

DECEMBER GREETINGS FROM CROSS ISLAND FARMS



WHAT'S COOKING



Jerusalem artichokes (left) are a native tuber that are best harvested in late fall or very early spring.. They are high in carbs but do not spike blood sugar and can be used any way you use potatoes. We sliced some very thin and fried them in oil to create tasty golden brown chips.

WHAT'S VISITING THE FARM



Footprints from a bunny rabbit and a live garter snake were spied in the edible forest this month. Both can be beneficial: the bunny does some stimulative pruning and fertilizes; the snake eats bugs and slugs. But bunnies can become a nuisance when their population swells and they chew woody stems damaging or killing the plants.

HOW DO WE PROTECT THE PLANTS



Rodents of all stripes including bunnies can damage plants by chewing the bark off the lower stems. To protect the stems when the base is narrow, a hardware

solution of castor oil for additional deterrence.

WHO'S VOLUNTEERING



Soldier Steven Thomas continues his apprenticeship program at Cross Island Farms as part of his transition out of the Army. This month he helped harvest Jerusalem artichokes (left) and completed a sheet mulch project (right) in the edible forest in addition to numerous other tasks and projects he completed with Dave.

WHERE IS DANI SCHEDULED TO SPEAK



Off-Site: NOFA/NY Winter Conference

SUNY Morrisville, January 18, 2025

Native Perennial Food Plants for Pollinators and People

Off-Site: PASA Sustainable Agriculture Conference

Lancaster, Pennsylvania, February 6, 2025

9 a.m.: **Hosting Beneficial Creatures in Your Farm or Garden**

1:30 p.m.: **Perennial Vegetables that Sustain Themselves**

3:30 p.m.: **Native Perennial Food Plants for Pollinators and People**

Off-Site: Ontario County Master Gardeners Symposium

Club 86, 86 Avenue East,

Geneva, NY February 8, 2025, 10:30 a.m.

What is a Forest Garden and How Can You Create One?

Zoom: Amherst New Hampshire Garden Club

February 13, 2025 7:05-8:15 p.m.

Native Perennial Food Plants for Your Edible Landscape

**Off-Site: OEFFA (Ohio Ecological Food and Farm Association)
Annual Conference**

February 15, Newark, Ohio

Zoom: Saratoga Springs Public Library

March 4, 2025 6 p.m. - 7:30 p.m.

Native Perennial Food Plants for Your Edible Landscape

BEST WISHES FOR A HAPPY AND HEALTHY NEW YEAR

Dani Baker

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