

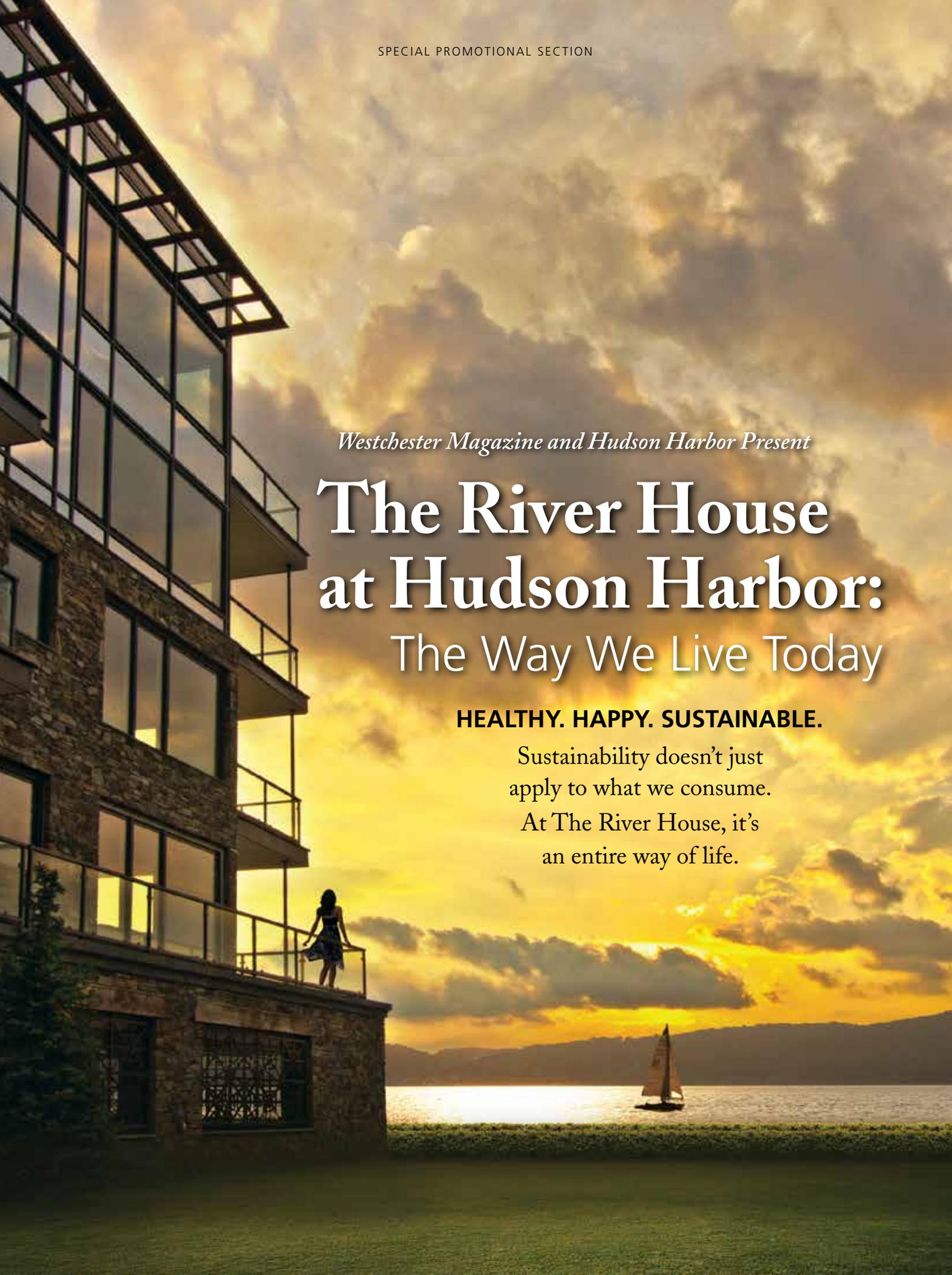
*Westchester Magazine and Hudson Harbor Present*

# The River House at Hudson Harbor: The Way We Live Today

**HEALTHY. HAPPY. SUSTAINABLE.**

Sustainability doesn't just  
apply to what we consume.

At The River House, it's  
an entire way of life.



# A sustainable lifestyle— inside and out



The sustainable lifestyle at River House begins with its environment—inside and out.

From the perspective of Sean Flynn, head of construction at Hudson Harbor, healthy living at the River House begins with the building itself. “There are three components of a healthy building—its exterior, the interior space, and the mechanical systems or guts of the building,” he explains.

The initial focus on the River House exterior resulted in using only natural materials, including stone and bluestone from Pennsylvania that was naturally made, not manufactured. The stone was sourced from a family farm dating back to the 1800s and transported to the River House site, then hand worked to create the building’s facade. Similarly, the brick and the timber were sourced

locally, much of it from New York State barns and beams.

Next, the focus turned to the interior. “We chose oversized custom windows from Germany to enhance the interaction of the exterior and interior,” Flynn notes. “Using a larger span of glass allows much more light than more traditional windows. The combination of high ceilings and tall windows not only creates a more spacious feel, but pulls light as deep into the living space as possible. The natural light, in turn, promotes much healthier living than would be possible by relying heavily on artificial light. Adding balconies to the individual units also encourages a healthy interaction and connection with the outdoors.”

The last component, the guts or nervous system of the building, may

not be visible to residents, but the comfort they deliver is significant. “We fully insulated the wall cavities using a spray foam insulation that’s energy efficient. The result is lower heating and cooling costs and noise reduction,” Flynn points out. “Every unit also has its own independent HVAC system, giving residents greater control for thermal comfort.”

Finally, when it came time to create the public spaces, including the pool, expansive terrace, and gardens, the goal was to create a sense of community and connection. That sense of connection is supported by the community’s walkability—no car is needed to reach the train, restaurants, shopping, entertainment, recreation, or the three miles of river-facing parks.



## Farm-to-table approach



A lifestyle of ease (that the farm-to-table movement has helped define) wouldn’t be complete without easy access to delicious nourishing food! River House residents will have that in abundance thanks to two on-site farm-to-table restaurants—Hudson Harbor’s RiverMarket Bar and Kitchen (pictured below) and a new sustainable dining destination from the owners of the environmentally conscious Purdy’s Farmer and the Fish (pictured left and above). Without ever setting foot outside of their community, River House residents have the best of all worlds, from environment to cuisine!



Stay tuned for more exciting peeks into life at The River House and opportunities for your own up-close and personal tour. [www.HudsonHarborNY.com](http://www.HudsonHarborNY.com)

# Farmer and the Fish

When its doors open on the River House “dock and dine” pier, a new restaurant—an extension of the ecologically focused Farmer and the Fish—will deliver much more than an on-site convenient place to dine. It will bring healthy eating, education, and a boatload of fun—literally! Similar to its sister restaurant Purdy’s Famer and the Fish, the new eatery will feature a farm component, but, taking full advantage of its waterfront location, it will be a floating farm on an eco-friendly barge that will include a 1,200 square-foot hoop house (a high-tunnel greenhouse). Sourcing fruits and vegetables such as salad greens, kale, Swiss chard, and tomatoes for the restaurant’s sumptuous farm-to-table dishes can’t be easier or more local. “We’ll be able to grow fresh produce year-round,” explains

Purdy’s Farmer and the Fish Co-owner and Executive Chef Michael Kaphan, an agriculture expert and the “farmer” component who complements Co-owner, seafood distributor, and former commercial fisherman Edward Taylor, the “fish.” Even the barge’s rainwater will be repurposed and used in the surrounding lawns, grass, and gardens.

The menu will be simple and seafood driven featuring grilled fish, lobster dinners, lobster rolls, Po’ Boys, and a raw oyster bar. “It will be casual and reasonably priced,” says Taylor. “We want it to be affordable to everyone.” And, most of all laid-back, relaxing, and sociable. For Taylor, that means “peanut-shells-on-the-floor” fun.

“We’ll base our menu around sustainable and local fish,” adds Taylor. “We’ll use what’s in season from along

the East Coast, and source much more locally during the warmer months.”

Kaphan points out that the menu will also be flexible, Mediterranean style. “We envision offering a selection of whole fish allowing you to choose your fish, then have it prepared the way you like it best,” he explains.

Kayaks and sailboats will be available for public use, adding even more fun to the restaurant’s active and engaging atmosphere. Even the built-in, on-site educational opportunities are designed for family fun. “Kids will be introduced to agriculture and see for themselves how food is grown—from seed to table,” Taylor explains. In addition to local residents, the educational component is expected to draw gardening clubs, 4-H clubs, Scout groups, and other organizations.



PHOTOS COURTESY OF RIVERMARKET BAR AND KITCHEN

## RiverMarket Bar and Kitchen

A thoughtful, health conscientious, and environmentally responsible philosophy has driven RiverMarket Bar and Kitchen since its inception at Hudson Harbor. “Because of our ideal waterfront location, we wanted to make sure we used healthy products that were raised and grown naturally, sustainably, and most importantly, humanely,” explains Co-owner Glenn Vogt, who also happens to be Wine Director and Managing Partner at sister restaurant Crabtree’s Kittle House. “For us that means no chemicals are used in the farms and fields where the restaurants foods are sourced and animals are raised without steroids or antibiotics.”

Inspired by the success with their farm-to-table approach at Kittle House, RiverMarket takes its promise of very fresh fish seriously. “We can actually tell you the name of the boat, the captain, and the time of day the fish you’re

eating was caught,” Vogt notes. “The fish are caught using lines only—no nets are involved—then immediately brought

*“It’s all about food and wine that not only tastes good, but is so good for you.”*

right here, making the quality of the fish as fresh as it can possibly be.”

The conscientious approach isn’t just a feel-good concept—its benefits are noticeable to patrons. “Patrons tell us that they don’t feel overly full or heavy even after eating a burger or hanger steak,” says Vogt of the benefit experienced from the absence of additives in the meats used.

It’s a philosophy that’s also carried through to RiverMarket’s beverages. “The large majority of labels on our wine list are certified biodynamic,”

says Vogt, referring to the process that follows the same ecological, sustainable practices as biodynamic agriculture. But the proof is in the palate-pleasing taste that also appeals to patrons.

RiverMarket patrons don’t have to limit their tasting of the ecologically sound food or wine to dining at the restaurant. All of the menu items are available for purchase in the adjacent Farmer’s Market and Wine and Spirits store.

The food and drink isn’t RiverMarket’s only sustainable story. Vogt says it was important to extend the sustainable approach to the restaurant’s physical environment. “We repurposed reclaimed wood throughout,” Vogt says. That included building the floor with 200-year old maple from Albany, crafting the ceiling from reclaimed wood found in Columbia County, and incorporating 150-year-old cedar barn siding throughout.