

**DIVERSITY RESOURCE**  
**CORNELL UNIVERSITY**

# **DIVERSE LIVING** **IN ITHACA**



Division of Human Resources | *Employee Experience*



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# UPSTATE LIVING

Upstate NY offers a wide variety of exciting experiences! The breathtaking landscapes provide a multitude of outdoor recreational activities. Due to Ithaca being the home of Cornell University and Ithaca College, intellectually and culturally stimulating activities happen throughout the year. Regardless of your age, your interests, or the season of the year, you'll never run out of things to pursue.

The fertile land and clean lakes of Central NY produce an abundance of fresh and organic, locally grown fruits and vegetables. Located at the southern end of Cayuga Lake, in the heart of the Finger Lakes region, the City of Ithaca is also surrounded by numerous vineyards and breweries, many of which are nationally acclaimed.

Ithaca is truly a wonderful place to advance your career, raise a family, or even rest and retire. There are also many other beautiful towns, cities, and attractions within an hour radius of Ithaca. There is something Upstate for everyone to enjoy!

This guide provides a few of the many resources that may interest diverse faculty and staff. **Many of the resources are referred by our Colleague Network Group members. This guide is not meant to serve as an all-encompassing list of resources or as recommendations.** Use it as a starting point. There are always new business ventures and services that can add to your quality of life.

Other local web resources:

[www.LiveInIthaca.org](http://www.LiveInIthaca.org)

[www.oswegony.org](http://www.oswegony.org)

[www.cityofithaca.org](http://www.cityofithaca.org)

[www.lansingtown.com](http://www.lansingtown.com)

[trumansburg-ny.gov](http://trumansburg-ny.gov)

[newfieldny.org](http://newfieldny.org)

[www.cortland-co.org](http://www.cortland-co.org)

[townofcandor.ny.org](http://townofcandor.ny.org)

***Do you know of a business that should be considered for the guide?***

Click [Here](#).

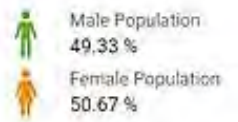


# THE FINGER LAKES

The Finger Lakes are a group of 11 long, narrow, north-south lakes in an area informally called the Finger Lakes region of Central New York.

## Finger Lakes Population Demographics

|                   |           |
|-------------------|-----------|
| Total Population  | 1,463,132 |
| Male Population   | 721,701   |
| Female Population | 741,431   |





# NEARBY CITIES

## **Aurora** - 30 minutes, North

A village with unique shops, restaurants, Wells College, Aurora Inn, and the MacKenzie-Childs outlet store.

## **Cortland** - 40 minutes, NE

A small city with retail stores, Walmart, HomeDepot, Kohl's, SUNY Cortland, golf courses, restaurants, bars & cafes.

## **Watkins Glen** - 40 minutes, West

A village and site of the scenic Watkins Glen State Park and famous auto racing tracks, shops, bars & restaurants.

## **Auburn** - 50 minutes, North

A small town with many local and chain restaurants, retail options, the Harriet Tubman House, and Cayuga Community College.

## **Corning** - 55 minutes, NE

A small city with a thriving downtown is also home to Corning, Inc., the Rockwell Museum, and Corning Museum of Glass,

## **Geneva** - 1 hour, NW

A small city with a downtown of shops, restaurants, parks, and wineries.

## **Binghamton** - 1 hour, SW

A small city with many restaurants, bars & pubs, the Zoo at Rose Park, Otsiningo & Recreation Park, and SUNY Binghamton.

## **Skaneateles** - 1 hour, North

A village with numerous shops, restaurants, a local spa, vineyards, golf courses, and Skaneateles Music Festival.

## **Syracuse** - 1 hour, NE

A large city with many shops, restaurants, bars & clubs, Syracuse University, Armory Square, & Landmark Theater.

*New York City, Philadelphia, and Toronto are approximately a 4-hour drive from Ithaca.*



**Aurora**



**Watkins Glen**



**Skaneateles**



**Syracuse**



# NEARBY TOWNS

*There are many local communities around Ithaca.*

## **Brooktondale**

Brooktondale is a hamlet in Tompkins County. The community is 7 miles southeast of Ithaca.

## **Caroline**

The Town of Caroline is on the county's southeast border and is southeast of Ithaca.

## **Cayuga Heights**

A village in the Town of Ithaca, directly northeast of the City of Ithaca and Cornell University's main campus.

## **Cortland**

Cortland is located 20 minutes northeast of Ithaca and has many national shops & restaurants.

## **Danby**

The Town of Danby is located in the southern part of the county and is south of the City of Ithaca. Danby State Forest is within this town.

## **Dryden**

The town contains two villages: one also named Dryden and one named Freeville. It is a few minutes east of Ithaca.

Click [HERE](#) to learn about the Hamlets, Villages, Towns, & Cities that make up our area.

## **Enfield**

The Town of Enfield is located on the western border of Tompkins County and is west of Ithaca.

## **Groton**

This rural town is in a valley just 12 miles northeast of Ithaca.

## **Homer**

This rural town is located a few minutes north of Cortland.

## **Lansing**

A rural town with shopping, dining, and a movie theater is located north of Ithaca, on Cayuga Lake's east shore.

## **Newfield**

The Town of Newfield is in the southwest part of the county and is southwest of Ithaca.

## **Trumansburg**

Trumansburg is a village located in Tompkins County. It is 12 miles northwest of Ithaca.

## **Ulysses**

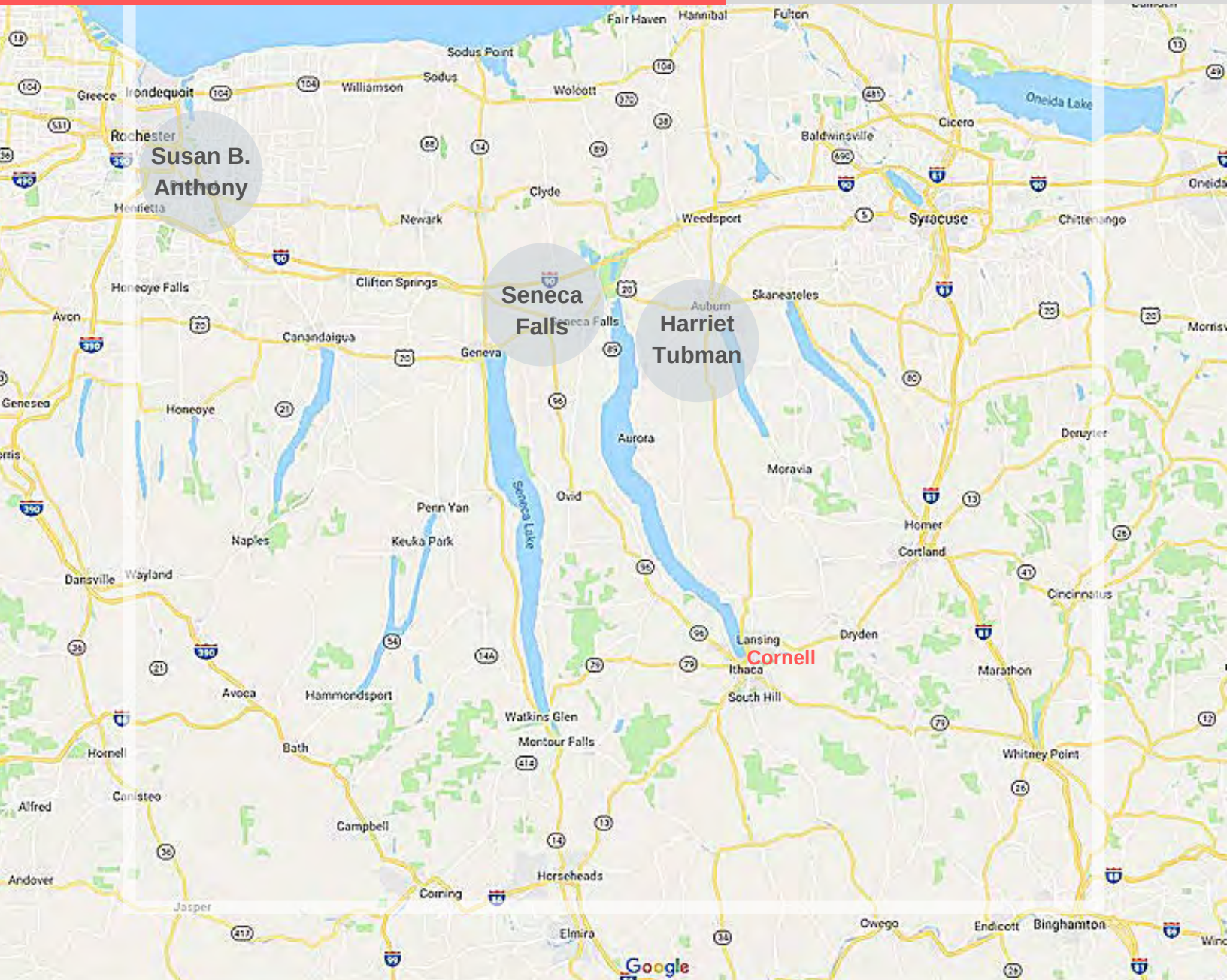
Ulysses is a town, located in Tompkins County. It is northwest of Ithaca.

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# FINGER LAKES MAP

*The region was active in reform movements; from the Harriet Tubman Home in Auburn, to the origins of the Women's Suffrage movement in Waterloo.*

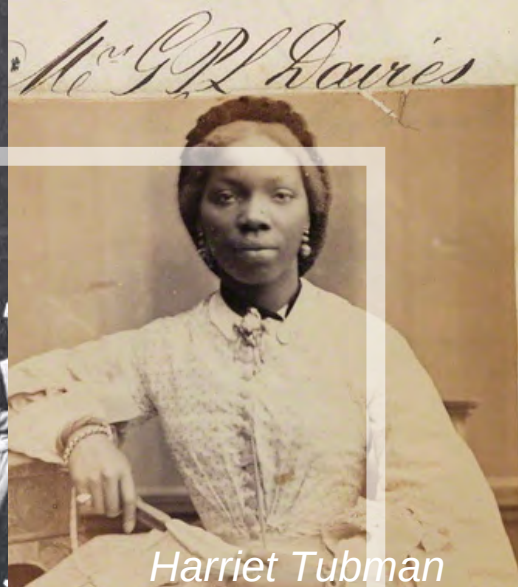




Susan B. Anthony



Women's Suffrage Movement



Harriet Tubman

# LOCAL HISTORIC FACTS

Check out the [History Center of Tompkins County](#) to learn more about the diverse history of our area.

## Land Acknowledgement

Cornell University is located on the traditional homelands of the Gayogohó:nq' (the Cayuga Nation). The Gayogohó:nq' are members of the Haudenosaunee Confederacy, an alliance of six sovereign nations with a historic and contemporary presence on this land. The confederacy precedes the establishment of Cornell University, New York State, and the United States of America. We acknowledge the painful history of Gayogohó:nq' dispossession, and honor the ongoing connection of Gayogohó:nq' people, past and present, to these lands and waters. Learn more at the [Ganondagan State Historic Site](#).

## Women's Rights

The Seneca Falls Convention, the first women's rights convention, was a regional event held on July 19 - 20, 1848, in Seneca Falls, New York.

### *United States v. Susan B. Anthony*

In a case that generated national controversy, Susan B. Anthony was arrested for voting in the presidential election of 1872. The judge directed the jury to deliver a guilty verdict and sentenced Anthony to pay a fine of \$100. She responded, "I shall never pay a dollar of your unjust penalty", and she never did.

## The Underground Railroad

The Underground Railroad was a network of secret routes and safe houses established during the early to mid-1800s. It was used by enslaved people to escape into free states and Canada with the aid of abolitionists who were sympathetic to their cause.

Born into slavery, Harriet Tubman escaped and subsequently rescued hundreds of enslaved people. During the American Civil War, she served as an armed scout and spy for the US Army. Harriet Tubman's home, now a museum, is located in Auburn, NY.

## 212 Cascadilla St. - The Birthplace of Verdelle Payne and Alex Haley

There is a historical marker at 212 Cascadilla St. to commemorate the birthplace of two trailblazers. On October 1, 1919, Verdelle Payne, a Tuskegee Airmen, the first African American military pilots in the U.S. Armed Forces, was born in this home. His parents rented a room to graduate students, Simon and Bertha Haley. On August 11, 1921, Alex Haley, author of the ground-breaking book "Roots" was born.





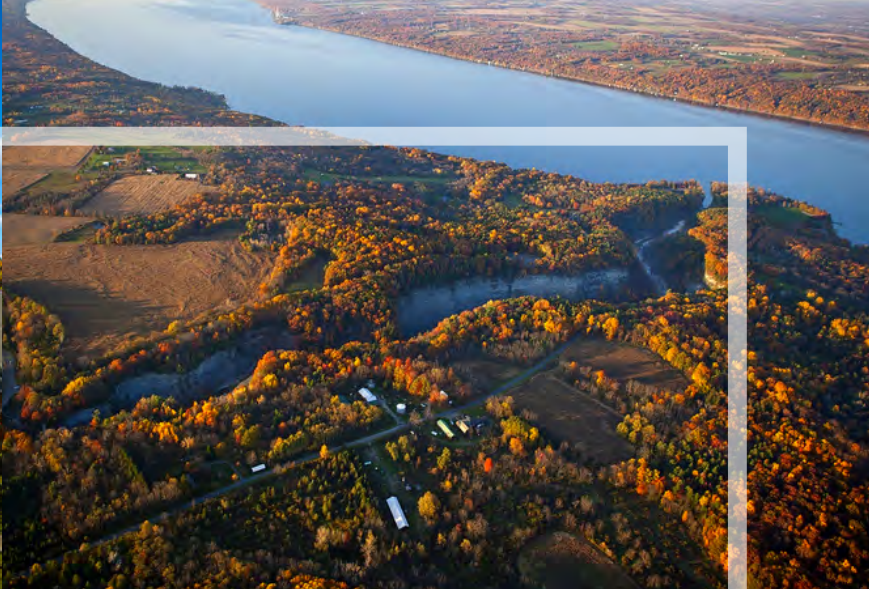
# UNDERGROUND ROUTES

Map of the Underground Railroad routes through the Finger Lakes region.

**Elbert C. Wixom 1903**

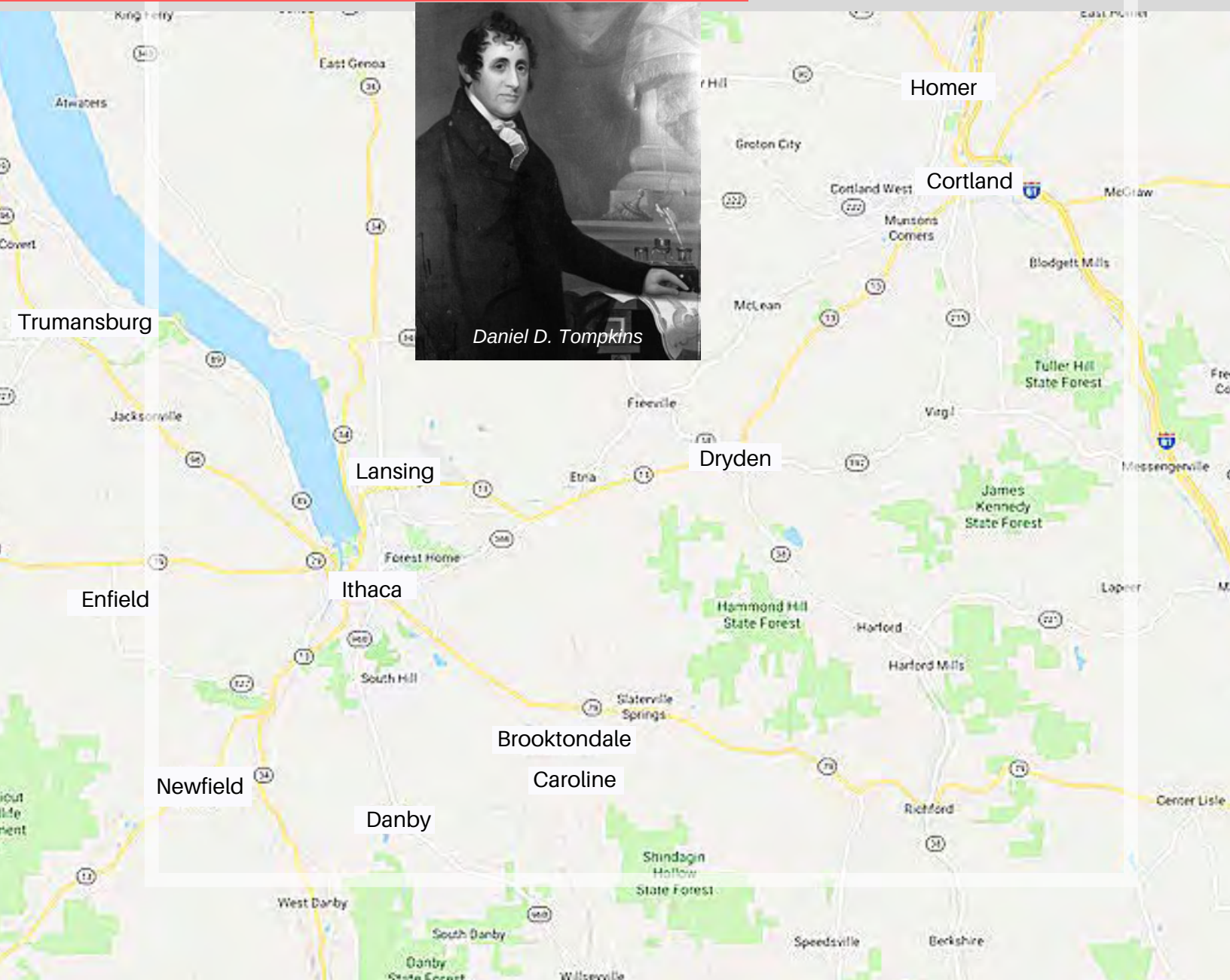
**Lake Ontario**





# COUNTY MAP

Tompkins County is named in honor of Daniel D. Tompkins, the 4th Governor of New York (1807-1817) and the 6th Vice President of the United States (1817-1825).



*Daniel D. Tompkins*



# ITHACA MAP





# NEIGHBORHOODS

*These areas are more central to the City of Ithaca.*

## **Belle Sherman**

Belle Sherman is east of Collegetown. Many retirees, young adults, and families live in this area.

*-Belle Sherman Elementary*

## **Collegetown**

Collegetown is extremely popular among college students. Most apartment buildings and rental homes in this area house Cornell students.

## **Downtown**

The most urban part of town, referred to as the Ithaca Commons, has many shops, restaurants, plus newly built apartments and condos.

*- Beverly J. Martin Elementary School*

*- New Roots Charter School*

## **East Hill**

The residential family neighborhood is east of Collegetown, and a short walk to Cornell campus.

*- Belle Sherman Elementary School*

## **Fall Creek**

This neighborhood, with tree-lined streets, has a reputation as a great family area.

*- Fall Creek Elementary School*

*- Boynton Middle School*

*- Ithaca Senior High School*

## **Northeast**

Close to shopping and grocery stores, with many apartment complexes, and within close proximity to schools.

*- Northeast Elementary School*

*- Dewitt Middle School*

*- T-S-T BOCES*

## **South Hill**

Home of Ithaca College, and where newer homes can be found. A short walk to downtown and a short drive to Walmart, PetSmart, T.J. Maxx, etc...

*- South Hill Elementary School*

*- Elizabeth Ann Clune Montessori School of Ithaca*

## **West Hill**

West Hill is comprised of single-family homes, numerous apartment complexes and is home to Cayuga Medical Center and many other private medical practitioners.

*- Lehman Alternative Community School*



# HOUSING OPTIONS

*This is not a complete list. There are new housing options since this list was published. For more information, review: <https://listings.offcampusliving.cornell.edu>.*

## APARTMENTS

### **City Centre Ithaca**

301 E State St, Ithaca  
(607) 213-3786

### **Cityview Apartments**

118 Prospect St, Ithaca  
(607) 273-9462

### **Fairview Apartments**

100 Fairview Square, Ithaca  
(607) 269-8125

### **Solomon Organization (Ithaca Apartment Management)**

700 Warren Rd, Ithaca  
(607) 266-8288

Brooklane: 257-5444

Candlewyck Park: 272-9206

Gaslight Village: 257-3311

Lansing West: 257-5444

North Wood: 257-4037

Warrenwood: 257-5200

### **Lakeside Vista**

204 Fair St, Ithaca  
(607) 272-1177

### **The Meadows at Ithaca Townhomes**

100 Graham Rd, Ithaca  
(607) 257-1861

### **Springbrook Apartments**

34 Springbrook Cir, Ithaca  
(607) 319-4633

### **Village Solar Apartments**

1067 Warren Rd, Ithaca  
(607) 256-8920

## REAL ESTATE

### **Howard Hanna Ithaca**

710 Hancock St, Ithaca  
(607) 257-0800

### **Ithaca Home**

Summerhill Dr Suite 222, Ithaca  
(607) 272-7755

### **Kimball Real Estate**

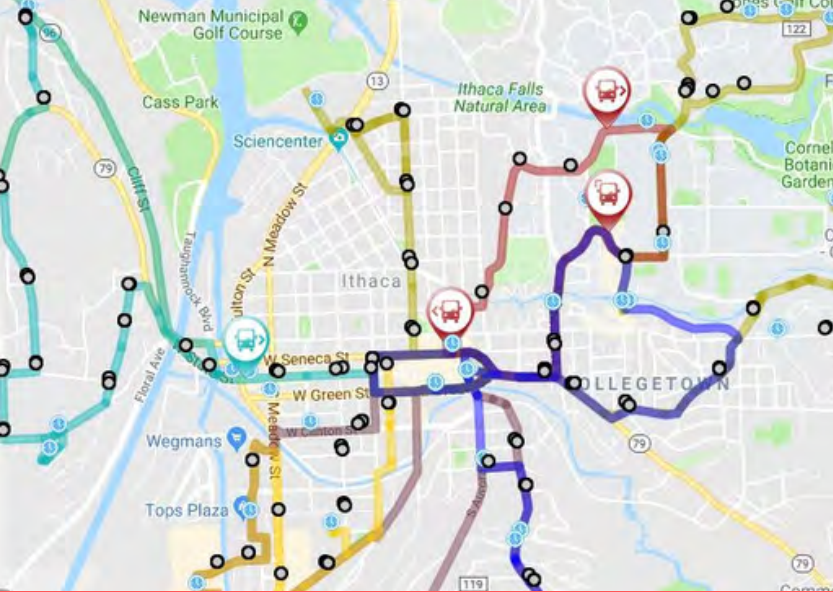
186 Pleasant Grove Rd, Ithaca  
(607) 257-0313

### **RE/MAX In Motion**

313 N Meadow St, Ithaca  
(607) 277-1500

### **Warren Real Estate of Ithaca**

830 Hanshaw Rd, Ithaca  
(607) 257-0666



# TRANSPORTATION

## Car Registration Information

All vehicles registered in New York State must get a safety inspection at a DMV-licensed station every year. A valid inspection sticker must be displayed on your vehicle. Learn more at [www2.tompkinscountyny.gov/dmv](http://www2.tompkinscountyny.gov/dmv)

## Taxis

Collegetown Cab  
(607) 588-8888

## Ithaca Dispatch

(607) 277-7777 or (607) 272-3333

**Uber** and **Lyft** are also present in Ithaca.

## Buses

All Cornell employees are granted free access to **TCAT** Bus System. Employees can access their bus riding privileges with their CU photo ID card. Learn more [here](#). Ithaca bus routes can be tracked at [TCat Bus in Real-Time](#).

**Campus2Campus** provides transportation between the Ithaca and NYC campuses twice daily while the university is open.

## Biking and Walking

Ithaca strives to make walking and biking safe for people of all ages and abilities. Learn more at [www.bikewalktompkins.org/](http://www.bikewalktompkins.org/)

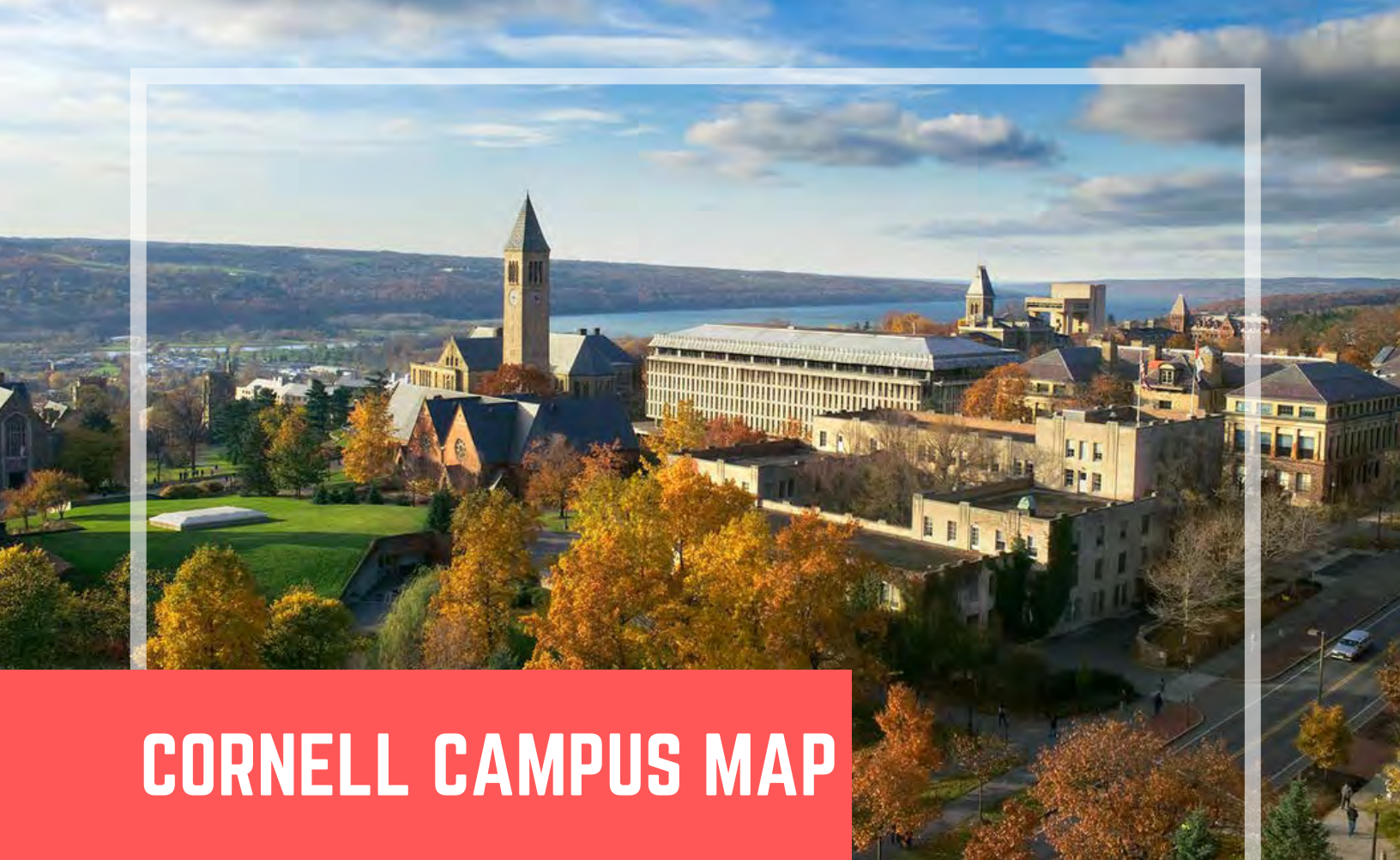
## Interstates

The main routes into/out of Ithaca are New York highways 13, 79, 89, and 96.

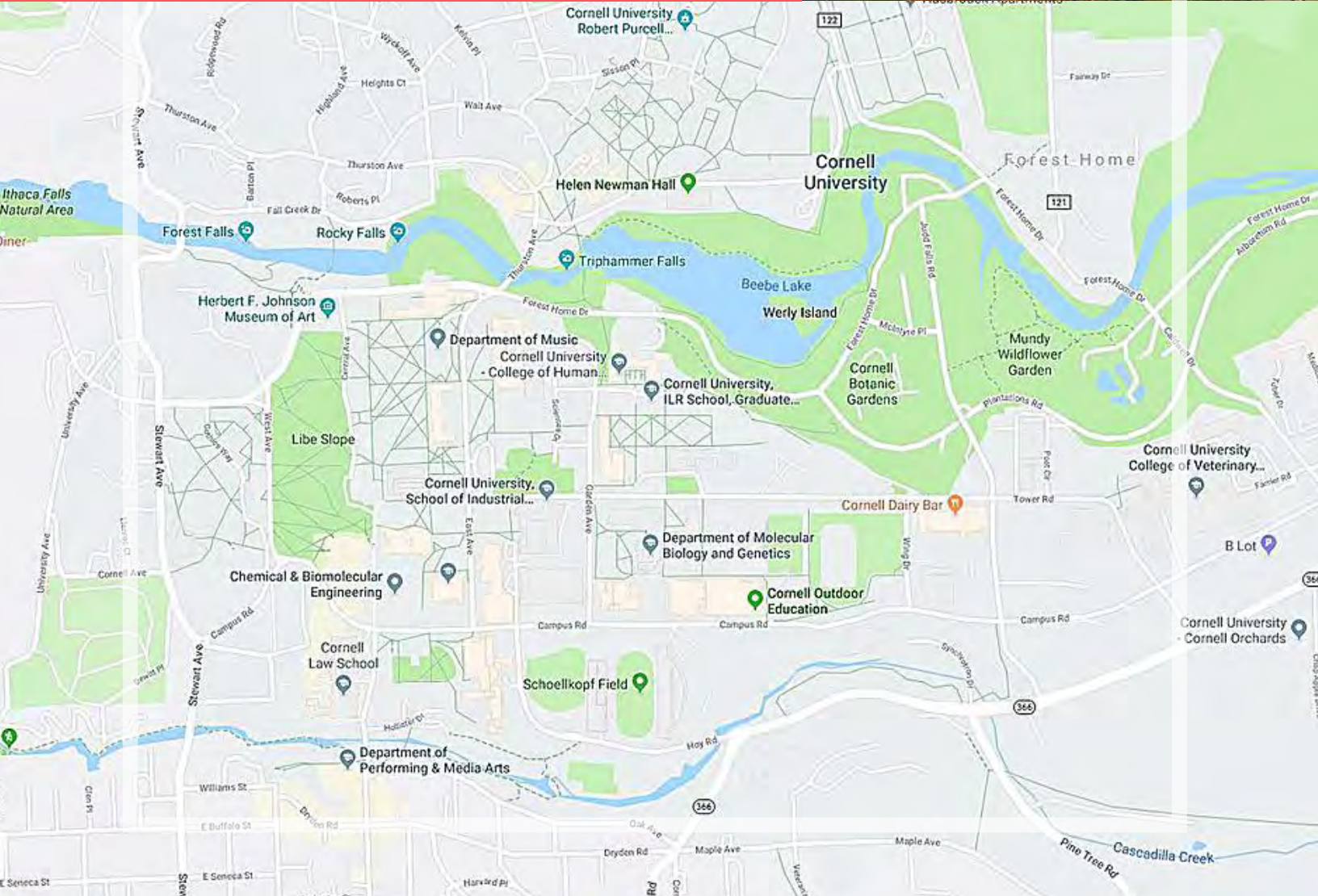
**Interstate 86** (formerly NY State Route 17) intersects NY State Rt 13 in Elmira, about 30 minutes southwest of Ithaca.

**Interstate 81** connects with NY State Rt 79 half an hour from Ithaca at Whitney Point, and with NY State Rt 13 about 35 minutes from Ithaca in Cortland. *You can reach Interstate 81 by taking NY State Route 17 (currently being transitioned to Interstate 86) West from New York City, or Interstate 476 North from Philadelphia.*

**Interstate 90** connects to NY State Rt 96 near Geneva, NY, about 45 minutes from Ithaca.



# CORNELL CAMPUS MAP





# MULTICULTURAL ORGS.

*Ithaca boasts numerous local organizations promoting multicultural understanding, supporting diverse communities, and offering an array of resources and programs.*

**Business Leaders of Colors** is a network designed for business owners of color. It creates a supportive space for commerce. Learn more about the businesses - [www.businessleadersofcolors.com](http://www.businessleadersofcolors.com)

**Ithaca Asian American Associations (IAAA)** - P.O. Box 4016, Ithaca

The IAAA hosts events to promote, educate and celebrate the culture of Asian and Asian Americans. In addition, these events serve as opportunities to bring Asian and Asian American communities together. Check out the webpage to learn more - [www.ithacaasian.org](http://www.ithacaasian.org).

**Greater Ithaca Activities Center (GIAC)** - 301 W. Court St., Ithaca

GIAC (pronounced GEE-ACK) is a center for all ages, particularly youth and teens. It serves the greater Ithaca area by providing multicultural, educational, and recreational programs focused on social and individual development. Learn more - [www.city-of-ithaca/GIAC](http://www.city-of-ithaca/GIAC)

**Latino Civic Association (LCA)** - P.O. Box 6532, Ithaca

LCA works to foster a united Latino community, strengthen Latino identity, and promote solidarity, cultural pride, and engagement. Check out the webpage to learn more - [www.lca-of-tc.org](http://www.lca-of-tc.org).

**Multicultural Resource Center (MRC)**- 516 W. State St., Ithaca

MRC engages in cultural and systemic transformation by working with our communities to eliminate barriers to racial justice, cultural dignity, equity and inclusion, and indigenous rights. Check out the webpage to learn more - [www.multiculturalresourcecenter.org](http://www.multiculturalresourcecenter.org).

**Southside Community Center (SSCC)**- 305 S. Plain St., Ithaca

The Southside Community Center works to affirm, empower, and foster the development of self-pride among the African-American citizens of greater Ithaca through forums and activities in education, recreation, political and social awareness. SSCC is also the host of the annual Juneteenth Festival. Check out the webpage to learn more - [www.sspride.org](http://www.sspride.org).

**Village at Ithaca** - 401 W. Seneca St., Ithaca

Village at Ithaca's mission is to advocate for excellence and equity in Ithaca's public schools by developing strategic community relationships, programs, and services to ensure that all students, particularly under-served students, consistently meet/exceed NY standards of achievement. Check out the webpage to learn more - [www.villageatithaca.org](http://www.villageatithaca.org).



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# THE DIVINE NINE

## Local Historically Black Greek Letter Organizations

There are 8 active graduate chapters between Ithaca and Syracuse, NY

**Alpha Phi Alpha, Fraternity, Inc.** - Iota Iota Lambda Chapter

*P.O. Box 6821, Ithaca, NY 14851*

Founded at Cornell University, 421 North Albany St. is the historical marker.

**Alpha Kappa Alpha, Sorority, Inc.** - Omicron Nu Omega Chapter

*P.O. Box 4754, Ithaca, NY 14850*

**Kappa Alpha Psi, Fraternity, Inc.** - Corning-Elmira Chapter

*P.O. Box 1160, Corning, NY 14830*

**Delta Sigma Theta, Sorority, Inc.** - Ithaca Alumnae Chapter

*P.O. Box 6853, Ithaca, NY 14850*

**Omega Psi Phi, Fraternity Inc.** - Chi Pi Chapter

*P.O. Box 6024, Syracuse, NY 13217*

**Phi Beta Sigma Fraternity, Inc.** - Zeta Psi Sigma Chapter

*617 Bradford Parkway, Syracuse, NY 13224*

**Sigma Gamma Rho Sorority, Inc.** - Theta Omicron Sigma Chapter

*P.O. Box 35703, Syracuse, NY 13235*

**Zeta Phi Beta Sorority, Inc.** - Kappa Xi Zeta Chapter

*P.O. Box 6284, Syracuse, NY 13217*



# DISABILITY RESOURCES

Please connect with your [contact](#) in the Division of Human Resources or review this [link](#) for additional resources.

**Finger Lakes Independence Center** - 215 5th Street, Ithaca, NY; 607-272-2433

The Finger Lakes Independence Center educates individuals about their rights and responsibilities and helps solve problems of independent living. The Center provides information to people with disabilities who are exploring housing options, medical providers, benefits, and assistive technology/equipment. Click [HERE](#) to learn more.

**Franziska Racker Centers, Inc.** - 3226 Wilkins Rd., Ithaca, NY; 607-272-5891

Franziska Racker Centers helps individuals, primarily those with special needs, and their families achieve their goals for success and happiness. Services include education and daycare for young children, speech therapy, physical therapy, occupational therapy, and audiology for all ages, mental health services in public schools, residential services, home and community supports, service coordination, and advocacy. Click [HERE](#) to learn more.

**Patchwork Therapeutic Riding Center** - 90 Old Peruville Rd., Groton, NY; 607-898-3808 The mission of Patchwork Therapeutic Riding Center is to provide people with disabilities an opportunity to ride horses in a therapeutic as well as recreational setting. Click [HERE](#) to learn more.

**Sir Alexander Ewing Speech and Hearing Clinic**, Ithaca College; 607-274-3714

The Sir Alexander Ewing Speech and Hearing Department at Ithaca College offers speech, language, and hearing evaluations, as well as therapeutic services. Click [HERE](#) to learn more.

**Mobility, Accessibility & Transportation Commission**, City of Ithaca Hall, 108 E. Green St.

The Mobility, Accessibility & Transportation Commission is charged with providing Common Council with advisory research, public input, and analysis for matters related to obstacles to equal rights, access, and privileges of persons with disabilities. It is a good resource if anyone has concerns or questions about access in Ithaca. Click [HERE](#) to learn more.

*Do you know of an organization that should be considered for the guide? Click [Here](#).*



# LGBTQ+ RESOURCES

Please connect with the [LGBT Resource Center](#) or your [contact](#) in the Division of Human Resources for additional resources.



## Finger Lakes PULSE

PULSE's goals include actively engaging supporters throughout the Finger Lakes in the movement for LGBTQ equality; and advocating for LGBTQ-positive policies, benefits, laws, ordinances, and judicial decisions, on the state, local and corporate levels. Click [HERE](#) for more information.



## Ithaca Transgender Group

The Ithaca Transgender Group is a confidential, peer-led support group. We welcome anyone identifying somewhere under the transgender umbrella. We meet on a bi-weekly basis from 5:00 to 7:00 p.m. on Sunday afternoons. Click [HERE](#) for more information.



## PFLAG Ithaca-Cortland

PFLAG Ithaca Cortland is committed to support, education, and advocacy. Meetings are held the first Sunday of every month at 4:00 PM at the *Interfaith Center, 7 Calvert Street, Cortland*. Click [HERE](#) to learn more.



## Out for Health of Planned Parenthood

Out for Health is an LGBT Health and Wellness program developed by Planned Parenthood of the Southern Finger Lakes. In addition to providing better access to health care for LGBT individuals, Out for Health organizes a variety of fun community-building events including movie nights, the Pride Block Party, and community dinners. Click [HERE](#) for more information.



# LOCAL FITNESS CENTERS

## **Blackbird Studio Yoga Barre and Pilates**

[blackbirdithaca.com](http://blackbirdithaca.com)

(607) 273-0304

## **CrossFit of Ithaca**

624 W. Green St.

(607) 280-2441

## **FLX Fitclub**

798 Cascadilla St., Suite B

(607) 319-2745

## **Finger Lakes Fitness Center, Inc.**

171 E State St.

(607) 256-3532

## **The Gym (2 Locations)**

- 950 Danby Rd. · South Hill Business Campus

- 323 Pine Tree Rd · In East Hill Plaza

## **Infinity Ithaca**

730 Willow Ave.

(607) 269-7269

## **Island Health & Fitness (2 Locations)**

- 310 Taughannock Blvd., Suite#1

- 903 Hanshaw Rd

(607) 277-3861

## **Mighty Yoga Studio**

106 W. State St., 2nd Floor

(607) 272-0682

## **Orange Theory Fitness**

614 S. Meadow St.

(607) 252-4811

## **Pallas Fitness**

241 Cherry St.

(610) 209-6440

## **Planet Fitness**

2309 N. Triphammer Rd.

(607) 319-0763

## **Wright Fitness & Cycling**

2255 N. Triphammer Rd.

(607) 227-8043

## **Yoga Farm of Ithaca**

404 Conlon Rd.

(607) 218-2102

## **YMCA of Ithaca & Tompkins County**

50 Graham Rd.

(607) 257-0101



# ITHACA FESTIVALS

*Upstate NY hosts seasonal festivals that offer something for everyone to enjoy.*

**Apple Harvest Fest** - Ithaca's premier event of the Fall, featuring locally grown apples, apple products, local produce, fresh baked goods, family entertainment, games, rides, prizes, and live performances on two stages.

**CFCU Summer Concert Series** - A free outdoor concert series, open to the public, is held every Thursday evening from 6-8 p.m. Local and regional musicians, as well as those with a nationwide following, bring a variety of blues, reggae, folk, hip-hop, country, bluegrass, rock, and more.

**The Chili Fest Cook-Off** - Features chili prepared by 20+ restaurants as they compete for the titles of Best Meat/Overall Chili, Best Vegetarian/Vegan Chili, and People's Choice Chili. In addition to chili, there are other chili-related food items, a farmers market with vendors, and local wineries & breweries.

**GrassRoots Festival** - Presented over a four-day period on four stages, GrassRoots doesn't hesitate to bring you the great music of local talent and world music and culture.

**IthacaFest** - Since 1977, the Ithaca Festival kicks off the summer with a four-day music and arts celebration. Over 1,000 local musicians, painters, dancers, clowns, community groups, and ensembles perform throughout the weekend. The event begins with a popular parade.

**Ithaca Ice Festival** - A multi-day event that includes: outdoor ice bars, winter disco, DJs, ice carving competitions, ice sculpture challenges, and the annual chowder cook-off.

**Ithaca Reggae Fest** - A three-day concert series at Stewart Park, featuring well-known, Grammy award-winning reggae artists. Concert proceeds are donated to an aggregation of dedicated water protectors, scientists, and community activists collaborating to protect and restore the health of Cayuga Lake.

*The Ithaca DJ Festival, Porchfest, and Wizarding Weekend are other additional attractions.*



# SOCIAL EVENTS

*Upstate New York hosts many nationally recognized festivals and social events.*

**First Fridays of Ithaca** - Join us on the first Friday evening of every month at North Star House for networking, good food, great drinks, and more. First Fridays is a social event for diverse professionals of upstate NY. Join the [First Fridays Mailing List](#) to receive the invitations.

**Ferrario Southern Tier Jazz Festival** - A two-day jazz festival at the Clemens Center in Elmira. The summer event features lawn seating, food, local vendors, and regional wines.

**Finger Lakes Wine Festival** - The Finger Lakes Wine Festival offers the largest showcase of New York State wines with over 80 wineries paired with regional artisans, music, and culinary classes all in one beautiful location - Watkins Glen International. For more information visit: [www.flwinefest.com](http://www.flwinefest.com)

**The Great New York State Fair** - A colorful 13-day celebration of New York's outstanding food, industry, technology, and agriculture. Internationally known entertainers, demonstrations and events for the whole family, an amusement park midway, and a wide variety of cultural culinary delights await you at the fair!

**Rochester International Jazz Festival** - A nine-day festival held on indoor and outdoor stages features over 90 free concerts and events taking place at 20 diverse venues in downtown Rochester's East End cultural and entertainment district.

**Salsa Palante** - Salsa Ithaca is the hub for Latin music and dance in Ithaca and the Finger Lakes region. They provide dance parties, concerts, and lessons to contribute to the vibrant Latin cultural scene. Check out [www.salsaitthaca.com](http://www.salsaitthaca.com) for more information.

**Syracuse Jazz Festival** - An annual free admission outdoor summer music festival that has been praised by the International Association for Jazz Education, and has been ranked as the Central New York Region's "Best Music Festival" for the past 10 years.



# LOCAL VENUES

*There are many local or regional venues that host national tours, shows and events.*

**Bailey Hall** - 230 Garden Ave, Ithaca

Cornell's premier event venue and has been a part of the campus for more than a century. Student organizations advised by Campus Activities bring an array of amazing annual events, including the Cornell Concert Series, to the community.

**Barton Hall** - 117 Statler Dr, Ithaca

A Cornell, on-campus field house where nationwide touring acts, such as Trevor Noah or Bill Maher are hosted.

**Carrier Dome** - 900 Irving Ave, Syracuse

A sports stadium is located on the campus of Syracuse University. In addition to being the home of the Syracuse Orange football and basketball teams, the Dome often hosts international acts. Past tour stops include Prince, Elton John, The Rolling Stones, Rick Ross, Taylor Swift, Trey Songz, and Drake.

**Clemens Center** - 207 Clemens Center Pkwy, Elmira

A theater center in Elmira, NY that brings Broadway tours such as *CATS!*, *The Color Purple*, *Ain't Misbehavin'*, and *An Officer and a Gentleman*.

**St. Joseph's Lakeview Amphitheater** - 490 Restoration Way, Syracuse

A seasonal open-air concert venue seating 17,500 people in assigned seats or on an expansive lawn, and hosts the nation's top touring artists and performers such as Janet Jackson, Dave Matthews Band, Pitbull, and the Jonas Brothers.

**The State Theatre** - 107 W State St, Ithaca

This 1,600 seat theatre, in operation since 1928, is the largest venue of its kind in Ithaca. It hosts local talents and continues to attract many national headliners like comedians Kevin James and Hasan Minhaj, and the international Grammy award-winning Ladysmith Black Mambazo.



# ARTS

*The arts are the soul of Ithaca's character and are proudly fostered by the city and Cornell University.*

**Cherry Artspace** - 102 Cherry St.

The Cherry Artists' Collective has presented new plays from other countries and commissioned innovative new performance works (including headphone walking-plays and plays incorporating video) from Ithaca-based writers.

**Cinemapolis** - 120 E Green St., Ithaca

An independent theater that features art & indie films, showcases local filmmakers and hosts film festivals and film-related events.

**Civic Ensemble** - 127 Cleveland Ave., Ithaca

The Civic Ensemble creates theatre that explores the social, political, and cultural issues of our time. They bring audiences of different races, classes, and experiences together in a public forum.

**Hangar Theatre** - 801 Taughannock Blvd., Ithaca

Hangar Theatre Company's Mainstage productions bring diverse world-class musicals, dramas, comedies, and new works to the Finger Lakes.

**Herbert F. Johnson Museum of Art** - 114 Central Ave., Ithaca

The Museum's permanent art collection numbers more than 35,000 works, spanning six millennia and encompassing art from most world cultures.

**Kitchen Theatre Company (KTC)** - 417 W State St., Ithaca

The KTC creates bold theatre within an intimate space that engages community and sparks important conversations that explore humanity from multiple perspectives and connects the work on our stage to the depth and breadth of the human experience.

**Schwartz Performing & Media Arts at Cornell** - 430 College Ave., Ithaca

Faculty, students, and staff in Cornell's Department of Performing and Media Arts create entertaining, intriguing, and invigorating performances and events including a mixture of new work, film screenings, and dance concerts.





# HISTORY MUSEUMS

**Harriet Tubman Home** - 180 South Street in Auburn, New York

The Harriet Tubman Home is charged with sharing Harriet Tubman's core values with visitors through a guided tour of the property.

[www.harriettubmanhome.com](http://www.harriettubmanhome.com) and [www.harriettubman200.com](http://www.harriettubman200.com)

**Harriet's Lantern Trail of Auburn, NY** - Harriet's Lantern Trail is a virtual immersive, outdoor exhibit highlighting historical moments of Harriet Tubman throughout the city.

[www./harriets-lantern-trail/](http://www./harriets-lantern-trail/)

**The History Center in Tompkins County** - 110 North Tioga Street, Suite 204A

The History Center offers self-guided visits through a state-of-the-art Exhibit Hall which includes the Timeline Tunnel, Children's Education Area, and a close look at our 104-year-old Tommy Plane.

[thehistorycenter.net](http://thehistorycenter.net)

**John W. Jones Museum** - 1248 Davis Steet, Elmira, NY

John W. Jones Museum is the original home of Mr. John W. Jones, who escaped slavery and settled in Elmira, New York. The Museum commemorates his life and work as an Underground Railroad Station Master who safely assisted over 800 escapees from slavery to Canada.

[www.johnwjonesmuseum.org](http://www.johnwjonesmuseum.org)

**Museum of the Earth** - 1259 Trumansburg Rd. Ithaca, NY

The Museum of the Earth takes visitors on a journey through 4.5 billion years of history, from the Earth's origin to the present day.

[www.museumoftheearth.org](http://www.museumoftheearth.org)

**The Rockwell Museum** - 111 Cedar St. Corning, NY

As a Smithsonian Affiliate, the Rockwell Museum brings historic collections from the Smithsonian to the local community.

[www.rockwellmuseum.org/](http://www.rockwellmuseum.org/)



# DINING

Upstate NY is home to a wide variety of authentic dining options that are minority owned. Below are a few CNG member favorites.

**Caribbean Patty World Bar & Grill**

A Jamaican/West Indian food restaurant.  
188 Main St., Binghamton

**Coops Latin and Soul Food**

A Latin and soul food restaurant.  
92 Robinson St., Binghamton

**Hawi Ethiopian Cuisine**

Traditional Ethiopian food.  
113 S. Cayuga St., Ithaca

**K-House**

Karaoke Lounge with Korean dishes, Soul Food, & drinks.  
15 Catherwood Rd., Ithaca

**Mia Restaurant**

Serves Pan-Asian cuisine with gluten-free options.  
130 E. State St., Ithaca

**Moosewood Restaurant**

World-famous vegetarian cuisine.  
Dewitt Place - 215 N. Cayuga St., Ithaca

**Mix**

Restaurant offering seasonal plates & cocktails.  
205 Elmira Rd., Ithaca

**Northstar House**

Neighborhood bistro using locally sourced foods.  
202 E. Falls St., Ithaca

**Old Mexico Restaurant & Cantina**

Traditional Mexican food.  
357 Elmira Rd., Ithaca

**Rasheeda Sawyer Bakery**

Homemade cakes and baked goods.  
110 W. Green St.; Suite 1, Ithaca

**Sangam Indian Cuisine**

Traditional Indian food.  
424 Eddy St., Ithaca

**Short Stop Deli**

Hot & cold submarines and breakfast sandwiches.  
200 W Seneca St., Ithaca

**Tamarind Thai**

Traditional Thai food.  
503 N. Meadow St., Ithaca

Many of the listed resources are referred by our Colleague Network Group members.

Do you know of a business that should be considered for the guide? Click [Here](#).



# ETHNIC CATERING

*Upstate NY enjoys a variety of authentic catering options that are minority owned. Below are a few CNG member favorites.*

## **Asempe Kitchen**

Offers vegan West African cuisine.  
Often has a booth at the Farmer's Market.  
[www.asempkitchen.com](http://www.asempkitchen.com)

## **Hot Spot Grill**

Offers West African cuisine.  
[hotspotgrills.com](http://hotspotgrills.com)

## **Nu Spice Catering**

Offers soul food cuisine.  
[nuspicecatering.com](http://nuspicecatering.com)

## **Sophia's Sweets**

Offers Mediterranean and Middle Eastern cuisines.  
[sophiaking1947@gmail.com](mailto:sophiaking1947@gmail.com)

## **Urban Blendz**

Offers a mix of Soul and Puerto Rican cuisines.  
917-383-6694

*Do you know of a business that should be considered for the guide? Click [Here](#).*

The businesses and providers within the guide are not endorsed by Cornell University. The University expressly disclaims responsibility and shall have no liability, for any damages, loss, injury, or liability whatsoever experienced as a result of information contained in this guide. This is for informational purposes only.



# BEAUTY

Stylists experienced with all hair types can be found in Ithaca and nearby cities. Call and ask who can style your hair based on your needs.

|  |   |
|--|---|
| <b>Alta Spa</b>                                    | 308 E. State St, Ithaca - (607) 233-4960  |
| <b>BSW Beauty Supplies</b>                         | 351 S. Salina St., Syracuse, NY   |
| <b>Cuse Curlfriend</b>                             | 3409 Erie Blvd E., DeWitt, NY<br><a href="http://thecusecurlfriend.com/">thecusecurlfriend.com/</a>   |
| <b>Dominick's African Hair Braiding</b>            | 447 James St., Syracuse, NY - (315) 426-8711<br><a href="https://facebook.com/dominickhairbraidingshop">facebook.com/dominickhairbraidingshop</a>         |
| <b>Fine Line Barber Shop</b>                       | 211 Hancock St., Ithaca, NY - (607) 379-6295<br><a href="http://finelineithaca.com">finelineithaca.com</a>  |
| <b>Hanunah's Salon and Boutique</b>                | 330 W. State St., Ithaca, NY - (607) 379-6243<br><a href="http://hanunahsbeauty.com">hanunahsbeauty.com</a>   |
| <b>H&amp;M Beauty Salon &amp; Barber Shop</b>      | 105 S. Cayuga St., Ithaca, NY - (607) 280-2062<br><a href="https://instagram.com/h&amp;mbeautyandbarbershop">instagram.com/h&amp;mbeautyandbarbershop</a> |
| <b>Ivy Beauty Lounge</b>                           | 2255 N. Triphammer Rd. - (607) 339-0087<br><a href="http://theivybeautylounge.com">theivybeautylounge.com</a>   |
| <b>Mane &amp; Wigs</b>                             | 109 S. Cayuga St., Ithaca, NY - (607) 339-0012<br><a href="http://maneandwigs.com">maneandwigs.com</a>  |
| <b>Nick's Barber Shop</b>                          | 408 Oswego St., Liverpool, NY - (315) 451-2887<br><a href="http://nickscny.com/liverpool">nickscny.com/liverpool</a>                                      |
| <b>Right On State Hair Salon</b>                   | 1211 N State St, Syracuse, NY - (607) 216-5445<br><a href="https://facebook.com/Right-Hair-on-State">facebook.com/Right-Hair-on-State</a>                 |
| <b>Shear Style</b><br>Stylist: Diane               | 2389 N. Triphammer Rd., Ithaca, NY - (607) 216-1559<br><a href="http://shearstyleithaca.com">shearstyleithaca.com</a>                                     |
| <b>Shuna's Hair Studio</b>                         | 175 Clinton St., Binghamton, NY - (607) 237-0206<br><a href="https://facebook.com/shunashairstudio">facebook.com/shunashairstudio</a>                     |
| <b>Steel and Tress Hair Co.</b><br>Stylist: Joanna | 217 Washington St., Binghamton NY - (607) 237-0142<br><a href="https://facebook.com/Steel-Tress-Hair-Co">facebook.com/Steel-Tress-Hair-Co</a>             |
| <b>Supreme Cuts Beauty and Barber Shop</b>         | 535 W State St., Ithaca, NY - (607) 339-0265<br><a href="https://facebook.com/Supreme-Cuts">facebook.com/Supreme-Cuts</a>                                 |
| <b>Verity Hair Salon</b>                           | 118 S. Cayuga S., Ithaca, NY, (607) 275-9413<br><a href="https://facebook.com/verityrosehair">facebook.com/verityrosehair</a>                             |

Do you know of a business that should be considered for the guide? Click [Here](#).



# SHOPS: MALLS & PLAZAS

**Destiny USA Mall** - 9090 Destiny USA Dr., Syracuse

An hour north in Syracuse, Destiny USA is a six-story super-regional shopping and entertainment complex that has numerous dining, shopping, and entertainment options.

**Dewitt Mall** - 215 N Cayuga St., Ithaca

This quaint, charming mall is a must-visit. You can buy souvenirs at IthacaMade, eat a vegetarian meal at the world-famous Moosewood restaurant, or get book recommendations from Buffalo Street Bookstore.

**Downtown Ithaca Alliance** - 171 E M.L.K. Jr. St., Ithaca

The Ithaca Commons is a two-block pedestrian mall that serves as the city's cultural and economic center. The Commons is a popular regional destination and is filled with upscale restaurants, shops, art, and frequent community festivals.

**Ithaca Mall** - 40 Catherwood Rd., Ithaca

Has name-brand stores like Bath & Body Works, Best Buy, Claire's, Dick's Sporting Goods, Michael's, Regal Cinema, Target, and Victoria's Secret. Plus, games like Pickleball Mania.

**South Meadow Square** - 130 Fairgrounds Memorial Pkwy., Ithaca

South Meadow Square is a plaza that includes Old Navy, Walmart, Lowe's, TJ Maxx, Panera Bread, Trader Joe's, and Chipotle to name a few.

**Triphammer Marketplace** - 2255 N. Triphammer Rd., Ithaca

Has a wide variety of local merchants like boutiques, dry cleaning, Ithaca Bakery, and Collegetown Bagels. Here you can grab a cup of coffee, meet your friends for lunch, and pick up your dry cleaning, all in one stop.

*Do you know of a business that should be considered for the guide? Click [Here](#).*



# OUTDOOR FUN

**Alex Haley Municipal Pool** - 408 N. Albany St.

This is the Greater Ithaca Activities Center's (GIAC) established outdoor swimming pool - open to youth and adults of all ages and swimming abilities. This public pool is an easy walk from The Commons and surrounding Fall Creek and Northside neighborhoods.

**Buttermilk Falls State Park** - 112 E. Buttermilk Falls Rd., Ithaca

Features ten waterfalls, a beach, cabins, fishing, hiking, nature trails, pavilions, a playground, playing fields, recreation programs, and a campground.

**Cass Park** - 701 Taughannock Blvd., Ithaca

This park has an ice-skating rink, Olympic size swimming pool, athletics fields, tennis courts, playground equipment, an exercise trail, and a large picnic pavilion. It provides valuable health and recreation activities for residents of Ithaca and Tompkins County year-round.

**Ithaca Falls** - Lake St., Ithaca

This park with a 150-foot waterfall also features 19th-century mills & areas for swimming and fishing.

**Robert H. Treman State Park** - 105 Enfield Falls Rd., Ithaca

Offers an outdoor swimming area at the base of a waterfall, picnic tables, playing fields, hiking, and camping.

**Stewart Park** - 1 James L Gibbs Dr., Ithaca

A waterfront park that offers space for baseball/softball, fishing, and tennis courts. There is a playground with slides, along with sheltered areas and grills for picnics and barbecues.

**Taughannock Falls State Park** - 1740 Taughannock Blvd., Trumansburg

This waterfall is one of the outstanding natural attractions of the Northeast. Gorge trails offer spectacular views from above the falls and from below at the end of the gorge trail.



# CHURCH & WORSHIP

*There is a diversity of local worship communities around Ithaca. Please connect with CURW for specific information about your local faith community.*

## **Cornell United Religious Work (CURW)**

Housed in *Anabel Taylor Hall* and comprised of over twenty-five affiliated communities. CURW offers programs of worship, study, social life, as well as interfaith dialogues. Each weekend Catholic masses, Protestant worship services, Jewish services (Reform, Conservative, and Orthodox), Muslim prayers, and more are held within *Anabel Taylor Hall*.

## **Buddhism**

Namgyal Monastery at Dü Khor Choe Ling - 210 Tibet Dr., Ithaca

## **Christianity**

Calvary Baptist Church - 507 N. Albany St., Ithaca

Christian Community Church - 305 S. Plain St., Ithaca

Immaculate Conception Catholic Church, 113 N. Geneva St., Ithaca

Seventh-Day Adventist Church - 1219 Trumansburg Rd., Ithaca, NY

St. Catherine of Siena Catholic Church - 309 Siena Dr., Ithaca

St. James AME Zion Church - 116 Cleveland Ave., Ithaca

St. John Episcopal Church - 210 N. Cayuga St, Ithaca

St. Paul's United Methodist Church - 402 N. Aurora St., Ithaca

First Presbyterian Church - 315 N. Cayuga St., Ithaca

First Unitarian Society of Ithaca - 306 N. Aurora St., Ithaca

Religious Society of Friends (Quakers) - 120 Third St., Ithaca

## **Judaism**

Roltman Chabad Center at Cornell - 102 Willard Way, Ithaca

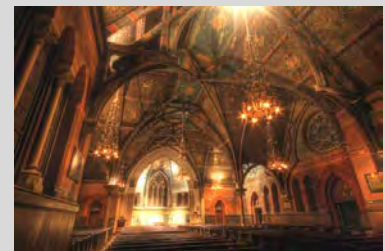
Temple Beth-El - 402 N. Tioga St., Ithaca

Tikkun v'Or Reform Temple - 2250 N. Tripphammer Rd., Ithaca

## **Islam**

Al Huda Islamic Center - 1110 Cayuga Vista Dr., Lansing

Islamic Association of the Finger Lakes - 499 Hickory Grove Rd., Horseheads



**Sage Chapel, CURW**



**Namgyal Monastery**



**Temple Beth-El**



# VOLUNTEER

Ithaca has numerous local non-profit organizations to find your interest and give back to your new community.

**Connect with the community through service and social action! Serve on one of the hundreds of local nonprofit boards, or one of more than a dozen city commissions. Consider opportunities to volunteer on campus, events, and festivals already listed in this guide.**

## **Benefits of giving your time to public service organizations:**

- Meet new people and build a community
- Contribute to the vibrant communities in Tompkins County
- Practice a new skill

## **How to get started:**

### ***Reflect***

- Consider which issue you want to lend your talents to. What is calling you to action?
- What type of organization is making the change you want to see?

### ***Research***

- Identify organizations that your new peer circles already have an existing relationship with e.g., neighbors who work or serve on the board of nonprofits or teach at local schools.
- Look at community calendars for outdoor festivals that often require volunteers.
- Check out the [Cornell Community Relations](#) Resource page for more information.

### ***Reach Out***

- Attend the [Cornell Service Fair](#) to meet the organizations. It is typically held in late September every year.
- Work with local nonprofit matchmakers such as [United Way](#), [VolunteerMatch.com](#), and [Idealist.org](#) to connect with an organization.
- Create a short list of organizations and reach out via phone, email, or social media.

*Information created with the support of the David M. Einhorn Center for Community Engagement.*

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# CHILD & ELDER CARE

## **Cornell University Work/Life Support**

Cornell provides work/life programs and services to staff, faculty, students with dependents, and retirees. Receive help locating child, adult, and elder care resources in the community and managing the integration of your personal and professional life. Services are available regardless of where you or the person you are caring for resides.

*Phone: (607) 255-1917*

*Email: [worklife@cornell.edu](mailto:worklife@cornell.edu)*

## **Care@Work by care.com**

Finding the right kind of care for your family, pets, and home can be challenging. Cornell now provides free unlimited Care.com membership to help you locate and arrange care. Care.com is an open marketplace, and care providers are not endorsed by Cornell.

*Website: [hr.cornell.edu/careatwork](http://hr.cornell.edu/careatwork)*

## **Cornell University Child Care Center**

Cornell University offers unique, high-quality child care and kindergarten prep. programs on campus to serve Cornell families. The Cornell Child Care Center is managed by Bright Horizons Family Solutions.

*Phone: (607) 255-1010*

*Website: [Cornell Child Care Center](http://Cornell Child Care Center)*

## **Child Development Council of Ithaca**

The mission of the Child Development Council is to promote the healthy development of children and families at home, in child care, and in the community.

*Phone: 607-273-0259*

*Website: [www.childdevelopmentcouncil.org/](http://www.childdevelopmentcouncil.org/)*

*Do you know of a business that should be considered for the guide? Click [Here](#).*



# NECESSITIES

## Utilities, Trash, & Recycling

### Electric

**NYSEG** - 1387 Dryden Rd, Ithaca  
Phone: (800) 572-1111. Web: [www.nyseg.com](http://www.nyseg.com)

### Trash Removal Options

**Trash Tags** - 108 E Green St, Ithaca (City Hall)  
All trash set out for collection in Tompkins County must have a trash tag affixed to each bag or can. Various locations sell them i.e. Wegmans.

**Casella** - 1180 Elmira Rd, Newfield  
Phone: (607) 358-7771

**Alternative Waste Services** - 71 Bishop Rd, Newfield. Phone: (607) 564-7717

### Recycling & Composting

Ithaca prides itself on its sustainability initiatives. There are numerous recycling & composting locations (free of charge). For more information check out: <https://recycletompkins.org/>

## TV, Cable, & Phone

**Spectrum** (previously Time Warner)  
519 West State St, Ithaca  
Phone: (800) 892-4357  
Web: [www.spectrum.com/services/ithaca](http://www.spectrum.com/services/ithaca)

**Frontier TV**  
Phone: (833) 532-1570  
Web: [www.frontierbundles.com/ithaca](http://www.frontierbundles.com/ithaca)

**Verizon Fios** - 720 S Meadow St, Ithaca  
Phone: (855) 496-8437  
[www.verizon.com/local/ny/ithaca](http://www.verizon.com/local/ny/ithaca)

**DirectTV** (Satellite TV)  
Phone: (888) 795-9488  
Web: [www.directv.com](http://www.directv.com)

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# MORE NECESSITIES

## Grocery Stores

**Aldi**

**P&C Freshgood**

**TOPS**

Neighborhood supermarkets that offer fresh food options.

## **GreenStar Natural Foods Co-op**

A community-owned natural foods grocery store, deli, and bakery that offers organic, vegan, and vegetarian options.

## **Ithaca Halal Meat & Grocery Food Market**

A local store provides Zabiha Halal Goat, Lamb, Beef, and Chicken, as well as fresh dates, figs, and plantains.

## **Green Castle Asian Market**

## **Ithaca Tofu Asian Market**

## **Ren's Mart**

## **Win Li Supermarket**

Each location has a wide selection of products and delicacies imported from China, Japan, Korea, Thailand, Vietnam, Singapore, and Indonesia.

## **Nirvana Food Bazaar**

They stock a plethora of spices and groceries imported from India and other South Asian countries.

## Trader Joes

A national grocery chain providing quality products at the best everyday prices.

## Wegmans

A regional supermarket chain that offers a wide selection of organic foods, cooking classes, and catering options.

## Local Banks/Credit Unions

- Alternatives Credit Union
- CFCU Community Credit Union
- Chemung Canal Trust Company
- Elmira Savings Bank
- KeyBank
- M&T
- Tompkins Trust Company

## Local Pharmacies

- Cayuga Medical Center (Hospital)
- Kinney Drugs
- Walgreen's Pharmacy
- CVS/Target Pharmacy
- TOPS Pharmacy
- Walmart Pharmacy
- Wegmans Pharmacy



# FARMERS' MARKETS

*The farms surrounding Ithaca provide fresh, organic produce.*

**Brooktondale** - Brooktondale Community Center, 522 Valley Rd.  
Season: June - September on Tuesdays from 4:00 PM - 7:00 PM

**Congo Square Market** - Press Bay Alley, 118 W. Green St.  
Season: May - October on Fridays from 4:00 PM - 8:00 PM

**Dewitt Park** - corner of Cayuga & Buffalo St.  
Season: May - October on Tuesdays from 9:00 AM - 2:00 PM

**Dryden** - Dryden Agway, 59 W. Main St.  
Season: June - September on Saturdays from 9:00 AM - 1:00 PM

**East Hill Plaza** - East Hill Plaza, next to Walgreen's  
Season: June - October on Wednesdays from 4:00 PM - 7:00 PM

**Freeville** - Old Freeville Firehouse  
Season: June - September on Sundays from 3:00 PM - 6:00 PM

**Ithaca Farmer's Market at Steamboat Landing** - 545 Third St. (off Rt. 13)  
Season: April - October on Saturdays from 9:00 AM - 3:00 PM & Sundays from 10:00 AM - 3:00 PM  
Season: November - December on Saturdays & Sundays from 10:00 AM - 2:00 PM

**Triphammer Market Day** - Triphammer Marketplace, 2255 N. Triphammer Rd.  
The Triphammer Market Day includes a Fresh Fish Truck.  
Season: May - October on Fridays from 8:00 AM - 1:00 PM

**Trumansburg Farmers' Market** - Routes 227 & 96, Village Park near Post Office  
Season: May - October on Wednesdays from 4:00 PM - 7:00 PM

Many of the listed resources are referred by our Colleague Network Group members.



# C.S. AGRICULTURE

*For the foodie or gardening enthusiast; a CSA is a great way to engage with your local farmers and food sources.*

## **What is Community Supported Agriculture?**

Community Supported Agriculture (CSA) is a mutually supportive and cooperative relationship between the producer and the consumer. The consumer pays for a crop "share" in advance, guaranteeing producers a market for their goods.

## **How does CSA benefit producers?**

Share payment in advance eases a grower's financial burden in the early growing season and provides them both a market and an income. Because they know their market, they are less likely to over or under-produce.

## **How does CSA benefit consumers?**

Shareholders are guaranteed a supply of fresh, quality produce during the growing season and possibly longer. They also have the unique opportunity to connect with the land on which their food is grown by assisting in production or visiting the farm regularly for pick-ups and shareholder events and keeping food dollars within the local economy.

## **How does CSA benefit the earth?**

All CSA farms employ sustainable agricultural practices, such as organic farming, diversifying crops, minimizing waste by avoiding overproduction, and reducing packaging and transportation.

## **How do I participate in CSA?**

Find a CSA farm that best suits your needs. Visit the farms to meet the owners and see the land. Review share prices (call farms for current prices), pick-up times and locations, length of season, products available, and special features of the CSA. Then contact the farm to join. Please note that most CSA's prefer you to purchase your share in the spring before the season begins.

FOR MORE INFO CHECK OUT - The Cornell Cooperative Extension [Local CSA Directory](#).



**COME ON  
UPSTATE!**

