



TRUMANSBURG, NEW YORK, EAT LOCAL EDITION

What is the Trumansburg Community Nourishment Program?

As a part of their mission, the *Trumansburg Farmers' Market Makers* created the *Community Nourishment Program* to serve those of us who are experiencing economic difficulties. By the stone steps is an orange tent with a tablecloth that reads “*Friends of the Trumansburg Farmers' Market.*” At this tent, a volunteer will hand an envelope containing **\$25 worth of Market Dollars** to anyone who asks—free of charge.

These Market Dollars can be spent on any concession available at the market, be it produce, wine, non-food accessories, or something else entirely. As the market winds down each week, vendors can return their Market Dollars to the orange tent for equivalent monetary compensation. This system enables people who would otherwise be unable to participate in the Trumansburg Farmers' Market to shop local goods. At the same time, vendors are able to sell to people they ordinarily would not.

The program is meant to serve anyone who feels they need it. This includes people who are unemployed, not employed enough, or living paycheck to paycheck. The lack of restrictions on what Market Dollars can be spent on is also a deliberate choice. Instead, the Community Nourishment Program operates on an honor system.

To *Elisha Osherowitz*, a member of the *Board of Directors* and co-leader of the Community Nourishment Program, nourishment is about being a part of the community, not just feeding people. She likes to think of it as “nourishing body, mind, and soul.” Since the initiative began in May, there have been some

people who regularly take Market Dollars and some who only show up once. The program serves an ever-increasing base as the weeks progress.

As explained in last week's *Accidental Reporter*, The Friends

of the Trumansburg Farmers' Market is separate from the Trumansburg Farmers' Market Board, which is a committee of the Village of Trumansburg, and partnered with the nonprofit organization Pathways to Equity. Separating from the municipality and partnering with the nonprofit enables the Friends of the Trumansburg Farmers' Market to fundraise, and donations to them are tax deductible.

These donations from businesses and individuals fund the Community Nourishment Program. *The Corner House*, *Wixom Farm*, and *Montour Falls Tea Company* have all made contributions to the program. *Six Circles Farm* is selling sweet corn at the Trumansburg Farmers' Market and donating the proceeds to the Community Nourishment Program for as long as they have sweet corn to sell.

Unfortunately, the amount of money raised so far is unlikely to last until the end of this season, October 28. Once the money runs out,

the program will end. For those looking to help, the Trumansburg Farmers' Market website has a “Get Involved” section in the top banner. Under this section, “Become a Sponsor” has additional information about the Community Nourishment Program, and “Volunteer” has a sign-up to get involved. With enough support, the Community Nourishment Program will be able to help the people of Trumansburg for years to come.



Serving the community at the Trumansburg Farmers' Market.
(Photo: Provided)

At the Market: Wine, Dinner and a Little Rain

by Cadan Ziemba, *The Accidental Reporter*

Once again, I began my time last week at the Trumansburg Farmers’ Market by passing out Issue #2 of *The Accidental Reporter*. As I strolled around the market, I struck up a conversation with **Mark Thomas of Boland Thomas Vineyards**, a microfarm vineyard in Hector, NY.

Boland Thomas Vineyards has an acre and a half of Riesling grapes and three-quarters of an acre of mixed red grapes, **Cabernet Franc** and **Cabernet Sauvignon**. They grow their own grapes, but ferment them into wine at **Hosmer**. Much like the Trumansburg Farmers’ Market brings together different vendors to support them all, connections within the Finger Lakes wine community enable smaller businesses such as Boland Thomas Vineyards to exist in this area.

Mark offered me a small cup of their **2021 Walleye Bubbles**

Carbonated Riesling. I confessed my unfamiliarity with wine, and he offered me a tasting of everything he had.

Mark explained that tastings start with the driest wine and move toward the sweetest. We began with the **2017 North Pike Dry Riesling**. This wine has a lower acidity, and I appreciated it. Mark described it as “easy to drink, hard to stop.”

We then moved to the **2018 North Pike Dry Riesling**. This year produced a wine with higher acidity and a fruitier taste. In 2018, there was a hard rain in the fall. This is unfortunate for grapes because, like cider apples, added water dilutes their sugars and flavors. Riesling grapes also have thinner skins, which split easily. When grapes swell with water and burst, the split skin can attract fruit flies, which spread brown rot. The introduction of brown rot can cause wine to turn to vinegar and lowers the quality of the finished product.

The **2019 Yellow Perch Semi Dry Riesling** came from a dry year. The higher concentration of sugars and flavor made this one a favorite for me.

The **2019 Sunfish Semisweet Riesling** was the same as the Yellow Perch, but with 3% sugar rather than 2%. I



Mark Thomas at Boland Thomas Vineyard's booth at the Farmers' Market. (Photo: Provided)

asked Mark how they know the concentration is that precise. He explained that they use a process called “**Amelioration**.” Instead of killing the yeast once a certain amount of sugar has broken down, they let the wine ferment until it is completely dry, then kill the yeast and add back a specific amount of sugar. This is not the traditional French method, but it is common in America and allows for more precision.

While we were on the topic of yeast, Mark explained how different strains can bring different flavors with them. Some yeasts leave an apple-like flavor, which is commonly used when making cider. Different temperatures also result in different tastes. White wine is most often fermented slowly at low temperatures to bring out the most flavor.

We eventually circled back to the **2021 Walleye Bubbles Carbonated Riesling**. Mark told me that this wine is sent to Lakewood Vineyards for the forced carbonation process. The Walleye is semi-dry, but the addition of CO₂ increases the acidity and covers some of the sweetness.

Last but not least, I tasted the 2019 **Lake Trout Field Blended Red**. This was their only red, and it is dry. Mark walked me through how to properly taste it, starting by swirling the cup around and taking a sniff. I then took a sip and held the wine in my mouth. As I inhaled over it, I felt the flavors penetrate deeper into my tongue than they had with the previous wines.

Mark claims that their red is heavier and earthier than other reds in the Finger Lakes, which he attributes to their location. Their vineyard sits at an intersection of three different soil types, which causes the grapes to taste a little different.

Mark and I chatted briefly about reading and writing. He told me that his wife, “the Boland” of **Boland Thomas Vineyards**, works at South Seneca Elementary School. I said I had attended



Richie Stearns and Friends. (Photo: Provided)

the school as a student for a few years, though I never had her as a teacher. He recommended some reading to me before we graciously parted ways.

From there, I made my way to **On The Street Pita** for some delicious dinner. I got the pita base with falafel and all the toppings and sauces available. Sitting on the grass, I dug greedily into the pile of food before me. My fork worked through **tomatoes, lettuce, cucumbers, onions, feta, olives and peppers, all smothered in tahini, hot sauce, tzatziki and vinaigrette**. The crunchy fried falafel exterior gave way to a warm, moist and herby inside. My favorite part, however, was getting to a point where the pita shell could be folded in half, soaked with sauce, with some toppings still inside, and eaten like a taco.

I sat on the lawn eating as **Richie Stearns and Friends** began their show. As they started playing, the overcast skies began to sprinkle. The little drizzle was not enough to turn anyone away. People put on raincoats, opened umbrellas, ducked under trees or simply took the weather for what it was.

Regardless, the music pavilion kept its audience. The biggest fan of the music was likely a toddler decked out in a yellow onesie patterned with guitars. The child sat spellbound before the stage, its large eyes unblinking. During a break in the music, I watched as the band performed a quiet version of “**The Itsy Bitsy Spider**” for the kid.

The Trumansburg Farmers’ Market is a place for everyone. It is through larger decisions, such as the Community Nourishment Program, and minute interactions, like a band giving a young kid extra attention, that this environment is created. I am thankful to be a member of this community, with such a wonderful institution in my hometown.

This is Cadan Ziemba, *The Accidental Reporter*, signing off until next week.



SUMMER VENDOR DIRECTORY

Allie's Lemonade

facebook.com/p/Allies-Lemonade-
61578148632946

Boland Thomas Vineyards

facebook.com/btvineyards

Boundary Breaks

boundarybreaks.com

Boundary Breaks Vineyard

boundarybreaks.com

Briar Burr Gardens

briarburrgardens.com

BYOC Refillery

byocrefilleryithaca.com

Cayuga Lake Creamery

cayugalakecreamery.com

Ciderhood

instagram.com/ciderhood

Craftavia

craftaviamarket.org

Crosswinds Farm & Creamery

crosswindsfarmcreamery.com

Fossil Creek Farm, LLC

facebook.com/p/Fossil-Creek-Farm-LLC-
61575587772894

Gardella's Goodies

facebook.com/gardellasgoodies

Hector Hot Peppers

hectorhotpeppers.com

JJ's Dogs & More

facebook.com/p/JJs-Dogs-and-More-
61578524374664

Jojo Cook

jojocookflx.com

Know Your Roots

knowyourroots.com

Linear Eccentricities

www.instagram.com/
lineareccentricities

Lucky Hare Brewing

luckyharebrewing.com

Montour Falls Tea Company

montourfallstea.com

Moonlight Epiphanies

moonlightepiphanies.org

Mountain Moor Farm

mountainmoorfarm@gmail.com

Mush Love Greens

facebook.com/mushlovegreens

On the Street Pita

facebook.com/onthestreetpitas

Rashida Sawyer Bakery

rashidasawyer.com

Redbyrd Orchard Cider & Kombucha

redbyrdorchardcider.com

Sage Hen Farm

sagehenfarmlodi.com

Shibui Bath LLC

shibuibath.com

Silo

silofoodtruck.com

Simply Red

simplyredevents.com

Six Circles Farm

sixcirclesfarm.com

Tastes of Wine Country

facebook.com/TastesOfWineCountryCafe

The Grasshopper

grasshopperthai.com

The Grey Moon Homestead

facebook.com/TheGreyMoonHomestead

Three Stone Farm

threestonefarm.com

Waids Honey & Glenwood Farms

glenwoodfarms.com

Wide Awake Bakery

www.wideawakebakery.com

Wixom Farm

wixomfarm1895.com