

SOFOnaturalist



Each quarter SOFO features eco-links, written by a member or friend of the Museum. If you wish to submit an article, please contact us.

eco links

Menhaden Recovery Save Long Island's Shark Populations

by Jason Mirtsopoulos



*A humpback whale breaching the water's surface to feed on bunker
(credit: Fish Guy Photos: Christopher Paparo)*

How many people can truly say that they have witnessed a great white shark in its natural environment? How about a humpback whale breaching the water's surface, or a pod of dolphins swimming along the shore? Luckily for many Long Island residents living along the south shore, increasing populations of Atlantic menhaden (colloquially referred to as bunker) can provide just that opportunity!



*A school of menhaden/bunker at the surface filter-feeding for plankton
(credit: Fish Guy Photos: Christopher Paparo)*

Many apex predators, such as sharks, rely on the presence of bunker and other forage fish in order to survive; larger carnivorous predators need to feed often and in large amounts to sustain themselves on a daily basis. Because of this, menhaden play a vital role in many coastal marine ecosystems and are referred to as a 'keystone species'. Keystone species are important in facilitating and stabilizing an ecosystem's comprising food webs. Without them and provided enough time, extirpation, or local extinction, can occur. Menhaden

are filter-feeding omnivores with a diet mainly consisting of phytoplankton, zooplankton, and various types of algae. Phytoplankton are microalgae responsible for half of the global ocean's marine oxygen supply; without them, a large majority of the ocean would be uninhabitable!

Menhaden also provide many economic benefits. Bunker is commercially harvested and processed into fishmeal, which is used in fertilizer for agricultural practices. As a consequence of long-term commercial overfishing, bunker populations were in decline for many years until an amendment was made to the Interstate Fishery Management Plan in 2012 by the Atlantic Marine Fisheries Commission (AMFC), which lowered the commercial fishing quota throughout New York State. Combined with the DEC's decision to increase commercial harvest reporting requirements in 2011, and the passing of Senate Bill S2317, which banned the commercial use of purse seines for menhaden fishing, menhaden populations have since recovered tremendously.

With this explosive resurgence in bunker populations, it's no surprise that sharks, whales, dolphins, and other marine life from all over the North Atlantic are migrating along the east coast! OCEARCH's shark tracker indicates that there are currently five fully-grown, adult white sharks roaming the New York Bight (the span of water extending from Montauk to Cape May, New Jersey), though white sharks are only one shark species among roughly 43 others known to inhabit the Atlantic! Thresher sharks, blue sharks, mako sharks, and sandbar sharks are also relatively common. But fear not! Shark attacks on humans within the New York Bight are highly unlikely. In actuality, the likelihood of being attacked and killed by a shark is 2.2 million times less likely than dying from the common flu!



*SOFO researchers measuring a YOY (Young of the Year) white shark
just before releasing it back into the Atlantic Ocean
(credit: Fish Guy Photos: Christopher Paparo)*

Because sharks are able to travel thousands of miles during migration, it's not uncommon for shark populations within the New York Bight to fluctuate. In temperate waters, seasonality dictates water column status, and therefore its temperature, salinity, density, and other properties may influence shark survivability. Sharks travel long distances primarily to locations with increased prey availability, but

Continued on next page

Continued from page 1

also to maintain optimal body temperature. Sharks are predominantly poikilothermic, or cold-blooded, and require surrounding waters for temperature regulation. While there is no evidence to support the theory that climate change is driving this shift in shark migratory patterns, it's inevitable that waters will continue to warm during summer months and get colder during the winter. In the future, this may be reflected in an increased number of shark sightings during the summer and a respective decrease in the winter.

Did you know that Long Island's waters has its very own white shark nursery? SOFO's Shark Research and Education Program field team has been instrumental in observing shifts in shark activity at the local level by tagging juvenile white sharks, educating the public, and monitoring shifts in coastal activity! Shark tags are tools that help scientists better understand shark behavior, shark migratory patterns, and numerous other aspects of shark ecology. Some shark tags, such as CATS (Customized Automatic Tracking Solution) come equipped with video devices that can record up to 30 hours of video data; other tags, such as PSAT (Pop-up Satellite Archival Tags), provide hydrographic data (i.e. temperature, salinity etc.) and/or use satellites to approximate locality of a tagged shark. With



*A PSAT tag recovered off the Southampton shore
(credit: Fish Guy Photos: Christopher Paparo)*

the help of their shark collaborators, SOFO's Shark Research and Education Program team has already tagged over 30 juvenile white sharks since their inception in 2015! Not to mention that last field season was the first time in which the SOFO research team was able to tag and release both a thresher shark and a dusky shark! Thanks to a grant funded by the University of Delaware, the SOFO shark research team will start deploying SPOT tags (Smart Position or Temperature Transmitting Tag) throughout the next field season in order to look at long-term shark data. In the future, SOFO plans to continue working with scientists, marine resource managers, schools, and the general public in order to create the stewardship necessary to protect our marine environment.

Bio:

Jason Mirtsopoulos (jasonmirts@gmail.com) is an aspiring marine ecologist and writer currently studying at Stony Brook University. He intends to graduate come this spring and launch himself into the coral restoration field as soon as possible.

Living Just Under Our Feet

by Rachel Speckenbach, SOFO Environmental Educator



Tiger Salamander

As temperatures grow warmer, we find ourselves yearning to get outside. Similarly, an abundance of wildlife is becoming more active. As we get outside and go for our nature walks, we might not think about the world existing under our feet—the animals that live beneath us.

Along with small rodents, arthropods and microorganisms, amphibians like the impressive Eastern Tiger Salamander (*Ambystoma tigrinum*) can be found underground. The tiger salamander is one of the four mole salamander species found on Long Island – along with the blue-spotted, spotted, and marbled salamander – appropriately named for spending most of their lives in burrows, only leaving to migrate to ancestral breeding ponds. This salamander is New York's largest terrestrial salamander and one of the largest in the United States. In New York State they can be found on Long Island in old fields and woodlands.

Tiger salamanders are nocturnal, identified by their dark brown bodies with yellow irregular markings. They first emerge from their underground tunnels in February and March, then urgently migrate to nearby vernal ponds to breed and lay gelatinous egg masses. Larvae are born with external gills and no limbs and stay in the pond until the end of summer. Once they metamorphose into adults they move to land, trading their gills for lungs, and mainly eat insects and worms.

To protect themselves against predators the tiger salamander will produce noxious secretions that can leave a bird or small mammal feeling ill and unlikely to choose them for a meal in the future.

Unfortunately, the Eastern Tiger Salamander is listed as endangered in New York State. With increasing development and habitat fragmentation, tiger salamanders are subject to habitat loss, pollution, and road mortality. While this listing seems grim, there is always something we can do. We can be mindful of the products we use at our home and businesses, be extra careful when driving at night during the breeding season, and adequately assess tiger salamander presence before developing land. Due to the secretive lifestyle of this species, and small populations, they are seldom observed.




This winter the museum will hold seasonal salamander programs in February and March, so participants can safely and responsibly connect with these rare and unique animals living just below us. There will be an Eastern Tiger Salamander walk on February 13, 2021 at 7:30pm, two Blue-spotted Salamander walks on March 6, 2021 and March 13, 2021 at 7:30pm, and a Spotted Salamander walk on March 20, 2021 at 8:00pm. The walks will be led by SOFO Board of Directors President Andy Sabin - also known as "The Salamander Commander." Please contact the museum at info@sofo.org or 631-537-9735 to reserve your spot.

377 Bridgehampton/Sag Harbor Turnpike

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www.sofo.org email: info@sofo.org.

Find us on Facebook  *Twitter*  *Instagram* 



A full description of each program is listed on the SOFO website:
www.sofo.org/calendar

January, & February, March

PLEASE NOTE!

The programs listed in this Calendar of Events will take place either
in person or online, depending upon the COVID-19 situation.
For that information, please look at the calendar listings on the SOFO website at:
<https://sofo.org/calendar/>

For SOFO members: programs are free.

Level of membership indicates the number of people entitled to a free program.

For SOFO non-members: there is a fee.

Please contact us at: info@sofo.org for fee information or refer to the SOFO website at: www.sofo.org

If you are not already a member we invite you to join the museum.

Find out about membership levels at www.sofo.org/membership

For full information on the South Fork Natural History Museum (SOFO),
including entrance fees and hours of operation, please refer to the website: www.sofo.org

SOFO Mission

The mission of the South Fork Natural History Museum (SOFO) is to stimulate interest in, advance knowledge of, and foster appreciation for the natural world with special emphasis on the unique natural environment of Long Island's South Fork.

Pajamas, Popcorn, & Long Island Nature Videos Online Six Friday Evenings at 7p.m.

Friday evenings at 7p.m. get cozy. Put on your PJs, pop some popcorn, round up the family, and watch a selection of fascinating videos about Long Island nature brought to you by the Long Island Nature Organization and SOFO by way of the Long Island Natural History Conference.

Friday, January 15, 7p.m. The Moths of Long Island: Presenter, Hugh McGuiness

Friday, January 22, 7p.m. Bird Migration on Long Island: Presenter, Shai Mitra

Friday, January 29, 7p.m. Long Island Lichens—An Exploration of a Hidden World: Presenter, James Lendemer, New York Botanical Gardens

Friday, February 5, 7p.m. Barcode Long Island—Student-Centered Biodiversity Research: Presenters, Maria Brown, Science Research Teacher, Sayville High School and Bruce Nash, Assistant Director for Science, Cold Spring Harbor DNA Learning Center

Friday, February 12, 7p.m. Freshwater Fishes of Long Island—What are they and where did they come from? Presenter, Chart Guthrie, Regional Fisheries Manager, NYSDEC, Stony Brook

Friday, February 19, 7p.m. Bat Conservation on Long Island and the Case of the Northern Long-eared Bat (*Myotis septentrionalis*): Presenter, Samantha Hoff, NYSDEC and SUNY Albany

To watch these videos go to the SOFO website www.sofo.org, click on calendar, scroll down to the January or February date of the video and there you will find a clickable link that will take you directly to the video.

The Long Island Natural History Conference is the best resource for current information about the natural world on Long Island. The Conference, which has been held at Brookhaven National Laboratory, is made possible through the efforts of the Long Island Nature Organization, established in 2012, to support education and research about the natural history of Long Island. The organization's projects include:

- creating a web-based clearing house for information about Long Island's flora and fauna to be shared by Long Island naturalists, both professional and amateur
- publishing guides to Long Island's natural world
- promoting Long Island nature studies by sponsoring specific research projects
- hosting an annual conference devoted to Long Island Natural History

For further information about the Long Island Nature Organization go to www.longislandnature.org.

The above videos are only a sample of what you will find from each year of the conference. To see all the videos from the past years of the conference go to www.sofo.org/media/video. On this page you will also find SOFO program videos on the SOFO YouTube Channel.

Calendar Highlights—Zoom Presentations

Find full program descriptions at: www.sofa.org/calendar



This coyote was photographed in Sagaponack by Dell Cullum in March 2014.

Saturday, January 30, 2021, 10:30a.m.

Tracking Coyotes on Long Island with Mike Bottini, Wildlife Biologist, Seatuck Environmental Association. For: All Ages

Saturday, February 13, 2021, 11a.m.

SOFO Shark Research & Education Program: Assessing the Health and Stress of Great White Sharks with Dr. Harley Newton, Veterinary Pathologist, Disney's Animals, Science and Environment. For: Adults/Teens/Children 10 years of age and older



Dr. Harley Newton. On right, she draws a blood sample from a juvenile white shark along with SOFO's Shark Research and Education team. Photo credit of Dr. Harley – R. Snow/OCEARCH, Photo credit drawing blood – Fish Guy Photos: Christopher Paparo



A monarch butterfly, a local pollinator, on lilac flowers in the spring. Credit: Jeffry Petracca

Saturday, February 20, 2021, 10a.m.

Live Animal Program: The Butterflies and the Bees—Prepping for Pollinators at Home! With entomologist Jeffry Petracca, from the Long Island Aquarium. For: All ages are welcome to attend, but some of the content may be of more interest to an older crowd (i.e., gardeners, homeowners).

Friday, February 26, 2021, 6:30p.m.

Live Animal Presentation: Serpent Symphonies! 100% Snakes with Jungle Bob. For: All Ages



Jungle Bob with an Albino Burmese Python. Credit: Susan Resner



Saturday, March 27, 2021, 10a.m.

Live Animal Presentation: The Tides of March—Crabs and Other Critters in the Surf with entomologist Jeffry Petracca from the Long Island Aquarium. For: All Ages

A Halloween Crab, a land crab from Central America, on Jeff's daughter. Credit: Jeffry Petracca

Calendar At A Glance

Key: A—Adults T—Teens C—Children F—Family AA—All Ages

A full description of each program is listed on the SOFO website at www.sofa.org/calendar.

Advance reservations are required for all programs.

January

Saturday, January 2, 10:30a.m. Zoom Live Animal Zoom Presentation

Meet the SOFO Amphibians—Their Life History & Ecology: AA

Saturday, January 9, 10:30a.m. White Pine & Oak Forest Hike at Wilson's Grove Preserve: A/C8+

Saturday, January 9, 3p.m. SOFO Cleans the Beach—Help Needed: AA

Sunday, January 10, 10:30a.m. Snowy Owls at Shinnecock Inlet: F/C8+

Sunday, January 10, 3p.m. Zoom Presentation Adventures on the Trail—Making a Trail Journal with Maps: AA

Friday, January 15, 7p.m. Online Video The Moths of Long Island—Long Island Natural History Conference: F

Saturday, January 16, All Day – Rain date Sunday, January 17

Birding with Frank—NYSOA Annual Winter Waterfowl Count: A/T

Saturday, January 16, 10a.m. Long Pond Greenbelt Trail Walk—SOFO to Mashashimuet Park & Back: A/T

Sunday, January 17, 10a.m. SOFO's Young Birders Club: Ages 8 - 18

Friday, January 22, 7p.m. Online Video Bird Migration on Long Island—Long Island Natural History Conference: F

Saturday, January 23, 8a.m. The Chickadee's World: A Walk at the Elizabeth Morton National Wildlife Refuge with John Turner: A/T/C8+

Saturday, January 23, 1p.m. Trail Walk at Montauk's Big Reed Pond (3.0-mile): A/T/C8+

Sunday, January 24, 10:30a.m. Seal Walk at Cupsogue Beach County Park A/C6+

Thursday, January 28, 5:30p.m. Full Wolf-Moon Hike, Co-Sponsored by Friends of the Long Pond Greenbelt: AA

Friday, January 29, 7p.m. Online Video Long Island Lichens, An Exploration of a Hidden World—Long Island Natural History Conference: F

Saturday, January 30, 10:30a.m. Zoom Presentation Tracking Coyotes on Long Island with Mike Bottini, Wildlife Biologist, Seatuck Environmental Association: AA

Saturday, January 30, 10a.m. SOFO's Young Environmentalist Society (YES!): Ages 10-16

Saturday, January 30, 10a.m. Birding with Frank—Shinnecock Specialties: A/T

February

Friday, February 5, 7p.m. Online Video Barcode Long Island, Student-Centered Biodiversity Research—Long Island Natural History Conference: F

Saturday, February 6, 9a.m. Birding with Frank—Winter Sea Ducks: A/T

Saturday, February 6, 10:30a.m. Vernal Pool Walk—Their Ecological Importance: A/T/C8+

Saturday, February 6, 1p.m. Behind the Scenes Tour at the Long Island Aquarium: A/C10+

Saturday, February 6, 6p.m. Nighttime Owl Prowl: A

Sunday, February 7, 10:30a.m. Trail Walk to Penny Pond in Southampton (1.6-mile): A/T/C8+

Friday, February 12, 7p.m. Online Video Freshwater Fishes of Long Island: What are they & where did they come from? Long Island Natural History Conference: F

Saturday, February 13, 11a.m. Zoom Presentation SOFO Shark Research & Education Program: Assessing the Health and Stress of Great White Sharks with Dr. Harley Newton, Veterinary Pathologist, Disney's Animals, Science and Environment: A/T/C10+

Saturday, February 13, 3p.m. SOFO Cleans the Beach—Help Needed: AA

Saturday, February 13, 7:30p.m. Andy Sabin's Annual Eastern Tiger Salamander Search: AA

Sunday, February 14, 2:30p.m. Seal Walk at Cupsogue Beach County Park: A/C6+

*February
continued*

Winter School Break Outdoor Nature Programs

10:30 – 11:30a.m.

Monday, February 15 – Friday, February 19

For Children of All Ages

Monday, February 15—Winter Birds of Vineyard Field

Tuesday, February 16—Wooly Bear Caterpillar Search

Thursday, February 18—What do Bugs Do in Winter?

Friday, February 19—Learn How to Identify Animal Sign

Friday, February 19, 7p.m. Online Video Bat Conservation on Long Island—Long Island Natural History Conference: F

Saturday, February 20, 10a.m. ZoomLive Animal Presentation The Butterflies and the Bee: Prepping for Pollinators at Home! With entomologist Jeffry Petracca, from the Long Island Aquarium: AA, (some of the content may be of more interest to an older crowd (gardeners and home owners)

Sunday, February 21, 10a.m. SOFO's Young Birders Club: Ages 8-18

Friday, February 26, 6:30p.m. Zoom Live Animal Presentation Serpent Symphonies! 100% Snakes with Jungle Bob: AA

Saturday, February 27, 10a.m. SOFO's Young Environmentalist Society (YES!): Ages 10-16

Saturday, February 27, 10:30a.m. Promised Land Nature Walk at Napeague State Park: A/T/C8+

Saturday, February 27, 6:30p.m. Full Snow-Moon Hike, Co-sponsored by Friends of the Long Pond Greenbelt: AA

March

Saturday, March 6, 10:30a.m. Zoom Live Animal Presentation Tortoise vs. Turtle—What's the difference? AA

Saturday, March 6, 7:30p.m. Andy Sabin's Annual Blue-spotted Salamander Search: AA

Sunday, March 7, 10a.m. Winter Beach Walk at Shinnecock Inlet, East: A/C5+

Saturday, March 13, 3p.m. SOFO Cleans the Beach—Help Needed: AA

Saturday, March 13, 7:30p.m. Another Blue-spotted Salamander Search with Andy Sabin: AA

Sunday, March 14, 10a.m. An Exploration of Trout Pond Park, Noyac: A/T/C8+

Sunday, March 14, 1p.m. Trail Walk at the Nature Conservancy's Mashomack Preserve, Shelter Island: A/T

Saturday, March 20, 10a.m. Birding with Frank—Pond & Bay Waterfowl: A/T

Saturday, March 20, 8p.m. Andy Sabin's Annual Spotted Salamander Search: AA

Sunday, March 21, 10a.m. SOFO's Young Birders Club: Ages 8-18

Saturday, March 27, 10a.m. SOFO's Young Environmentalist Society (YES!): Ages 10-16

Saturday, March 27, 10a.m. Zoom Live Animal Presentation The Tides of March: Crabs and other Critters in the Surf, with Jeffry Petracca, Long Island Aquarium: AA

Saturday, March 27, 1p.m. Seal Walk at Cupsogue Beach County Park: A/C6+

Sunday, March 28, 7:30p.m. Full Worm-Moon Hike, Co-Sponsored by Friends of the Long Pond Greenbelt: AA

Spring School Break Outdoor Nature Programs

10:30 – 11:30a.m.

Monday, March 29 – Friday, April 2

For Children of All Ages

Monday, March 29—Spring Bug Search

Tuesday, March 30—Birds of Spring Migration

Thursday, April 1—Scavenger Hunt, Beware of April Fools!

Friday, April 2—Learn About Our Local Salamanders



SOFO is very happy to announce our October Business of the Month



Congratulations to EAST END KIDS FUN, The go-to-guide for all things fun toddler to teen in the Hamptons



East End Kids Fun reports the news on on-site and virtual after school and vacation programs, arts and science programs, resources for people with special needs, news on museums, libraries, sports, and local favorite spots, and more. Families looking for a weekend Mommy & Me class or SAT test prep, times and locations for annual parades or sandcastle contests, tips on surf lessons or where to find gifts for a birthday party can feel confident that it's all covered on East End Kids Fun. The online site also offers a comprehensive calendar of events, a weekly newsletter that features upcoming events (live and virtual), community announcements, special offers from its partners, and a blog highlighting various fun activities and local businesses.

Moyer raised her two sons in the Hamptons, so she knows how challenging it can be to find clear, accurate, and concise information about "all things kids," so she decided to create a creative and concise digital directory for parents and caregivers searching for everything and anything toddler to teen, from Southampton to Montauk.

"SOFO is very happy to welcome East End Kids Fun as an invaluable year-round resource for families and caregivers seeking current information on what is happening on the East End," says SOFO Executive Director Frank Quevedo. "Susan Moyer is a professional who brings integrity, precision and spirit to all that she does," adds SOFO Development Director Diana Aceti. "We are delighted that East End Kids Fun has created such an in-depth, informative guide where organizations such as SOFO can list their events at <https://eastendkidsfun.com/events-calendar/community/add/>."

"East End Kids Fun is thrilled to support SOFO and the powerhouse programming that the museum offers year-round. For young scientists and naturalists of all ages and their families, SOFO provides unparalleled after school, weekend and vacation programming, and is a unique community resource," says East End Kids Fun Founder Susan Moyer. You can find details about all of SOFO's offerings on my website."

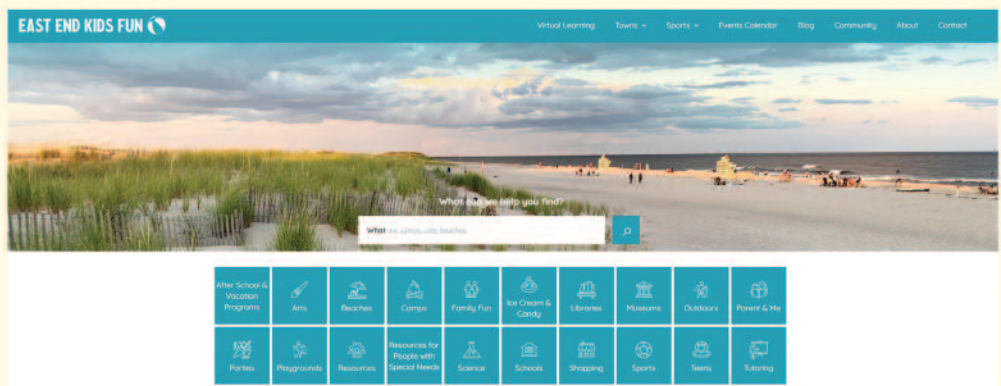


For more information, please visit East End Kids Fun website at

[/https://eastendkidsfun.com/](https://eastendkidsfun.com/)

To list your own event, please do so at

<https://eastendkidsfun.com/events-calendar/community/add/>



Please visit EAST END KIDS FUN's website to explore all things fun in the Hamptons for families, children, and teens.

Please join SOFO as we Support our Sponsors, which you can explore on our website at <https://sofo.org/sponsorship/>

We will be featuring a new Business of the Month each month throughout the year. To become a Business Supporter, please contact Diana Aceti at daceti@sofo.org. More details are available at <https://sofo.org/membership/>



SOFO is very happy to announce our November Business of the Month



Congratulations to Bill Miller & Associates — the award-winning Hamptons Arborists headquartered in Water Mill, New York



Bill Miller & Associates was founded in 1986 by Chairman Emeritus and SOFO Board Trustee Bill Miller to bring premier tree, shrub and hedge care to the discerning gardens of the East End. BMA and SOFO share a deep appreciation for the South Fork's unique natural environment, and are both actively engaged as responsible caretakers of our community.

BMA's team of 16 employees embodies the spirit of physical work enhanced with artistry and creativity. BMA's leading arborists specialize in pruning that maximizes the potential of design-driven landscapes for clients to effortlessly experience the natural beauty of their gardens. Says Matt Hartline, a 20-year veteran and Certified Master Arborist, "BMA does not look to prune individual specimens; we prune whole gardens. We take a holistic view of 'The Garden' as a unified, living, breathing, developing entity. We tend to the trees with love, promoting the understanding of woody plants and appreciation of trees and their allies, namely shrubs, vines and hedges. Our purpose is cultivating the pleasure and comfort our clients' harvest from their gardens. Artistry is practiced by seeing what is there, understanding how it came to be, foreseeing where it is going, visualizing what it could be, persuading and educating why this is a worthy effort and lastly, executing on the incremental steps towards a shared vision."

"SOFO is very happy to welcome Bill Miller & Associates as our November Business of the Month," says SOFO Executive Director Frank Quevedo. "The BMA team is passionate about its work, and brings integrity and a love of nature to all they do." Adds President & CEO David Beard, "we are thrilled to continue our company's long standing support of SOFO, and the exceptional programming and initiatives that the museum offers year-round. As we enter our 35th year, we are honored to be enhancing the natural beauty of the discerning gardens of the East End, and we are proud to be associated with the wonderful work of SOFO."

Bill Miller & Associates Celebrates its 35th Anniversary with New Owners

As BMA enters its 35th year, it is pleased to announce its new owners, David Beard, President & CEO, who moved to Sag Harbor sixteen years ago; Partner & COO Matt Hartline, who was born and still resides in Southampton; and Cristina Thorp, who serves as a partner and the company's CFO, purchased the company from Founder Bill Miller late last year. Bill Miller currently serves as BMA's Chairman Emeritus. Through the transition, BMA has retained all of its existing clients, even adding a few new clients, and has retained and added to its staff. The company has recently emerged from a voluntary, 49 day suspension of its field operations during COVID in order to ensure the safety of its clients and staff.



David Beard
President & CEO



Cristina Thorp
Partner & CFO



Matthew Hartline
Partner & COO

For more information, please contact us at BMA@BillMillerInc.com or 631-725-1571. BMA's website is currently under construction.

Please join SOFO as we Support our Sponsors, which you can explore on our website at <https://sofo.org/sponsorship/>

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SOFO is very happy to announce our December Business of the Month



Congratulations to Provisions Natural Foods Market Sag Harbor, a highly respected Culinary Resource in the East End Community for Over 30 Years



We are delighted to present Provisions Natural Foods Market in Sag Harbor — a community favorite — a Café, Market and Juice Bar offering organic and non-GMO products, as our December Business of the Month. Under the leadership of owner Rich Kresberg since 1996, after other owners first opened the store in the mid-1970s, Provisions has worked very hard to accommodate all full-time and seasonal residents and visitors during this challenging year dominated by Covid-19, offering home delivery, on-line ordering with contactless pickup, and, recently re-introduced in-store shopping for a limited number of people at a time.

"We are happy to welcome Provisions as our Business of the Month," says SOFO Executive Director Frank Quevedo. "We thank the great team at Provisions for its commitment to giving back to all of us on the East End." Adds Diana Aceti, SOFO Director of Development, "Provisions has long been a culinary landmark in Sag Harbor, providing the highest quality food, vitamins, supplements, and health, home, pet and beauty products, as well as a café that consistently serves healthy, delectable offerings."



"We are very pleased to be honored as SOFO's December Business of the Month," says Provisions' owner Rich Kresberg. "As you know, Provisions has always been very involved in community causes. Presently, we are focusing on the Sag Harbor Food Pantry and the Bridgehampton Childcare Center, both of which are experiencing an increased demand. Every week, we make food donations. I would like to give a shout out to our entire staff, who really have risen to the challenge this year to ensure we met our goals in the community. At Provisions, we are not just concerned about people's individual health, but also raising awareness about the health of the environment. We feel that this aligns well with SOFO's educational initiatives. Also, both Provisions and SOFO have offered support to Drawdown East End, which is working to reduce our carbon emissions."

Provisions Bountiful Offerings

Reports an Edible East End article, Provisions is committed to selling only the highest quality organic products available. The store supports local organic farmers and sells only organic fruits and vegetables. The café serves breakfast and lunch along with baked goods, juices and smoothies. The market carries organic groceries, vitamins and supplements, personal care and beauty products, baby products, bees wax candles, chocolates, teas, gifts items, pet products and much more. Provisions sources most of its organic produce from local farms such as Quail Hill and Amber Waves, both in Amagansett, Under the Willow Farm Stand in Sag Harbor, and Good Water Farms in East Hampton.



Provisions is currently Open Seven Days a Week
Year-Round
Market 8am-6pm
Cafe 8am-4pm
Juice Bar 8am-5pm

Corner of Bay & Division Streets
Sag Harbor, New York
631-725-3636

<https://www.provisionsnaturalfoods.com/sagharbor.php>



Rich Kresberg, Owner of Provisions Natural Foods

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Adventures on the Trail:

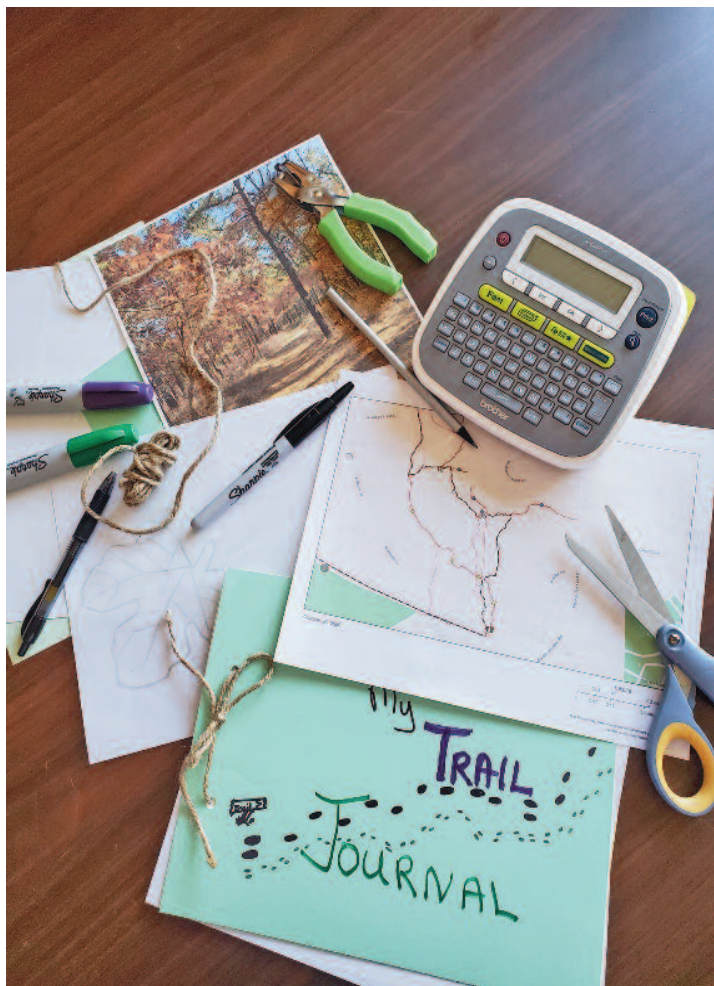
Making a Trail Journal with Maps

Melanie Meade, SOFO Education and Outreach Coordinator

Walking a nature trail is an adventure. It is different every time and in every season. Songbirds twitter from the leafy trees in summer, deer prance through the underbrush in fall, snow makes it easier to notice animal tracks in winter, and the forest re-awakens with flowering plants and wildlife in spring.

One way to remember and share your adventures is to journal your experiences while out in nature. To keep track of your hikes you can make a family or individual trail journal, like a trail log where you write down the details in a notebook. In a journal, you can add a trail map with topographic details, mark the distance you hiked, or add a photo or a sketch of some of the common plants and wildlife that were found on that trail. Personalize a journal with family pictures you take along the way and details of what you see, hear, or smell. A trail journal can be a family project or a personal goal. It may even last for years. Hike the trails in your town or venture into the next town. Who knows, maybe, eventually, you will even hike all the 125-mile long Paumanok Path— from Rocky Point to Montauk Point.

Join us at SOFO for a Zoom presentation on Adventures on the Trail: Making a Trail Journal with Maps, Sunday, January 10, 2021, at 3:30 pm, as we share a few suggestions on how you can make a trail journal. Use your own ideas and make your journal last a lifetime! To join us on a hike, look for SOFO's 2021 trail hike series, beginning with our winter 2021 Calendar of Events, on the museum's website at www.sofo.org.



We would like to thank all of our families and friends who so generously supported the museum in 2020 during a time of uncertainty and challenge.



Photo: Kriss McDonald

We hope to be able to celebrate with you this year at our
32nd Annual Summer Gala
in July, 2021, at our 6th Annual
Climate Change Conversation
in September, 2021, and
at all our ongoing educational,
environmental programs, projects
and initiatives.

Your involvement enhances our efforts to inspire and educate everyone to be responsible and caring stewards of our planet.

Here is to a happy, healthy 2021!

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