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.

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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

Funding for this publication was made possible in part with a Rural Business Enterprise Grant from USDA Rural Development.
## NH Harves Season

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### 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

Published May 2019
A NEW DAY FARM
Jennie Blair: 207-256-2522
397 Tasker Hill Rd, Conway, NH
jenniemblair@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  
- **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  
- **Where to buy**: 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  
- **Growing practices**: MOFGA Certified Organic

**HOLLOW TREE FARM**  
Deborah Potter: 603-447-6641  
230 Town House Road, Effingham, NH  
debo@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  
295 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  
- **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

MOUNTAIN HEARTBEET
Joanne Ducas
158 Province Lake Road, Effingham, NH
mountainheartbeet@gmail.com | mountainheartbeet.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)
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
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.
Growers available: Jeff and Jonathan, November to December
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)
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

WHITFACE 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 Kathye 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
ymaplersh@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?

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 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.

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 jenniemblair@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 733-8335. 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 Heartbeat 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 and 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.

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, 6pm-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: $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.
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@ 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, bee, 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 Kathy Wotton at wottonfarm@gmail.com. wolfeborofarmersmarket.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
- Abundant Blessings Homestead Farm
- Booty Family Farm
- Earle Family Farm
- Farm by the River
- Fly Away Farm
- Grand View Farm
- Moonset Farm
- Mountain Flower Farm
- Mountain Heartbeat
- Patch Farm
- Port Hill 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

## Greens
- A New Day Farm
- Booty Family Farm
- Earle Family Farm
- Farm by the River
- Fly Away Farm
- Grand View Farm
- Naylen Farm
- Patch Farm
- Remick Country Doctor Museum and Farm
- Tanna Farm
- The Farm at Thompson House Eatery
- Top of the Hill Farm
- Wotton Farm

## Goat
- Abundant Blessings Homestead Farm
- Hollow Tree Hill Farm
- Naylen Farm

## Honey
- Atina's Bees Apiary
- Berryknoll
- Fly Away Farm
- Little Field Farm
- Hive Heartbeet
- Mountain Flower Farm
- Meadowfall Farm and Forage
- 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

## Lamb
- Abundant Blessings Homestead Farm
- Earle Family Farm
- Farm by the River
- Little Field Farm
- Moonset 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
- The Farm at Thompson House Eatery
- Wotton Farm

## Mushrooms
- Fly Away Farm
- Meadowfall Farm and Forage
- Mountain Flower Farm
- Naylen Farm
- Patch Farm
- Remick Country Doctor Museum and Farm
- Snowbrook Farm
- The Farm by the River
- Top of the Hill Farm
- Wotton 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
- Wotton Farm

## Potatoes
- Booty Family Farm
- Fly Away 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
- Wotton Farm

## Roots
- A New Day Farm
- Abundant Blessings Homestead Farm
- Booty Family Farm
- Earle Family Farm
- Farm by the River
- Fly Away Farm
- Grand View Farm
- Moonset Farm
- Naylen Farm
- Remick Country Doctor Museum and Farm
- The Farm at Thompson House Eatery
- White Gates Farm
- Wotton Farm

## Sweet Corn
- Earle Family Farm
- Little Field Farm
- Sherman Farm
- Spider Web Gardens

## Sweet Corn
- A New Day Farm
- Booty Family Farm
- Earle Family Farm
- Farm by the River
- Fly Away Farm
- Grand View Farm
- Moonset Farm
- Mountain Flower Farm
- Mountain Heartbeat
- Patch Farm
- Pork Hill Farm
- Spider Web Gardens
- Tanna Farm
- The Farm at Thompson House Eatery
- Wotton Farm

## Sweet Corn
- A New Day Farm
- Abundant Blessings Homestead Farm
- Booty Family Farm
- Earle Family Farm
- Farm by the River
- Fly Away Farm
- Grand View Farm
- Moonset Farm
- Mountain Flower 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 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
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 Farm
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
Pork Hill Farm
Spider Web Gardens
Tanna Farm
White Gates Farm
Wotton Farm

TURKEY
Behr Farm
Fly Away Farm
Naylen 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
Sherman 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 Snowwillage 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 Centennario
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
e-mailMWVEG@gmail.com
PO Box 424, North Conway, NH 03860