



Accessible agriculture in Bedford, New York

49 David's Way, Bedford Hills, NY 10507 | www.rainbeauridge.com | 914.234.2197

RAINBEAU RIDGE 2007 SEASONAL CALENDAR

FOR IMMEDIATE RELEASE

ONGOING PROGRAMS

February through November: Community Agriculture Project (CAP): Go local!

Shareholders in the Rainbeau Ridge CAP program come to the farm to pick up fresh, local produce each week. Grown by Deb Taft, offerings include specialty mixed greens, along with spring peas, summer tomatoes, fall potatoes, and much more. Members can also buy fresh eggs and farmstead goat milk cheese, made at Rainbeau Ridge. Currently, the twenty-five full shares are sold out. But a few paying memberships are available: these members can come buy vegetables, eggs, and cheese à la carte. **For details, write Deb at garden@rainbeauridge.com or call 914-234-2197.**

April through November: On Sale! Rainbeau Ridge goat milk cheese.

For details, check www.rainbeauridge.com.

February through November: Children's education programs—Roots, Buds, and Sprouts!

With its Roots, Buds, and Sprouts programs, Rainbeau Ridge offers unique on-farm classes for children. "Roots" is a Mommy & Me program for 2-year olds—a brand new program this year! "Buds," also new, is a drop-off program for 3 & 4 year olds. "Sprouts" is a drop-off program offered in sessions where children from kindergarten through fifth grade gather at the farm to participate in farm life, interact with the animals, learn about seasonal activities, and embrace the culture of Rainbeau Ridge. Classes are divided in appropriate age groups.

More info: www.rainbeauridge.com.

SAVE THE DATE!

APRIL 2007

THURSDAY, APRIL 12

In the garden this month: planting peas

SPRING COOKING SERIES CONTINUES

“Irresistibly Good...Tasty Meals, Good Nutrition” cooking series, with chef Mary Duncan, promotes a “replace, substitute, and diversify” philosophy, and aims to help families eat better—simply, without driving the family cooks to distraction! Class April 12th is on savories.

In the Kitchen: 9:30 a.m. - 11:30 a.m. For details, see www.rainbeauridge.com.

SATURDAY, APRIL 14

BIG EVENT AT RR: STEP IT UP 2007

Rainbeau Ridge will host an event for Step It Up, 2007—the national day of Climate Action—a non-profit that aims to help Americans work to stop global warming! For people looking to reduce the size of their “carbon footprint,” this is just the spur they need: Co-hosted by Rainbeau Ridge, the Westchester Land Trust, and the Nature Conservancy, there will be a farmers’ market, a bike ride (no carbon here!), and other great events.

For details, see: <http://www.events.stepitup2007.org/events/show/664>.
At the farm: 12 p.m. - 2 p.m.

SIGN UP BEGINS FOR ROOTS, BUDS, AND SPROUTS SUMMER SESSIONS

For details: www.rainbeauridge.com.

May 2007

SUNDAY, MAY 6

In the garden this month: planting tomatoes

ANNUAL SHEEP-SHEARING

Sheep-shearing in Westchester County? Yes! An annual event, families come watch our rare-breed sheep have their wool sheared; fiber demonstrations and farm tours, too. For the first time this year there will also be an on-site wetlands walk. No pre-registration is required, fee is \$25 per family.

At the farm: 1 p.m. - 4 p.m. More info: www.rainbeauridge.com.

Contact: 914-234-2197 or press@rainbeauridge.com

WEDNESDAY, MAY 10 COOKING SERIES: SUNDAY BREAKFAST MENUS

Learn great, healthy meals—no more sausage and pancakes!—for Sunday morning breakfasts, with Chef Mary Duncan.

In the Kitchen: 9:30 a.m. - 11:30 a.m.

For details, see www.rainbeauridge.com.

June 2007

THURSDAY, JUNE 14

In the garden this month: harvesting beans

COOKING SERIES: OUTDOOR MEALS

Just in time for summer, the last installment of the spring cooking series: instead of plain old barbecue, learn alternative, healthy menus for your family's picnic-table or patio. With Chef Mary Duncan.

In the Kitchen: 9:30 a.m. - 11:30 a.m.

For details, see www.rainbeauridge.com.

July 2007

In the garden: beans, carrots, and more

SUMMER ROOTS, BUDS, AND SPROUT SESSIONS BEGIN.

For details, see www.rainbeauridge.com.

August 2007

Tomatoes, tomatoes, and more tomatoes

SATURDAY/SUNDAY, AUGUST 11 & 12 FAMILY FARM
OVERNIGHT!

The first of its kind at Rainbeau Ridge: On this overnight, families will enjoy a great farm experience, participate in farm chores, enjoy a picnic dinner with fun desserts, set up tents under the stars, have farm-fresh breakfast and live the farmer's life for a night and morning. Space is limited.

At the farm: Starts 5 p.m.

To sign up, and for details: www.rainbeauridge.com.

October 2007

In the garden: salad, and the last beets

SUNDAY, OCTOBER 7
FEST

THIRD ANNUAL FALL

A fun-filled afternoon of farm activities, animal visits, art projects, food, and more! No pre-registration is required, fee is \$25 per family.

At the farm: 1 p.m. - 4p.m.

More info: www.rainbeauridge.com.

MORE ABOUT RAINBEAU RIDGE

Since its inception in 2002, Rainbeau Ridge has been committed to the principle that farming can be an important part of the social, cultural, educational and commercial activity that ties a local community together. In all of its endeavors, Rainbeau Ridge is committed to proving that local farming and appreciation for nature can once again be an important cornerstone of community life.

Rainbeau Ridge is a source locally for sustainable living and accessible agriculture, offering a wide range of activities, programs and products for families and individuals to incrementally integrate nature into their lives. We believe we help people make choices which lead to a healthier and nature-enriched lifestyle.

New adult and children's programs are being added all the time, including In Lisa's Kitchen cooking classes, wetlands walks, and Accessible Agriculture workshops, so readers should check our website at www.rainbeauridge.com to sign up.