



NEW YORK STATE SENATOR

David J. Valesky

Senator Valesky Takes on Locavore Challenge

DAVID J. VALESKY September 17, 2014

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Syracuse, NY – State Senator David J. Valesky (D-Oneida) is taking part in the Northeast Organic Farming Association of New York's (NOFA-NY) Locavore Challenge, which it holds each September to inspire awareness and action in eating locally and organically through events and activities around the state and online.

"We are fortunate to live in an area with a strong agricultural base and where locally produced foods are so readily available," Senator Valesky said. "I encourage everyone to take advantage of the abundance of produce at our farmers' markets, to support restaurants that buy local food products and to take part in the Locavore Challenge themselves."

"The Locavore Challenge is a great opportunity for everyone to incorporate more locally grown food in their everyday food choices," Anne M. Ruflin, executive director of NOFA-NY, said. "New York State has wonderful agricultural resources, and we are excited to see Senator Valesky supporting the local farming community not only on the legislative floor, but also in his own kitchen."

[NOFA-NY's Locavore Challenge website](#) offers an interactive guide to how to become a locavore, a list of upcoming locavore events and a Challenge checklist of ideas and action items for people who want to further their commitment to supporting local and organic food

and farming. For people looking to buy direct from farmers, a number of markets around Central New York will be open through much of the fall, including:

Onondaga County

- Central New York Regional Market: 2100 Park St., Syracuse, 7 a.m. to 2 p.m. Thursdays (through November); 7 a.m. to 2 p.m. Saturdays (year-round)
- Downtown Farmers Market: Water Street at Clinton Square (on south side of fountain), Syracuse, 7 a.m. to 4 p.m. Tuesdays through Oct. 14
- Syracuse Eastside Neighborhood Farmers Market: Westcott Community Center, 826 Euclid Ave., 2 to 6 p.m. Wednesdays through the end of October
- Bayberry Market: Bayberry Plaza parking lot, Route 57 at Blackberry Road, Clay, 8 a.m. to 3 p.m. Wednesdays through the end of October

Madison County

- Cazenovia Farmers Market: Memorial (Cannon) Park, Albany Street, Route 20, 9 a.m. to 4 p.m. Saturdays through Nov. 1
- Hamilton Farmers Market: on the Village Green in Hamilton, 8 a.m. to 1 p.m. Saturdays through Nov. 1

Oneida County

Clinton Farmers' Market: on the Village Green in Clinton, 10 a.m. to 4 p.m., Thursdays through October

Join Senator Valesky in supporting the Locavore Challenge by tweeting photos of yourself eating local foods with the hashtag #cnylocavore and follow him on Facebook.

Along with NOFA-NY's Locavore Challenge, events such as Madison County's Open Farm Day and Buy Madison Week encourage residents to consider buying what they need from local businesses and to familiarize themselves with local farmers and their farming practices. To help consumers locate markets and other agri-tourism destinations, the state's [Pride of New York website](#) offers information for over 3,000 "Pride Of New York" members and their products. The state's Taste NY campaign focuses on expanding New York's food and beverage industry and promotes agribusiness through a range of promotional efforts such as the Taste NY tent at this year's New York State Fair and a dedicated website at www.taste.ny.gov.