We do not meet in Hyde Park on the institute’s middle day. Participants register for one field experience and go directly there. This page summarizes options. Page down for details on each.

1. **Albany Food Arts**, 11 a.m. to 5 p.m. Includes lunch. Limited to 25 participants.

Meet at [Different Drummer’s Kitchen](#), Stuyvesant Plaza, Albany, to cook with Deanna Fox of the blog, [Eat Local](#). The focus will be on quick and easy recipes you can do with students in class, during a field experience, or after school using local foods. Eat your work for lunch and then carpool to Normans Kill Farm and community garden for sketching and drawing with artist and [Backyard Naturalist](#) columnist, Carol Coogan.

2. **Cropsey Community Farm**, a project of [Rockland Farm Alliance](#), New City, Rockland County. 9 a.m. to 3 p.m. Lunch by [Rockland Roots Food Truck](#). Limited to 20 participants.

The day will include an introduction to farm operations as well as the Alliance and its approach to reviving agriculture in an area that while now suburban, once had hundreds of farms. Topics will include composting, soil building, and pollination. The farm tour will be an expanded and annotated version of what school groups see. You’ll also sample activities used with students.

3. **Our Ecosystem, Our Health: Exploring the Benefits of School & Community Gardens**, City of Poughkeepsie, 9 a.m. to 4 p.m. Lunch will feature local produce and recipes from CIA chefs. Plan to carpool between sites. Limited to 25 participants.

Visit school gardens at Krieger ES and Poughkeepsie HS, the [Poughkeepsie Farm Project](#), and, if time permits Fallkill Community/School Garden. Cornelia Harris, [Cary Institute](#), and Jamie Levato, Poughkeepsie Farm Project, will provide practical ideas for starting, planning, and maintaining your own school or site garden plus an understanding of why local and organic matter for human and ecological health.

4. **The Scoop on Dirt: Soil, Farming, & History**, Kinderhook, Columbia County, 9:30 a.m. to 5 p.m. Bring your own lunch and water. Expect to walk between sites. Limited to 30.

Learn about farming past and present as you tour [Roxbury Farm](#), one of the nation’s largest community supported agricultural efforts, and [Martin Van Buren National Historic Site](#). Presenters: farmer, Jody Bolluyt, Jean-Paul Courtens, Roxbury’s founder; Jim McKay, Van Buren’s chief ranger; Justin Monetti, Van Buren site manager, and anthropologist Cathy Stanton. They’ll emphasize creating sustainable farming and learning from history.
Albany Food Arts
11 a.m. to approximately 5 p.m.

Meet at Different Drummer’s Kitchen, Stuyvesant Plaza, 1475 Western Avenue, Albany. On-site contact: Laura Zilch, 518-459-7990. Supplemental fee: $35.

Prepare lunch with Deanna Fox cook, baker, and author of the Times Union’s blog, Eat Local. The recipes will be quick and easy--so you can do them with students in class, during a field experience, or after school--with a focus on local foods. Lunch will feature discussion and the food you’ve prepared.

Around 1:30 we’ll carpool to Normans Kill Farm, Preserve, and Community Garden at Mill Road off Delaware Avenue in Albany to meet with artist, illustrator, and Backyard Naturalist columnist, Carol Coogan. The banks of Normans Kill have been the site of Native American encampments, a sawmill, an icehouse, and various small farms. Whipple Bridge, a key landmark in the history of civil engineering, is one of the earliest surviving iron bridges in the U.S. (Read more about Normans Kill.)

After providing a brief overview of the area, Carol will discuss how first hand experiences enhance education, including core curriculum, and describe ways to use drawing in nature to encourage students’ observational skills and curiosity. Beginning with what to draw, Carol will provide strategies for unlocking creativity and engaging students, as well as offering pointers for sketching and drawing.

Please bring your own sketch- or notebook and writing implement, as there will be plenty of time to explore the property--flora, fauna, historic remains, and community gardens--and try your hand at sketching from personal observation. Carol will help you explore how the natural world--farms and gardens, in particular--can inspire you and students to draw and will be happy to provide feedback and additional tips as you draw.

In case of inclement weather, activities will be moved into the blacksmith building, located on the property, and adapted to the circumstances. The program will last two to three hours, depending on interest.

Presenters

Deanna Fox does a lot of things, but most of them revolve around food and writing. She is the founder of Silly Goose Farm and Local Flavor, and also writes and contributes to the Times Union and From Scratch Club. Deanna is a descendant of a progressive-era female reporter, a Smoky Mountains moonshiner, and several generations of farmers. She enjoys beer and bocce more than fancy-pants soirees, takes pride in growing her own food, and showing her love through cookies.

Carol Coogan is a professional artist, illustrator, designer, creative workshop provider and a certified SoulCollage® facilitator. She also teaches through the Troy Arts Center, the Albany Institute of History & Art, and the Schenectady Boys & Girls Club. Carol writes and illustrates the Backyard Naturalist as featured in the Times Union since 2006, designs stationery for Crane & Co., and is the weekly opinion-editorial artist for the Altamont Enterprise.
**Cropsey Community Farm**  
New City, Rockland County  
9 a.m. to 3 p.m.

**Meet at** Cropsey Community Farm, 220 S. Little Tor Road, New City. Contact: Shane Hardy, farm manager, 845-634-3167 or 845-480-4042. The farm is a project of the Rockland Farm Alliance. Supplemental fee: $20.

The day will include an introduction to farm operations as well as the Alliance and its approach to reviving agriculture in an area that, while now suburban, once had hundreds of farms. Topics will include composting, soil building, and pollination. The farm tour will be an expanded and annotated version of what school groups see. You’ll also sample activities used with students. Here’s an outline of the day:

- **9 to 9:30** Learn how a group of individuals who wanted to ensure that farming remains viable—even in suburbia—formed the Rockland Farm Alliance. They are creating models of small scale local food production, like Cropsey Community Farm, and providing opportunities for people of all ages to learn about sustainable farming practices.

- **9:30 to noon** Work in the field alongside farmers. Get a feel for the work we do, how food is produced, and get hands-on experience harvesting, weeding, trellising, pruning, and more. Some of what we harvest may get incorporated into lunch!

- **12 to 1** Lunch with Rockland Roots Food Truck using local ingredients. Food truck staff may join us to discuss successes and challenges faced in establishing a food truck committed to using high quality local ingredients.

- **1 to 2:30** In depth tour of the farm and discussion of our methods. Staff will show-and-tell what they do with school groups of various ages and interests and demonstrate some activities kids might engage in when they come to the farm.

- **2:30 to 3** Wrap up and debrief. Question and answer with the farmers, suggestions, etc.

**Host/facilitator**

**Shane Hardy,** head farmer and farm manager, was born and raised in Nyack. He grew up helping in his mother’s garden, sailing on the Hudson, and rambling in the state parks and woodlands, developing a fascination with and love for nature. After graduating from Ithaca College he worked at Cayuga Pure Organics, one of the largest producers of organic grains and heirloom dry beans in New York. He eventually became the crop manager, overseeing crop rotations and fieldwork on more than 500 acres. Shane has also volunteered at small vegetable farms and managed the field at Late Bloomer Farm in Orange County. He has a deep desire to farm in a way that produces food and nourishes the land that provides it. Shane is excited to be involved with the Rockland Farm Alliance and its goal of preserving and developing farmland within minutes of where he grew up.

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THV is a program of Hudson River Valley National Heritage Area & Greenway Conservancy | Roosevelt-Vanderbilt National Historic Sites, National Park Service | Hudson River Estuary Program, NYS Dept. of Environmental Conservation | Hudson River Valley Institute at Marist College

Institute co-sponsors include Franklin D. Roosevelt Presidential Library, National Archives | Roosevelt-Vanderbilt Historical Association
Meet at Poughkeepsie High School, 70 Forbus Street, Poughkeepsie. Lunch will include recipes from CIA chefs featuring local produce. We will carpool or caravan to additional gardens. Outdoor attire, rain or shine. Contacts: Cornelia Harris, harrisc@caryinstitute.org, Jamie Levato, jamie@farmproject.org.

How do you make school gardens work? Join us as we visit new and established school gardens. You’ll gain hands-on knowledge about how (and why!) to plan, start, and maintain your own garden. We’ll focus on the benefits of eating locally--for people and ecosystems. Finally, we’ll visit a local farm to see agro-ecology in practice, harvest produce, make a nutritious snack, and practice seed saving.

Educators will leave with a range of practical ideas for starting, planning, and maintaining their own gardens, as well as the conceptual framework for why local organic gardening and farming matters for human and ecological health. We will visit an elementary and high school garden, a local small-scale farm, and have the option of visiting a community garden that has established several plots for school group use.

Additional topics will include: the significance of small scale, organic gardens; differences between conventional and organic agriculture; what research shows about how gardens benefit kids; practices farmers can use to build healthy soil and crops; and nutrition education.

Sites to be visited: Poughkeepsie HS has an established courtyard garden. Krieger Elementary has a new outdoor garden. The Poughkeepsie Farm Project is a small-scale, urban, organic farm. If time and interest permits we also will tour Fallkill Community/School Garden--an established community garden with school plots.

Presenters

Cornelia (Lia) Harris has been an ecology educator at the Cary Institute of Ecosystem Studies in Millbrook for eight years. She leads ecology programs for students, develops curriculum, conducts research on student understanding of biodiversity and ecological data, and leads professional development sessions for teachers. Prior to joining the Cary Institute, Lia taught sixth grade science in Baltimore and spent three years traveling and teaching in Ecuador, Japan, Kenya, and Germany.

Jamie Levato earned a M.S. in Literacy Education from SUNY New Paltz. She teaches at Circle of Courage (Poughkeepsie City Schools) and is education manager of the Poughkeepsie Farm Project (PFP). Jamie has developed curriculum for, trained educators in, and led youth in farm- and garden-based learning. Under Jamie’s direction, PFP provides the educational component for the Hudson Valley Farm to School Program in Poughkeepsie City Schools and is working to establish gardens as centers of learning in backyards, public spaces, and schools.
Meet at Martin Van Buren National Historic Site, also known as Lindenwald, 1013 Old Post Road, Kinderhook. Phone: 518-758-9689. Contacts: Justin Monetti, Jim McKay. We will also visit adjacent Roxbury Farm. Please bring a bag lunch and plenty of water. Coolers will be available.

President Van Buren was a farmer and advocate of “soil improvement.” Echoes of this ante bellum movement can be heard today at Roxbury and farms throughout the northeast. To place Lindenwald and Roxbury in historical context, we’ll review 200 years of farming in the county, discussing the complexities of farming past and present. The emphasis will be on sustainability as we contrast and compare 19th century farming with the methods Roxbury uses today. We will tour both Van Buren’s home and Roxbury, one of the nation’s largest community-supported farms.

Hosts and presenters

Jody Bolluyt joined Roxbury in 2000 having studied biology and botany at the University of Iowa. She follows in the farming footsteps of her grandparents, uncles, and a sister who is also a Roxbury farmer. She is committed to furthering the practice of sustainable agriculture and works closely with Van Buren NHS and a range of groups, e.g., Columbia Land Conservancy, Cornell, Just Food, Equity Trust, and Open Space Institute to educate customers and future farmers.

Jean-Paul Courtens studied biodynamic agriculture in the Netherlands, emigrated to the U.S., and started the vegetable garden at Hawthorne Valley Farm. In 1990 he founded Roxbury in Claverack; a move to Kinderhook in 2000 secured farmland in perpetuity. Jean-Paul works to maintain and build the farm’s fertility and hopes to change our outlook on soil, calling it “earth” instead of “soil” or “dirt,” which have unpleasant implications, e.g., soil your clothes, get your hands dirty, etc.

Justin Monetti became site manager at Martin Van Buren NHS earlier this year and is focusing on long term planning and building partnerships with local institutions. He came to Van Buren from Morristown National Historical Park, where he spent four years as chief of interpretation forging partnerships with community groups and re-enactors from across the region. Justin has worked with NPS for 15 years as an interpreter of environmental and historic resources.

Jim McKay is chief ranger at Martin Van Buren NHS. An NPS career professional, he has served with the agency since 1981, including time at the Statue of Liberty and Ellis Island, Lowell National Historical Park, Saint-Gaudens NHS, and the regional office in Boston. Jim earned a BA in history from the University of Massachusetts, and while his ranger duties have been diverse, his passion has always been American history and historic interpretation.

Cathy Stanton describes herself as a “late-blooming scholar, transplanted Canadian, and anthropologist among historians.” Originally fascinated by myth and ritual, she found her way to American history, and then started asking where the heritage business fits into a postindustrial knowledge and service economy. More recently, she’s been thinking about linking her interest in commemorative behavior with the urgent need to create a less energy-intensive, growth-oriented society.