy issues challenging the agricultural industry. <http://www.nyfb.org/>



## Northeast Organic Farming Association (NOFA)

NOFA-NY is the oldest and largest organization in New York dedicated to organic and sustainable farming and gardening. It is comprised of consumers, gardeners, and farmers who promote land stewardship, organic food production, and local marketing through demonstrations, and education. <http://www.nofany.org/>



## Organic Certification

Defined by the USDA, organic food is produced by farmers who emphasize the use of renewable resources and the conservation of soil and water to enhance environmental quality for future generations. Organic meat, poultry, eggs, and dairy products come from animals that are not given antibiotics or growth hormones. Organic food is produced without using most conventional pesticides, fertilizers made with synthetic ingredients, sewage sludge, and have not been exposed to bioengineering or ionizing radiation.

<http://www.usda.gov/>



## Pride of New York

This program promotes and supports the sale of agricultural products grown and food products processed within NYS. It includes farmers, processors, retailers, distributors, restaurants, and related culinary associations all working together to bring you wholesome, quality NYS products.

<http://www.prideofny.com>



## Soil & Water Conservation District (SWCD)

The Yates County SWCD provides education and information on conservation, orderly development, and the wise use of the state's natural resources. The districts are represented by an association (NYACD) of members at the state, regional, and national level who work together to promote environmental stewardship and sustainability.



## Yates County (Finger Lakes) Chamber of Commerce

YCCC is the foremost business organization in the Central Finger Lakes. Representing nearly 500 businesses, the Chamber is involved in community development, tourism marketing & strategy and advocacy. Chamber members are identified by this logo...the Chamber encourages you to do business locally. "What Grows Local, Stays Local".

<http://yatesny.com/>

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Photo Credit: Oak Hill Bulk Foods

