

## what's growing at cdcg? gardens, of course

**C**ommunity gardens are unlike any other shared public space, and though we plan them with specific goals in mind, the unexpected things they achieve continue to astonish us. For instance, we might intuitively think that neighborhoods will benefit from more green space, and then discover that statistically, neighborhoods with green space show significant decreases in crime and a drop in local residents' health problems.

Because the gardens accomplish so much on so many different fronts, our organization sees itself as one with many faces—supporting urban greening, assisting in neighborhood beautification, fostering social networks in communities, promoting organic gardening, and helping people gain access to inexpensive, healthy food—just to mention a few. No matter which aspect of community gardening we might focus on at any given time, one thing is clear—the more gardens we build and support, the better the chances that our cities will be healthy, vibrant places to live. With all this mind, we are constantly assessing the needs of the communities we serve, looking for opportunities to reach new people, provide more neighborhoods with gardens, and help more gardeners feed their families inexpensively.

Next year, we'll reach nearly 100 new gardening families with the addition of six new community gardens, five of which we will own thanks to land donations and grants.

We're thrilled to add these new gardens to our program: **The Frisbee Avenue Garden** in Albany's South End is a large parcel turned over to CDCG by Albany County this Spring. Funding for the development of this site (through our one-time VitaGrant allocation) will cover the cost of fencing, heavy equipment rental, topsoil, water installation, and building a tool shed. The site is a little over an acre and will have 40-50 plots when completed.

**The Cutler Avenue Garden** in Schenectady's Mount Pleasant neighborhood was made possible by a land donation from the City, and will also



*Super volunteer Howard Stoner helps us get the Corliss Garden ready for the season.*

be built with VitaGrant funds. The garden is a lovely corner lot that will host 10-15 plots when completed.

We are still seeking suitable lots in **Cohoes** and the City of **Rensselaer**. Funds for garden development in Rensselaer are available through our Healthy Heart Grant from NYS-DOH. We hope that both of these gardens will be developed in the fall and ready for gardening next year.

The long-awaited development of the **Paul's Place Garden** in South Troy will also begin soon. This land was donated by an individual several years ago and its development has been on hold awaiting final approval of a NYS EPF grant. Paul's Place will provide space for 10-12 gardeners.

In all of our gardens, we hope to foster a prevailing spirit of sharing -- food, knowledge, plants, even laughter, and in doing so, sharing healthy, happy places to live. \*

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The mission of Capital District Community Gardens is to educate and engage the community in organic gardening and urban revitalization for the benefit of the Region and the health of its citizens.

In operation for 29 years, CDCG manages 40 community gardens in Albany, Rensselaer & Schenectady Counties, plants hundreds of city street trees each year, and works with community groups to improve the overall appeal of our cities and the quality of life for residents.

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- Nicole Donato, *Gardening Educator*
- Allison Pratt-Szeliga, *Assistant to Exec Director*
- Laura VanDeusen, *Garden Assistant*
- Brett VanZandt, *Education Center Planner*

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- Frances Carr
- Monique DeForge
- Matt Derkowski
- Jill Fielder
- Nicholas Fuller
- Peter Matcovich
- Tara McCarthy
- Nancy McKiernan
- Mike Mule
- Mary Kay Sawyer
- Howard Stoner

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# office update

*Amy Klein, Executive Director*

**W**hat happened to the month of May? It seems like just yesterday that we were basking in the glow of our incredibly successful Spring Brunch on May 2<sup>nd</sup> and then bam - it was June! The month of May might have passed in a blur but we certainly have a lot to show for it.

With a crew of six (plus our wonderful volunteer/adjunct staffer Howard Stoner) we were able to till all of our community garden locations in 10 days - finishing up with the plowing of the Corliss Park Garden on the 21<sup>st</sup>. (I'm thinking of calling the Guinness Book of World Records about that one!)

And then of course we chose the hottest day of the month (May 13<sup>th</sup>) to install landscaping at the corner of Front and 3<sup>rd</sup> Streets in Troy (with the support of Bryce Properties). The landscaping looks great and we only lost one person to heat exhaustion - not bad for a day's work.

Thanks to our amazing duo, Marci and Laura, the gardens are in top form this season. Their extensive outreach efforts resulted in plots filling more quickly than usual. The gardens were ready for tilling in May after all the spring work parties in March and April. And their creativity led to a new plan for continuous "mini work days" throughout the season. This system has been enthusiastically received by gardeners and the results are obvious - the gardens look their best!

In other garden news, the Hunger Action Network turned over their "Harvest for the Hungry" Garden on the State Office Campus in Albany to CDCG - raising our total number of garden locations to an even 40! WOW!! Although the season was already well underway, we quickly filled the garden with folks who were unable to get space in our other Albany sites.

With the phenomenal increase in requests for gardening space this year, it couldn't be a better time to build new gardens. That's why we're so excited about our new sites on Albany's Frisbee Avenue and Schenectady's Cutler Avenue. And we're anxiously searching for new locations in Cohoes and Rensselaer - please call us if you have any leads.

Our street tree planting program received a big shot in the arm when CDCG was awarded an Inner-City Urban Forestry grant administered by NYS-DEC. As one of 21 grant recipients statewide, this award was a very positive affirmation about our 15 year-old urban tree planting program.

And while we're still getting our feet wet, we feel great about our foray into the education realm with "Know to Grow". After the success of our March series, we're looking forward to planning for the future of education at CDCG.

Finally, with gardens planted and dreams of bountiful harvests, I'm especially proud of CDCG's new Squash Hunger program. We're asking community gardeners and home growers to share their crops so that locally-grown nutritious produce can reach more of our region's low-income families. The response has been overwhelming and we are grateful beyond words. Happy gardening! \*



*Amy*

# CDCG happenings

## *Know to Grow Education Classes*

In conjunction with our NYS Healthy Heart Program, Capital District Community Gardens' kicked off a new series of classes this year called *Know to Grow*. Our first session on March 20th had 75 participants learning about basic gardening, herbs, seed starting and berries. All classes are open to the public and are offered free to CDCG community gardeners and cost \$10 for others. **Registration is required so signup today!**

### **Organic Gardening Secrets**

The program will demonstrate to gardeners of all levels the ease and benefits of organic gardening. Discussion topics will include: Soil testing; building healthy soil; natural fertilizers; organic pest and disease management of common crops; beneficial insects; companion planting suggestions; and the benefits of mulching.

Monday, June 21st at 5:30pm, CDCG office

### **Garden of Good Eats**

This class will discuss basic nutrition of fresh garden vegetables. Personal Chef, LLC, Lori Doyle, will prepare quick and easy dishes infusing these healthy ingredients. Participants will have an opportunity to sample and exchange recipes.

Thursday, August 19th, at 5:30pm, CDCG office

### **Preserving the Garden Harvest with Ease**

This class will present simple techniques for preserving fresh herbs, vegetables and fruits from the garden harvest. Topics include: basic canning; pickling, relishes, salsas, sauce recipes; freezing; drying and dehydrating. A little planning can go a long way in eating fresh from your garden all year long!

Tuesday, September 21 at 5:30pm, CDCG office

### **Spring 2005 Saturday Education Program**

A series of classes for new & seasoned gardeners on a range of topics including: **Growing a Heart Healthy Garden!**

Topics will include five to eight of the most heart healthy vegetables and their nutrition. Discussions will feature which varieties of produce are best to prepare the healthiest garden for your heart and growing tips for a terrific harvest.

Saturday, March 19, 2005 at CDCG's office



# *Squash Hunger*

## *Grow a Row for Others*

- 1** Decide to Grow Extra Produce for your neighbors in need.
- 2** Call CDCG to get your Squash Hunger row marker.
- 3** Drop off your produce from June - October at one of our collection sites.

**Call us for info  
at 274-8685**

Drop Off Locations for Squash Hunger:  
Capital District Community Gardens, 40 River St, Troy (M-F 9-5)

**Honest Weight Food Co-Op**, 489 Central Ave, Albany  
(M-F 7am-8pm, Sat 7-6, Sun 10-6)

**Niskayuna Food Co-Op**, 2227 Nott Street, Niskayuna  
(M-F 8-8, Sat and Sun 8-6)

**Regional Food Bank**, 965 Albany-Shaker Rd, Latham (M-F 8-5)

**Nichols' SuperValu**, 5 Maple Road, Voorheesville (Everyday 7am-9pm)

**Troy Farmers Market**, at the Community Tent (Sat 9am-1pm)



Lori Doyle  
Cooking for You  
[www.personalchef-llc.com](http://www.personalchef-llc.com)

*Sponsored by*



**Community Resource Federal Credit Union**  
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# carum carvi - caraway

**C**araway is a popular herb known for its flavorful seeds. It has been used by many classic cultures throughout the centuries. This biennial herb has been found in ancient meal remnants from the Stone Age. It has also been discovered in Egyptian tombs and caravan stops along the well known Silk Road. It originates from areas in North Africa and the Middle East, and was first used as a spice by ancient Arabs. The Arabic word for the seed is *karawya*, which is where the English name is derived.

Caraway is a member of the Parsley family. It has edible seeds that can be crushed or used whole. They are mixed into bread dough and cheeses. Rye bread is the most popular bread that contains caraway seeds. The roots are similar to parsnips though much smaller and can be eaten as a vegetable. The root meat was once grated and mixed into bread dough which formed 'Chara' of Julius Caesar. It is believed caraway bread was eaten by the soldiers of Valerius.

The hardy biennial is identified by its fine, feathery leaves. The stem is branching and smooth with dainty white flower heads that bud midsummer. It prefers full sun and rich loam soil. The seeds can be sown directly outdoors in early spring in shallow trenches. Like any biennial, it takes two years to reach maturity.

Caraway does best when seeds are sown in autumn as soon as they ripen. Sow in small trenches that are 1 foot apart from each other. When seedlings are sturdy enough, thin plants to about 8 inches apart. Seeds usually ripen in August and can be dried in the sun or in an oven on a low setting. Harvest time begins in late August. To harvest seeds, the flowers can be cut and hung upside down. Place a tray to catch all the seeds that fall from the heads. After seeds are collected, they must be dried. To prepare them for storage, place the seeds in the oven on a low temperature or out

in the sun for an hour or so to dry.

Caraway has been cultivated from Sicily to Northern Scandinavia since the Middle Ages, and is known as Europe's oldest condiment. It did escape cultivation in Europe and has slowly become a naturalized species in the fields of the northern and central European countryside. It grows wild in Canada and the northwestern United States. Holland was a major producer of caraway but in recent years the cultivated areas were severely flooded and destroyed.

Sprinkle caraway seeds over meats such as pork or game meats. The seeds are proven to aid in digestion. They are also used in soups, biscuits and pies. In India, caraway seeds are a main ingredient in dried spice dips. They also scent Indian soaps. In London, the seeds are served in a dish at tea. People dip buttered bread into the seeds and call it salt water jelly.

In years past, farmers were given caraway cake in appreciation of their season long dedication to the wheat crops. It was believed to be the traditional finish to Elizabethan feasts as read in Shakespeare. The spice was thought to prevent lovers from growing fickle so it was used heavily in love potions. The superstitious believed that it prevented theft as long as the object contained some caraway. It was also believed to protect witches and kept tamed pigeons from straying from their cages.

Caraway is a popular herb in Europe but isn't talked about much in the U.S. Sprinkle this spice on some chicken or cheese, and discover a new flavorful spice that has been popular throughout the world for hundreds of years. \*



## homespun help

*Use Horticultural Fabric ~ Protect young seedlings from insect damage by laying fabric over the plants and staking it down with rocks, spikes or whatever you can find. The porous white fabric allows sunlight and water to penetrate but creates a physical barrier that stops many insects. You can use stakes or metal hoops to create a tunnel to keep the fabric off the plants. The fabric can also be used in the fall to protect tender plants from frost damage.*



# squash

by Jack Beadle

**S**quash is easy and interesting to grow – easy enough to help build the confidence of new gardeners, yet interesting enough for accomplished growers to experiment with many new varieties.



Native to the Western Hemisphere, squash was already a staple in the diet of the Iroquois by the time the first Europeans arrived. These newcomers survived their early years here due mainly to the generosity of those native farmers. Not much has changed since then. With one eye on the calendar and the other on a few pest/disease problems, we can make the various squashes a very successful part of our yearly harvest.

## Varieties

Summer Squash - The summer squash we're most familiar with is zucchini – the tubular green fruit that looks something like an oversized cucumber and produces so prolifically that it seems every gardener has plenty to share. Other summer varieties include crook and straight neck, and scallop or patty pan in colors from near white to yellow to all shades of green. All are heavy producers and tender enough to eat raw, but their mild flavor makes them receptive to all sorts of flavor enhancements. The designation “summer squash” refers to their harvest time; the fruits appear all summer long and their thin skins make them susceptible to rot if left too long. Most summer squash varieties grow on bush plants and are ready to eat about 50 to 60 days after planting.

Winter Squash - Tougher skinned, more strongly flavored and varied in appearance, winter squashes are harvested in late summer/early fall after the rind has hardened. Butternut, Acorn and Hubbard are the more familiar varieties, but the deliciously sweet Delicata has recently become popular. The flavor of winter squash improves as they ripen on the vine. When harvesting, leave a 2-3” stem for proper drying. A two-week curing period at 75-80 degrees is needed if you don't have a dry storage area where a temperature of 50-60 degrees can be maintained.



## Cultivation

When planting seeds or transplants, wait until all danger of frost has passed. The seeds won't germinate in cold soil and a late frost can kill or damage young plants, setting the growth process way back. Squash needs full sun, plenty of water, good drainage, and plenty of SPACE. Mulch will prevent moisture loss in the shallow roots. Fertilize with a low nitrogen, high phosphorous organic fertilizer. High nitrogen fertilizers will promote leaf growth at the expense of flowering. Since squashes are heavy feeders, fertilize during the season especially as the plants begin to set fruit. Periodically pinch off the fuzzy ends of winter squash vines after a few fruit have formed to direct the plant's energy toward maturing those fruit.

## Pests & Diseases

Squash Bug - Dark brown mottled with gray and flattened in appearance, the squash bug gives off a foul odor when crushed. Look for brown egg masses on the undersides of leaves in June. As they hatch, the nymphs (pale green & worm-like) begin feeding on the plants' sap. Yellow spots will appear on the leaves followed by browning as the leaves dry. Good garden cleanup and crop rotation help control infestation as the adults overwinter beneath garden debris. Row covers and hand picking also work well.



Squash Vine Borer - The borer moth (which looks more like a wasp) lays individual reddish-brown eggs in late June/early July near the base of the plant. When the larvae hatch, they bore into the stem and begin to chew, causing the vines to wilt. Row-covering before the egg-laying time is an effective preventive measure as is spotting and destroying the eggs before they hatch.

Striped Cucumber Beetle - These yellow-orange beetles with black vertical stripes are a multiple threat. The adults feed on emerging leaves of seedlings as soon as the weather warms up. Females deposit their eggs in the soil at the base of the plant. Then the larvae hatch and feed on the roots. Good garden cleanup, row covers and crop rotation are sound preventative measures. \*



# in the gardens

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**T**here are certain things you can tell about people without speaking to them very much or knowing them very well. A twinkle in the eye, a certain tilt of the head can sometimes tell far more than a well-turned phrase. For instance, when you meet Gennadiy Gelfer and Lidiya Zorya, you can tell they are warm, happy people with an unquenchable enthusiasm for life and a deep love for one another. They describe themselves as old, though when they talk about travel or their garden, or dancing, they seem very young indeed. And, despite the fact that they both learned English in their sixties after moving here from Russia, they are masterful at communicating the qualities that tell you decisively who they are.

Some of their personality is conveyed through their garden plot, which they have had at our Eighth Street Community Garden for, aptly enough, the past eight years. Their plot is filled with strawberries, lemon balm, currant bushes, raspberries, and tomato plants, bordered by huge pink peonies and red poppies the size of soup bowls. Gen insists that Lidiya is the gardener and he is only the worker, but as everything else about them suggests, you get the feeling that their garden is in fact an equal and wonderful partnership. As we walk into the garden, they stop to pick early currants for me to taste, which are translucent, ruby colored, and simultaneously sweet and sour in your mouth. Then Lidiya, as bright as a flower herself with her red hair and pink shirt, stops to pick a handful of lemon balm, telling me the name in Russian, which Gen translates. She tells me that she serves lemon balm tea to friends whenever they visit.

When I initially called Gen and Lidiya to ask if they would be interviewed for the newsletter, they didn't like the idea, insisting that they were not expert gardeners and that their story was not that interesting. As we sat at the picnic table in the garden talking, it became immediately clear that neither of these assertions is true.

Gen and Lidiya came to America 10 years ago, both at the age of 67, after having worked in demanding life-long professions, he as a structural engineer and she as a doctor. They didn't expect to come to the States at all, filling out their applications for citizenship on a whim at the urging of Gen's sister, who had relocated to Albany. As luck would have it, three months later, the American Ambassador contacted them for an interview and six months later they had sold their



apartment in Moscow and were heading for New York with their dog, Mouca, and their only son, his wife and their two children. Now, 77 years young, as Gen puts it, they live in Troy where they swim at the YMCA three days a week, exercise each morning, garden, and “try to stay healthy.” In good weather, they go fishing almost every day, and Lidiya knits while Gen mans the lines. Lidiya recently had both knees replaced and—when asked this winter how she was recovering—performed a brief jig to demonstrate just how good she felt.

If you ever wondered how different America is from other countries, a few hours with Gen and Lidiya offers a good deal of insight. Gen's father, the director of a hospital in Russia, lived in constant fear under Stalinist rule as he witnessed the arrest and assassination of numerous friends and co-workers who were not communists. Growing up during World War II, they remember Russia as a place of poverty, hunger, bread lines, and scarce opportunity. They express nothing but joy at living in Troy, the “little city” where people talk too fast but make up for it with friendliness. When asked if winters were colder in Moscow than here, they said no, but Siberia, yes, that was colder.

I asked if the garden allowed them to grow things they missed from home, and they told me that they had a little house in the country in Russia where they could get away



from busy Moscow, and where they could grow the same things they now grow at Eighth Street. Some things were better in Russia, they tell me, like the strawberries that were “the size of peaches.” “The tomatoes in Price Chopper are not good. Lidiya, she make tomato like in Russia! In Russia we also had plum trees and cherry trees, and onions,” Gen tells me proudly. The best thing about the garden? “Tomatoes!” says Lidiya. Also, Gen says, it is “good play, good contact with people.”

Perhaps the most striking thing about Gen and Lidiya is the strength and sweetness of their relationship. Gen and his family fled from the German occupation of Belarus, settling

in the small village of Engels on the Volga River where Lidiya and her family lived. He and Lidiya met when they were both 15, and married a few years later. They moved to Moscow, where they finished their respective educations, and their son was born. They stayed in Moscow for 40 years, and though they loved Red Square, St. Basil’s Cathedral, the Kremlin, and other aspects of life there, they would never go back—not even to visit. Now, they travel around America with Mouca, their little white dog, exploring places like Montreal, the Finger Lakes, Niagara Falls, Manhattan, and Atlantic City. Between trips, you can find them out in the garden, side by side, tending the best tomatoes this side of St. Petersburg. \*

## NEWS OF NOTE

### Corliss Park, Troy

Through our NYS Healthy Heart grant, we are building raised beds which will enable people with physical disabilities to garden. Nicole Donato, CDCG’s Garden Educator is creating a “Kid’s Garden” with the kids who live in the Corliss Apts. Keep an eye out for the bean teepee! \*

### Eleventh & Eagle, Troy

It is with great sadness that we learned of the untimely passing of our long-time gardener, Kenneth Ray in mid-June. The garden was an important part of Kenny’s life, and he gave a tremendous amount of time over the years to help make it a special place in the neighborhood. He will be missed by our staff and his fellow gardeners. \*

### Garland Court, Albany

Through a generous land donation, we were able to expand the Garland Court garden to add five new plots this season. Many thanks to Carolyn Law, the garden’s volunteer coordinator, for her help orientating our new gardeners. Along with deer, rabbits and birds, the Laws can also add a bear to animals sighted near the garden recently. \*

### Hudson Avenue, Albany

Nina Stanley, garden coordinator, spearheaded a project to improve the garden paths with donated paving stones. Thank you Nina for your initiative and to everyone for their hard work! \*

### Normanskill Farm, Albany

Congratulations to gardener extraordinaire, Joe Huth who was presented the Norm Elfeldt Award by the Interfaith Partnership for the Homeless for his gardening efforts at the South Swan Street facility in Albany. Joe has volunteered at the shelter since the early 1990’s where he designed flower and vegetable gardens that he continues to maintain. He has also helped interested guests grow vegetables in the garden. In other news, if you stop by the Farm this summer you might see members of CDCG’s Board of Directors out in the field. Our Board is helping to “Squash Hunger” by growing veggies at the Farm and donating all the produce to needy families, through CDCG’s Squash Hunger Program. Kudos to you all! \*

### Third Street, Albany

Long-time gardener, Dorothy Woodard had a rough spring. She injured her arm and wasn’t able to get out to her garden early, as usual. Feeling better in early June, she headed out to tackle her plot and found it looking pretty bad. She decided to tough it out and grabbed her hoe and got down to business. After only a few minutes, fellow gardener Joyce Brigman showed up, grabbed a hoe and started to help clear the plot. Then Amos Carter showed up. Next was Ernest Williams with *his* hoe. Then, Pansy Minkeson came from across the street. In an hour or so, Dorothy’s plot was free of weeds. She had brought all of her seedlings to plant that day, but the other gardeners cautioned her not to overdo it, insisting that she leave the plants behind. When Dorothy returned the next day, her plot was completely planted and looking beautiful. Dorothy wanted to make sure we acknowledged all the gardeners who helped her. We want to add our thanks to the gardeners for highlighting the “community” in community gardens! \*



# spring brunch 2004

**M**ay 2<sup>nd</sup> was a beautiful day and 530 hungry supporters of CDCG turned out to make this year's Brunch the largest! The food was abundant, dessert table decadent, volunteers served tasty drinks and that's just the food. Everyone walked away with full bellies, sweet tooth's satisfied, and great auction items while raising \$30,000 for CDCG's programs. So, if you've never been to our *Spring Brunch* you've just got to come next year - you won't be disappointed!



## Restaurant & Business Food Donors —

333 Café	Café Nora	La Perla at The Gregory House	River Street Café
A Taste of Greece	Canali's Restaurant	Lark Tavern	Rock Hill Bakehouse
Across the Street Pub	Capital Wine and Spirits	Levonian Brothers	Roman Villa
Adirondack Beverage	Carol's Place	Londonderry Café	Schuyler Bakery
Aiello, Joseph & Sons Inc	Cardona's	Luigi's	Shades of Green
The Ale House	Clayton's	Madison's End Café	Spiak's
Alexi's Diner	Crooked Lake Coffee & Tea Co.	Maggie's Café	Sorrento Ristorante
Andy's Cakes	Crowley Foods	Mahr's Place	South End Tavern
Aroma D'Italia	Da Vinci's Ristorante	Manory's	Spindle City Market
Ali Baba	Daily Grind	Maselli's Delicatessen	Stagecoach Coffee
Ambition Café	Debbie's Kitchen	Menands Diner	Starbuck's
Atlanta Bread Co.	DeFazio Imports	Metro 20 Diner	Stewart's Shops
Backgrounds Restaurant	Diana's Wine & Spirits	Miss Albany Diner	Such Delicious Pies
Barna's Superette	Duncan's Dairy Bar	Moe Farms	Tagliento's Market
Bob's Diner & Catering	Elegant Touch Catering Co.	Moscatiello's Italian Restaurant	Todd's Eggs
Barnaby's	Francesca's	Mr. Subb	Town & Country Wine
Bayou Café Downtown	Franklin Plaza	My Linh	Troy Pub & Brewery
Bella Napoli Bakery	Garelick Farms	Old Daley Catering	Troy Pork Store
Beverage Barn	Graham's Lansingburgh Café	Old World Provisions	Two Brothers Pizza & Pasta
The Big Apple Deli	Grandma's Restaurant	Orchard Tavern	Uncommon Grounds
Bonzo's Bakery	Grecian Gardens	Patroon House	Uncle Sam's Health Food
Brandon's Ritz Terrace	Green Grocer	Peaches Café	Union Station Restaurant
Brickman Inc.	Green Mountain Coffee	Pepsi Bottling Co.	Unique Catering
Brueggers Bagel Bakery	Holmes & Watson	Perrotta's Bakery	University Wine & Liquor
C.H. Evans Brewing Co.	Honest Weight Food Co-op	Petta's Restaurant	Wild At Heart
Café Deli-icious	Inspirations Cakes & Catering	Popeye's	Yonder Farms
Buca di Beppo	J & J Wine & Liquor	Professor Java's	
Bumby Bakeries	Joan's Cake Chateau	Quintessence	

## Thank You to all of our Volunteers and Cooks - You Make It All Possible!

Kathy Agneta	Steve Cowan	Joe Huth	Barbara Nelson
Doris Allen	Margaret Diggs	Meghan Johnston	Marie Newman
Jessica Allen	Susan Diggs	Lulleen Lamar	Karen Nicholson
Fred Alm	Nicole Donato	Barbara Lawrence	Ann Pastore
Priscilla Amnar	Lori Doyle	Drea Leanza	Melissa Pearson
Gayle Anderson	Sid Fleisher	Tracey Leibach-Neary	Joseph Poutre
Laurie Bachelord	Jennifer Freeman	Dean & Liz Leith	Mary Reaban
Doris Bartlett	Nicholas Fuller	Adam Lewis	Kali Roy
Sharon Bedford	Lisa Garafalo	Wendy Lindskoog	Mary Kay Sawyer
Mike & Peter Bergen	Leslie Gardner	Chad Loshbaugh	Resa Tanner
Deidre Bonarrigo	Sue Green	Liz Maloney	Micheileen Treadwell
Karisa Centanni	Gene Greger	Glen Martin	Bram & Rhonda Van Heuveln
Lori Conlan	Denise Harlow	Peter Matcovich	Kathy Voegtle
Abbie Coros	Joseph Herwick	Nicole Merrill	Warren Weiss
Cathy Corrigan	Ellen Higgins	Alan Moorse	and the students from
Judy Coyne Becker	Trisha Hope	Anne Mossop	EMMA WILLARD!!



Our youngest volunteer, Peter Bergen worked hard and had a ball doing it!



# spring brunch 2004

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## Auction Donors

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A to Z Imports	Clement Frame & Art Shop	Howe Caverns	Palace Theatre
2 bead or not 2 bead	Leo & Alma Clement	Hudson River Rafting Co.	The Parker Inn
Adirondack Museum	Cock N' Bull	Hudson Valley Art Co.	Pepsi Arena
Albany Institute of History & Art	Colonie Center	Hudson Valley Homestead	Personal Chef, LLC
Albany Symphony Orchestra	Color Me Mine	Hudson Opera House, Inc	Denise Poutre
Albany's Indoor Rock Gym	Anne Conway	Hummingbird Designs	Proctor's Theater
Allblues Sewing & Alterations	Cookies by Design	Iris	RCHS
Altamont Wine School	Dana Rudolph & Co.	J & M Products	Romanation Jewelers
Arthur Murray Studio	The Desmond	Jacob's Pillow	Romano's Macaroni Grill
The Arts Center	Droll Yankees, Inc	Jeepers	RPI Bookstore
The Barnsider	eba Center	Joseph Banks	Sam's Italian Restaurant
Beaux Visages	The Egg	June's	Saratoga Cty Arts Council
Bed, Bath and Beyond	El Loco Mexican Restaurant	Just Sticks	Saratoga Garlic
Sharon Bedford	ERC Community Warehouse	Kanatsiohareke B&B	Sawmill Pottery
Bellezza	Evergreen Country Club	Lake George Steamboat Co.	Schenectady Civic Players
Berkshire Theatre Festival	Faddegon's Nursery	Lake Hill Originals	Something Special
The Boat House	Family Footwear Center	Lake Placid Olympic Facility	Silver Parrot
The Book Outlet	Fatone's	Amy Braig Lindstrom	SPAC
Bookhouse at Stuyvesant Plaza	First Albany Corporation	Little's Good Gloves	Sterling Renaissance Festival
The Bookmark	Flag Acres Zoo	Macy's	Stony Point Glass & Garden
Boston Symphony Orchestra	Forever Young Health Club	MaMo	The Sweatshop
Bournebrook Antiques	Fort Ticonderoga	Mansion Hill Inn	Sycamore Country Club
Peter Bowden	Foxgloves, Inc.	Mary Elizabeth, Ltd.	Resa Tanner
Brookhaven Golf Course	Fred Astaire Dance Studio	Mass MoCA	Team Super Fitness
Brunswick Greens	French Hollow Fairways	Mercato's	Tshaya & Co.
Burden Lake Country Club	Frivolous Cottage	Mexican Radio	Time & Time Again
Ca' Mea	Fungi Perfecti	Mill Road Acres	Top Custom Jewelers
Capital Repertory Theatre	Funplex Mystic Lagoon	Morrette's	The Toy Maker
Carol's Scents & Soaps	Galway Golf Club	Moosewood Restaurant	Tri-City Valley Cats
Casa Visco Fine Foods	Garden Girls	Mountain Street Pottery	Two Spruce Pottery
Casey's	George Landis Arboretum	Nat'l Baseball Hall of Fame	USS Slater
Casual Set	Great Escape	NYS Historical Association	Utilitarian Aesthetic
Catskill Corners	Philip Harris	NYS Museum	Villa Valenti
Century House	Henry Hudson Planetarium	NYS Theater Institute	Wellington Herbs
Debbie Chess	Hewitt's Garden Centers	Old Castle Theatre	Wendy Ide Williams
Children's Museum at Saratoga	Hoffman Development Corp.	Ommegang Brewery	Williams - Sonoma
The Chocolate Gecko	Hoffman's Mini Golf	Open Door Bookstore	Wine & Spirits of Slingerlands
Chico Christopher	Home Made Theater	Other Side of Paradise	
Clearly Yours	Marcia Hopple	Eileen Padvaikas	



**Assemblyman Pat Casale was one of the many silent auction bidders who helped to raise \$8,000 this year - a new record!**



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**Capital District Community Gardens** is extremely grateful to all of our supporters who make the work we do possible. (Donations received March - May 2004)

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*In Memory of Troy High Class of 1942*  
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Hewitt's Garden Centers (*straw*)  
Sue Hutchinson (*tiller*)

Sonny Loomis (*wheelbarrow & compost*)

National Gardening Assoc (*tiller*)  
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Jennifer Schulaner (*garden hose*)  
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Howard Stoner (*microwave*)  
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# Volunteering

**Events:**

July 30 - Valley Cats Concession  
September 18 - Fall Plant Sale

**Special Projects:**

Construction of Raised Beds  
Fall Tree Plantings

**Other Ways to Help Out:**

Seed sorting, mailings, phone calls.

**Please call Allison at 274-8685**

for more information on these opportunities or other ways for you to get involved. *Thanks!*

**~ Wish List ~**

- |                  |                    |
|------------------|--------------------|
| Garden Hoses     | Picnic Tables      |
| Garden Tools     | Pole Pruner        |
| Gas Lawnmowers   | Pruners/Loppers    |
| Gas Weedwackers  | Watering Cans      |
| Perennial Plants | Wheelbarrows/Carts |

**Get help solving the  
"What's For Dinner" question  
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# on the table

Wondering what to do with your overabundance of zucchini and summer squash? Here is a delicious and healthy recipe that uses a variety of vegetables from your garden.

## Pasta and Squash with Tomatoes, Olives, and Feta

4 medium zucchini and/or summer squash (2-lbs), halved lengthwise and then cut crosswise into ½-inch pieces

Kosher salt	1 pound farfalle pasta
5 Tbs. extra-virgin olive oil	1c. finely chopped red onion
3 medium garlic cloves, minced	½ tsp. ground black pepper
1 tsp. lemon zest	1 Tbs. lemon juice
1 pint grape tomatoes, halved	¼ cup chopped fresh mint
2 tsp. red wine vinegar	
½ cup pitted kalamata olives, quartered	
¾ cup (4 ounces) feta cheese, crumbled	

Toss squash with 1 Tbs. salt; transfer to a colander set over a bowl, and let stand 30 minutes. Spread squash evenly over double layer of paper towels; pat dry and wipe off extra salt. Cook pasta with 2 Tbs. salt, drain and set aside.

Heat 1 Tbs. oil in skillet over high heat until just beginning to smoke; swirl to coat pan. Add half of the squash and cook, stirring occasionally until golden brown and slightly charred, 5-7 minutes;

set aside. Repeat with remaining squash. Return skillet to medium-high heat; add 1 Tbs. oil and swirl to coat. Add onion and cook, stirring frequently, until softened and browned, about three minutes; add garlic, lemon zest, pepper and cook until fragrant, about 10 seconds. Toss with pasta, squash, 2 Tbs. oil, lemon juice, tomatoes, mint, vinegar and olives. Adjust seasonings, if necessary, and serve, sprinkling individual bowls with portion of feta.

NOTE: The olives, lemon juice and zest, mint, feta and red wine vinegar can be replaced with ½ tsp. red pepper flakes, ½ cup fresh chopped basil leaves, 2 Tbs. balsamic vinegar, ¼ cup pine nuts (toasted in a small dry skillet over medium-low heat until lightly browned) and Parmesan cheese for serving.



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