



LOCAL FARM GUIDE

THE GREATER
MT. WASHINGTON VALLEY
& NORTHERN LAKES REGION

ABOUT THIS GUIDE

This guide is a grassroots form of cooperative marketing and a public education tool. Eating local and supporting our region's farms begins with awareness of who and where our farms are. We hope this guide will help you understand where and how to access the greater Mt. Washington Valley and northern Lakes Region's bounty of agricultural products.

PHOTO CREDIT: REMICK COUNTRY DOCTOR MUSEUM AND FARM



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CONTRIBUTIONS TO THIS BOOKLET

A New Day Farm • Abundant Blessings Homestead Farm
Athena's Bee Apiary Behr Farm • Berryknoll Booty Family Farm • Earle Family Farm
Farm By the River • Fly Away Farm • Grand View Farm • Hollow Tree Farm • Hosac Farm
Little Field Farm • Meadowfall Farm and Forage • MiVida Gardens • Moonset Farm
Mountain Flower Farm • Mountain Heartbeet • Naylen Farm • Patch Farm • Pine River Orchard
Pork Hill Farm • Remick Country Doctor Museum and Farm • Sap Hound Maple Company
Sherman Farm • Snowbrook Farm • Spider Web Gardens • Tanna Farm
The Farm at Thompson House Eatery • Top of the Hill Farm • UNH Cooperative Extension
Upper Saco Valley Land Trust • USDA Rural Business Development • White Gates Farm
Whiteface Hollow • Wotton Farm • Young Maple Ridge Sugarhouse • Carroll County Farm Bureau

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NH HARVEST SEASON

CROP SPRING SUMMER FALL WINTER

Apples			X	X
Asparagus	X			
Beans		X	X	
Beets		X	X	X
Broccoli		X	X	
Brussel Sprouts			X	X
Cabbage		X	X	X
Carrots		X	X	X
Cauliflower		X	X	
Celery		X		
Corn		X		
Cucumbers		X		
Eggplant		X	X	
Fiddleheads	X			
Garlic	X	X	X	X
Melons		X		
Onions		X	X	X
Parsnips	X		X	X
Peppers		X	X	
Potatoes	X	X	X	X
Pumpkin			X	X
Rhubarb	X			
Spinach	X		X	X
Strawberries		X		
Summer Squash, Zucchini	X	X		
Winter Squash			X	X
Tomatoes		X	X	
Meat, Eggs	X	X	X	X

LOCAL FARMS

A New Day Farm
 Abundant Blessings Homestead Farm
 Athena's Bee Apiary
 Behr Farm
 Berryknoll
 Booty Family Farm
 Earle Family Farm
 Farm By the River
 Fly Away Farm
 Grand View Farm
 Hollow Tree Farm
 Hosac Farm
 Little Field Farm
 Meadowfall Farm and Forage
 MiVida Gardens
 Moonset Farm
 Mountain Flower Farm
 Mountain Heartbeet
 Naylen Farm
 Patch Farm
 Pine River Orchard
 Pork Hill Farm
 Remick Country Doctor Museum and Farm
 Sap Hound Maple Company
 Sherman Farm
 Snowbrook Farm
 Spider Web Gardens
 Tanna Farm
 The Farm at Thompson House Eatery
 Top of the Hill Farm
 White Gates Farm
 Whiteface Hollow
 Wotton Farm
 Young Maple Ridge Sugarhouse

FARMS OF THE GREATER MT. WASHINGTON VALLEY



PHOTO CREDIT: USVLT PHOTO OF LUCY FAMILY FARM

A NEW DAY FARM

Jennie Blair: 207-256-2522
397 Tasker Hill Rd, Conway, NH
jenniembrair@live.com

Products available Seasonal veggies and seedlings

Where to buy CSA shares, Conway and North Conway pick-up locations

Growing practices Non-certified organic, no-till

ABUNDANT BLESSINGS HOMESTEAD FARM

Nadia Carpenter: 603-832-6576
139 Moose Mountain Rd, Brookfield, NH
nadiacarpenter462@yahoo.com

Products available Goat, lamb, eggs, greens, soaps, seasonal veggies, wool dryer balls, baked goods, and fleece

Where to buy Farm Stand open 7 days a week, April–October. Call ahead for baked items and specific meat orders

Growing practices Lambs are grass and hay fed with minimal grain feed

ATHENA'S BEES APIARY

Athena Holtey: 603-733-7736
1805 Route 16, Center Ossipee, NH
athena@athenasbees.com

Products available Raw, local honey and organic ingredient honey infusions, propolis tinctures, beeswax

Where to buy Wonalancet Honey Bee, just south of Pizza Barn, M–F 10am–4:00pm
Summer Markets: Wolfeboro Area Farmers Market: Thursdays, 12:30–4:30pm in Clark Park

Wakefield Farmers Market: Saturdays, 9am–3pm

Tamworth Farmers' Market: Saturdays, 9am–1pm.

Growing practices Humane, No-chem beekeeping

BEHR FARM

Karl Behr: 603-986-0017
35 Main Street, Tamworth, NH
Behr705@roadrunner.com

Products available Fresh whole turkeys

Where to buy Pre-order by phone or email for farm pick up at Thanksgiving

Growing practices Pasture raised, non-GMO feed

BERRYKNOLL

David Sorensen: 603-447-3994
67 Old Portland Road, Eaton, NH
BeeManOfEaton@gmail.com | berryknoll.com

Products available Blueberries, red and black currants, gooseberries, maple syrup, honey, and daylilies

Where to buy PYO Highbush blueberries last week of July through August, 8am–8pm every day, honor system with boxes and change available

Growing practices Low-spray weed control, mulch heavy with pine needles.
Please note that there are honey bee hives on the property

BOOTY FAMILY FARM

Diane Decker Booty & Stephen Bartlett: 603-284-7163

610 Mt. Israel Road, Center Sandwich, NH

bootyfamilyfarm@gmail.com

Products available Eggs, maple syrup, fruit, greens, cucumbers, onions, peppers, potatoes, root vegetables, & tomatoes

Where to buy Farm stand open 8am to 7pm during growing season

Sandwich & Tamworth Farmers' Markets

Growing practices NH certified organic

EARLE FAMILY FARM

Tom and Ruth Earle: 603-447-6641

9 Baird Hill Road, Center Conway, NH

earlefamilyfarm@gmail.com

Products available Beef, lamb, eggs, maple syrup, fruit, veggies, jams, all as available

Where to buy CSA shares in both summer and winter through the Foothill Farm Alliance and Hosac Farm. PYO raspberries, high bush blueberries and blackberries as available, call before you come. Self-serve farm store open 9am–5pm year-round, Monday–Saturday

Growing practices Animals are pasture raised during the growing season, crops are grown using biodynamic compost. No chemical fertilizers or pesticides are used

FARM BY THE RIVER

Eve and Bill Klotz: 603-539-7245

158 Province Lake Road, Effingham, NH

klotzfbtr64@gmail.com | thefarmbytheriver.com

Products available PYO raspberries and Katahdin breeding animals, market lambs for sale, and processed lambs, whole and by the cut when available

Where to buy PYO raspberries available July and mid-August through first frost. Call ahead for picking times

Growing practices Certified Organic PYO raspberries. Heritage meats are naturally raised on pasture

FLY AWAY FARM

Jenn and Justin Ward: 207-446-7352

142 S. Barbour Rd, Stowe, ME

flyawayfarmmaine@gmail.com

Products available A wide variety of meat, eggs, fruit, veggies, seedlings, wood-fired maple syrup and handcrafted gifts, soaps, candles, clothing and rustic garden furniture. Lots of rare and heirloom seedlings, flowers, herbs, vegetables

Where to buy Hobbs library farmers market: Lovell, Me. Saturdays, 10am–1pm

Online plant catalog

Plant Stand open daily 10am–6pm, May 20–late July. Rt. 5 Center Lovell, ME

CSA by inquiry

Wholesale deliveries available/retail location Center Lovell Market in Center Lovell, ME

Home, Garden, and Flower show in Fryeburg, ME May 17–19

Growing practices Organically grown with biodynamic and permaculture planting techniques. All of our animals are pasture raised

GRAND VIEW FARM

Joan Richardson: 960-2199

grandviewfarm603@hotmail.com | grandviewfarm.blogspot.com

564 White Mnt Highway (Next to Leavitt's) Vegetables, microgreens, berries, jam, cheese, pastured eggs, flowers, herbs, maple syrup, squash, pumpkins, gourds, Christmas trees and wreaths

150 Tasker Hill Road Eggs available year-round by self-service from dawn to dusk
Farm Stand open 9am to 6pm Monday-Saturday June through Columbus Day & 7 days a week starting the day after Thanksgiving through Christmas. wholesale deliveries available. Contact Jason Richardson at 207-299-0483

Growing practices Not certified, but try our best to conform to organic principles and practices

HOSAC FARM

Natalie Beittel: 207-391-3983

136 Kimball Hill Rd, Cornish, ME

hosacfarm@gmail.com | hosacfarm.com

Products available We grow a wide variety of mixed vegetables, as well as raspberries.

Where to buy Winter and summer CSA options with multiple pick-up locations
Bridgton Farmers' Market

Growing practices MOFGA Certified Organic

HOLLOW TREE FARM

Deborah Potter: 603-447-6641

230 Town House Road, Effingham, NH

deb@hollowtreehill.com | hollowtreehill.com

Products available Raw goat milk produced by Nubian and Nubian Cross goats, free-range eggs, fleece from Finn/Tunis cross sheep, dairy goats bred for milk production and show

Where to buy Farm store open daily, 9am–6pm.

Wholesale deliveries available

Growing practices No added chemicals or antibiotics. We raise our stock as naturally as possible

LITTLE FIELD FARM

Sarah Davis: 603-733-8535

2954 Eaton Road, Eaton, NH

littlefieldnh@gmail.com | littlefieldfarm.business.site

Products available Wide variety of mixed vegetables, meats and baked goods

Where to buy Farm Stand in Eaton open weekends June–October

IME in North Conway Village

Wholesale delivery options.

Call or email for information on summer CSA

Growing practices We practice sustainable farming practices including IPM

MEADOWFALL FARM AND FORAGE

Alisha Langerman: 207-450-1296

180 Shore Acres Rd. Parsonsfield, ME

alisha@meadowfallfarm.com | meadowfallfarm.com

Products available We offer a wide variety of farm grown and wild foraged vegetables, fruits, and mushrooms

Where to buy Wholesale deliveries available, no fee, days flexible

Wolfeboro Co-op

Wolfeboro Area and Province Lake Farmers' Markets

Summer CSA with multiple pick-up locations

Farm Stand open May–October during daylight hours

Growing practices Non-certified organic, no chemical pesticides or fertilizers, small scale, no-till

MOONSET FARM

Jackie Gardner: 207-625-7733

756 Spec Pond Rd, Porter, ME

moonsetfarm@gmail.com | moonsetfarms.com

Products available Chicken, lamb, pork, flowers

Where to buy Farm stand open by appointment

Weston's Farm Stand in Fryeburg, ME

Wholesale deliveries available, no minimum at this time, delivery time determined on an individual basis

Wedding flowers and design available

Growing practices Pasture-raised meat

MOUNTAIN FLOWER FARM

Heather Chase and Russ Van Deursen: 603-356-6068 x100

1021 Hurricane Mountain Rd., Intervale, NH

russ@mtnflowerfarm.com | tableandtonic.com

Products available Veggies, seedlings, herbs and flowers

Where to buy The Local Grocer

Growing practices Non-certified organic permaculture practices, non-GMO, biodynamic practices

MIVIDA GARDENS

Sandy Brocaar: 603-367-8419

274 Savary Road, Madison, NH

sjfb@worldpath.net

Products available Certified organic plant starts (herbs, veggies, flowers), preserves and produce in season

Where to buy Farm Stand on site, please call first

Tamworth Farmers' Market

Seedlings sold at Paris Farmers Union in North Conway

Growing practices Certified organic



PHOTO CREDIT: PATCH FARM

MOUNTAIN HEARTBEAT

Joanne Ducas

158 Province Lake Road, Effingham, NH

mountainheartbeat@gmail.com | mountainheartbeat.com

Products available Specializing in a wide variety of carefully-selected, delicious vegetables and herbs

Where to buy Farm open by appointment. Please send an email

Single and family-sized summer CSA, fall bulk shares for October, Thanksgiving and December

Wolfeboro Farmers' Market

Farm to Table Market in Ossipee

Wolfeboro Food Co-op

Wholesale deliveries available

Growing practices Certified organic vegetables.

NAYLEN FARM

Andrea Pelosi: 617-773-6951

930 West Side Road, North Conway, NH

naylenfarm2@gmail.com | naylenfarm.com

Products available Grass-fed pork, free-range eggs. Chickens and turkeys rotated daily on pasture and goats rotationally pasture-raised

Where to buy Self-serve farm stand is open year-round, 9am–5pm. If the door is open, it's open!

Jackson Farmers' Market

Wholesale deliveries available

CSA: Chicken and egg share May–November. Egg share November–May

Retail: Veno's Butcher Shop in Conway,

Farm to Table Market in Ossipee

Weston's Farm Stand (seasonally)

Growing practices All of our animals are pasture raised. Any supplemental grain is non-GMO. Our pastures are fertilized only with organic matter

PATCH FARM

BrennaMae Thomas and Brandon McKenney: 612-269-3457

570 Main St., Denmark, ME

Patchfarm.me@gmail.com | patchfarm.me

Products available Chicken, pork, eggs, veggies, seedlings, ginger, turmeric

Where to buy Farm Stand on site open year-round, sun up to sun down

CSA

Bridgton Farmers' Market (Winter and Summer)

Wholesale delivery options. No minimum order. Call BrennaMae for information

Growing practices Certified organic vegetables, seedlings, herbs, chicken and eggs.

Forest raised pork

PORK HILL FARM

Paul Swegel and Katie Doyle Smith: 603-539-5999

45 Pork Hill Road, Ossipee, NH

porkhillfarm@gmail.com | porkhillfarm.com

Products available Vegetables, herbs and seedlings

Where to buy Wholesale delivery between Wolfeboro and Jackson. Delivery on Tuesdays and Fridays, no fee or minimum. Contact Katie or Paul to get a price-list and talk about produce

Retail Locations: The Local Grocer in North Conway

Hunters Shop N Save and Harvest Market in Wolfeboro

Heaths Supermarket in Center Harbor

Winter and summer CSA options

Growing practices Certified organic

PINE RIVER ORCHARD

Cindy Daigle: 603-539-1605

314 Pine River Road, Effingham, NH

cad143nh@yahoo.com

Products available Honey, blueberries, apples (22 varieties), pears (4 varieties), plums, jams and Jellies, fresh pressed cider during apple season

Where to buy Open mid-July through October. Saturdays and Sundays 9am–5pm

REMICK COUNTRY DOCTOR MUSEUM AND FARM

Lindsey McAllister: 603-323-7591

58 Cleveland Hill Road, Tamworth, NH

lmcallister@remickmuseum.org | remickmuseum.org

Products available Farm-raised meats, free-range eggs and maple syrup available year-round

Where to buy Farm store open year-round 10am–4pm

Meat CSA available June–August

Growing practices Naturally raised beef, pork and lamb. All pasture-raised without growth hormones or antibiotics for the promotion of growth

SAP HOUND MAPLE COMPANY

Corrie St. Saviour: 802-558-5385

414 Center Conway Rd, Brownfield, ME

corrie@saphoundmaple.com | saphoundmaple.com

Products available Maple syrup, maple sugars and maple candies. Size range from tiny to 13-gallons in order to serve a variety of customers. Call for pricing

Where to buy Patch Farm's Farm Stand in Denmark, ME

Maple CSA Available

Bridgton Farmers' Market

Spice and Grain in Fryeburg, ME

We deliver on demand for businesses in the area and there is no delivery fee or minimums for the Mt. Washington area

Growing practices Organic, Kosher, and non-GMO

SHERMAN FARM

Michele Dutton: 603-939-2412

2679 East Conway Rd, Center Conway, NH

Farmer@shermanfarmnh.com | shermanfarmnh.com

Products available In-season veggies, prepared foods, milk in glass bottles, farm-raised beef and pork, chicken from Vermont, local products and handmade gifts.

Corn maze September–October. Ice Cream shop on-site

Where to buy Farm stand year-round 9am–6:30pm

CSA farm shares available

Monday and Thursday wholesale delivery to MWV

Growing practices Conventional growers using IPM

SNOWBROOK FARM

Kristy Foster-Carbone, Enna and Mark Carbone: 447-8988

27 Everett White Road, Eaton, NH

fosterearthworks@earthlink.net

Products available Free-range, apple/acorn-raised heritage pork. Always in search of acorns in the Fall

Where to buy Open by appointment only

Growing practices Pasture-raised, no antibiotics, no hormones

SPIDER WEB GARDENS

Adam Stockman and Jacinda Montague: 603-569-5056

252 Middle Road, Center Tuftonboro, NH

spiderwebgardens.com | spiderwebgardens@gmail.com

Products available Annual and perennial flowers, seasonal vegetables, cut-your-own flower gardens, pumpkins, trees, shrubs and fresh NH wreaths (will ship) in November and December.

Where to buy Farm store and garden center open 8am–4pm March 1–December 24, excluding Thanksgiving. (8am–6pm June–August)

Delivery of microgreens to restaurants each Thursday

Growing practices Low spray/IPM and sustainable practices

TANNA FARM

Nate Winship and Hope Requardt: 603-323-7917

1117 Whittier Road, Tamworth, NH

Tannafarm@gmail.com

Products available Eggs, fruit, veggies, seedlings

Where to buy Farm stand open daily May–November

Tamworth Farmers' Market

Summer CSA

Growing practices Non-certified organic

THE FARM AT THOMPSON HOUSE EATERY

Kate and Jeff Fournier: 603-383-9341

193 Main St., Jackson, NH

info@thethompsonhouseeatery | thethompsonhouseeatery.com

Products available Seasonal produce, cut flowers, scratch-made baked goods and prepared foods

Where to buy Farm Stand open during the Jackson Farmers' Market 3:30–6:30 at Thompson House Eatery

Inquire for wholesale details and delivery options

Growing practices Non-certified organic practices

TOP OF THE HILL FARM

Alan Fredrickson: 603-817-0620

50 Martin Hill Road, Wolfeboro, NH

topofthehillfarm@metrocast.net

Products available Individual cuts or sides of beef, pork and lamb available all year.

Eggs, maple syrup and cut flowers in the summer months

Where to buy Farm stand open daily 9am–5pm year-round

Wolfeboro Farmers' Market

Seacoast Eat Local in the winter

McKenzie's Farm

Milton and Duane Family Farm in Barnstead

Wolfeboro Food Coop

Growing practices Pasture-raised meat

WHITE GATES FARM

Hank and Heather Letarte: 603-662-7556

2153 Cleveland Hill Rd., Tamworth, NH

whitegatefarms@gmail.com | whitegates-farm.com

Products available Beef, chicken, pork, veggies, seedlings

Where to buy Year-round farm stand, 24-hour self-service

Tamworth Farmers' Market

Cut flowers in-season

CSA available on all products, call for details

Growing practices Previously certified organic



PHOTO CREDIT: REMICK COUNTRY DOCTOR MUSEUM AND FARM

WHITEFACE HOLLOW

Jennifer and John Ferreira: 603-409-7222

251 Hackett Hill Road, S. Tamworth, NH

events@whitefacehollow.com | whitefacehollow.com

Products available Developing wine grapes vineyard and event venue

Where to buy Open by appointment

Growing practices Low spray IPM

WOTTON FARM

Joel and Kathey Wotton: 603-539-8134

30 Circuit Road, Ossipee, NH

wottonfarm@gmail.com

Products available Raw cow's milk, cream, yogurt, butter, cheese and eggs. Beef, chicken, lamb, turkey and pork. Seasonal vegetables, herbs, seedlings and maple syrup

Where to buy Wolfeboro Area Farmers' Market (summer and winter)

Farm Stand: Open daily, year-round 8am–7pm

Local deliveries available—contact for more information

Growing practices Animals are pasture-raised and fed non-medicated grain.

Vegetables are grown using organic methods

YOUNG MAPLE RIDGE SUGARHOUSE

Brad Streeter: 603-662-9934

301 Wing Road, North Sandwich, NH

ymaplerish@yahoo.com | youngmapleridgesugarhouse.com

Products available Maple syrup, maple candies, maple cream and maple dry sugar

Where to buy Products available at the farm and at the NH Country Store.

Wholesale deliveries available, no fee, no minimum order

WHAT IS A CSA?

CSA stands for Community Supported Agriculture. Each farm has their own take on what their CSA looks like but the basic principles remain the same: it's a partnership with the farm to receive seasonal produce and products throughout the growing seasons.

“

You can think about it just as you would a magazine subscription, but instead of receiving a monthly issue, you're receiving a weekly box of what is being produced on our farm. Did you know the average vegetable travels 1,500 miles before it reaches us? With a subscription to our CSA you can receive fresh, seasonal produce, herbs, flowers, eggs and/or meat right here from our MWV farms each week during the growing season.

Being a member of a CSA has many benefits from reducing your carbon footprint and grocery bill, to eating healthier and knowing that your food is coming from a local source, to supporting your local economy, not to mention all of the delicious food you get each week. There are also benefits for the farmer: the CSA model was built to create a symbiotic relationship of support between a farm and its community. Membership is paid up front helping the farmer with overhead costs during the early season and costs that come a long time before harvest.

To us, this relationship is a partnership, one that directly impacts the well being of the community and its members. As partners each season we are making a joint investment, one that comes with both risk and reward, at attempting to create a less volatile future for food, farms, and community.”

—Black Mountain Farm

CSA MARKET SHARES

GRAND VIEW FARM Our version of CSA is where for every \$100-share you buy, you receive an extra \$10 in credit at the farm store. Pick and choose what you want at our Farm Stand next to Leavitt's Bakery in Conway.

PATCH FARM Use your farm share debit to buy our veggies, eggs, pork, chicken, seedlings or herbs! Use credit at the Bridgton Farmers' Market on Saturdays or at our Farm Stand Daily. Cost: pay \$100, get \$110—pay \$200, get \$225—pay \$300, get \$330.

SHERMAN FARM Sherman Farm's Farm Futures Program is a farm store credit style CSA where for every \$100-share you buy, you receive an extra \$10 in market credit. Your card can be used to buy anything at the market at anytime, so you get what you want, when you want it.

SPIDER WEB GARDENS Customers invest in farm shares in spring and receive a 10% return on investment. (Invest \$100 and receive \$110 towards purchases.)

TRADITIONAL BOX SHARES

A NEW DAY FARM Weekly CSA shares are available for pick-up on site in Conway and a North Conway location on Thursdays. Cost is \$384 for small share, and \$576 for large share both running for 16 weeks beginning mid June through September. Fall shares are also available.

To sign up contact Jennie at jenniembrair@live.com or 207-256-2522.

HOSAC FARM This is a joint CSA share from a collaboration of two farms. Each share will be about a bushel of seasonal produce per pickup. Produce will be seasonally appropriate; you will be enjoying produce along with the flow of the season on the farms. June-October (14 weeks) \$450.00 Pick up on Wednesdays at: Earle Family Farm Stand in South Conway, NH, 4pm–6pm Pick up on Thursdays at: Hosac Farm in Cornish, ME, 4pm–6pm.

To sign up head to hosacfarm.com/csa then mail a check before June 1st to: Hosac Farm 136 Kimball Hill Rd. Cornish, ME 04020 or email Natalie.hosacfarm@gmail.com with questions.

FOOTHILL FARM ALLIANCE WINTER CSA Several of our MWV and western Maine farms have joined together as a network of family farms with a goal of offering a multi-farm winter CSA. With several successful seasons under their belt, the Foothill Farm Alliance offers the opportunity to eat locally during the winter months in Northern New England.

Every other week between the end of October and late January, the Alliance will thoughtfully build a box of vegetables for the members. Members will come to one of four meeting points (from Gorham, ME to North Conway, NH), visit with the farmers and other members, and pick up their veggies. For more details on the winter share dates, prices, pickup locations and vegetable prospectus, please visit the website below.

To sign up head to foothillfarmalliance.com or email Natalie at hosacfarm@gmail.com.

LITTLE FIELD FARM Our CSA pick up is available at our farm stand in Eaton and International Mountain Equipment (IME) in North Conway Village. You can pick up any time during CSA day, day of week to be determined. There are two sizes for our 14 week program: full shares are \$500, half shares are \$250.

To sign up send us a private message on Facebook or call 733-8535. To hold your spot we ask for half at sign up and the remainder on first pick up day.

MEADOWFALL FARM AND FORAGE Members receive a box of flavorful produce each week throughout the growing season. You can expect a balanced and colorful seasonal selection of vegetables grown without the use of any synthetic pesticides or fertilizers and weekly preparation and recipe ideas for the more unusual varieties. If you choose the wild foraged add-on for \$5/wk, seasonally available wild-foraged crops will be included (typically 1 item a week) as well as foraging tips and information. Wild foods are extremely fleeting - expect to experience something new each week! Full Share: \$400, Small Share: \$320, Wild-foraged add-on: \$80. 16 Weeks June-September, short-season 12-week shares also available. Pickup locations in Parsonsfield, ME, Wolfeboro, NH and Portland, ME.

To sign up go to meadowfallfarm.com/csa

MOUNTAIN HEARTBEET Nine weeks of fresh, nutritious, Certified Organic vegetables. The CSA barn is set up 'market style' with 6-10 items every other week to choose from. Along with all your vegetables, you will get the inside scoop about what's going on at the farm, new recipes and space to connect with your neighbors.

Pickup Location: Mountain Heartbeet Farm in Effingham, NH Tuesday 5-7pm or Friday from 5-7pm. Cost: Shares are priced on a sliding scale. The upper end enables the farm to cover all expenses for growing your food, donations to local food pantries and community events, and allows those with more limited incomes to participate. No matter what you pay you will get to share in the abundance the farm has to offer. Family Sized or individual shares range from \$250-\$575.

To sign up head to mountainheartbeet.com/summer-csa-sign-up or email mountainheartbeet@gmail.com

NAYLEN FARM We offer both a chicken and an egg share. The egg share is May-November. A full share (1 dozen eggs for 26 weeks) is \$106 a half share is \$53. The chicken share. for 16 weeks (June-September). You will receive 1 whole 4.5-5.5lb chicken for \$340. You can also choose a half share (every other week for 8 weeks) \$180. Pick up is on any day of the week you choose at the farm on West Side Road in Conway, NH.

To sign up check out our website, stop by the farm, or email naylenfarm2@gmail.com. naylenfarm.com

PATCH FARM For 16 weeks starting in late June, we will provide you with a variety of fresh, seasonal, organically raised veggies as well as an e-newsletter with recipe ideas and tips on preserving the harvest. Our CSA box share customers have first priority on crops that may not be for sale at market such as corn, turmeric, and spinach! Pickup Times and Location Tuesdays at the Farm in Denmark, ME 3pm-6pm, or Wednesdays at Apple Acres in Hiram, ME 3pm-5pm Cost: Full Share \$475 or Half Share \$27

To sign up head to patchfarm.me/csa, email patchfarm.me@gmail.com or call 207.939.1493.

PORK HILL FARM Certified Organic vegetables, herbs, and flowers. Spring Share: June 12-19 (2 Weeks) \$50 Summer Share: June 26-September 4 (11 Weeks) \$325 Fall Share: September 18-October 16 (5 Weeks) \$150 Flower Share: PYO flowers, mid-July-Labor Day (8 weeks) \$80 Pick up on Tuesdays at: The Farm in Ossipee, 4pm-8pm T. Murray Wellness Center in Conway Village, 3pm-5pm Local Grocer in North Conway, 3pm-5pm Memorial Hospital (employees only), 3:30pm-4:30pm Or by special arrangement on a different day

To sign up head to porkhillfarm.com

REMICK COUNTRY DOCTOR MUSEUM AND FARM We offer a summer meat CSA featuring 3 pickups (June, July and August). Each month's pickup consists of approximately 12 pounds of various cuts of beef, pork and chicken. Pickups are monthly at the Remick Museum and Farm in Tamworth. Price is \$300 for members of the Museum and \$400 for non-members.

To sign up please call 603-323-7591.

SAP HOUND MAPLE COMPANY This is a year-round CSA with 4 pick up dates (one in each season) to keep you supplied in a locally produced organic maple syrup for all of your cooking, baking, drizzling, and guzzling needs! CSA options are pint, quart, half gallon or gallon (gallon option has a pick up twice a year).

To sign up head to saphoundsyrup.com or our annual open house event that happens on the last weekend in March, or by sending an email to corrie@saphoundmaple.com.

TANNA FARM This CSA comes in two 8-week cycles (June-July and August-September). Each cycle is \$200 and pickup is Wednesday evenings at farm in Tamworth.

To sign up call 323-7917 or email Tannafarm@gmail.com.



PHOTO CREDIT: PATCH FARM

FARMERS' MARKETS

BRIDGTON, ME Summer market is open every Saturday, rain or shine, from 8-1 pm. Summer season runs from the first Saturday in May-October. Bridgton Farmers' Market has been proudly offering locally-grown produce, farm-raised meats, plants, baked goods and high-quality handcrafted items to the Lakes Region residents and its visitors since 1996. Will accept EBT/SNAP, and certain vendors accept WIC and credit/debit. Winter market runs November through April, Saturdays 9-12, 2019-2020 location TBD, contact bridgtonfarmersmarket.me@gmail.com for more information.

JACKSON, NH July 9-October 8, Tuesdays 3:30pm-6:30pm on the lawn and in the barn at Thompson House Eatery. 193 Main St. Jackson, NH. Farmer and Makers Market: Live music, bread, cheese, eggs, produce, honey, cut flowers, meats, handmade crafts, and more! 603-383-9341.

CONWAY, NH May 22-September 25. Wednesdays from 3:30pm-6:30pm. Rain or shine at NEW Location: Pequawket Park in the center of Conway Village next to the Conway Fire Department. Vegetables, jams/jellies, honey, maple syrup, fruit, breads, eggs, milk, cheeses, butter, chicken, and more! northconwayfarmersmarket.com. northconwayfarmersmarket@gmail.com

PARSONSFIELD, ME Province Lake Farmers' Market, Sundays 10am-2pm, May 26 - Oct 13 at Edge Lake Farm part of the Province Lake Golf Course, 1804 Province Lake Rd. Parsonsfield, ME. Locally grown and produced vegetables, mushrooms, baked goods, dairy, preserves, herbal products, crafts and more. Rain or shine. Contact Alisha Langerman at 207-450-1296. provincelakefarmersmarket.com

SANDWICH, NH June-October, Wednesdays 4:00pm-6:00pm at the Church parking lot on Church Street. Rain or shine. Vegetables, fruit, flowers/plants, dairy, maple. For more information, call Monty at 603-284-6800.

TAMWORTH, NH Every Saturday from 9:00am-1:00pm, May 12-October 27 at the Unitarian Universalist Fellowship parking lot (30 Tamworth Rd). Holiday markets November through December at the Brett School. Every other week December 29-March 30 at the Tamworth Town House (27 Cleveland Hill Rd). Vegetables, fruit, flowers/plants, dairy, maple, baked goods, meat, jams/jellies, kombucha, hard cider, mead, wool/yarn, crafts, and good fun! SNAP \$\$ DOUBLED at the market. Rain or shine, 603-323-2368/2392. Like us on Facebook! [@tamworthfarmersmarket](https://www.facebook.com/tamworthfarmersmarket) sunnyfield.us or bsfarmerbob@gmail.com. tamworthfarmersmarket.org

WOLFEBORO, NH May 23-October 31, Thursdays, 12:30pm-4:30pm. (Market moved to Wednesday week of July 4th) Clark Park on South Main St. Fresh vegetables, fruits, herbs, cut flowers, plants, beef, poultry, eggs, goat and cow dairy products, baked goods, lamb, spices, gluten free breads, fresh fish, mushrooms, honey, honey products, jams, jellies, spreads, dog treats, vegan ice cream, and maple syrup. Music and weekly community events. Rain or shine. Contact Kathey Wotton at wottonfarm@gmail.com. wolfboroareafarmersmarket.com. SNAP \$\$ DOUBLED at the market.

PRODUCT GUIDE

BEEF

Earle Family Farm
Fly Away Farm
Little Field Farm
Remick Country Doctor Museum and Farm
Sherman Farm
Top of the Hill Farm
White Gates Farm
Wotton Farm

CHEESE, BUTTER AND YOGURT

Grand View Farm
Wotton Farm

CHICKEN

Fly Away Farm
Moonset Farm
Naylen Farm
Patch Farm
White Gates Farm
Wotton Farm

SWEET CORN

Earle Family Farm
Little Field Farm
Sherman Farm
Spider Web Gardens

CUCUMBERS

A New Day Farm
Booty Family Farm
Fly Away Farm
Grand View Farm
Hosac Farm
Little Field Farm
Meadowfall Farm and Forage
Mountain Flower Farm
Mountain Heartbeet
Patch Farm
Pork Hill Farm
Remick Country Doctor Museum and Farm
Sherman Farm
Spider Web Gardens
Tanna Farm
The Farm at Thompson House Eatery
White Gates Farm
Wotton Farm

FLOWERS

BerryKnoll
Meadowfall Farm and Forage
Moonset Farm
Mountain Flower Farm
Pork Hill Farm
Sherman Farm
Spider Web Gardens
The Farm at Thompson House Eatery
Top of the Hill Farm
White Gates Farm

EGGS

Abundant Blessings Homestead Farm
Booty Family Farm
Earle Family Farm
Farm by the River
Fly Away Farm
Grand View Farm
Hollow Tree Hill Farm
Naylen Farm
Patch Farm
Remick Country Doctor Museum and Farm
Tanna Farm
Top of the Hill Farm
Wotton Farm

FRUIT

BerryKnoll
Booty Family Farm
Earle Family Farm
Farm by the River
Fly Away Farm
Grand View Farm
Hosac Farm
Meadowfall Farm and Forage
Mountain Flower Farm
Naylen Farm
Pine River Orchard
Spider Web Gardens
Tanna Farm
Whiteface Hollow Vineyard

GOAT

Abundant Blessings Homestead Farm
Hollow Tree Hill Farm
Naylen Farm

GREENS

A New Day Farm
Booty Family Farm
Fly Away Farm
Grand View Farm
Hosac Farm
Little Field Farm
Meadowfall Farm and Forage
Mountain Flower Farm
Mountain Heartbeet
Patch Farm
Pork Hill Farm
Spider Web Gardens
Tanna Farm
The Farm at Thompson House Eatery
Top of the Hill Farm
White Gates Farm
Wotton Farm

HONEY

Atina's Bees Apiary
BerryKnoll
Fly Away Farm
Little Field Farm
Pine River Orchard
Spider Web Gardens

LAMB

Abundant Blessings Homestead Farm
Earle Family Farm
Farm by the River
Little Field Farm
Moonst Farm
Naylen Farm
Remick Country Doctor Museum and Farm
Top of the Hill Farm
Wotton Farm

MAPLE SYRUP

BerryKnoll
Booty Family Farm
Earle Family Farm
Fly Away Farm
Grand View Farm
Little Field Farm
Remick Country Doctor Museum and Farm
Sap Hound Maple Company
Top of the Hill Farm
Wotton Farm
Young Maple Ridge Sugarhouse

MILK

Hollow Tree Farm
Wotton Farm

MUSHROOMS

Fly Away Farm
Meadowfall Farm and Forage
Mountain Flower Farm
Naylen Farm
Pork Hill Farm

PORK

Fly Away Farm
Little Field Farm
Moonset Farm
Naylen Farm
Patch Farm
Remick Country Doctor Museum and Farm
Snowbrook Farm
The Farm by the River
Top of the Hill Farm
White Gates Farm
Wotton Farm

POTATOES

Booty Family Farm
Fly Away Farm
Hosac Farm
Little Field Farm
Meadowfall Farm and Forage
Mountain Flower Farm
Patch Farm
Pork Hill Farm
Remick Country Doctor Museum and Farm
Spider Web Gardens
Tanna Farm
The Farm at Thompson House Eatery
White Gates Farm

ROOT VEGETABLES

A New Day Farm
Abundant Blessings Homestead Farm
Booty Family Farm
Fly Away Farm
Grand View Farm
Hosac Farm
Little Field Farm
Meadowfall Farm and Forage
MiVida Gardens
Mountain Flower Farm
Mountain Heartbeet
Patch Farm
Pork Hill Farm
Spider Web Gardens
Tanna Farm
The Farm at Thompson House Eatery
White Gates Farm
Wotton Farm

PUMPKINS AND SQUASH

A New Day Farm
Abundant Blessings Homestead Farm
Booty Family Farm
Earle Family Farm
Fly Away Farm
Grand View Farm
Hosac Farm
Little Field Farm
Meadowfall Farm and Forage
MiVida Gardens
Mountain Flower Farm
Mountain Heartbeet
Patch Farm
Pork Hill Farm
Sherman Farm
Spider Web Gardens
Tanna Farm
The Farm at Thompson House Eatery
White Gates Farm
Wotton Farm

SEEDLINGS

A New Day Farm
Booty Family Farm
Fly Away Farm
MiVida Gardens
Patch Farm
Pork Hill Farm
Spider Web Gardens
Tanna Farm
White Gates Farm
Wotton Farm

TURKEY

Behr Farm
Fly Away Farm
Naylen Farm
Wotton Farm

TOMATOES

A New Day Farm
Booty Family Farm
Earle Family Farm
Fly Away Farm
Grand View Farm
Hosac Farm
Little Field Farm
Meadowfall Farm and Forage
Mountain Flower Farm
Mountain Heartbeet Farm
Patch Farm
Pork Hill Farm
Sherman Farm
Spider Web Gardens
Tanna Farm
The Farm at Thompson House Eatery
White Gates Farm
Wotton Farm

ONIONS

A New Day Farm
Booty Family Farm
Fly Away Farm
Grand View Farm
Hosac Farm
Little Field Farm
Meadowfall Farm and Forage
MiVida Gardens
Mountain Flower Farm
Mountain Heartbeet Farm
Patch Farm
Pork Hill Farm
Sherman Farm
Spider Web Gardens
Tanna Farm
The Farm at Thompson House Eatery
White Gates Farm
Wotton Farm

PEPPERS

A New Day Farm
Booty Family Farm
Earle Family Farm
Fly Away Farm
Grand View Farm
Hosac Farm
Little Field Farm
Meadowfall Farm and Forage
Mountain Flower Farm
Mountain Heartbeet Farm
Patch Farm
Pork Hill Farm
Spider Web Gardens
Tanna Farm
The Farm at Thompson House Eatery
White Gates Farm
Wotton Farm

PICK-YOUR-OWN FARMS

Berryknoll
Earle Family Farm
Farm by the River
Pine River Orchard
Sherman Farm
White Gates Farm

RESTAURANTS + EATERIES

CONWAY & NORTH CONWAY

Peach's
Fire by Wicked Fresh
Frontside Coffee Roasters
Flatbread Company
Chef's Bistro
Black Cap Grille
May Kelly's Cottage
Delaney's Hole in the Wall
The Local Grocer
Old Village Bakery
Veno's Specialty Foods & Meats
Stonehurst Manor
The White Mountain Hotel
Table + Tonic: Farm Bistro + Spirits
Wicked Fresh Craft Burgers

FURTHER NORTH

Margarita Grill
The Red Fox
Sunrise Shack
Vintage Baking Company
White Mountain Cider Company
Thompson House Eatery

FRYEBURG & WESTERN MAINE

Oxford House Inn
Spice & Grain
Rosie's
Krista's

EATON & TAMWORTH

Max's at Snowvillage Inn
The Highland House
Tamworth Lyceum
The Other Store

FURTHER SOUTH

Farm to Table Market
Piccolo Market
Yankee Smokehouse
Burnt Timber
Seven Suns Coffee and Tea
La Boca
Restaurant at Province Lake
The New Woodshed
Nolan's
O'Bistro
El Centenario
Wolfeboro Inn
Elevens Mobile Eatery

FARM TO TABLE

Today, "Locally Sourced" and 'Farm to Table' are some of the sexiest things a restaurant owner can put the menu. Especially in this Valley where there is strong interest in supporting local businesses and neighbors. But too often we see this turn into a "Farm to Fable" when the chef stops ordering locally but does not take the farm name off the menu. Greenwashing at it's finest.

This page contains a list of restaurants and eateries in our region that are truly making the effort to source local products as reported by the farms in this booklet. MWVEG thanks these chefs and owners for their support. Please help us return this support by dining at their establishments!

HOW TO TELL IF YOUR LOCAL FOOD IS ACTUALLY LOCAL

There's no formal definition—or consensus—on the term local. If a market or restaurant is making a local claim, ask the staff to explain what that means to them. And then, decide for yourself if local is what you really want. For many, eating locally means eating seasonally, which frequently means relying on a more limited repertoire of foods.

UNDERSTAND SEASONALITY

Know what grows in our local region and when. For example, when you know that limes aren't grown locally, it will be a red flag when a restaurant claims your key lime pie is made with local limes.

GET INVOLVED

Small, local farmers don't have lobbying resources. Big Ag's thumb is on the scale. Grocers and restaurants want and need to make a profit, so they buy low and sell high. It's up to us, as consumers, to back local farmers and suppliers when we notice or suspect a false claim.

THE HISTORY OF THIS BOOKLET

The first edition of this farm book was published in 2011 by the Carroll County Farm Bureau and the UNH Cooperative Extension in Carroll County. At the time, growers wanted potential customers to know where and how to access their food. Each winter, farmers would submit their farm information and the Cooperative Extension compiled that into a booklet.

Over the years the booklet has expanded (we now include our neighbors in Maine) and has been used for a number of purposes. No other place can you find all our commercial farms listed in one spot. It should be noted however, that the farms themselves choose to participate, so there may be some other farms who are not listed. The guide has been used by students in class projects, by community organizers planning "Farm Day" events, chefs to find local products, and by State Representatives to learn about local businesses in their districts.

Eight years on and not much has changed. Farmers here are collaborating on marketing their local foods and farms more than ever before. Our small farms work together to host community events, provide educational workshops about local agriculture, and organize farmers' markets and cooperative CSA's. They share seeds, knowledge, and a passion for what they do. Local farmers recognize that we are stronger together, and that success of one small farm business is a success for the whole community.

WHAT YOU CAN DO

By diverting even a single purchase of your weekly food dollars to a local farm, you help our communities thrive. You help a family business and you ensure open space is maintained and cared for by the growers who farm there.

Thank you for your commitment to our neighborhood farms.

PARTNERS IN LOCAL AGRICULTURAL ADVOCACY:



UNH Cooperative Extension
73 Main Street P.O. Box 1480
Conway, NH 03818
447-3834



President Dave Babson
Water Village Road
Ossipee, NH 03864
569-4031



Upper Saco Valley Land Trust
P.O. Box 424
North Conway, NH 03860
356-9683



PHOTO CREDIT: ANN BENNETT



WHO IS MWVEG?

The Mt. Washington Valley Eaters and Growers, MWVEG is a group of farmers and local food advocates working together to build a vibrant local food system in the Mt. Washington Valley. We aim to strengthen the regional food system by increasing communication, collaboration, and cooperation among our farms and our community. Committed to advocacy for, and education about, the benefits of a sustainable local food network, MWVEG is making connections between producers and consumers, organizes events, and promoting regional farm activities and products in our local marketplaces.

mwveg.com

facebook.com/MWVEG

emailMWVEG@gmail.com

PO Box 424, North Conway, NH 03860