

Ivey's In My Kitchen™

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**2021,
Year of
Friendship,
Honey &
BOAT CLUBS**



Necessity being the mother of invention, I have seen a growing trend. I cannot help but notice how boat sales were active and new people were being drawn to the river looking for some peace of mind. Some people started out to simply have a new thing to get out of the house and do. This means more people traffic on the Hudson and that gives our boating clubs a chance to shine through conveniences and through dock and dine. Also through memberships, once thought of as unusual, is now a security that we have a space where we belong. The Hudson River has sported some of the widest diversity when it comes to boat clubs. There is a place on the Hudson for everyone, no matter what your taste,



boat or budget. If you're one of the many people that decided to take to the water then this article is directed at YOU! Let's check out the boat clubs.

I have had the honor of being invited up and down the Hudson River over my many years writing for this magazine. When I think back to all the fishing festivals, the boat shows, I am reminded of the smiling faces of the boaters who simply hopped off their vessels to say hello. I've always felt so welcomed by the many boat clubs. Now I realize, it might be high time for me to actually join one? I love the idea of our family floating along the Hudson, fishing, dishing and just having our own space. Now don't misunderstand me, I do not own a boat just yet, this is simply my desire. A goal. If I were lucky enough to have a girl on the water of my very own, I would spend the next season investigating the Hudson River for all it offers. I can say whole heartily that you meet the nicest people along the Hudson River!

Seriously, everybody, do me a personal favor, send me pictures of your boats, please? I want to see them and we can publish some of them to show. Email me your boat to Cook@Iveysinmykitchen.com I see promising things in the future of the boat club. Let's stay tuned and find out together.

With 2021 came gifts. For example, old friends calling with food questions. There are a lot of people cooking from home. Old customers and lecture attendees reaching out for conformation for the recipe they learned over ten years ago. Guys, it gave me the warm and fuzzys all over. I was so touched. I have been lucky to be the receiver of many kind emails and letters over these last two decades. All of the people that came into my life through the magazine...the very thought of it humbles me. I wish I had a copy of the first letter I received in 2002. It was an email on my old computer, (I should have printed it up.) It came from a girl in Verplanck who lived with her Dad, a "man who had been on the river his whole life." His wife (her Mother) had passed, and the house had become so quiet. Until she thumbed through her Dad's Boating on the Hudson Magazine, where she met me running my mouth off about meatloaf. She said it not only gave her a great idea of something to cook for her and her dad that was easy and different, but that it also gave her something to talk about with him. That for the first time they "shared" a magazine! And she thanked me. I cried tears of befuddled happiness for about an hour after I read it. I still get a little sentimental when I think of her. I have been privileged to work with so many wonderful people. One day I will tell you all, of the day that I met John Vargo, but that's a story for another time. I love John, he has been a part of my family before my kids and my kids adore him; he taught them how to fish. I will walk to the ends of the earth for John, he constantly inspires me through the magazine and in my business.

Ivey's In My Kitchen, Inc. used to participate in the local High School WISE intern program. I feel as if I have had some of the most gifted help come through here. Working with food is a joy when you love it. The young people that came through my doors were special. And I do mean every one of them. Every intern that came through this office taught me something. And I still get to share in their lives, even now. I see my interns have gone on to do amazing things in food, in media in business development, in life. I pray that I gave them something too.

Oh my goodness, and then there is Joan Wagner! I swear this is all true. The very first Thanksgiving I wrote for the magazine we published what I like to call The Worlds Greatest Marinade, which for the record we still use and I try to still get it printed every November. Joan Wagner lives in Kansas with her charming husband Ken, nowhere near the Hudson River Valley. But our magazine made its way that far west to the eyes of a woman calling me for Magic Oil. I had only been making it myself for my friends in my kitchen, I had not gotten it to the heights it is now; approved by the government, professionally

produced in its pink wine bottle. It was my personal toy back then and I kept it in a mason jar. And I sent it to her. I stood in line at the Peekskill Post Office, with my baby in his stroller and spent 12 dollars to send her my oil so that she could duplicate the marinade. She sent me a Tupperware of her Christmas cookies – the best ones I ever had!! – and I still claim I got the better deal. What I ended up with were lifelong friends. Joan and I kept in touch, worked on cooking ideas together, supported each other in our endeavors and two years ago, when that "baby" in the stroller graduated from High School, Joan and Ken flew in for his graduation.



2021 the year of the Monarch butterflies! One of the reasons I love John the way I do, is his thoughtfulness. He is as kind as he is clever and if you have ever had a conversation with the gentleman, then you are apprised of his brand of genius. He brought me honey when I was sick. Two bottles from Polinated Pathways. I am a honey snob, there, I said it, I own it, and the good lord knows I pay for it. I grew up in NY during the 70's and had the honey bear in my cabinet like the rest. I grew up paying very little attention to it. Then I went to live in the North Georgia Mountains for three years. There I was gifted with what real honey was. And unfortunately for me, I had to go back to regular commercial honey when I got back to NY. It was slimy and tasted like cornstarch to me. I accepted the fact that like chicken fried steak and biscuits, some things were simply better in the South. Hog hooley! What I needed was to get my honey from a source a little closer to the bee. I was lucky in the 90's when "green markets" sprang up all over New York City. I could always rely on a long-haired guy playing hacky sack next to the pretzel stand to get the good stuff! Then I got married, domesticated, procreating and put in charge of the health and welfare of two humans. Babies should NOT have honey, but Mommies should. In tea, drizzled over salty buttered biscuits, or maybe spooned over strawberries and chopped mint, honey goes good with almost everything. Try it in peanut butter or on ham. After exhaustive research over two decades of living in the Hudson Valley I have found some amazing bee keepers that provide what is truly nectar of the G-ds. I have found my niche somewhere between orange blossom and wildflower. Every year, I get orange blossom honey from a friend in Florida and in the fall I get my wildflower local. I think I am going to be tapping on the Pollinated Pathways door this year? That honey is not only sweet but it is floral. I have never tasted anything like it. I am a gardener by slavery. My garden owns me. Sure, I eat its food, but if you garden, you know that most of the time the relationship is one sided. I have to work for my garden or I will loose everything I built up and everything new I started.

You need butterflies to do that successfully. Butterflies, bees, humming birds I have built my garden to literally attract them. When I learned about the Pollinated Pathways project I felt happy and I want to participate. We all know now that planting milkweed flowers on our properties is helpful.



I would like to introduce you to the Morning Glory. My Morning Glories, have been growing them as an attractor since my first summer, before my garden was even anything, I had Morning Glories. As their name suggests, they open their brilliant velvet trumpets with the sunrise. They bloom only one day in magnificent shades of rich purple and hot fuchsia and they grow stronger every year. While each seed provides one plant, one plant has a central vine that has been known to exceed 21

feet if you wish. On a shorter scale, say a fence, spring planting a row once, will fill in your fence with complete privacy year after year. Each days flower produces a seed pillow and drops those seeds to sprout and bloom the following year. While the plant is new, the genetics are not and every year their heart shaped leaves grow bigger, their stalks heartier and their blooms all the more spectacular. I would like to see y'all plant them! Find a small spot that gets morning light and plant one seed. You will soon see two leaves that together make the shape of a bowtie. Later, as the plant grows you will see the leaves open in the shape of a heart. When you see a thin curly trail, attach it to something it can grow up, and after that, your plant will take off quickly. If you would like to add my Morning Glories to your home or garden, simple send me a SELF ADDRESSED & STAMPED ENVELOPE Ivey's In My Kitchen, PO Box 181, Crompond, NY 10517 Let's all join in to save the valuable local pollinators that help make our food and our world beautiful. And seriously, I gotta get more of that honey. John,... hint, hint...

So, I guess what I'm saying is that food brings us together. That I see all the wonderful things the past has held and with that I faithfully charge into 2021. I would like to introduce you to some of my extended Boating On The Hudson and Ivey's In My Kitchen family. And I will be looking to catch ya'lls act on the water at the nearest boat club!

Let us all bond together with faith in 2021. I hope to see many of you in the future along the Hudson River for a day, a night, an afternoon of food friends and fun. I'll make my fish tacos.

Ivey's Fan Mail

Laura Catala, CA
SpaceX

Where do I begin? I landed at Walter Panas Highschool circa 2004. I was a junior who was wandering in life with a passion for cooking (and eating) My social studies teacher set me up in this working program thru my school. I had to contact Ivey Levy from Ivey's in my kitchen. One phone call and that was that. We have gone

from student to family and carry on this epic foodie friendship for over the last 16 years. (Wild really?!) Ivey is such a book of knowledge about new food trends and a badass kitchen guru. I can't wait to get back in the kitchen with her and have some fun chopping it up!

Subject: Dear Boating on the Hudson, Ivey Levy

Wanted to share with you how a few questions about chicken turned into a fifteen year friendship with Ivey Levy. I love to cook. When I retired I finally had the time to improve my cooking skills. I took classes and even taught a few classes at the local recreation center. Feeling confident, I started entering cooking contests. In 2005, I decided to enter the 46th National Chicken Council Cooking contest being held in Charlotte, NC. With \$100,000 prize, one person from each of the 50 states would be chosen.

I was searching the Internet looking for inspiration to improve my roasted chicken recipe. My friends said the recipe was very good but I knew with that competition it would have to be something special to get the judges attention.

I found an article written by Ivey Levy about her 'magic oil' stating it would magically make you a better cook. It got my attention after reading several fantastic articles and watching her cooking videos I realize this funny, quirky lady might be able to help me. I sent her an email and within a short period of time she's responded, and our friendship had begun.

After a few days the emails turned into phone calls. Ivey loves to talk about food and she knows what she's talking about. She inspired me to think outside the box. Ivey helped me expand a simple flattened roasted chicken into a Kansas prize winning recipe. I really believe her suggestion to rename my recipe caught the interest of the judges. Spatchcocked Chicken with herbed Goat Cheese. Ivey gave me numerous suggestions on presentation and how to handle the cooking pressure in front of large crowds. Her information was invaluable.

Over the years we stayed in contact. I followed her Boating on the Hudson articles. Laughed a lot at her relaxed easy-going columns. Ivey writes like she's just sitting across the table talking to a friend. In 2017 we planned a trip to the New York area. Finally we met and had dinner at The Culinary Institute of America, Hyde Park. A perfect place to laugh and discuss food.

After meeting her in person, I truly appreciate her vast knowledge, not only in cooking but in life.

I value Ivey Levy and am proud to call her my friend,

Joan Wagner
Overland Park, Kansas

Dear Ivey,

What can I say about the absolute BEST flourless chocolate cake that I have ever had! I had the most amazing experience indulging in the sweet, richness of your flourless cake. Being a lover of chocolate, I can honestly say that you can taste the love you have put into this masterpiece! Every bite is smooth to the taste and comforting to the soul. ANYTHING created by your gifted hands will enable all who come in contact with your creations to connect with your passion, purpose and the pleasure of wanting MORE!! Ivey, you have truly won me over!! I am forever a fan and will always support!! #TeamIvey!

Sincerely,
Tiffany Barker-Sterling
East Windsor, NJ



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