

FIELD TO FORK

THREE DAYS IN DUTCHESS

Dutchess County has a long, proud agricultural tradition. If farm-to-table eating is your passion, come spend three days enjoying the bounty of our fields, vines, and trees! These sites—farms, restaurants, wineries, markets, and more— welcome visitors to take tours, participate in seasonal activities, and bring home goodies from their shops.

S = Seasonal attraction or activity

SE = Open during scheduled events

Day 1: Southern Dutchess

Zoe's Ice Cream Barn, Poughkeepsie

Visit Zoe's where handcrafted ice cream is made with only Hudson Valley Fresh products. Zoe's is all about LOCAL localmilk from local cows and local fruit from local farms. And FRESH - they boast that their ice cream goes from cow to cone in just 3 days! Enjoy a treat in a barn-like setting while learning about Hudson Valley dairy farms. www.zoesicecreambarn.com

Millbrook Vineyards & Winery, Millbrook

Considered one of New York State's top wineries, Millbrook has been producing award-winning wines on its 130 acres for more than 30 years. After a guided tour, enjoy tastings of the current varietals: Chardonnay, Pinot Noir, Cabernet Franc, Tocai Friulano and Riesling. Or plan your visit during an outdoor jazz concert, wine blending workshop, or "Art in the Loft" exhibit. www.millbrookwine.com

Dinner at Farm to Table Bistro, Fishkill

Enjoy sophisticated New American dishes among the rustic-chic décor in this centrally-located restaurant that sources most of its ingredients from local farmers and creameries. Changing Seasonally, Your dinner the menu often features steaks from the **New York Beef Company** in Lagrange, lamb from **Meiller Farms** in Pine Plains, and cheeses from **Sprout Creek Farm** in Poughkeepsie, apples from **Meadowbrook Farm** and vegetables from **Obercreek Farm** in Wappingers Falls and more. www.ftbistro.com

Day 2: Northwest Dutchess

Red Hook Farms (S)

The day starts early on a farm, so you should, too. Depending on the time of year, the farms of **Red Hook** offer seasonal opportunities to pick-your-own produce, or shop at farm stands. In the summer, get your peaches, pears, plums, cherries, and strawberries at [Mead Orchards](#). In the fall, find apples at [Rose Hill Farm](#). At [Battenfeld's Anemone Farm](#), a fourth-generation local farm, you can buy greenhouse-grown hybrid anemones from September through May, and Christmas trees in November and December.

Farm Fresh Shopping in Rhinebeck

Head south to the bustling Village of Rhinebeck to shop for both sweet and savory. Named one of the Top 10 Chocolatiers in North America by Dessert Professional Magazine, [Oliver Kita](#) and his artisan and fair trade fine chocolate shop on West Market Street is not to be missed! On Sundays from 10-2, visit the [Rhinebeck Farmers Market](#). Consistently voted best Farmers Market in the Hudson Valley by Hudson Valley Magazine readers, you'll find over 40 vendors during the outdoor season and 25 at their indoor Winter Market.

For a casual lunch, tuck into a sandwich made with handmade organic bread at [Bread Alone Bakery](#), find out how local ingredients are used in the "Hudson Valley Mediterranean" menu at [Gigi Trattoria](#), or enjoy a special meal accompanied by a New York State craft beer at award winning [Terrapin](#).

Dinner at The Culinary Institute of America

For a very special dinner, continue south along Route 9 to the world's premier culinary college. Your dinner at American Bounty, Bocuse, or Ristorante Caterina de' Medici could be created by the next Charlie Palmer or Roy Yamaguchi. Founded in 1946, the CIA has trained culinary icons including Grant Achatz, Anthony Bourdain, and Cat Cora. www.ciachef.edu/newyork

Day 3: Northeast Dutchess

Village of Millerton

A hybrid of historic and eclectic, Millerton is a walkable district with shops, cafes, and art galleries galore. There's also the indie **Oblong Books & Music**, the **Gilmor Glass** studio, and the venerable **Harney and Sons tea room**. www.enjoymillerton.com

McEnroe Organic Farm, Millerton

You can't miss the big red farm market on Route 22 between Amenia and Millerton. Whatever grows on these 1,000 acres is sold, including a full range of produce and nursery stock. You'll also find meats, specialty groceries, prepared foods, and fresh baked goods. Have an organic garden at home? You can also purchase their good-as-gold compost and top soil! www.mcenroeorganicfarm.com

Soukup Farms, Dover Plains

Visit this third-generation family owned and operated farm. What began as a hobby has turned into a production that now has over 2,700 taps. Take a tour and experience the maple process as it moves from sugarbush to bottle! And before you depart, be sure to take home some of their delicious specialty maple products from their store including pure maple syrup, maple hot sauce, candies and more. Although the business may be expanding, you're sure to feel like part of the family at Soukup! www.soukupfarms.com