

## Taste the mid-Hudson Valley's Ulster County

By Sharon McDonnell

Only 90 minutes north of New York City, the mid-Hudson Valley's Ulster County is the very definition of farm-to-table: almost 50 farms, U-Pick orchards and farmers markets are here, surrounded by the Shawangunk and Catskill mountains. The picturesque region, where many buildings date back to the 18th century, is winning more attention for its wines in recent years, and 14 member wineries on the [Shawangunk Wine Trail](#) hold frequent events.

### **Buttermilk Falls Inn + Spa in Milton, N.Y.**

Llamas, alpacas, miniature donkeys, angora goats and peacocks add to the bucolic bliss at this luxury inn on the Hudson River, whose main house was built in 1764. Its gourmet restaurant, Henry's on the Farm, sources greens, strawberries, cherries, rhubarb, apples, honey, eggs and herbs from its 40-acre, on-site Millstone Farm for delectables like honey-garlic shrimp in a brandy glaze, strawberry spinach salad with candied walnuts, and lobster risotto with mushrooms, snow peas and herbs. Spa treatments also use lavender and honey grown on-site.

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



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