



**Agriculture
and Markets**



NEW YORK PRODUCTS FOR INSTITUTIONAL BUYERS



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THERE ARE MANY AMAZING NEW YORK PRODUCTS AVAILABLE DIRECTLY FROM FARMS, THROUGH FOOD HUBS, AGGREGATORS, AND BROADLINE DISTRIBUTORS. THIS GUIDE WILL HELP YOU GET STARTED!

INSTITUTIONAL BUYING PROGRAMS IN NEW YORK

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WHERE TO FIND NEW YORK FOOD PRODUCTS

[New York Food Products Database](#)

[Cornell Cooperative Extension Offices](#)

[New York State Grown & Certified Products](#)

[New York State Minority and Women Owned Business Enterprise Directory of Certified Farms](#)

[USDA Local Food Directory](#)



**Agriculture
and Markets**

OVERVIEW OF PROGRAMS

Executive Order 32

New York State agencies that purchase food are now required to spend a percentage of their food budgets on New York State food products. Steady goals have been set with the goal to have state agencies spending 30% of their budget on New York State agricultural food products by 2027.

- Processed products must contain 51% or more raw agricultural materials (by weight or volume) that are grown harvested or produced in New York.
- Manufacturing and processing of products must occur in a facility in New York State to be eligible for funding.

Nourish New York

Nourish New York (Nourish) funding allows emergency food and nutrition services to purchase New York food directly from New York farmers, distributors, processors, and food hubs then distribute it to New York families in need across the state. Nourish is jointly administered by the New York State Department of Agriculture and Markets (AGM) and the New York State Department of Health (DOH).

- Processed products must contain 51% or more raw agricultural materials (by weight or volume) that are grown harvested or produced in New York.
- No requirements for in-state processing.

The 30% New York State Initiative

The 30% New York State Initiative is intended to provide healthy New York sourced food products, such as farm fresh products, to children as part of their lunch meal in school. The additional reimbursement through this initiative is available only to School Food Authorities (SFAs) that spend at least thirty percent of total food costs for the school lunch program on New York State (NYS) food products in the preceding school year. SFAs applying to the initiative should, to the best extent possible, reach the required threshold with healthy, farm fresh items served with the reimbursable lunch meal and should limit the inclusion of a la carte snack foods.

- Processed products must contain 51% or more raw agricultural materials (by weight or volume) that are grown harvested or produced in New York.
- No requirements for in-state processing.

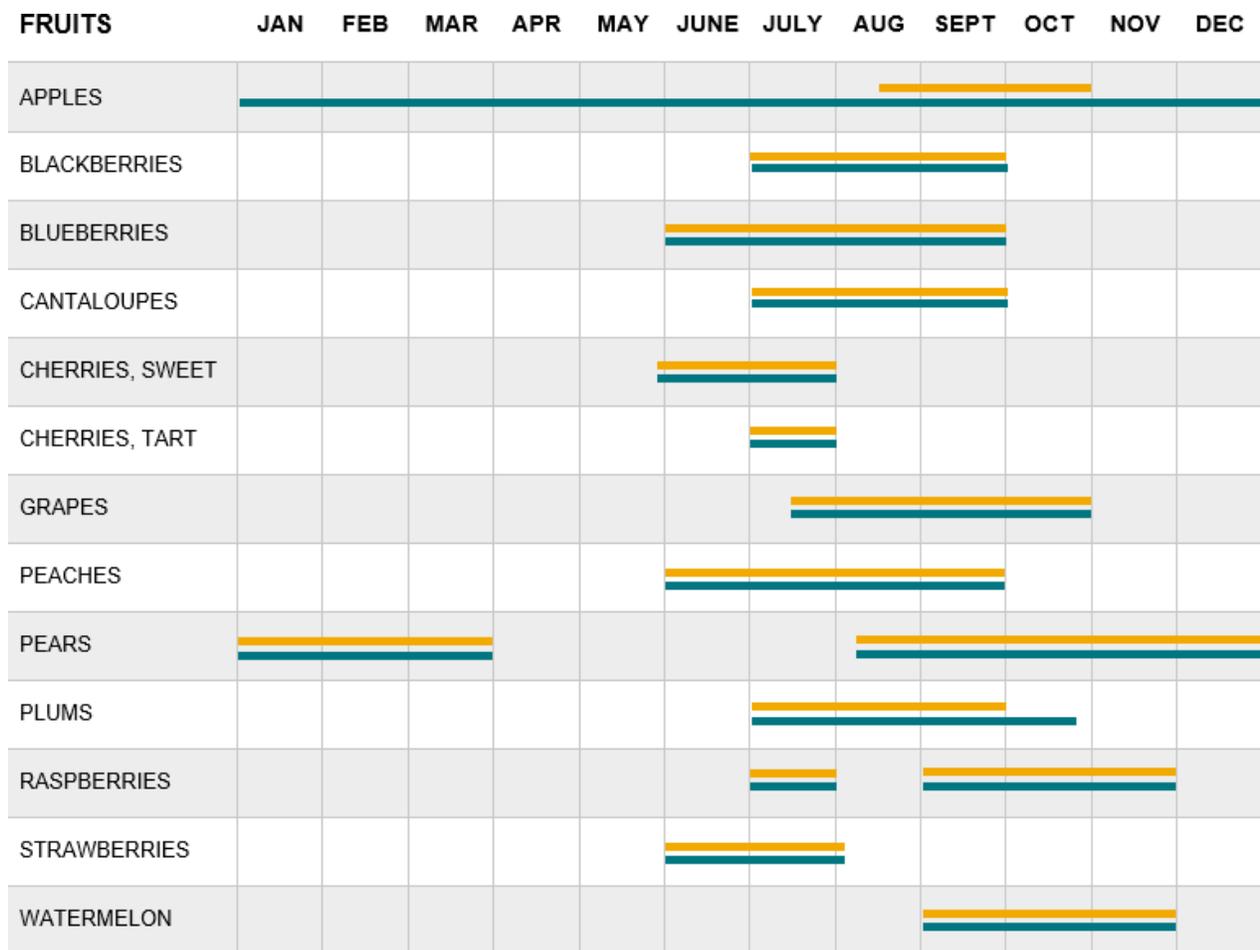


PRODUCE

HARVEST CHARTS

The New York produce availability periods below are approximate. Harvest periods may also begin a week to ten days earlier during a warmer than usual year or with season extension strategies, while a cool spring will delay crop maturity. We recommend that you call local producers for exact dates of harvest and produce availability near you!

 Availability Period  Harvest Period



Availability Period

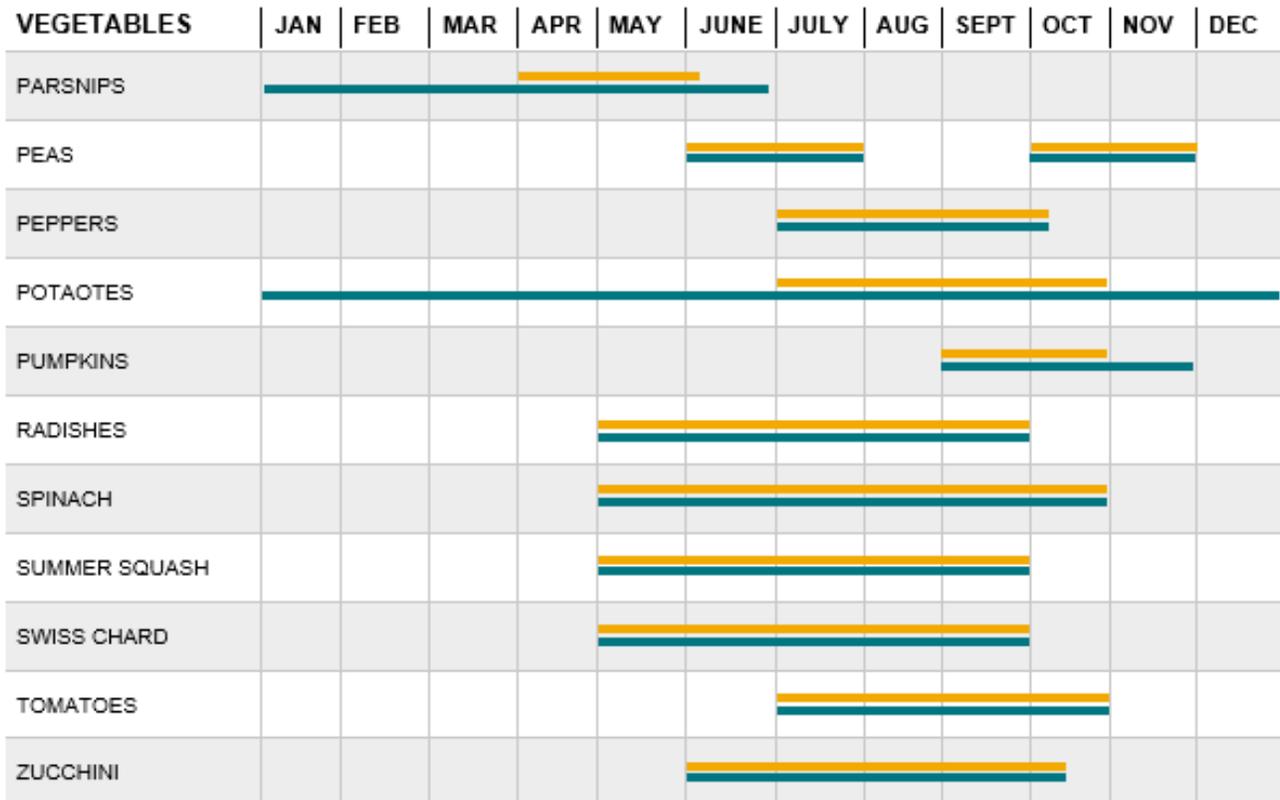
Harvest Period

VEGETABLES	JAN	FEB	MAR	APR	MAY	JUNE	JULY	AUG	SEPT	OCT	NOV	DEC
ASPARAGUS					Harvest							
BEANS, DRY	Availability	Availability	Availability	Availability	Availability	Availability	Availability	Availability	Harvest	Harvest	Harvest	Harvest
BEANS, SNAP							Harvest	Harvest	Harvest	Harvest		
BEETS	Availability	Availability				Harvest	Harvest	Harvest	Harvest	Harvest	Harvest	Harvest
BROCCOLI						Harvest	Harvest	Harvest	Harvest	Harvest	Harvest	
BRUSSELS SPROUTS								Harvest	Harvest	Harvest	Harvest	
CABBAGE	Availability	Availability	Availability			Harvest	Harvest	Harvest	Harvest	Harvest	Harvest	Harvest
CARROTS	Availability	Availability	Availability				Harvest	Harvest	Harvest	Harvest	Harvest	Harvest
CAULIFLOWER								Harvest	Harvest	Harvest	Harvest	
CELERY								Harvest	Harvest	Harvest	Harvest	
COLLARDS GREENS							Harvest	Harvest	Harvest	Harvest	Harvest	Harvest
CORN							Harvest	Harvest	Harvest	Harvest	Harvest	
CUCUMBERS							Harvest	Harvest	Harvest	Harvest	Harvest	
EGGPLANT								Harvest	Harvest	Harvest	Harvest	
GARLIC						Harvest	Harvest	Harvest	Harvest	Harvest	Harvest	Harvest
HERBS	Availability	Availability	Availability	Availability	Harvest	Harvest	Harvest	Harvest	Harvest	Harvest	Harvest	Harvest
KALE								Harvest	Harvest	Harvest	Harvest	Harvest
LEEKs							Harvest	Harvest	Harvest	Harvest	Harvest	Harvest
LETTUCE	Availability	Availability	Availability	Availability	Availability	Availability	Availability	Availability	Availability	Availability	Availability	Availability
ONIONS	Availability	Availability	Availability	Availability	Availability	Availability	Harvest	Harvest	Harvest	Harvest	Harvest	Harvest



Availability Period

Harvest Period



APPLES

NEW YORK TYPICALLY RANKS IN THE TOP 5 STATES FOR APPLE PRODUCTION

COMMON NEW YORK APPLE VARIETIES

Cortland, Empire, Golden Delicious, Fuji, Honeycrisp, McIntosh, Macoun, Gala, RubyFrost, SweeTango, Zestar!

Harvested: July - November

Available: All Year

PREPARATION IDEAS

Certain apples are best for certain uses!

Bake in a pie: Cortland, Empire, Golden Delicious

Applesauce: Cortland, Empire, Fuji, Honeycrisp, McIntosh

Make a jelly: Cortland, Empire



Dip it: Dip apple slices in peanut or almond butter.

Pair it: Pair apple slices with NY State cheddar.

Bake it: Bake apple slices in the oven with cinnamon sugar for 15-20 minutes at 350 degrees F. Bake cored apples and pears halves in the oven stuffed with a yummy filling like raisins, honey, or chopped nuts!

Add to a salad: Fruit like apples are great when sliced added to a green salad!

Make a dessert: Not only are apples fantastic desserts when eaten raw, but they're also great when baked into a pie or cake!



BLUEBERRIES

NEW YORK TYPICALLY RANKS IN THE TOP 10 STATES FOR BLUEBERRY PRODUCTION

Harvested: June - July

Available: June - August

PREPARATION IDEAS

Add blueberries to NY yogurt, cottage, cheese, or ice cream for additional nutrients and flavor.

Mix them into a batter for pancakes or muffins!

Freeze them with other NY berries like raspberries, strawberries, or blackberries to use in desserts, smoothies, or parfaits!



BLUEBERRY FACTS

- It takes nearly 8 years for blueberries to reach their mature production.
- A well maintained planting can remain economically viable for up to 40 years or more yielding in excess of 10,000 lbs/acre.
- Ninety-five percent of this production is hand-picked and sold as fresh fruit with the remaining 5% going to value added products.



BROCCOLI & CAULIFLOWER

Harvested: Broccoli – June - November
Cauliflower – August - November

Available: Broccoli – June - November
Cauliflower – August - November

COMMON NY VARIETIES

Green Broccoli, Romanesco cauliflower, Snow Crown Cauliflower, Violet Queen Cauliflower

PREPARATION IDEAS

Eat it raw: Experiment with fun dipping sauces, such as hummus, salsa, or ranch dressing! Do a taste test for the best dip with both!

Eat it cooked: Add broccoli and cauliflower to a stir fry for a little color!

Make it a topper! Add to pizza to make it a veggie pizza!

Add it in: Add broccoli and cauliflower to a pasta dish or macaroni and cheese!

Pack on the green: Add broccoli florets to a green salad to add texture and crunch.

Rice it: diced up cauliflower and steam it to make cauliflower rice.

Pizza it: Make your pizza crust out of mashed cauliflower for a healthier crust!



CABBAGE

NEW YORK TYPICALLY RANKS IN THE TOP 5 STATES FOR BOTH FRESH MARKET AND KRAUT CABBAGE

Harvested: June - December

Available: Nearly year-round

COMMON TYPES OF CABBAGE GROWN IN NYS

Green cabbage, red cabbage, Savoy cabbage

PREPARATION IDEAS

Cabbage can be eaten raw, cooked, or fermented!

Sauerkraut is actually fermented cabbage. You might add it to a sandwich or hotdog.

Sauté cabbage with onion and add to any pasta.

Shred cabbage and add into dishes such as stews or curries.

Try kimchi! A staple of Korean cooking, you can use this spiced fermented Savoy cabbage as a side or as a topping for sandwiches or tacos.



CABBAGE FACTS

- There are roughly 100 varieties of cabbage grown in the world! More than 30 varieties are grown in NY.
- Cabbage can be stored for up to 5 months with the ideal temperature at 32°F and humidity at 98%.
- Leave outer wrapper leaves intact to ensure protection of inner leaves and retention of moisture.



GARLIC

NEW YORK TYPICALLY RANKS IN THE TOP 5 STATES FOR GARLIC PRODUCTION

Harvested: June - July

Available: June- November

COMMON GARLIC TYPES GROWN IN NY

Hardneck, softneck, elephant or great-headed varieties

PREPARATION IDEAS

Usually served cooked; The most popular methods are roasting or sautéing

Use garlic to add flavor to veggies! Sauté broccoli or green beans with minced garlic

Garlic can be pickled to make a tasty snack that lasts!



GARLIC FACTS

- New York is known for its "hardneck" garlic which has a hard stalk running through the center of the bulb. This flavor is often considered to be stronger and more unique than "softneck" varieties of other states and grocery stores.
- About 10% of New York farms report that they grown garlic!



ONIONS

NEW YORK TYPICALLY RANKS IN THE TOP 10 STATES FOR ONION PRODUCTION AND ACCOUNTS FOR NEARLY ALL ONION PRODUCTION IN THE NORTHEAST

Harvested: July - November

Available: Year-round

COMMON TYPES OF ONIONS GROWN IN NY

Sweet, red, yellow

PREPARATION IDEAS

Can be served cooked or raw, use them to add flavor to veggies, sauces and dips!

Caramelize onions and use them to top burgers, quiches, salads and more.

Grill halved onions with peppers, summer squash, and cherry tomatoes for a summer side dish.



ONION FACTS

- Onions are primarily grown on New York's muck soils or "black dirt" in Oswego, Madison, Cayuga and Orange counties. This soil is extremely rich in nutrients for vegetable production and is nearly entirely made up of organic matter.
- Most of the time between planting and harvest an onion is putting energy into it's leaves, then the bulb develops later.



PEPPERS

Harvested: July – October
Available: July – October

COMMON TYPES OF PEPPERS GROWN IN NY

Bell, or sweet bell peppers, jalapeño, habanero

PREPARATION IDEAS

Peppers can be served cooked or raw.

Peppers are a great grilling vegetable with just a drizzle of olive oil and a pinch of salt and pepper.

Raw sweet bell pepper slices with hummus make an easy healthy snack!

Peppers come in a wide variety of colors – add them to everything like sandwiches, salads, and burgers to add color and crunch to your meals!



PEPPER FACTS

- Greenhouse and high tunnel production of peppers has grown in NY making them available both earlier and later in the season than in the past.
- The hottest part of a hot pepper is the seeds. Remove seeds before consuming hot peppers to "cool" them down.
- Peppers are low in fat and calories, but high in fiber.



POTATOES

POTATOES ARE ONE OF THE HIGHEST VALUE VEGETABLES GROWN IN NEW YORK WITH AN AVERAGE VALUE OVER \$74 MILLION ANNUALLY

Harvested: July - October
Available: Year-round

COMMON NEW YORK VARIETIES

Round white: Eva, Superior

Round red: Chieftain, Norland

Yellow/gold: Keuka Gold, Yukon Gold, German Butterball

Specialty/fingerling: Adirondack Blue & Red, French Fingerling

Russet: Russet BakeKing

PREPARATION IDEAS

Boil, bake, roast, or grill potatoes in a variety of different shapes – whole, sliced, cubed, or wedged.

Prepare baked potatoes and serve them with a topping bar; Some possible toppings are fresh salsa, broccoli, and NY cheddar cheese!

Add potatoes with the skin to a soup or stew to make them more filling, or add boiled potatoes to a salad to make it more hearty!

Make orange mashed potatoes! Boil cubes of potatoes with skin and carrot slices and mash for a colorful twist on mashed potatoes.



POTATO FACTS

- The sweet potato belongs to the same family of plant as morning glories while the white potato belongs to the same family as tomatoes, tobacco, chile peppers, eggplant and the petunia.
- Potatoes are grown in all 50 states of the USA and in about 125 countries throughout the world.



ROOT VEGETABLES

Harvested: May - December

Available: One or several types are available almost all year

COMMON TYPES OF ROOT CROPS GROWN IN NY

Beets, carrots, parsnips, rutabagas, radishes, turnips

PREPARATION IDEAS

Eat it raw: Beets, carrots, rutabagas, radish, turnips

Eat it cooked (steam, bake, boil, roast, microwave): Beets, carrots, parsnips, rutabagas, turnips

Add to soups: Carrots, Parsnips

Roasted beets are an excellent addition to a salad! Beet greens can be treated like spinach or chard: sauté or use for a salad, too!

Purée rutabaga on its own with parmesan or add it to mashed potatoes and/or carrots.

Rutabagas are a great addition to soups or stews and make a great soufflé.

Cube and roast beets and rutabagas, with olive oil and your choice of herbs or with a honey or maple syrup glaze.

Add shredded carrots to any salad.

Bake with carrots - they can be used as a main ingredient in cakes, muffins, and cookies.

Slice and roast carrots with beets, potatoes, and parsnips and serve as root veggie fries.

Cut raw parsnips into strips (like carrots) and eat with your favorite dip.

Purée or mash up cooked parsnips like you would potatoes; this would also be a great base to a soup.



SALAD GREENS

Harvested: Year-round
Available: Year-round

COMMON TYPES OF NY SALAD GREENS

Butter head lettuce (bibb and Boston), romaine lettuce, kale, arugula, spinach, leaf lettuces

PREPARATION IDEAS

Use large leaves like Bibb or Butter Head lettuce as the 'bread' or the wrap for a sandwich and skip the bread.

Use different types of greens to taste test different salad dressings and pick out a favorite for a family salad.

Use a green pesto, like arugula pesto, as a sandwich spread!

Add some greens to your scrambled eggs to get more veggies into your breakfast.

Choose a few types of greens and sauté them with a little olive oil, salt, pepper, and garlic.



SALAD GREENS FACTS

- The darker the color of the greens the more nutrient dense they are.
- Over two dozen types of leafy green lettuces are grown in New York, mostly for fresh market production.
- Other popular NY greens include spinach, collards, escarole and endive, kale, mustard greens, turnip greens, arugula, beet greens, swiss chard, and bok choy.



SNAP BEANS

NEW YORK TYPICALLY RANKS IN THE TOP 5 STATES FOR PROCESSING SNAP BEANS AND FRESH MARKET SNAP BEAN PRODUCTION.

Harvested: July - October

Available: July - October

COMMON NY SNAP BEAN TYPES

Green beans, purple snap beans, wax beans, French green beans, flat beans

PREPARATION IDEAS

Sauté them with a little olive oil, salt, pepper, and garlic.

Steamed snap beans add texture and sweetness to a mixed green salad.

Add to your chicken or beef stew to boost nutrition, or as part of a vegetable or minestrone soup!



SNAP BEAN FACTS

- Snap beans (green beans) have two main growth types, bush or pole and there are more than 130 varieties all together!
- Bush beans are planted in rows in the field and can be machine harvested while pole beans are typically grown in the garden.
- After tomatoes and peppers, green beans are the third most common home-garden vegetable.



SUMMER SQUASH

Harvested: June - October

Available: June - October

COMMON NY SUMMER SQUASH TYPES

Yellow crookneck, yellow straightneck, zucchini, pattypan

PREPARATION IDEAS

Make it savory: Use summer squash in “squash parm” like eggplant!

Make it sweet: Bake with shredded summer squash for a healthy dessert!

Make chips: Slice summer squash very thin and bake with a brush of olive oil and a little salt for 20-30 minutes at 425-degrees F.

Make a boat: Make a summer squash boat by hollowing out squash halves and filling with veggies, beans, cheese and breadcrumbs! Bake at 400-degrees F for about 20 minutes.



SUMMER SQUASH FACTS

- Summer squash squashes that are harvested when their rind is still tender and edible, unlike pumpkins or winter squash.
- Summer squash are in the same family of plants as melons, pumpkins cucumbers and gourds.
- Summer squash can grow as a bush or a vine.



SWEET CORN

NEW YORK TYPICALLY RANKS IN THE TOP 5 STATES FOR SWEET CORN PRODUCTION!

Harvested: August - November

Available: August - November

COMMON NY VARIETIES

Jester, Sundance, Tuxedo, Sugar Ace

PREPARATION IDEAS

Grill it: Soak ears of corn with the husks on, and then grill for 15 minutes. Remove the husks and sprinkle seasonings or low-fat cheese on the corn!

Bake it: Cook corn until tender and then bake into muffins for a tasty corn muffin treat!

Corn for breakfast: Make corn fritters with egg and cheese for a veggie-packed breakfast!



SWEET CORN FACTS

- Sweet corn is much different than corn grown for livestock feed. The varieties grown are different and it is eaten fresh, not dried. Only the ear itself is harvested rather than the whole plant.
- Corn was first grown by Native Americans more than 7,000 years ago in Central America.
- On average there are about 800 kernels of corn on an ear of corn.
- A wide range of sweet corn varieties are planted in succession to provide a continuous supply from the start of the season until the end!



STRAWBERRIES

NEW YORK TYPICALLY RANKS IN THE TOP 10 STATES FOR STRAWBERRY PRODUCTION

Harvested: June - July
Available: June - July

PREPARATION IDEAS

Eat them fresh or freeze them to enjoy later.

Slice them up and add them to NY dairy products like yogurt, cottage cheese, whipped cream, or ice cream.

Mix them with other NY berries like raspberries, blackberries, and blueberries to make a fresh fruit salad.

Cook them down with locally grown rhubarb to serve as a sauce or a delicious pie filling.



STRAWBERRY FACTS

- Strawberries are the first locally grown fruit crop of the season to be ready for harvest.
- Roughly 95% of NY strawberry crop is sold fresh with the remaining 5% sold for value-added processing.
- Americans eat roughly 5 lbs. of strawberries per person each year on average (USDA).



TOMATOES

Harvested: Mid-June - October

Available: Mid-June - October

*Tomato availability may be extended past these times thanks to season extension growing practices!

COMMON NY TOMATO TYPES

Beefsteak, cherry, grape, plum, paste

PREPARATION IDEAS

Slicing tomatoes: beefsteak, "slicers"

Paste tomatoes: sauces

Cherry tomatoes: salads, snacks, grilling

Make them into a salsa: Dice up some tomatoes, garlic, onions, peppers, and cilantro for a perfect salsa!

Add them to sandwiches: Add fresh slices of tomatoes to sandwich favorites.

Make them into a sauce: Cook down tomatoes on the stove top for a fresh pasta sauce.



TOMATO FACTS

- Tomatoes should be stored at room temperature rather than in the refrigerator for optimal flavor.
- If they are becoming too ripe before they can be used, place them in the refrigerator, then let them warm to room temperature before using.



WINTER SQUASH

Harvested: August – November
Available: August - February

COMMON NY WINTER SQUASH TYPES

Acorn, spaghetti, buttercup, butternut, delicata, and kabocha

PREPARATION IDEAS

Make it savory: Cube your winter squash and add olive oil, your favorite herb, salt, and pepper and roast it. Squash is also great in salads or tacos.

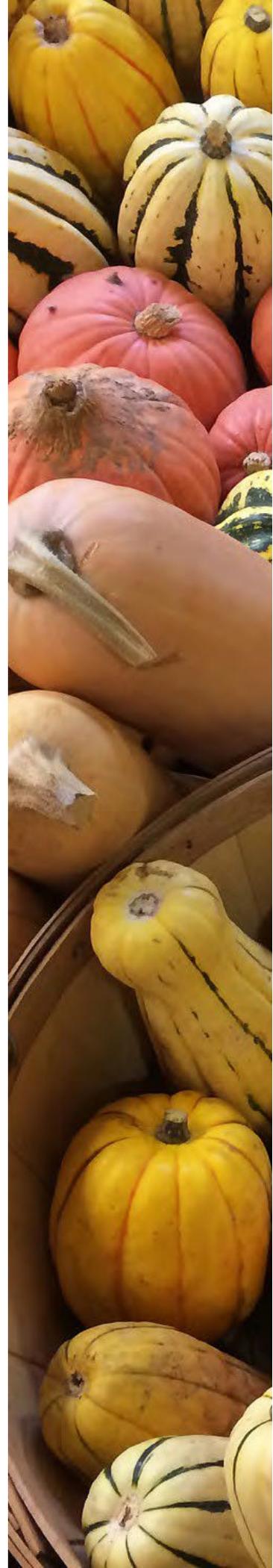
Make it sweet: Slice your winter squash and drizzle olive oil, maple syrup and/or cinnamon!

Mash it up: As an alternative to mashed potatoes, mash cooked winter squash and season with cinnamon or nutmeg!



WINTER SQUASH FACTS

- Winter squash can be stored for about 1-6 months depending on the variety.
- Winter squash is harvested when the skin is hardened, unlike summer squash.
- A significant amount of butternut squash is cut, peeled, packed and sold through grocery stores.
- To make peeling winter squash easier microwave it for 3-5 minutes, then peel it after it's cooled.



DAIRY



BUTTER

DAIRY FARMING IS A YEAR-ROUND BUSINESSES MAKING ICE CREAM AVAILABLE IN EVERY SEASON!

TYPES OF BUTTER

Unsalted, salted, sweet cream, cultured, clarified butter / ghee, organic

PREPARATION IDEAS

Use NY butter for all your baking needs!

Add butter to grilled or roasted veggies with fresh herbs.

Whip butter into mashed potatoes with garlic and light cream or add to a baked potato with sour cream.

Make an open faced butter and radish sandwich on hearty bread.



BUTTER FACTS

- The tradition of having a butter sculpture at the NYS fair has taken place since 1969.
- Butter has a melting temperature of 98.6°F, exactly the same temperature inside the mouth (at least for almost all of us).



CHEESES

NEW YORK IS TRADITIONALLY ONE OF THE TOP PRODUCERS OF ITALIAN CHEESES IN THE NATION AND ONE OF THE FIVE LARGEST PRODUCERS OF AMERICAN CHEESE IN THE NATION.

New York cheeses are available year-round!

COMMON TYPES OF NY CHEESE

Mozzarella (semi-soft, high moisture cheese with salty, slightly sweet flavor)

Gorgonzola (crumbly soft textured cheese with nutty aroma)

Parmigiano-Reggiano (hard, dry cheese with rich, sharp flavor)

Ricotta (soft spreadable cheese with slightly sweet flavor)

Mascarpone (soft spreadable cheese with milky/sweet flavor)

Asiago (fresh asiago has a smooth texture and aged asiago has a crumbly texture)

Burrata (semi-solid cheese with rich buttery and milky flavor)

American cheese is a type of processed cheese with a creamy, salty flavor and medium consistency.

Cheddar (solid particularly sharp creamy cheese with a bit of sweetness)

PREPARATION IDEAS

Italian cheeses vary greatly in texture, hardness, and taste, but most can be used in cooking, or eaten on their own.

The low melting point of American cheese makes it excellent for hot sandwiches or burgers.



ICE CREAM

DAIRY FARMING IS A YEAR-ROUND BUSINESSES MAKING ICE CREAM AVAILABLE IN EVERY SEASON!

PREPARATION IDEAS

Make your own ice cream in a bag: mix half and half or $\frac{1}{2}$ whole milk and $\frac{1}{2}$ cream together in a thick sealable plastic bag with a little vanilla and sugar to make your own ice cream mix. Add the ice cream bag to a larger sealable bag with ice and coarse salt. Seal the larger bag up, then shake both the bags until the dairy begins to solidify and form ice cream!

Make your own healthy sundae with NY fruits in the summertime and top with nuts and NY maple syrup or honey.

Turn a cup of coffee into a caffeinated treat by adding ice cream to it. This is called an affogato!

Add vanilla ice cream to root beer or orange soda!

Make your own ice cream sandwiches with cookies and your favorite ice cream flavor.



ICE CREAM FACTS

- It must contain at least 10% milk fat, 20% total milk solids, and may contain safe and suitable sweeteners, emulsifiers and stabilizers, and other flavoring materials.
- A cow gives enough milk to make approximately 2 gallons of ice cream per day. That's 730 gallons per year!
- It takes 3 gallons of milk to make 1 gallon of ice cream.
- Almost 9% of all milk produced in the U.S is used to make ice cream.



LIQUID MILK

NEW YORK TYPICALLY RANKS IN THE TOP 5 STATES FOR LIQUID MILK PRODUCTION!

Dairy farming is a year-round businesses making liquid milk available in every season!

TYPES OF NY LIQUID MILK PRODUCTS

Fat free milk, 1%, 2%, whole milk, half and half, light cream, heavy cream, whipping cream

PREPARATION IDEAS

Blend milk into smoothies or shakes.

Add it to homemade macaroni and cheese or use it to make a creamier tomato soup.

Add liquid milk, half and half, or light cream to coffee or tea.



MILK FACTS

- Dairy makes up the largest single segment of New York's agricultural industry.
- New York is home to a range of dairy processing facilities ranging from major global processing companies as well as small artisanal dairy product makers.
- In NYS milk is the leading agricultural product, and NYS is the 3rd largest milk producing state (roughly 12.4 billion lbs. of milk per year).
- There are roughly 5,600 dairy farms, 625,000 dairy cows and 113 dairy processing plants in NY.



YOGURT, COTTAGE CHEESE, SOUR CREAM

NEW YORK IS CONSISTENTLY THE LARGEST PRODUCER OF YOGURT, COTTAGE CHEESE AND SOUR CREAM IN THE NATION!

Dairy farming is a year-round businesses making these products available in every season!

PREPARATION IDEAS

Yogurt

Mix it with NY apples, berries, or cherries and granola to make a yogurt parfait. Top with NY honey or maple syrup for a special treat!

Mix yogurt with fruit and freeze it to make a healthy frozen treat for the summer.

Blend it with milk, fruit, and or greens to make a smoothie.

Cottage Cheese

Eat it fresh, mixed with NY berries and granola, or even added to pancake batter, or eggs to make them extra creamy and to add more protein.

Mix it with ranch seasoning packet and sour cream to make a low-calorie, high protein dip for your NY vegetables like carrots, peppers, and broccoli!

Sour Cream

Mix with your favorite spices and NY cucumber and red peppers to make a dip for raw vegetables!

Top your tacos, burritos, or beans and rice with sour cream to add protein and a creamy flavor!

Whisk with milk, mayonnaise, and seasonings and herbs, to make a dressing for salads!

Add it to a baked potato, mashed potato, home fries, or fried potato pancakes.



OTHER PRODUCTS

DRIED BEANS

NEW YORK RANKS IN THE TOP 10 STATES FOR DRIED BEAN PRODUCTION!

Harvested: August – October
Available: Year-round

COMMON TYPES OF NY BEANS

Light red & dark red kidney beans, pinto, navy, cannellini, cranberry

PREPARATION IDEAS

Make it a snack! Raw veggies and bean dip make a great after-school snack!

Make a switch! Make bean burgers for a barbeque!

Add to favorites! Add beans to burritos, tacos, soups, and chili to offer additional protein.

Supplement pastas, egg dishes, salads, soups, and burritos with cooked beans.



DRIED BEAN FACTS

- Dried beans can last 3-4 years in the packaging they come in, so they are a great staple food to keep around the house.
- New York beans are grown almost exclusively in Central and Western NY, with 60% of the legumes processed in cans and the other 40% remaining dried.



EGGS

Harvested: Year-round
Available: Year-round

COMMON NY VARIETIES

Cage free, pasture-raised, free range

PREPARATION IDEAS

Mix into an egg salad for sandwiches to make an on the go meal for a crowd in the summer time. Replace the mayo in an egg salad with a similar quantity of hummus or mashed avocado with a squeeze of lemon and pinch of salt.

Scramble them up with beans, NY cheese and your favorite sautéed veggies to make a breakfast burrito.

Mash 1/4 of an avocado on a slice of whole grain toast. Top with hardboiled egg slices and a sprinkle of black pepper or red pepper flakes.



EGG FACTS

- Eggs remain one of the most affordable sources of protein and still often eaten by those who follow vegetarian diets.
- The breed of hen laying the egg determines its color.
- While brown, white, and green eggs are essentially the same in nutritional value, there are preferences by individuals and by people in different regions of the country.



HONEY

NEW YORK IS A MAJOR HONEY PRODUCING STATE AND OFTEN RANKS IN THE TOP 15 NATIONALLY!

Harvested: Late summer/early fall
Available: Year-round

TYPES OF NY HONEY

Buckwheat, clover, wildflower

PREPARATION IDEAS

Mix honey with lemon juice, olive oil, and vinegar to make a honey and lemon vinaigrette.

Add honey to plain yogurt as a natural and low-calorie sweetener.

Add honey to a charcuterie board and enjoy it with NY meats, cheeses, and fruit.

Use honey in marinade or glaze when grilling or smoking meats.



HONEY FACTS

- The color and flavor of honey depends on what flowers were visited by the honey bees.
- Thousands of bee colonies are used each year in NY to pollinate more than \$300 million worth of crops such as apples, grapes, and pumpkins.
- New York is home to more than 60,000 of the bee colonies used each year for crop pollination and even more are brought from other states!



MAPLE SYRUP

NEW YORK TRADITIONALLY RANKS IN THE TOP 5 STATES FOR MAPLE PRODUCTION!

Harvested: February - March

Available: Year-round

TYPES OF MAPLE SYRUP

Light Amber (golden color, delicate maple flavor)

Medium (amber color, rich maple flavor)

Dark (dark brown color, robust maple flavor)

Extra Dark (very dark brown color, strong maple flavor)

PREPARATION IDEAS

Drizzle over NY ice cream, yogurt, or oatmeal to add a little extra sweetness and maple flavor!

Coat vegetables like brussels sprouts, carrots, or parsnips with a little bit of maple syrup before roasting them.

Coat your favorite type of nuts in maple syrup and bake them to make a healthy snack or gift.



MAPLE SYRUP FACTS

- New York State is home to the largest resource of tappable maple trees within the United States, and has over 2,000 maple sugarmakers.
- Maple syrup contains no additives and has one of the lowest calorie counts of the common sweeteners.



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