

Intro to Agriculture

Agriculture, growing plants and raising animals, is important to New York State. About 23% of the state's land area, or 7 million acres of land, are used by the 36,300 farms to produce food products.

Milk is New York's leading agricultural product and ranks third in the United States for milk production.



New York ranks second in the nation for our production of apples. Our leading varieties are McIntosh, Empire, Red Delicious and Golden Delicious.

Grapes for juice and wine place New York third in US production behind California and Washington State. The four major grape producing areas are near Lake Erie, the Finger Lakes, the Hudson Valley and eastern Long Island.

In 2011, New York produced 564,000 gallons of maple syrup which ranked our state second in the nation behind Vermont.



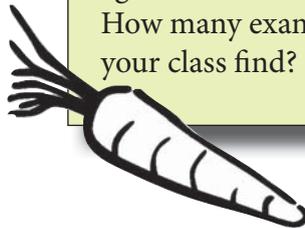
Farmers in New York grow many other crops and raise birds and animals too! Be sure to look for our next installment we have some "souper" stuff to share with you!

Look for the following:

- **Meet Three NYS Farmers**
- **Fresh Vegetable Soup Recipe**
- **A Vegetable Word Search**
- **and a "Souper" Veggie Crossword Puzzle**

Newspaper Activity: Look through the newspaper (print or electronic) for stories, pictures or ads that show examples of New York State agriculture.

How many examples did your class find?



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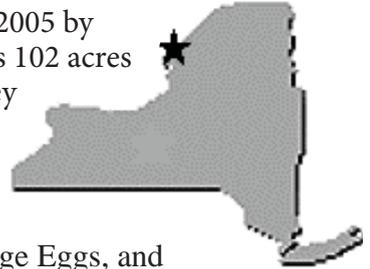
Meet Farmer Dani Baker



Dani grew up tending the family garden and developing a love for the soil and for the beauty of nature. She believes in the importance of eating natural foods with lots of fresh fruits and vegetables. Dani's pictured here with a large bunch of organically grown carrots.

Her partner, David Belding, was introduced to the joys of vegetable gardening when he was still in elementary school. David is now living his dream of owning an organic farm.

Cross Island Farms was started in 2005 by Dani Baker and David Belding. The property is 102 acres on both sides of Cross Island Road on Wellesley Island, in the Thousands Islands Region of the Saint Lawrence River in Northern NY.



This farm produces: certified organic pastured Pork, Goat and Beef, certified organic free range Eggs, and certified organic fruits and vegetables, including: Beans, Carrots, Garlic, Onions, Potatoes, Tomatoes and more!

Fun Fact: Sustainable energy at Cross Island Farms includes a wind turbine and a solar array. If you look carefully at Dani's picture above, you can see the wind turbine over her shoulder! For more information visit their website at www.crossislandfarms.com.

Newspaper Activity: Look through the newspaper (print or electronic) for stories, pictures or ads about industry, or types of businesses, in your community. How many have ties to agriculture? Do you find any involving vegetables?

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Meet Farmer Chris Cashen



Chris grew up on this farm and has a passion for managing all aspects of it. His wife Katie came to farming by after studying Amish agriculture in college.

Chris' grandparents bought the farm in the 1950's, which makes Chris and Katie's three children the 4th generation living on the farm. Chris & Katie are the first generation to make their living from farming.

Farm at Miller's Crossing is a family-owned and operated business. The farm is a beautiful 200-acre farm located in Columbia County in the Hudson Valley of New York. The Agawamuck Creek divides the farm providing water for the animals and plants that are raised there.



This farm produces: certified organic vegetables, plants and flowers as well as raising a small beef herd. The farm has 30 acres of vegetables within a 60-acre rotation, as well as 75 acres of pasture for our cows.

Fun Fact: The Farm at Miller's Crossing got its name because the farm was a station stop on the old Albany-Boston train track which ran through the northwestern end of the property. The trains are gone but the rail bed and the name remain. For more information about the farm and the Cashens visit their website at www.farmatmillerscrossing.com

Newspaper Activity: Look through the newspaper (print or electronic) for stories, pictures or ads about families. Did you find any examples of families working together? What type of work are they doing?

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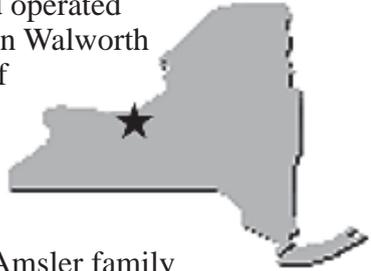
Meet Farmer Chad Amsler



Chad Amsler's grandparents moved onto the farm in 1950 and raised dairy cows and grew vegetables. Their love of farming was passed on to Chad's father, Richard, and to Chad himself, who is now following in his family's footsteps. Chad introduced farming to his wife Michelle. Together they are teaching their nine children about farm life. The farm is currently home for the Amsler family, including Chad's mom, Anita, who is very active in raising vegetables and producing maple syrup for market.

Oldhome Farm is a family-owned and operated business. It is located on 80 acres of property in Walworth in Wayne County approximately 15 miles east of Rochester.

This farm raises dairy cows, chickens and eggs and grows vegetables including: potatoes, carrots, cabbage, beets, cauliflower, broccoli, sweet corn, zucchini, pumpkins and more! The Amsler family also grows all the feed for their cows and chickens.



Fun Fact: Chad and Michelle also breed and sell golden doodles - a cross between a standard poodle and a golden retriever. Golden doodles are bred as family pets and are often used as therapy dogs.

To see what a golden doodles look like go their website at www.toodlesgoldendoodles.com

Newspaper Activity: Look through the newspaper (print or electronic) for stories, pictures or ads about raising animals or growing plants. Share what you find with your family or classmates.

Fresh Vegetable Soup Recipe

Here's a fun, kid-friendly recipe from *vegkitchen.com* by Nava Atlas. This tasty soup doesn't need a lot of time to simmer. Start it about 30 minutes before you want to serve it. The recipe serves 4-6.



Ingredients:

- 1 tablespoon olive oil
- 2 medium carrots, peeled & diced small
- 2 medium potatoes, peeled & diced small
- 1 cup green beans, cut into 1-inch lengths (use organic frozen green beans if fresh are unavailable)
- 1/2 cup tiny alphabet noodles

- 32-ounce carton low-sodium vegetable broth
- 1/4 teaspoon paprika
- 1/4 teaspoon dried dill
- 1 cup diced ripe tomato or about half a 16-ounce can diced tomatoes, (see Notes)
- 1 cup frozen green peas, thawed

Instructions: Heat the oil in a medium size saucepan. Add the diced carrots and sauté for 5 minutes over medium heat.

Add the potatoes, green beans, alphabet noodles, broth, dill, and paprika. Bring to a slow boil, then simmer gently, covered, for 15 minutes, or until the carrots and potatoes are tender.

Add the peas and tomatoes and simmer for another 5 minutes. Add a little more water if the broth seems crowded and cook just until heated through.

Notes: If you'd like a more tomatoey soup, use the entire can. If there are leftovers, much of the broth will be absorbed by the noodles. Add water as needed, then correct the seasoning with additional paprika, dill, and salt if needed.

Newspaper Activity: Look through the local newspaper (print or online) and other sources for recipes that uses fresh vegetables. Including several daily servings of vegetables & fruits as part of an overall healthy diet may lower the risk for heart disease and certain types of cancer. Source: www.choosemyplate.gov

For more veggie recipes go to www.vegkitchen.com/kid-friendly-recipes

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Vegetable Soup Word Search

Who Grew My Soup? - Word Search

www.myvocabulary.com

S H S I D A R H S V C Y
U V A M P O A E E B A R
G B E A N S O G M R R E
A Q P I N T E O L O R L
R P O T A T O E S C O E
A N J M A R T H G C T C
P L O B H T L S B O S Z
S T L S U O I C I L E D
A E U C N R O C E I R Z
S M E R E B M U C U C C
F S P I N A C H S O U P
Y E L R A B F A R M E R

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Find and circle the agricultural words listed below:

ASPARAGUS
BARLEY
BEANS
BROCCOLI
CARROTS

CELERY
CORN
CUCUMBER
DELICIOUS
FARMER

LETTUCE
MUSHROOM
ONION
PEAS
POTATOES

RADISH
SOUP
SPINACH
TOMATOES
VEGETABLES

Newspaper Activity: Select a story from the newspaper that is interesting to your class. Use the important words from the story to make a new word search or crossword puzzle. Give yourselves extra credit if the story is about New York State Agriculture.

To learn more about NYS Agriculture go to www.agclassroom.org/ny/

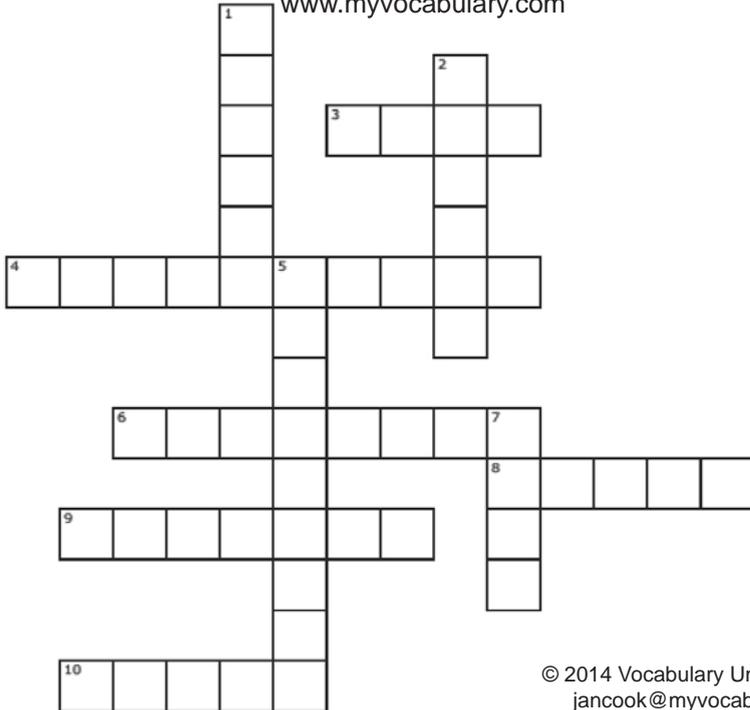
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A "Souper" Veggie Crossword

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Use the clues below to fill in the vegetable, soup & agricultural terms.

Across

- 3. Round, smooth green circles
- 4. Any plant that is eaten whole or in part, raw or cooked
- 6. A red or yellowish fruit with a juicy pulp, used as a vegetable
- 8. A bulb in the lily family with a strong smell and taste
- 9. A plant similar to lettuce with dark green leaves
- 10. A root vegetable with reddish flesh

Down

- 1. Orange spindle-shaped root grown underground with feathery tops
- 2. A person who raises livestock and/or grows crops
- 5. Long green vegetable with tender tops
- 7. A liquid based food prepared from meat, fish, or vegetables, combined with other ingredients

WORD BANK:	BEETS	ONION	SOUP
ASPARAGUS	CARROT	PEAS	TOMATOES
	FARMER	SPINACH	VEGETABLES

For more vocabulary lists and puzzles go to www.myvocabulary.com

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