

# My New York Plate

## Meet the New York farmers who fill your plate

*Make half your plate fruits and vegetables.*

### David Wilbert & Family Apple Producer Walworth, NY

David and his family have been growing apples on their farm since 1982, and today they are producing more than 100,000 bushels of apples per year. You will be able to find their apples in many places, as half of the apples are sold to Mott's to be made into applesauce and apple juice, and the other half of the crop will become apple slices for places like McDonald's. Apples are delicious and provide essential vitamins, minerals, and fiber. Fall is the season when apples are harvested, and there are many farms where you can pick your own apples straight from the tree to bring home and enjoy with your family. Find a local apple orchard to visit in your community.



*At least half of all the grains you eat should be whole grains.*

### Peter Martens & Family Organic Grain Farmers Penn Yan, NY

Peter's grandparents moved to the Finger Lakes Region of New York in 1957 and began their family's farm. Today, Peter and his family are still growing grains on some of the original land his grandparents purchased, while expanding the farm to more than 1,600 acres. The family grows organic grains such as wheat, barley, emmer, and corn which they clean and dehull to send to a mill to be turned into flour. Peter loves farming because of the fulfillment of knowing that what he is doing is caring for nature, and that he is providing an essential and healthy food source for our world.



*Try to get three servings of dairy each day.*



### Kevin Brockway & Family Dairy Producers Fort Covington, NY

Kevin and his son Tyler are the fourth and fifth generation owners of their family dairy farm. Kevin's favorite part of being a farmer is spending every day working with and taking care of the animals; they spend a lot of time ensuring the health and comfort of the 300 cows they milk twice a day. Milk's essential nutrients are vital for your health, and include calcium, protein, and vitamin D.

*Make half of your plate fruits and vegetables.*



### Mark & Dan Henry Vegetable Producers Eden, NY

Having grown up on a vegetable farm Dan believes people deserve safe and fresh food. He grew up working on the farm, and is very proud of the sweet corn, cauliflower, broccoli, bell peppers, cucumbers, cabbage, squashes, and greens that they grow. Their vegetables are sent to local farm markets, sold at roadside stands, but most of their crop is sent to Eden Valley Growers and is distributed to markets across the United States. It could take less than 24 hours for your favorite vegetable to be picked from Dan's field and make its way onto your plate.

*Protein is an essential building block for growth.*

### Marc & Nicole Tommell Beef Producers Fonda, NY

MMT Cattle Inc. was started in 2003 on 250-acres. At any one time on their family's farm they will be raising, feeding, and caring for 900 animals. Once the beef cattle become about six months old or 500 pounds they are moved to a different location either in New York State or to the Midwest. The Tommell's also care for a smaller herd of registered angus cattle that goes back into the local food system to restaurants and area farmer's markets. Foods high in protein are vital for health and maintenance of your body.



Choose **MyPlate.gov**

To learn more about the farmers and their families featured on this poster, please visit our website.



New York  
Agriculture in  
the Classroom  
[www.agclassroom.org/ny](http://www.agclassroom.org/ny)

Special thanks to  
Illinois Agriculture in the Classroom  
[www.agintheclassroom.org](http://www.agintheclassroom.org)