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EAT, DRINK AND BE MERRY.

July has become our month for food and drink, hence the reason that basically all the articles you're about to peruse through revolve around the topic at hand. But what better time to celebrate the bounty of fresh and sizzling foods and thirst-quenching drinks than at the height of growing season? That's at least our thought process and the reason that we dedicate this issue to food and drink every year.

To me July means laid-back long sunny days, barbecues, running through sprinklers, ice cream, and plenty of swimming. One of the best things about this time of year, in my opinion, is all of the fresh food from local farms and vendors, AND the super thirst-quenching drinks like cold lemonade and fruity alcoholic beverages. Nothing beats a perfectly refreshing mojito on a hot summer's day. Yum!

This time of year is also the time that we all feel super social with get-togethers, parties, barbecues, celebrations, and the like. I think that this summer, especially, will be filled with lots of get-togethers and celebrations with the easement of restrictions and our lives starting to return to some form of pre-COVID normalcy. And I think that we are beyond ready for it, to see familiar faces that we haven't seen and have missed for over a year. Our souls have missed family and friends, and seeing a person's smile, to feel OK just being near someone - these are the things that we have missed at a very molecular level. We are social beings, and have been tested in isolation for over a year. This July will most likely be filled with celebrations around many tables that are filled with food, drinks, and company. And to that, I say cheers!

I hope that you enjoy all of the stories that we have brought you in this issue, from the features on food/drink-related businesses in our region, recipes for drinks and desserts, as well as profiles on local figures and establishments in our communities. There are so many wonderful stories to tell, and I always feel honored and humbled every month when I put each issue of this magazine together - when I lay out the stories and proof-read them... I feel so fortunate to learn about the many individuals, businesses, and organizations in our area that make our towns, cities, counties, and states so unique and special. I hope you too feel the same way.

And I want to give a special shout-out to our amazing advertising sponsors: they are not just crucial to our communities, but they are vital to this magazine. Without them, you wouldn't be enjoying this magazine, so please help support our advertisers! Happy summer.

- Thorunn Kristjansdottir



JULY 2021

It's that time of year! "Let's put another shrimp on the barbie!" Enjoy great food, drinks and company this month. Remember to shop local and support your local farmers.

Cover photo by Olivia Valentine

The Food & Drink issue

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Artistry... naturally

ARTIST PROFILE: JOY SETTON



By *CB Wismar*
info@mainstreetmag.com

If the world is your classroom, then moments of learning and education can blithely appear anywhere. For fabric artist Joy Setton, circumnavigation of the globe after her father sold his French company and took the family on a two-year cruise was the foundation for lifelong learning.

Back on land, Joy studied journalism and film at NYU and embarked on a career as a filmmaker. Several PBS documentaries, notably some of the programs featuring great folk music performers (Peter, Paul and Mary, Harry Belafonte, Pete Seeger) found her production credits included. “Everyone needs music,” she’s quick to point out, and the programs produced continue to be “chestnuts” in the PBS archives, trotted out annually to support giving drives.

It was an admixture of her visual sense coupled with her inquisitive nature that had attracted her attention in a Japanese museum, emboldened by discovering how garments were dyed in India that drew her to the adventure she now continues in Cornwall, CT.

“We were pandemic refugees,” offers Joy with a smile. She and her husband and their three children had a weekend home in the Litchfield Hills, a respite from their Red Hook

(Brooklyn) home. When COVID-19 changed the world and how people navigated through the pandemic, Joy and her husband decided to leave the city behind.

Joy Setton’s center of operations is now a second-floor studio and gallery located in Warren Town Center. The bright space serves three purposes. Her husband has an office from which he pursues his career, comfortably remote. Joy’s space is occupied by a great working table on which she hand silk screens fabric bearing her own whimsical designs. Finally, the entry portion of her studio is her shop, a colorful amalgam of blouses, scarves and wraps all fashioned in New York’s garment district utilizing the unique fabric she creates.

There are other bits and pieces in her shop, as well. These are items that Joy calls “curiosities,” items that one might not find in other local shops but that entice and reward. Art supplies, bits of ephemera that add a moment of joy to a day as a gift or an indulgence. There may even be an antique item that catches the eye ... and will add just the right touch to a room. Items offered in the shop belie the artist’s eye.

Sketchbook as starting point

“I always drew as a child. When we traveled, I would sketch the unique people, places, and things we saw.” From that childhood pursuit came a



Above, top to bottom: Garments and curiosities. Joy Setton.

passion for design, prompted by the great traditions of textile art displayed in the Tokyo National Museum.

“I began sketching patterns, recognizing that the great fabric traditions of the world utilized natural dyes to create the deeply rich colors.” Moving full time to Northwestern Connecticut, Joy has pursued her discovery of the natural elements that can be used to create dyes for her fabric.

“Just a simple walk in the woods can yield so many plants that can be used to make my dyes. Barberry, birch leaves, alder leaves, acorns ... they all yield different intensities and hues.”

Without question, the hand drawn patterns that Joy creates support the underlying sense of humor that is very much a part of her nature. Nestled in the various designs can be a word or two, a whimsical figure, an object that evokes a smile like Louis Armstrong’s trumpet. Her hand silk screening yields admittedly small batches of cloth to be sent with her patterns to be made into unique pieces. “Pattern making is alike a Bach partita,” she adds, blending a love for music with the world of fabric art and uniquely made clothing.

Artist as activist

Not only is Joy Setton an artist, she has evolved into an eloquent activist, turning her love for natural dyes and fabrics into a voluble plea for her customers to understand the importance, the nuance of materialism ... and consumption.

Trained as a journalist, Joy has found ways to incorporate her passions into editorials that are available for the asking in her Warren studio/shop or free to download on her website. These are not angry screeds, but passionate, often lyrical statements.

“I deal in materials. I am a true materialist – an idolater of the matter that I hold between my fingers. For hours every day, I handle silk and cotton, wet it and watch the darkness spread as the water is absorbed; wring it between my fingers and marvel and the thinness of the silk or at how very heavy wet cotton suddenly is.”

The use of natural dyes has become a passion for Setton and she is quick to address the great differences between the cocktails of deadly chemicals that are used to create synthetic dyes for mass consumer garments and the entirely natural, sustainable



Above: Joy Setton hand silk screening. Below, left: Blouses and shirts in the studio. All images courtesy of Joy Setton.

resources that she uses in her work.

“Durability is often invoked in the defense of synthetic dyes, and pointed out as a weakness of the natural ones. Well, we have Tutankhamen’s belt, dyed madder red five thousand years ago, still red at the Cairo Museum. We have Mayan cloaks dyed indigo blue on the coast of Peru three thousand years ago, still blue at the Lima, Peru Amano Museum.”

And, Joy Setton knows of what she speaks. She has celebrated having the world as her classroom, of having seen, first hand the wonders of ancient civilizations that used the natural fibers and dyes around them to create enduring masterpieces. Her work reflects both the education and the creative imagination it has inspired. ●

To view Joy Setton’s work, visit her website at settonj.com or stop by Setton J Textiles on the second floor of Warren Town Center, 4 Cornwall Road, Warren, CT.

Are you an artist and interested in being featured in Main Street Magazine? Send a brief bio, artist’s statement, and a link to your work through the arts form on our “arts” page on our website.



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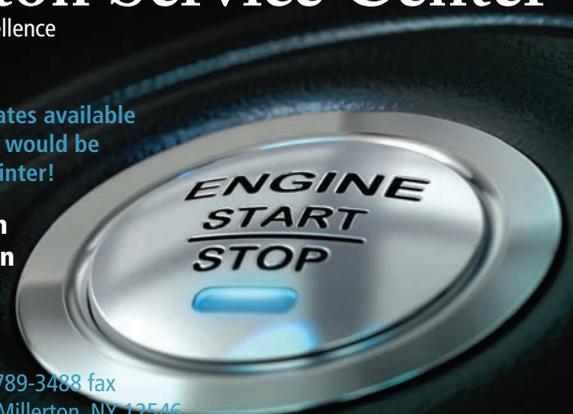
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Nairy Baghramian, *Knee and Elbow*, 2020. Marble, stainless steel.
Courtesy of the artist and Marian Goodman Gallery



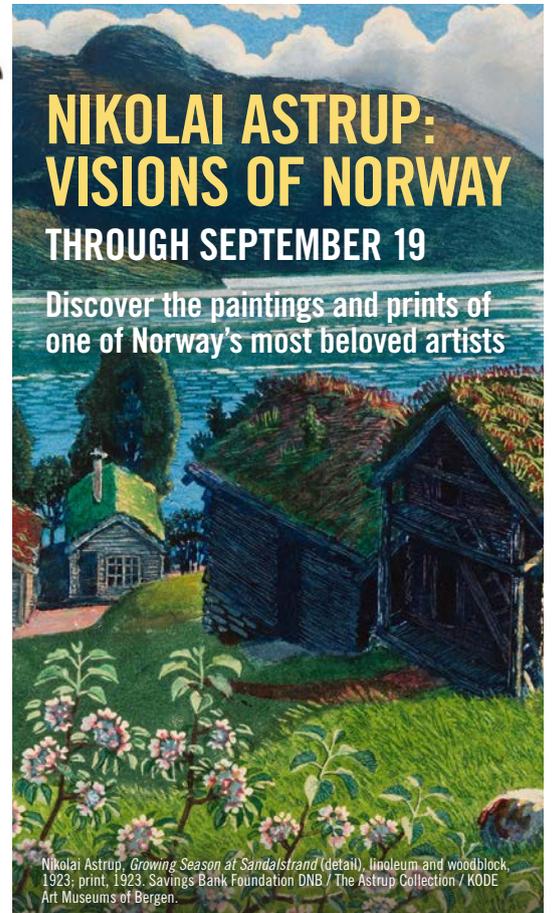
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LALANNE:
NATURE TRANSFORMED
THROUGH OCTOBER 31

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created by Les Lalanne!

Claude Lalanne, *La Dormeuse* (The sleeping woman) (detail), 2004. Bronze, galvanized copper. Private collection © 2020 Artists Rights Society (ARS), New York / ADAGP, Paris

NIKOLAI ASTRUP:
VISIONS OF NORWAY
THROUGH SEPTEMBER 19

Discover the paintings and prints of
one of Norway's most beloved artists



Nikolai Astrup, *Growing Season at Sandalstrand* (detail), linoleum and woodblock, 1923; print, 1923. Savings Bank Foundation DNB / The Astrup Collection / KODE Art Museums of Bergen.

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friendly faces: meet our neighbors, visitors and friends



AJ Brooks has been a service manager at Lowe's for the last eleven years. "What I enjoy about my position is the people I work with," he says. "Lowe's is a company that works with you for the benefit of your work life, as well as your happiness outside of work." During his free time, AJ says he loves spending time with his son Jace, his family, friends, playing softball and staying busy. "I am from the area, and have been here my whole life," he says. "I have always enjoyed the area for its quiet atmosphere and because I am an outdoorsy person myself, the many hiking trails and landscapes are a perfect fit for all the things I enjoy doing."



Kerry Rooney is not only the principal's secretary at North Canaan Elementary School, but she is also the creator and owner of Sugar Flare: "A local chocolate-covered Oreo business that I like to think creates little works of consumable art that you can eat, share, or gift." Kerry values sharing these special treats with the local community, and remains constantly inspired by the joy her unique Oreos spark. "I'm always trying to come up with ideas that have a 'wow-factor' and make people smile." When she's not busy thinking of new and original creations, Kerry enjoys spending time with her family, including her three children and two yorkies. She also loves stopping by her favorite café, Marjoram + Roux in Great Barrington, MA, where she also sells her Oreos. "I look forward to my deliveries there every week because I always get the most amazing food from them."



Scott Watson, a ten-year veteran of the wine and spirit industry and Hudson Valley native decided to come back home when the pandemic hit. "My wife **Elesha** and I were holed up in our one bedroom, fourth floor walk-up apartment in the upper west side in Washington Heights," says Scott. "We just looked at each other and said, 'what are we going to do?'" In June of 2020, Scott and Elesha moved back to the upper Hudson Valley where he grew up. "Fast forward to August, we found out Elesha was pregnant!" says Scott. "Everything was falling into place, and we are finally back home. The Hudson Valley has everything I could ever want for my family, and I am so grateful to be living back home, closer to family, with my wife and newborn son."



A resident of Sharon, CT, since 2013, orthopedic surgeon **Dr. Alexander "Marty" Clark** enjoys the many facets of rural living in the northwest corner of CT. From family outings to the White Hart Inn for a scrumptious meal to a scenic hike at Lion's Head Trail, building memories with wife, **Maja**, and their four daughters is the director of orthopedic surgery's favorite pastime. "Seeing the kids grow up somewhere that allows for an active lifestyle is a true joy," said Clark. At Sharon Hospital, he supports various aspects of musculoskeletal care for fractures, arthritis, hip replacements, and sports injuries. Caring for his colleagues and neighbors across the region brings great joy and pride to his every day routine. "Each member of our community is important and impactful; it's the close-knit relationships you build that makes Litchfield County special," he added.



After 15 years in the management and accounting fields, **Bobby Bailly** and his father started RJB Community Management. The firm manages condominiums, townhouses and co-ops. Bobby also moonlights as a server at the Copake Country Club in Copake, NY. He shares that he just loves working there due to the friendships he's created with co-workers and patrons. "I love to play sports," says Bobby. "Golf is really the main sport I play now. I love to get out on the course and meet new people and just have fun outside." Bobby feels as lucky to have grown up in our area, as he does having the opportunity to work part-time on one of his favorite golf courses. "Growing up around here, you meet so many people and I have been lucky enough to get to know many of them," he says. "This community is full of great folks, and it's never too late to get out there and meet them."



As a speech-language pathologist, yoga teacher, and owner of The Dig in Millerton, NY, **Katja Schultz** is fully committed to the idea of giving back to the surrounding community. "Being able to work alongside clients and their families is a gift, as food is something that sustains us in every aspect," she says. "Food is a part of our culture, health, and security. It has deep roots in our fundamental sense of self." After opening last year, Katja and her mother Natalie help The Dig bring local, fresh food with a fun flair. "I love spending downtime with family, practicing yoga, and having time to myself outdoors. I love the people in this area," Katja says. "There are so many incredible people who choose to make this home, and I just love connecting with each of them."

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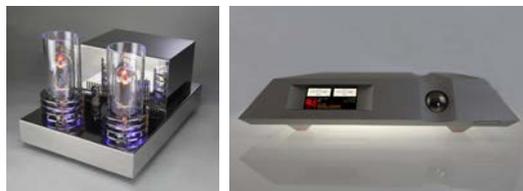
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ALEXANDRA DU CANE AND MICHAEL KLINE OF POINTY SNOOT CAVIAR:

Catchy Caviar in Millerton

By Christine Bates
info@mainstreetmag.com

Does it seem unlikely that fine caviar from all over the world is shipped to Millerton, NY, to be repackaged and sold to American consumers? After seeing Pointy Snout Caviar tins in Westerlind Pantry I wanted to find out more and interviewed Alex Du Cane and Michael Kline. They started this boutique, caviar business ten years ago after careers in fashion and finance.

Pointy Snout? How did you decide on that name?

ADC: A group of us were sitting around looking at photos of sturgeon when someone piped in with the obvious: “Look, they all have pointy snouts.” At the time, we’d put together many key elements of the brand, but we hadn’t yet come up with a name. “Pointy Snout” seemed to convey subtle layers of attributes and values we wanted the brand to evoke: acknowledgement of, and respect for, the heroic fish; an irreverence towards traditional branding nomenclature playful rule-breaking; fun, even whimsical; accessibility – meaning, mostly, the banishment of intimidation; responsibility, expressed through a commitment to sustainability and transparency.

Why are you in downtown Millerton?

ADC: We had lived full-time in Litchfield County for 27 years, but our business model was somewhat New York-centric. Though we’ve always shipped to clients throughout the US, Europe, and Asia, we had focused especially on chefs in New York City and California. So, for the first seven years, we staged our packing and fulfillment operations in a Long Island City warehouse. That meant we were making 2-3 day trips to the city each week. One day we got the bright idea that all the back-and-forth was unnecessary. After all, where we packed had no bearing on where our customers were. We were living in a landscape of vast bucolic beauty where a distinct

“real” food lifestyle was ascendant. Why not make Litchfield County, the Hudson Valley, and the southern Berkshires part of our celebration? We decided to bring our packing operation “in house” – which is to say, to our own neighborhood. The first step was to make new relationships with top-ranked sturgeon aqua farms throughout the world, and to import caviar directly from them, in bulk. For 18 months, the White Hart in Salisbury, CT, generously allowed us the exclusive use of a walk-in cooler, where we stored our caviar. Through friends at a local boarding school, we arranged to pack our caviar in an under-utilized industrial kitchen on campus. It all worked wonderfully until the pandemic arrived. At that point, we had no choice but to create our own accommodation. This led to our now permanent packing facility in a former Millerton café.

This is your idea of retirement?

MK: Well, we naively thought it was going to be easy. We had built businesses together, but we wanted to start something completely new – new to the marketplace, new for us. Alex had been a very successful agent for fashion photographers, with offices in Los Angeles, New York, and Paris. My background was in investment banking. In caviar, we saw an inviting opportunity to reposition a traditional luxury category and give it an unexpected, contemporary point of view. As it happened, at our launch ten years ago, we caught a wave. Within a week, we had become the featured brand at LVMH-owned Domaine Chandon in Napa. Influential magazine editors quickly followed. Without any formal PR effort, we began to appear regularly in *Town & Country*, *Vogue*, and other mainstream glossies. Three years out, Daniel Boulud referred us to the *WSJ* for a Christmas article. The results, in sales and brand recognition, were unimaginable.



Above: Pointy Snout caviar served at BG in Bergdorf Goodman. Courtesy of Pointy Snout Caviar.

How did you get into this business?

MK: As a finance guy, I had been retained by an absentee owner to recapitalize his caviar company that was based in northern California. A two-month gig turned into 18 months, with my flying to San Francisco and back virtually every week. Harrowing, but educational. In the end, Alex and I felt we knew as much about the business side of caviar as any veteran. We spent another year visiting farming operations around the world. At the same time, we began laying groundwork for the brand by collaborating with a creative shop in Paris which worked with Cartier, Hermes, and other premier luxury brands. That’s the part that really excited us and pushed us to go to market.

What makes Pointy Snout different?

ADC: To be blunt, without branding and purposeful differentiation, caviar is a commodity. The overwhelming proportion of caviar is very middle to low grade, and ends up at Costco or on passenger cruise ships and airlines. We built our brand DNA – at the time, a conscious departure from the pack – around a commitment to quality (only the top 5% of every harvest), transparency (telling consumers

truthfully where the stuff came from), sustainability, and intense customer service. Would you believe driving from Salisbury to NYC at 10pm to deliver caviar to Ignacio Mattos?

“Sustainability” is an interesting case in point. Ten years ago, most caviar marketing pros – for that matter, most everyone involved in luxury goods writ large – dismissed, or outright laughed at, our emphasis on sustainability. Today, of course, every marketer for every product in the spectrum has jumped on the bandwagon. But, genuinely sustainable production still has a specific meaning. From a biological perspective, we rely on guidelines promulgated by the Monterey Bay Aquarium: “sustainability is measured by the degree of impact on the wild species.” In aqua farming, absolute sustainability is reflected by a 1:1 ratio between the amount of wild seafood used to feed and raise an equal amount of farmed fish. More broadly, sustainability is reflected in the degree of impact on the environment – that is, in the replaceable units of water, energy, and labor that contribute to production.

Continued on next page ...

Is water recycled? Are energy inputs self-generated, or minimized? Are local farm workers and craftspeople treated respectfully and given fair financial and benefit compensation? We source from suppliers whose answers to those questions are “yes.”

Caviar is farmed?

ADC: Historically, 90% of global caviar production was centered on the Caspian and Black Sea regions. Following the collapse of the Soviet Union, many former Soviet states, desperate for cash, began plundering wild sturgeon in search of one of the few tradeable currencies available to them – caviar. Throughout the ‘90s, an epic ecological disaster unfolded in the Caspian Sea. Rampant, state-sanctioned poaching and pollution decimated sturgeon populations, rendering several entire species extinct. By 2000, fewer than 100 beluga sturgeon had survived. Two forces saved sturgeon and the caviar industry. First, the Convention on International Trade in Endangered Species (“CITES”) banned all trade in Caspian caviar. CITES continues to monitor and regulate the amount of caviar each country can legally export each year. Second, sturgeon aqua farming, begun in the ‘80s in northern California, began to proliferate. At first, these farms raised sturgeon solely for fresh meat markets; they threw the roe away. Gradually, as the supply of “wild sturgeon” tightened and then disappeared, farm-raised sturgeon became the only source of legally consumed caviar. Today, there are caviar-producing sturgeon farms in over 50 countries, including major US facilities in California, Florida, Idaho, and North Carolina. Not only are wild fish protected by CITES. As part of their operating protocols, farms re-populate rivers by routinely releasing genetically healthy sturgeon back into their natural habitat.

Where does Pointy Snout Caviar come from?

MK: We source globally and, as mentioned, only from sustainable producers. Depending on the type of caviar involved, we buy the highest grade of each harvest from producers in California, Uruguay, Israel

and, believe it or not, Madagascar. Incidentally, early in the 20th century, Hudson River sturgeon provided great quantities of caviar that ended up in lower Manhattan sailors’ bars – as free bar food, later to be replaced by salty peanuts, meant to encourage thirst. Over time – as in the Caspian Sea – sturgeon up and down the East Coast were overfished, blocked by dams from ancestral migration, and polluted to death. They are today legally protected from commercial operators.

Could you explain the different types of caviar Pointy Snout sells?

ADC: Out of roughly eight species (including “hybrids”) on the market, we feature three kinds of caviar. Our biggest seller is Ossetra (*Acipenser gueldenstaedtii*), also known as Russian Sturgeon. We sell several grades of Ossetra, with a medium to large bead size and either a dark amber or a golden color. Our second offering is Siberian Sturgeon caviar (*Acipenser baerii*), with generally smaller and darker beads. Third is caviar made from White Sturgeon (*Acipenser transmontanus*), with generally medium-sized and darker brown or black beads. Each type is distinctly different from the other; each has its own pleasurable merits. In addition to caviar, we offer caviar spoons that I designed and have hand-carved by artisans in Kenya. The spoons are made of camel bone, look exactly like ivory, and represent our emphatic opposition to the ivory trade. Nobody ever killed a camel for its bones. We offer personalized gift boxes that have been used to acclaim by designer brands and lux department stores such as Bergdorf’s, and Nordstrom.

How long does it take to produce caviar?

ADC: In the wild, some sturgeon need 17 years to reach roe-producing maturity. Farmed, the time ranges from five to 12 years, depending on the species. Females are identified at around age two; microchips are then embedded to help determine the exact time eggs should be harvested. It is important to note that the entire fish is used for commercial purposes, including medicinal. For example, it



Photo by Louis Lemieux courtesy of Pointy Snout Caviar.

is not widely known, but there is an enormous market for fresh sturgeon meat in many countries.

Who are your customers?

ADC: While the restaurant and hotel markets largely disappeared during the pandemic, our private client segment increased in size and importance. Historically, our sales mix was split roughly 50/50 between wholesale clients (exclusive high-end restaurants, hotels, and retailers) and individuals. Prominent wholesale venues included New York restaurants Daniel, Café Boulud, Café Flora, and BG at Bergdorf’s. Estela and the Peninsula Hotel Beverly Hills are among restaurants that continue to feature Pointy Snout caviar by name on their menus. Prominent among our direct consumer segment is a network of repeat, high-net-worth private clients.

I should also mention that, while our marketing target continues to be global, we’ve developed a wonderful new portfolio of regional customers since moving our packing operations out of NYC. Apart from the organic publicity we receive in the media, most of our business is generated by word-of-mouth.

How do you two divide responsibilities between you?

MK: Alex does everything that’s critical to the brand. She’s the majority owner and CEO. She oversees communications, content, and design. She maintains relationships with suppliers and key clients. She’s one of the recognized handful of individuals in the US who have a “caviar” palate, so she tastes, packs, and controls overall caviar quality.

ADC: Michael focuses on the financial aspects of the business.

What is your biggest business challenge?

ADC: As mentioned, the pandemic’s devastating effect on the hospitality industry hit us hard. As we all know, restaurants are starting to rebound. For us, this represents slow, but steady, growing demand. Our goal is to capture old and new business as we head into our Christmas holiday sales season.

MK: Operationally, our biggest challenge is the cost and unreliability of FedEx delivery. The problem has grown worse since FedEx began nationwide delivery of Covid-19 vaccines. Because it’s caviar, we must ship all orders for priority, next day delivery. More than 20% of our shipments are not delivered within 24 hours. More than 10% are never delivered. Those failures represent a total loss for us.

What are you proudest of?

MK: We’ve endured. We’ve made a brand that’s caught the attention of creative directors, editors, designers, fashion and media tycoons, museums, executive chefs, captains of industry, and ordinary citizens.

What’s next for Pointy Snout?

Up to now, we’ve deliberately remained a “sleepy” brand. From time to time, we’ve retained sales and marketing professionals, but our brand essentially sells itself. Now, though, we see significant growth on the horizon. The big question we face is whether to gear up to capture a disproportionately bigger chunk of that growth. As part of this – and, it’s been in the back of our minds from the beginning – would be to roll out a collection of curated, one-of-a-kind luxury products not related to caviar or food. ●

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Fruit Pizza



By *Olivia Valentine & Caroline Markonic*
info@mainstreetmag.com

Hello summer, hello FRUIT PIZZA! Fruit pizza is the perfect summertime dessert. Seriously, this dessert is delicious. Hit up your local farmers markets or stands, the grocery store, or even your backyard garden (if the critters haven't gotten to it first). Cherries, strawberries, raspberries, peaches, watermelon, blueberries all bountiful in our area and just begging to be adorned on a bed of a slightly underbaked sugar cookie crust and sweet cream cheese!

Fruit pizza, as strange as it sounds, was first introduced to us by my daughter Claire's fourth grade teacher, Rosa. She had made it for her students to celebrate the end of the school year. Claire came home from school with a piece of it wrapped in a napkin telling me that I had to try it, as it was quite possibly one of the best things she had ever eaten! I took one bite and knew that I had to make it myself. And sure enough, we did.

Over and over and over again.

We have made it using all sorts of different types of fruit: strawberries, cherries, mandarin oranges, pomegranate, kiwi, pineapple, mango, blueberries, raspberries, blackcaps, grapes (red and green), and the list goes on. We have decorated it for

birthday parties by writing names or ages using the fruit, we have made it for 4th of July picnics by creating an American flag, in a sheet pan, and on a round pizza pan. We've made it in the dead of winter and at the height of summer! We have made this dessert for ourselves, for family and friends, and for just about every field hockey tail gate party. This dessert is probably the most loved and requested dessert we have made to date. And it just so happens to be extremely simple to make.

Fruit pizza doesn't require much time in the oven, just a few minutes to bake the sugar cookie dough. And when it's 90 degrees, who wants to crank up their oven for hours? Not us! Also, if you're in a pinch and don't have time to make sugar cookie dough, grab the refrigerated kind at the grocery store, we promise, we won't judge! (It's just as good). However, if you want to make it as we did, we will gladly provide the sugar cookie recipe we used (DM us). It's one of my mother's, and we dug it out of the "recipe book" just for you guys. (The recipe book in question is a cabinet with miscellaneous notes, papers, magazines, and books haphazardly shoved inside of it, which takes 15 minutes to sift through in order to find what you're looking for.) Organizational skills aren't our strong suits, but making this dessert is!

Ingredients:

Sugar cookie dough (your own or store bought)
 1 package 8oz cream cheese at room temperature
 6 tbs Sugar
 1 tsp Vanilla
 You'll need about a ½-1 cup of sliced fruits of your choice. It really depends on the fruit you choose and how you slice/decorate it

Directions:

Preheat oven to 350 degrees. Spread sugar cookie dough onto a sheet pan or a round pizza pan. We used a 14' round pizza pan. Bake in the oven for 12 minutes. You want your crust to be a little underbaked. Allow sugar cookie crust to cool completely. Beat together the room temperature cream cheese, vanilla and sugar until well combined and fluffy. Spread cream cheese mixture over the cooled sugar cookie crust. Decorate with your fruit of choice. •

Olivia and Caroline are enthusiastic foodies and bakers who are constantly in the kitchen, as well as explorers who create their own adventures in our area – and did we mention they are mother and daughter? Follow Olivia on Instagram to see her many creations at @olivaiavvalentine.

KSA Portrait #1 (Noura Alqahtani), 2019

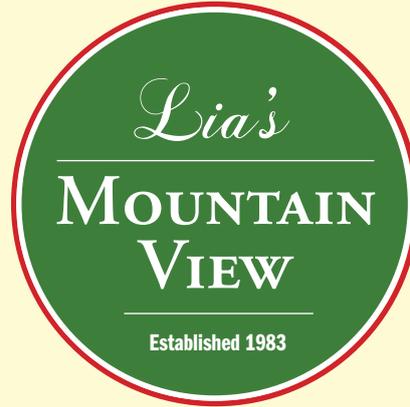


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Keeping it simple

GUNTHER FISHGOLD,
CEO & FOUNDER, TIERRA
FARM, VALATIE, NY

By Christine Bates
info@mainstreetmag.com

Gunther Fishgold and I talked over a picnic table at the Tierra Farm headquarters in Valatie, NY, for Main Street's food issue. Tierra Farm is a profitable food manufacturer specializing in certified organic and fair-trade nuts, seeds, granola, dried fruit, spices, coffee, and tea. Starting from an organic farm stand in the Finger Lakes, the business has experienced rapid growth while striving to maintain its unique culture and business philosophy.

How did you start Tierra Farm?

I got my start organic farming in the Finger Lakes. I had a passion for baking and created a whole grain bakery to supply bread and other baked goods for the local CSA and our organic farm stand. After extensive research and buying ingredients for our bakery I realized that organic nuts were a profitable business and we began sourcing, roasting and reselling nuts as a way to keep busy all year long. It was a great way to keep the business producing product and it allowed me to retain my seasonal employees.

Our revenues in the first year of business were \$95,000. I was only selling to outlets within an hour and a half driving distance. Then we started to expand to food co-ops throughout New York, then Vermont and eventually the whole northeast.

About 15 years ago we purchased

our current facility from Rapunzel Naturkost, the largest organic company in Europe. They had built an 8,000-square-foot distribution facility, which was the next level for us. Over time we've grown and expanded our footprint to over 20,000 square feet of production space. My passion is still organic farming and that's what's great about this location, we have a thriving organic farm right on site.

Making the move to Valatie put us in a position to grow and we did.

What has made your business such a success? What are your revenues?

Timing! Organic food trends were just developing ten to 15 years ago and we understood the needs and wants of our customers and the expanding marketplace and it paid off. Of course, consistently producing an excellent product helped. We roast our nuts slowly at low temperatures to develop the flavor – it's a baker's approach. Even today everything we produce is still made by hand in small batches right here at the farm. We only purchase high quality certified organic commodities from reliable, ethical sources and, whenever possible, we work with certified Fair Trade growers. I believe in doing things right. Simple.

Our revenues are now approaching \$30 million a year.



Why don't you sell to national grocery chains and Whole Foods?

We distribute directly in bulk or in retail-ready packages. We will even private label our products for independent grocery stores and food-co-ops. Financially it just doesn't make sense for us to go through a national or regional distributor or to pay shelving fees at the big box store level. Dealing with the big national chains has crushed a lot of small vendors. We are happy with the business as it is and we know what it takes to ensure we continue to deliver a high quality product with great service. Sometimes I think it might even be easier if I reduced our overall footprint. I'm not focused on doing things bigger, I want to make sure we do things right. Right for me, my workers, the farmers we buy from, our customers, and the planet.

Where do your nuts come from?

Many are domestic like pecans from Georgia and walnuts from Lake County, CA. About 50% to 60% of our product is sourced within the US directly from growers.



Above top, Crazy for cashews! Tierra Farm cashews. Above: Tierra Farms CEO and founder, Gunther Fishgold, talks with Main Street across a picnic table at the company's headquarters in Valatie, NY. Photo: Christine Bates. Left: Tierra Farm's maple cardamom cashews. Images courtesy of Tierra Farm.



Continued on next page ...

Internationally I continue to work with long standing brokers. For years I travelled internationally to Africa, India, Sri Lanka, Turkey, South America – really all over the world. I love the process of meeting with growers and experiencing their farms first hand. It's important to meet their workers and see how the work and home environments coexist.

Domestically or internationally, I will always encourage my buyers to travel to the growers and get a true understanding of where our products come from.

What are your biggest challenges?

Right now our biggest challenge is trying to find employees to work in our packaging operations. We offer a minimum of \$15 an hour plus health care insurance, and a 401K, but with the pandemic and the infusion of unemployment stimulus money, the preference for many workers seems to be to stay unemployed. The labor challenge has forced us to make tough decisions and these decisions could have lasting effects on how we move our business into the future. Unfortunately this is a problem facing so many employers today.

Another big challenge is the use of plastics in our packaging process. We are excited to be testing new compostable packaging that will allow us to greatly reduce our dependency on plastic. Our local farm store and online customers will be the first to see the new compostable options and

we're excited to get their feedback. We expect to reduce our plastics footprint by 90% by 2022

What mistakes have you made?

In the past I have deviated from our culture in pursuit of growth. Now I'm laser focused on company culture and quality and less on growth.

What is your culture?

I try to explain it as a culture of simplicity. Tierra Farm is a food manufacturer with a moral compass. We try to run our business the right way and don't make decisions based solely on money. For example, we decided that our cashew products should all be certified Fair Trade. We took a big hit on our source costs, but we chose not to increase the price to our customers – it was simply the right thing to do. Tierra Farm is now the largest dealer of certified Fair Trade cashews in the country and we know we're doing our part for the growers, their workers, and the communities they support.

We have become a certified "B" corporation. This indicates that your business balances purpose and profit and considers workers, customers, suppliers, the community, and the environment in decision-making. Every two years you get reviewed. The first time we received a grade of 94 – passing is 80 – and next time we're aiming for well over 100. "B" Corp provides a road map to creating a sustainable, responsible business.

Becoming a certified "B" Corp helps keep us on track and true to our



mission. This means we use business as a force for good. We're proud to be recognized for putting people and the planet right up there with profits.

Are there business leaders that you admire?

Yvon Chouinard, the founder of Patagonia, is an excellent example of a principled, successful business leader. Patagonia is mission driven and I admire that.

I mostly admire spiritual leaders like Mother Theresa, Martin Luther King, and Mahatma Gandhi. They represent people that took major risks in life and made significant contributions to the world.

What's next for Tierra Foods?

Right now it's about making the right decisions for the future... moving our packaging to a more sustainable, 100% compostable option is a huge undertaking and we are digging in and making it happen. Continuing to get all of our products Fair Trade certified is important for the future of the company. Increasing our direct to consumer business via the internet and through our retail store is another key focus. ●

To learn more about Tierra Farm, their products, methods, employment, and more, visit them online at www.tierrafarm.com.



Above top: Tierra Farm's compound includes a farm store, which sells fresh flowers and berries, a retail store, roasting and packaging facilities, specialized maple syrup and honey, coffee, and chocolate processing, and offices. The smells are intoxicating. Photo: Tierra Farm. Above: Coffee roaster Dan. Photo: Tierra Farm. Left: Even on a weekday morning the Tierra Farms retail store is ready for business. Photo: Christine Bates.





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KENT: Impeccably maintained home in a pastoral farm setting with barn surrounded by 100 acres of protected land. Situated on a private cul-de-sac with mountain views. Fireplace and cathedral ceiling in LR. Hardwood floors through out and wainscoting line the stairs, hallways, and dining room. Nice! \$475,000



MILLERTON: This beautiful Cape has majestic mountain views! Completely repainted and ready for the next story of pictures to hang on the wall. Spacious sun filled kitchen, formal dining area, good size living room and 2 potential bedrooms on the first floor and 2 on the second floor. Just \$395,000



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Slice of heaven

SUMMER IS AN IDEAL TIME FOR ENJOYING SIMPLE AND DELICIOUS MEALS LIKE PIZZA, OFFERED AT THESE RHINEBECK HOTSPOTS

By Regina Molaro
info@mainstreetmag.com

The summer season ushers in long days filled with sunshine and lots of leisurely activities. It's the time of year when we yearn to escape our own kitchens and sneak in a few more hours of hiking, swimming, or town hopping. After a long day, most of us prefer to unwind at a sidewalk café with an easy meal that's prepared for us. A fresh summer salad and delicious pizza sounds ideal. Each restaurant and pizzeria in this lineup offers its own specialties. From the traditional cheese and tomato pie to the non-traditional, more exotic varieties, the greater Rhinebeck area has it all. From Gigi Trattoria's Skizza™ – a light, crispy flatbread pizza topped with fresh, seasonal ingredients to Two Brothers Pizza 2's Chicken Cordon Bleu Pizza. After browsing this roster of pizza places, just select one and enjoy!

CJ's Italian Restaurant

For well over three decades, this family-owned and operated restaurant has offered delicious pizza and other Italian specialties. The pies are made with dough that is created fresh (in house). The pies also feature low-fat cheese that hails from Wisconsin. Some faves include CJ's Special, which boasts five

toppings. You're invited to play chef and get creative. Choose from a list of nearly 30 tasty toppings. They include everything from mushroom, pepperoni, and onion to pesto, sundried tomatoes, and feta. Gourmet toppings include shrimp, clams, barbecue chicken, and buffalo chicken. One of the top pie pick is the Woodstock, which features tomato, bacon, ranch, and basil. Healthy choices abound. CJ's also offers gluten-free options. Whole wheat crust is also available upon request. 353 Old Post Rd., (845) 876-7711, cjsrhinebeck.com/menu.html.

Two Brothers Pizza 2

This Rhinebeck-based pizzeria boasts several non-traditional specialty pies. They include the Chicken Cordon Bleu Pizza, which features ham, diced chicken, Swiss cheese, and mozzarella. It's drizzled with a delicious bleu cheese dressing. Beyond tender chunks of steak, the unique Philly Cheesesteak pie boasts green peppers, onions, cheddar cheese, and mozzarella. Spice it up with the Mexican Pizza, which is topped with black olives, tomatoes, cheddar cheese, and ground beef. Jalapenos give this pie its kick. Other specialty pies include the



Above: Market St. pizza. Left: Gigi Trattoria pizza. Next page, top: Pizzeria Posto pizza. Left: Savona's pizza. All images courtesy of the restaurants.

Hawaiian Style Pizza, which features pineapple, ham, and bacon; Veggie Pizza, made with onions, green peppers, mushroom, and eggplant; and the Buffalo Chicken Pizza, which is topped with diced chicken. It's made with a delicious homemade buffalo sauce. One of its top sellers is its Grandma pie – a thin square pizza topped with tomato and basil.

Two Brothers also boasts two other locations in Saugerties and Cairo. Take your pick. 6565 Spring Brook Ave., (845) 876-3435, slicelife.com/restaurants/ny/rhinebeck/12572/two-brothers-pizza-2/menu.

Gigi Trattoria

In the heart of Rhinebeck is Gigi Trattoria, which is helmed by Laura Pensiero – a chef and nutritionist who believes that seasonal local food is the basis for healthy flavorful eating. Gigi's is renowned for its Skizza™ – a light, crispy flatbread pizza that's



Continued on next page ...

topped with fresh, seasonal ingredients. Indulge in the Bianca Skizza™ with goat cheese, fresh mozzarella, rosemary-preserved figs, shaved pears, and zesty arugula. It's also drizzled with white truffle oil. Those who yearn for the classics can opt for the Margherita Skizza™. Gluten-free options are available. Those interested in recreating Pensiero's Mediterranean-style dishes can find some inspiration in *Hudson Valley Mediterranean: The Gigi Good Food Cookbook* by Harper Collins. Accolades include earning *Oprah Magazine's* "Five Most Giving and Gifted Food Professionals" ranking. The Victoria A. Simons Locavore Award also honored Pensiero for promoting local agriculture. 6422 Montgomery St., (845) 876-1007, gighudsonvalley.com

Market St.

Chef Gianni Scappin opened the doors to Market St. in 2012. The contemporary Italian menu boasts seasonal, local ingredients and premium Italian products. Market St.'s signature Neapolitan-style pizzas are cooked in a wood-burning brick oven. They're made with San Marzano tomatoes and fresh mozzarella. Opt for the less traditional, more exotic pies. They include the Robbiola, which features

robiolina cheese, truffle oil, and a sprinkle of sea salt – or the refreshing Caprina. It's made with a delectable fig-rosemary spread, Coach Farm goat cheese, fresh pear, arugula, and truffle oil. 19 W. Market St., (845) 876-7200, marketstrhinebeck.com.

Pizzeria Posto

In the charming courtyard off E. Market Street sits Pizzeria Posto, which traces its history back to 2012. Culinary talent Patrick Amedeo is the master behind the delicious pies. There are lots of great choices on the menu. Indulge in the Mama Mia, which features smoked mozzarella, wood-roasted onions, and fennel sausage. What's absent is the tomato sauce. Other pies made sans tomato sauce include the Terra Bianca, which is handcrafted with fresh, soft mozzarella, Grana Padano cheese, fresh ricotta, and zesty arugula. There's also the Ponte Vecchio. It's made with fresh ricotta, fresh mozzarella, Grana Padano cheese, guanciale (cured meat), and baby spinach.

Those who yearn for the taste of tomatoes can indulge in the Margherita pie, which is made with San Marzano tomatoes, fresh mozzarella, and basil. When available, diners may opt to substitute an imported mozza-



rella di bufala cheese. There's also the Marinara, made with San Marzano tomatoes, oregano, and shaved garlic. 43 E. Market St., (845) 747-0311, postopizzeria.com.

Village Pizza & Restaurant

Everyone feels like family at this friendly, family-owned pizzeria that boasts a 50-year history. Some of the most popular pies include the Tomato and Basil, White Broccoli, and Chicken Bacon Ranch. Proprietor Al Mazzella and his family trace their roots back to Brooklyn. Caring for- and supporting the community is a priority for this local establishment. When Rhinebeck became an "Autistic Supportive Environment" several years ago, Village Pizza quickly signed on to support families with autistic children. It's proud to offer priority service, which includes no wait times.

Village Pizza also supports America's heroes. Its own family members are currently serving the New York City community as members of the NYFD. Police, firefighters, first responders, and military are entitled to a 10% discount. 19 E. Market St., (845) 876-9676, al-mazzella-7lw5.squarespace.com.

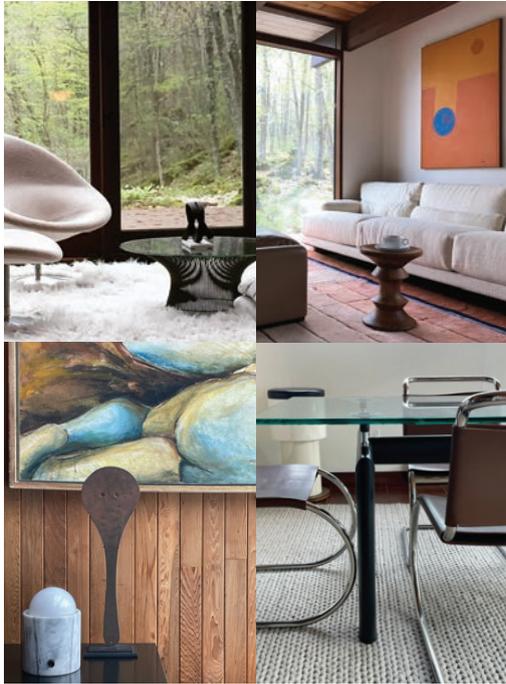
Savona's Trattoria

This rustic Italian eatery serves up a variety of wood-fired oven pizzas. The menu includes everything from traditional Neopolitan and Margherita pies to vodka Margherita, rucola e prosciutto crudo, pesto shrimp, truffle mushroom, and baby spinach and artichoke white pizza. Its flatbreads include rustica flatbread, chicken caprese flatbread, and veggie flatbread.

On Thursdays, foodies can choose any woodfired pizza and pair it with a Peroni beer, Sloop Juice Bomb cider or housemade sangria for \$20. Gluten free? Savona's offers up a cauliflower crust, which is available upon request (takeout only). 7249 S Broadway, (845) 758-6400, savonas.com. •

Disclaimer: This is in no way a complete list of all of the restaurants who offer pizza on their menus in the greater Rhinebeck area. If we left an establishment out, our apologies, and please email us and we'll put it on our list for future reference. info@mainstreetmag.com.

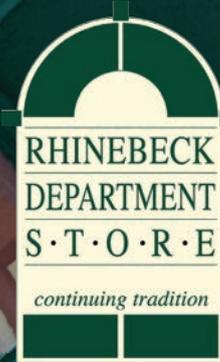




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Roasting in Pine Plains

By *Dominique DeVito*
info@mainstreetmag.com

There's something about watching someone do something they love with their hands that's mesmerizing. It's like watching ballet or like watching a child put a puzzle together. You become fully engaged yourself and can't look away.

I didn't know roasting coffee beans was as hands-on an experience as it is – or can be – until I learned all about it on a visit to Winchell Mountain Coffee Roasters in Pine Plains, NY. There, in a nondescript building across from the Central Pine Plains School District bus depot, is a company whose coffees have won over the palettes of restaurateurs, gourmards, and everyday people around the world since its founding in 1973. Its success is built on simplicity and authenticity. In fact, Winchell Mountain's philosophy is, "Good coffee doesn't have to be complicated."

Willis (Will) Rivkin is the master roaster at Winchell Mountain, and when I arrived at the roastery on a sunny late spring morning to meet with him, his uncomplicated but extremely focused style was immediately apparent. There were beans that needed to be roasted, and I was going to learn by watching, not by simply experiencing the results.

Getting to know the beans

"This is the green coffee area," he said when we got to where there were several large burlap bags of beans resting against a wall and a trough of them ready to be funneled to the roaster. Will bent over the beans that would be roasted next, sifting them with his fingers, examining them for the characteristics he is familiar with – color, structure, overall consistency. "The bags hold about 135 to 150 pounds of beans," he explained, "and we take out about ten pounds before roasting them so they're not too tight in the roaster." Will lifted the handle that opened the chute for the beans to travel to the roaster, and with a whoosh they went sliding down. We

descended the short stairway that took us to where the magic happens.

"We use a traditional Probat one-bag roaster," he told me when we were beside the machine. I could hear the beans bouncing around and Will showed me where the chaff is expelled. Like grains of wheat, the beans have thin skins on them that need to come off. He shows me where the whisper-light chaff accumulates in the process.

"Coffee beans are highly flammable, which is why they need to tumble as they roast. The roasting temperature is over 500 degrees F. As the beans begin to brown, you can hear a slight crackling sound. Beside the temperature gauge on the roaster is a small handle. Will takes it and pulls it out, revealing a small scoop of beans. He looks at them, touches them, and smells them, checking the color, noting the feel, inhaling the ever-changing variations in scent, and then reinserts the scoop. He does this every few seconds.

Rooted in roasting

"My dad roasted here for 45 years," Will said. "I apprenticed with him for three years before he would let me do my own roasts." As we talk, Will continues to pull the scoop in and out of the roaster, gauging the color and smell. Will tells me the story of how Winchell Mountain Roasters got started. His dad, Bob Rivkin, owned a restaurant in Lakeville, CT, and got the coffee from what was then called Shapira's, a company that dated back to a roastery on 10th Street in Greenwich Village in Manhattan. Joel Shapira built the roastery that is now Winchell Mountain in the 1970s. When Bob and his wife considered getting out of the restaurant business, the opportunity to move to the Hudson Valley and take over Shapira's came along, and they seized on it.

"My dad is all about quality and consistency," Will said with obvious pride and affection. "The principles he passed on to me are 'No shortcuts;'



No computers; and All that touches the coffee is heat and hands."

Around this time Will pointed out to me that the beans were close to the "sweet spot" he was looking for with this particular roast. He turned on the bean cooling component that's beside the roaster. It's a large, mesh-bottomed disc with fans below it and blades with wire brushes above that, while spinning, slowly and evenly brings down the temperature of the beans. This, too, is a hands-on process. He lifts a handle and the beans swoosh out of the roaster and fill the cooler, turning quickly but not too fast. Will runs his fingers through them as they pass, plucking handfuls to examine through the cooling.

Styles of coffee

Will reviewed some coffee basics with me. The roasting styles are Brown Roast, Fully City Roast, Viennese, French, and Italian, lightest to darkest, and Winchell Mountain does



Above, top: One of Sandra Boynton's drawings on this special Winchell Mountain brew. Above, Will Rivkin holding Louie's Blend.

Continued on next page ...

them all. Any beans can be done in any of these styles. As the roasts get darker, the oiliness in the bean is exaggerated, too. “French is slightly oily,” Will explains, “and Italian is the most oily.” You have to understand what you’re going for when you start. With a chuckle Will explains, “My dad told me that going from a regular roast to Viennese is 15 seconds, from Viennese to French is 15 seconds, from French to Italian is 10 seconds, and from Italian to a fire is 20 more seconds.” Yikes.

“I learned by watching him, of course, and then by asking him at every step of the way. Every bean is different and has its own special qualities. We roast beans from Central and South America and from Africa. We do blends, but every bag of beans is roasted separately and then mixed in another part of the roastery later.”

When the beans are cooled to Will’s satisfaction, with another woosh they slide from the cooler into a container that gets taken to where the beans are bagged. “Everything we roast gets packaged the same day,” he says, picking beans carefully from between the sharp metal edges of the cooler blades and making sure all find their way to the next stage. Michael – who’s been with the company for years – retrieves the container and hauls it upstairs to the bagging area. Will shares that their company was the first in the United States to do vacuum packing, which requires bags that have a particular kind of vent. If air can’t escape from the bags as the beans settle, the bags will explode. The vents allow for air to escape, but not for air to enter, keeping the beans as fresh as possible.



The Winchell Mountain line and Boynton blends

In the part of the roastery where the beans are packed, blended, and ground, Will talked about some of their signature blends. There’s one named after his dad – Rif’s Special Blend – (“that’s my dad’s nickname”), and one named after the family Golden Retriever – Louie’s Blend. Another signature offering from Winchell Mountain is a line of Boynton blends, featuring the artwork of Sandra Boynton [whom we featured this past March]. Boynton’s charming and uplifting illustrations are cherished worldwide and are instantly recognizable. Brand recognition of this kind normally involves book-length contracts and kid-glove negotiations. “Sandy is a friend of the family,” Will said. “And she’s a huge fan of the coffee. She designed a label for my sister’s wedding, and we got to talking.” I am reminded of Winchell Mountain’s motto: Good coffee doesn’t have to be complicated. It seems this isn’t, either. Will said with a smile, “She gets paid in coffee.” Simple and ultimately satisfying.

Does Will have a favorite? For him it’s the Louie’s Blend, which he said incorporates all they do, from Yrgacheffe and Sumatran done to a Viennese roast and Peruvian done to a dark roast, with a healthy dose of Winchell Mountain magic. He creates a batch for me in a big steel blending trough, again scooping and mixing by hand to ensure the beans are well blended. “For beans,” he said, “my favorite is the African Yrgacheffee. Grown in Ethiopia, Will said that that part of the world has excellent growing and cultivating methods. Coffee needs heat, elevation, and dry air to thrive. The only places it’s grown in the US are Hawaii and Puerto Rico.

In love

When I ask him what he loves best about his profession of Master Roaster at Winchell Mountain, he doesn’t hesitate. “All of it.” When he graduated from college he landed a good desk job. He met his wife, got married. His dad was getting ready to retire. Will talked to his best friend, Allen Ricca, who was also looking for a new challenge, about taking over the coffee



business. They decided to go for it. Allen comes from a family business himself, and he thrives on running the day-to-day operations and passing on his practices and enthusiasm. He also runs a seafood company and a wine importing company. While he enjoys an early morning cup of coffee, for him it’s “all business.” He added, “The product is so darn good that it sells itself and I love being a part of it – and it is great to work with your best friend.”

“I work with my best friend, I get to move around a lot, there’s the constant gratification of the roasts, I employ people.” He pauses. “Life is good.”

Will sent me home with a bag of Louie’s Blend. I’m not a connoisseur of coffee, but I like it very much – though Will winced when I said I add milk to it. “But not flavored creamer,” I assured him. The Louie’s Blend is fantastic. I can’t wait to try some others. And I will never drink another cup of coffee without thinking about the journey of the beans from their perches in high-altitude parts of the world to Pine Plains, NY, where Will works with heat and his hands like his dad before him to craft a coffee that brings uncomplicated but pure pleasure. ●

Learn more and order some for yourself at Winchell Mountain Roasters’ website, www.winchellmountaincoffee.com.



Above: Freshly roasted beans land and start to spin in the cooler. For Winchell Mountain, it’s about heat and hands. Left: Will inspects the raw beans before they head to the roaster.

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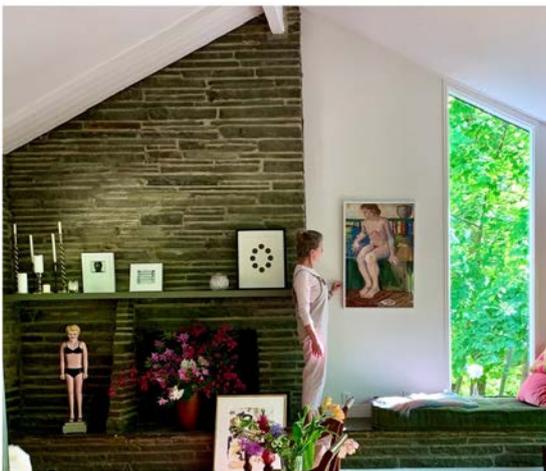


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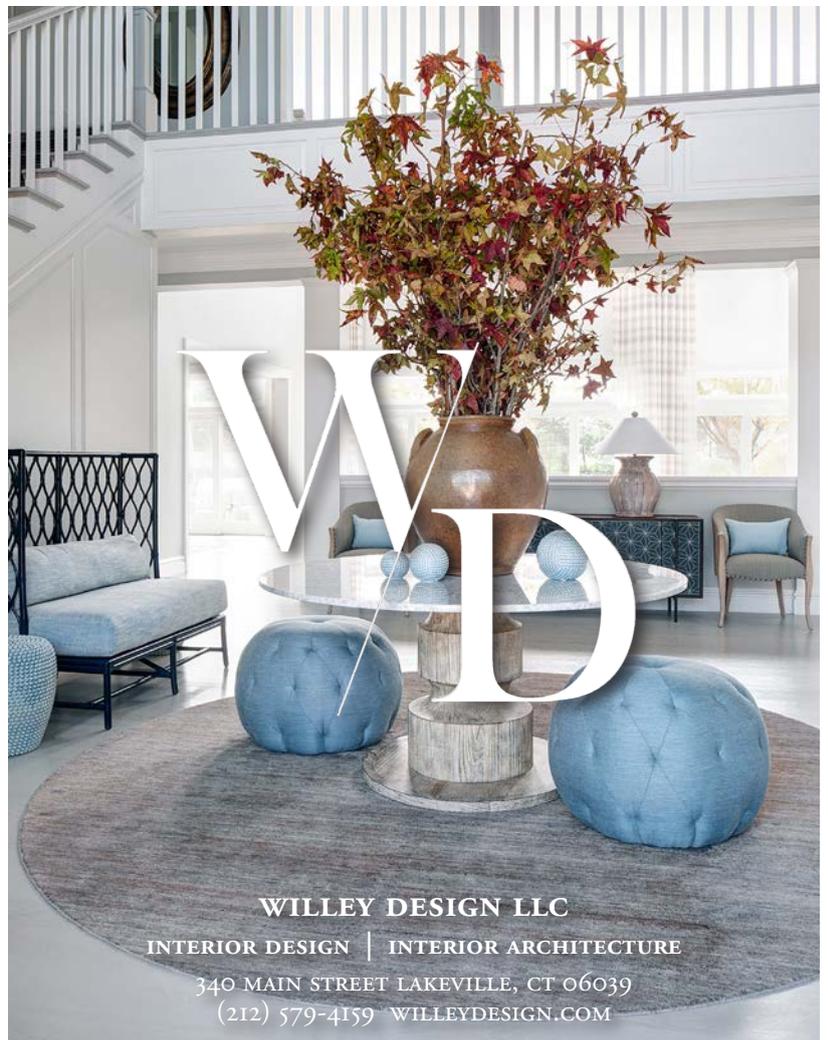
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Summer cocktail season

By John Torsiello
info@mainstreetmag.com

Ah, sweet summer, a time when the good earth sends forth fruits and vegetables galore for us to enjoy... and that goes for those who enjoy a cocktail after a long day, whether it's sitting by the pool or as an accompaniment with a meal.

"Summer is a fabulous time to mix drinks because of all the fresh produce," said Colleen Graham, a freelance writer and author of *Tequila: Cocktails With a Kick* and *Rosé Made Me Do It*. While many ingredients are available year-round, Graham said there's something "magical" about fruits, herbs, and veggies picked at the peak of summer that makes any drink so much better. "Whether from your own garden or the farmers market, the bounty of produce is just begging for the shaker."

Graham said to "think beyond standard juices and mixers" during the summer months. "Watermelon, cucumber, any berry, rhubarb, peach... I even have recipes that use peas and beets." Fresh herbs work, too. Favorites include lavender, rosemary, basil, and sage. "Of course, there's always mint because summer is not complete without a few mojitos! To preserve some of that fresh flavor, make liquor infusions or flavored syrups."

Expand your palette

Ryan Andrade, beverage manager at The White Hart Inn in Salisbury, CT, said that "from the bartender's perspective," summer is a great season to develop new cocktails, considering all the fresh ingredients available, especially in our area. (Image this page shows cocktails at The White Hart). "For those enjoying a drink, one couldn't ask for better weather to get together with friends and try their hand at getting into cocktail-making, or heading to their

favorite place and ordering one."

Andrade believes the enjoyment of a "well-made" cocktail goes beyond gender or age. "As far as I've seen in my career, everyone has their own preferences and it's sometimes on the bartender to help them expand on their tastes and find what suits their palette best; if they are willing to step out of their comfort zone and trust their bartender."

Said Graham, "Everyone has their own preferences and I think anyone who likes to drink can find enjoyment in cocktails. The key is to follow your personal taste and then expand on it. Vodka drinkers, for instance, may really enjoy some of the softer gins (Hendrick's has cucumber notes that are fabulous for summer drinks). For non-drinkers, there are tons of alcohol-free drinks available, too. Homemade sodas are easy and just as diverse."

The cocktail surge

According to Graham, the interest in cocktails continues to rise. It was there before COVID-19, but when bars closed temporarily, it skyrocketed. Many people wanted to replicate that excitement of exploring drinks at home. After getting a taste of that and figuring out how to improve their drinks so they taste like the pro's, many are continuing the adventure and getting out of their comfort zones.

"It's like many interests in life: Once you catch onto it, you find there's so much more you can do and build on the foundation."

Habits are hard to break, she opined. If you have a few favorite drinks, you might stick with those, especially if the same bottles keep showing up in your liquor cabinet. That can lead some people to ignore

Continued on next page ...



other “excellent drinks or tune out” new recipes or ingredients to try. “Summer is so well-associated with iced tea, lemonade, and frozen cocktails that they become easy go-to drinks, but summer cocktails go far beyond those.”

“There’s also a lingering hesitancy in homemade cocktails because they seem difficult to make – you need bar tools and a full bar to really explore recipes – but that’s not necessarily true. With a shaker and bar spoon you can make almost anything (a muddler and blender are really nice, too), and the ingredients can be picked up as you discover recipes. It’s like food – we don’t start out with all the kitchen tools needed to cook everything, but add as we go along.”

A demographic change

As far as residents or guests of our area, Andrade explained, attitudes about cocktails are changing. “Over the past years (and in particular last year), the demographic of the area has been changing. We’ve begun to see a much younger and family-based crowd in the area (a good chunk of who have relocated from New York City or other nearby cities). With this change in demographic, we get a lot more interest in the craft cocktail scene, which a lot of the newer residents/guests are used to back in their respective cities – a scene that, to be honest, hadn’t really developed in this area up until recently.”

As for the cocktails themselves, here’s a sampling from the experts.

Graham’s Picks:

The Garden-Fresh Bloody Mary: Muddle a few cherry tomatoes and lime wedges with 1/2 ounce basil-infused simple syrup in a glass. Add 2 ounces of tequila or vodka and shake with ice. Strain into a glass over fresh ice and top with 2 ounces club soda.

The Lavender Lemon Drop:

Muddle 1 teaspoon lavender buds with 1 tablespoon simple syrup. Add 2 ounces lemon vodka and 1 ounce fresh lemon juice, fill with ice, shake, and strain into a cocktail glass.

The Grapefruit Shandy:

Shake 1 1/2 ounces each fresh grapefruit juice and simple syrup with 3 ounces of water in an ice-filled shaker. Strain into a pint glass and top with 6 ounces of wheat ale.

The Strawberry Gin and Tonic:

Pour 1 1/2 ounces gin and 1/2 ounce each of fresh lime juice and strawberry simple syrup over ice. Add a dash of bitters and top (slowly, it fizzes!) with tonic water.

Andrade’s Faves:

The Naked and Famous:

.75 ounces Mezcal Joven (I’d go with Illegal Joven or Del Maguey Vida), .75 ounces Aperol, .75 ounces Yellow Chartreuse, .75 ounces fresh lime juice. Shaken and strained then served up or on the rocks.

House Margarita:

2 ounces Tequila Blanco (I’d suggest Corazon Blanco or Lunazul Blanco), 1 ounce fresh lime juice, .5 ounces agave syrup (equal parts agave and hot water), .5 ounces Combier orange liqueur. Shaken and strained then served up or on the rocks. (A salt rim on the glass is optional.)

The Paloma:

2 ounces tequila, .5 ounces fresh lime juice, .5 ounces fresh grapefruit juice, .5 ounces simple syrup (equal parts sugar and hot water). Short shake and strain into a highball or Tom Collins glass with ice and top it off with Fever Tree grapefruit soda or San Pellegrino Pompelmo grapefruit soda.

And from other local experts:

Kendra Chapman, owner of the Black Rabbit Bar and Grille in Lakeville, CT, has a great summer cocktail. “One of our bartenders,



Andy Williams, created what he called Blackberry Bliss (pictured above). You need muddled blackberries, sugar, fresh mint, and Bulleit bourbon. It’s served on the rocks with fresh blackberries and mint sprigs finished with a splash of Sprite.”

According to Eleni Stefanopoulos, the most popular cocktail at The Millerton Inn, where she is director of operations (DOO), is The Rose Walk, “especially in the summer.” The Inn’s manager explained, “We use local Peony Vodka, imported rose petal jam, house-made lemon bitters, and lemon juice. Its floral, it’s citrusy and pretty perfect for summer.”

Stefanopoulos continued, “Another crowd favorite right now at The Boathouse Bar and Grille in Lakeville (she is also DOO there) is The Cutter. It’s mixed with fig vodka with figs from Greece and Turkey, a touch of St-Germaine (elderflower liqueur), house-made honey simple syrup, lemon juice

and fresh basil.”

Liana Theodoropoulou, house manager and a bartender at The Millerton Inn, said a cocktail called The Byzantine Heads is very popular there. “We use El Jimador reposado, pomegranate liquor, grapefruit, and lime juice. It’s served in a Margarita glass with rocks. People like refreshing, fruity, floral drinks for summer time.”

If you are at Serevan in Amenia, NY, owner/chef Serge Madikians suggests the Serevan Martini, made with cucumber water, pepper, gin and a dash of lemon, or the Black Sour Cherry Cosmo, made with vodka, black sour cherry purée, lime and Grand Marnier.

These delicious summer cocktails are only a few of the concoctions you can savor (responsibly, of course), during the warm weather months. But at least you’ve got a start! ●

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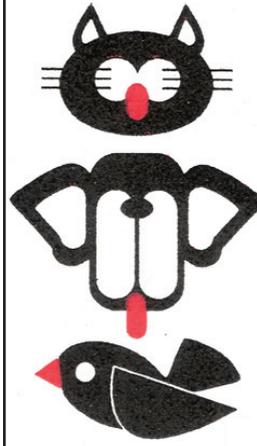


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Edible flowers for all seasons

By Lisa LaMonica
info@mainstreetmag.com

Flowers give us joy but many of them are also edible and can be enjoyed in our seasonal dishes and drinks as well. When planting, picking, and buying flowers, you can incorporate the edible kind into your garden layouts as well as your cooking and baking. Additionally, many honeys are made from flowers – so consider that your beautiful flower gardens can serve multiple purposes.

Flowers for the seasons

March 21 represents the first day of spring, with the egg and the hare being symbols of fertility and abundance of the Universe. In the Spring, the Equinox is when days and nights are of equal time, and around this time we start to see a bit more color. Lavender is a beautiful purple flower used fresh or dried in teas and on top of pastries and cakes. During April, violets sprinkle our lawns and forests, and are plentiful and edible. Freeze them with water in ice cubes trays to use later in summer drinks. Dry and freeze them to use on top of sugar cookies during the holidays.

By May 1 the earth smells and looks like spring (most years at least). Rose hips have many uses in teas and steamed in hot water with rosemary to clear up and hydrate skin, which sometimes takes a beating from winter's cold outside air and dry indoor heat.

June 21 is the longest day of the year with plenty of light returning to us. Cornflowers (pictured above) appear everywhere with their light blue color and are used in teas, salads, and atop cakes. This is also the time when we start to see some results of seeds planted earlier in the season. Place cornflowers atop cupcakes for the Fourth of July festivities.

August 1 takes us to the mid way mark between summer and fall. Marigolds, also known as *Calendula*, are plentiful; you see them everywhere. Used for medicinal purposes such as burns and rashes, marigolds are also edible and commonly used in salads, scrambled eggs, and quiches. Sprinkle them atop deviled eggs for your summer picnics. Dill flowers are not only beautiful in arrangements, but add a little punch to your summer salads like egg- and potato salad.

Edible flower jello shots with your favorite spirits are becoming a popular seasonal party favor, too. September arrives and the aster star shaped flowers reign. Also an Equinox, day and night are of equal time on the 21, so balance, symmetry, and harvest are themes here. In teas, as a garnish, and atop cakes, asters are useful and were used by Natives Americans for many digestive purposes.

Flowers can be consumed cooked or raw. Many people start to decorate their porches with chrysanthemum, which are also edible; yellow and white typically boiled to make teas having an Asian origin.

When autumn rolls around...

Samhain, and later Halloween derived from this fall harvest festival, starts on October 31 until November 1. The time when the veil between living and the dead is at its thinnest, and bonfires mark the final harvest being brought in, the Celtic New Year. The edible pumpkin and all of its parts (leaves, flower, seeds, and pumpkin pulp) are used to their fullest. Pumpkin and zucchini flowers taste great stir fried and used in pasta dishes. We decorate jack o lanterns with them for Halloween now, and the pumpkin offered many sustaining foods for our ancestors. Toasted pumpkin seeds are a tasty treat throughout the winter months. This time of



year is a time to honor the fertility of the land and clearing away of the past. Pumpkins are a bit of a rarity due to flowers, leaves, seeds, and the pumpkin itself all being edible. Nothing goes to waste.

Yule happens on the Winter Solstice, December 21, which is the shortest day and longest night of the year – festivities for Christmas time ramp up. Rosemary resembles our Christmas trees in form and heavy pine scent, and is wonderful to cook atop of roasts like turkey, chicken, and duck. Folklore tells us that people used to plant rosemary near doors, as it was believed that a witch couldn't enter a dwelling unless she could count all of rosemary's leaves. Edible flower bark candy is an easy gift to make and give at the holidays with many online recipes available.

So the next time you appreciate a beautiful flower and its intoxicating scent, consider the many more ways that you could enjoy flowers, and all year long! •



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Millerton's The Moviehouse

gets long-awaited sequel

By Griffin Cooper
griffin@mainstreetmag.com

How does one properly pay homage to a symbol? As a child, I visited Millerton, NY's The Moviehouse and gaped at the clock tower perched on its peak like a homing beacon for those in search of an escape into the world of film. It was a treat for myself – a child of divorce – and for my parents, who were able to briefly trade custody schedules and middle-age stress for popcorn and fantasy. Those were happy times for me, logged in my nostalgic mind for time immemorial, but that says little of the decades of memory that came before my childhood wonderment.

Commissioned by Julius Benedict, The Moviehouse was built in 1903 as Grange # 796 and was soon after converted to a movie theater with a ballroom on the second floor. For the next seven-decades, The Moviehouse would make its mark on Dutchess County and, alongside Terni's, would come to define the small village's Main Street. Despite its undeniable presence, the theater would go on to experience its share of industry hardships and by the late 1970s, it had become derelict. Then, on a warm summer afternoon in 1977, The Moviehouse's story would change forever.

Landmark to icon

"After building our weekend getaway lake house, on a beautiful summer afternoon in 1977, my husband, Robert, and I wandered into town to explore the Village of Millerton," recalled former owner Carol Sadlon in November of 2020 after announcing The Moviehouse would be seeking new stewardship after four decades. "We stumbled on a closed, dilapidated movie

theater for sale and shared a light bulb moment; we could restore the historic building and program diverse, independent, and foreign films for the community."

On Memorial Day weekend in 1978, The Moviehouse opened with Neil Simon's Award-winning film *The Goodbye Girl* and thus began the theater's 42-year journey toward becoming a local icon. For the next four decades The Moviehouse not only became a unique destination for arts and culture, but a testament to the life and legacy of Carol and her husband Robert Sadlon as well. Described as a man with a vision, Sadlon worked tirelessly to create a fervent community around film in the Hudson Valley while shining a white-hot light on the artistic talents of the people in surrounding Berkshire and Litchfield county towns. Together, Robert and Carol made The Moviehouse one of the largest independent cinemas in the Hudson Valley and even earned a spot in the National Register of Historic Places.

"It was born out of love, not business," said Carol who lost Robert when he passed away in May of 2019 after battling brain cancer. The spirit of the couple's ambition imbued itself throughout the titular building through the years. During their decades of work, Carol and Robert started and successfully ran many other local businesses including the award-winning Simmons' Way Village Inn (today, The Millerton Inn) that graced the cover of April 27, 1987's *New York Magazine*, an Art School, ArtsWork Forum, and eventually other movie theaters in Connecticut. Still, it was The Moviehouse that remained both at the heart of the surrounding community as well as the passion of Carol and her beloved husband.

As with many small businesses across the country, the year 2020 brought with a plot twist that was



Above: Chelsea Altman and David Maltby, the new stewards of The Moviehouse. Photo by Olivia Valentine.

at once wrought with tragedy and struggle while also illuminating what makes the culture of small town life so special. During the COVID-19 state lock-downs while movie theaters across the State sat in idle anxiety, Carol once again found solace in the support from neighbors and business friends from within the community. "We have been very fortunate to share our passions with a supportive and caring community," Carol said. "I am so grateful for all of our patrons who continued to support our online virtual cinema effort and for local partners like the Sharon Playhouse who allowed us to screen some films for their summer drive-in events. It was an incredible joy for all of us to get together." Carol also recalls the other vital asset of The Moviehouse's sustainability, the

Continued on next page ...

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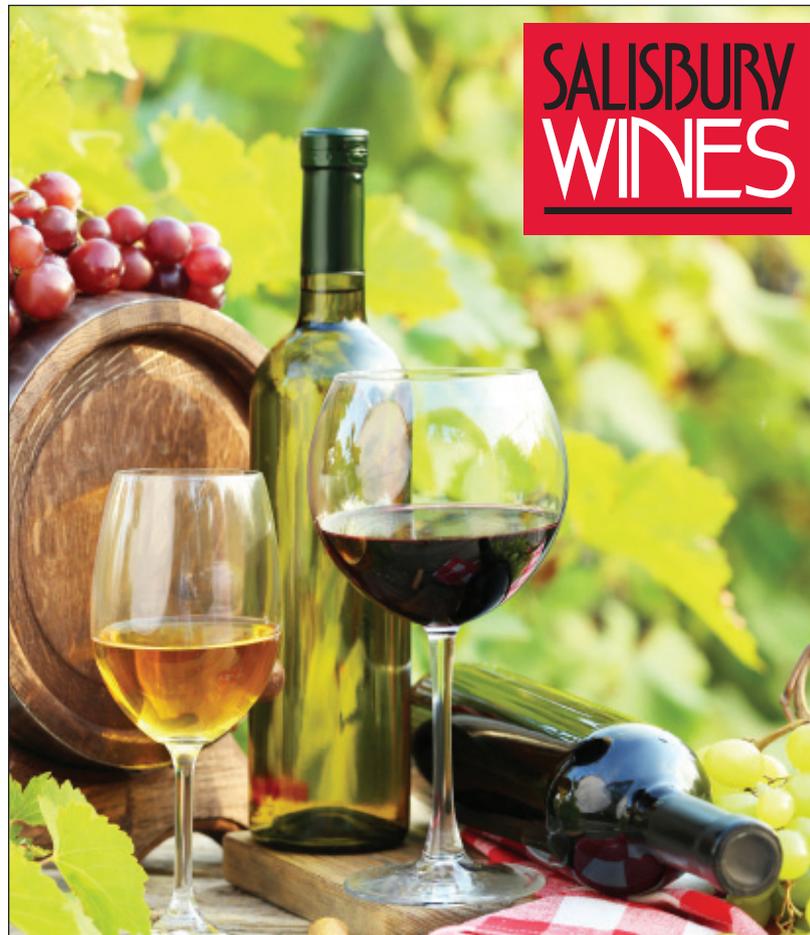
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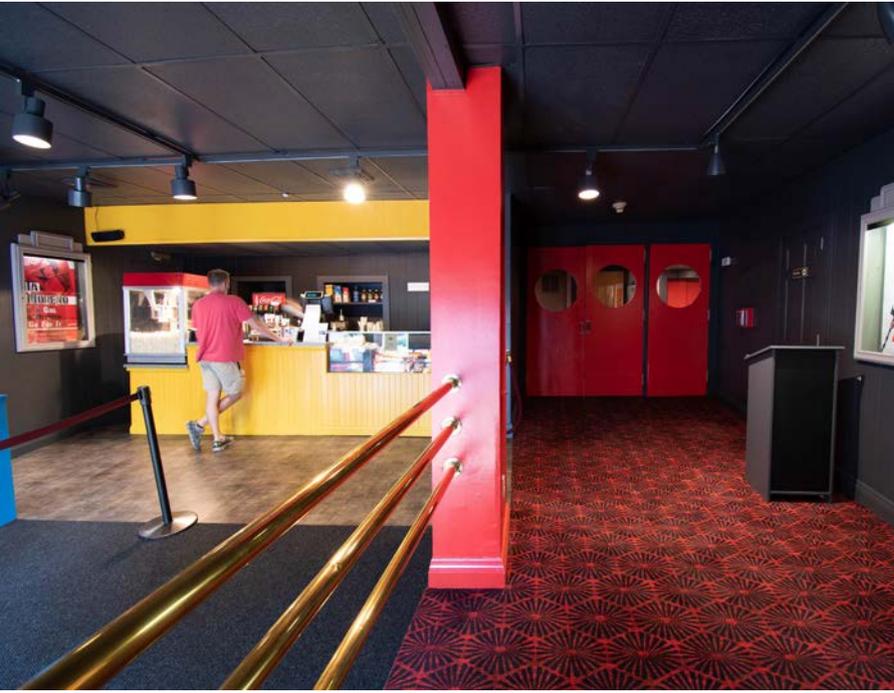
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Above: New colors at the concession stand. Photo by Olivia Valentine.

theater's staff and their incredible fortitude. "The businesses that occupy our small towns are institutions for the community and the staff at The Moviehouse were the lynch pin for our viability. I cannot say enough about their endurance over that last year, they are so skilled and loyal and were even willing to stay and help continue to operate The Moviehouse."

Robert and Carol's impact on the community and the artistic culture of the area are no doubt a tough act to follow – but two have emerged with the same unmistakable ambition and moreover, a kindred love for the magic of film.

A new beginning

While in the throes of a cautious search for a new steward of The Moviehouse, Carol made certain her mission was to carry on a legacy cemented in a generation of local film love. "The Moviehouse is the heart of the regional community and our passion. Still, the time had come to pass the baton to a new generation," she told *Main Street* in November of 2020. "A visionary who can nurture and grow the theater on the foundation we have built with a creative understanding of the future of the media arts and a new and enthusiastic generation of cinephiles."

It quickly became clear that rather than a goodbye note, Carol's transition would instead be a love letter to The Moviehouse itself and the community that has so lovingly embraced its presence for generations.

Two who have answered that letter post haste

In late February, The Moviehouse announced that – after closing on March 15, 2020 – the acclaimed local theater would reopen under new stewardship in the coming Spring. As the news circulated, ears perked, and the question became "who?"

Who could take on such a daunting challenge in the face of lofty expectations? Enter David Maltby and Chelsea Altman who saw the iconic property as a once-in-a-lifetime opportunity to honor The Moviehouse's history while bringing new energy and vision, building on its huge base of support to keep The Moviehouse growing, relevant, and vibrant. Unsurprisingly, the couple has long-standing ties to The Moviehouse and the local community, as well as extensive experience founding and running business ventures.

David is a founding partner of Empire Square Group, a real estate investment firm, and Chelsea is the co-owner of six bars and restaurants in Brooklyn. Both have deep artistic roots, as Chelsea had a successful career in New York as an actress appearing on and off-Broadway, as well as in roles for film and television. David has been an award-winning rock and roll drummer, musician, and theatre producer. His mother was a film producer, and his father is a Broadway director and lyricist.

After meeting Carol to discuss the future of The Moviehouse, the couple say they felt that undefinable universal feeling as if the stars had aligned. "I have been coming to The Moviehouse my entire life – since it opened in 1978," says David. "It has a special place in my heart, and we are thrilled to have the opportunity to continue Robert and Carol Sadlon's legacy and carry The Moviehouse forward."

"When I made the decision to find new leadership for The Mov-

iehouse, I looked for people who shared our passion and enthusiasm for the cinema, art, and community," Carol told us in March of this year. "It was a heartwarming journey as eleven suitors stepped up wanting to take The Moviehouse forward. I feel confident that David and Chelsea are the right choices – they are brilliant, creative people, skilled and successful in their current endeavors, with deep-seated ties to the community and enthusiasm for the future of cinema arts."

Chelsea and David see owning The Moviehouse as a way to marry their passions for arts and community. While building on a long-established and beloved institution, they hope to add their fresh and unique perspective on film, entertainment, and nightlife to enhance the moviegoing experience. They plan to leverage the deep local community of artists, actors, and filmmakers, many of whom are their friends, to get everyone involved to ensure The Moviehouse remains a social and cultural center for all, continuing the celebrated tradition of special programming and unique events that have made The Moviehouse the local landmark it has become today.

What's new is prologue

"The Moviehouse, because of its history and its presence both on Main Street as well as within the local community, has been the most fun design project I have ever taken on," says Chelsea who staked her claim in the design world reimagining spaces all over New York City. "Though there certainly exists a larger learning curve when it comes to owning and operating a theater as opposed to my other ventures mainly in the restaurant business."

To start, both David and Chelsea felt it right to begin renovations by tackling one of the more long-awaited additions to The

Continued on next page ...

Moviehouse, one that has been in the works – as locals know – for quite some time. “The elevator will obviously be one of the biggest additions in The Moviehouse,” says David. “We wanted to make sure that promise to the community was fulfilled.”

The installation of an elevator isn't the only change in the works for the theater's second floor. The couple has already made substantial changes to the area by creating a lounge and bar for patrons looking for something a bit unique. The new vibe already feels befitting of those who crave a different type of moviegoing experience. “We are working hard to have our upstairs lounge and bar room opened by the first of July,” says Chelsea. “It will give folks a really cool, funky, fun, and most importantly, relaxed lounge vibe.”

Though excitement tinges the atmosphere within the walls of the historic theater, new and challenging experiences meet Chelsea and David around each corner. “For one, I have never been much engaged with social media,” says Chelsea. “The days of being disconnected are over for me now as it is imperative that we connect with Millerton and the local film industry, so that can be a bit overwhelming.” Still, the idea of creating events around films and thinking

of new and exciting ways to engage audiences with the theater experiences are what drew the couple in the first place, and what keeps them grounded each day. “One of the most attractive things for me as a designer is that The Moviehouse presents a uniquely intimate and cozy atmosphere,” says Chelsea. “For me, working on a scale that is small without sacrificing character has been a real thrill and we are excited to share our vision with everyone. Our main goal is to update a few aesthetics while still maintaining the welcoming vibe that folks are used to here at The Moviehouse.”

As part of the digital revolution, The Moviehouse's entire website has been revamped as well. “We are really invested in giving our customers more options with a modern ticketing system,” says David. “Customers will now be able to purchase in advance and event-related tickets online. Especially with folks still feeling concerned about distance, now is the time to afford moviegoers that choice.”

As small businesses start to tentatively recover, the looming air of hesitancy remains, and both Chelsea and David are very much aware that choice is a top priority. “We understand that two things are true right now,” says David. “That many folks are still not ready to fully come back into a movie theater-type crowd, and also that many folks are eager to get back out and feel normal, do normal things, and going to the movies is part of that sense of normality. So we will be limited in capacity for a short time, and hope that folks can understand that we might sell out of tickets quicker in the short-term.”

The notion of honoring the history of such a local watershed for the surrounding community is one thing. It is entirely another to do so in the aftermath of a worldwide pandemic that has touched every aspect of the human condition and small business viability. Both Chelsea and David approach the



challenge with the quiet resolution one might expect from any number of cinematic dynamic duos. “We know small businesses everywhere struggled through this past year, in Millerton and throughout the country,” says Chelsea. “We are ready to help contribute to the village's economy and help ease folks back into the movies and enjoying the films they love.”

Hopefully, as Millerton reawakens from the fog of 2020, and the soft lighting of the movie posters lining the century's old building flicker on once again, the new underdogs will come out on top, as it should be in any good blockbuster. “While we don't know what to expect, we know the history of the Hudson Valley as well as the Berkshires and Litchfield Hills is fertile ground for the arts,” says David. “We want to become a hub for those in the community in that respect, but also contribute to the rich history of the arts in our area. We may be its new stewards, but The Moviehouse will remain the enduring landmark it has been for nearly fifty years in the Village of Millerton, as well as for visitors far and wide.” ●

The Moviehouse is located at 48 Main Street in Millerton. To learn more, visit them online at www.themoviehouse.net.

Above: Chelsea and David enjoy popcorn at The Moviehouse. Below, left: Renovations include the installation of a new elevator and upstairs bar and lounge area. All photos by Olivia Valentine.



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SEED AND SPOON

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

Emerging from our COVID has left us hungry – for experiences and joyful connection. For more than a year, we closed in on ourselves, threw ourselves into gardening and growing food, and found solace in the outdoors, perhaps becoming more curious about the natural world. It would be good to shed the isolation but keep forging relationships with the land.

One way to do that is through Seed and Spoon Culinary Farm Stays. They're working at the intersection of creating community, growing and teaching about food and farming, and strengthening our bond with nature – all in a relaxed and elegant setting inspired by the farm on which it sits.

Located on Husky Meadows Farm in Norfolk, CT, Seed and Spoon provides an intimate experience for curious and like-minded individuals. Weekend farm immersions are held monthly during the growing season from late spring to late autumn.



Food from the ground up

Farmer-turned-program director Tracy Hayhurst occupies space at an intersection as well – that of farming and food preparation. Seed and Spoon is a natural outgrowth of her work at Husky Meadows, a three-acre organic-certified farm with a robust CSA program and an expanding prepared food operation.

An experienced farmer, she's also a Ballymaloe Cookery School-trained chef. Comfortable in both worlds, Hayhurst marries the food she grows and how she grows it to its preparation and consumption. It's that 360-view Hayhurst wants to share that with Seed and Spoon attendees.

The Immersion

Seed and Spoon Farm Stays begin with the registration process and a chance for Hayhurst to get to know you and your interests and any particular aspects of farm life you're curious about. Hayhurst and her team intend to make these requests part of the weekend to the extent they're able. A lot depends on Mother Nature's timeline and priorities.

Even though you're spending the weekend learning about sustainable farming, you'll be doing it in an refined setting with tasteful accommodations that pay homage to traditional farm structures.

Up to ten guests arrive on Friday evening, where they'll meet each other and the farm crew over a glass of wine or a signature cocktail. Hayhurst will create a dinner around what's happening on the

Continued on next page ...



Above: Photo by Lisa Vollmer. Left: Photo by Winter Caplangon.



Above: Photo by Winter Caplangon.
Below, right: Lisa Vollmer.

farm. During the relaxed meal, she'll introduce the weekend's itinerary, describe the farm, and explain concepts in sustainable agriculture. Hayhurst is also keen to emphasize the role good food plays in building interpersonal connections, so casual conversation is an integral part of her vision.

Rise and shine, but not too Early

Saturday brings an earlyish rising to begin the immersion into the farmer's life and rhythm. Don't worry, no 5am farm chores! After a light breakfast, you're planting seedlings, tending beds, weeding, harvesting, or foraging. Again, what's on offer depends on the growing cycle of the farm and what nature dictates.

Leave your trendy togs home. On a Seed and Spoon weekend, you're getting dirty working alongside Hayhurst and the farm's knowledgeable crew. For Hayhurst, "I want to give people a taste of organic, sustainable, small-scale farming. I'd like them to see what it's like to run a farm, explain our methods and why we do what we do, and what it means in the larger picture of farming and eating."

Farm-to-table - literally

"I want food to be fun. I want us to share our enthusiasm for farming and food and have that be the takeaway. We love what we do, and while we work hard, we also love this life with the land," insists Hayhurst. Through Seed and Spoon programming, Hayhurst brings the farm-to-table movement to a new level, where the table is literally at the farm.

After a day of farming, on Saturday night participants gather around the oversized kitchen island and prepare the food they've harvested during the day. "You can be washing, chopping, and cooking, or you can sit in a comfortable chair and absorb what's going on around you. There's no judgment. This is your weekend."

The Saturday meal is also where Hayhurst can get creative with her teaching and cooking. "I want to demystify seasonal cooking and eating. I plan to show guests how to adapt to available ingredients and relax about their cooking with new ingredients."

Easy like Sunday morning

Sunday morning dawns in a relaxed way. You can do more work on the farm or hike on its trails, relax by a sunny window, paddle in the pond, meander through Norfolk, or

hike in the nearby Great Mountain Forest. "This immersion weekend extends to a deeper relationship with the local community," explains Hayhurst.

Hayhurst is both humble and spacious with her goals for Seed and Spoon, "I'm excited to bring the farm into people's lives. Our farm stays allow them to learn about food and farming in a relaxed setting in the rustic communal, yet sophisticated, spaces. For me, food is relational, not transactional. Our farm stays are an extension of that philosophy."

Seed and Spoon shares with guests the land and the people who nurture it. Attendees can see the farm through a farmer's eyes. They can then make connections that resonate with them, whether that's a greater appreciation for food preparation and seasonal cuisine, spending time in the garden, or creating a more profound knowledge of agricultural methods. ●

For more information about Seed and Spoon, visit www.huskymeadowsfarm.com or email Tracy Hayhurst at tracy@huskymeadowsfarm.com.



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A JOURNEY THROUGH THE AREA'S FARMERS MARKETS

By Lindsey Clark
info@mainstreetmag.com

In an area like ours, where you can easily stumble across a local farm's produce stand or a small business selling unique goods, farmers markets are a perfect way for the community to come together and appreciate these nearby offerings in one place. There are endless benefits to these weekly events, as vendors can showcase their stock to a wide crowd of patrons, and in turn, customers have the opportunity to purchase fresh, local, and unique products.

The Millerton market

One such market is in the heart of Millerton, NY. Right on the corner of Dutchess Avenue and Main Street outside of the Millerton Methodist Church, the Millerton Farmers Market can be visited from 10am-2pm on Saturdays. This market began as a proposal by Karen Kisslinger, a local acupuncturist, organic gardener, and meditation teacher, in 2007. "She saw the need to promote local farms and healthy food sources, and worked to establish it with the North East Community Center," according to market manager John Nowak. "Sadly, Karen has since passed away, but her legacy lives on with 14 continuous seasons of market operation."

Over the many years of the market's gatherings, the Millerton Summer Market has expanded into a separate Winter Market, which was created five years ago and can be found in the Fellowship Hall of the church from November to April. In addition to

this growth, the Summer Market's number of vendors has increased from an original six to upwards of twenty in the span of a season.

The market currently sells an assortment of local goods, ranging from vegetables, fruit, meat, cheese, and baked goods, to other special offerings like honey, maple syrup, pasta, and – coming soon – prepared Indian vegan food. Among the regular vendors, the market also highlights nearby artists and craftspeople, hosting a spot allocated for artisans.

The market has much more to offer beyond its products, hosting many exciting activities as well. With live musical performances, children's activities, cooking demos that incorporate ingredients from the market, board games, and contests, the Millerton market offers something fun for all visitors. Other events include collaborations with the NorthEast-Millerton Library, such as a Halloween celebration with a costume parade. In addition to this, the market has ample plans for the summer including the return of their canine-themed "Dog Day in August" in partnership with multiple local organizations and individuals. John expresses, "We strive to be a local village gathering place and are pleased to bring back outdoor dining." The Millerton market has a strong connection to the area, even keeping a Community Table Space where local nonprofits can speak with the community.

The Copake Hillsdale market

Scattered beneath the covered Harvest Barn in Roeliff Jansen Park in Hillsdale, NY, is another excellent destination, the Copake Hillsdale Farmers Market. Open Saturdays from 9am-1pm and running from May to late November, this weekly endeavor is the result of Copake and Hillsdale's individual markets coming together.

In interviewing Laura Griffin, who manages the marketing and social media for the market, she explained



Above: The Millerton Farmers Market. Photo: Lindsey Clark. Below, left: Strawberries from the Germantown Farmers Market. Photo courtesy of the Germantown Farmers Market.



that the 2014 merger resulted in the combined market that operates today. Over time, the market has gained immense support from the community, with now more than 20,000 visitors to the market each year, and over thirty vendors selling their goods every week. Laura emphasizes, "This has allowed for wider product selection for customers, but also for greater exposure to local small businesses."

The market's offerings cover necessities and specialties alike. Among typical staples like produce, meat, bread, and cheese, the Copake Hillsdale Farmers Market also boasts offerings like pickled eggs, Chinese dumplings, and sangria. In keeping vendors local – within about a 15 mile radius – and maintaining a seasonal vendor retention of approximately 95%, the market encourages "the forging of personal relationships with the growers." Laura underscores, "chances are high that you will be dealing with the farmer, owner, or producer themselves" when purchasing from a particular stand. On top of this, the SNAP (supplemental nutrition assistance program) benefits they offer, in tandem with their own personal matching program, opens up opportunities to the whole community for fresh, local food. The market gives back in other ways, too, giving funding to the local food pantry,

providing a local scholarship on behalf of the market's founders, and giving community organizations a platform to share their ideas.

Apart from their vendors, the Copake Hillsdale market has many attractions, including live music and the natural scenery of the Roeliff Jansen Park. In partnership with the Roeliff Jansen Community Library, the Farm Market Kids program occurs once a week and provides activities for children. Additionally, the market also holds Artisan Days, giving a varying selection of woodworkers, jewelry makers, and potters the opportunity to showcase their special goods each week.

The Germantown market

Founded in 2019, the Germantown Farmers Market can be found on Saturdays from 10am-1pm at Palatine Park beside a small lake and beneath the park's pavilion. Lauren Williams, one of the co-founders of the farmers market along with Stacylyn Hime-light, explained that the two created the market upon recognizing a need for one in the area. Lauren explains that they "worked together in a few

Continued on next page ...

short months to get the market started from scratch.” Now in their third year as a market, they have increased their number of vendors, offering an even wider variety of foods now that there are less COVID restrictions.

Offerings at the market include sourdough breads, cookies, exclusively gluten-free baked goods, locally crafted beer, and fresh roasted coffee that stands out among the market’s foods including vegetables, meat, and eggs. Similar to the Copake Hillsdale market, all vendors are within a 15 mile radius of the Germantown event. While some vendors appear each week, others attend on a bi-weekly basis, and food trucks also visit. Lauren emphasizes, “We find that offering a larger selection of goods makes both the vendors and customers very happy!”

In tandem with these goods, the scenery of the park is certainly a major draw for the market, with its fishing and walking trails. The market also plans to bring back its musical entertainment, and they look forward to hosting local musicians. Furthermore, there are activities for children, too, as the Germantown Library holds story time and craft activities from 10-11am. As Lauren puts it, “You can really make it a fun family outing!”

Considering that the market is relatively new to the town, Lauren happily states that Germantown has been extremely welcoming and the market is more than glad to bring fresh, local food to the community. “We encour-

age everyone to come out and see our little market. We take great pride in it and want to share it with everyone.”

The Rhinebeck market

The Rhinebeck Farmers’ Market takes place on Sundays from 10am-2pm in the town’s municipal parking lot on 61 East Market Street. Andrea Bartolomeo, the market manager, shares that in 1994, the event was founded when a group of local citizens sought access to fresh produce and local farm goods. Today, the market currently offers just over thirty vendors, and Andrea explains, “We have always had vendors with strictly agricultural products as a priority.”

The market showcases a wide variety of fruits and vegetables, along with an impressive range of meat, wild game, fish, shellfish, dairy products, baked breads, and other treats. Offerings that especially stand out among the market’s vast stock include authentic Chinese dumplings – as also seen at the Copake Hillsdale market – along with farm fresh herbal soaps and skincare, felted wool creatures, and serving boards made of local fallen timber.

On top of these selections, the Rhinebeck market has hosted many exciting activities. Prior to the pandemic, these opportunities have included food tastings and demos by local eateries and book signings coordinated with Oblong Books. They have featured numerous local musicians amid COVID restrictions, with



Above: Fresh produce at the Rhinebeck Farmer’s Market. Photo courtesy of the Rhinebeck Farmers’ Market.



Above: Baked goods and cookies at the Cornwall Co-Operative Farm Market. Photo courtesy of the Cornwall Co-Operative Farm Market.

up to four performers attending each week: “Everything from jazz to Balkan and rock and roll,” according to Andrea. There is plenty of entertainment for kids, too, with T-shirt painting, pumpkin painting, and face painting. Chef Josh Kroner of Terrapin also partners with the event to put on a kids’ taste and tour of the market.

A main way the market connects with the Rhinebeck community is through its support of local non-profit organizations, like the Cornell Cooperative Extension and their efforts. The Rhinebeck market also sponsors a scholarship for nearby high school and college students, and is committed to using their SNAP and “Plus” programs to give everyone the opportunity to shop fresh and local. “We love working with the Rhinebeck community in any way that we can,” Andrea shares.

The Cornwall co-op market

Across the state line in Connecticut, the Cornwall Co-Operative Farm Market began five years ago, and is currently held on Saturdays from 9am-12:30pm on the village’s town green opposite the Cornwall Town Hall. From May to October, the self-managed endeavor consists of the town’s farmers and nearby vendors. Pat Bramley, who handles the market’s public relations and acts as treasurer for the event, spoke of the perks of the market’s set-up: “This location provides the market lovely shade trees; safe, plentiful parking; and access to popular seasonal community events held on the town green.”

In addition to this wonderful spot to hold the event, the market features a dynamic, essential array of food for their customers. Quality meat from local Cornwall farms includes grass-fed beef and lamb, as well as chicken and fresh cuts of pork. The market also has a plentiful selection of produce that only becomes more bountiful as the season progresses, and can be found alongside other goods like pesto, salad dressings, and maple syrup. Baked goods and dairy products are also abundant at the event, as are soups, chilis, bedding plants, and herbs. In addition to these offerings, Pat shares, “The Cornwall Co-Op Farm Market welcomes local guest vendors and artists with locally produced products, and community organizations can attend free of charge.”

Like all of the markets discussed, the Cornwall Co-Op emphasizes their ability to support local farms and vendors, and, as Pat states, “provide our community high quality local food and products.” We are so lucky to have access to these incredible events, and it is always important to remember the true value of these markets! ●

Disclaimer: This is in no way a complete list of all of the area farmers markets. We are fully aware that we only highlighted a select few. Please feel free to email us if you’d like us to put a market that we didn’t feature on our list for future reference. info@mainstreetmag.com.



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A Consummate Life:

Shane Egan seeks the community mantle in Poughkeepsie

By Griffin Cooper
griffin@mainstreetmag.com

As America entered the Henry Ford age of industry, so too did the concept of the 40-hour work week and with it, the separation of “work life” and “home life.” For many Americans, the distinction between the two made the twentieth-century professional’s personal life a safe respite from the daily expectations forged behind the monolithic walls of factories and high-rise office buildings. Today, social media’s influence on culture, lifestyle, business, and branding has transformed those dynamics. Careers are made (and broken) by taking personal highlights and professional ambitions, throwing the two in a marketing blender, and presenting them to the world. The resulting online identity for many has forever transformed the traditional hallmarks of a professional life. But while many call it branding – others live it.

For classmates who grew up with Shane Egan at Our Lady of Lourdes High School in his hometown of Poughkeepsie, NY, it was almost as if he were created for the purpose of leading a life of consummate professionalism. Described as something of a “16 going on 36” type of individual, Shane was the kind of young person who would give his friend group a different perspective and mediate petty squabbles.

Egan’s “old-soul” mentality would carry him into a distinguished career in law where he gained extensive experience with all aspects of Medicaid eligibility rules. He utilized this experience to assist clients with advanced planning, Medicaid applications, and fair hearings. Egan’s personal compulsion to serve the community

led him to serve as attorney for the Town of Clinton, and as special counsel to several other municipalities, handling tax certiorari matters for both municipalities and petitioners.

After his time working as inside counsel for the New York Power Authority (NYPA), handling matters associated with the issuance of tax-exempt debt, administrative law proceedings, and land use planning, the lifelong Dutchess County resident joined the firm Cappillino Rothschild & Egan LLP in 2011 and has recently declared his candidacy for the Fourth Ward seat on the Poughkeepsie Common Council. Mr. Egan sat down with *Main Street* to discuss his time in Dutchess County, his campaign for Common Council, his fervor for community leadership and how he manages to balance his natural gift for public service with raising his four young daughters.

How has your time in Poughkeepsie informed your decisions to get involved with both city government as well as the non-profit community organizations like Dutchess Outreach?

I’ve always felt it was important to be engaged and civic-minded. While attending Lourdes, I very much enjoyed the government and economic classes, eventually becoming class president. Public policy was always something I was interested in. I can remember regularly watching C-SPAN before I even graduated Junior High, making me something of a unique teenager I suppose. After graduating from Siena College I began interning at law firms in 2007, which was a springboard for my entry into the world of litigation.



I was also fortunate to have the former mayor of the city appoint me to serve as one of the commissioners on the City of Poughkeepsie’s Landmark and Historic Preservation Commission where I helped protect the city’s rich historic landscape.

Dutchess Outreach is such an important organization both for Poughkeepsie and Dutchess County as a whole. The organization offers help to people in need and I am proud to serve on its board of directors. I would encourage your readers to visit their website to learn more and get involved or donate.

I also enjoy teaching at Dutchess Community College where I have taught business law since 2014. Poughkeepsie is where I grew up, my roots are here. The city is still

Above: Shane Egan who is running for the Fourth Ward seat on the Poughkeepsie Common Council. Photo courtesy of Shane Egan.

Continued on next page ...

one of the most walkable in the county and I enjoy jogging every morning and saying hi to my neighbors. For me, the character of Poughkeepsie's community reinforces the notion that we all need to do our own small part to make our community a better place and I am extremely grateful for the opportunity to do mine.

Was there a particular motivation that compelled you to pursue a career in law? Has your interest in law evolved over time?

I knew I wanted to go to law school at a very young age. Certainly by the time I was in high school. I was always interested in politics and public policy. I saw a career in law as a way to help people and small businesses.

Today, I enjoy helping elderly clients safeguard their assets and couples purchase their first home. My firm, Cappillino Rothschild & Egan LLP, practices in a number of areas so I'm always facing new challenges which keeps things fresh and interesting. We pride ourselves on having long-term relationships with our clients, which I enjoy. It's one of the great things about practicing in a small Dutchess County firm. I also enjoy working on both sides of Dutchess County since we have offices in both Pawling and Poughkeepsie. People don't necessarily see the impacts government has on their daily lives or how the local laws affect people on an individual level.

How do you think your career in law will assist in being a member of the city's legislative body?

Well I'm not on the City Council yet. The election is this November. I'm running to represent the Fourth Ward, which is on the city's south

side. I think an understanding of the legal system will aid me on the council because as a lawyer in private practice my job is to assist clients navigate an increasingly complex system. I have seen the adverse impact of ill-conceived laws on people's lives and businesses. I think that knowledge and understanding will make me a better legislator.

Campaigning has been fun thus far, knocking on doors does take commitment, but these are the same streets and doors I have walked past all of my life so there is a certain level of comfort as well. Ultimately, as important as many of the residents' concerns are, they remain uncomplicated. The cost of living is currently unsustainable, and taxes have gone up between 20 and 30 thousand dollars in the last decade. While assessors have raised assessments and taxes rise, the city's public parks have not changed since I was a kid, they need new equipment as much as the entire city itself needs new infrastructure.

With so much community involvement, how do you balance your time as an attorney and a local leader with being a father of four young girls?

It's a challenge but I am lucky to have tons of family support. My wife Katherine is the best. She's always encouraged me to pursue my goals. We tell ourselves that there's always enough hours in the day and to keep things in perspective. My thought is a busy person gets things done. We try to teach our children the importance of civic engagement.

How have you seen the City of Poughkeepsie evolve and change over the years, where do you see the future of the City's culture and infrastructure heading?

The city has certainly changed a lot. Progress has been made in some areas but more work needs to be done particularly with regard to the city's waterfront and Main Street corridor. The City Council's relation-

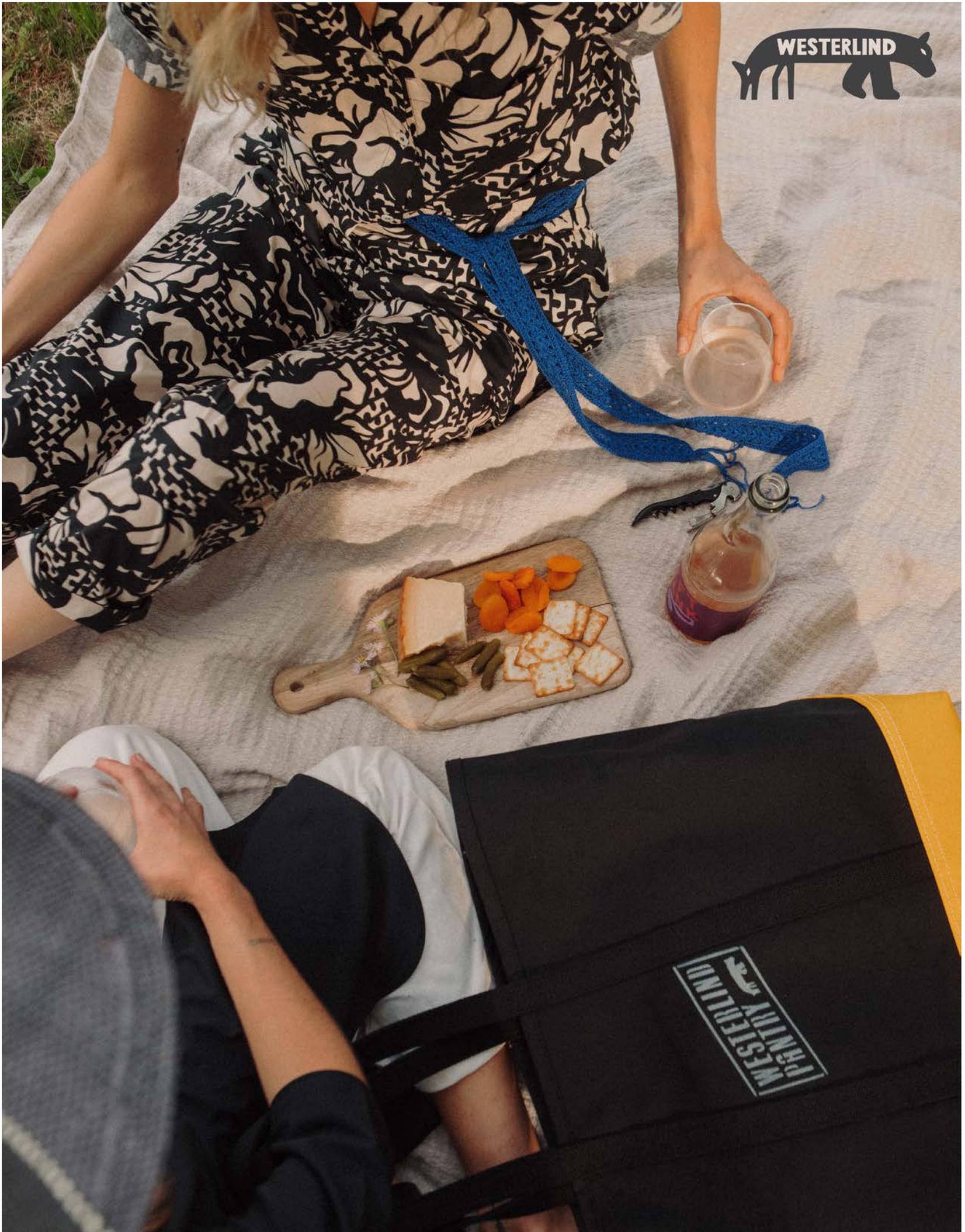


ship needs to improve, getting back to basics like creating an affordable community to live in shouldn't be about party politics at a local level. Any conflict between the Mayor and City Council is ultimately not good for the people of the city. Putting the people's interest first is not complicated.

Sanitation fees have also gone up and public safety remains at the forefront of everyone's mind and needs to be improved. I would like to see the city's roads and public parks ungraded. Small steps like these can go a long way towards improving residences' quality of life.

At the same time we have to be mindful to hold the line on taxes because many people – especially those on fixed incomes – simply cannot afford to live here. So there are many challenges facing the city, but I think a solid dose of common sense and good judgment will go a long way and I want to show my girls it is still possible in modern government, especially on the local level. •

Above: Shane Egan enjoying a baseball game with two of his young daughters. Photo courtesy of Shane Egan.



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SPEND A WEEKEND SAMPLING LIBATIONS IN THE HUDSON VALLEY AND BEYOND

By Regina Molaro
info@mainstreetmag.com

When summer starts heating up, it's a good time to cool off at a winery, cider house, or distillery. From the Hudson Valley to Connecticut and the Berkshires, there are plenty of enticing venues to uncover. Beyond tastings and ambiance, many destinations offer local eats and live music. So, what are you waiting for? Get out and enjoy all that the region has to offer.

Dutchess County, New York Millbrook Vineyards & Winery, Millbrook

Catch a sunset from the terrace of this casual, cozy winery that boasts panoramic views of the Catskill Mountains. Wine tastings are held daily. The wine list includes PSR Chardonnay, which nabbed the "Best in Class" title at the New York Wine Classic. Its All-Day Hunt Country Rosé is another summer fave. While there, explore the Tocai Friulano – one of the signature wines. On Friday nights from 5 to 8pm, enjoy music from local performers and indulge in some good eats from local food trucks. Guests are welcome to picnic daily; just bring your own lawn chairs/blankets. Jazz concerts will kick off in July (reservations required). While visiting, be sure to catch Art in the Loft – a seasonal exhibit by regional artists. 26 Wing Road, Millbrook, (800) 662-9463, millbrookwine.com.

Milea Estate Vineyard, Staatsburg
Nestled among the rolling hills east of the Hudson River, Milea is surrounded by cascading streams, tranquil horse pastures, dairies, lush orchards, and other vineyards. Its approach to winemaking is grounded in Old World traditions, which use estate-grown or locally-sourced varieties. Accolades include being named New York's Rosé Winery of the Year at the New York International Wine Competition. Live music creates a vibrant ambiance every weekend. 450 Hollow Rd. Staatsburg, (845) 266-0384, mileaestatevineyard.com.

Benmarl Winery, Marlboro
Renowned for its small batch wines, Benmarl sits on a 37-acre estate. Demand for its wines is certainly soaring – within the last several years, estate production has almost tripled. Wines include Cabernet Franc, Seyval Blanc, Muscat Ottonel, Blaufrankisch, and Saperavi. Enjoy a leisurely afternoon of tasting – reservations can be arranged via the website. 156 Highland Ave., Marlboro, (845) 236-4265, benmarl.com.

Stoutridge Winery & Distillery, Marlboro
Built upon the original foundations of vineyards initially planted in the 1700s, Stoutridge strives to live up to its mission: To be good stewards of the land, to set forth environmentally responsible operations, and to produce chemical-free wine that draws flavors and characteristics from the land where the grapes were harvested. Its wines are natural and honor the processes used by farmers and winemakers from days long gone. Also, many of its wines and spirits are made from fruits and grains grown within a few miles of the estate. 10 Ann Kaley Ln., Marlboro, (845) 236-7620, stoutridge.com.



Millbrook Winery. Photo: Sylvain Cote.

Taconic Distillery, Stanfordville
Taconic Distillery handcrafts its award-winning bourbon and rye whiskies in small batches. It's proud to utilize local grains and natural spring water from its farm. With an eye on excellence, it is a member of the American Distilling Institute, American Craft Spirits Association, and New York Distillers Guild. To preserve the full flavor of its whiskey, it does not chill filter. Top sellers include Dutchess Private Reserve – the official bourbon of the Culinary Institute of America. Among other accolades, it won *Maxim's* "Best Bourbon" title. Another fave is the Double Barrel Maple Bourbon Whiskey, which was awarded the Gold at the San Francisco Spirit Awards. 179 Bowen Rd., Stanfordville, (845) 393-4583, taconicdistillery.com.

**Columbia County, New York
Clermont Vineyards & Winery,
Germantown**
All of Clermont's wines are crafted at the family-owned Germantown location – except Grambeira White, Grambeira Red, and Val Pedro, which are imported from the family's winery in Portugal. Enjoy a selection of wines from here or abroad from the comfort

of the tasting room, deck or while hosting a picnic on the grounds. In cooler temperatures, unwind by the fire pit. 241 County Route 6, (845) 663-6611, clermontvineyards.com.

Cooper's Daughter Spirits at Olde York Farm, Claverack
This family-operated distillery and cooperage is part of the Hudson Valley's historic Jacob Rutsen van Rensselaer House & Mill complex. Seasonal batch spirits are made on site. Locally-grown grains and fruits are used. Handmade barrels, also made on site, are used to age the bourbon, whiskey, and brandy. Tours are available on weekends by reservation. On weekends, cocktails, local beer, wine, and cider are served in the Cocktail Garden. 284 State Route 23, (518) 721-8209, oldeyorkfarm.com.

Hudson Chatham Winery, Ghent
At the helm of Hudson Chatham Winery are Steven Rosario and Justen Nickell – both graduates of The Culinary Institute of America. The talented duo focuses on creating

Continued on next page ...



Photo: Tousey Winery.

sustainably farmed wines from hybrid grapes, which are grown on the 14-acre property. The wine list includes Seyval Blanc, Baco Noir, Chelois, Chambourcin, Dechanauc, Burdin, and Le Colonel. 1900 State Route 66, (518) 392-9463, hudsonchathamwinery.com.

Hudson Valley Distillers, Clermont

This family-owned business creates “uncommon spirits” and artisanal bottled cocktails made from local ingredients. Its “approachable spirits” are all hand-distilled from local fruits and grains. Faves include Basil Crush and Jacked Up Sidecar. 1727 Rte. 9, (518) 537-6820, hudsonvalleydistillers.com.

Tousey Winery, Germantown

Beyond the stellar selection of reds, whites, and rosés, this inviting, family-owned winery boasts a chic, contemporary setting. At the helm are Kimberly and Ben – who truly embrace the “hygge” spirit. This Danish word (which reflects Kimberly’s heritage) celebrates a sentiment of coziness, contentment, and conviviality. After living abroad, the duo resettled in the Hudson Valley several years ago to help plant the seeds for this winery. Tousey Winery’s estate-grown grapes, which include Chardonnay, Riesling, Cabernet Franc, and Pinot noir, are renowned for being dry. The best-selling wine is The Queen of Clermont, which offers a hint of sweetness. After a long day, retreat to Tousey’s enchanting garden for some top-notch wine and local eats from the cafe. 1774 Rte. 9., Germantown, (518) 567-5462, touseywinery.com.

Litchfield, Connecticut

Haight-Brown Vineyard, Litchfield

In 1975, Haight-Brown was established by Sherman Haight who worked with UConn and Cornell University to grow the state’s first vinifera in a Chardonnay and Riesling. He is also credited for petitioning Connecticut to create legislation to recognize farm wineries. In 2007, Amy Senew purchased the vineyard

and pledged to uphold its tradition. It grows vinifera and hybrids; some faves include Marquette, Seyval Blanc, and Marechal Foch. Be sure to catch live music on the Upper Patio (weather permitting). 29 Chestnut Hill Rd., Litchfield, (860) 567-4045, haightbrownwine.com.

Litchfield Distillery, Litchfield

In the hills of Connecticut is Litchfield Distillery – a family-owned business that produces award-winning distilled spirits. Its products are handcrafted from high quality, Connecticut-grown grains and fruit. The lineup features 13 distinctive spirits for all tastes. Summer is the ideal season for its Ready-to-Drink Cocktail Cans. Offerings include Spiked Lemonade, The Litchfielder (straight bourbon whiskey, local maple syrup, and lemon juice), and the new Batch-erita – a margarita-inspired spirit distilled from imported agave nectar – with lime juice, agave syrup, and natural orange flavor. 569 Bantam Rd., litchfelddistillery.com.

Mine Hill Distillery, Roxbury

In 2017, Mine Hill was awarded the Historic Preservation Award for Connecticut. Over 150 years ago, Mine Hill was at the epicenter of Connecticut’s Industrial Revolution. Its property includes the 1872 train station and an 1860 cigar factory. While visiting, explore its classic vodka or its spicy yet smooth dry gin, which is crafted with eastern white pine and other local botanicals. 5 Mine Hill Rd., Roxbury, (860) 210-1872, minehilldistillery.com.

Miranda Vineyard, Goshen

As far back as he can recall, proprietor Manny Miranda and his father and grandfather made wine in his grandfather’s winery. In 2001, Miranda planted the first vines to his own vineyard and modeled his American winery after his family’s winery in Portugal. Visit to taste its award-winning local wines. 42 Ives Rd., Goshen, (860) 491-9906, mirandavineyard.com.

Sunset Meadow Vineyards, Goshen

Offering a flavorful assortment of red, white, and sparkling wines, Sunset Meadow earned a coveted spot on



Photo: Litchfield Distillery.

The Daily Meal’s 101 Best Wineries in America list. 599 Old Middle St., (860) 201-4654, sunsetmeadowvineyards.com.

Berkshires, Massachusetts

Balderdash Cellars, Richmond

Founded in 2011, Balderdash is a boutique winery that produces premium wines from grapes grown by California vineyards. Proprietors Christian and Donna Hanson work with growers in Paso Robles and Edna Valley. Live music kicks off in July. 81 State Rd., Richmond, (413) 464-4629, balderdashcellars.com.

Berkshire Cider Project, North Adams

Husband-and-wife team Matt Brogan and Kat Hand are the visionaries behind Berkshire Cider Project’s dry, sparkling hard ciders. Their traditional-style ciders are made solely from apples and fresh-pressed juices from local orchards – no sugars are added. The Dry Cider boasts hints of citrus, cut grass, and sunshine while the Bittersweet – which features English Bittersweet apple varieties – has notes of baked apple, orange peel, and winter spice. Also on offer – a wild fermented cider made from donated and foraged apples, a crabapple pet-nat (naturally sparkling wines) and a rosé cider coming later in the summer. The cidery’s new tasting room is located down the road from Mass MoCA at Greylock WORKS – a former textile mill turned event venue, co-working space, and food incubator. Stop in for ciders by the glass, tastings and bottles to-go. 508 State Rd., North Adams, (413) 409-6058, berkshire-cider.com.

Berkshire Mountain Distillers, Sheffield

One of the founding members of the craft distiller movement, Berkshire Mountain Distillers’ products are handcrafted in small batches at the Berkshires’ first legal distillery since prohibition. The distillery has garnered nationwide recognition. In 2017, it was named a James Beard Award Semi-finalist for Outstanding Spirits Professional. It also nabbed several Gold Medal Awards from the Beverage Tasting Institute and San Francisco Spirits Competition. Tastings are held daily. Top picks include Greylock Gin; Ice Glen Vodka; Berkshire Bourbon; and Ethereal Gin. 356 South Main St., Sheffield, (413) 229-0219, berkshirermountaindistillers.com.

Hilltop Orchards/Furnace Brook Winery, Richmond

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Disclaimer: This is in no way a complete list of all the wineries, distilleries, or cideries in the area. If we left an establishment out, our apologies, and please feel free to email us and we’ll put it on our list for future reference. info@mainstreetmag.com.

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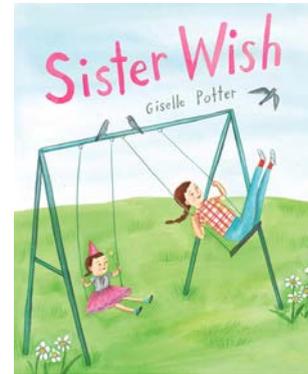
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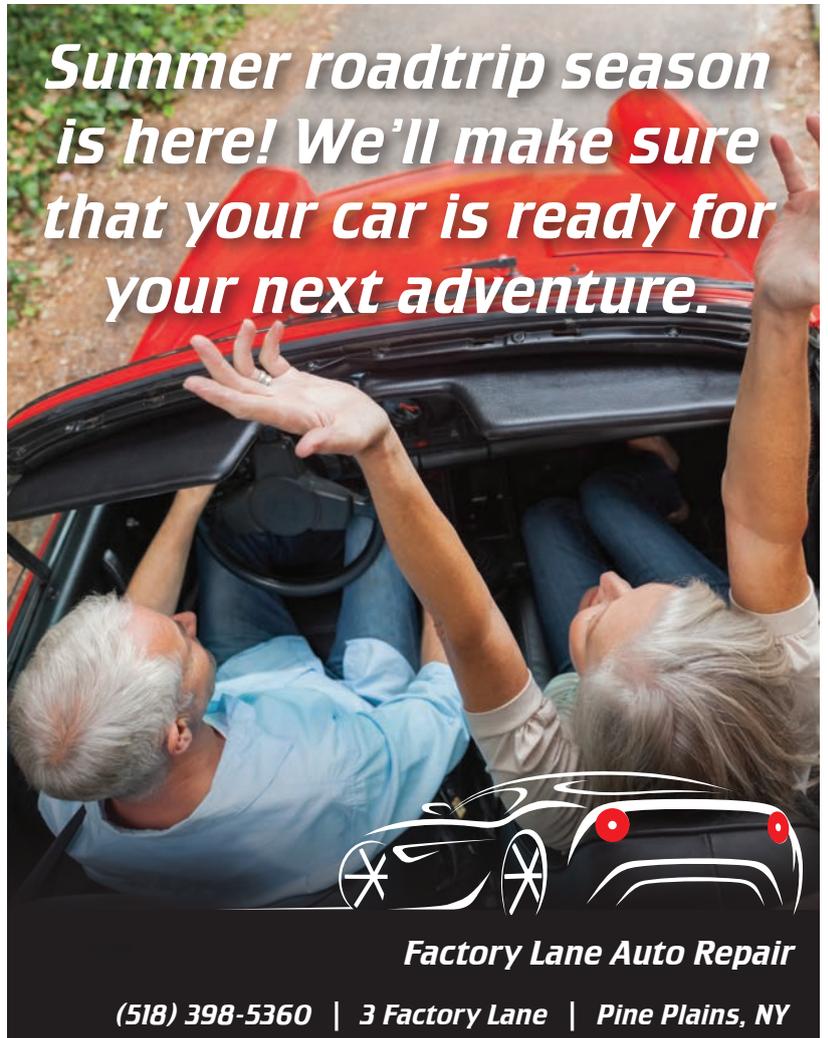
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Food tours in Troy & Albany

By *Dominique DeVito*
info@mainstreetmag.com

What better way to get to know a place than by its local food scene? By exploring a place’s culinary offerings, you’ll enjoy interesting (and hopefully delightful) foods and beverages, you’ll feel a part of the town or area, and you may even get to know the people behind the scenes, which is always fun. All of these experiences deepen an appreciation for a place.

Of course this rings true for you, a *Main Street Magazine* reader, because you are passionate about local. You know that researching restaurants for occasions as varied as a quick lunch to an anniversary dinner can be as obsessive and complex as planning a family vacation. The research is fun, and yields lots of possibilities, but it can be exhausting and even counter-productive, leaving you with too many choices for a given day. Besides, how do you know you can trust random reviews posted on a restaurant’s social media or on Google?

Trust what you taste

Amy Koren-Roth gets it. Amy is the owner of Taste of Troy Food Tours and Taste of Albany Food Tours,

which she launched in 2016. A resident of Delmar in the Capital Region, Amy is a “foodie” through and through. “I’ve always loved to cook,” she says when I ask about her background. “I’m also a history buff, and I love to travel. I learned long ago that one of my greatest pleasures when visiting a new place was learning about its culture – its food culture in particular.” Amy has spent countless hours combing the internet for quips and quirks about local eateries and the places they call home. If anyone knows about the local food scene here, it’s Amy.

“When I was contemplating what would interest me in my retirement,” she continues, “I had that realization that I could combine these passions of mine into a business that I could share with others.”

In 2015, Amy signed up for a food tour conference to learn from the pros. What inspired her wasn’t the headliner presentations, it was the attendees who were there for reasons like hers. “I was encouraged to go for it,” she says, “so I started slowly while I was still working to see what would happen.”

“In 2016, Troy was emerging in



Above: Amy makes sure guests learn things they never knew about the places she takes them from the eateries to the streets. All images with this article are courtesy of Taste of Troy Food Tours.

the foodie scene,” she says. “The Farmer’s Market had huge appeal, and I thought that could be a good place to start or end a tour. Also,” she says, “Troy spoke to me – it has history, it’s extremely walkable, and of course there’s the food.”

One thing you’ll learn about Amy if you spend any time with her is that she is a real researcher. She knows how to dig. And find treasure. “I’m just curious about everything,” she says, noting that inspiration plays a big part in how the tours come together. “If something is emerging as a trend, for example,” she says, “I’ll start investigating food tour options around it. I’ve been interested in discovering and promoting black-owned and women-owned businesses in the area, and I love bringing them to people’s attention.”

Continued on next page ...





Above: A happy Taste of Troy group poses under Troy's iconic sign off of Lower River Street. The tours are often multi-generational. Below, right: To give people a taste of Troy (and/or Albany) in the comfort and safety of their homes – or as great gifts – Amy puts together rotating boxes of “local love.”

How does it work?

Amy is excited to be able to offer the food tours again in 2021 after her business, like so many others, needed to be suspended due to COVID. The tours take place on Fridays in Albany and on Saturdays in Troy through the summer. Amy has been in discussion with the venues she will be visiting for months, working through the considerations of group size for everyone's safety, how tastes will be handled, what the situation may be with the Troy Farmer's Market, and more.

For this summer, Amy decided to end rather than begin the Troy tour at the Farmer's Market – which is where people will try special bites prepared just for her guests from three select vendors, and will be able to shop the market at their leisure at the conclusion of the tour. With the market set up by Riverside Park, guests can take advantage of the great view of the Hudson River and sit and relax and reflect on the experience. There are 7+ tastings on the tour, including craft beer, and it takes about three hours (10am to 1pm).

For the Albany tours, which are from 12:30 to 3:30pm on Friday afternoons, guests similarly experience 7+ select foods, including craft beer, and learn about the neighborhoods they travel through. Amy goes out

“rain or shine,” and promotes wearing comfortable and appropriate clothing to fully enjoy yourself.

Get to know a place

“What I want my tour guests to come away with,” Amy says, “is seeing a place in a whole new way. Maybe you've been to Troy,” she says, choosing it as an example. “Maybe you've eaten at several places here, and you feel like you know the town pretty well. My goal when you take one of my tours,” she says, “is that you learn something you never knew before.”

Getting a behind-the-scenes and more in-depth experience with places can help save you time later on, too. If you haven't visited Troy or Albany before, or if you're planning a weekend in the Capital Region, “taking a food tour can introduce you to places you'll want to revisit, which can be preferable to hunting and pecking for just the right spots yourself.” Amy learned this while taking food tours herself. “When you discover a restaurant you really like on a tour, you'll probably want to go back. It may even become a favorite spot for you on an extended trip. It's nice to be introduced to the food scene when you arrive at a place rather than when you're close

to leaving.”

Amy is a huge supporter of local, and is always thinking of ways to share her enthusiasm for fun finds. To support her tour partners and others in the off season, she created a Capital Region Box of Local Love. She gathers samples and gift certificates and puts them together in a beautiful package for occasions like Mother's and Father's Day, Thanksgiving, the end-of-year holiday season, and also for themes like Solidarity. “For small cities to survive,” she points out, “people have to do things in them and experience what they offer.” Neighborhoods are unique; family-owned eateries serve foods made from recipes passed through the generations with pride and love; a craft beverage business provides a welcoming environment for locals. It adds up to pride in a place and a feeling of connection. And isn't that what sharing and enjoying food is all about? •

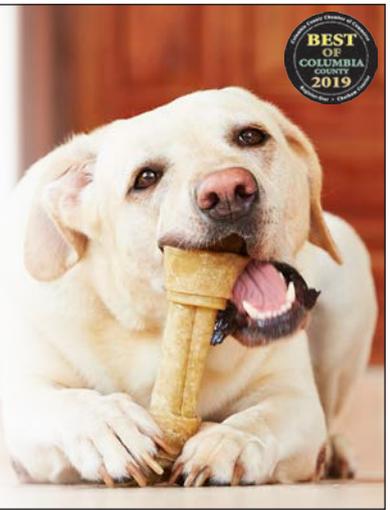
Take a tour! Buy a Box of Local Love. Learn more and book reservations at www.tasteoftroyfoodtours.com. You can also explore the Boxes on that website. Amy keeps her fans up to date and eager to learn more through her posts on Facebook and Instagram, so be sure to follow her.





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Sculpture gardens

A day at The Mount



By CB Wismar
info@mainstreetmag.com

It might be enough, in this emerging summer of recuperation and revival, to suggest a day trip to The Mount, Edith Wharton's stately home in Lenox, MA. In and around the home the Pulitzer Prize-winning author designed and built and, sadly, occupied for a brief ten years, the careful tending of the grounds, the trails and the magical gardens is enhanced by paid tours of the home, a café, and the chance to simply wander around the 50+ acres.

In years past, Shakespeare & Company, the nearby bastion of theater, has used an accessible glade on the estate to present lively, interactive outdoor performances of some of the Bard's classic comedies.

And, for the past nine years, SculptureNow, the dynamic artistic force that brings accessible modern sculptural pieces into full public view, has staged a truly engaging exhibition along the pathways of the estate.

The summer's setting

For 2021, the summer of emergence, the SculptureNow show at The Mount beckons families from all

throughout the region to experience 30 stunning sculptural pieces, the work of artists from the Berkshires and beyond.

The setting, the dynamic presence of the work and the sheer immersive experience of witnessing SculptureNow at The Mount commends itself to making this visit something that deserves a bit of pre-planning. Would a picnic on the grounds be appropriate? Would a "let's get a couple of families together and simply explore" plan make sense? Would that rich package of spending three hours at The Mount, then heading to one of the newly re-opened restaurants in Lee, Lenox, Stockbridge, Great Barrington, or Pittsfield become a triumphant return after a year in which we have, in the words of T.S. Eliot, from *Murder in the Cathedral*,

*"Gone on living,
Living and partly living,
Picking together the pieces?"*

A resounding "Yes!" should echo through the Berkshires.

Tracing its roots back...

Ann Jon, who with like-minded artists created SculptureNow in 1988,

eagerly welcomes visitors to the free exhibition. "The Mount has been our host for nine seasons," comments Jon, "and this year's offerings are truly magical."

Close to the easily accessible parking area, Jon's own work, *Passage* (above, far left) serves as a stately welcome to the journey of exploration. Set conveniently along the pathways, such majestic works as James Burns, *Bison* (above, center) are a commanding presence. Further on the quarter mile walk from entrance to the manor house, Harold Grinspoon's colorful, whimsical *Joy* (above, right) catches sunlight through the well-kept forest. Across the path, Craig Anderson's dynamic *Wind Water* (next page, top left) reaches skyward.

A look to the right will introduce *Spirit Bear* (next page, top, second from left), a patchwork assembly by

Continued on next page ...



Robin Tost that is life-sized and most gentle. With The Mount in view, Gilbert Boro's *Overhand Knot* (above, third from left) seems to point forward toward the house and gardens.

It is most fitting that at the edge of the garden area, *Trio of Siberian Irises* (above, far right) by Diane Shobrys offers a colorful counterpoint to Kate Winn's towering metallic *Birdhouse* (left) set across the walking path. The way it is positioned, *Birdhouse* becomes easy to circumnavigate. What appears when viewed from the path becomes all the more interesting when, with complete dispensation, one walks around the monolith to see the bird perched to protect its egg, but ready to lift in flight at a moment's notice.

As Ann Jon encourages, "Make sure you go through the garden to see the four pieces on the hillside."

Taking a stroll...

In the realm of natural sculpture, the gardens at The Mount could be attraction enough for a summer stroll. With a certain homage to the gardens of Italy that was the subject of one of her earliest works, Wharton's impressive home looks out over carefully tended paths, bowers and plantings that radiate through the summer.

It was her niece, Beatrix Jones Farrand who was beginning her illustrious career as a garden designer

who contributed the drawings that became the Italian Sunken Garden. A fountain, strategically placed benches that invite a few moments of rest and contemplation, an elegant path between carefully pruned hedges ... it's little wonder that The Mount has been selected for "storybook" weddings staged in a truly idyllic setting. In Wharton's own words, "...In the blending of different elements, the subtle transition from the fixed and formal lines of art to the shifting and irregular lines of nature, and lastly in the essential convenience and livableness of the garden, lies the fundamental secret of the old garden-magic..."

Upon closer inspection...

It is on the hillside beyond these formal gardens that Elizabeth Knowles' flaming red *Shell* (below) encourages a gentle climb to not only contemplate the sculptures,

but to get a different view of the house and the grounds. The estate occupies nearly 50 acres and offers several walking paths to complement one's visit.

For those whose curiosity demands a closer view, artist talks and tours are scheduled for July 18, August 15 and September 12. Reservations and tickets are required for those programs. For those who wish to wander in a self-guided tour, the grounds are open daily and there is no cost to simply explore the drama and elegance of SculptureNow at The Mount for 2021. An "otocast" is available to download with a map, photos of the sculptures and narrative provided by each of the artists. ●

For more information, visit the website at edithwharton.org, click on "SculptureNow 2021" and discover all the pertinent detail for your day at The Mount.



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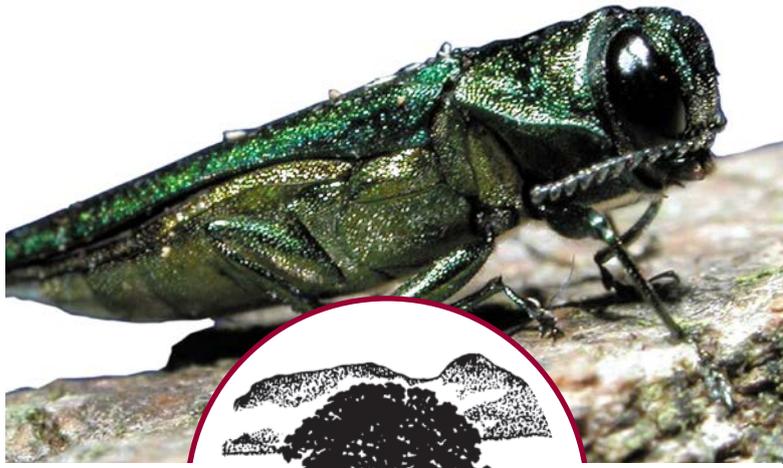
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After attempting a trial run in June of last year, in the midst of a pandemic, Momma Lo's BBQ in Craryville, NY, has since become one of the most celebrated food destinations in our area. Owner Lotetta, affectionately known as Momma to family and customers alike, started Momma Lo's after she was laid off from one job and forced to quit another. "With Jehovah blessings, and a serendipitous conversation with neighbors Kathy and Dan, one thing after another started to fall in place which, for me, means God's timing is perfect," says Lotetta. "I just want to thank the community for everything." Today, Momma Lo's feeds eager crowds with homemade, Southern Style BBQ. "Everything is prepared from scratch, with love and Jehovah's blessing," says Lotetta. "I think that's what sets us apart. I love to cook, and to see people enjoying my food is the most amazing thing." Lotetta hopes to continue to grow in coming years and eventually own her own food truck so that Momma Lo's may become more mobile in the future. "I would love to see myself with a storefront someday," says Lotetta. "I'll continue to pray as I know these things take time. With Jehovah's blessing we will prevail. I love everyone who has helped on this journey so far and want to again thank you all for the love and support you have shown us."



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Established in 2017, ICESCREAMS in Elizaville, NY, has become one of the most fun and exciting, outdoor restaurants and ice cream shops in the Hudson Valley. Serving customers all over the area specifically: Elizaville, Hudson, Kingston, Red Hook, Rhinebeck, and Pine Plains, ICESCREAMS is unique from other similar businesses in the area because of the fantastic courtyard and atmosphere they provide while nestled in their charming small corner of Elizaville. Folks at the beloved ice cream pit-stop say they are constantly trying to bring fresh ideas and menu items to the table and provide a special and individual experience for each customer. Owners say the most rewarding part of being in the business is the opportunity to see the immediate joy on a customer's face when handing them a delicious treat. Much like the joy of the classic summer treat itself. ICESCREAMS possesses the uncanny ability to cheer someone up with just one ice cream cone. Going forward, owners say they are hopeful about ICESCREAMS being able to continue to grow. Of course, with fantastic service and one-of-a-kind menu items, the folks at ICESCREAMS will continue to strive to be able to provide their fantastic customers with great service for many years to come. After missing the summer of 2020, ICESCREAMS will be opening for the season and are looking forward to serving everyone again and can't wait for a great summer.



Nutrition on Railroad

Café serving protein shakes that taste like a milkshake, and energizing teas. 5 Railroad St., Canaan, CT. (860) 824-1024.

After moving back to her hometown of Canaan, CT, Cassidy Considine felt an undeniable urge to bring something fun and different to the small town. The result of that urge has led to Nutrition on Railroad, which opened on May 15, 2021. Cassidy and co-owner Andrew Pelletier serve protein shakes, which can serve as a snack or a meal replacement. Nutrition on Railroad also specializes in serving energizing teas, which include black and green teas and aloe for digestion, as well as additional add-ins for natural caffeine to keep folks energized all day. Cassidy and Andrew say they love serving the Canaan area, but it's also amazing to see customers come in from all over the Tri-corner area. Nutrition on Railroad has since experienced no shortage of people who come in and say, "we needed a place like this!" It's rare to find quick stops for breakfast and lunch that are not only satisfying but are guiltless and support an individual's health goals. Cassidy is excited to watch the number of lives it may be possible to positively impact. "I look forward to the future with not only regular customers but also visitors from all over," she says. "Starting your own business comes with a fair share of challenges but it is so rewarding. The most rewarding part is being able to bring a new business to my hometown and serve the community that has been so good to me."



Candy-O's

Candy, chocolate, ice cream, and collectibles shop at 28 Main Street in Millerton, NY. (518) 592-1600. candy-os.com

Candy-O's may have enjoyed its opening day on Main Street in Millerton, NY, this past March, but the idea to open Candy-O's started long before, in the summer of 2020. While working with her father Sal, owner of the T-Shirt Farm in town, Gillian Osnato began conjuring up the sweet shop as a pipe dream, one that she couldn't let go of. "I kept thinking of how great something like that would be for the town and the idea quickly took hold," she says. "We officially decided to do it when a space became available on Main Street in November of 2020." Today, Candy-O's sells bulk candy, local chocolates, ice cream, collectibles, party supplies, as well as custom ice cream cakes. At its core, Candy-O's is a family business. Oftentimes, customers will see Sal chatting with customers, making everyone laugh. Gillian's sister behind the counter scooping ice cream on a busy weekend. "I wouldn't have gotten this far without their support, and I think that comes through in how we treat our customers," says Gillian. "Everyone is family here." Gillian says the most rewarding thing about being in this business is the joy it brings to everyone who steps through the door and hopes that everyone who comes to Candy-O's feels the magic of youth and the nostalgia of tradition.

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What do hummingbirds eat?

Hummingbirds are best known for consuming flower nectar, which makes up most of their diet. They also eat many insects and spiders, which gives them plenty of protein, especially for young hummingbirds that need good nutrition to grow. Some hummingbirds also eat flower pollen or sip sap from trees.

Can I make nectar to fill hummingbird feeders? It's easy to make homemade hummingbird nectar. Mix one cup of water with one-quarter cup of plain white table sugar, and stir until the sugar is completely dissolved. It may be easier to use warm water or boil the water to be sure all the sugar is dissolved. It isn't necessary to add any red dye to the water, and extra sugar water can be stored in the refrigerator for a week or two before it is used.

What flowers do hummingbirds like best? Hummingbirds visit all types of flowers, but their thin bills are specially adapted to feed on long, tubular flowers. Red, orange, and pink flowers are especially attractive. The top hummingbird flowers include butterfly bush, bee balm, trumpet vines, cardinal flowers, salvia and columbine.

Do hummingbirds drink water? Hummingbirds get all the liquid they need from the nectar they feed on, but they still visit small fountains for baths. The fountain must be very shallow for hummingbirds to feel safe, and they may also fly through sprinklers or misters to get wet. Hummingbirds have even been seen rubbing against the dew on leaves to take a bath.

Does anything eat hummingbirds? A hummingbird may not seem like a big mouthful, but there are many predators that will happily have a hummingbird for a snack. Praying mantises may stalk hummingbird feeders and impale unsuspecting birds, and other predators such as cats will also hunt hummingbirds. If a hummingbird flies too low over water, a large fish could catch it, and some other birds will eat hummingbirds, such as roadrunners, shrikes, and kestrels.

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Plan your fall crops now!

I hope you are enjoying the most bountiful time of our growing season in the Northeast! If you want the freshness to last, start planning your fall crops now. Fall is a wonderful time to plant shrubs, fruit trees and perennials and the cool weather in late August and September is ideal for growing cold crops such as lettuce, kale, broccoli, brussels sprouts, spinach, beets, carrots, and peas. The best time to plant summer crops is during the last two weeks of August when things are beginning to cool off. If you can't get anything in the ground until the beginning of September because of hot weather, no worries, there is still time! You can start your seedlings indoors or plant the seeds directly in the ground. Begin by amending your beds with a high quality, organic fertilizer such as Espoma Garden Tone. Protect your plantings from wildlife by fencing the area. Try to keep your plantings compact so you are able to cover them in the event of an early frost. If life gets too busy and you miss the chance to plant cold crops, there is still time to plant garlic. Garlic is easy to grow and it is such a treat to harvest in the spring and summer. Garlic can be planted in late October. Prepare your garlic bed in good quality soil, purchase some locally grown garlic and plant one clove in each hole (spaced 4-6" apart). Cover the bed with mulch and wait until spring! You will be able to enjoy garlic scapes in June and then harvest your garlic sometime in July. After picking your garlic, allow it to dry in a covered area.



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Fun and tasty summer libations:

Cocktail parties, weddings, cookouts, you name it – they are back. So the question is what are you going to be drinking this summer? While canned cocktails may be all the rage at the moment we have a few suggestions for some fun and tasty libations.

The Jungle Bird cocktail dates back to the 1970s when it was served as a welcome drink to visitors of the former Kuala Lumpur Hilton. Mix 1 1/2 ounces Jamaican Rum, 3/4 ounces Campari, 1 1/2 ounces pineapple juice, 1/2 ounce lime juice, 1/2 ounce simple syrup. Shake with ice, strain into a glass filled with fresh ice. Garnish with a pineapple chunk.

The "Salisbury" Collins is a twist on the original memorialized in writing in 1876 by Jerry Thomas, "the father of American mixology." Pour 1 1/2 ounces of Tito's Vodka into a tall glass filled with ice. Top with lemonade which has been made with seltzer instead of water. Garnish with mint and a lemon slice.

The "Last Word" cocktail is a gin-based prohibition-era cocktail. Originally developed at the Detroit Athletic Club, it has made a comeback in 2021. Shake 3/4 ounce Gin, 3/4 ounce green Chartreuse, 3/4 ounce lime juice, 3/4 ounce Maraschino Liqueur with ice and strain into a cocktail glass. Garnish with a Luxardo cherry.

As delicious as summer cocktails can be, I still think that wine reigns supreme. The king of summer wine is still Rosé. This year more than ever there is an even greater variety of Rosés available; light Provencal-style, darker, yet bone dry ones from Austria and Germany, American stunners from California etc. There are also organic, natural, and sparkling offerings. This summer my advice is to branch out, try a new cocktail or try some Rosés that you might have skipped in the past.



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