Capital Roots launches a new Veggie Mobile®!

We unveiled our new Veggie Mobile® during a press event at the Urban Grow Center on August 13 to a crowd of community members, partners, customers and volunteers.

In April 2007, Capital Roots launched the Veggie Mobile®, a mobile produce market that made weekly stops at strategic locations around the Capital Region where customers could purchase fresh, affordable fruits and vegetables. The country’s first mobile produce market, the Veggie Mobile®, was a big hit with customers from the start, offering a unique and fun shopping experience, quality produce and great service at an affordable price. Over the past decade, the Veggie Mobile® grew steadily from its original 7 market stops to a mobile market program with two vehicles making 37 weekly stops in seven municipalities across the Capital Region. This is due in large part to our friends at CDPHP who have sponsored the program since 2010 and who have been tireless advocates of our food access work. Capital Roots’ Veggie Mobile® and Veggie Mobile® Sprout have provided thousands of customers with convenient access to affordable fresh produce. But after a decade of dedicated service, the original Veggie Mobile® truck had significant wear and had become less reliable. Retirement time had come. Continued on Page 3
We grow, educate and provide.
From the opening of its first gardens in 1975, to the dynamic and multifaceted organization of today, Capital Roots has worked to reduce the impact of poor nutrition on public health in the Capital Region. We organize community gardens, improve access to healthy food, offer nutrition and horticulture education for all ages and coordinate urban greening programs in Albany, Rensselaer, Schenectady and southern Saratoga counties.

It seems like most people these days have heard the term “Food Desert.” In 2008, the US Department of Agriculture came up with that phrase to describe low income areas that didn’t have access to fresh fruit, vegetables and other healthful whole foods. Over the past few years, it’s become a popular phrase to describe the neighborhoods that Capital Roots has been working in for the last 15 years—long before the USDA came up with this catchphrase.

I thought about this back in August when we put our new Veggie Mobile® on the road. These days people get it—why we do the work we do. Twelve years ago when we first launched the Veggie Mobile®—the first mobile produce market in the country—it was harder to explain our work and harder still for some to understand the reasoning behind it.

I must admit I got a bit emotional thinking back to the huge leap we took 12 years ago starting this mobile produce market. So many people didn’t think our idea made sense. But as with all the crazy (but well thought-out) ideas that Capital Roots has come up with over these many years, we had supporters and volunteers who did believe, people who had faith that our crazy idea just might work.

Thanks to those visionaries and all the donors and volunteers who came after to support our next crazy/innovative idea—Capital Roots has become a leader in our region, in our state and in our country on how to assist families living in urban food deserts.

I know there are many who are just now discovering the food desert concept. And there are new programs and projects popping up every day to tackle this problem. What I hope that our supporters appreciate is that Capital Roots has been working on this for a long time and our work is unique. We offer a multi-pronged approach to families living in low-resource neighborhoods. We provide a “hand-up, not a hand-out” so that people can enjoy the dignity that they deserve. The essence of our work is to ensure that everyone can access top quality, affordable healthy food right in their own neighborhood.

Most days we’re so busy doing the work and coming up with the next crazy idea that we don’t stop to appreciate that what we’re doing is unique, and that it’s making a real difference in the lives of thousands of people every day. Sometimes it just helps to say it!
In August, Capital Roots unveiled our new Veggie Mobile® to an enthusiastic crowd of community partners, customers and volunteers. The upgrades to this new truck were essential to maintaining our rigorous year round schedule and quality of service.

A new upgraded solar array atop the box powers every aspect of the truck’s produce aisle, thanks to the incredible generosity of our friends at US Light Energy, keeping the Veggie Mobile® clean and green. Thanks to the creative skills of local artist Tess Cloud and the impressive installation services of One Day Signs, the new truck is wrapped with a colorful and eye-catching design that makes our presence in the neighborhood known. Sound and Motion Audio brought the beats back to the street with the installation of a great new sound system, and Salem Artworks created and welded our railings on the entry ramp to ensure the safety of our customers. In addition, we are excited to have a heater in the box installed by Climate Companies that will make our upstate New York winters more produce and customer friendly.

And of course, this upgrade would not have been possible without support from all those who contributed to purchase and retrofit this new truck—many donors, CSX, the Wright Family Foundation, and of course, CDPHP. Our new mobile market has been a year in the making, with the promise of an improved experience for our staff, volunteers and our customers. We are eager to share the new Veggie Mobile® with folks all across the Capital District. Come on board and check it out!
For 44 years, Capital Roots has been providing Capital Region residents with the resources and opportunity to grow nutritious organic produce in city neighborhoods. In an effort to better understand the amount of food produced and the unique variety of crops grown in our 54 (and counting) gardens, we asked community gardeners to keep track of the fresh food they harvest over the course of a season. Last year, the first Harvest Count concluded that each participating gardener reaped an average of 219 pounds of produce from their plot!

25 gardeners reporting pounds of food harvested from August to November in 2018

219 pounds of food harvested on average per plot

5,473 total pounds of food

This year, the Harvest Count has been expanded to reflect more gardens and more nutritious produce. Each garden is represented by a Harvest Count Coordinator who is responsible for keeping track of fellow gardeners harvests for the duration of the growing season. As of late July 2019, harvested produce from spring and early summer crops included a good amount of greens, peas and other veggies. Much more is yet to be documented from fall like squash, cucumbers, beets, and tomatoes!

Did you know?

Community gardeners grow unique crops in their plots, like basella alba, bitter melon, alefu, luffa sponge, taro, kohlrabi, bito, chin baung ywet, spilanthes, and sky scraping Himalayan corn. Every plot has a story, we want to hear yours.

“50 Bengali families benefit from this garden. I bring a lot of people from our community into the program, and they have gardens now, too. My garden is enough for the whole year.”

-Ripon Roy, COMMUNITY GARDENER

40 gardeners reporting pounds of food harvested from April to July in 2019

800 total pounds of food

20 pounds of food harvested on average per plot

To tell us about your gardening experience, contact Tara at gardens1@capitalroots.org.
In July, Capital Roots launched a partnership with Albany Medical Center’s Women, Infants, and Children (WIC) Program located at 220 Green Street in Albany. This new collaboration, centered on the Virtual Veggie Mobile®’s Individual Buyer Program, creates a new food access opportunity for families to purchase fresh, healthy and, most importantly, local foods!

Located in Albany’s South End neighborhood, the Albany WIC offers their clients a wide variety of health care programming including nutritional and breastfeeding counseling and referrals to medical, dental, and child care services. In addition, it provides healthy food for child growth and development, and that’s where Capital Roots comes in. Beginning August 1st, families can order fresh, local food online and pick it up at the WIC office every Thursday between 4:30 p.m. and 6:00 p.m.

What makes this partnership unique is that customers utilizing this pick-up location are able to use their Farmer’s Market Nutrition Program coupons, or FMNP, which is an incentive provided to many NYS residents each growing season. The goal is to not only encourage healthy eating but to also buy local, New York State foods. Each year, thousands of checks go unredeemed by area residents because there are not enough vendors approved to accept FMNP benefits, especially in our urban centers. Not only does Capital Roots focus on local foods sourced from within 100 miles of our office, but we also offer all of our items without an additional markup, regularly saving our customers 40 percent more than traditional retailers. These efforts help ensure that folks can stretch their budget, yet still access the best, top quality produce our region’s farmers have to offer.

WIC staff and nutritionists educate and encourage their clients and families about how to use our website to register and order FMNP-specific produce. Product availability is custom curated each week by Capital Roots staff to highlight the bounty of items locally available. Offering products such as berries, tomatoes, apples, and carrots, among many others, not only provides an important opportunity for our neighbors, but also keeps thousands of dollars in our local food economy, directly supporting family farms like Gade Farm, Samascott Orchards, Esposito’s Flower and Produce, and Black Horse Farm.

To further enhance our more rural neighbors’ ability to redeem FMNP coupons in the region, Capital Roots has been hosting monthly pop-up markets in Berne and Ravena, in conjunction with WIC outreach activities, to ensure residents of these rural communities can easily use their FMNP benefits on healthy, local foods. While food access is typically a focus in urban neighborhoods, many rural communities also struggle with access to fresh, affordable foods. We look forward to continuing to work with our WIC partners to help make a positive impact in these Hilltown communities. These unique approaches to providing ways for our neighbors to access high-quality, local foods is what makes our partnership with Albany WIC so unique and exciting.

TO LEARN MORE ABOUT BECOMING A CUSTOMER:

Contact Toni, On-Line Market Coordinator
healthyretail@capitalroots.org
518-274-8685
GIVING HIS TIME AND LEAVING A LEGACY

Rich Ambuske has been a supporter of Capital Roots since 2013. Newly retired at the time, Rich came to us as a Produce Project volunteer, soon becoming a weekly Veggie Mobile® volunteer, where he’s remained ever since. Right before Rich retired, he began donating to Capital Roots through the State Employees Federated Appeal Workplace Giving campaign and continued his support after getting involved as a volunteer.

Rich lights up as he talks about his involvement in our mission. So it’s no surprise that he was looking for a unique way to support our work. “I asked my financial advisor, ‘I’d like to give a clump of money to these folks.’ And he said, ‘Sure you can do that,’” he tells us. “It was more than I was thinking, originally, and so I said, ‘Well I’d like to be able to do this every year,’ and my financial advisor said, ‘Well I think there’s a way you can do that.’”

Enter Legacy Giving. Rich never realized it was possible for him to leave a portion of money to Capital Roots once he passed away, but through conversations with his financial planner, he realized it was more than feasible. “It’s a life insurance policy,” he says, “where every year I place a certain amount of money into this account and Capital Roots is the beneficiary.” It seemed almost too easy, he thought, but some education from his financial planner was all it took for him to realize it was possible.

Supporting Capital Roots’ work can take many forms, and we hope you’ll consider Legacy Giving as one of those ways. “You don’t have a have a lot of money to do something like that,” Rich reminds us, and we think there’s no better way to leave your mark on our region than by becoming a Legacy Giver with Capital Roots.

To create a legacy, you can designate Capital Roots in your will as the recipient of cash, real estate, or another asset, such as stock. You can also leave a percentage of your overall estate to Capital Roots. To learn more, contact our CEO, Amy Klein, at amy@capitalroots.org.

HELP OTHERS PUT GOOD FOOD ON THE TABLE

Capital Roots’ Virtual Veggie Mobile® (VVM) now offers an easy option for institutional and individual customers to donate cases of fruits and vegetables to food pantries and soup kitchens through our Squash Hunger program. In the past, this option was only available during special events, but our Food Access and Squash Hunger staff have worked together to make this a regular option.

Currently, VVM customers can choose to purchase a case of oranges or a case of carrots (or both) for donation to the Squash Hunger program. When the order is processed, the donated produce goes directly to Squash Hunger staff who ensure it’s delivered to a food pantry or feeding program in the Capital Region. If you are not yet a VVM customer, go to market.capitalroots.org to check it out. Signing up is easy!

While Capital Roots’ staff members work hard every day to ensure that our programs and services meet our highest standards, we also work together to cross promote one another’s programs, ensuring that our community partners and constituents are aware of other opportunities and resources available through Capital Roots. We are proud of the work we do and eager to spread the word so more and more people around our region can access affordable fresh food. So take a few minutes to check out our online marketplace. And if you can, purchase a case to donate to a local food pantry. It’s an easy and affordable way to help those in our community struggling to put healthy food on the table.

Visit market.capitalroots.org to make a donation today!
ROASTED SQUASH & CORN

Ingredients:

- 2 zucchini, chopped
- 2 yellow squash, chopped
- 2 cloves of garlic, diced
- ½ onion, diced
- 1 ear of corn
- ¼ cup of basil, chopped
- 3 Tablespoons of olive oil
- Salt and pepper, to taste

Directions:

1. Preheat oven to 400 degrees
2. Wash all produce
3. Cut zucchini and yellow squash
4. Dice garlic and onion
5. Cut corn off the cob with a knife
6. In a bowl toss all ingredients with olive oil, salt & pepper
7. Spread on a lined baking sheet and bake for 20-25 minutes, stirring halfway
8. Add basil!

Enjoy!

Who knew?
A zucchini has even more potassium than a banana!
At Capital Roots, we celebrate the spring season with good food and good friends at our annual Spring Brunch. This year was one of our most successful ever, raising more than $93,000 that will help support our wide range of fresh food access, education and greening programs.

The Spring Brunch features a delicious (and endless!) buffet with dishes donated by more than 100 local restaurants alongside our famous silent auction with items and services provided by more than 200 local businesses and individuals. The setting truly comes together with all of the beautiful spring blooms donated by some of the finest florists in the Capital Region.

We are grateful to all of our supporters, volunteers, friends, and family who make this event possible. We could not do it without you. Mark your calendars for Sunday, May 3, 2020 when we host our 33rd Annual Spring Brunch. See you there!
**Spring Brunch Donors**

Open Door Bookstore  
Opera Saratoga  
Opio Home  
The Otesaga Resort Hotel  
Our Daily Eats  
Patricelli’s Deli  
Patty’s Petals  
Pazdar Winery  
Marissa Peck  
Marissa Peck  
Philip Alexander Jeweler Inc.  
Phillips Hardware  
The Pilates Principle  
Pinewoods Pottery  
Planted Organics  
Publick House Historic Inn & Country Motor Lodge  
Q.U.I.L.T. Inc.  
River Garden Studio  
Dan Ryan  
Rynanswood Studio  
Salon Pure  
Sam’s Italian American Restaurant  
Sandy Walck Garden Design  
Saratoga Soda Farm  
Savor Cookies  
Scotti’s Restaurant  
Shakespeare & Company  
Shampoo Dog Wash  
The Silver Seashell  
Silver Zoo  
Nate Simms  
Soluna Yoga Studio  
SPAC  
Spirit of Ethan Allen  
Spring Into Health with Anouk and Danielle  
Stony Point Glass & Garden  
Taste of Troy Food Tours LLC  
Thousand Islands Winery  
Time & Space Limited  
Tomato Snaps  
Top Custom Jewelers  
Town Tinker Tube Rental  
Travelers Championship  
Tree Paad  
TriCity Valley Cats  
Ellen Tucker-Cohen  
USS Slater  
Vermont Nature Creations  
Very Beautiful Things  
VIA Aquarium  
Vico  
Warren Tire Service Center  
Wellness Roots Healing Arts  
Wildwood Programs  
Williamstown Theatre Festival  
Wishing Well Restaurant  
WMHT/WEXT  
Wunderbar Bistro  
Yoga Bliss on the Boulevard  

**RESTAURANTS**  
333 Café  
AJ Rinella  
Alexis Diner  
Ama Cocina  
Ambition Café  
Amo La Bellamangia  
ARC Rensselaer County  
Augsie’s Family Style Italian Restaurant  
Bacchus Wood Fired Pizza  
Bard and Baker Café  
Beirut Restaurant  
Bella Napoli Bakery  
Birch Bark  
Black & Blue Steakhouse  
Black Horse Farms  
Blue Ribbon Restaurant and Blue Rose Bakery  
Bob’s Diner  
Bonfiglio & Bread  
Bongiorno’s  
B-rads  
Café 217  
Café Calabria  
Café Deli-icious  
Capital Buffet  
Cardona’s  
Carol’s Place  
Chaos and Buttercream  
The City Beer Hall  
The City Line Bar and Grill  
Country View Diner  
The Cuckoo’s Nest  
DeFazio Imports  
D’Raymonds Restaurant and Lounge  
Druthers Brewing Company  
Duncan’s Dairy  
Dutch Desserts  
Emmanuel Thai  
Falvo Meats  
First Choice Caribbean American Cuisine  
Flatbread Social  
Franklin Plaza  
The Fresh Market  
Gateway Restaurant  
Halfmoon Diner  
Hamilton Street Café  
The Hollow Bar + Kitchen  
Ilium Café  
Innovo Kitchen  
Iron Gate Café  
Jack’s Oyster House  
K-Plate  
La Empanada Llama  
Lakeview Inn on Crystal Lake  
Magdalena’s Menu  
The Mercantile Kitchen and Bar  
Moscatiello’s Italian Restaurant  
Mr. Subb  
Normanside  
Old Daley Catering  
Old World Provisions  
The Olde English Pub & Pantry  
Orchard Tavern  
O’Slattery’s Irish Restaurant  
Otis & Oliver’s Restaurant and Pub  
Pancho’s  
Pasta Pane  
Peter Pause Restaurant  
Pika’s Quiche  
Placid Baker  
Popeyes  
Price Chopper  
Primal Butcher  
Psychedelicatessen  
Restaurant Navona  
The Ripe Tomato American Grill Risotto  
Rock Hill Bakehouse  
Roma Imports  
Saati Deli and Catering  
Sadudee Thai  
Sage Bistro  
Sodexo Services at Sage College  
SriSiam Thai Restaurant  
Sunhee’s Farm and Kitchen  
Sycaway Creamery  
The Taproom at Brown’s Brewing Co.  
Taverna Novo  
Tesoro  
Tesoro’s Italian Restaurant  
Thunder Mountain Curry  
Top’s American Grill Bakery and Bar  
Troy Country Club Restaurant  
Two Brothers Pizza & Pasta  
Unagi Sushi  
Unique Catering  
Valente’s  
Vegan Creations  
Verdile’s  
Villa Italia  
Viva Cinco de Mayo  
Wired Coffee and Bagel  
Yonder Farms  
Zachary’s Pastry Shoppe  

**BEVERAGE DONORS**  
Albany Wine & Spirits  
All Star Wine & Spirits  
Battenkill Creamery  
Beer Universe  
Colvin Wine  
Diana’s Wine & Spirits  
Garelick Farms  
Mazzone Hospitality  
Stewart’s Shops  

**FLORAL DONORS**  
Bountiful Blooms Florist  
Danker Florist  
Emil J. Nagengast Florist  
Felthousen’s Florist & Greenhouse  
Fletcher Flowers  
Fleur De Lis  
Fleurtacious Design  
Flowers by Pesha  
Kathleen’s Designs by the Flower Girl  
Michele’s Floral Designs  
Pawling Flower Shop  
Surroundings Floral  
Worthington Flowers  

**Special thanks to Mazzone Hospitality!**
Contributions From Our Friends

HARVEST HELPERS
(monthly supporters)
Geoffrey and Kristen Abbas
G. John Delory and Joseph D. Leonard
John and Jane Husson
Peter Jenkins
Wendell Lorang and Sherry Gold
Nancy Preston, Ltd.
Patti Schachter
Karl and Donna Staufenberg
Erin Tobin and Roger Bearden

COMMUNITY PARTNERS
A.J. Rinella Co.
Allstate Insurance- John Lofrumento
Bacon Hill Reformed Church
Ballston Spa National Bank
Bearing Distributors
Bethlehem Central High School
Blaze Pizza
Bouche and Clark Benefits
Business Council of New York State
Capital District Physicians’ Health Plan
Carl E. Touhey Foundation
CEO
Chazen Companies
CommerceHub
Community Foundation for the Greater Capital Region
Community Loan Fund Of The Capital Region Inc.
Community Resource Federal Credit Union
Copps DiPaola Silverman
T. Daniel and Susan Pfau Foundation
Duncan & Cahill
Eco Kids: A Natural Childcare Center, LLC.
First Reformed Church
First United Presbyterian Church
GE Foundation
Goldman Sachs
Goldstein Auto
Greenbush Tape and Label
Honest Weight Food Coop
Hoosick Valley Contractors
The James H. Wurz Jr. and Edward T.
Wurz Sr. Foundation
The John Faunce and Alicia Tracy
Roach Fund
Jonesville United Methodist Church
Junior League of Albany
Key Bank
Key Bank Foundation
KW Mission Critical Engineering
Marra’s Pharmacy
Martin, Harding & Mazzotti, LLP
Mick Butler State Farm
Mid Hudson Mycological Association
Monticello Realty
Northern Rivers Family Services
O’Bryan Family Foundation
Piper Jaffray & Co.
Pombo Wealth Management
Prince of Peace Lutheran Church
Redd Belmont Development Partners
Robison Family Foundation
The Rosenblum Companies
Sabic
Sano-Rubin Construction Co.
Saratoga National Bank
SEFCU
Split Rock Charitable Foundation
Stuyvesant Plaza, Inc.

INDIVIDUALS ($20+ total)
Barbara J. Ahern and W. Conard Holton
Shawn Allan and Nicholas Hepler
Gemma and Jason Allen
Lisa and Chris Allison
Wallace and Jane Altes
Gregory Anastasio
Jeffrey Anderson and Megan Brown
Dave and Sue Anthony
Kelli Arnold
David Ashton and Kathy Moser
Michele Bager
Marisa Bagley
Charles and Cheryl Barnes
Katherine and Greg Beam
Mary E. Bearder
Sharon Bedford and Fred Alm
Timothy Bell
Deborah and John Bennett
Dr. Robert Benton and Dr. Diane Rourke
Michael Bergen and Abbie Kiley
Michael Bloom and Mary Millis
Sambatsopoulos Bo
Jackie Bokus
Abe and Jean Bolgatz
Jeri and Robert Bosman
Peter Bowden and Sharon DiLorenzo
Michael Boxley and Karen Keown
Barbara Bradley and Tom McGuire
Mary and Bob Brand
Curt Breneman and Miriam Pye
Daniel and Maryann Brennan
Albert Brooks
William and Susan Brown
Iris Brody
Sam Bruckman
Mark Bryant and Lisa Callahan
Charles and Charlotte Buchanan
Stephanie Buchanan
Doug Burns and Michele Pigliavento
Burns
Diane Cameron
Elizabeth Campbell
Ryan and Jeanne Case
Vance Catapang
Gail and Michael Catoggio
Angelo Christo
Robert Clancy and Lauren Payne
Rae Clark
Rhea Clark
Kevin Cleary
Jeff and Debbie Cohen
Jennifer and Thomas Congdon
Edward and Susan Connolly
Hon. Richard Conti and Steve Snow
Anne Conway
Charles Cooper
Thomas Cooper
Sirena Cordova
John and Sue Corey
Kevin Cornils
TJ and Will Coté
Stephen Cowan and Lucille Marion
Stephen Crouse
Nicholas and Sita Crouse
Victoria and Tom Crowell
Peter G. Crumme
Don and Joan Caspos
Susie Davidson Powell
Barbara Dean
Harriett DeGraff
L. Edward Deinke
Christina and Alex Dell
Ann Marie Devine and Ed Degen
Dee Dee Diciccio-Craft and Mike Craft
Margaret Diggs
Charlette DiPaola
Nancy Down
Barbara Downs and George Weissman
Barbara and Daniel Downs
Donna Duffy
Ronald Dunn and Linda Pelosi-Dunn
Jo Ann Dunne
Jeff and Mary Durgee
Joseph Durkin and Linda Stadlander
Ann Duszka
Pilar and Donald Eldridge
Norine and Chuck Ellett
Herbert and Annmarie Ellis
Judi England and Jeff Dillonbeck
Jeffrey and Lorraine English
Mike Esposito
Raymond E. Essiembre and John Falciano
Ann Fabca and Fred Cawley
Hon. Patricia Fahy
Don and Lisa Ann Fane
Keith Faustel
James and Barbara Featherstonhaugh
Myra Fedyk
Ann and Paul Ferency
Walter Finlay
Karen Finnerty
Della Fisher
Hugh Fisher and Susan Witenberg
Fisher
Deirdre Fogarty-Harris
Linda Ford and Phil Ferguson
Edward Foss
Wendy and John Fox
Ron Fredericks and Barbara Sweeney
Jennifer Freeman
Olivia Gagliardi
Allene Gamble
Deborah Garvey
James Gaughan and Keith Lee
Marjorie Geiger
Dominic Geofuso
Carolyn B. George and Michael M. Wright
Jean and Antoine Gerbini
Lewis and Barbara Gershman
William Getman
Jean and Reinhard Giesselmann
Stephen and Kathy Golias
Ben Goldberg and Joan Johnsen
Owen Goldfarb and Priscilla Fairbank
Gail Hill Gordon
Steven Greenstein and Evelyn Katz Greenstein
Gene Groger and Helen Weltin
Margaret Gulliver
Carlos and Patricia Gutierrez
Susan and James Hacker
Michael Halloran
Dr. and Mrs. Gerald Hausler
Dr. Theodore and Jessica Hausler
Dr. James Hendler and Cantor Terry Horowitz
Kimberly Hickok and Mark Crabb
Eileen Hoffman and David Munro
Laurel Holts
Marlene Horne
Bishop Emeritus Howard J. Hubbard
Lucinda Huggins
Kathy and Vince Jimino
E. Stewart Jones, Jr. and Kimberly Sanger Jones
Herb and Linda Jurist
Pauline Kamen Miller and Frederick A. Miller
William Karchner
Timothy Karl
Ellen Kaufman
Susan Keating and George Cushing
John Keegan
Mary and Michael Keegan
Alexander and Gail Keeler
Kerryn Kent
Arthur and Heather Kilmer
Candace King Weir
Patrick Kleo
Amy Klein
Peter and Erin Kohor
William and Audrey Koester
Amy Koen-Roth
Anoush Koroghlian-Scott and Paul Scott
Lydia Kosinski
Deborah Kulpako-Arnold and Richard Arnold
Tyler Kuznia
Amy LaFountain-Watson
Mollie C. Lampi and Bernard C. Melewsy
Eileen and Kevin Lang
Adriana Later
Bertha Lattimore
Marc Laymon
Bonnie Lee
Elizabeth Leith
Robert Levine and Wenyen Jiang
Melissa & James Listman
Meika Lee and Matt Alinger
Kersten Lörcher and Sylvia Browne
Pamela Love
Hedy Lowenheim
Valerie Lucas
Alexandra Lusak
Kerri and Kevin Lynch
Matthew Lysneky
Lynn P. MacGowan
Jackie Mahoney
Jenny and Jim Malattras
Arthur Malkin and Jill Goodman
Marie Malsch and Michael Malsch
Stephen Cowan and Lucille Marion
Helen Martin
Kathleen Mato
Dean M. Mauro
Alissa Maynard
Barbara and Brian McCandless
LuAnn McCormick, PhD and Karen Foley
Barbara and John McDonald
Nancy McEwan
Peter McGowan and Toni Smith
George and Kathleen McNamara
Mary and Rudy Meola
Jacqueline Merrick
Chelsea Merrill
Wayne Metsch and Lynn Gelzheiser

PAGE 10
Hilary and Nicholas Miller
Craig and Michelle Mulligan
Katherine Nadeau
Caroline Nagy
Annette Nanes and Scott Meyer
Christine Nealon
Barbara Nelson and Tim Dufel
Ella Mae Newson
Cynthia Nixon
Gail Nizinkirck
Lynette and Bernard Noonan
Kelly O’Brien
Kevin and Pat O’Bryan
Patricia O’Connor and Marion Terenzio
Heather O’Heaney
Staci O’Neill
Geralyn O’Reilly
Phyllis Ochs
Harry and Kathy Odabashian
Chet and Karen Opalka
Gail and Jerry Ostrander
Eloise Palmisano
Spencer Paluch
Robert and Loretta Parsons
Hannelore and Ralph F. Passonno Jr.
Louis Patterson
John and Jane Pattison
Wendy Pattison and Bill Schroeder
Marissa Peck
Maria Perillo
Susan Poisson-Dollar and Jerry Dollar
Michele Pollard
Julia Popova
Nathan Pruitt and Rebecca Keim
Ramona Quirion
James and Risa Reed
Dr. Nedra Reed and Dr. Gladys Craig
Honorable William Reinhardt and Gail Landsman
Kerri and Phil Richards
Stephen and Susan Ridley
Wanda Rivera
Jim and Blanche Rivers
Pamela and Donald Robbins
Bill Rogers and Jenny Haneman
Cydney Rogers
Joan Rogers
Jane Roodenburg
Bruce & Rebecca Rosen
Hannah Rosen
Paul Rosenberg
Lisa and Malcolm Roth
Sharon Roy
Mary E. Ruiz
Nancy Rutember
Mary Anne Ryan
Gail and Joe Sacco
Laurie and Jim Salmon
Lee Sapienza
Anne Savage and Michael Myers
Hannah Savio
Matthew Schueler
Bonnie Schultz
Mary Schultz
John E. Schumacher
Amy Scott and Andrew Bailey
Michael and Nancy Scott
Lauri and Florence Selin
Robin and Jim Sevinsky
Margie Sheehan
Susan Shipherd
Donna Simms
Craig and Mary Skevington
Janice and Stan Smith
Marsha Smith
Perry Smith and RoseAnne Fogarty
Raymond and JoAnn Smith
Susan and Eugene Sneeringer
Susan Snyder
Mike Stanton
Caitlin Stephen
James Surano
Dorothy Szymaszek
Frank and Liz Therrien
Kathlene Thiel and J. Eric King
Susan Thompson and Albert De Salvo
Jo Ann and Patrick Timme
John and Doris Toner
Congressman Paul D. Tonko
Virginia Touhey and Kathleen Simmonds
Diane and Stephen Trowbridge
Jessica and Steve Trowbridge
Lynette and Michael Tucker
William Tuthill and Gregory Anderson
Lee Vaughan and Varada Pandya-Vaughan
Erica Veil and Peter Fox
Deborah Vogel
Caroline R. Walker
Bruce Weber
Deborah Webster and Robert Guzzo
Kathy and Bernie Whalen
Rebecca and Corrie Whalen
Tom Wickham
Donald and Gail Wrieden
Toni and Nick Yaron

TRIBUTES IN MEMORY OF:
Chico Christopher
by Michael Christopher
Maurice Garvey
by Joseph D’Angelo
Nina Patterson
by The Van Rensselaer Garden Club
Mary Jane Smith
by Della Fisher

TRIBUTES IN HONOR OF:
Leda Congdon
by Miten Negandhi
by Chris Wilber Howard
Jenny Malatras
by Stephanie Buchanan
Nancy Preston
by Susan Burnett
by Jackie Elacqua
by Cheryl Gelder-Kogan
by Marna Redding
by Frank Risler
by W. Bartlett Stillman

IN-KIND DONORS:
Beckers Farm
Best Berry Farm
Buhrmaster Farm
Eco Kids
Engel’s Acres
Esposito’s Flowers and Produce
Ben Goldberg
Hewitts Garden Center
Honest Weight Food Co-op
Karin Lang
Alexandra Lusak
Mary Kahrl
Mary Krencski
Steve Moragne
Myra Fedyniak
Hannelore Passonno
Rivers Casinos Resort
Bill Rogers
Seagroatt Riccardi
Sabic Innovations

SUPPORT CAPITAL ROOTS WITH A DONATION TODAY!
NAME: ____________________________ E-MAIL: ________________________
PHONE: ______________________ ADDRESS: ____________________________

☐ I’d like to support Capital Roots’ Veggie Mobile®
with a donation of $ ______________
☐ $35 Friend
☐ $60 Sponsor
☐ $120 Supporter
☐ $300 Benefactor
☐ $600 Cultivator
☐ $1200 Gardening Angel
☐ Make me a Harvest Helper for $ __________ a month.

☐ In honor of
☐ In memory of

Cutlery Set
Baskets
Non-digital kitchen (or hanging) scales
Working vehicles
Hoes (stirrup preferably or regular)
Garden carts and water barrels
Good working all-terrain mower
Set of metal ramps for loading equipment
Laptop computers
Long handled and round point shovels
Cake platters and pie servers
Clean 5 gallon buckets
3-4ft tall pointed wooden stakes
4ft or larger metal stakes
Broadfork and hard rakes
Watering cans with nozzles
Large whiteboards
Light coats and sweatshirts
Light raincoats and coveralls
Large plastic storage totes with lids
Working vehicles
Gardening gloves for cold weather
Battery powered weedwacker
Spray nozzles and watering wands
Soaker hoses in good condition
Pin axes and pitch forks
Iphone 5 & up

To make a donation, call: 518-274-8685

I’D LIKE TO GET INVOLVED
☐ Help deliver produce for Squash Hunger
☐ Assist with farm work at the Produce Project

Attend garden work parties and help us keep our gardens looking tip top shape
SAVE THE DATE
JANUARY 25, 2020
VISIT www.capitalroots.org FOR DETAILS