

SEACOAST HARVEST

Local Food Guide 2010

Your guide to the farms, farmers' markets, CSAs, and farm stands of Rockingham, Strafford, and York Counties



www.seacoastharvest.org

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Seacoast Growers' Association
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Welcome to Seacoast Harvest

Your guide to the farms, farmers' markets, CSAs, and farm stands of Rockingham, Strafford, and York Counties

Thanks for being part of the local food community!

Seacoast Eat Local and Slow Food Seacoast are delighted to publish the fourth edition of *Seacoast Harvest*, your guide to the local food culture of the Maine and New Hampshire Seacoast. As interest in local, fresh, and delicious food grows, so does *Seacoast Harvest*. We've found more farms to list, added another farmers' market, increased the number of pages, and printed more copies. We've seen the trend of local food systems on a national level, (cheered as Michelle Obama planted a vegetable garden on the White House lawn!) and we are participating in this culinary-economic revolution on the Seacoast.

What is contributing to this soaring interest in our local food community? It's apple growers who saw a good harvest last fall, and consumers who were glad to see an abundance of Honey Crisps well into early spring. It's vegetable growers who creatively extend their harvest, and the chefs and home cooks who appreciate having local flavor year-round. It's the fisheries keeping their catch in the local market, and the customers who wouldn't buy it from anyone else. It's the meat, poultry, and egg producers working on a sustainable scale, and the consumers who insist on knowing about farming practices. It's the farmers' market organizers, and the folks who make their grocery shopping resonate through the local economy.

In other words, it's all of us who care about a farm-fresh egg, a pint of rich maple syrup, a bagful of bright and perky greens, a spring-dug parsnip, a jar of honey, or a glass of creamline milk...whether we care as consumers seeking this food in the marketplace, or as growers and producers making a living from the land.

We hope that *Seacoast Harvest* will be your companion as you enjoy the traditions and bounty of our local food community as you shop, cook, and eat!

Thank you,
Erin Ehlers
Project Coordinator

Our Volunteers

Tina Burr	Debra Kam
Brendan Cornwell	Julia Anna Knoettner
Jeff Donald	Tracey Miller
Audrey Gerkin	Sara Zoe Patterson
Erin Jenkins	Amy Pollard

University of New Hampshire Sustainability Program Interns

Sarah Jacobson
Michelle Laffoon
Hillary Thomas



Seacoast Eat Local connects people with sources of locally grown foods and advocates eating locally for the health of our environment, community, culture and economy. Through advocacy, organizing and education, we work toward a sustainable local food system that meets the needs of both producers and consumers. We organize winter farmers' markets, co-produce *Seacoast Harvest*, sponsor workshops and events, and provide information through our email newsletter, blog and website, www.seacoateatlocal.org.



Slow Food Seacoast

Slow Food Seacoast is a nonprofit organization that brings together people who enjoy and respect food. As the local chapter of Slow Food USA, we are part of a worldwide movement working to bring good, clean, and fair food to all. Together we aim to slow down the pace of life and give good food a place on every table. Slow Food Seacoast hosts regular public events including potlucks, talks, and workshops, and supports collaborative projects like *Seacoast Harvest*. Please join us in building a delicious, sustainable food culture in the Seacoast and beyond. To learn more, visit www.slowfoodseacoast.org.

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www.allergiesnh.com

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www.applecrest.com

Appledore Cove
www.appledorecove.com

Big Bean Café

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www.blacktrumpetbistro.com

Blue Moon Market & Café
www.bluemoonmarket.net

Divine Cafe & Grille
www.divinecafe.org

Dodge's Agway
www.dodgesagway.com

ggXTech Healthcare Consultants
Maryellen Kinhan and Cliff Cox
www.ggxtech.com

Granite Earth Institute
www.graniteearth.org

Heron Pond Farm
www.heronpondfarm.com

Joshua's Restaurant, Wells ME
www.joshuas.biz

Little Green Homes
www.littlegreenhomes.com

Philbrick's Fresh Market
www.philbricksfreshmarket.com

Pickpocket Farm
www.pickpocketfarm.weebly.com

PortsmouthNH.com
www.portsmouthnh.com

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www.progressive-asset.com

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www.riversleafarm.com

The Riverworks Restaurant
& Tavern
www.theriverworks.com

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www.robertsmainegrill.com

SeacoastOnline.com/Food
www.seacoastonline.com/food

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of Exeter
www.serendipityofexeter.com

Stonewall Kitchen
www.stonewallkitchen.com

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www.stoutoakfarm.com

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www.tasteofportsmouth.net

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www.tuttlesredbarn.net

UNH Cooperative Extension
Ag Resources, Community
Agriculture
www.extension.unh.edu/Agric/
Agric.htm

University of New Hampshire
Office of Sustainability
www.sustainableunh.unh.edu

Water Street Bookstore, Inc
www.waterstreetbooks.com

Whatdidshedotoday.com
www.whatdidshedotoday.com

White Heron Tea
www.whiteherontea.com

York Land Trust
www.yorklandtrust.org

HOW TO READ THIS GUIDE

Farm name

Farm owners
Farm address
Phone number
email@address
www.farmwebsite.com

- Products sold. Most farms that grow vegetables grow such a wide variety the full list cannot be found here. Consult the Quick Reference on pages 25-27 for farms that sell meats, dairy, fruits, honey, and maple syrup, or search the database at www.seacoastharvest.org
- ▲ Where products are sold. For example, names of farmers' markets, farm stand, by visiting the farm, pick-your-own.
- Farming practices. See our farming practices glossary on page 24 for more information.
- ★ Conservation easement. See page 6 for more information on the important connection between land conservation and agriculture.

Production

Project Coordinator: Erin Ehlers,
foodguide@seacoateatlocal.org

Illustrations: Nathan Walker, www.nathanwalker.net

Photos: Heather Fernald, Sara Zoë Patterson

Layout: Brendan Cornwell, brendancornwell@gmail.com

Editing: Erin Jenkins

Website Support: Andy Gagnon, andy.gagnon@gmail.com

Sponsorship Coordinator: Jeff Donald,
jeff@seacoateatlocal.org

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Information listed in this guide is submitted directly by the farmers and producers on an annual basis. Slow Food Seacoast and Seacoast Eat Local are not responsible for omissions or errors. Consumers should call ahead when visiting farms to check on hours and product availability and speak with the growers for the most accurate information.

Did we miss your farm?

Know of a change in information?

Want to help with the next revision? Tell us!

foodguide@seacoateatlocal.org

**For the most up to date
information, visit
www.seacoastharvest.org**

4 J's Earthworks

Joan Jackson
4 Old Wakefield Rd Rochester, NH
(603) 332-5201
kljackson@metrocast.net

- Wide variety of vegetables, greens, herbs. Potted plants, including blueberry bushes, unusual shrubs, bedding plants, perennials, annuals
- ▲ At farm (call ahead), Mon-Sun 9-6
- Exempt Organic

Anderson's Mini-Maples

Steve Anderson
47 Nottingham Rd Deerfield, NH
(603) 463-8838
minimaples@juno.com

- Maple syrup & candy, vegetables, cut flowers
- ▲ Deerfield, Exeter & Winter Farmers' Markets, At farm (call ahead)
- No synthetic chemicals used

Apple Annie

Joanie & Charlie Pratt
66 Rowell Rd East Brentwood, NH
(603) 778-5201
cpratt@exeter.edu
www.localharvest.org/farms/M10706

- Apples, cider, fall vegetables including pumpkins, apple butter, cider syrup, jams & jellies, honey, baked goods, flowers
- ▲ Exeter, Portsmouth & Winter Farmers' Markets, PYO, Farm stand: from September, daily 9-6; call for details
- Low Spray (fruit)

Applecrest Farm Orchards

The Wagner Family
133 Exeter Rd Hampton Falls, NH
(603) 926-3721
info@applecrest.com
www.applecrest.com

- Apples, strawberries, blueberries, raspberries, peaches, pumpkins, sweet corn, summer vegetables
- ▲ Durham, Exeter, Hampton & Portsmouth Farmers' Markets, Summer CSA, PYO, Farm stand: May to December, daily 8-6
- IPM, Low Spray (fruit).
- ★ Conservation Easement held by the Rockingham County Conservation District under the stewardship of the Hampton Falls Conservation Commission.

Applegard Farm

Sofie Larsen
24 Beech Ridge Rd North Berwick, ME
(603) 781-7601
sofie.art@gmail.com
www.applegard.org

- Wide variety of fresh vegetables
- ▲ Exeter, Portsmouth & Winter Farmers' Markets, Summer CSA, At farm (call ahead)
- No synthetic chemicals used

Applegate Deer Farm

R. Edgar & Patricia Dolbec
101 Applegate Ln West Newfield, ME
(207) 793-8677
rdolbec@metrocast.net

- USDA venison, velvet antler
- ▲ Farm stand: Mon-Fri 8-5, Sat 8-2
- IPM

B & H Farm

Bud & Helen Blanchard
150 West Rd West Rye, NH
(603) 964-5010

- Eggs, field-grown pansies, seasonal vegetables
- ▲ At farm (call ahead)
- No synthetic chemicals used, No antibiotics used, No added hormones, Pasture-raised, Grassfed with grain supplement, Heritage breeds

Babcock Farm, LLC

Dick Babcock
225 N. River Rd Lee, NH
(603) 659-9329
babcockfarmnh@comcast.net

- Wide variety of vegetables, honey, maple syrup
- ▲ Lee & Nottingham Farmers' Markets, At farm (call ahead)
- Conventional

Barker's Farm

Edie & Forrest Barker
218 Portsmouth Ave, Rte 33 Stratham, NH
(603) 778-1039
barkersfarm@myfairpoint.net

- Wide variety of vegetables including tomatoes and sweet corn, non-pasteurized apple cider, bedding plants, perennials, cut flowers
- ▲ Exeter, Hampton & Portsmouth Farmers' Markets, Farm stand: May to June, Tue-Sun 9-5; June to Labor Day, Mon-Sat 9-6, Sun 10-5; after Labor Day, Tue-Sat 9-6, Sun 10-5
- IPM, Low Spray (fruit)

Beaudoin's Farm

Kenny Beaudoin & Ashley Hall
252 Plains Rd Hollis, ME
(207) 590-1413
sugar_86_bffe@yahoo.com

- Pigs, piglets, freezer pigs, whole pigs, half pigs, chickens, and baby chicks
- ▲ At farm (call ahead)
- No synthetic chemicals used, No added hormones, Free range, Heritage breeds

Berke Farm

Rick Berke & Linda Martin-Berke
11 Squamscott Rd Stratham, NH
(603) 580-1664
rickberke@myfairpoint.net

- Blueberries (6 varieties)
- ▲ Area retailers: July 4th thru early October
- NHDAMF Certified Organic

Bernier Egg Farms

Don & Pauline Bernier
316 New Dam Rd Sanford, ME
(207) 324-5606
bfsi@metrocast.net
www.bernierfarmsandstorage.com

- Brown & white eggs, wide variety of vegetables including corn, lettuce, beans, radish, squash
- ▲ Farm stand: Mon-Fri 8-5, Sat 8-2
- IPM

Berry Best Farm

Chris & John Bozak
33 Colburn Way Lebanon, ME
(207) 457-1435
cbozak@gwi.net
www.berrybestfarm.com

- Blueberries, peaches, raspberries, fruit jams, honey, pickles
- ▲ PYO and farm store: Tue 8-7, Wed-Sun 8-5; handicap accessible
- IPM, Low Spray (fruit), Conventional
- ★ Three Rivers Land Trust

Berry Hill Farm

Caroline Robinson
61 Stratham Heights Rd Stratham, NH
caroline@jamberries.com

- Strawberries, raspberries, blueberries
- ▲ Exeter & Portsmouth Farmers' Markets
- NHDAMF Certified Organic
- ★ Southeast Land Trust of New Hampshire

Berry Ledge Farm

Sharon Dupras
765 Sokokis Trail Cornish, ME

- Sweet corn, cut flowers, tomatoes, cucumbers
- ▲ Farm stand
- IPM, Conventional

Berrybogg Farm

The Lake Family
650 Province Rd Strafford, NH
(603) 664-2100
info@berryboggfarm.com
www.berryboggfarm.com

- Blueberries, blackberries, baked goods
- ▲ Winter Farmers' Markets, Farm stand, PYO: July to September
- IPM, Low Spray (fruit)

Black Kettle Farm

Laura Neale
220 Kennebunk Rd #3 Alfred, ME
(207) 459-5001
blackkettlefarm@gmail.com

- Annual vegetable & herb starts, non-conventionally grown vegetables, including Asian greens, lettuce, root vegetables, peppers, onions, watermelons
- ▲ Portsmouth Farmers' Market, Summer CSA
- No synthetic chemicals used

Blaisdell Bros. Family Farm

Blaisdell Family
150 Southside Rd York, ME
(207) 363-6078
cornhouse@myfairpoint.net

- Grass fed beef, eggs, sunflowers, wide variety of specialty pumpkins & gourds
- ▲ At farm (call ahead), Fall stand (pumpkin & gourds): late September thru October, Sat & Sun 9:30-5; Beef: order ahead
- IPM, No routine antibiotics used, No added hormones

Blueberry Bay Farm

Ron & Lois Laurence
38 Depot Rd Stratham, NH
(603) 580-1612
info@blueberrybayfarm.com
www.blueberrybayfarm.com

- Berries, vegetables, cut flowers, tree fruit, herbs, garlic, horseradish, fruit-themed foods, berry plants, fertilizers, soil amendments
- ▲ Farm stand, PYO: May thru June, Sat & Sun 9-4; July thru August, Sat-Tue & Thu 8-6, Wed & Fri 8-5; September thru November, Sat & Sun 9-4
- No synthetic chemicals used, IPM

Blueberry Hill Farm

Keven & Darlene Ham
231 Blueberry Hill Farm Rd Acton, ME
(207) 457-1151
bhf@metrocast.net
www.blueberryhillfarm.us

- Highbush cultivated blueberries, hay, firewood
- ▲ At farm (call ahead), PYO (call ahead) mid-July thru September
- IPM

Bondgarden Farm

Paul & Helen Goransson
255 Depot Rd Eliot, ME
(207) 439-6387
heleng@bondgarden.net
www.bondgarden.net

- Beef, eggs, conventional hay
- ▲ At farm (call ahead)
- Exempt Organic, Pasture-raised, Grassfed with grain supplement

Brackett's Orchards

Manley Brackett
224 Sokokis Ave Limington, ME
(207) 637-2377
www.brackettsorchards.com

- Apples, apple wood for smoking, pumpkins, squash
- ▲ Farm stand: mid-August thru May 8-6; PYO mid-September thru October
- Low Spray (fruit)

Saving Farmland, Saving Farms



www.bear-paw.org



KITTERY LAND TRUST
www.kitterylandtrust.org



www.seltnh.org



www.staffordriversconservancy.org

It has been estimated that the United States loses two acres of agricultural land every minute to development. If this trend continues, farmers will not have access to sufficient, affordable farmland to grow the variety of fruits, vegetables, and livestock that feeds us all. This is why land trusts work to ensure our productive land is protected and available for farming.

Land trusts preserve in perpetuity the land that provides our nation's bounty. Land trusts permanently conserve not only forests and watersheds but also fields and pasture. For many farmers, conservation easements are the only way that they are able to keep working their land. Easements have allowed farmland to pass from one generation to the next, while keeping the family farm intact and maintaining an important community resource.

Land trusts help to protect New Hampshire's and Maine's working landscapes and rural traditions. Without the efforts of the land trusts, our community would have no assurances that our farmland and forests will continue to exist and to provide benefits for all, including healthful food and clean water, wildlife habitat and open space.

In this year's edition of *Seacoast Harvest*, we have asked farmers to acknowledge the organizations that conserve their land, and that info is found within their listing indicated by a ★. Seacoast Eat Local and Slow Food Seacoast encourage you to support the land trusts of NH and Maine that are conserving the Seacoast's farmland. Thank you to Bear-Paw Regional Greenways, Kittery Land Trust, Southeast Land Trust of NH and Stafford Rivers Conservancy for their support.

Breezy Hill Farm

Betsy & Tom Hasty
69 Bennett Lot Rd South Berwick, ME
(207) 384-2937

- Pork
- ▲ At farm pickups year round once a month, call ahead orders
- No routine antibiotics used, No added hormones

Brook Ridge Broilers

Richard & Suzanne Guillemette
2144 Alfred Rd Lyman, ME
(207) 490-2957

- Maple syrup, other maple products including maple candy & maple donuts
- ▲ North Berwick Farmers' Market, At farm (call ahead), Sugar house: spring

Brook Ridge Farm

Michael & Richard Guillemette
136 Howitt Rd Lyman, ME
(207) 324-6221

- Beef, pork, milk, cream, butter, wide variety of vegetables
- ▲ North Berwick Farmers' Market, At farm (call ahead), Pickups: year round, Tue & Thu, call ahead orders
- MOFGA Certified Organic, Certified Organic meat, Pasture-raised, Grassfed with grain supplement

Brookford Farm

Luke & Catarina Mahoney
70 Sligo Rd Rollinsford, NH
(603) 742-4084
brookfordfarm@gmail.com
www.brookfordfarm.com

- Vegetables, beef, pork, eggs, milk, cream, cheese. Animals are fed with farm's own grain.
- ▲ Exeter, Portsmouth & Winter Farmers' Markets, Summer CSA, Winter CSA, At farm (call ahead), Farm stand: year-round, 24 hours, self-service; Winter distribution sites in Portsmouth & Exeter
- NHDAMF Certified Organic, Certified Organic meat, Pasture-raised, Grassfed with grain supplement

Brookvale Pines Farm

Brenda & Scott Barthelmy
154 Martin Rd Fremont, NH
(603) 679-2415
brenda@brookvalepinesfarm.com
www.brookvalepinesfarm.com

- Beef, eggs, baled hay
- ▲ At farm (call ahead), Farm stand year-round: Tue-Fri 1-6, Sat 9-1
- 100% grassfed, No antibiotics used, No added hormones

Butternut Farm, LLC

Mae & Giff Burnap
195 Meaderboro Rd Farmington, NH
(603) 335-4705
giffandmae@butternutfarm.net
www.butternutfarm.net

- PYO strawberries, raspberries, cherries, peaches, blueberries, apples, pumpkins. Pies, jams, other specialty items, apple cider
- ▲ Farm stand: Tue-Sun 8-5; PYO: call ahead
- IPM, Low Spray (fruit)

Candia Vineyards

Bob Dabrowski
702 High St Candia, NH
bob@candiavineyards.com
www.candiavineyards.com

- Wine
- ▲ Northwood Farmers' Market, retail stores across NH
- IPM, Low Spray (fruit)

Catnip Acres Herb Farm

Wende DuBrava
107 High Rd Epping, NH
(603) 679-1011
tomandnip@yahoo.com
www.catnipacresherbfarm.wordpress.com

- Herb & vegetable seedlings, herbs, tomatoes, other vegetables
- ▲ Exeter & Portsmouth Farmers' Markets, Farm stand: May thru June, Wed & Sat 1-7
- NHDAMF Certified Organic

Chase Farms

Richard Chase
1488 N. Berwick Rd Wells, ME
(207) 646-7888
info@chasefarmswells.com
www.chasefarmswells.com

- Vegetables, eggs, beef, pork, bedding plants, flowers
- ▲ At farm (call ahead), Farm stand (Rte 1 in Wells): daily 8-6
- IPM, No antibiotics used, No added hormones

Chestnut Lamb Co-op

Barbara Hutchinson & Ingrid Byrd
105 Depot Rd Candia, NH

- Lamb, rabbit, eggs, wool products
- ▲ Portsmouth Farmers' Market
- No antibiotics used, No added hormones, Pasture-raised, Grassfed with grain supplement

Chick Farm

Rick & Marilyn Stanley
19 Waldo Way Wells, ME
(207) 985-2787
info@chickfarm.com
www.chickfarm.com

- Chicken, eggs, vegetables, started pullets
- ▲ Kennebunk Farmers' Market, Summer CSA, At farm (call ahead to order chicken or started pullets)
- MOFGA Certified Organic, Pasture raised
- ★ Great Works Regional Land Trust

Connolly's Organics

Bill Connolly
50 Birch Hill Rd York, ME
(207) 337-1623
billconn@maine.rr.com

- A variety of vegetables & plants
- ▲ Gateway (York) Farmers' Market, Summer CSA, At farm (call ahead)
- Exempt Organic

■ Products ▲ Where to buy ● Farming practices ★ Conservation easement



FARMS

Coppal House Farm

John & Carol Hutton
118 N. River Rd Lee, NH
(603) 659-3572
coppalhouse@comcast.net
www.nhcornmaze.com

- Heirloom pumpkins, gourds, squash, eggs, lambs & pork using farm-grown grain
- ▲ Farm stand: see website for hours
- IPM, No routine antibiotics used, No added hormones, Pasture-raised, Grassfed with grain supplement, Heritage breeds
- ★ Town of Lee and State of NH

Creeping Thyme Farm

Tim & Marie Clements
29 Hall Rd Buxton, ME
(207) 727-5516
creepingthymefarm@hotmail.com
www.creepingthymefarm.com

- Goat cheese & other goat products, yogurt, cheese, milk, fudge
- ▲ North Berwick, Wells, Lakes Region (North Windham) & Scarborough Farmers' Markets, At farm (call ahead)
- No routine antibiotics used, No added hormones, Free range

Crocker Farm / Analesa's Garden

Analesa Harvey
15 Red Oak Hill Epping, NH
analesaharvey@gmail.com

- Salad greens, heirloom tomatoes, variety of other vegetables
- ▲ Farm stand
- NHDAMF Certified Organic

Darius Frink Farm

John D Frink
272 Nimble Hill Rd Newington, NH
(603) 436-3763

- Galloway beef, honey, beeswax handcream, seasonal fruits & vegetables, strawberries
- ▲ At farm (call ahead)
- No synthetic chemicals used, No antibiotics used, No added hormones, Pasture-raised, Grassfed with grain supplement
- ★ Federal Farm and Ranchland Protection Program

DeMeritt Hill Farm

Meg & Roy Wilson
66 Lee Rd Lee, NH
(603) 868-2111
info@demerithillfarm.com
www.demerithillfarm.com

- Apples, pumpkins, peaches, blueberries, corn, gourds, cider, Christmas trees, bakery and farm store items
- ▲ Lee Farmers' Market, At farm (call ahead), PYO: Aug thru Dec; local retail stores
- IPM, Low Spray (fruit), Conventional

Drumlin Farm

Bill & Cheryl Samans
27 Amesbury Rd Kensington, NH
(603) 772-2992
csamans@myfairpoint.net

- Herbs, asparagus, Asian greens, wide variety of vegetables, strawberries, raspberries, blueberries, perennials
- ▲ Summer CSA, Farm stand: Tues-Sat 10-6
- NHDAMF Certified Organic

Eagle's Nest Orchard

Kirk & Patricia Kucharski
107 Watson Rd Exeter, NH
(603) 778-7219
pkkuch@comcast.net

- Apples & cider
- ▲ Newmarket Farmers' Market
- Low Spray (fruit)

Eastmoose Fart Farm

Dan Smith
66 Boyds Corner Rd South Berwick, ME

- Blueberries, honey, duck eggs
- ▲ North Berwick Farmers' Market, At farm (call ahead)
- IPM, Low Spray (fruit), No antibiotics used, No added hormones, Free range

Elf's Garden Center

Lennie & Sue Foss
296 Walnut St Rochester, NH
(603) 332-6577

- Chicken eggs, produce, yarn from alpaca fleece
- ▲ Our products are available in our garden center
- Conventional

Emery Farm

Bill & Brad Towle
135 Piscataqua Rd Durham, NH
(603) 742-8495
bmtowle5@comcast.net
www.emeryfarm.com

- Strawberries, blueberries, raspberries, tomatoes, sweet corn, wide variety of vegetables, pumpkins
- ▲ Farm stand: daily 9-6; PYO: mid-July thru September
- IPM

■ Products ▲ Where to buy ● Farming practices ★ Conservation easement



Fenderson Farm

John & Linda Fenderson
97 New County Rd (Rte 5) Saco, ME
(207) 468-9315
valuescount@hotmail.com

- Wide variety of vegetables, including corn, cucumbers, tomatoes
- ▲ Kennebunk Farmers' Market, Farm stand: July to November, daily 8-6
- IPM

Field to Fork Farm

Patrick & Daniela Connelly
552 Haverhill Rd Chester, NH
(603) 548-4331
info@fieldtoforkfarm.com
www.fieldtoforkfarm.com

- Eggs, chicken, pork, goat, raw milk
- ▲ Summer CSA, At farm (call ahead)
- NHDAMF Certified Organic, Certified Organic poultry, Free range, Pasture-raised

Fieldstone Farm

Denise Carpenter
167 Spring Rd Newfield, ME
(207) 432-8771
jd41072@hotmail.com

- Beef, pork, chicken
- ▲ Summer CSA, At farm (call ahead)
- Pasture-raised, 100% grassfed, No antibiotics used, No added hormones

Finson Farm

Bill Fletcher
41 Finson Rd South Berwick, ME
bill@finsonfarm.com
www.finsonfarm.com

- Wide variety of vegetables including lettuces, tomatoes, corn, summer & winter squash, carrots, potatoes, peppers, cukes
- ▲ Summer CSA, At farm (call ahead)
- No synthetic chemical used

Firebird Farm

Brian & Stephanie Fischer
46 N. River Rd Lee, NH
(603) 659-6180
firebirdfarm@comcast.net

- Blueberries
- ▲ PYO: Daylight hours
- Exempt Organic

Flag Hill Winery & Distillery

Frank & Linda Reinhold
297 N. River Rd Lee, NH
(603) 659-2949
wine-info@flaghill.com
www.flaghill.com

- Red, white, fruit, dessert & port wines, vodka, liqueurs, spice rubs, infused olive oils
- ▲ Lee Farmers' Market, Tasting room & gift store: Wed-Sun 11-5, NH State Liquor Stores, retailers throughout NH. See website for complete listing
- IPM, Low Spray (fruit)

Folsom's Sugar House

Brian & Sue Folsom
130 Candia Rd Chester, NH
(603) 887-3672
fmaple@aol.com
www.folsomsugarhouse.com

- Maple syrup, cream, sugar & candy. Additional maple products, pancake mixes
- ▲ Newmarket Farmers' Market, At farm: late February thru early March, Sat & Sun 12-4; Off season: call ahead

Garen's Greens at Riverside Farm

Garen Heller
South Berwick, NH
(603) 512-6066
garengreens@gmail.com
www.localharvest.org/farms/M35947

- Cooking & salad greens, heirloom tomatoes, root vegetables. Greater variety available through CSA
- ▲ Portsmouth & Winter Farmers' Markets, Summer CSA, Winter CSA
- No synthetic chemicals used

General Butler Farm

Romeo Danais
3 Ledge Farm Rd Nottingham, NH
(603) 734-4500
romicf@yahoo.com

- Beef, chicken, eggs, fertile eggs. Seasonal produce, Indian corn, gourds & door decorations, squash, pumpkins, PYO blueberries
- ▲ At farm (call ahead), Eggs: self-service; Beef, chicken meat & fertile eggs by appointment
- No routine antibiotics used, No added hormones, Pasture-raised, 100% grassfed, Heritage breeds

Griffin Hill Farm

Troy & Ellie Palmer
141 Hampstead Rd Sandown, NH
(603) 887-8157
tepalmer@gsinet.net

- Eggs, honey
- ▲ At farm (call ahead), Farm stand, Local convenience stores, Sandown & Hampstead
- No synthetic chemicals used, No routine antibiotics used, No added hormones, Free range

Groundwork Farm

Luke Donahue
259 Mouse Ln Alfred, ME
groundworkfarm@gmail.com
www.groundworkfarm.wordpress.com

- Vegetables, herbs
- ▲ Summer CSA
- Exempt Organic

5 delicious ways to eat local

1. Shop at farmer's markets and farm stands...

You don't have to buy a whole week's worth of groceries. Farm fresh eggs or a few heads of garlic are affordable purchases and can prove the superiority of local food!

2. Restaurants and retailers...

Seacoast restaurants have made connections to area growers, and many retailers are stocking locally grown produce, meats, dairy, honey, maple, and wine.

3. Pick your own...

Enjoy a day in the bushes, field, or orchard and take the bounty home! Eating freshly picked fruit can be the highlight of the season. And preserve your harvest! Freezing berries, cooking apples into applesauce, or canning will feed you throughout the year.

4. Join a CSA, CSF, or buying club...

Buying in advance and in bulk can save you money and ensure support for growers, producers, and fisheries throughout their season.

5. Grow your own...

From a glorious seasonal garden, to a humble windowsill pot of herbs, growing your own food is an engaging commitment to eating locally. Beyond gardening, foraging, fishing, or keeping chickens are other ways to feed yourself.

Hammond Farms

- Rodney & Ruth Hammond
180 Old N. Berwick Rd Lyman, ME
(207) 985-2550
hammond farms@roadrunner.com
- Apples, cider, pumpkins
 - ▲ Farm stand: late August thru November, 7-7, self-service; PYO apples by appointment
 - Conventional

Harecrest Acres

- Matt & Joyce Haas
36 Meetinghouse Rd Biddeford, ME
(207) 283-8518
matthew1@maine.rr.com
www.localharvest.org/farms/m16151
- Honey, wax candles, poultry, eggs, maple syrup, vegetables, Christmas trees
 - ▲ Honey stand: daily 7-6, see website for details
 - IPM, No antibiotics used, No added hormones, Grassfed with grain supplement

Harris Farm

- Clint & Rachel Harris
280 Buzzell Rd Dayton, ME
(207) 499-2678
raharris@gwi.net
www.harrisfarm.com
- Milk, beef, veal, variety of vegetables
 - ▲ Saco Farmers' Market, Summer CSA, PYO, Farm store: July to October, daily 9-6; November to June, daily 11-6
 - Pasture-raised

Harrisons Poultry Farm

- Frank Harrison
264 Tower Hill Rd Candia, NH
(603) 587-0323
frank@harrisonspoultry.com
www.harrisonspoultry.com
- Eggs, chicken, guinea fowl, turkey, duck, goose, honey, maple products. Raspberries, herbs & vegetables, garden baskets/soil sifters
 - ▲ Deerfield, Exeter, Hooksett & Winter Farmers' Markets, At farm (call ahead), See website for orders
 - No synthetic chemicals used, No antibiotics used, No added hormones, Free range, Grassfed with grain supplement

Healthy Home Harvest, LLC

- David O'Connor & James Cavarretta
healthyhomeharvest@live.com
www.healthyhomeharvest.com
- Gourmet mushrooms, vegetables, seedlings, fertilizer, low tunnel hoops and greenhouse components, winter greens, potting mix
 - ▲ Newmarket Farmers' Market, Additional locations available on website.

Heron Pond Farm

- Andre Cantelmo & Greg Balog
290 Main Ave South Hampton, NH
(603) 591-8720
heronpondfarmnh@comcast.net
www.heronpondfarm.com
- Blueberries, strawberries, cut flowers, bedding plants, herbs, wide variety of vegetables including sweet corn, beans, tomatoes
 - ▲ Amesbury, Bedford, Exeter, Hampton, Manchester, Newburyport, Portsmouth & Winter Farmers' Markets, Summer CSA, Winter CSA, PYO blueberries: July to August, daily 9-6, Farm stand: May to November, daily 9-6; winter, Sat & Sun
 - IPM, Low Spray (fruit)

Hickory Hill Farm

- Bill & Nancy Hunt
245 Back Rd Dover, NH
(603) 742-0553
billhunt60@gmail.com
www.hickoryhillfarm.org
- PYO strawberries, blueberries, pumpkins
 - ▲ Dover Farmers' Market, At farm (call ahead)
 - Low Spray (fruit)
 - ★ Strafford Rivers Conservancy

Hickory Nut Farm

- Donna-Lee Woods & Philip Tambling
21 York Lane Lee, NH
(603) 659-6885
createdlw@aol.com
www.hickorynutfarm.com
- goat milk firm cheeses, goat milk soaps, goat milk fudge and yo-goat-gurt
 - ▲ Exeter, Gateway (York), Hampton, Lee, Newmarket, Northwood, Portsmouth, Rye, Wentworth Greenhouses (summer) & Winter Farmers' Markets, Farm stand: open all hours, honor system. Visitors welcome (call ahead)
 - No synthetic chemicals used

Hidden Acres Farm

- Forrest Reynolds, Ed & Bev Batchelder
42 Thornell Rd Newton, NH
(603) 553-2480
ebatchelder@comcast.net
- Mixed vegetables, fruit, flowers, herbs, rabbits, eggs
 - ▲ Farm stand, self-service
 - IPM, Low Spray (fruit), No antibiotics used, No added hormones
 - ★ New Hampshire Land and Community Heritage Investment Program (LCHIP)

Hollister Family Farm

- Jeff Hollister
163 Lee Hook Rd Lee, NH
(603) 659-7189
aveggie4u@comcast.net
- Wide variety of vegetables including tomatoes, cucumbers, cantaloupe, squash, eggplant, peppers, winter squash. Eggs, honey, cut flowers
 - ▲ Durham, Lee, Newmarket, Portsmouth, Wentworth Greenhouses Farmers' Markets, Farm stand: mid-July to mid-September, daily 9-6; Durham Marketplace
 - IPM, Free range

CSA: Community Supported Agriculture

A partnership between consumers and farmers in which members buy shares of the farm's harvest and enjoy regular allotments of food throughout the growing season. For farmers, this provides much needed cash flow for the beginning of the season as well as a ready market and community of supporters. Shareholders join in the risks of the growing season but reap the benefits of the harvest. Each CSA farm has its own pricing structure, disbursement schedule, and some have work requirements. Signups for CSA shares often begin in February by directly contacting the farm. CSAs are good choices for people looking for a wide variety of produce and a closer connection to a farm.

Ilneva Farm

Deborah & Robert Marston
45 Giles Rd East Kingston, NH
(603) 778-0570
ilnevafarm@comcast.net

- Goat milk, eggs, dairy goats, meat goats, lambs, piglets, chickens, rabbits, mixed manure
- ▲ At farm: daily 8-8 (call ahead)
- No routine antibiotics used, No added hormones, Grassfed with grain supplement

Indian Hill Farm

Martha J Blackadar
161 Main Ave South Hampton, NH
(603) 394-7520
trees@indianhillfarm.com
www.indianhillfarm.com

- Pumpkins, Christmas trees
- ▲ Farm stand: Seasonal hours, see website
- Low Spray (fruit)

Inkwell Farm

Jean Calaci
106 Hedding Rd Epping, NH
(603) 734-2117
info@inkwellfarm.com
www.inkwellfarm.com

- Blueberries
- ▲ PYO (see website): July thru August, Mon-Sat 8-5, Sun call ahead
- Exempt Organic

Jenness Farm, LLC

Lori & Peter Corriveau
77 Garland Rd Nottingham, NH
(603) 942-8051
lori@jennessfarm.com
www.jennessfarm.com

- Goat milk, eggs, pork, goat, goat milk bath and body care products
- ▲ Northwood, Portsmouth & Winter Farmers' Markets, Farm store: Wed-Sun 10-6; Thanksgiving thru Christmas, daily 10-6
- No routine antibiotics used, No added hormones, Pasture-raised, Grassfed with grain supplement, Heritage breeds

Jesta Farm

Sue Veilleux
190 Drinkwater Rd Hampton Falls, NH
(603) 772-6963
jestafarm@aol.com
www.jestafarm.blogspot.com

- Raw goat milk, eggs, goat milk soap
- ▲ Exeter & Winter Farmers' Markets, Summer CSA, At farm (call or email for availability)
- No routine antibiotics used, No added hormones, Free range

Jewell Towne Vineyards

Peter & Brenda Oldak
183 Whitehall Rd South Hampton, NH
(603) 394-0600
info@jewelltownevineyards.com
www.jewelltownevineyards.com

- Wine from New Hampshire-grown grapes
- ▲ Exeter, Hampton, Portsmouth & Rye Farmers' Markets, Farm stand: Wed-Fri 11-4; Sat & Sun 11-5; see website for directions
- IPM

Kellie Brook Farm

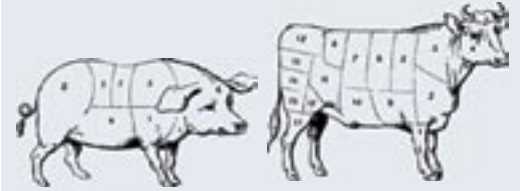
Tim & Kellie Rocha
1024 Portsmouth Ave, Rte 33
Greenland, NH
(603) 702-0342
kelliebrookfarm@comcast.net

- Pork, chicken, beef, veal, turkey, eggs
- ▲ Exeter, Hampton, Portsmouth & Winter Farmers' Markets, Farm stand, year-round, call ahead the first time
- No antibiotics used, No added hormones, Free range, Pasture-raised, Grassfed with grain supplement

Kelly Orchards

Arthur & Jill Kelly
P.O. Box 48 Acton, ME
(207) 636-1601
kellyorchards@gmail.com

- 18 varieties of apples including Ginger Gold, Honeycrisp, Lady & Northern Spy. Peaches, pears, blueberries, raspberries, apple cider, seasonal vegetables, fall squash, pumpkins
- ▲ Kennebunk, North Berwick & Sanford Farmers' Markets, PYO & farm stand: daily 10-6
- IPM, Low Spray (fruit)



Whole pigs and half cows

An economical and efficient way to purchase locally raised meat is by bulk order of a quarter, half, or whole animal. Some farmers refer to these as “freezer orders” or by the amount of the animal you are purchasing. Freezer orders are most common for larger animals, such as pigs, cows, goats, and sheep. Although your order may be called a half pig, it will not arrive as one big piece! It will be butchered normally or to your specifications, and will come in individually wrapped pieces. A typical beef order will contain various steaks, roasts, short ribs, stew meat and hamburger. A typical pork order will contain ribs, tenderloin, pork chops, roasts, bacon, sausage, ham, and salt pork. Ordering is usually customized so that you may have more or less of particular cuts.

75 pounds of meat will take up 3.5 cubic feet of freezer space. The freezer compartment of a typical home refrigerator is 4.8 cubic feet. A half hog might produce 75 pounds of meat, and a quarter beef might produce 125 pounds. Many people choose to go in with a friend on buying meat in bulk, or invest in small freezers to store not only meats but other locally procured foods year-round.

Cost can be calculated by live weight (before the animal is butchered), hanging weight or carcass weight (after it is slaughtered but before it is cut into individual cuts of meat) or the actual weight of your packages of meat, called finished cut weight. At each step of processing, some weight is lost as inedible parts such as bone, the hide, feet, and most of the innards are removed. Some farmers include the cost of processing in their per pound price, others itemize this cost separately. The value of various cuts of meat are averaged for meat purchased by hanging weight, typically making this the most common and economical option.

For more detailed information, visit www.extension.iastate.edu to download the complete *Beef and Pork Whole Animal Buying Guide* by Arion Thiboumery.

FARMS

Kicking Horse Farm

Gwen Weisgarber
Farmington, NH
(603) 755-4715
gweisgarber@yahoo.com
www.localharvest.org/farms/M19428

- Turkeys, Muscovy ducks, duck eggs
- ▲ At farm (call ahead)
- No routine antibiotics used, No added hormones, Free range, Grassfed with grain supplement

Kopacz Family Farm

Michael & Cathy Kopacz
684 Fremont Rd Chester, NH
(603) 702-2355
kopaczfamily@yahoo.com

- Milk, eggs, maple syrup, produce
- ▲ At farm (call ahead)
- No synthetic chemicals used, Grassfed with grain supplement

Lasting Legacy Farm

Wendy & Jon Berry
148 Second Crown Point Rd
Barrington, NH
(603) 781-8715
wberry@llfarm.net
www.llfarm.net

- Beef, pork, chicken, turkey, lamb
- ▲ Exeter, Portsmouth & Winter Farmers' Markets, Farm stand: Fri 10-6, or by appointment
- No routine antibiotics used, No added hormones, Pasture-raised, Grassfed with grain supplement, Heritage breeds

Libby & Son U-Picks

Mike Libby
86 Sawyer Mtn Rd Limerick, ME
(207) 793-4749
libbysonupick@sacoriver.net
www.libbysonupicks.com

- PYO blueberries, apples, apple cider, apple cider donuts, apple & blueberry products
- ▲ At farm (call ahead), PYO: July thru October, daily 8-5; call ahead or see website
- IPM

Liberty Fields Farm

Anne & Joel Tripp
Saco, ME
(207) 282-0967
libertyfields@maine.rr.com

- Goat cheeses, eggs, pork, poultry & goat meat
- ▲ Kennebunk & Saco Farmers' Markets, At farm (call ahead)
- No routine antibiotics used, No added hormones, Free range, Grassfed with grain supplement

Little Brook Farm

Dan & Darren Davis
54 Oaklands Rd Newfields, NH
(603) 396-3623
darren@littlebrookfarmbeef.com
www.littlebrookfarmbeef.com

- Beef, vegetables, eggs
- ▲ Exeter, Newmarket & Winter Farmers' Markets, At farm: Beef, year-round, call ahead; Other products: May thru October, daily 8-5
- No synthetic chemicals used, No antibiotics used, Pasture-raised, 100% grassfed

Lover's Brook Farm

Charley & Carol Baer
39 Pond Rd S Berwick, ME
(978) 239-5330
cbaer14@verizon.net

- Heirloom dry beans, heirloom tomatoes, mixed vegetables
- ▲ Wentworth Greenhouses & Winter farmers' markets, At farm (call ahead)
- IPM
- ★ Great Works Land Trust

Marcotte Farm

Conrad Marcotte
39 Mill Rd Brentwood, NH
(603) 702-1969

- Corn, green beans, tomatoes, pumpkins, squash, raspberries, fruit
- ▲ Portsmouth Farmers' Market
- Conventional

McDougal Orchards, LLC

Ellen & Jack McAdam
201 Hanson Ridge Rd Springvale, ME
(207) 324-5054
mcdorch@gwi.net
www.mcdougalorchards.com

- Apples, peaches, pears, plums, nectarines, pumpkins, winter squash, fall raspberries
- ▲ Sanford Farmers' Market, Summer CSA, Farm stand, PYO
- IPM
- ★ Land for Maine's Future, easement held by Maine Farmland Trust.

McKenzie's Farm

Jock, Annie & Brett McKenzie
71 NE Pond Rd Milton, NH
(603) 652-9400
bmckenzie-1@hotmail.com
www.mckenziefarm.com

- Wide variety of vegetables, greens, pumpkins, herbs, bedding plants. Peaches, strawberries, raspberries, apples.
- ▲ Portsmouth Farmers' Market, Farm stand: May to Oct, Mon-Sun 9-6
- IPM

Meadow's Mirth

Josh & Jean Jennings
61A Stratham Heights Rd Stratham, NH
(603) 767-2610
josh@meadowsmirth.com
www.meadowsmirth.com

- Flowers, herbs, specialty & heirloom vegetables
- ▲ Dover, Durham, Exeter, Portsmouth, & Winter Farmers' Markets, Summer CSA, Winter CSA
- NHDAMF Certified Organic

Middle Road Farm of Brentwood

Daniel E Parks
162 Middle Rd Brentwood, NH
(603) 772-0849

- Popcorn, variety of vegetables including summer squash, cucumbers, tomatoes, peas, pumpkins, corn stalks
- ▲ Farm stand: July to September, daily 8-6
- Low Spray (fruit)

Midnight Meadow Farm

Kenneth & Kristin Beaudoin
139 McKenney Rd Saco, ME
(207) 282-5785
midnightmeadow@gmail.com

- Variety of vegetables including string beans, carrots, Swiss chard, summer squash, lettuces, tomatoes, peas, pumpkins. Pork, chicken, beef. Firewood
- ▲ At farm (call ahead)
- Exempt Organic, No routine antibiotics used, No added hormones, Pasture-raised

PYO: Pick-your-own

At PYO farms, you can harvest your own fruits and vegetables, often at a cost savings, while enjoying the farm surroundings. These farms are a great way to buy large quantities for preserving the harvest, including strawberries for jam, apples for sauce, tomatoes for canning, and more. Always call ahead before heading out to the farm as picking conditions can vary depending on weather and ripeness.

Misty Meadows Herbal Center

Wendy Fogg
183 Wednesday Hill Rd Lee, NH
(603) 659-7211
mistyoffice@comcast.net
www.mistymeadows.org

- Herbs, spices, herbal teas, herbal remedies, skin care products
- ▲ See website for online store
- No synthetic chemicals used
- ★ NH Fish & Game, Town of Lee

Mona Farm

Philip & Gertrud Nugent
124-134 Sandown Rd Danville, NH
(603) 642-5754
phlpngnt@aol.com

- Variety of eggs, ground cover plants
- ▲ Exeter Farmers' Market
- Plants: Exempt Organic Eggs: No routine antibiotics used, No added hormones, Free range, Heritage breeds

Monahan Farm

Jeff & Christine Walker
2 South Rd East Kingston, NH
(603) 642-8186

- Corn, beans, tomatoes, squash, peas, strawberries, raspberries, blueberries, blackberries, peaches, rhubarb
- ▲ Farm stand and PYO: mid-June thru September, call ahead for hours

Moondance Gardens

Rae Avery
90 York Woods Rd South Berwick, ME
(207) 252-7539
moondancegardens@live.com

- Wide variety of vegetables including lettuces, greens, beans, root crops, tomatoes, eggplant
- ▲ Dover & North Berwick Farmers' Markets, Summer CSA
- No synthetic chemicals used

Moor Farm

Dick Wollmar
111 Walnut Ave North Hampton, NH
(603) 964-6793
orgfarm@comcast.net
www.moorfarm.org

- Flour grains, eggs, wide variety of vegetables. Compost, biochar, hay
- ▲ Rye & Winter Farmers' Markets, At farm (call ahead)
- Certified Naturally Grown, No routine antibiotics used, No added hormones, Pasture-raised
- ★ Town of North Hampton

Morin's Maple Syrup

Doug & Debbie Morin
45 Morin Rd Limerick, ME
(207) 793-8420
debbie@fergtek.com

- Maple syrup
- ▲ At farm (call ahead)
- No synthetic chemicals used

New Roots Farm

The Cantara Family
31 Doe Farm Ln Newmarket, NH
(603) 292-5902
farmers@newrootsfarm.com
www.newrootsfarm.com

- Pork, lamb, wide variety of vegetables
- ▲ Exeter, Newmarket, Portsmouth, & Winter Farmers' Markets, Summer CSA, At farm (call ahead)
- Vegetables: NHDAMF Certified Organic; Meats: No antibiotics used, No added hormones, Pasture-raised, Grassfed with grain supplement, Heritage breeds
- ★ Town of Newmarket

Nippo Brook Farm

Abram Pearson & Jessica Hebert
146 Second Crown Point Rd
Barrington, NH
nippobrookfarm@gmail.com

- Fruits, vegetables
- ▲ Exeter & Portsmouth Farmers' Market, Farm stand: daily 7-7, self-service
- IPM

Noon Family Sheep Farm

Jean & Bill Noon
78 Sunset Rd Springvale, ME
(207) 324-3733
noon@metrocast.net
www.jeannoon.com/
thenoonfamilysheepfarm

- Lamb, lamb sausage, sheepskins, yarn, raw fleece, hay
- ▲ At farm (call ahead), One Earth Natural Food Store (Shapleigh, ME), Wolf Pine Farm CSA
- MOFGA Certified Organic, Pasture-raised, Grassfed with grain supplement
- ★ Three Rivers Land Trust

Nottingham Orchard

Mark & Katy Hiza
58 McCrillis Rd Nottingham, NH
(603) 679-5524
kathyhiza@hotmail.com

- Peaches, blueberries, wide variety of apples, cider, hard cider
- ▲ Durham & Portsmouth Farmers' Markets, Farm stand: daily 8-6
- IPM, Low Spray (fruit)

Oliver Merrill & Sons

Kenneth Merrill
569 Mammoth Rd Londonderry, NH
(603) 845-6545
merrillfarmsnh@gmail.com

- Apples, peaches, cherries, plums, pears, raspberries, eggs, vegetables
- ▲ PYO apples: September thru October, Sat & Sun 10-4; Farm stand: August thru October Sat & Sun 10-4; Storage apples: winter
- IPM, Low Spray (fruit), Conventional
- ★ Rockingham County Conservation District

Osprey Cove Organic Farm

Charlie Reid & Anne Dickerson
225 Littleworth Rd Madbury, NH
(603) 842-4110
charliereid@ttlc.net

- Wide variety of vegetables, flowers, berries, eggs
- ▲ Portsmouth & Manchester Farmers' Markets, Summer CSA, Farm stand, PYO (call ahead)
- MOFGA Certified Organic

Paradis Farm

Dennis & Sue Paradis
58 First Crown Point Rd Strafford, NH
(603) 332-5289
pinzgauer@metrocast.net

- Wool yarn, eggs, feeder animals, Boer & Pinzgauer breeding stock, spring lambs & kids
- ▲ Northwood & Winter Farmers' Markets, At farm (call ahead)
- No routine antibiotics used, No added hormones, Pasture-raised, Grassfed with grain supplement, Heritage breeds

■ Products ▲ Where to buy ● Farming practices ★ Conservation easement

For a searchable version,
visit www.seacoastharvest.org

Parsell Family Farm

Eileen Parsell
589 Pickering Rd Rochester, NH
(603) 534-3897

- Wide variety of vegetables, popcorn, maple syrup, strawberries
- ▲ Farm stand, daily 9:30-5:30
- IPM, Conventional

Peter's Farm

Mike & John Peters
2 Cross St Salem, NH
(603) 898-7465
jepeter89@aol.com

- Corn, tomatoes, herbs, pumpkins, strawberries, more than 40 varieties of vegetables
- ▲ Farm stand, daily 8-7
- IPM, Conventional
- ★ Town of Salem, and the Development Rights of Massachusetts

Pickpocket Farm

Rob & Audrey Gerkin
141 Pickpocket Rd Brentwood, NH
(603) 580-2334
gerkin5@comcast.net
www.pickpocketfarm.weebly.com

- Wide variety of vegetables
- ▲ Summer CSA, At farm (call ahead)
- Exempt Organic

Pinewoods Yankee Farm

Tina & Eric Sawtelle
93 N River Rd Lee, NH
(603) 659-8106
esawtelles@aol.com
www.localharvest.org/farms/M5207

- Belted Galloway beef, wide variety of vegetables, herbs, cut flowers, compost
- ▲ Lee Farmers' Market, At farm (call ahead), retail stores: DeMerritt Hill Farm, Emery Farm, Durham Marketplace
- No routine antibiotics used, No added hormones, 100% grassfed

Pondview Farm

Sue & Mark Faunce
691 Ossipee Trail Limington, ME
(207) 625-3075
pondviewfarm@roadrunner.com
www.pondviewmaine.com

- Beef, lamb. Icelandic fiber, yarn & roving. Icelandic sheep breed stock
- ▲ Windham Farmers' Market, At farm (call ahead)
- No antibiotics used, No added hormones, 100% grassfed, Heritage breeds

Pumpkin Valley Farm

Keith & Angela Harris
Union Falls Rd Dayton, ME
(207) 929-4088
angela@pumpkinvalleyfarm.com
www.pumpkinvalleyfarm.com

- Pumpkins, gourds, Indian corn, cornstalks, straw
- ▲ At farm (call ahead), PYO pumpkins: mid-September thru October, Sat & Sun 10-6
- IPM

Ragged Robin Herb Farm

Terri Laney
198 Lee Hook Rd Lee, NH
(603) 659-5322
rgdrobin@yahoo.com

- Herb, vegetable, annual & perennial plants. Cut flowers, honey, mums. Beeswax candles, lip balm & other bee-related natural products
- ▲ Farm stand: mid-May thru mid-October, daylight hours, self-service
- IPM

Ramsbotham's Riverview Farm

Carolyn & Tom Ramsbotham
54 Nute Road Madbury, NH
(603)-742-0787
carolyn@riverviewfarm.com
www.riverviewfarm.com

- Eggs, chicken, turkey, pork, cut flowers, vegetable plants, raspberries
- ▲ Small self service farm stand open Fri-Mon, call 740-4922 for eggs, meat, etc. Dover, Exeter, Portsmouth & Winter Farmers' Markets
- IPM, No added hormones, Pasture-raised, Grassfed with grain supplement

Rawson's Farm Stand

Ed and Mary Rawson
5 College Road Stratham, NH
(603) 686-0303
rawsons@comcast.net
www.rawsonsfarmstand.com

- Tomatoes, flowers, sweet corn, wide variety of vegetables and products from other producers
- ▲ Farm stand

Ridge Runner's Farm

Edmund & Dorothy Miles
165 Ridge Rd Top New Durham, NH
(603) 859-7840
rrfarm@metrocast.net
www.ridgerunnersfarm.com

- Raspberries, blueberries, peaches, perennials
- ▲ PYO: Tue-Sun 8-4 (call ahead for picking conditions); At farm (call ahead)
- IPM, Low Spray (fruit), Conventional

Rising Ridge Farm

Brian & Lisa Lane
55 Birch Hill Rd York, ME
llane@maine.rr.com

- Heirloom variety herbs, greens, root vegetables. Eggs
- ▲ Gateway (York) & Winter Farmers' Markets, At farm (call ahead)
- Exempt Organic, Free range

River Lily Farm

Jane Stevens
329 N. Village Rd Ogunquit, ME
rvlilyfar@Maine.rr.com

- Flowers, strawberries, corn, tomatos, flowers, squash, Brussels sprouts
- ▲ Gateway (York) Farmers' Market, Farm stand, PYO

Riverside Farm Stand & Greenhouse

Dave & Lorraine Tuttle
323 Elm St (Rte 4) North Berwick, ME
(207) 676-2868
farmerdave@riversidefarmstand.com
www.riversidefarmstand.com

- Wide variety of vegetables, blueberries, raspberries, stawberries, baked goods
- ▲ Portsmouth & Winter Farmers' Markets, Summer CSA, Farm stand, PYO strawberries: in season
- IPM, Conventional

Riverslea Farm

Jeff & Liz Conrad
362 N. River Rd Epping, NH
(603) 679-2629
info@riversleafarm.com
www.riversleafarm.com

- Lamb, goat, frozen meals. Lambskins, wool products
- ▲ Exeter, Newburyport, Portsmouth & Winter Farmers' Markets, Farm shop: year-round, daily 8-6; Farm tours with advance notice; See website for mail orders of wool products and lambskins
- No routine antibiotics used, No added hormones, Pasture-raised, Grassfed with grain supplement

Saltbox Farm

Robert & Irma Goodrich
321 Portsmouth Ave Stratham, NH
(603) 436-7978

- Raspberries, blueberries, blueberry muffins, maple syrup, pies by order
- ▲ Farm stand, PYO: July thru September, Sat & Sun 8-5, Tue-Fri 8-6
- IPM, Low Spray (fruit)
- ★ Rockingham County Conservation District

Sanford Butcher Shop

Carl Chasse & Tom Basinger
578 Lebanon St Sanford, ME
(207) 324-2800
tommb@metrocast.net

- Beef, pork, chicken, bison, elk, venison, Thanksgiving turkeys
- ▲ Retail store: Tue-Sat 8-3
- No antibiotics used, No added hormones, Free range, Pasture-raised

Sea View Farms, LLC

Roland & Kim Brewer
(603) 430-8052
seaviewfarm@comcast.net
www.sites.google.com/site/seaviewfarmsllc

- Eggs, buffalo, chicken, turkey
- ▲ Rye Farmers' Market, At farm (call ahead)
- No antibiotics used, No added hormones, Free range, Pasture-raised, 100% grassfed

Shady Brook Farm

Richard & Patricia Rhames
10 West Loop Rd Biddeford, ME
(207) 282-2119
rrhames@xpressamerica.net

- Mixed vegetables, sweet corn, flowers
- ▲ Farm stand, daily 10-6
- IPM, Conventional

Shagbark Farm

John A Wakefield
39 Bernard Rd Rochester, NH
(603) 332-8580
Shagfm@earthlink.net

- Vegetables, cut & dried flowers
- ▲ Dover & Portsmouth Farmers' Markets
- NHDAMF Certified Organic

Smith Farm

Richard Smith
129 Sanborn Rd East Kingston, NH
(603) 642-5544

- Corn, pumpkins, chicken & goose eggs, hay
- ▲ At farm (call ahead)
- Conventional

Snell Family Farm

Ramona & John Snell
1000 River Rd Buxton, ME
(207) 929-5318
info@snellfamilyfarm.com
www.snellfamilyfarm.com

- Annual & perennial plants, vegetable seedlings, strawberries, wide variety of vegetables, herbs, raspberries, cut flowers, apples, fall mums, seed garlic
- ▲ Saco Farmers' Market, Summer CSA, Farm stand: 9-5; PYO raspberries & apples: 9-5
- IPM, Low Spray (fruit)

Spiller Farm

Anna & Bill Spiller
85 Spiller Farm Ln Wells, ME
(207) 985-2575
spillerfarm@maine.rr.com
www.spillerfarm.com

- Strawberries, raspberries, blueberries, sweet corn, tomatoes, apples, pumpkins
- ▲ Kennebunk, North Berwick & Wells Farmers' Markets, Summer CSA, Farm store: Mon-Sat 6 am-9 pm, Sun 6-5; PYO: see website for details
- IPM, Low Spray (fruit), Conventional

Spring Harvest Maple Farm

Josh & Lisa Bouchard
220 Rte 9 Barrington, NH
(603) 664-2401

- Maple syrup, maple cream, maple candy
- ▲ At farm (call ahead)

Stingy River Farm

Tim & Bonnie Dumont
18 Stingy River Rd Epping, NH
(603) 988-9908
haybon@comcast.net

- Rabbit, pork, lamb, eggs
- ▲ Barrington Farmers' Market, At farm (call ahead)
- No routine antibiotics used, No added hormones

Stone Wall Farm

Charlie Reid & Anne Dickerson
97 McCrillis Rd Nottingham, NH
(603) 769-8101
charliereid@ttlc.net

- Variety of vegetables, hard neck garlic, herbs, flowers
- ▲ Portsmouth & Winter Farmers' Markets, Summer CSA, At farm (call ahead)
- MOFGA Certified Organic

Stout Oak Farm

Kate & Jeff Donald
245 N. River Rd Epping, NH
katedonaldnh@gmail.com
www.stoutoakfarm.com

- Garlic, culinary herbs, wide variety of greens, fall vegetables
- ▲ Exeter & Winter Farmers' Markets
- Organic certification pending

■ Products ▲ Where to buy ● Farming practices ★ Conservation easement



Sugarmomma's Maple Farm

Debra Locke
213 Ridge Rd Northwood, NH
(603) 942-7005
dlocke@sugarmommasmapple.com
www.sugarmommasmapple.com

- Maple syrup, maple syrup sweets & hot sauce, eggs
- ▲ Dover, Durham, Exeter, Hampton, Nottingham, Portsmouth, Rye, Wentworth Greenhouses & Winter Farmers' Markets, At farm (call ahead)
- No synthetic chemicals used, Eggs: No antibiotics used, No added hormones, Free range, Heritage breeds

Sunny Acres Farm

Joseph & Gail Colarossi
336 Bald Hill Rd Wells, ME
(207) 646-8958
sunnyacresfarm@yahoo.com

- Corn, tomatoes, many other vegetables, beef
- ▲ Farm stand: from August, daily 9-5; beef year-round
- Vegetables: Conventional; Beef: No routine antibiotics used, No added hormones, Grassfed with grain supplement

Sunnycrest Farm, Inc

Daniel F Hicks
59 High Range Rd Londonderry, NH
(603) 432-7753
sunnycrestfarm@myfairpoint.net

- Wide variety of fruit, berries, vegetables, winter squash, pumpkins
- ▲ PYO berries: daily 7-12; PYO apples: daily 9-6 in season; Farm stand: June to December, daily 9-6
- IPM, Low Spray (fruit)
- ★ Federal land easement

Sweet Baby Vineyard

Lewis & Stacey Eaton
204 South Rd Kensington, NH
(603) 347-1738
info@sweetbabyvineyard.com
www.sweetbabyvineyard.com

- Variety of red, white, fruit wines
- ▲ Newmarket, Wentworth Greenhouses & Winter Farmers' Markets, Tasting room: Sat & Sun 12-5, Mon-Fri by appointment
- IPM

Talon's Organic Gardens

Pam Talon
19 Janet St Rochester, NH
(603) 332-1765

- Wide variety of vegetables, garlic, fruit
- ▲ Rochester Downtown & Rochester 4 Corners Farmers' Markets, At farm (call ahead)
- Exempt Organic

Taylor Farm

Dean & Suzan Taylor
53 Avalon Ln Lyman, ME
(207) 499-7263
taylor.suzan@yahoo.com

- Meat, vegetables, fruits, yarn, wool blankets, soap, hay, misc farm products. Land management & care taking services
- ▲ At farm (call ahead)
- No synthetic chemicals used, No antibiotics used, No added hormones, Pasture-raised, Grassfed with grain supplement

Tecce Farm

Chet Tecce
240 Mast Rd Durham, NH

- Wide variety of vegetables, sweet corn, PYO apples
- ▲ Farm stand: daily 11-6
- IPM, Low Spray (fruit)

Teneriffe Mountain Blueberries, LLC

Steve Panish
355 Teneriffe Rd Milton, NH
(603) 652-9559
spanish@peoplepc.com

- Wild blueberries, jelly, syrup
- ▲ At farm (call ahead), PYO
- NHDAMF Certified Organic
- ★ Strafford Rivers Conservancy, Moose Mountains Regional Greenways

Thirteen Colonies Farm

Roger Burkhardt
1262 White Mtn Hwy Milton, NH
(603) 652-4324
rburkhardt@metrocast.net

- Milk, butter, yogurt, beef
- ▲ At farm (call ahead)
- No routine antibiotics used, No added hormones, Pasture-raised, Grassfed with grain supplement

Thistle Ridge Farm

Sherri Towle
379 Tolend Rd Dover, NH
(603) 740-9332
thistleridgefarm@yahoo.com

- Live poultry, eggs, vegetables, tree fruit, bush & cane berries
- ▲ At farm (call ahead), PYO, Farm stand: summer thru fall, self-service, call ahead to order; Delivery: non-perishables
- No routine antibiotics used
- ★ Strafford Rivers Conservancy

Tibbetts Family Farm

John & Elaine Tibbetts
920 Clarkswoods Rd Lyman, ME
(207) 247-6518
info@tibbettsfamilyfarm.com
www.tibbettsfamilyfarm.com

- Annuals, vegetable seedlings, perennials, herbs, compost. Vegetables, hay, pork, honey
- ▲ Farm stand: from April 30th, daily 9-5
- IPM, No antibiotics used, No added hormones, Pasture-raised, Grassfed with grain supplement

■ Products ▲ Where to buy ● Farming practices ★ Conservation easement



Tiny Hill Farm

Art Haeussler & Larissa Mullen
38 Willey Rd Milton Mills, NH
(603) 817-0081
tinyhillfarm@gmail.com
www.twitter.com/tinyhillfarm

- Raw goat milk, eggs, quail eggs, turkeys, vegetables
- ▲ At farm (call ahead), Farm stand: March to November, daylight hours; Call ahead or ring doorbell for goat milk or quail eggs
- Exempt Organic, No antibiotics used, No added hormones, Pasture-raised, Grassfed with grain supplement, Heritage breeds

Touching Earth Farm

Jacquelyn Nooney
22 Stevenson Rd Kittery, ME
info@touchingearthfarm.com

- Vegetables, eggs, ornamental plants
- ▲ Exeter & Portsmouth Farmers' Markets, Summer CSA, Winter CSA
- No synthetic chemicals used

Tragos Trip Farm

Heidi Sampson
Alfred, ME
(207) 324-0307
funofit@gmail.com

- Duck & chicken eggs. Chickens, turkey, pork, goat meat. Goats, kids, milking does
- ▲ At farm (call ahead)
- No routine antibiotics used, No added hormones, Pasture-raised, Grassfed with grain supplement

Tributary Farm

Isobel Parke
191 Blake Rd Epping, NH
iparke@jjwpr.com

- Blueberries
- ▲ Exeter Farmers' Market
- No synthetic chemicals used

Tuckaway Farm

Chuck & Laurel Cox
59 Randall Rd Lee, NH
(603) 868-1822
tuckawayfarm@earthlink.net

- Wide variety of vegetables, blueberries, garlic, potatoes, ornamental flint corn, corn stalks, hay, whole or half pigs, eggs
- ▲ Lee Farmers' Market, At farm (call ahead), PYO blueberries
- NHDAMF Certified Organic, Pigs: No routine antibiotics used, No added hormones
- ★ New Hampshire Land and Community Heritage Investment Program (LCHIP), Lee Conservation Commission, NHDES, Lee Historical Society

Tuttle's Red Barn

The Tuttle Family & Rick Cerilli
151 Dover Point Rd Dover, NH
(603) 742-4313
rickcerilli@conversant.net
www.tuttlesredbarn.net

- Sweet corn, seasonal vegetables, strawberries, raspberries
- ▲ Retail market: year round, daily 10-6

Two Toad Farm

Jordan Pike
Lebanon, ME
(207) 252-1103
jordan_pike@yahoo.com
www.twotoadfarm.com

- Over 200 varieties of vegetables, culinary & medicinal herbs, cut flowers, blueberries, fruits. Wild mushrooms, honey, propolis, native specialty plants
- ▲ Portsmouth & Sanford Farmers' Markets, Summer CSA, Farm stand
- MOFGA Certified Organic

Tyler Farm

Steve & Deb Claffie
13 Tylerfarm Rd Limington, ME
(207) 675-3722
tylerfarm@fairpoint.net
www.tylerfarmhomestead.com

- Beef, pork, lamb. Chicken & duck eggs. Milk, butter, cheese. Wide variety of vegetables, honey. Yarns, rovings, sheepskins, farm products
- ▲ Farm market & produce stand: year round, Fri & Sat 10-3
- No synthetic chemicals used, No added hormones, Pasture-raised, Grassfed with grain supplement, Heritage breeds

Velvet Pastures Elk Ranch

Jim & Lou Ann Griswold
95 Wednesday Hill Rd Lee, NH
(603) 659-6972
bradley@velvetpastures.com
www.velvetpastures.com

- Elk meat, antler
- ▲ Lee & Winter Farmers' Markets, At farm (call ahead)
- No antibiotics used, No added hormones, Pasture-raised, 100% grassfed
- ★ NRCS Grasslands Protection

Wake Robin Farm

Robert, Marsha & Abigail Wiggin
52 Union Rd Stratham, NH
(603) 772-5740
wakrobin@comcast.net,
abigailwiggin@yahoo.com
www.wakerobinfarm.com

- Wide variety of heirloom fruits, vegetables, herbs & flowers, heirloom vegetable transplants
- ▲ Dover, Durham, Hampton, Portsmouth, & Winter Farmers' Markets, Summer CSA, Winter CSA, Farm stand
- IPM
- ★ Town of Stratham



Warren Farm

Randy & Heather Warren
30 Warren Rd Barrington, NH
(603) 868-2001
wfarm@hotmail.com
www.warrenfarmnh.com

- Vegetables, fruit, flowers, Christmas trees
- ▲ At farm (call ahead), Farm stand & PYO: Call ahead or see website; regular hours in season
- IPM, Low Spray (fruit)
- ★ New Hampshire Land and Community Heritage Investment Program (LCHIP)

White Gate Farm

Jim & Susan McGeough
119 Prescott Rd Epping, NH

- Wide variety of vegetables, pumpkins, fruit, flowers, eggs, jams, jellies, baked goods, maple syrup, honey. Scottish Highland cows
- ▲ Dover, Hampton & Portsmouth Farmers' Markets, Farm stand: mid-July to October 9, daylight hours
- IPM, Low Spray (fruit); Beef: No antibiotics used, No added hormones, Pasture-raised, Grassfed with grain supplement, Heritage breeds

Wild Miller Gardens

Joel & Annalisa Miller
11 Randall Rd Lee, NH
(603) 988-4658
joel@wildmillergardens.com,
annalisa@wildmillergardens.com
www.wildmillergardens.com

- Pork, eggs, garlic, raspberries, strawberries, blackberries, wide variety of vegetables
- ▲ Derry, Lee & Newmarket Farmers' Markets, At farm (call ahead)
- NHDAMF Certified Organic; pork and eggs: No antibiotics used, No added hormones, Pasture-raised, Grassfed with grain supplement, Heritage breeds
- ★ New Hampshire Land and Community Heritage Investment Program (LCHIP) & Department of Environmental Services (DES)

Willow Creek Sugar House, LLC

Brad Rice
137 Willow Rd East Kingston, NH
(603) 347-2027
bradrice@comcast.net
www.willowcreeksugarhouse.com

- Maple syrup & maple candy
- ▲ At farm year-round (call ahead)

Willow Pond Community Farm

Maggie Donovan
Brentwood, NH
(914) 275-2434
willowpondfarmer@gmail.com
www.willowpondfarm.org

- Wide variety of vegetables
- ▲ Exeter & Portsmouth Farmers' Markets, Summer CSA
- NHDAMF Certified Organic

Wilson's Sugar House

Gordon & Amy Wilson
41A Mill Rd Brentwood, NH
(603) 642-9410
www.wilsonssugarhouse.vpweb.com

- Maple products
- ▲ At farm (call ahead)

Wolf Pine Farm

Amy Sprague & Tom Harms
259 Mouse Ln Alfred, ME
(207) 619-4272
farmers@wolffpinefarm.com
www.wolffpinefarm.com

- Winter CSA share including a wide variety of vegetables, grains, fruits, berries
- MOFGA Certified Organic

Yellow House Farm

Robert Gibson & Joseph Marquette
541 Rte 202 Barrington, NH
(603) 335-6131
yellowhousefarm@live.com
www.yellowhousefarmnh.com

- Heritage poultry, eggs & feathers, rabbit, produce, herbs, greeting cards
- ▲ Exeter, Portsmouth & Winter Farmers' Markets, At farm (call ahead)
- No routine antibiotics used, No added hormones, Pasture-raised, Grassfed with grain supplement, Heritage breeds

York Corner Gardens

David W Coombs
381 U.S. Rte 1 York, ME
(207) 363-5900
freshdavid61@yahoo.com

- Vegetables
- ▲ Farm stand: May to December, daily 10-6
- Exempt Organic

Zach's Farm

John Zacharias
7 Colby Turner Rd York, ME
(207) 363-4502 / (207) 475-7857
info@zachscomnmaze.com,
zachscomnmaze@gmail.com
www.zachscomnmaze.com

- Wide variety of vegetables, sweet corn, squash, peppers, beans, cucumbers, hay
- ▲ Gateway (York) & North Berwick Farmers' Markets, Farm stand: daily 10-6, mid-July to mid-October; PYO pumpkins: mid-September
- IPM

Zorvino Vineyards

Jim Zanello
226 Main St Sandown, NH
(603) 887-8463
info@zorvino.com
www.zorvino.com

- Grape wines, fruit wines
- ▲ Winery: daily 12-5; Tours & function facility by appointment
- Low Spray (fruit), Conventional

Support the annual publication of Seacoast Harvest with a donation.

Each year, we distribute *Seacoast Harvest* as a free guide throughout the region and do not charge farmers to be included. We are able to do this through the generous donations of individuals and businesses. We thank you for your continued support of *Seacoast Harvest*, and more importantly, for your continued support of the region's farmers, fishermen, beekeepers, maple syrup producers, orchardists, and vintners. For more information, email foodguide@seacoateatlocal.org.



LOCAL SEAFOOD

Learning About Seafood

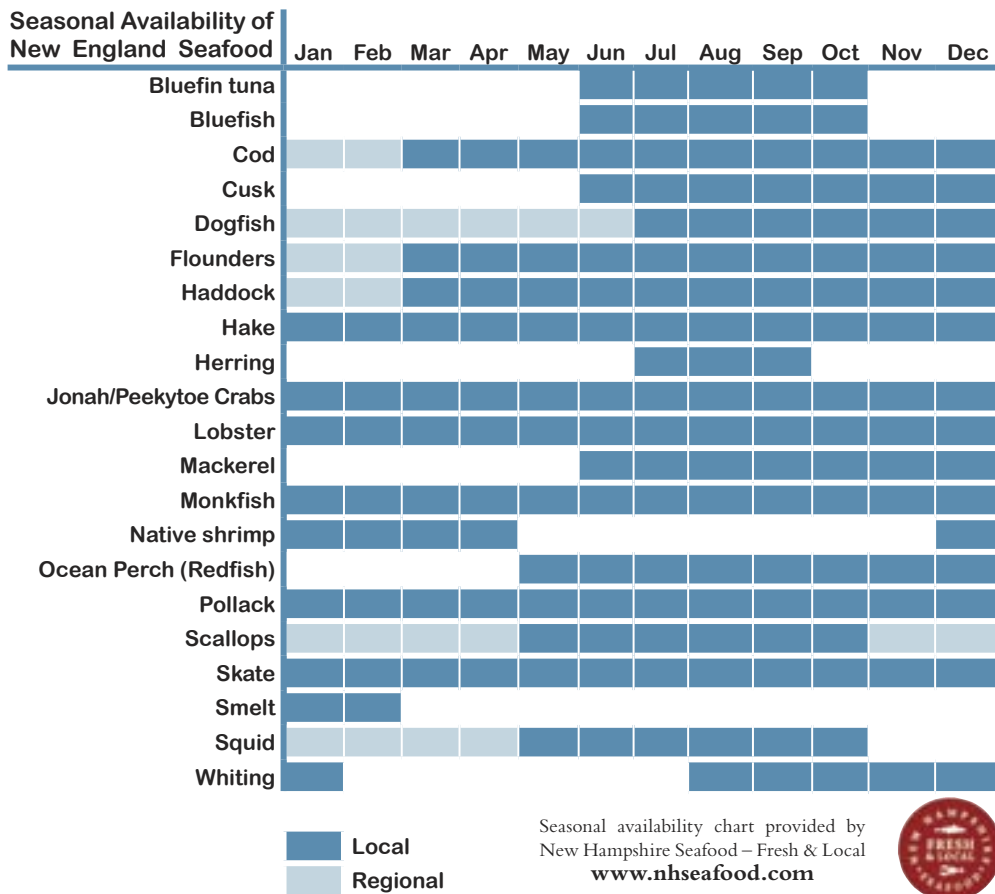
Determining which seafood is the healthiest and most responsibly harvested is a complex task. Our goals are to support our local food producers, the larger ocean environment, and the future of fish species. Educating ourselves as consumers enables us to engage in dialog with our seafood purveyors and make informed purchasing decisions. When buying seafood, we should attempt to purchase species that have healthy and sustainable populations, and whose harvest does not damage critical habitat and has a limited bycatch.

FishWatch, a website by the NOAA Fisheries Service, includes localized information about each species and its fishery, including the status of the stock, how the fishery is managed, nutrition facts, and information about environmental impacts.

www.fishwatch.noaa.gov

The Northwest Atlantic Marine Alliance (NAMA) works to support marine systems and New England fisheries through advocacy, policy work, and support for direct marketing efforts such as CSFs.

www.namanet.org



Community Supported Fisheries

Community Supported Fisheries, or CSFs, are a way to buy seafood directly from fishermen and support local fisheries by purchasing seasonal shares. Modeled after CSAs, consumers purchase shares up front and receive a weekly portion of the catch. Consumers benefit from eating the freshest fish and knowing their food dollars are going to local businesses. Fishermen benefit by earning a more fair price for their catch. CSFs create new relationships and direct personal connections, allowing producers and consumers to engage in collaborative and constructive conversations about sustainable fishery practices. Through CSFs, consumers can begin to learn about the complex systems of ocean fisheries, and fishermen can see that consumers are willing to give unusual fish a try if it means healthier oceans.

SHELLEISH

Little Bay Oyster Co.

Will Carey
 11 Creighton St Newmarket, NH
 (914) 382-1586
gboysters@comcast.net

- Oysters farm raised in Great Bay/Little Bay Estuary for eating on the half-shell (raw)
- ▲ Newmarket Farmers' Market, At farm (call ahead), Markets: Seaport Fish, Sanders Fish Market, On the Vine Marketplace

CSEs

Eastman's Local Catch

Carolyn & Ed Eastman
 210 Ocean Blvd Seabrook Beach, NH
 (603) 760-7422
info@eastmansfish.com
www.eastmansfish.com

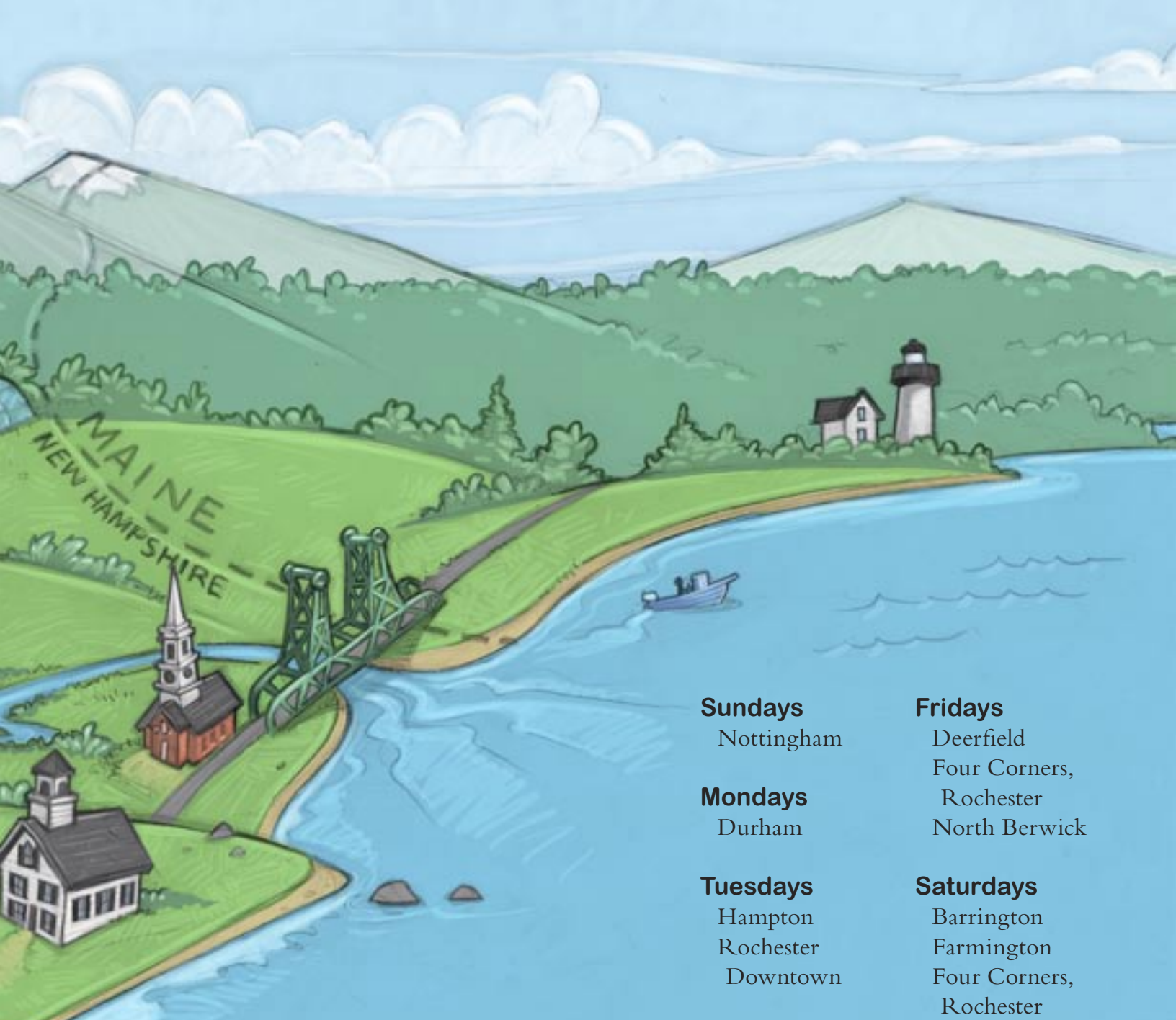
- Fresh filleted or whole fish in different share sizes ranging from 1lb filleted to 8lb whole fish per week. Shares run in 6 week increments.
- ▲ Pick up locations: Barrington, Brentwood, Dover, Durham, Exeter, Hampton, Merrimac, Newmarket, Newburyport, Portsmouth, Rollinsford, Seabrook, South Hampton

Yankee Fisherman's Cooperative

Bob Campbell
 Seabrook, NH
 (603) 474-9850
yankeecoop@myfairpoint.net
www.yankeefish.com

- Native shrimp shares of 5 or 10lb per week for 8 weeks; whole fish/lobster
- ▲ Pick up locations: Exeter, Durham, Rollinsford, Seabrook





Farmers' Markets of Rockingham, Strafford & York Counties

The Seacoast is home to 25 summer season and 4 winter farmers' markets where you can buy fruits and vegetables, meats, seafood, dairy and more, directly from the farmers who grew the food. There's a farmers' market every day of the week all summer long!

Sundays

Nottingham

Mondays

Durham

Tuesdays

Hampton
Rochester
Downtown

Wednesdays

Dover
Rye
Saco
Wells

Thursdays

Exeter
Lee
Northwood
Rochester
Downtown

Fridays

Deerfield
Four Corners,
Rochester
North Berwick

Saturdays

Barrington
Farmington
Four Corners,
Rochester
Gateway, York
Kennebunk
New Durham
Newfield
Newmarket
Portsmouth
Puddledock,
Farmington
Saco
Sanford
Wentworth,
Rollinsford

visit www.seacoastharvest.org for driving directions

FARMERS' MARKETS

Market	Day	Season
Barrington Farmers' Market	Saturdays 9–1	late May to October
Deerfield Farmers' Market	Fridays 3–7	June 25 to September 24
Dover Farmers' Market	Wednesdays 2:15–6	June 9 to October 13
Durham Farmers' Market	Mondays 2:15–5:30	June 7 to October 4
Exeter Farmers' Market	Thursdays 2:15–6	May 6 to October 28
Farmington Farmers' Market	Saturdays 8:30–12:30	May 1 to October 30
Four Corners Farmers' Market, Rochester	Fridays 3–6, Saturdays 10–2	May 8 to October 9
Gateway Farmers' Market, York	Saturdays 9–1	June 5 to October 9
Hampton Farmers' Market	Tuesdays 3–6	June 8 to October 12
Kennebunk Farmers' Market	Saturdays 8–1	May 1 to late November
Lee Cooperative Farmers' Market	Thursdays 3–6	May to October
New Durham Farmers' Market	Saturdays 9–1	mid-May to mid-October
Newfield Farmers' and Artisans' Market	Saturdays 9–1	May 29 to October 9
Newmarket Farmers' Market	Saturdays 9–1	June 20 to October 10, monthly winter markets
North Berwick Farmers' Market	Fridays 3–6	May 28 to October 29
Northwood Farmers' Market	Summer: Thursdays 3–6:30 Fall: Saturdays 9–1	Summer: May 27 to October 7 Fall: October 23 to November 20
Nottingham Farmers' Market	Sundays 1–4	May 23 to October 17
Portsmouth Farmers' Market	Saturdays 8–1	May 1 to November 6
Puddledock's Farmers' Market, Farmington	Saturdays 10–2	June to September
Rochester Downtown Farmers' Market	Tuesdays & Thursdays 3–6	June 1 to October 28
Rye Farmers' Market	Wednesdays 2:30–5:30	June 30 to October 6, monthly winter markets
Saco Farmers' Market	Wednesdays & Saturdays 7–12	May 9 to October
Sanford Farmers' Market	Saturdays 8–12	May 22 to October 9
Seacoast Eat Local Winter Farmers' Markets	Saturdays 10–2	November to April, twice a month
Wells Farmers' Market	Wednesdays 1:30–5	May 19 to mid-October
Wentworth Greenhouses Farmers' Market, Rollinsford	Saturdays 10–2	June 26 to October 30

Location

More Info

Routes 9 & 125, across from Calef's Country Store, Barrington, NH	Shaler McReel (603) 749-0377
Back entrance of the Deerfield Fairgrounds (off Cotton Road), Deerfield, NH	info@farmersmarket.deerfieldnh.us www.farmersmarket.deerfieldnh.us
Dover Chamber of Commerce, 550 Central Ave, Dover, NH	www.seacoastgrowers.org
Durham Marketplace parking lot, 7 Mill Rd Durham, NH	www.seacoastgrowers.org
Swasey Parkway, off Water Street in downtown Exeter, NH	www.seacoastgrowers.org
Corner of Central & Main Streets, behind TD Bank North, Farmington, NH	(603) 859-2551, barron@worldpath.net
Intersection of 202A, Estes & Meaderboro Roads, Rochester, NH	Angela Squires (603) 859-6979, squires@metrocast.net
York Chambers Visitor Center, corner of Route 1 and Stonewall Lane, exit 7 off I95, York, ME	stephanie@yorkme.org www.gatewaytomaine.org
Sacred Heart School parking lot 289 Lafayette Road/Rte 1, Hampton, NH	www.seacoastgrowers.org
Grove Street Municipal Parking Lot next to Village Pharmacy, Kennebunk, ME	www.kennebunkfarmersmarket.org
Old Fire Station, Route 155, Lee, NH	(603) 659-9329, leemarket@comcast.net
Just off Depot Road, on the lawn next to the Post Office, New Durham, NH	kate@newdurhamfarmersmarket.com www.newdurhamfarmersmarket.com
Willowbrook Museum grounds, 70 Elm St, Newfield, ME	Gloria Dyer (207) 793-2693
Stone Church Meeting House parking lot, 5-7 Granite Street, Newmarket, NH	(603) 659-5900, newmarketfarmersmarket@gmail.com
Town Hall Parking Lot, 21 Main Street, North Berwick, ME	Rebekah Yonan (207) 676-3356 www.northberwickfarmersmarket.org
Corner of Routes 4 and 202A/43, Northwood, NH	Meg (603) 942-8313, northwoodfarmersmarket@yahoo.com www.northwoodfarmersmarket.blogspot.com
Blaisdell Memorial Library parking lot, 129 Stage Road, Nottingham, NH	(603) 679-5392
City Hall parking lot, 1 Junkins Avenue, Portsmouth, NH	www.seacoastgrowers.org
Cardinal's Farmhouse Sampler, 203 NH Rte 11, Farmington, NH	(603) 875-8902
Front lawn of Foster's Daily Democrat, 90 N Main Street, Rochester, NH	Pamela Talon (603) 332-1765, talondpjs@metrocast.net
Town parking lot to the right of the Congregational Church, 580 Washington Road, Rye, NH	www.town.rye.nh.us
Saco Valley Shopping Center, 4 Scammon Street, Saco, ME	(207) 929-5318 www.sacofarmersmarket.com
Corner of Gowen Park Drive and Main Street (Rt 109) next to the tennis courts at the Junior High School, Sanford, ME	Jack McAdam, (207) 490-3660 captjack@mcdougalorchards.com www.sanfordfarmersmarket.org
Various locations, see website	www.seacoasteatlocal.org
Wells Town Hall parking lot, Sanford Road (Route 109), Wells, ME	www.wellsfarmersmarket.org
141 Rollins Road, Rollinsford, NH	Steve Kokolis, (603) 743-0923 www.wentworthgreenhouses.com

FARMING PRACTICES

GLOSSARY

Listing Criteria

Seacoast Harvest is a tool to help consumers find sources of local food. The farms listed are located in Rockingham, Strafford, or York Counties and produce edible, agricultural products. For producers who sell only value-added products to be included, they must grow a substantial portion of the ingredients they use. All of the growers listed in *Seacoast Harvest* either sell their products directly to consumers, or their products are explicitly identifiable in the secondary market where consumers are able to purchase them.

For even more farms and more information about local food, be sure to check our website at www.seacoastharvest.org.



To provide you with more information about where our food comes from and how it is grown, *Seacoast Harvest* asks farmers to describe their agricultural practices by selecting from the terms listed below. These terms and their definitions are intended to provide some clarity for both producers and consumers in an area that is often confusing, given the growing number of terms used to describe farms and their products, and the lack of legal definitions for many terms.

While our list of agricultural practices is not exhaustive, it includes working definitions for many of the practices commonly used on area farms. Some terms that are open to interpretation (e.g. “sustainable”) are not included. We hope this glossary helps you better understand the practices farmers choose to use on their farms, but this list is just a start. The best way to get more information is to talk to your farmers. They are happy to answer your questions about their practices.

Fruits & Vegetables

Certified Naturally Grown: The farm is certified by the nonprofit Certified Naturally Grown, an alternative to the USDA’s National Organic Program. The standards and growing requirements are no less strict than the NOP rules.

Certified Organic: The farm is “Certified Organic” by a USDA-approved certifying agency, and growing practices meet the standards of the National Organic Program (NOP). Organic farming is based on a system that maintains and replenishes soil fertility and limits the use of toxic and persistent pesticides and fertilizers. Organic meat and poultry must be fed only organically-grown feed (without any animal by-products) and cannot be treated with hormones or antibiotics. The NOP standards do not allow the use of genetically modified seeds.

Conventional: The farm uses synthetic inputs such as chemical fertilizers, pesticides and/or herbicides.

IPM: Integrated Pest Management: The farm uses a pest-management strategy that includes a combination of biological, cultural, and chemical tools to reduce crop damage from insects, diseases and weeds. Pesticides are used as only one part of the pest management strategy.

Low-Spray (fruit): The farm uses a reduced synthetic pesticide spray program relative to the region’s conventional spray practices.

No Synthetic Chemicals Used: The farm does not use any synthetic chemical fertilizers, pesticides or herbicides.

Exempt Organic: The farm’s practices meet the standards of the National Organic Program, but the farm is not required to be “certified” because annual gross sales are less than \$5,000.

Transitional: The farm follows organic management practices, but has not yet fulfilled time requirements to be certified organic (land must be free of prohibited materials for a minimum of 3 years to be certified). Transitional is a regulated term used only for New Hampshire farms in this guide; The New Hampshire Department of Agriculture, Markets, and Food certifies the transitional status, the Maine Organic Farmers and Growers Association does not.

Meats & Dairy

100% Grassfed: Animals only eat grasses from start to finish.

Free Range: Animals are given daily access to the outdoors, but are not raised primarily on pasture.

Grassfed with Grain Supplement: Animals are raised on pasture, and a controlled amount of grain is eventually introduced into their diet.

Heritage Breeds: The farm raises rare and endangered breeds of livestock to reintroduce genetic diversity and prevent extinction.

No Added Hormones: Animals are raised without added growth hormones.

No Antibiotics Used: No antibiotics are administered to the animals during their lifetime.

No Routine Antibiotics Used: Antibiotics are not given to the animals to prevent disease, but may be administered if the animals become ill.

Pasture-Raised: Animals are raised outdoors on pasture in a humane, ecologically sustainable manner, rather than in a feedlot or confined facility.

QUICK REFERENCE

Farm stands

Apple Annie
Applecrest Farm Orchards
Barker's Farm
Bernier Egg Farms
Berry Best Farm
Berry Ledge Farm
Berrybogg Farm
Blaisdell Bros. Family Farm
Blueberry Bay Farm
Brackett's Orchard
Brookford Farm
Butternut Farm
Catnip Acres Herb Farm
Chase Farms
Coppal House Farm
Crocker Farm/Analesa's Garden
DeMeritt Hill Farm
Drumlin Farm
Emery Farm
Fenderson Farm
Griffin Hill Farm
Hammond Farms
Harecrest Acres
Harris Farm
Heron Pond Farm
Hickory Nut Farm
Hidden Acres Farm
Hollister Family Farm
Indian Hill Farm
Jeness Farm
Kellie Brook Farm
Kelly Orchards
Lasting Legacy Farm
McDougal Orchards
McKenzie's Farm
Middle Road Farm
of Brentwood
Monahan Farm
Nippo Brook Farm
Nottingham Orchard
Oliver Merrill & Sons
Osprey Cove Organic Farm
Parsell Family Farm
Peter's Farm
Ragged Robin Herb Farm
Rawson's Farmstand
River Lily Farm
Riverside Farm Stand
& Greenhouse
Riverslea Farm
Saltbox Farm
Sanford Butcher Shop
Shady Brook Farm
Snell Family Farm
Spiller Farm
Sunny Acres Farm
Sunnycrest Farm, Inc

Tecce Farm
Thistle Ridge Farm
Tibbetts Family Farm
Tiny Hill Farm
Tuttle's Red Barn
Two Toad Farm
Tyler Farm
Wake Robin Farm
Warren Farm
White Gate Farm
York Corner Gardens
Zach's Farm

Pick-your-own farms

Apple Annie
Applecrest Farm Orchards
Berry Best Farm
Berrybogg Farm
Blueberry Bay Farm
Blueberry Hill Farm
Brackett's Orchards
Butternut Farm
DeMeritt Hill Farm
Emery Farm
Firebird Farm
Hammond Farms
Harris Farm
Heron Pond Farm
Hickory Hill Farm
Inkwell Farm
Kelly Orchards
Libby & Son U-Picks
McDougal Orchards
Monahan Farm
Oliver Merrill & Sons
Osprey Cove Organic Farm
Pumpkin Valley Farm
Ridge Runner's Farm
River Lily Farm
Riverside Farm Stand
& Greenhouse
Saltbox Farm
Snell Family Farm
Spiller Farm
Sunnycrest Farm
Teneriffe Mountain Blueberries
Thistle Ridge Farm
Tuckaway Farm
Warren Farm
Zach's Farm

Summer CSAs

Applecrest Farm Orchards
Applegard Farm
Black Kettle Farm
Brookford Farm
Chick Farm
Connolly's Organics

Drumlin Farm
Field to Fork Farm
Finson Farm
Garen's Greens at
Riverside Farm
Groundwork Farm
Harris Farm
Heron Pond Farm
Jesta Farm
McDougal Orchards
Meadow's Mirth
Moondance Gardens
New Roots Farm
Osprey Cove Organic Farm
Pickpocket Farm
Riverside Farm Stand
& Greenhouse
Snell Family Farm
Spiller Farm
Stone Wall Farm
Touching Earth Farm
Two Toad Farm
Wake Robin Farm
Willow Pond Community Farm

Winter CSAs

Brookford Farm
Garen's Greens at
Riverside Farm
Heron Pond Farm
Meadow's Mirth
Touching Earth Farm
Wake Robin Farm
Wolf Pine Farm

Certified Organic Farms

Berke Farm
Berry Hill Farm
Brook Ridge Farm
Brookford Farm
Catnip Acres Herb Farm
Chick Farm
Crocker Farm/Analesa's Garden
Drumlin Farm
Field to Fork Farm
Meadow's Mirth
New Roots Farm
Noon Family Sheep Farm
Osprey Cove Organic Farm
Shagbark Farm
Stone Wall Farm
Stout Oak Farm (pending)
Teneriffe Mountain Blueberries
Tuckaway Farm
Two Toad Farm
Wild Miller Gardens
Willow Pond Community Farm
Wolf Pine Farm

Organic (exempt) Farms

4 J's Earthworks
Bondgarden Farm
Connolly's Organics
Firebird Farm
Groundwork Farm
Inkwell Farm
Midnight Meadow Farm
Mona Farm
Pickpocket Farm
Rising Ridge Farm
Tiny Hill Farm
York Corner Gardens

Fruit Farms

Apples

Apple Annie
Applecrest Farm Orchards
Blueberry Bay Farm
Brackett's Orchards
Butternut Farm
DeMeritt Hill Farm
Drumlin Farm
Eagle's Nest Orchard
Hammond Farms
Kelly Orchards
Libby & Son U-Picks
McDougal Orchards
McKenzie's Farm
Nottingham Orchard
Oliver Merrill & Sons
Snell Family Farm
Spiller Farm
Tecce Farm
Two Toad Farm

Peaches

Applecrest Farm Orchards
Berry Best Farm
Blueberry Bay Farm
Butternut Farm
DeMeritt Hill Farm
Kelly Orchards
McDougal Orchards
McKenzie's Farm
Monahan Farm
Nottingham Orchard
Oliver Merrill & Sons
Ridge Runner's Farm
Warren Farm
White Gate Farm

Pears

Applecrest Farm Orchards
Blueberry Bay Farm
Drumlin Farm
Kelly Orchards
McDougal Orchards
Oliver Merrill & Sons
White Gate Farm

QUICK REFERENCE

Strawberries

Applecrest Farm Orchards
Berry Hill Farm
Blueberry Bay Farm
Butternut Farm
Darius Fink Farm
Drumlin Farm
Emery Farm
Heron Pond Farm
Hickory Hill Farm
McKenzie's Farm
Monahan Farm
Parsell Family Farm
Peter's Farm
River Lily Farm
Riverside Farm Stand
& Greenhouse
Snell Family Farm
Spiller Farm
Talon's Organic Garden
Tuttle's Red Barn
Wake Robin Farm
Warren Farm
Wild Miller Gardens

Blueberries

Applecrest Farm Orchards
Berke Farm
Berry Best Farm
Berry Hill Farm
Berrybogg Farm
Blueberry Bay Farm
Blueberry Hill Farm
Butternut Farm
DeMeritt Hill Farm
Drumlin Farm
Eastmoose Farm Farm
Emery Farm
Firebird Farm
General Butler Farm
Heron Pond Farm
Hickory Hill Farm
Inkwell Farm
Kelly Orchards
Libby & Son U-Picks
Monahan Farm
Nottingham Orchard
Osprey Cove Organic Farm
Ridge Runner's Farm
Riverside Farm Stand &
Greenhouse
Saltbox Farm
Spiller Farm
Talon's Organic Garden
Taylor Farm
Teneriffe Mountain Blueberries
Tributary Farm
Tuckaway Farm
Two Toad Farm

Raspberries

Applecrest Farm Orchards
Berry Best Farm
Berry Hill Farm
Blueberry Bay Farm
Butternut Farm
Drumlin Farm
Emery Farm
Harrisons Poultry Farm
Kelly Orchards
Marcotte Farm
McDougal Orchards
McKenzie's Farm
Monahan Farm
Oliver Merrill & Sons
Ramsbotham's Riverview Farm
Ridge Runner's Farm
Riverside Farm Stand
& Greenhouse
Saltbox Farm
Snell Family Farm
Spiller Farm
Talon's Organic Garden
Taylor Farm
Tuttle's Red Barn
Warren Farm
Wild Miller Gardens

Apple Cider

Apple Annie
Applecrest Farm Orchards
Barker's Farm
Brackett's Orchards
Butternut Farm
DeMeritt Hill Farm
Eagle's Nest Orchard
Hammond Farms
Kelly Orchards
Libby & Son U-Picks
Nottingham Orchard

Pumpkins

4 J's Earthworks
Apple Annie
Applecrest Farm Orchards
Applegard Farm
Blaisdell Bros. Family Farm
Brackett's Orchards
Brook Ridge Farm
Brookford Farm
Butternut Farm
Coppal House Farm
DeMeritt Hill Farm
Finson Farm
General Butler Farm
Hammond Farms
Harris Farm
Hickory Hill Farm

Indian Hill Farm
Kelly Orchards
Libby & Son U-Picks
Little Brook Farm
Marcotte Farm
McDougal Orchards
McKenzie's Farm
Meadow's Mirth
Middle Road Farm of
Brentwood
Midnight Meadow Farm
Nippo Brook Farm
Osprey Cove Organic Farm
Parsell Family Farm
Peter's Farm
Pumpkin Valley Farm
Smith Farm
Spiller Farm
Stone Wall Farm
Sunny Acres Farm
Sunnycrest Farm, Inc
Thistle Ridge Farm
Tibbetts Family Farm
Two Toad Farm
White Gate Farm

Vegetable growers

4 J's Earthworks
Anderson's Mini-Maples
Apple Annie
Applecrest Farm Orchards
Applegard Farm
B & H Farm
Babcock Farm
Barker's Farm
Bernier Egg Farms
Berry Ledge Farm
Black Kettle Farm
Blueberry Bay Farm
Brook Ridge Farm
Brookford Farm
Catnip Acres Herb Farm
Chase Farms
Chick Farm
Connolly's Organics
Coppal House Farm
Crocker Farm/Analesa's Garden
Darius Frink Farm
Drumlin Farm
Elf's Garden Center
Emery Farm
Fenderson Farm
Finson Farm
Garen's Greens at
Riverside Farm
General Butler Farm
Groundwork Farm
Harecrest Acres
Harris Farm
Healthy Home Harvest
Heron Pond Farm
Hidden Acres Farm
Hollister Family Farm
Kelly Orchards
Kopacz Family Farm
Little Brook Farm
Lover's Brook Farm
Marcotte Farm
McDougal Orchards
McKenzie's Farm
Meadow's Mirth
Middle Road Farm
of Brentwood
Midnight Meadow Farm
Monahan Farm
Moondance Gardens
Moor Farm
New Roots Farm
Nippo Brook Farm
Oliver Merrill & Sons
Osprey Cove Organic Farm
Parsell Family Farm
Peter's Farm
Pickpocket Farm
Pinewoods Yankee Farm
Rawson's Farm Stand
Rising Ridge Farm
River Lily Farm
Riverside Farm Stand
& Greenhouse
Shady Brook Farm
Shagbark Farm
Smith Farm
Snell Family Farm
Spiller Farm
Stone Wall Farm
Stout Oak Farm
Sunny Acres Farm
Sunnycrest Farm, Inc
Talon's Organic Gardens
Taylor Farm
Tecce Farm
Thistle Ridge Farm
Tibbetts Family Farm
Tiny Hill Farm
Touching Earth Farm
Tuckaway Farm
Tuttle's Red Barn
Two Toad Farm
Tyler Farm
Wake Robin Farm
Warren Farm
White Gate Farm
Wild Miller Gardens
Willow Pond Community Farm
Wolf Pine Farm
Yellow House Farm
York Corner Gardens
Zach's Farm

Popcorn

Middle Road Farm
of Brentwood
Parsell Family Farm
Wake Robin Farm

Most farms that grow vegetables grow such a wide variety the full list cannot be provided here. If you are looking for something specific, search www.seacoastharvest.org

Dried Beans

Lover's Brook Farm
Meadow's Mirth
Wild Miller Gardens
Wolf Pine Farm

Mushrooms

Healthy Home Harvest
Two Toad Farm

Meat & Poultry

Beef

Blaisdell Bros. Family Farm
Bondgarden Farm
Brook Ridge Farm
Brookford Farm
Brookvale Pines Farm
Chase Farms
Darius Frink Farm
General Butler Farm
Harris Farm
Kellie Brook Farm
Lasting Legacy Farm
Little Brook Farm
Midnight Meadow Farm
Pinewoods Yankee Farm
Pondview Farm
Sanford Butcher Shop
Sunny Acres Farm
Taylor Farm
Thirteen Colonies Farm
Tyler Farm

Bison

Sanford Butcher Shop
Sea View Farms

Chicken

Beaudoin's Farm
Chick Farm
Field to Fork Farm
General Butler Farm
Harecrest Acres
Harrisons Poultry Farm
Kellie Brook Farm
Lasting Legacy Farm
Liberty Fields Farm
Midnight Meadow Farm
Ramsbotham's Riverview Farm
Sanford Butcher Shop
Sea View Farms
Taylor Farm
Tragos Trip Farm
Wild Miller Gardens
Yellow House Farm

Duck

Harrisons Poultry Farm
Taylor Farm
Thistle Ridge Farm
Yellow House Farm

Elk

Sanford Butcher Shop
Velvet Pastures Elk Ranch

Goat

Field to Fork Farm
Jeness Farm
Liberty Fields Farm
Riverslea Farm
Tragos Trip Farm

Lamb

Chestnut Lamb Co-op
Coppal House Farm
Lasting Legacy Farm
New Roots Farm
Noon Family Sheep Farm
Pondview Farm
Riverslea Farm
Stingy River Farm
Taylor Farm
Tyler Farm
Wild Miller Gardens

Pork

Beaudoin's Farm
Breezy Hill Farm
Brook Ridge Farm
Brookford Farm
Chase Farms
Coppal House Farm
Field to Fork Farm
Jeness Farm
Kellie Brook Farm
Lasting Legacy Farm
Liberty Fields Farm
Midnight Meadow Farm
New Roots Farm
Ramsbotham's Riverview Farm
Sanford Butcher Shop
Stingy River Farm
Taylor Farm
Tibbetts Family Farm
Tragos Trip Farm
Tuckaway Farm
Tyler Farm
Wild Miller Gardens

Rabbit

Chestnut Lamb Co-op
Hidden Acres Farm
Stingy River Farm
Yellow House Farm

Turkey

Harrisons Poultry Farm
Kellie Brook Farm
Kicking Horse Farm
Lasting Legacy Farm
Ramsbotham's Riverview Farm
Sanford Butcher Shop
Sea View Farms
Taylor Farm
Thistle Ridge Farm
Tiny Hill Farm
Tragos Trip Farm
Wild Miller Gardens

Venison

Applegate Deer Farm
Sanford Butcher Shop

Milk & Cheese

Cows' milk

Brook Ridge Farm
Brookford Farm
Field to Fork Farm
Harris Farm
Kopacz Family Farm
Thirteen Colonies Farm
Tyler Farm

Goats' milk

Creeping Thyme Farm
Ilneva Farm
Jeness Farm
Jesta Farm
Tiny Hill Farm

Cheese & other dairy products

Brook Ridge Farm
Brookford Farm
Creeping Thyme Farm
Hickory Nut Farm
Liberty Fields Farm
Thirteen Colonies Farm
Tyler Farm

Eggs

B & H Farm
Bernier Egg Farms
Blaisdell Bros. Family Farm
Bondgarden Farm
Brookford Farm
Brookvale Pines Farm
Chase Farms
Chestnut Lamb Co-op
Chick Farm
Coppal House Farm
Elf's Garden Center
Field to Fork Farm
General Butler Farm
Griffin Hill Farm
Harecrest Acres
Harrisons Poultry Farm
Hidden Acres Farm
Hollister Family Farm
Ilneva Farm
Jeness Farm,
Jesta Farm
Kellie Brook Farm
Kopacz Family Farm
Liberty Fields Farm
Little Brook Farm
Mona Farm
Moor Farm
Oliver Merrill & Sons
Osprey Cove Organic Farm
Paradis Farm
Ramsbotham's Riverview Farm
Rising Ridge Farm

SeaView Farms
Smith Farm
Stingy River Farm
Stone Wall Farm
Sugarmomma's Maple Farm
Thistle Ridge Farm
Tiny Hill Farm
Touching Earth Farm
Tragos Trip Farm
Tyler Farm
Wild Miller Gardens
Yellow House Farm

Duck Eggs

Eastmoose Fart Farm
Kicking Horse Farm
Paradis Farm
Thistle Ridge Farm
Tragos Trip Farm
Tyler Farm
Yellow House Farm

Maple Syrup

Anderson's Mini-Maples
Babcock Farm
Brook Ridge Broilers
Folsom's Sugar House
Harecrest Acres
Harrisons Poultry Farm
Kopacz Family Farm
Morin's Maple Syrup
Saltbox Farm
Spring Harvest Maple Farm
Sugarmomma's Maple Farm
White Gate Farm
Willow Creek Sugar House
Wilson's Sugar House

Honey

Apple Annie
Babcock Farm
Berry Best Farm
Darius Frink Farm
Eastmoose Fart Farm
Griffin Hill Farm
Harecrest Acres
Harrisons Poultry Farm
Hollister Family Farm
Ragged Robin Herb Farm
Tibbetts Family Farm
Two Toad Farm
Tyler Farm

Wine

Candia Vineyards
Flag Hill Winery & Distillery
Jewell Towne Vineyards
Sweet Baby Vineyard
Zorvino Vineyards

Seasonal availability for the Seacoast



	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Fruit												
apples	■ ■	■ ■	■ ■	■ ■				●	● ●	● ■	■ ■	■ ■
blueberries							● ●	● ●	● ■	■ ■	■ ■	■ ■
cantaloupes & melons								● ●	● ●			
peaches							●	● ●	●			
pears								●	● ●			
raspberries							● ●		● ●			
rhubarb					● ●	● ●						
strawberries						●	●					
watermelon								● ●	● ●			
Vegetables												
asparagus					● ●	● ●						
beans, dry	■ ■	■ ■	■ ■	■ ■	■ ■				●	● ●	● ●	■ ■
beans, green							● ●	● ●	●			
beets	■ ■	■ ■				●	● ●	● ●	● ●	● ●	■ ■	■ ■
broccoli								● ●	● ●	● ●		
Brussels sprouts										● ●	● ●	● ●
cabbage	■ ■	■ ■	■				●	● ●	● ●	● ●	■ ■	■ ■
carrots	■ ■	■ ■	■ ■			●	● ●	● ●	● ●	● ●	● ●	■ ■
corn							●	● ●	● ●			
cucumbers							●	● ●	● ●			
eggplant							●	● ●	● ●			
fresh herbs			▲ ▲	▲ ▲	▲ ▲	▲ ●	● ●	● ●	● ●	▲ ▲	▲ ▲	
garlic	■ ■	■ ■	■ ■				●	● ●	● ●	■ ■	■ ■	■ ■
greens	▲ ▲	▲ ▲	▲ ▲	▲ ▲	● ●	● ●	● ●	● ●	● ●	● ●	▲ ▲	▲ ▲
kale & collards							● ●	● ●	● ●	● ●	● ●	▲ ▲
leeks			▲ ▲	▲ ▲	▲ ▲				● ●	● ●	● ▲	▲ ▲
lettuce		▲	▲ ▲	▲ ▲	▲ ●	● ●	● ●		● ●	●		
onions	■ ■	■ ■	■ ■	■		●	● ●	● ●	● ●	● ●	■ ■	■ ■
parsnips	■ ■	■ ■	● ●	● ●					● ●	■ ■	■ ■	■ ■
peas						● ●	● ●					
peppers							● ●	● ●	● ●	●		
potatoes	■ ■	■ ■	■ ■	■ ■	■ ■		●	● ●	● ●	● ●	■ ■	■ ■
pumpkins & winter squash	■ ■	■ ■							● ●	● ●	■ ■	■ ■
radishes					● ●	● ●	● ●	● ●	● ●	● ▲	▲ ▲	▲ ▲
shallots	■ ■	■ ■	■ ■	■ ■					● ●	■ ■	■ ■	■ ■
spinach		▲ ▲	▲ ▲	▲ ▲	● ●	● ●			● ●	● ▲	▲ ▲	▲
summer squash & zucchini							● ●	● ●	●			
Swiss chard							● ●	● ●	● ●	● ●	▲ ▲	▲
tomatoes						▲ ▲	● ●	● ●	● ●	▲ ▲		
turnips	■ ■	■ ■				● ●			● ●	● ●	■ ■	■ ■

Available year round: meat and poultry, eggs, milk, cheese, honey, maple syrup, wine, seafood
 ● fresh ■ storage ▲ greenhouse or extended season www.seacoastharvest.org