



FOR IMMEDIATE RELEASE

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Farm Stops Announced for Bike the Barns

Fourth annual farm-by-bike event highlights six Adirondack farms

GABRIELS, N.Y. — Farming in this part of the Adirondacks has never been an easy endeavor. Just ask the Tucker Family, potato growers whose family has been farming in Gabriels for over 150 years. High elevations, rocky soils, frigid winters and a short growing season are just a few of the challenges area farmers face year after year. “Farming here can be difficult. But also rewarding,” said Tom Tucker. “It’s not just a job, it’s a way of life.”

Six area farmers, including the Tuckers, will share their experiences at this year’s Bike the Barns, an annual farm-by-bike event hosted by the Adirondack North Country Association (ANCA). The regional nonprofit organization has announced farm stops and other event details for its fourth Bike the Barns. The one-day recreational cycling tour begins and ends at Tucker Farms in Gabriels and offers four route options to suit riders’ preferences. The event will take place on Sunday, September 29th.

“We love being part of this eclectic farming community. We share ideas and learn from each other,” said Aaron Caiazza, who owns and operates Kate Mountain Farm in Vermontville.

“Whether it’s new farmers or folks who have been doing this work for generations, there is always new knowledge and experience to gain about farming and marketing in the area. We’re excited to be part of this year’s Bike the Barns and to be sharing our story and our food with people.”

Caiazza raises Mangalitsa “wooly” pigs, a curly haired breed preferred for its hardiness, exceptional meat quality and curing properties, as well as Berkshire pigs, poultry, vegetables and forest products.

Farm tours at six area farms will give Bike the Barns participants the opportunity to learn about the region’s agricultural history, its diversity of farms and the local food movement. In addition to Kate Mountain Farm, participating farms include Dandelion Farms in Saranac Lake; Iron Rooster Farm and Tucker Farms in Gabriels; and Sanctuary Farm and Sunwarm Gardens in Vermontville.

“We enjoy allowing the public on our farm, showing them around and explaining what farming is all about,” said Tucker, adding that visitors are sure to enjoy their “farm with a million dollar view.”

“Our region has an incredible diversity of agriculture, and each and every farm is a unique expression of landscape, history, climate and farmer personality,” said Josh Bakelaar, ANCA’s Local Economies and Agriculture Program Director. “We’re excited to offer riders an entirely different experience this year, ranging from large-scale wholesale potato production to high-tech intensive year-round indoor hydroponic growing. There are opportunities to learn about a variety of specialized local farm practices and products along the way.”

The 2019 Bike the Barns offers four route options — named Seed, Sprout, Veggie and Harvest — with approximate distances of 10, 30, 40 and 70 miles. Riders along Sprout, Veggie and Harvest routes will be served a local food lunch. Locally produced snacks will also be provided.

Event participants will end the day with a finish line celebration featuring live music by Green Grass Co., a Saranac Lake-based bluegrass band, a local food meal and locally brewed beverages.

Proceeds from Bike the Barns go to ANCA’s [FarmShare Fund](#) to help support a sustainable and equitable regional food system. Goals of the fund include building connections between farms and consumers by addressing food security; supporting ANCA’s existing local food initiatives like farm to school, food hub development and agritourism projects; and supporting local food efforts of regional partners.

In two rounds of grant awards in 2018 and 2019, the FarmShare Fund’s mini grant program has supported ten projects that are increasing local food access for low-income households in the region.

Bike the Barns will take place on Sunday, September 29, 2019, beginning and ending at Tucker Farms in Gabriels, NY. Registration for medium and long routes costs \$60 and includes an event t-shirt, farm tours and a local-food lunch and dinner. Registration for the 10-mile “Seed” family ride costs \$40 and includes farm tours and dinner. T-shirts for Seed Route riders can be purchased separately.

For more information about Bike the Barns and the FarmShare Fund or to register for the event, visit the event webpage at www.adirondack.org/bikethebarns.

[ANCA](#) is an independent nonprofit organization growing the New Economy in northern New York. Using an integrated approach to sustainable economic development and prosperity where economic health, community vitality and ecological stewardship are equally important outcomes, ANCA focuses on creating opportunity for people with diverse backgrounds, experience and education levels.

Attached: one (1) PDF document and two (2) photos:

Photo 1: Riders roll into Rivermede Farm in Keene Valley, NY during the 2018 Bike the Barns.

Photo 2: A Bike the Barns rider makes a new friend at Sugar House Creamery in Upper Jay, NY during the 2018 event.

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