

# Upper Delaware

RIVER REPORTER. SUMMER 2020

**INSIDE:**

**MAIN STREET, USA**

*Berry, berry good*

**Splendid and miraculous:**

*Doctors say, "Go to the mountains!"*



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## Editor's letter:

The hills are alive with the bounty of summer. The typical gathering places, where locals and tourists alike would enjoy the summer weather, dining on the Delaware and the region's many fun and traditional events, have fallen to a hush due to devastating global circumstances—but, even still, the bounty is all around us.

That's what this issue of our Upper Delaware Magazine celebrates: nature, its bounty and how it opens its arms to heal us, if only we choose to respect and accept it.

Ed Wesley takes us back through time, aligning his focus on the many quiet theatrics nature provides while offering some proof our big, wide country might be more compact and connected than we think.

John Conway tells of history that echoes our current dilemma. Native herbalists and medical experts from centuries ago were aware of the healing power this area pro-

vides. Conway paints the past and tells how doctors eventually declared "Go to the mountains!" in the midst of the tuberculosis epidemic.

Jonathan Charles Fox, with some help from Owen Walsh and Christine Trifari, takes us downtown—well, the only version of 'downtown' we rural people know—to Main Street, USA in a celebration of the mom-and-pop Main Streets of our beloved Upper Delaware region.

Finally, Annemarie Schuetz visits Anthill Farm Agroforestry and learns some berry, berry good information about the area's many delectable fruits of the summer season.

So kick back and take a ride through this celebration of history, nature and the healing power of the Upper Delaware.

— Veronica Daub, section editor

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## RIVER REPORTER.com

Upper Delaware, a special publication of The River Reporter, is published by Stuart Communications, Inc.  
Entire contents ©2020 by Stuart Communications, Inc.  
Additional content available at [www.riverreporter.com](http://www.riverreporter.com)

Mailing Address:  
PO Box 150, Narrowsburg, NY 12764  
Phone: 845/252-7414 • Fax: 845/252-3298

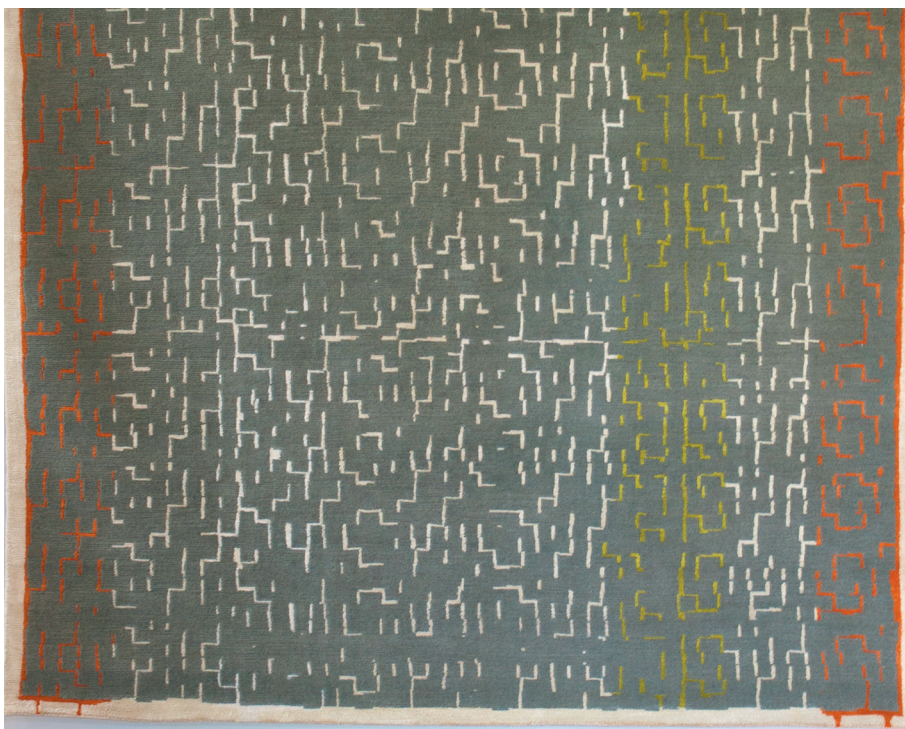
Have a comment or idea for the magazine?  
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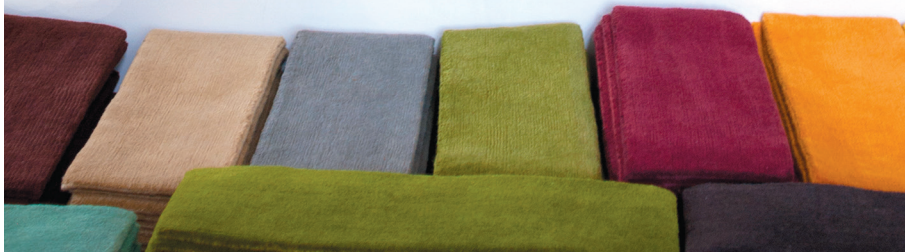
If you would like copies for your place of business:

Contact: Roger at 845/252-7414, ext. 130  
or [events@riverreporter.com](mailto:events@riverreporter.com)  
Publication Date: July 30, 2020



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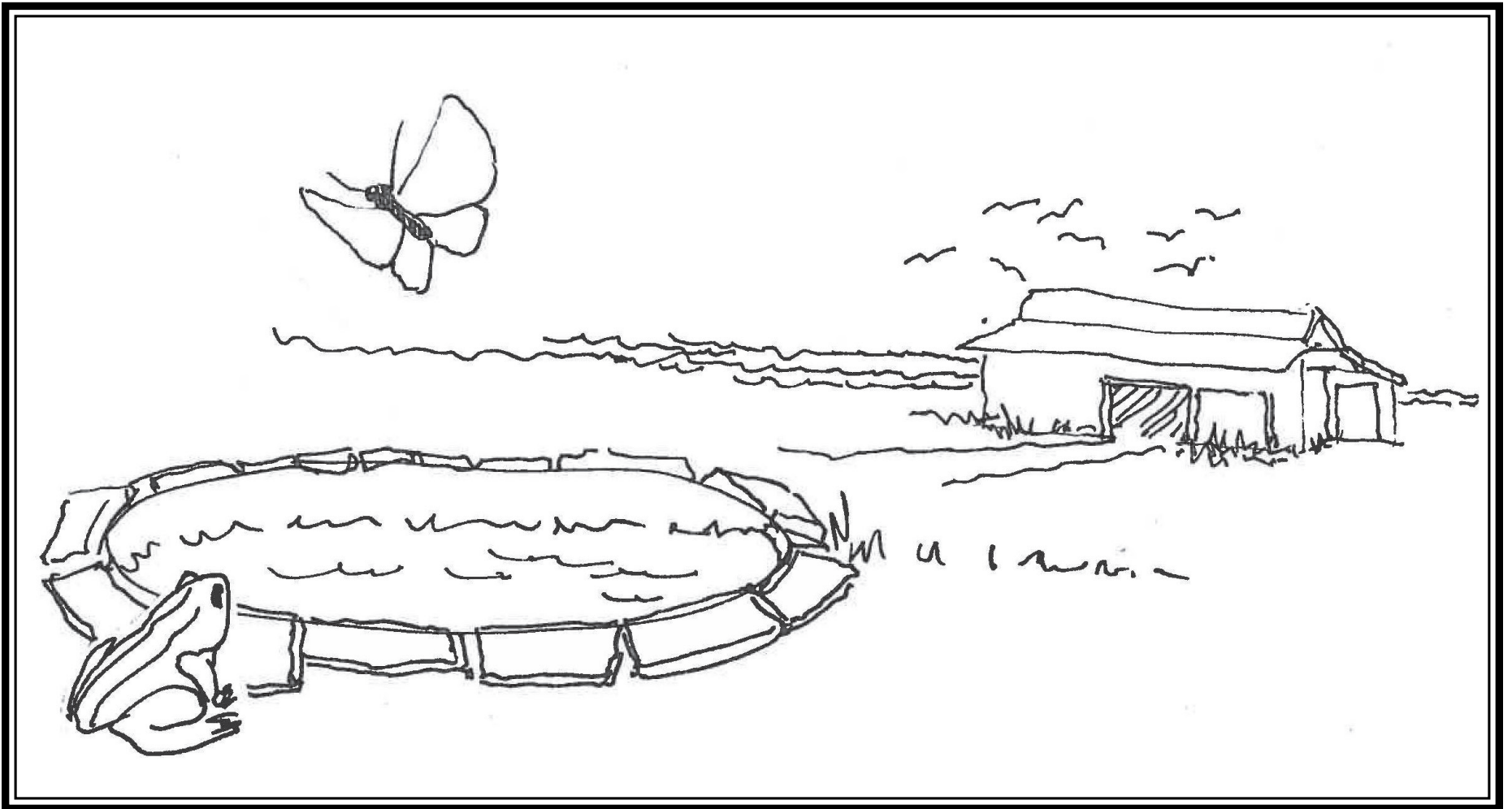


Illustration by Barbara Yeaman, 2020

# MILANVILLE DAYS

By Ed Wesely

In recalling our days at a small Milanville farm, I've focused on the 1990s when glacial winters and mellow summers created a bracing climate we haven't enjoyed in a decade. Selections are from Barbara Yeaman's "Christmas letters," and from mine where indicated.

Readers may like to compare their own calendar notes with ours from the 1990s.

Winter, 1994: "Winter began as I watched a bear fishing on the edge of the ice near the Damascus Bridge. Son Bill, and Ed and I drove up to count the wintering geese and watched as Mr. Bear lumbered off the ice and scrambled up a steep PA ridge—a rare and wonderful sight."

Early spring, 1995: "A big female eagle showed up at the meadow sporting a wing tag and two leg bands... with a strange wire protruding from her shoulder blades. Turns out that she'd been fitted with a very expensive transmitter that sent a continuous signal to an overhead satellite, which was bounced back to a receiving station in France and relayed back to Maryland. This bird had spent the summer of '94 along the Atlantic coast near the Maine/Canada border."

May 1995: "Hummingbirds returned on the 14th, already scrapping for territory in

the apple blossoms. At 6:30 a.m. on the 19th, a fox stole our little bantam hen, the one with a black beak. A second fox would have claimed more had it not been for a crow's alarm calls."

June 1995: "On the 10th, our first monarch caterpillar fed on milkweed in my garden, and five days later we found five more with two ready to pupate."

## Recalling our days at our small Milanville farm...

From my notes: "Imagine my surprise when I learned from the University of Kansas that a monarch butterfly I'd tagged on a visit to Massachusetts in September had been recovered in the El Rosario monarch preserve west of Mexico City. They estimate it flew 2,250 miles.

"I'd found its egg on a browsed milkweed

along River Road near the farm and reared the caterpillar in our "Butterfly Barn" nature center. [It was] one of 465 monarchs that local children helped me to care for and hatch in 1995. Eventually, I carried its chrysalis along to Massachusetts, where it hatched."

July 1995: "A pair of yellow-bellied sapsuckers are using the telephone pole for a snare drum. Ed and I took Frisbee Goat to the Lordville's Fourth of July parade, where someone gave him a bandana to wear—he looked splendid. To celebrate the re-opening of the Lordville Bridge, there's always a parade on the 4th, and Frisbee likes to pull young children across the new bridge span in his goat cart.

"Many green frogs have also gathered at a little artificial pond we dug this spring. On the morning of the 25th, more than 100 eggs floated from a mass of submerged plants that I moved to an aquarium near the pond for safety. They soon hatched into lively tadpoles, but they all disappeared a few days later.

"By July adult frogs are tame enough to pick up by floating your hand under their bellies and gently lifting them. Often 30 or 40 sit in-and-around our five-by-nine-foot pond waiting for insects."

August 1995: "We continue to catch critters in the vegetable patch with a no-kill

Havaheart trap. The August tally is seven chipmunks, three raccoons, a catbird, one wood thrush and two woodchucks... which makes 11 chucks for the summer. We release the birds here, and Ed transports the chucks, etc. to habitats beyond settled areas."

"This summer, July and August were very dry and unusually hot, but we had a good time swimming and canoeing on the river. There seem to be more and more rafts and kayaks at Skinners Falls, but we feel most at home in our scraped and dented aluminum canoe."

From my notes: "August was also a unique month for barn swallows, including a dozen or two reared in our barn. On a given morning, around August 20, they and others would gather in legions to chatter on the barn roof, a kind of ritual before taking wing to South America. And next morning the place was still."

"In September, at the start of the 21st century, over 200 second-graders visited the farm each year, about two classes a day for a couple of weeks. They'd explore the Butterfly Barn and watch monarch migrants glide south across our hay meadow near the river.

Best of all, each one received a cracker to feed Precious, the goat, before the class ran with her to the river."



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# Splendid and miraculous

## Sullivan County and the Upper Delaware as a healing environment, echoing the needs of today

By JOHN CONWAY, Sullivan County Historian

From the earliest visits of the Lenape, who constructed their sweat lodges among the willow trees on the banks of the Delaware to the tuberculosis sufferers who searched for a cure in the cool mountain climate, hundreds of thousands of people have visited this area over the centuries because of its curative environment.

The Lenape revered the area and utilized many of the plants that grew here as medicines.

“The Indians know how to cure very dangerous and perilous wounds and sores by roots, leaves and other little things... as we are not skilled in those things, we cannot say much about them,” observed one of the first Europeans to interact with the Lenape, the Dutchman Adriaen van der Donck in 1650.

Swedish engineer Peter Lindstrom concurred, writing in “Geographia Americae” in 1656 that the herbal remedies of the Lenape people were “splendid and miraculous.”

And in 1702, Thomas Campanius Holm wrote of the Lenape that “their medicines seem very trifling, yet their effects are astonishing, and unless a man be truly incurable, they know immediately [what] to prescribe for him; but the remedies they employ they carefully keep secret from the Christians.”

Almost 200 years later, American medical doctors were learning that there was something healing about the environment here.

Dr. Daniel Bennett St. John Roosa, a prominent New York City physician who

*EVEN SULLIVAN COUNTY'S RENOWNED RESORT INDUSTRY HAS ITS TIES TO THE AREA'S REPUTATION AS A HEALING ENVIRONMENT. THOUSANDS OF EARLY VACATIONERS CAME HERE AS A RESULT OF THE PROCLAMATION "DOCTORS SAY, 'GO TO THE MOUNTAINS!'"*

had grown up in Bethel, was an early proponent of the natural sanitarium to be found here. Writing for the Ontario & Western Railway Vacation Guide, Roosa recalled that “many years ago, the old doctors of Sullivan County observed that the gentlemen from New York City, if at all weak in the lungs, who came in limited numbers to fish in the trout streams and hunt in the hemlock forests of what was then a wilderness, became very much stronger, and isolated cases of recovery were noted.”

Roosa's colleague, Dr. Alfred Lebbeus Loomis, had been touting the healing qualities of the Adirondacks since his own recovery from tuberculosis there in 1867. Practicing in New York City, **- Page 9**

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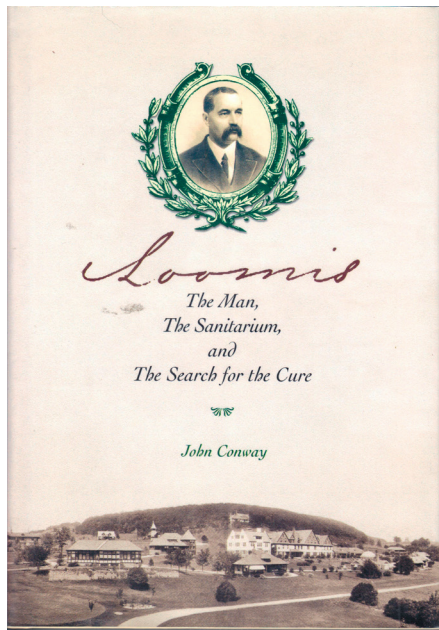
- Page 7

Loomis was looking for a place with a similarly efficacious climate that wasn't as remote as the Adirondacks, and Roosa suggested Sullivan County. After nearly a decade of experimentation, Loomis became convinced that Roosa was right, and he decided to locate a sanitarium here for treating tuberculosis sufferers climatologically.

"Why don't you take these people to Sullivan County and try to cure them? Some of them can be cured," Loomis had implored those gathered at a Manhattan dinner party of wealthy New Yorkers called to raise money for the sanitarium.

Although Loomis died in 1895, the Loomis Memorial Sanitarium for Consumptives opened in Liberty in 1896 and quickly became one of the most well-known tuberculosis treatment facilities in America. Soon, dozens of imitators sprung up throughout the county, and doctors from far and wide began sending their patients here. The climatological treatment of tuberculosis was the most effective weapon against the dreaded disease in the era before antibiotics.

There seemed to be an intuitive notion at the time that the pure air, pure water and pure milk that was produced in Sullivan County was not just healthful, but healing. The Board of Directors of the Loomis facility—which, by the way, were all women—decided early on to change the name of the operation from Sanitarium to Sanatorium, a subtle but important difference. Sanitarium



Photos contributed by John Conway

Read more about Sullivan County's history as a place of healing in Conway's book, "Loomis: The Man, The Sanitarium, and The Search for the Cure."

derives from the Latin word, *sanitas*, meaning health, while sanatorium comes from the Latin root *sanare*, meaning to heal. The change reflected an intention as well as an aspiration.

Even Sullivan County's renowned resort industry has its ties to the area's reputation as a healing environment. Thousands of early vacationers came here as a result of the proclamation, "Doctors Say, 'Go to the Mountains!'"

What is today referred to as the county's Silver Age of tourism, which lasted from

about 1890 to about 1915, was based largely on that pronouncement; it was used as a promotional blurb by the Ontario & Western Railway for decades. The 200 or so hotels and thousands of farmhouses that provided accommodations to those who were commonly called "vacationists" during those years were all about offering their guests "pure air, pure water and pure milk."

At least one Silver-Age resort, the White Sulphur Springs House, which was built in 1889, took the appeal to healing a step further, advertising its mineral springs as an odorous water "used with the most gratifying results for all kidney diseases, dyspepsia and impure blood, [which] will cure all skin diseases and nervous debility, loss of appetite and torpid liver. Also will give great relief in all cases of rheumatism, dropsy, scrofula and chronic diseases."

Unfortunately, when the medical profession finally reached a consensus in the early 1900s that tuberculosis could be transmitted from one person to another and that word trickled down to the general public,

healthy vacationers no longer wanted to ride on the trains with people suffering from the disease, who were coughing and spitting in public, and that was a major factor in the demise of the county's Silver Age.

Nonetheless, many of the hotel owners who built the massive resort complexes of the county's so-called Golden Age in the mid-20th century had originally come here for their health.

One family of Eastern European immigrants who came here in 1914 had scraped together \$450 to purchase a ramshackle farm in Ferndale because the patriarch was seriously ill from the working and living conditions in the city. After a rough summer of farming in which they also accommodated nine boarders and grossed \$81, the family decided to forsake agriculture and concentrate instead on entertaining vacationers. Thus was the world-famous Grossinger empire born, which arguably never would have happened if not for the healing environment that is Sullivan County.

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# CALLICOON



RR photos Jonathan Charles Fox  
One of the larger towns along the Delaware, Callicoon, NY (population 3,057) has an Upper and Lower Main Street, and is a popular destination with visitors from both PA and NY.



When the historic Western Hotel, a classic example of Greek/Victorian architecture, was built in Callicoon, NY in 1852, the population was only 1,651.



Callicoon, NY is rich in history. The town was formed in 1842 and the original spelling of the name was "Collikoon" said to signify the word "turkey" in Dutch.

# MAIN STREET USA

THE HEART OF RURAL AMERICA

By Jonathan Charles Fox

The Upper Delaware Scenic and Recreational River includes parts of five counties: Sullivan, Delaware and Orange in New York, and Pike and Wayne in Pennsylvania, and occupies more than 50,000 acres. Eagles soar over the river which snakes its way from Milford on one side to Hancock far upstream on the other. Dotted the landscape is a slice of rural America, where people farm the land, kids go to school and families live, work and play. Charming hamlets, villages and communities still evoke the romantic notion of small-town life that hangs in the rarefied air and exemplifies life in the country.

Often in the center of town, there is, indeed, a Main Street, one that is still lined with "Mom-and-Pop" shops: usually small, family-owned or independent businesses that have found it dif-

ficult to keep up with more substantial establishments like the big-box boys. However, they are still making a go of it, supported by residents and the visitors who are drawn to the picturesque architecture, quaint shops and vast array of goods and services that towns along the Delaware provide.

"In a large sense, Main Street is the American story," author Leslie Le Mon writes in "The Disneyland Book of Secrets." "It's an evocation of the American creation tale, and [it is] a never-ending one, a perpetual tale of creation and re-creation; an eternal now."

Although the "Main Street of America" branding was originally used to promote US Route 66 in its heyday, it has come to be a generic phrase used to denote any primary retail street, but specifically in relation to rural life, and no region illustrates that more than the Upper Delaware.

# HONESDALE



RR photos by Owen Walsh  
Main Street in Honesdale, PA (population 4,277) grows lush with plant life in the summer, like this little garden near the borough's city hall.

# ELDRED



RR photo by Jonathan Charles Fox  
Patriotism and community-driven beautification projects exemplify small-town life and can often be found in the center of town, as seen here in Eldred, NY (population 700).



This mural by local artist Jeff George memorializes some of Honesdale's most famous exports.

# HAWLEY



RR photos by Owen Walsh  
If you're in Hawley, PA (population 1,162), you'll probably see a few colorful bucks along the way. These decked-out deer will be auctioned off at the end of the summer to support the Downtown Hawley Partnership.



During the summer months, these signs on Main Avenue in Hawley, PA welcome a mix of year-round locals, summer-dwellers and tourists.



Hawley, PA's Main Avenue is short in length but dense with little shops, restaurants, art, music and small-town culture.



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Visitors are drawn to Main Streets throughout the Upper Delaware River region for the picturesque architecture, quaint shops and vast array of goods and services that towns along the Delaware provide.



Business owners and community volunteers combined their efforts making Main Street in Jeffersonville, NY (population 359) a shining example of what small-town life in rural America can look like with hard work, dedication and creativity.



RR photos by Jonathan Charles Fox  
Original settlers arrived around 1830 and called the village Winkelried, later incorporated as Jeffersonville, NY in 1924.

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Picture-postcard scenery abounds on both sides of Main Street in Jeffersonville, NY, which hugs Callicoon Creek, which in turn feeds into the Delaware River further downstream.

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**MAIN STREET USA**  
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RR photos by Jonathan Charles Fox



You'll find unique shops and art galleries—like the Catskill Art Society on Main Street in Livingston Manor, NY—all throughout the Main Streets of the Upper Delaware River Region.



Main Street, USA: Livingston Manor, NY (population 1,221).

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# MAIN STREET USA

THE HEART OF RURAL AMERICA

## MILFORD



RR photos by Christine Trifari  
 One of Milford's main streets is named Broad Street. Aptly named, the broad, tree-lined street is flanked by quaint sitting areas and parks as well as specialty food stores and art galleries.



All along the streets of Milford, PA (population 1,021) are artistic sculptures, fountains and gardens. In front of the Artisan Exchange is a small community rock garden, complete with a chainsaw-carved black bear donning a proper face covering.



The world-renowned boutique hotel getaway, Hotel Fauchere welcomes visitors to its grand porch, sumptuous restaurants and eclectic bars inside.

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**MAIN STREET** USA  
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RR photos by Jonathan Charles Fox  
 Restaurants, art galleries, bookstores and specialty shops beckon residents and visitors along Main Street in Narrowsburg, NY (population 431).

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# BERRY, BERRY GOOD

And so are the rest of summer's fruits

By ANNEMARIE SCHUETZ

It's fruit season!

Blackberries, blueberries, apples, peaches and plums. Gooseberries. Elderberries!

Despite everything that's going on, we can still comfort ourselves with bowls of fruit. With or without sugar, with or without cream, eaten fresh or baked into something wonderful, fruit makes us happy.

And don't forget the terrific health benefits. Fruits contain a host of antioxidants that can help prevent disease. Most fruits are lower in calories and high in fiber. They're like water and good health in one delicious package.

Honesdale's Anthill Farm Agroforestry grows strawberries, melons, apples, European and Asian pears and peaches, not to mention berries. "So of course we love fruit," said farmer Monique Milleson. The berries, in fact, are grown between the fruit trees. "We believe growing this way maximizes production by using vertical space," she said. "It also breaks up pest and disease cycles because it's not a mono-crop of one species, but rather a patchwork of many, all working together."

What does she love best about fruit? "Getting to taste the first ripe fruit right off the tree. There's nothing like it," she said.

You can experience that joy, too. Many farms around here offer pick-your-own, and others sell at local farmers' markets, the next best thing. (And some do both!)

Read on for a list of some of the amazing fruit available in our region, and where you can buy it or pick it yourself.

Bonus: Once you get home with your haul, you can go to [www.pickyourown.org](http://www.pickyourown.org) or your local cooperative extension and learn how to preserve whatever part of the

bounty you don't eat right off.

Let's dive into the bounty of the Upper Delaware River Region. For more general, identification and harvesting information and recipes, see the attached websites.

## Apples

We don't need to tell you about apples, right? Everyone knows how incredible and versatile they are. Low in calories, with fiber and vitamin A, they can be eaten raw or cooked or made into apple butter. You can can them, too.

[www.bit.ly/udmapples](http://www.bit.ly/udmapples)

## Blackberries

You can find blackberries growing wild here, and they have no poisonous look-alikes, according to the Farmers' Almanac. There are plenty of bramble berries that look similar, though, like black raspberries (smaller), and dewberries (larger berries with the bramble closer to the ground).

Eat them fresh or frozen, or make jam!

[www.bit.ly/udmblackberries1](http://www.bit.ly/udmblackberries1)

[www.bit.ly/udmblackberries2](http://www.bit.ly/udmblackberries2)

## Blueberries

With 80 calories per cup and so many uses (aside from just eating out of hand), blueberries are an amazing fruit. They have vitamins C and K, manganese and fiber, and not to mention a host of antioxidants.

[www.bit.ly/udmblueberries](http://www.bit.ly/udmblueberries)

## Cherries

Cherries come in black, yellow and, of course, red. They're full of antioxidants and might be safe for diabetics. Eat them by the bowlful or make desserts (add just a bit of almond flavoring).

[www.bit.ly/udmcherries](http://www.bit.ly/udmcherries)



Photos contributed by Joe Cooke

Awesome fruit reception: four bars of Trapani Farms blue-berries at the Callicoon Farmers' Market.

## Elderberries

The flowers are a traditional treatment for colds and flu and are supposed to have anti-inflammatory properties. These berries must be eaten cooked, but don't eat the leaves.

[www.bit.ly/udmelderberries1](http://www.bit.ly/udmelderberries1)

## Gooseberries

You're forgiven if you aren't familiar with these berries, which can be green, yellow, red or purple. They'll give you 33 percent of your vitamin C. Eat them fresh, cook them or turn them into jam. Just don't grow certain varieties in Maine, where they're banned because they can be a host for white pine blister rust. Enjoy them here at local farmers' markets.

[www.bit.ly/udmgooseberries](http://www.bit.ly/udmgooseberries)

## Peaches

Delicious and nutritious, too. Peaches show up in so many desserts, or, of course, you can eat them plain. Vitamin A and C plus much more.

[www.bit.ly/udmpeaches](http://www.bit.ly/udmpeaches)

## Pears

You can eat pears fresh, canned, dried, made into beverages, or cooked. The Romans stewed them with honey. One hundred grams of raw pear gives you 55 calories and some fiber. They may not be the nutritional powerhouses that other fruits are, but they're really useful and delicious.

[www.bit.ly/udmpears](http://www.bit.ly/udmpears)

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# BERRY, BERRY GOOD

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"Your mother was a hamster, and your father smelt of elderberries!" With the blossoms gone, this elderberry bush doesn't have a scent, but the tiny green berries will soon ripen into gorgeous purple fruit that can be turned into pie, jam or wine.

## Plums

Plums are sweet and juicy and have lots of antioxidants to offer. Don't forget the vitamins A, C and K, plus calcium and magnesium. Eat them raw, cook them, or dry them into prunes. You can make fermented beverages too.

[www.bit.ly/udmplums](http://www.bit.ly/udmplums)

## Raspberries

They come in a variety of colors, including black (so they aren't the same as blackberries.) Low in calories, high in vitamin C, potassium and folate. Eat them fresh (quickly—they'll spoil) or freeze or can them.

[www.bit.ly/udmraspberries](http://www.bit.ly/udmraspberries)

## Strawberries

Okay, strawberry season's come and gone, but there's always next year! (Although if you're craving, frozen berries are an option.) Americans love their strawberries, consuming almost five pounds each year. They're high in vitamin C and only have 55 calories per cup.

[www.bit.ly/udmstrawberries](http://www.bit.ly/udmstrawberries)



## What's in season when:

NY: [www.pickyourown.org/NYharvestcalendar.htm](http://www.pickyourown.org/NYharvestcalendar.htm)

PA: [www.pickyourown.org/PAharvestcalendar.htm](http://www.pickyourown.org/PAharvestcalendar.htm)

## Where the growers are

### Anthill Farms

1114 Beech Grove Road, Honesdale, PA, [www.anthillagroforestry.com](http://www.anthillagroforestry.com), [info@anthillagroforestry.com](mailto:info@anthillagroforestry.com)

Monique at the farm says, "In August, we will have blackberries and peaches. September begins our Asian pear season, which is our specialty. We grow three different varieties and they are available through the winter due to their long storage capacity. Anthill Farm Agroforestry is certified organic and absolutely delicious!" Find them in PA at the Hawley Farmers' Market and the Wayne County Farmers' Market in Honesdale.

### Trapani Farms

818 Lattingtown Rd, Milton, NY, [www.trapanifarms.com](http://www.trapanifarms.com), [trapanifarms@aol.com](mailto:trapanifarms@aol.com)

This farm has been around since the 1920s, growing raspberries, blueberries and much

more, both wholesale and retail. They offer community-supported agriculture packages, or you can shop at farmers' markets in Callicoon, Narrowsburg, Rock Hill and Monticello.

### Paupack Blueberry Farm

184 Gumbletown Road, Paupack, PA, 570/226-9702, [info@paupackblueberryfarm.com](mailto:info@paupackblueberryfarm.com)

Generations have picked blueberries here, and Paupack has a well-deserved place in local memories. In July they open for pick-your-own; store open daily from 8 a.m. to 5 p.m.

### Majestic Farm

134 Majestic Road, Mountain Dale, NY, 917/566-6120 or 917/573-5916, [www.majesticfarm.com](http://www.majesticfarm.com), [majesticorchard@gmail.com](mailto:majesticorchard@gmail.com)

Certified organic, Majestic offers organic pick-your-own apples and heritage meats for sale.

### Neversink Farm

635 Claryville Road, Claryville, NY, [www.neversinkfarm.com](http://www.neversinkfarm.com), [info@neversinkfarm.com](mailto:info@neversinkfarm.com)

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### Maynard Farms and Orchards

324 River Rd, Ulster Park, NY, 845/331-6908, [www.maynardfarmsny.com](http://www.maynardfarmsny.com), [maynardorchards@aol.com](mailto:maynardorchards@aol.com)

A vast amount of fruit and vegetables. Apples, peaches, plums, blueberries, cherries, raspberries, apricots and more. Find them at the Callicoon Farmers' Market as well as in Brooklyn and Queens, or their pop-up farmstand on 753 Broadway in Ulster Park.

## Anthill Farms' Monique Milleson's melon smoothies

### You'll need:

A melon, fresh, local and organic. "Cantaloupes are my favorite because it's easy to remove the seeds, but I love watermelon too," Monique says.

1 to 2 cups of ice

Half a lime

Fresh mint or lemon basil (optional)

Tequila or rum to taste (optional)

### Prepare:

Remove the melon's seeds, and cut up or scoop out the flesh. Place in blender. Add ice, depending on how icy you like it. Juice the lime and add to blender. Optional additions are a couple sprigs of fresh mint or lemon basil (optional), and tequila or rum to taste, if you like. Blend up and serve.

**Another idea:** You can buy melons in bulk. Cut up and freeze the slices on a tray, and then put frozen slices in bags. Seal and store in freezer. Use them to make slushies, sorbet, margaritas or smoothies any time of the year.



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