Rondout Community Garden Receives a Major Garden-o-vation!

Located in the Rondout Gardens area of Lower Kingston, and owned by the City of Kingston, the Rondout Community Garden broke ground in 2013, with funding from Creating Healthy Places to Live, Work & Play, a program of CCEUC. The garden had a good first year, but struggled in the 2014 season, with issues pertaining to a water source, and methods of planting.

Late last fall, energetic volunteers erected a well constructed wooden fence around the garden. Last month, the City of Kingston arrived on the scene and gave the garden a much needed re-grading. A flat, smooth surface for the planned raised beds!

And through the generosity and kindness of volunteers, raised beds were constructed, and filled with fresh dirt and compost, ready for planting! A community meeting was held on July 7 and more than 12 individuals and families signed up for the Free plots! Summer greens and other plantings will have the chance to root well, especially garlic crops! A big shout out to Steve Noble of Kingston Parks and Rec who worked tirelessly to bring volunteers and workers together and most of all, for his persistent belief in the vision for this garden that so many have recognized. Also many thanks to members of the Bruderhof who enthusiastically volunteered their time and talent to the Rondout garden project.

Kingston Greenline Community Design Workshop.....July 27. 3 to 5 pm or 6 to 8pm - with pizza from 5 to 6. The Kingston Greenline will connect Cornell Street in Midtown, along Ten Broeck and Smith, to Foxhall Avenue and then create a rail trail over the old Ulster & Delaware corridor to the waterfront. It will then connect out along the Strand and North Street to Hudson Landing. Mark your calendars and please join us for the first of two very important design workshops for the Kingston Greenline! This one focuses on Midtown and the Rondout, including the Kingston Point Rail Trail. Next up: a design workshop for Broadway on August 6th!
A Calendar Of Sonnets:
July - by Helen Hunt Jackson

Some flowers are withered and some joys have died;
The garden reeks with an East Indian scent
From beds where gillyflowers stand weak and spent;
The white heat pales the skies from side to side;
But in still lakes and rivers, cool, content,
Like starry blooms on a new firmament,
White lilies float and regally abide.
In vain the cruel skies their hot rays shed;
The lily does not feel their brazen glare.
In vain the pallid clouds refuse to share
Their dews, the lily feels no thirst, no dread.
Unharmed she lifts her queenly face and head;
She drinks of living waters and keeps fair.

Who doesn’t love the Ulster County Fair?
Lots of fun and educational things
to do at the Fair, July 28 thru August 2.
Stop by the Youth Building and visit
with CCEUC every day, and us, your
CHP team, on Wednesday, July 29 and
Sunday, August 2, to sample Waters
with a Twist, fruit infused waters. The
waters are refreshing and ever so healthy!
CCEUC offers many activities throughout
the fair. Make a fresh herb wreath
on Thursday July 30th, and catch some
food demos as well! The Master
Gardeners’ Horticulture Cottage is
open 10am - 9pm. Stop by to see some
award winning produce or to ask your
plant or bug questions!

Pizza Pops
A fun, healthy snack/lunch for kids, that’s
almost easy enough for them to make.

You’ll need:
- 1 roll of refrigerated pizza crust (Classic)
- Lollipop sticks
- Assorted toppings (tomato sauce, fresh mozzarella, basil, arugula, goat cheese, ricotta cheese, cherry tomatoes, and fresh spinach.)
- Baking tray
- Parchment paper
- 2 1/2 inch circle cookie cutter
Preheat oven to 425°. Unroll pizza dough on a floured surface. Cut out 2 1/2 inch circles (twist the cutter back and forth a bit). Insert lollipop stick about half way into the circle. Place on a baking tray lined with parchment paper. Add a teaspoon or so of sauce (if using) and tiny bits of desired toppings. Bake 9 to 11 minutes or until crust and toppings begin to brown.

Visit these Healthy Markets for fresh fruits, vegetables, whole grain products, and a wide variety of healthy snacks.

Food Tastings:
Sunshine Market: Jansen Ave Kingston, 11:00am-1:30pm
August 6, September 17
Quick Stop: 203 Flatbush Rd. Kingston, 11:00am-1:30pm
August 7, September 18
Peters Market: 7700, Rt. 209 Napanoch, 12:00–2:30pm
August 28, September 25

Please contact the office of Cornell Cooperative Extension, Ulster County, if you have any special needs.

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