

11-24-04 Off-Season

Even though many CSA sites in NYC draw to a close this week, your access to fresh, locally produced food is not ending. Many New York State farmers have items available throughout the winter; it just may take a little bit more effort to locate them than simply going to your neighborhood CSA distribution site. Meat and dairy products as well as eggs are produced year round and many farmers will have root crops available well into the winter.

Sixteen of New York City's 33 Greenmarket locations are open year-round. Greenmarkets are sponsored by the Council on the Environment of New York City, and feature produce and products exclusively from regional growers. For a list of Greenmarket locations, visit <http://www.cenyc.org/HTMLGM/marketlisting.pdf> OR you can call 212-788-7476 or e-mail greenmarket@rcn.com for more information.

Locally grown food is also available at several NYC restaurants. Many restaurants that serve locally produced food do so with pride and advertise the origins of their ingredients. Slow Food USA has published a guide to NYC restaurants, markets and bars. Many of the establishments featured in this book sell locally grown products. For more information, or to order a copy of the guide, visit <http://www.slowfoodusa.org>.

If you feel like a fall or winter jaunt out of New York City, the New York State Department of Agriculture and Markets and the New Jersey Department of Agriculture both publish guides to farms in their states, that list farms with food and products available for sale directly to consumers. Many of these farmers have items for sale throughout the year. Online versions of the guides are available at <http://www.state.nj.us/jerseyfresh/> or <http://www.agmkt.state.ny.us/AP/FFGSearch.asp>, and are searchable by product, and by county or region. If you prefer to receive a hard copy of you can call 1-800-554-4501, or e-mail info@agmkt.state.ny.us in New York or call 609-292-8853 for New Jersey. Be sure to indicate in your request that you would like information about farms in the New York City metro region so they provide you with the nearest farms. If this doesn't provide what you are looking for, the other web-based resources are available at <http://www.farmtotable.org> and <http://www.localharvest.org/>.

A supply of great tasting farm fresh food doesn't have to end with the CSA season. You can still support local growers throughout the year by visiting a farmers market, a restaurant that purchases supplies locally, or taking a trip out of the city and purchasing items right on a farm!

