

**TO ORDER TICKETS** in advance at \$25 each (*children under 12 free*), go to:

[www.northforkreformsynagogue.org](http://www.northforkreformsynagogue.org)

or send your check to:

North Fork Reform Synagogue  
P.O. Box 1625  
Southold, NY 11971

**Tickets are also available in advance at:**

GALLERY M  
308A Main St., Greenport

COMPLEMENT THE CHEF  
53740 Main Rd., Southold

BOOKHAMPTON  
50 Love Lane, Mattituck

BARTH'S DRUG STORE  
32 E. Main Street, Riverhead

**Tickets may also be picked up** on the day of the tour, after 9 a.m. at Peconic Land Trust's Agricultural Center at Charnews Farm, 3005 Youngs Ave. between Rts. 25 and 48 in Southold (*see map inside*) or after 10 a.m. at any participating location on the tour.

**For information:**

Call 631.722.5712 or visit our web site at: [www.northforkreformsynagogue.org](http://www.northforkreformsynagogue.org)

I WOULD LIKE TO ORDER TICKETS FOR  
The North Fork Reform Synagogue's  
**NORTH FORK FOODIE TOUR**

No. of tickets: \_\_\_\_\_ (\$25 each)

My check for \$ \_\_\_\_\_ is enclosed.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

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North Fork Reform Synagogue  
P.O. Box 1625  
Southold, NY 11971

**Think  
LOCAL!**



**Buy  
LOCAL!**



**Eat  
LOCAL!**

THE NORTH FORK REFORM SYNAGOGUE PRESENTS

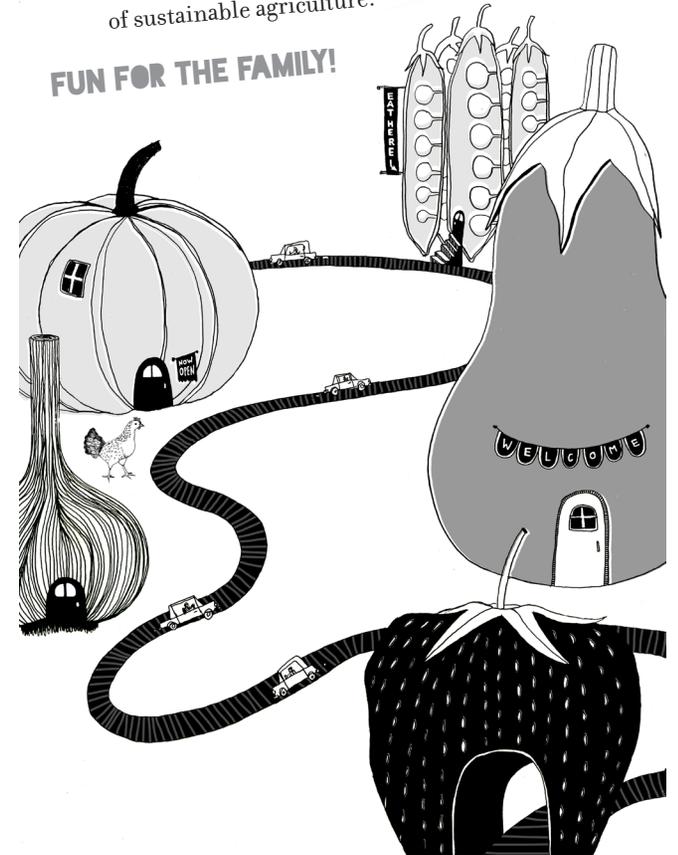
# 7TH ANNUAL NORTH FORK FOODIE TOUR

SUNDAY, SEPTEMBER 8, 2013 10 A.M. - 4 P.M.

**CHART YOUR OWN COURSE FOR A DAY EXPLORING  
THE BOUNTY OF THE NORTH FORK.**

- Take behind-the-scenes tours
- Meet the extraordinary people who have dedicated their lives to the art of great local food.
- Learn about artisanal foods, wines and new methods of sustainable agriculture.

**FUN FOR THE FAMILY!**



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# The North Fork Foodie Tour

## Celebrate the North Fork's Bounty

The North Fork of Long Island is famous for delectable fare. Think Peconic Bay scallops and Long Island duck, strawberries, potatoes and wines. The tradition of farming has continued and expanded. Now it's taken on yet another life as artisans have begun to produce distinctive foods and explore methods of sustainable agriculture.

On Sunday, September 8, 10 a.m. – 4 p.m., the North Fork Foodie Tour gives you a chance to meet the extraordinary people who have dedicated their lives to producing unique local foods and wines and learn how they do it.

If you have already purchased your tickets, pick up a map of tour locations and information on times of special events any time after 9 a.m. at Peconic Land Trust's Agricultural Center at Charnews Farm, 3005 Youngs Avenue between Rts. 25 and 48 in Southold. If you do not yet have tickets, you may purchase them after 10 a.m. at any place participating in the tour. Then you're off on your own personal do-as-you please foodie tour.

See more info online at [www.northforkreformsynagogue.org](http://www.northforkreformsynagogue.org).

### Visits All Day

KOPPERT CRESS searches the world for unusual varieties of aromatic herbs grown as micro-vegetables. Restaurants use them as exotic garnishes for their most elegant dishes.

CROTEAUX VINEYARD specializes in rosé wine. Idyllic barnyard, vineyard, tastings and recipes.

LAVENDER BY THE BAY offers fresh-cut and dried lavender, lavender plants and products. Learn about beekeeping, lavender culture and lore.

TASTE OF THE NORTH FORK produces food products made with local ingredients: pestos, jams and jellies, mustards, vinegars, dessert sauces, teas and more. See the kitchen where they are made and have a taste.

BLOSSOM MEADOW HONEY produces high-end artisanal raw and unfiltered honeys, beeswax candles, restorative personal care products, and beeswax crayons. Taste the honey, view a working observation hive and learn how those beeswax products are made all day. Laura demonstrates how honey is extracted from the comb at 11:15 a.m., 12:15, 1:15, 2:15, and 3:15 p.m.

### ENTER THE FOODIE TOUR PHOTO CONTEST!

Snap pictures of the fun and beauty of the day and e-mail your best shots to [photos@northforkreformsynagogue.org](mailto:photos@northforkreformsynagogue.org). Photos will be judged by award-winning photographer Judy Ahrens, formerly the staff photographer for the Suffolk Times and author of *The North Fork*, a book of her memorable photos of the North Fork.

### Special Events/Limited Tours

**BROWDER'S BIRDS** - Chris and Holly Browder raise organic poultry using the movable coop system described in Michael Pollan's book *The Omnivore's Dilemma* and the film *Food, Inc.* Meet them for a special walking tour and talk about their unique operation. **One tour only at 1:30 p.m.**

**CATAPANO DAIRY FARM** – small and family operated, it raises goats and makes fresh milk cheeses, yogurts, fudge and goat milk skincare products. Guided tours at 11 a.m., 1 and 3 p.m.

**GOODALE FARMS** - Long Island's only full scale dairy offering cow and goat milk and many types of farmstead cheeses and other dairy products. Cheese making demonstration at 10 a.m. Goat milking at 4 p.m.

**THE FARM** – Learn about biodynamic farming techniques that produce extraordinary flowers and vegetables, especially heirloom tomatoes, and heal the earth at the same time. Tours at 11:30 a.m., 12:30, 1:30 and 2:30 p.m.

**KRUPSKI'S FARM** - Al Krupski takes you into his fields to show and tell you how his multi-generational family have made their farm thrive by changing their focus from a limited number of wholesale crops to a diverse offering of vegetables, fruits, and free range poultry sold retail. Tours at 11:30 a.m., 12:30, 1:30, 2:30 and 3:30 p.m..

**THE SQUARE** - Award winning Chef Keith Luce, takes you on tasting tour of his new Greenport venture which includes MAIN - a casual restaurant featuring local seafood, PREP - a take-out window purveying flatbread pizzas and house-cured meats, NOSH - which features house-made ice creams, baked goods, salads, sandwiches, teas and coffees and MEET- a wine and spirit tasting room & artisan food shop. One tour only at 1 p.m.

**McCALL WINES** - In addition to producing wines served at some of Manhattan's finest restaurants, this historic 100 acre farmstead raises grass-fed Charolais cattle, a French breed known for their low-fat meat, and sells rare speciality cheeses. Russ McCall leads tours of this beautiful property at 10:30, 11:30, 12:30, 1:30.

**SANG LEE FARMS** shows its organically grown vegetables, heirloom tomatoes, baby greens, mesclun, herbs, flowers and specialty Asian greens. Tastings all day. Guided tour and talk at 2 p.m.

**SHINN ESTATE VINEYARDS** – Learn about the vineyard's low-impact sustainable farming, taste the results. **Only ONE guided walking tour** with wine tastings at 12 noon. [At other times Foodie Tourists get a free taste with any purchased tasting.]

**SATUR FARMS** specializes in leafy vegetables, heirloom tomatoes, root vegetables and herbs that it sells to the region's high end restaurants which demand the finest ingredients. **Only one guided walking tour at 11:30 a.m.**

**TY LLWYD FARM** has been an active family farm since 1870. It is the only certified raw milk dairy on Long Island. It raises DeKalb Gold chickens, ducks and geese; and grows vegetables and unusual varieties of potatoes. Tours at 1 and 3 p.m. Limited to 15 people per tour.

### At Tour Headquarters: Peconic Land Trust's Agricultural Center at Charnews Farm

Peconic Land Trust Agricultural Center Charnews Farm, a 23.4 acre North Fork farm, was purchased by the Peconic Land Trust in 2008 with the help of Southold Town's land preservation funds. The Trust has returned the long-fallow farm to cultivation and its 1889 farmhouse is now occupied. Sang Lee Farms is in their fourth year of leasing about 18 acres to enhance their organic food production, Chris and Holly Browder are raising poultry, and Stephanie Gaylor grows rare varieties of tomatoes and peppers. Individual 4' X 12' plots are leased by about 25 individuals and several school groups, who are growing their own vegetables.

#### Learn all about:

- **TOMATOES and SEED SAVING:** **Steph Gaylor** of Invincible Summer Farms, talks about protecting our food heritage for the future and the over 1,000 varieties of heirloom vegetables, including 350 rare tomatoes and 250 rare peppers she grows at Charnews Farm.

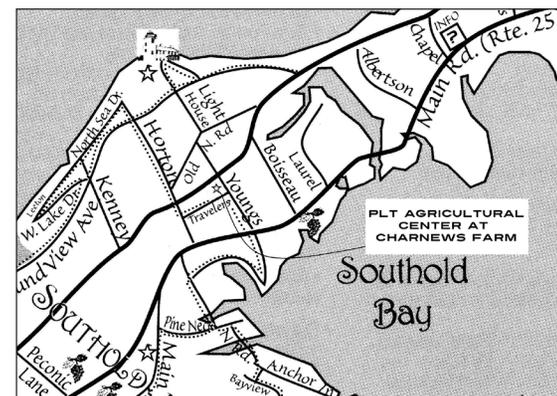
- **MUSHROOMS:** **Jane Maguire** and **John Quigley** of Long Island Mushroom Farm are growing exotic mushrooms in Cutchogue. Learn how they do it and see mushrooms that will astound!

- **OYSTERS:** Oysterman and marine biologist **John Holzapfel** talks about how aquaculture is bringing Long Island's dormant oyster industry back to life. Learn a bit of local history and how oysters are being grown in our creeks and bays.

#### Meet the authors and have a taste:

- **Chef John Ross**, Suffolk Times food columnist and author of *The Food and Wine of the North Fork: Historical Anecdotes and Recipes* talks about the evolution of the North Fork as a culinary region, and cooks a dish for you to taste.

- Sample some of the North Fork's bounty with cookbook authors **Manuela Soares** and **Jeanne Betancourt**. They will offer recipes and suggestions for using local ingredients and prepare several recipes from their new cookbook *Farm Stand Fresh* for tasting. [www.farmstandfeshcookbook.com](http://www.farmstandfeshcookbook.com)



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