

# STICK TO LOCAL FARMS RONDOUT VALLEY 2015

For immediate release:

Stick to Local Farms Cookbook Debuts at the Kingston Farmer's Market June 27

Accord, June 17

Accord, NY - June 19, 2015 - Local food is as hot as ever, a trend that shows every sign of becoming a real cultural shift. Early adopters have been cooking with locally grown ingredients for many years and the Hudson Valley is a cornucopia of fantastic fresh produce of all sorts. Yet many home cooks, despite yearning for flavor, health, and well-grounded community connections, still wonder how to incorporate seasonal food into their everyday diets.

Maria Reidelbach, an author, artist and local food activist is a veteran of eating locally and seasonally in the Hudson Valley and is the perfect tour guide and mentor. Her new book, *Stick to Local Farms Cookbook: Hudson Valley*, is filled with delicious, easy recipes based on seasonal fresh food grown in the Valley. "Eating locally grown fruit and vegetables can delight your taste buds, keep you healthy and support the beautiful local farms that feed us," said Reidelbach, "Once you know how, it's easy to include lots of great local whole foods in your everyday meals."

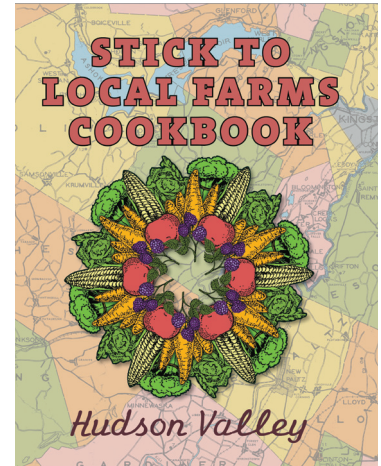
The *Stick to Local Farms Cookbook* will debut at the Kingston Farmers Market in Kingston, New York on Saturday, June 27. From 9am to 2pm, Reidelbach serve free tastings of recipes, raffle cookbooks and organize vegetable and fruit scavenger hunts for kids.

The *Stick to Local Farms Cookbook* includes over 100 delectable, field-tested dishes inspired by fresh fruit and vegetables found at Hudson Valley farms and green markets. It's full color, organized by seasons and contains a handy visual calendar of seasonal produce. Hand-colored vintage drawings enliven the pages. It's 9.95 and available at many local farmstands, bookstores, kitchen ware shops and by mail order at [stick2local.com](http://stick2local.com). Five percent of the profit will be donated to the Rondout Valley Growers, a Ulster County nonprofit group that supports farming.

Chef John Novi, owner of the four-star Depuy Canal House in High Falls and a local food enthusiast since the 1970s says, "The *Stick to Local Farms Cookbook* is a wonderful idea and a great accomplishment-I am going to put the rhubarb soup on the menu this weekend! Maria gathers her thoughts just as one gathers ingredients to prepare a delicious meal, distinguishing the seasons in presentation and format. Reading this book is like talking food to her in person. I love it!"

Reidelbach hopes that the book will lead more people to shop at local farmstands and remembers how she first found herself buying local produce. "Coincidentally, a greenmarket opened on my street just after I had a post-smoking weight gain of 25 pounds," Reidelbach divulged, "I had tried dieting, but it wasn't until I began eating lots of locally grown fruit and veggies that the pounds slowly melted away on their own. Fresh, whole foods are so delicious in so many ways I just didn't have much desire for empty calories. Plus I made lots of new farmer friends and I felt fantastic. That's a great lifestyle change I love sharing with others."

The cookbook is a spinoff of "Stick to Local Farms," a sticker adventure map featuring Rondout Valley farms and stickers to collect at each farm (more info at [stick2local.com](http://stick2local.com)). Reidelbach, the creator of both the map and cookbook, also writes a column called the "Yardavore," about eating hyper-local wild and garden-grown food, for the Country Wisdom News. For almost a decade, she has owned a local agritourist attraction-the innovative Homegrown Mini-Golf, which she designed and built, features an educational tasting garden of fruit and vegetables, plus a Guinness World Record-setting garden gnome. It's sited on a corner of the centuries-old Kelder's Farm in Kerhonkson, a family operation that has a large you-pick and other attractions. Maria's previous books include Miniature Golf, an illustrated history and Completely MAD: A History of the Comic Book and Magazine. She serves on the Boards of Directors of the Rondout Valley Growers and the Hudson Valley Current, a local alternative currency.



## Not for publication

Review copies of the *Stick to Local Farms Cookbook* are available. Please email [maria@stick2local.com](mailto:maria@stick2local.com) with your name and media affiliation(s). If you have a blog and you'd like a cookbook to give away as a prize, please let us know at the same address.

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