



Accessible agriculture in Bedford, New York

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## **FOR IMMEDIATE RELEASE** **FAMILY FARM OVERNIGHT AT** **RAINBEAU RIDGE A GREAT SUCCESS!**

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**Bedford Hills, NY—August 13, 2007**

**From Brooklyn to Greenwich to Armonk and around the corner in Bedford, eleven families convened at Rainbeau Ridge Farm in Bedford Hills this past Saturday for the first Family Farm overnight.**

With tents pitched, participants from two to forty-two were ready to help with evening chores, including harvesting herbs for their dinner's sorbet dessert.

After a picnic dinner, activities resumed. One highlight was the talent show where participants improvised skits that had to include one of the farm's doe kids. Appearing on the patio stage, with the llamas, cows and sheep looking on, the performers staged "goat TV", "super goat" and "the great goat circus", as the audience rocked with laughter. The kids (both 2 and 4 legged) stole the show!

As the sun set and poultry were closed in for the night, guests settled in around the campfire to toast marshmallows, sing songs and hear a bedtime story (That's a Lot of Mommies—the story of the farm's very own Kobi, the sheep). Perseid's meteor shower was a bonus in the star-filled sky as everyone drifted off to sleep.

Early Sunday morning, down at the goat-barn, one of the farm's interns, Quentin, was leading the milking of the twenty-four dairy goats two by two. Zander Bolgar, 11, from Goldens Bridge, was watching with his brother, Josh, 16, and his mother Andrea. Zander, having participated in the farm's Sprouts kids' programs during the past school-year, had wanted his big brother to see the farm he'd talked so much about. "I really like playing with the four-legged kids," said Zander, smiling. (The farm has goats, sheep, cows, llamas, and a resident cat.) Josh, who was among the eldest children to sleep over at the farm, was less overtly enthused, though he did admit to loving the herb garden, right next to where the family had set up their tent. "I really love fresh food, and seeing where it comes from," he said.

Meanwhile, Mike Voltaggio, a father of two from Bedford, who was watching the goat-milking, too, said that he was having a "great time," and had actually slept well with his family in the tent-- "pretty good for sleeping on the ground!" He'd set up the tent right next to the pasture where the

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Kerry cow, Destiny, and her calf live, along with the Jacob sheep, and in the morning he could hear all the animal noises—"Come feed me!" he imagined they were saying.

"I have a question," said one of the moms watching the calm goats undergoing their morning routine. "How do you know when the goats are finished?" The children pointed out that their udders--so big when they came into the room--were small and empty once the milking machine that Quentin connected to them had done its work.

Up at the farmhouse, breakfast was being served--fresh scrambled Rainbeau Ridge eggs, home fries, and goat milk yogurt with granola. Though different than most store-bought yogurt--more liquid-y, but somehow richer-looking--the yogurt was a hit. "Thumbs up!" said one girl who was trying it for the very first time.

At the breakfast-table, a boy was eating his eggs eagerly, but he was confused: why, if he had collected an egg this morning with a green shell weren't his eggs also green? "I got a green egg, though!" he said. The eggs from the rare-breed hens at the farm entranced Kerri Lowe, a mother of three from Armonk: "The blues and pinks were so delicate," she said. Her daughter, Siobhan, was enthused about milking a goat. "It really worked!" And her husband, Andrew, said that he'd been surprisingly gratified by "putting my hand under a chicken--it was warm and soft."

Out on the back patio of the farmhouse, overlooking the strawberry patch and the llama barn, Debra Everett-Lane was enthusiastic about the whole event; it was her son Ben's sixth birthday that day, and she loved that he was being introduced to camping. Besides, she added, her family lived in Brooklyn, where there was lots of noise, not to mention few farms or spots to pitch a tent. "It's so nice," she said simply, "not to be disconnected from nature."

The program was wrapping up. With the fence around the cheese house freshly painted with goat-milk paint created by each family, pumpkin seeds planted and ready to take home, beans picked as part of the morning's chores, 6<sup>th</sup> grader Helen Efiert shouted: "Are we doing this again next year? I'm coming back!"

## **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](http://www.rainbeauridge.com) to sign up.

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