

UPCOMING WORKSHOPS

- **Beginner Livestock (8-part) Lunch and Learn Webinar Series, 12-1:30pm (con't)**
Session 6 (July 7) Introduction to Sheep/Goats
Session 7 (July 21) Introduction to Swine

JUNE WORKSHOPS

- **Beginner Livestock (8-part) Lunch and Learn Webinar Series, 12-1:30pm (con't)**
Session 4 (June 16) Introduction to Cattle: Participants learned how to raise cattle, including breed selection, housing, feeding, reproduction and processing regulations.
Session 5 (June 30) Meat Science and Regulations: Participants learned regulations for processing meat and poultry through USDA and NYS Ag and Markets.

TECHNICAL ASSISTANCE:

Soils Tests: 28 Farm Visits: 4 Farm Food Safety Plans: 1 Technical Assistance/Inquiries: 135 Inquiries and technical assistance consisted of Business and Marketing Plans, Sales Channels, Ag Districts, ag assessment, ag zoning, beginning farmer, soil tests, field crops, poultry production, plant pests, disease, and ID, vegetable production, whole farm planning, avian influenza, farmers markets, Farm to School, Grant and Funding sources and livestock production.

PROJECTS

Agricultural Districts Program-Staff continue to work on the 2022 Ag District 30 Day window with the County Planning Dept. The Public Hearing will take place in July. Staff have been busy notifying municipalities, adjoining landowners and applicants, along with developing a presentation for the County Legislature.

Sullivan Rx Project: CCE Staff are working with the Rural Health Network on expanding the Produce Prescription Program, originally started in 2020. As part of the program, we are working with partners to offer wellness programs at the different markets. Participants will then receive a "prescription" for Sullivan Fresh Bucks, which can then be redeemed for fruits, vegetables, dairy, meats and eggs. Prescriptions range from \$2 to \$20, depending on the level of wellness education received.

Sullivan Fresh Markets: The market season is in the process of launching. For 2022, we have added 3 additional locations and moved the Monticello Farmers Market to Thursdays. See schedule on the back. In total, we now have 8 different mobile market locations and 1 farmers market locations. As mentioned above, we have a number of incentive programs to help offset the costs and make local, fresh farm and food products more accessible. These programs include Double Up Food Bucks, Fresh Connect, SNAP and Farmers Market Nutrition Coupons. We have created easy to read flyers and graphics for the different programs. See examples below and our website: sullivanfreshmarkets.org



Sullivan Fresh Bucks
GET \$2 TO \$20...FREE!

Illustration of a woman holding a large \$2 coupon and a pumpkin.

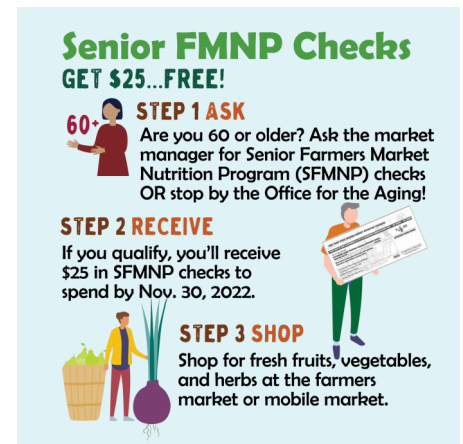
May be used for produce, herbs, meat, eggs, and dairy at any Sullivan Fresh market. Attend a wellness class or recipe demo at any Sullivan Fresh Market to get your free coupon.



Fresh Connect Checks
GET \$2 FREE FOR EVERY
\$5 SPENT IN SNAP/EBT

Illustration of a woman holding a \$2 coupon and a pumpkin.

Get \$2 in Fresh Connect checks from the market manager to spend on SNAP-eligible foods. Checks expire December 31st, 2022.



Senior FMNP Checks
GET \$25...FREE!

60+ **STEP 1 ASK**
Are you 60 or older? Ask the market manager for Senior Farmers Market Nutrition Program (SFMNP) checks OR stop by the Office for the Aging!

STEP 2 RECEIVE
If you qualify, you'll receive \$25 in SFMNP checks to spend by Nov. 30, 2022.

STEP 3 SHOP
Shop for fresh fruits, vegetables, and herbs at the farmers market or mobile market.

Illustration of a person holding a check and a basket of produce.

From Summer to Fall... Fresh Produce for All!



JULY – OCTOBER

Stop when you see the Mobile Market Van to shop for farm fresh fruits, vegetables, meats, dairy + eggs!

1st & 3rd Tuesdays

11:30 AM – 1:30 PM

Garnet Health Medical Center

68 Harris Bushville Rd., Harris, NY 12734

2nd & 4th Tuesdays

11:30 AM – 1:30 PM

Sullivan County Public Health Services

50 Community Lane, Liberty, NY

Every Wednesday

10:30 AM – 12:30 PM

Village of Woodridge Municipal Lot

Green Ave. & Dairyland Rd., Woodridge, NY

+

2:30 PM – 4:00 PM

Fallsburg Town Hall

19 Railroad Plaza, South Fallsburg, NY

Every Thursday

10:30 AM – 12:30 PM

Village of Wurtsboro – Community Church of Wurtsboro

134 Sullivan St., Wurtsboro, NY

Every Friday

10:00 AM – 11:30 AM

Woodbourne Municipal Lot

Corner of Robbie Lane & Route 52, Woodbourne, NY

+

1:00 PM – 3:00 PM

Loch Sheldrake Public Parking Lot

Corner of Hasbrouck Rd. & Route 52, Loch Sheldrake, NY



Shop for locally grown fruits, vegetables, and more while enjoying special events, cooking demos, and family-friendly fun!

JUNE 30 – SEPTEMBER 29

Every Thursday

10:00 AM – 1:00 PM

10 Jefferson St., Monticello, NY

Behind the Ted Stroebele

Recreation Center



Pay Your Way!

Cash • Credit/Debit • SNAP/EBT • Double Up Food Bucks
Fresh Connect Checks • Sullivan Fresh Bucks • Senior FMNP Checks
Farmers Market Nutrition Checks (FMNP)

Sullivan Fresh is an initiative launched and managed by

**Cornell Cooperative Extension
Sullivan County**

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Get Social with Us!

@Sullivan Fresh Markets

