

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.



HIGHWATER FARM

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CONTRIBUTIONS TO THIS BOOKLET

A New Day Farm • Abundant Blessings Homestead • Apple Acres Farm • Athena's Bees
Behr Farm • Berry Knoll • Bly Farm • The Boys Fresh Catch • Brown's Ridge Family Farm
Davis Natural Produce • Densmore Orchard • DeVyllder Farm • Double Rainbow Farm
Dundee Ridge Farm • Earle Family Farm • The Farm by the River • The Farmstand
Fly Away Farm • Good Buddy Farm & Flower • Goshen Corner Farm • Grand View Farm
Hatches' Orchard • Highwater Farm • Hosac Farm • Lily Hill Farm • Loon's Point Honey Bees
Meadowfall Farm & Forage • MiVida Gardens • Moonset Farm and Floral
Mountain Breeze Farm • Mountain Flower Farm • Mountain Heartbeet
New Hampshire Mushroom Company • New Hampshire Charitable Foundation
NH Association of Conservation Districts • Patch Farm • Pork Hill Farm • Red Gables Farm
Remick Country Doctor Museum & Farm • Sap Hound Maple Company • Sherman Farm
Snow Brook Farm • The S.o.L Farm • Spider Web Gardens • Terra Firma
The Thompson House Eatery • Top of the Hill Farm • UNH Cooperative Extension
Waxing Moon Gardens • Weston's Farm • White Gates Farm • Wotton Farm

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NH HARVEST SEASON

CROP SPRING SUMMER FALL WINTER

Apples			X	X
Asparagus	X	X		
Beans		X	X	
Beets		X	X	X
Blueberries		X		
Broccoli		X	X	
Brussels Sprouts			X	X
Cabbage		X	X	X
Cauliflower		X	X	X
Corn		X		
Cucumbers		X		
Cut Flowers	X	X	X	
Eggplant		X	X	
Fiddleheads	X			
Garlic	X	X	X	
Meat, Eggs	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		
Tomatoes		X	X	
Winter Squash			X	X

PARTICIPATING LOCAL FARMS

A New Day Farm
 Abundant Blessings Farm
 Apple Acres Farm
 Athena's Bees Apiary
 Behr Farm
 Berry Knoll*
 Bly Farm
 The Boys Fresh Catch
 Brown's Ridge Family Farm
 Davis Natural Produce
 Densmore Orchards
 Devylder Farms
 Double Rainbow Farm*
 Dundee Ridge Farm
 Earle Family Farm
 The Farm by the River
 The Farmstand
 Fly Away Farm*
 Good Buddy Farm & Flower*
 Goshen Corner Farm
 Grand View Farm
 Hatches' Orchard
 Highwater Farm*
 Hosac Farm
 Howlin' Winds Farm
 Lily Hill Farm*
 Loon's Point Honeybees
 Meadowfall Farm & Forage*
 MiVida Gardens
 Moonset Farm*
 Mountain Breeze Farm*
 Mountain Heartbeet*
 Mountain Flower Farm
 New Hampshire Mushroom Company*
 Patch Farm*
 Pork Hill Farm*
 Red Gables
 Remick Country Doctor Museum & Farm
 Sap Hound Maple Company*
 Sherman Farm
 Snow Brook Farm
 The S.o.L Farm
 Spider Web Gardens
 Thompson House Eatery*
 Top of the Hill Farm
 Waxing Moon Gardens
 Weston's Farm
 Whispering Pines Farm*
 White Gates Farm
 Wotton Farm

* INDICATES FARMS THAT OFFER WHOLESALE



SEE WHO'S GROWING WHAT THIS SEASON

FLY AWAY FARM

APPLES

Apple Acres Farm
Bly Farm
Densmore Orchards
Devyllder Farms, LLC
The Farmstand
Fly Away Farm
Grand View Farm
Hatches' Orchard
Spider Web Gardens
Top of the Hill Farm
Weston's Farm
Whispering Pines Farm

BEEF

Fly Away Farm
Howlin' Winds Farm
Mountain Breeze Farm
Remick Country Doctor Museum & Farm
Sherman Farm
Spider Web Gardens
Top of the Hill Farm
Weston's Farm
White Gates Farm
Wotton Farm

BERRIES

Abundant Blessings Farm
Apple Acres Farm
Berry Knoll
Bly Farm
Densmore Orchards
Double Rainbow Farm
Dundee Ridge Farm
Earle Family Farm
The Farm by the River
The Farmstand
Fly Away Farm
Good Buddy Farm & Flower
Grand View Farm
Highwater Farm
Hosac Farm
Lily Hill Farm
Meadowfall Farm & Forage
Patch Farm
Top of the Hill Farm
Weston's Farm
Wotton Farm

CHICKEN

Brown's Ridge Family Farm
Dundee Ridge Farm
Fly Away Farm
Good Buddy Farm & Flower
Howlin' Winds Farm
Mountain Breeze Farm
Remick Country Doctor Museum & Farm
Sherman Farm
Top of the Hill Farm
White Gates Farm
Wotton Farm

CHEESE/BUTTER YOGURT

Devyllder Farms, LLC
Dundee Ridge Farm
Grand View Farm
Red Gables
Sherman Farm
Top of the Hill Farm
Weston's Farm
Wotton Farm

CUCUMBER

A New Day Farm
Bly Farm
Brown's Ridge Family Farm
Davis Natural Produce
Devyllder Farms, LLC
Double Rainbow Farm
Dundee Ridge Farm
The Farmstand
Fly Away Farm
Good Buddy Farm & Flower
Grand View Farm
Highwater Farm
Hosac Farm
Howlin' Winds Farm
Lily Hill Farm
Meadowfall Farm & Forage
Mountain Breeze Farm
Mountain Flower Farm
Mountain Heartbeet
Patch Farm
Pork Hill Farm
Sherman Farm
Spider Web Gardens
Thompson House Eatery
Top of the Hill Farm
Waxing Moon Gardens
Weston's Farm
Whispering Pines Farm
White Gates Farm
Wotton Farm

CUT FLOWERS

Bly Farm
Brown's Ridge Family Farm
The Farmstand
Fly Away Farm
Good Buddy Farm & Flower
Grand View Farm
Highwater Farm
Hosac Farm
Lily Hill Farm
Moonset Farm
Mountain Flower Farm
Pork Hill Farm
Sherman Farm
Snow Brook Farm
The S.o.L. Farm
Spider Web Gardens
Thompson House Eatery
Top of the Hill Farm
Weston's Farm
White Gates Farm

EGGS

Abundant Blessings Farm
Bly Farm
Brown's Ridge Family Farm
Devyllder Farms, LLC
Dundee Ridge Farm
Fly Away Farm
Good Buddy Farm & Flower
Grand View Farm
Howlin' Winds Farm
Lily Hill Farm
Meadowfall Farm & Forage
Mountain Breeze Farm
Patch Farm
Remick Country Doctor Museum & Farm
Sherman Farm
Snow Brook Farm
The S.o.L. Farm
Top of the Hill Farm
Weston's Farm
Whispering Pines Farm
White Gates Farm
Wotton Farm

GARLIC

A New Day Farm
Bly Farm
Devyllder Farms, LLC
Double Rainbow Farm
Dundee Ridge Farm
Fly Away Farm
Good Buddy Farm & Flower
Grand View Farm
Highwater Farm
Hosac Farm
Meadowfall Farm & Forage
Mountain Breeze Farm
Mountain Flower Farm
Mountain Heartbeet
Patch Farm
Red Gables
Spider Web Gardens
Thompson House Eatery
Top of the Hill Farm
Waxing Moon Gardens
Weston's Farm
White Gates Farm
Wotton Farm

GOAT

Abundant Blessings Farm
Dundee Ridge Farm
Lily Hill Farm
The S.o.L. Farm

GREENS

A New Day Farm
Abundant Blessings Farm
Bly Farm
Brown's Ridge Family Farm
Davis Natural Produce
Devyllder Farms, LLC
Double Rainbow Farm

Dundee Ridge Farm
The Farmstand
Fly Away Farm
Good Buddy Farm & Flower
Grand View Farm
Highwater Farm
Hosac Farm
Howlin' Winds Farm
Lily Hill Farm
Meadowfall Farm & Forage
Mountain Breeze Farm
Mountain Flower Farm
Mountain Heartbeet
Patch Farm
Pork Hill Farm
Sherman Farm
Spider Web Gardens
Thompson House Eatery
Top of the Hill Farm
Waxing Moon Gardens
Weston's Farm
Whispering Pines Farm
White Gates Farm
Wotton Farm

HONEY

Athena's Bees Apiary
Bly Farm
Brown's Ridge Family Farm
Densmore Orchards
Devyllder Farms, LLC
The Farm by the River
Grand View Farm
Hosac Farm
Loon's Point Honeybees
Red Gables
Sherman Farm
Thompson House Eatery
Top of the Hill Farm
Weston's Farm
White Gates Farm

LAMB

Abundant Blessings Farm
Bly Farm
Earle Family Farm
The Farm by the River
Moonset Farm
Remick Country Doctor Museum & Farm
Sherman Farm
Snow Brook Farm
Top of the Hill Farm
Weston's Farm
Wotton Farm

MAPLE SYRUP

Berry Knoll
Bly Farm
Brown's Ridge Family Farm
Densmore Orchards
Devyllder Farms, LLC
Dundee Ridge Farm
Earle Family Farm
The Farmstand

Fly Away Farm
Good Buddy Farm & Flower
Grand View Farm
Mountain Breeze Farm
Red Gables
Remick Country Doctor Museum & Farm
Sap Hound Maple Company
Sherman Farm
The S.o.L. Farm
Thompson House Eatery
Top of the Hill Farm
Weston's Farm
White Gates Farm
Wotton Farm

MILK

Dundee Ridge Farm
Red Gables
Remick Country Doctor Museum & Farm
Sherman Farm
The S.o.L. Farm
Top of the Hill Farm
Whispering Pines Farm
Wotton Farm

MUSHROOMS

Fly Away Farm
Meadowfall Farm & Forage
New Hampshire Mushroom Company
The S.o.L. Farm

ONIONS

A New Day Farm
Bly Farm
Davis Natural Produce
Devyllder Farms, LLC
Double Rainbow Farm
Dundee Ridge Farm
The Farmstand
Fly Away Farm
Good Buddy Farm & Flower
Grand View Farm
Hosac Farm
Lily Hill Farm
Meadowfall Farm & Forage
MiVida Gardens
Mountain Breeze Farm
Mountain Flower Farm
Mountain Heartbeet
Patch Farm
Pork Hill Farm
Sherman Farm
Spider Web Gardens
Thompson House Eatery

Top of the Hill Farm
Waxing Moon Gardens
Weston's Farm
White Gates Farm
Wotton Farm

PEPPERS

A New Day Farm
Abundant Blessings Farm
Bly Farm
Brown's Ridge Family Farm
Davis Natural Produce
Devyllder Farms, LLC
Double Rainbow Farm
Dundee Ridge Farm
The Farmstand
Fly Away Farm
Good Buddy Farm & Flower
Grand View Farm
Highwater Farm
Hosac Farm
Howlin' Winds Farm
Lily Hill Farm
Meadowfall Farm & Forage
Mountain Breeze Farm
Mountain Flower Farm
Mountain Heartbeet
Patch Farm
Pork Hill Farm
Sherman Farm
Spider Web Gardens
Thompson House Eatery
Top of the Hill Farm
Waxing Moon Gardens
Weston's Farm
Whispering Pines Farm
White Gates Farm
Wotton Farm

PORK

Brown's Ridge Family Farm
Dundee Ridge Farm
Fly Away Farm
Good Buddy Farm & Flower
Moonset Farm
Mountain Breeze Farm
Patch Farm
Remick Country Doctor Museum & Farm
Sherman Farm
The S.o.L. Farm
Top of the Hill Farm
Weston's Farm
White Gates Farm
Wotton Farm



GRAND VIEW FARM (ANNE SKIDMORE PHOTOGRAPHY)

POTATOES

Bly Farm
Davis Natural Produce
Devyllder Farms, LLC
The Farmstand
Fly Away Farm
Grand View Farm
Hosac Farm
Lily Hill Farm
Meadowfall Farm & Forage
Mountain Flower Farm
Mountain Heartbeet
Patch Farm
Pork Hill Farm
Sherman Farm
Spider Web Gardens
Thompson House Eatery
Top of the Hill Farm
Waxing Moon Gardens
Weston's Farm
Whispering Pines Farm

PUMPKINS

Abundant Blessings Farm
Bly Farm
Brown's Ridge Family Farm
Davis Natural Produce
Densmore Orchards
Devyllder Farms, LLC
Dundee Ridge Farm
The Farmstand
Grand View Farm
Highwater Farm
Lily Hill Farm
Mountain Breeze Farm
Mountain Heartbeet
Patch Farm
Sherman Farm
Spider Web Gardens
Thompson House Eatery
Top of the Hill Farm
Weston's Farm
Whispering Pines Farm
White Gates Farm

ROOT VEGETABLES

A New Day Farm
Abundant Blessings Farm
Bly Farm
Davis Natural Produce
Devyllder Farms, LLC
Double Rainbow Farm
Dundee Ridge Farm
The Farmstand
Fly Away Farm
Good Buddy Farm & Flower
Grand View Farm
Highwater Farm
Hosac Farm
Meadowfall Farm & Forage
Mountain Breeze Farm

Mountain Flower Farm
Mountain Heartbeet
Patch Farm
Pork Hill Farm
Sherman Farm
Spider Web Gardens
Thompson House Eatery
Top of the Hill Farm
Waxing Moon Gardens
Weston's Farm
Whispering Pines Farm
White Gates Farm
Wotton Farm

SEEDLINGS

A New Day Farm
Bly Farm
Double Rainbow Farm
Fly Away Farm
Good Buddy Farm & Flower
Goshen Corner Farm
Grand View Farm
MiVida Gardens
Mountain Flower Farm
Pork Hill Farm
Spider Web Gardens
Thompson House Eatery
Weston's Farm
Whispering Pines Farm

SQUASH

A New Day Farm
Abundant Blessings Farm
Bly Farm
Brown's Ridge Family Farm
Davis Natural Produce
Devyllder Farms, LLC
Double Rainbow Farm
Dundee Ridge Farm
The Farmstand
Fly Away Farm
Good Buddy Farm & Flower
Grand View Farm
Highwater Farm
Hosac Farm
Lily Hill Farm
Howlin' Winds Farm
Meadowfall Farm & Forage
Mountain Breeze Farm
Mountain Heartbeet
Patch Farm
Sherman Farm
Spider Web Gardens
Thompson House Eatery
Top of the Hill Farm
Waxing Moon Gardens
Weston's Farm
Whispering Pines Farm
White Gates Farm
Wotton Farm

SWEET CORN

Bly Farm
Brown's Ridge Family Farm
Davis Natural Produce
Earle Family Farm
The Farmstand
Good Buddy Farm & Flower
Grand View Farm
Lily Hill Farm
Sherman Farm
Spider Web Gardens
Thompson House Eatery
Top of the Hill Farm
Weston's Farm
Whispering Pines Farm

TURKEY

Behr Farm
Brown's Ridge Family Farm
Patch Farm
Sherman Farm
Weston's Farm
Wotton Farm

TOMATOES

A New Day Farm
Abundant Blessings Farm
Bly Farm

Brown's Ridge Family Farm
Davis Natural Produce
Devyllder Farms, LLC
Double Rainbow Farm
Dundee Ridge Farm
The Farmstand
Fly Away Farm
Good Buddy Farm & Flower
Grand View Farm
Highwater Farm
Hosac Farm
Howlin' Winds Farm
Lily Hill Farm
Meadowfall Farm & Forage
Mountain Breeze Farm
Mountain Flower Farm
Mountain Heartbeet
Patch Farm
Pork Hill Farm
Sherman Farm
Spider Web Gardens
Thompson House Eatery
Top of the Hill Farm
Waxing Moon Gardens
Weston's Farm
Whispering Pines Farm
White Gates Farm
Wotton Farm



HOSAC FARM

EAT & SHOP



RESTAURANTS & EATERIES

CONWAY & NORTH CONWAY

Frontside Coffee Roasters
Flatbread Company
Chef's Bistro
Black Cap Grille
Table & Tonic
Old Village Bakery
Barley & Salt
Peaches

GLEN, BARTLETT, & JACKSON

Thompson House Eatery
Vintage Baking Company
White Mountain Cider Company
Red Fox Bar & Grille
Wildcat Inn & Tavern
Christmas Farm Inn
Red Parka Steakhouse & Pub
The Wentworth Inn

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 its 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!

FRYEBURG & WESTERN MAINE

Oxford House Inn
Runway Diner
Standard Gastropub
Sugar Shack Cafe

EATON, TAMWORTH, & MADISON

Snowvillage Inn
Crystal Lake Inn
Eaton Village Store

WOLFEBORO & FURTHER SOUTH

Pavilion
La Boca
The New Woodshed
The Wolfeboro Inn

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.

SHOPS & STORES

THE CONWAYS & JACKSON

The Local Grocer • Veno's Specialty Foods & Meats
International Mountain Equipment (IME) • T.H.E. Farm Stand
Grandview Farm Stand • Sherman Farm Stand

FRYEBURG & WESTERN MAINE

Spice & Grain • Center Lovell Market
The Coffee Joint • Weston's Farm Market

EATON, TAMWORTH, FREEDOM, & MADISON

Farm to Table Market • Freedom Village Store
Eaton Village Store • The Other Store

WOLFEBORO & FURTHER SOUTH

Wolfeboro Food Co-op • Sunflower Natural Foods
EM Heath Supermarket • Hunter's Shop'n Save • Harvest Market
Top of the Hill Farm Store • Picnic Rock Farm



LOVELL FARMERS' MARKET

FARMERS' MARKETS

BRIDGTON, ME

The summer market is held in the lot behind Reny's at 151 Main Street in Bridgton, ME every Saturday 8am-12pm, rain or shine, 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 Maine's Lakes Region residents and visitors since 1996. We accept EBT/SNAP, and certain vendors accept WIC and credit/debit. Winter market runs November-April on Saturdays 9am-12pm at the All Roads Hub on 4 Nulty Street. Bridgtonfarmersmarket.me@gmail.com

LOVELL, ME

Year round on Saturdays from 10am-1pm at 993 Main Street in Center Lovell, ME. Offering organic sourdough bread, cookies, vegetables, garlic, chicken, pork, beef, maple syrup, seedlings, eggs, crafts, and more.

NORTH CONWAY, NH

The new Mount Washington Valley Farmers' Market will be held rain or shine at the North Conway Community Center from 4pm-7pm on Tuesdays from June 29th-October 5th. After Labor Day, hours will shift to 3pm-6pm for the remainder of the season. Featuring a diverse offering of local produce, meats, honey, baked goods, prepared foods, and crafts. SNAP \$\$ DOUBLED!

Contact us at mwvfarmersmarket@gmail.com.

Visit us online at northconwaycommunitycenter.org/farmers-market or on Instagram @mwvfarmersmarket.

TAMWORTH, NH

Every Saturday morning from May 15th-March 26th, with the exception of Thanksgiving and Christmas weekends. Our hours are 9am to noon from May 15th through October 30th, and 10am to noon from November 6th-March 26th, 2022. We will continue to be an outside market all year at our COVID-19 location, the K.A. Brett School at 881 Tamworth Road in Tamworth. Come see our large group of diverse vendors selling vegetables, fruit, breads, baked goods, raw dairy, maple syrup, honey, plants, flowers, mushrooms, meat, jams, jellies, kombucha, fresh-caught seafood, goat cheese, ice cream, dog treats, artisan chocolate, crafts, iced tea, chai, wool, yarn, and much more. Rain or shine. We double SNAP dollars. Like us on Facebook. 603-323-2392.

Email bsfarmerbob@gmail.com or farmersmarkettamworth@gmail.com

WOLFEBORO, NH

Summer - May 6th-October 28th, Thursdays, 12:30pm-4:30pm in Clark Park on South Main Street in Wolfeboro. 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.

Winter - Every Saturday Nov. 6th-December 18th. First and third Saturday of the month January-April, 10am-1pm at the Brookfield Town House at 267 Wentworth Road in Brookfield. SNAP \$\$ DOUBLED!

Contact info@wolfeboroareafarmersmarket.com wolfeborofarmersmarket.com.



WHAT IS A CSA?

A subscription of fresh, local goodies just for you!

CSA stands for Community Support Agriculture. This movement started as a way for farms to share the season long burden of risk with their community. Farms would ask for a commitment from their local community to invest in the farm to help cashflow the early season expenses that occur when much has yet to be harvested. Seeds and supplies are bought and employees paid long before the first tomato is picked. In return these community members would get a portion, commonly referred to as a 'share', of the harvest each week throughout the growing season.

CSA's have grown and changed over the years to mean many different things, but the basic relationship has stayed the same. As a customer you provide the farm a payment for future food. This might take the form of a traditional share, or as credit in a farm store or market.

Check out the following pages for details on the 2021 CSA season.

CSA Directory

A New Day Farm
Davis Natural Produce
Densmore Orchards
Double Rainbow Farm
Earle Family Farm
Fly Away Farm
Grand View Farm
Good Buddy Farm & Flower
Hosac Farm
Moonset Farm
Mountain Heartbeet
Patch Farm
Pork Hill Farm
Remick Country Doctor Museum & Farm
Sherman Farm
The S.o.L Farm
Spider Web Gardens
Thompson House Eatery
Waxing Moon Gardens
Weston's Farm
White Gates Farm

HANCOCK FAMILY FARM

TRADITIONAL BOX SHARES

A NEW DAY FARM

Details: Weekly CSA shares are available for pick up on farm in Conway and at a North Conway location on Thursdays. Cost is \$384 for small shares, and \$576 for large shares both running for 16 weeks beginning mid-June-September. Fall and winter shares are also available.

Sign Up: Contact Jennie at jenniemblair@live.com or (207) 256-2522.

DAVIS NATURAL PRODUCE

Details: Our CSA pick up is available at International Mountain Equipment (IME) in North Conway Village or Tuckerman Brewing Company in Conway. At IME you can pick up between 11am-6pm during CSA day, day of week to be determined. At Tuckerman's, pick up is on Saturdays, time yet to be determined. There are two sizes for our 14-week program, full shares and half shares.

Sign Up: Send us a message on [facebook.com/davisnaturalproduce](https://www.facebook.com/davisnaturalproduce) or call 733-8535. To hold your spot we ask for half at sign up and the remainder on first pick up day.

DENSMORE ORCHARDS

Details: We offer weekly subscriptions during apple harvest. Please contact for more details.

DOUBLE RAINBOW FARM

Details: Our Subscription Program allows customers to order their favorite microgreens with an amount and time frame that is comfortable for them. There are many choices that run from one week to one month. On our website, dblebows.com, customers can review the offerings, make their choices, and decide where to pick up their greens. Double Rainbow Farm grows all year round, so the subscription program is always active. The customer decides when to start and stop their subscription. Deliveries are made on Tuesdays and Fridays, and pick ups at farmers' markets are on their scheduled days.

FLY AWAY FARM

Details: Wednesday pick ups in Lovell, ME; limited availability, please contact us for more details at (207) 446-7352 or flyawayfarmmaine@gmail.com.

GOOD BUDDY FARM & FLOWER

Details: We offer spring and summer flower bouquet subscriptions with pick up in Cornish, Fryeburg, and North Conway or at our farm store.

Sign Up: goodbuddyfarm.com/shop

HOSAC FARM

Details: MOFGA Certified Organic vegetable CSA. Pick up Tuesday evenings in Center Conway, NH at the Earle Family Farm or Cornish, ME at Hosac Farm. 14 week share \$450 or 8 week share \$265. Expect to receive seasonally appropriate produce weekly. Also new this year, 10 week flower share. See our website for more details.

Sign Up: hosacfarm.com/csa or email hosacfarm@gmail.com

MOUNTAIN HEARTBEET

Details: Encourages you to eat like a farmer! 18 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. Pick up location: Mountain Heartbeet Farm in Effingham, NH Tuesdays 4pm-7pm or Fridays 4pm-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. Individual Shares \$250-300. Family Shares \$500-\$575. Fall bulk shares distributions in October, Thanksgiving, and December for \$100-\$150. Subsidized shares available, please email for more information. Available weekly add ons to traditional shares include local: mushrooms, chocolates, or flowers.

Sign Up: mountainheartbeet.com/organic-vegetable-csa-signup.html or email mountainheartbeet@gmail.com

PATCH FARM

Details: 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! Pick up times and location Tuesdays at the Farm in Denmark, ME 3pm-6pm. Cost: Full Share \$475 or Half Share \$275. Eggs and other add ons available.

Sign Up: Head to patchfarm.me/csa, email patchfarm.me@gmail.com or call 207-939-1493

PORK HILL FARM

Details: We offer Certified Organic vegetables, herbs, and flowers for pick up over the course of 17 weeks from mid-June until mid-October. CSA Members can purchase the entire season or just a part, such as summer. The whole season cost is \$525 and the summer share is \$350. Pick ups are on Tuesdays afternoons at 3 locations: the farm in Ossipee, T. Murray Wellness Center in Conway Village, and The Local Grocer in North Conway. This year in addition to our traditional shares we will offer a Salad Share, an Herb Share, and a Bouquet Share. These shares can be purchased alone or added to enhance the traditional shares. We will offer subsidized shares so please email for details if you or someone you know would like to do the CSA but needs help.

Sign Up: Head to porkhillfarm.com

REMICK COUNTRY DOCTOR MUSEUM & FARM

Details: We offer a summer meat CSA featuring 3 pick ups (June, July, and August). Each month's pick up consists of approximately 12 pounds of various cuts of beef, pork, and chicken. Pick ups are monthly at Remick Country Doctor Museum & Farm in Tamworth. The price is \$350 for members of the Remick Museum and \$450 for nonmembers. We also offer a monthly, year-round raw milk CSA with both goat and cow milk options. Milk CSA customers sign up for a month at a time with weekly pick ups.

Sign Up: Please call (603) 323-7591.

THE S.o.L. FARM

Details: Our Egg CSA is available at our farm stand on West Side Road in Conway. You can either pick up your share on Sunday from 10-1pm or Wednesday 3pm-6pm. A Full Share is a dozen eggs for 20 weeks for \$110 and a Half Share is a dozen eggs for every other week for (10 weeks total) for \$55. Payment in Full by April 1st or contact for monthly payment request.

Sign up: Forms are available at the farm stand or request one via email thespiceoflifefarm@gmail.com, or text 603-986-0544.

THOMPSON HOUSE EATERY

Details: This year's CSA will span 12-weeks with weekly pick-ups beginning mid-July. Offerings will vary each week based on the bounty from our garden and greenhouses with a wide variety of vegetables and herbs grown with non-certified organic practices. Chef Fournier will provide recipe ideas each week with fun, innovative ways to enjoy your share! \$425 per share with weekly pick-ups on Fridays & Saturdays between 12pm-3:30pm and 5pm-8pm.

Sign up: Email info@thethompsonhouseeatery.com or call 603-383-9341.

WAXING MOON GARDENS

Details: We offer full shares and half shares for 18 weeks, running mid June to mid October. Each share will consist of a box of our best vegetables with options for substitution, just in case you don't like certain items. Every week we will be sending out an email with updates about what is in the share, farm life and some of our favorite recipes. Pick ups in Conway, Sandwich, and at the Tamworth Farmers' Market.

Sign Up: For more details and registration, go to waxingmoongardens.com

WHITE GATES FARM

Details: Flower and Meat CSAs planned for 2021.

Sign Up: Email whitegatesfarm@gmail.com for more information

CSA MARKET SHARES

GRAND VIEW FARM

For every \$100 share you buy you receive an extra \$10 in credit at the farm stand. Pick and choose what you want at our farm stand next to Leavitt's Bakery in Conway.

GOOD BUDDY FARM & FLOWER

Details: Free choice CSA shares are available through our website, goodbuddyfarm.com. Buy ahead, shop cash free, and enjoy discounted rates on our own produce and flowers as well as locally sourced meat and eggs at our farm store in Hiram.

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 any time, so you get what you want, when you want it.

WESTON'S FARM

CSA store credit can be used for anything at the market. Members get an additional \$5 for every \$100, plus \$10 for payment before May 1st.

SPIDER WEB GARDENS

Farm shares available for sale in the spring in increments of \$100. Buyers receive 10% return on investment and shares may be used to purchase anything at the farm.

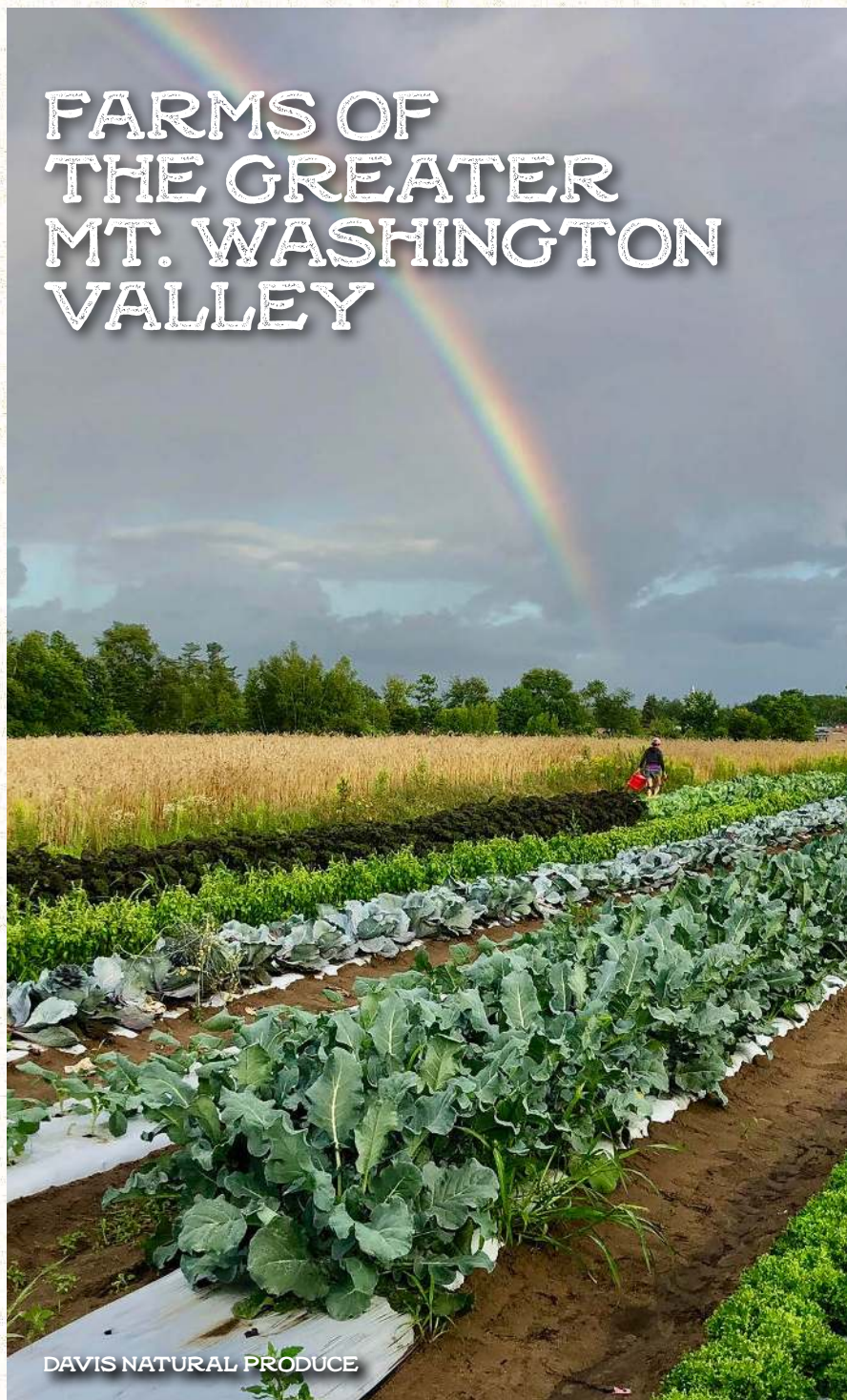
"This mutually beneficial relationship has many positive ripples throughout the community. Money spent locally tends to stay local, provides employment opportunities, and is an investment in keeping your community vibrant. Buying direct from a farmer provides them with the best price for their products, reduces your environmental impact by drastically decreasing the miles your food has to travel to get to you, and is SO FRESH!

A CSA share is a great way to eat seasonally, try new things and connect with the people that grow your food".

-- Farmer Joanne of Mountain Heartbeet in Effingham, NH



FARMS OF THE GREATER MT. WASHINGTON VALLEY



DAVIS NATURAL PRODUCE

Eating local and supporting our region's farms begins with awareness of who and where our farms are. We hope this list will help you understand where and how to access the greater Mt. Washington Valley and northern Lakes Region's bounty of agricultural products.

A NEW DAY FARM

Jennie Blair, 207-256-2522
397 Tasker Hill Road, Conway, NH
Jenniembair@live.com

Products available: CSA vegetable farm shares through summer and fall, winter bulk shares in November and December. Seedling nursery with pre-order and seedling sale in the spring.

Growing practices: No till, non-certified organic growing practices.

Where to buy: Summer and fall CSA, and bulk winter shares available.

Social media: @anewdayfarmnh

ABUNDANT BLESSINGS FARM

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

Products available: Herbs, seasonal veggies, fleece yarns, jams & jellies, handmade products, soaps, lamb, and goat.

Growing practices: Pasture raised lamb and goat.

Where to buy: Farm Stand open 8am-6pm, April-November. Call ahead December-March. Brookfield & Wolfeboro Farmers' Markets.

Social media: @abundantblessings
AbundantBlessingsFarm

APPLE ACRES FARM

Molly Griffin McKenna, 207-625-4777
363 Durgintown Road, Hiram, ME
info@appleacresfarm.com

Products available: Organic PYO apples, farm store with over 100 locally made products, cider, doughnuts, farm restaurant, weddings.

Growing practices: MOFGA Certified Organic-one of only a handful organic orchards in New England.

Where to buy: Farm Stand: PYO, Labor Day - Thanksgiving, daily 9am-4pm.

Social media & website: @appleacresfarm, appleacresfarm.com

Incentives: Need-based free or reduced cost CSA Share.

ATHENA'S BEES APIARY

Athena Contus, 603-733-7736
Center Sandwich, NH
athena@athenasbees.com

Products available: Mountain wildflower raw honey, creamed raw honey with organic fruit and spice varieties: blueberry, chai spice, ghost pepper, turmeric, lemon-ginger, elderberry, and blackberry. Chunk-comb honey, buckwheat honey. Beeswax by the ounce. Alcohol-based Propolis tincture. Beeswax wraps are available in a variety of patterns and sizes with cute wooden buttons, as well as glycerin soaps with honey. Beeswax-based wood polish.

Growing practices: Raw hive products harvested from treatment-free, humanely raised honeybee colonies.

Where to buy: Wolfeboro and Tamworth Farmers' Market.

Social media: @athenasbeesapiary

BEHR FARM

Karl Behr, 603-323-8778
35 Main Street, Tamworth, NH
behr705@roadrunner.com

Products available: Fresh whole turkeys for Thanksgiving.

Growing practices: Pasture raised, non-GMO.

BERRY KNOLL

David Sorensen, 603-447-3994
67 Old Portland Road, Eaton, NH
beemanofoeton@gmail.com

Products available: Blueberries (8 varieties) Black, red, and champion currants. 2 varieties of gooseberries, over 300 varieties of day lilies. Assorted containers of maple syrup.

Growing practices: Mulch heavy and use drip irrigation and fertilization.

Where to buy: PYO: 4th week in July-August and at Sherman's Farm Stand.

Website: berryknoll.com

BLY FARM

Vince & Cynthia Blandini, 603-569-1411
620 Center Street Wolfeboro, NH
blyfarm@comcast.net

Products available: Home baked pies, preserves, bedding plants, peaches, mums, eggplant, potting soil, beans, peas, homemade ice cream.

Growing practices: IPM, mostly no spray, or low spray practices.

Where to buy: Farm stand open May-October 9am-5pm. Ice Cream Stand, 11am-9pm.

THE BOY'S FRESH CATCH

Gaelyn Plachowicz, 978-879-6426
Brookfield, NH
gplachowicz@gmail.com

Products available: Direct from the boat fish and seafood including haddock, scallops, halibut, flounder, tuna, and swordfish.

Where to buy: McKenzie's Farm Stand, the Wolfeboro Food Co-op, Wolfeboro and Tamworth Farmers' Market, The Local Grocer. Find our pick up schedule and reserve your catch on our website.

Social media & website:

@TheBoysFreshCatch,
theboysseafoodcompany.com

BROWN'S RIDGE FAMILY FARM

Justin Brown, 603-941-4000
603 Browns Ridge Road, Wolfeboro, NH
info@brownsridge.com

Products available: We offer a wide variety of vegetables, wildflower honey, maple syrup, and pasture-raised pork and chickens.

Growing practices: Pasture-raised pork and chickens.

Where to buy: Farm stand open 9am-5pm in the Summer and Fall.

Social media & website: @brownsridge,
@brownsridgefamilyfarm, brownsridge.com

DAVIS NATURAL PRODUCE

Sarah Davis, 603-733-8535
2733 White Mountain Highway
North Conway NH
davisnaturalproduce@gmail.com

Products available: We offer a wide variety of produce; sweet corn is our specialty!

Growing practices: Field grown produce with no synthetic inputs. We follow IPM guidelines. Produce is non-GMO.

Where to buy: CSA. Our produce is available for retail sale at Little Field Farm Stand in Eaton and International Mountain Equipment (IME) in North Conway.

Social media & website:

@davisnaturalproduce
davisnaturalproduce.com

DENSMORE ORCHARDS

Jeff Densmore, 603-662-8349
1357 West Side Road, North Conway, NH
densmoreorchard@gmail.com

Products available: Apples, cider, apple jelly, butter, cider donuts, whoopie pies, raspberries, raspberry jam, maple syrup, honey, pumpkins, squash.

Growing practices: Low spray/IPM.

Where to buy: CSA. Farm stand: Seasonally open: Sept. 10 to Oct. 23, Fridays 12pm-5pm, Saturday & Sunday 9am-5pm, PYO: Products also available at Grandview Farm Stand.

DEVYLDER FARMS, LLC

Kurt Devylder, 603-569-4110
563 Pleasant Valley Road, Wolfeboro, NH
kurt@devylderlaw.com

Products available: PYO apples, apple cider, mums, pumpkins, baked goods, and fresh produce.

Growing practices: We use Integrated Pest Management, low spray.

Where to buy: Farm stand and PYO orchard open daily 9am-5pm, September 1st-October 31st.

Social media: @Devylder Farm

DOUBLE RAINBOW FARM

Brian Hebert, 603-307-9708
2031 Eaton Road, Center Conway, NH
Info@dblerbows.com

Products available: Microgreens, edible flowers, lettuce, blueberries, garden vegetables.

Growing practices: We do not use chemical fertilizers or pesticides.

Where to buy: PYO open Monday-Friday 10am-3pm. CSA. Tamworth, Wolfeboro Area Farmers' Market and MWV Farmers' Markets. Eaton Village Store, Freedom Village Store, Farm to Table Market, Wolfeboro Co-op.

Social media & website:

@doublerainbowfarms, dblerbows.com

DUNDEE RIDGE FARM

Keith & Liz Wehmeyer, 603-986-1100
147 Dundee Road, Intervale, NH
dundeeridge@gmail.com

Products available: Our primary focus is small-scale responsible meat production. We offer USDA certified goat meat year-round. Free range freedom ranger broiler chickens are available throughout the summer but sell out fast, so deposits are recommended. Whole and half woodlot raised pig shares are available twice yearly. Maple syrup is available year-round bottled in plastic or glass. Other products available seasonally.

Growing practices: We are a small-scale farm that uses responsible practices for both our livestock and other products. Our animals are well loved with ample space to roam and forage.

Where to buy: Farmstead coming spring 2021; E-mail for details.

Social media & website:

@DundeeRidgeFarm, dundeeridge.com

EARLE FAMILY FARM

Tom & Ruth Earle, 603-447-6641
12 Baird Hill Road, Center Conway, NH
earlefamilyfarm@gmail.com

Products available: Berries, lamb, maple syrup, sweet corn. Our additional produce offerings change year to year, please call ahead to check for availability.

Growing practices: All produce grown without chemical fertilizers or synthetic pesticides, we use biodynamic compost that we make on farm sheep flock predominantly grass fed with some seasonal supplementary feeding.

Where to buy: Our farm serves as a distribution hub for the Foothill Farm Alliance winter CSA, and the Hosac Farm CSA. We sell our own maple syrup, lamb, berries, and other farm produce as available at our farm stand. Call ahead for availability.

THE FARM BY THE RIVER

Eve & Bill Klotz, 603-986-1504
158 Province Lake Road, Effingham, NH
evevklotz@gmail.com

Products available: Katahdin sheep for meat, 4-H or breeding stock. Honey. Certified organic raspberries for PYO.

Growing practices: Pasture raised, registered Katahdin Sheep. IPM Northern Bees, certified organic raspberries.

Where to buy: Farm stand open Thursday, Friday, Saturday: 9am-12noon. Call ahead for availability. PYO: dawn to dusk in season.

Social media: @The-Farm-by-the-River

THE FARMSTAND

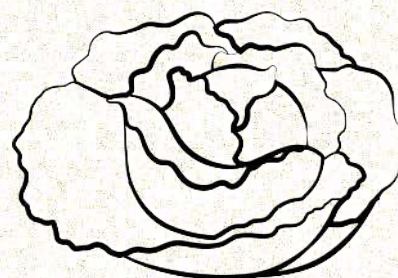
Kimball Packard, 603-323-6169
1118 Page Hill Road, Chocorua, NH
thefarmstand@pm.me

Products available: A wide array of vegetables raised on site, occasional prepared foods, crafts and more.

Growing practices: Non-certified organic.

Where to buy: Farm stand open early May-October, 8am-8pm.

Social media & website: @thefarmstandbb,
thefarmstandnh, thefarmstand.net



FLY AWAY FARM

Jenn & Justin Ward, 207-446-7352
142 S. Barbour Road, Stow, ME
flyawayfarmmaine@gmail.com

Products available: Seedlings, fruits, vegetables, maple syrup, meats, eggs, wood-fired sourdough bread, baked goods, and crafts.

Growing practices: We are a small off grid homestead using non-certified organic, permaculture, and biodynamic planting practices deep in the woods of western Maine. Our animals are forest and field raised.

Where to buy: Wednesday CSA pick up in Lovell, limited availability, please contact us. Our farm stand at 993 Main St. Lovell, ME, is open Saturdays 10am-1pm, year-round. Our plant stand is open daily 10am-6pm beginning mid-May. Lovell Farmers' Market, Center Lovell Market.

Social media & website:

@Flyawayfarmmaine, flyawayfarm,
flyawayfarmme.weebly.com

GOOD BUDDY FARM & FLOWER

Erin Barber, 207-625-9404
255 King Street, Hiram, ME
goodbuddyfarm@gmail.com

Products available: We specialize in dried flowers, seasonal cut flowers, and grow a wide variety of organically grown vegetables and herbs to supply our on-site farm store and CSA members. Locally sourced maple syrup, pork, chicken, eggs, and seasonal berries are regularly available as well as a variety of artisanal gifts and natural skincare. Visit in late summer or fall and behold the sight and fragrance of our antique post and beam barn filled with vibrant flowers drying in the rafters. A dried and fresh flower bar is offered seasonally and makes a wonderful way to spend an afternoon or join us for a hands-on workshop and learn how to make your own evergreen wreath, dried flower crown and more! Check our website and follow us on social media for updates on upcoming workshops and seasonal offerings.

Where to buy: CSA. Our farm stand is open Mother's Day-Christmas with hours change throughout the season. Please check our website and google listing for current hours. Sebago Farmers' Market.

Social media & website:

@goodbuddyfarm_and_flower,
goodbuddyfarm, goodbuddyfarm.com
Incentives: Need-based free or reduced cost CSA Share & Senior Discount

GOSHEN CORNER FARM

Julia Neville
13 Gulf Road, Center Conway, NH
goshencornerfarm@gmail.com
Products available: Seedling, vegetables, flowers, and herbs.
Where to buy: Farm stand open daily 9am-5pm starting May 7.
Social media: @GoshenCornerFarm

GRAND VIEW FARM

Jason & Joan Richardson
207-299-0483 (Wholesale, Jason)
603-960-2199 (Farm stand, Joan)
564 White Mountain Highway, Conway, NH
grandviewfarm603@gmail.com
Products available: A wide variety of vegetables, microgreens, berries, jams, cheese, pastured eggs, flowers, herbs, maple syrup. Christmas trees and wreaths.
Growing practices: Not certified organic, non-gmo.
Where to buy: Our farm stand is open end of May-October, Monday-Saturday, 9am-6pm, and then 7 days a week from Thanksgiving-December. Gorham Farmers' Market.

HATCHES' ORCHARD

Elaine Hatch, 603-447-5687
1440 Brownfield Road, Center Conway, NH
Products available: Apples, PYO. Macs, Empire, Cortland.
Growing practices: We make an effort to use organic or less toxic pest/disease controls.
Where to buy: Farm stand & PYO: September 4-October 17, weekends & holidays 10am-4pm, call for availability (mid-week by appointment)

HIGHWATER FARM

Liz & Rachel Frierman, 617-470-8145
51 River Street, Bartlett, NH
highwaterfarmnh@gmail.com
Products available: A wide variety of vegetables, herbs, and berries as well as cut flowers and pies.
Growing practices: Non-certified organic, sustainable practices.
Where to buy: Our self-serve farm stand is open 9am-dusk, Thursdays-Sundays June-September, and then weekends only through Indigenous Peoples' Day in October. MWV Farmers' Market. We also offer online orders - see our website for more details.
Social media & website: @highwaterfarm, @highwaterfarmnh, highwaterfarmnh.com
Incentives: We provide vouchers to patrons of Bartlett/Jackson Food Pantry that can be redeemed at the farm stand.

HOSAC FARM

Kyle Peckham, 207-391-3983
36 Kimball Hill Road, Cornish, ME
hosacfarm@gmail.com
Products available: We grow a wide variety of mixed vegetables.
Growing practices: Certified organic by MOFGA.
Where to buy: Summer CSA with pick ups at Earle Family Farm or Hosac Farm. Winter CSA through the Foothill Farm Alliance. Bridgton Farmers' Market.
Website: hosacfarm.com

HOWLIN' WINDS FARM

Matt and Gena Dillon, 617-290-7299
936 West Fryeburg Road, Fryeburg, ME
dillon@howlinwindsfarm.com
Products available: Pasture raised, organic grain finished beef - USDA processed, free range chicken eggs, whole chicken broilers, and seasonal vegetables.
Growing practices: No GMO/hormones or antibiotics. Small scale with extreme attention to loving care and welfare. Member Maine Beef Producers Association.
Where to buy: Farm stand- seasonal, self-serve.
Social media & website: @howlinwindsfarm, howlinwindsfarm.com

LILY HILL FARM

Kevin Fullam & Amanda Swan, 603-236-9428
246 Jackman Pond Road, So. Tamworth NH
Lilyhillfarms@gmail.com
Products available: Free range eggs, piccalilli, seasonal veggies and herbs, Custom wood pieces from trays to stovetop covers to commissioned pieces.
Growing practices: Non-certified organic practices. No GMOs.
Where to buy: Farm stand open 8am-7pm during the spring, summer, and fall, 8am to 7 pm. Tamworth Farmers' Market.
Social media: @LilyHillFarmNH
Incentives: Senior discount & veteran discount

LOON'S POINT HONEYBEES

Michael T. Smith, 603-367-8044
55 Little Shore Drive, Madison, NH
thepurplefinch@hotmail.com
Products available: Honey
Where to buy: Farmers' Markets: Wakefield, Gorham NH, Gorham ME, Mt. Washington Valley (North Conway, NH).

MEADOWFALL FARM & FORAGE

Alisha Langerman, 207-450-1296
180 Shore Acres Road, Parsonsfield, ME
contact@meadowfallfarm.com
Products available: A wide variety of farm grown and wild-foraged vegetables, fruits and mushrooms.
Growing practices: No chemical pesticides or fertilizers, small scale, no-till.
Where to buy: Farm stand: Self-serve year-round, 24/7. Farmers' Market: Wolfeboro Area Farmers' Market - Winter Season November-April.
Social media & website: @MeadowfallFarm, meadowfallfarm.com

MIVIDA GARDENS

Sandra Brocaar, 603-367-8419
274 Savary Road, Silver Lake, NH
farmers@mividagardens.com
Products available: Certified organic veggie, herbs, and flowers/ornamental starter plants. Late fall/winter onions, shallots, and leeks. Seedlings/starter plants- spring and summer.
Growing practices: Certified organic.
Where to buy: Website, browse product list, download catalog & order forms. Farm stand: Early May-late June, call for appt. Farmers' Market: Tamworth Farmers' Market. Local retail store: Paris Farmers Union, North Conway.
Website: mividagardens.com

MOONSET FARM

Meikle & Jackie Gardner, 207-625-7733, 207-272-2437
756 Spec Pond Road, Porter, ME
moonsetfarm@gmail.com
Products available: Lamb and pork available by whole, half or by cut when available. Fresh-cut flowers available for full-service weddings and events, as well as DIY buckets.
Growing practices: We try our best to conform to organic principles and practices for both our flowers and our animals. Animals are pasture-raised on pastures that are fertilized only with organic matter.
Where to buy: Farm stand open by appointment. Products available at Weston's Farm Market in Fryeburg.
Social media & website: @moonsetfarm, moonsetfarms.com
Incentives: Veteran discount

MOUNTAIN BREEZE FARM

Ryan Milbury, 603-677-2605
327 Dale Road, Center Sandwich, NH
mtbreezefarm@gmail.com
Products available: Grass fed beef, free range pork, and non gmo poultry products by the whole, half and piece. Maple syrup in all sizes, custom bottling for events available. Wide variety of vegetables. Please call for availability, pick up by appointment only.
Growing practices: Grass fed beef, non gmo chicken. Greenhouse grown early vegetables.
Where to buy: Farm stand open weekends during the summer. Products available at Farm to Table Market and Picnic Rock Farm.

MOUNTAIN FLOWER FARM

Heather Chase, 603-356-6068 x100
1021 Hurricane Mountain Road, Intervale, NH
heather@nhlocalgrocer.com
Products available: Vegetables, herbs, cut flowers.
Growing practices: Permaculture, no-spray, non-gmo, non-certified organic practices, utilize biodynamic principles.
Where to buy: The Local Grocer., Table & Tonic Farm Café.
Social media & website: @thelocalgrocer, nhlocalgrocer.com, mtnflowerfarm.com
Incentives: SNAP approved vendor

MOUNTAIN HEARTBEET

Joanne Ducas, 603-657-6072
158 Province Lake Road, Effingham, NH
mountainheartbeet@gmail.com
Products available: Diverse vegetables selected to bring joy to your meals.
Growing practices: Certified USDA Organic, Certified Real Organic and grown with love.
Where to buy: Summer CSA, Fall Bulk Shares. Farm open by appointment or chance. Wolfeboro Farmers' Market. Tamworth Farmers' Market Products available at Farm to Table Market in Ossipee, Wolfeboro Food Co-op, and The Other Store in Tamworth.
Social media & website: @mountainheartbeet, mountainheartbeet.com
Incentives: Need-based free or reduced cost CSA Share

NEW HAMPSHIRE MUSHROOM COMPANY

Eric Milligan, 603-323-0097

153 Gardner Hill Road, Tamworth, NH
nhmcsales@gmail.com

Products available: Fresh mushrooms, dried mushrooms, oils, powders, teas, medicinal mushrooms.

Growing practices: Non-Certified Organic practices, best methods, indoor.

Where to buy: CSA: Through Mountain Heartbeet CSA. Concord and Tamworth Farmers Markets. Product available at: Farm to Table Market, Veno's, Sunflower Natural Foods (Laconia). Stop by our farm daily to purchase mushrooms.

Social media & website:

@nhmushroomcompany, New Hampshire Mushroom Company, nhmushrooms.com

PATCH FARM

Brandon McKenney, 207-939-1493

570 East Main Street, Denmark, ME
patchfarm.me@gmail.com

Products available: Wide variety of mixed vegetables, year-round, as well as eggs, pork, turkey.

Growing practices: MOFGA Certified Organic, real organic, pasture-raised meats/eggs.

Where to buy: CSA. Self-serve farm stand open year-round, daily, 7am-7pm. Bridgton, ME Farmers' Market (summer-winter).

Social media & website: @patch_farm, Patch Farm.Me, patchfarm.me

PORK HILL FARM

Paul Swegel & Katie Doyle Smith,
603-539-5999

45 Pork Hill Road, Ossipee, NH
porkhillfarm@gmail.com

Products available: We grow Certified Organic vegetables, herbs, and flowers.

Growing practices: We are Certified Organic and seed and maintain pollinator habitat throughout the farm.

Where to buy: CSA. Produce at Heath's Supermarket in Center Harbor, Hunter's Shop and Save and Harvest Market in Wolfeboro, the Local Grocer in North Conway, and at the Top of the Hill Farm Store in Wolfeboro!

Website: porkhillfarm.com

Incentives: Need-based free or reduced cost CSA Share.

RED GABLES

Bob Streeter, 603-323-2392

129 Pease Hill Road, Tamworth, NH
bsfarmerbob@gmail.com

Products available: Yogurt, kefir, maple kefir, buttermilk, milk, maple syrup, garlic.

Growing practices: 100% grass fed cows, non-certified organic.

Where to buy: Tamworth Farmers' Market,

REMICK COUNTRY DOCTOR MUSEUM & FARM

Lindsey McAllister, 603-323-7591

58 Cleveland Hill Road, Tamworth, NH
lmcallister@remickmuseum.org

Products available: All-natural beef, pork, lamb, and chicken. Fresh, raw goat and cow milk sold through our Dairy CSA; signup required. All products free of antibiotics and hormones. Pasture-raised meats, free-range eggs, maple syrup, and raw dairy CSA available year-round. Meat CSA available June-August.

Where to buy: CSA. Currently offering year-round, weekly curbside service at our farm stand. Call 603-323-7591 for information.

Social media & website: remickmuseum.org
@remickmuseumandfarm,
@remick_museum_and_farm,

SAP HOUND MAPLE COMPANY

Corrie St. Saviour, 207-935-1008 or
802-558-5385 (cell)

414 Center Conway Road, Brownfield, ME
corrie@saphoundmaple.com

Products available: We offer organic maple syrup and sugar.

Growing practices: We are certified organic and kosher.

Where to buy: We have a local pick up at the sugar house that is available all year-round during daylight hours. Products also available at The Local Grocer and Spice & Grain.

Social media & website: @saphoundmaple, saphoundmaple.com

SHERMAN FARM

Michele Dutton, 603-939-2412

2679 East Conway Road, Center Conway, NH
farmer@shermanfarmnh.com

Products available: Our Farm Market is open year-round, selling a wide array of farm-raised products as well as many items produced in New England. In-season vegetables are available April-November.

Growing practices: Low spray/IPM.

Where to buy: Farm stand open year round, daily 9am-5pm.

Social media & website: @nhfarmgirl, shermanfarmnh, shermanfarmnh.com

Incentives: Our farmstand is a SNAP approved vendor.

SNOW BROOK FARM

Kristy, 603-447-8988

Eaton, NH

Fosterearthworks@earthlink.net

Products available: Pasture-raised sheep, flowers, and organically fed layer hens.

Social media: @snowbrookfarm

THE S.o.L FARM

Andrea Pelosi, 603-986-0544

970 West Side Road, North Conway, NH
thespiceoflifefarm@gmail.com

Products available: Eggs from free range hens, pasture raised pork and goat meat, goat milk, cut flowers, maple syrup, and mushrooms.

Growing practices: Pasture-raised and rotational grazing on pesticide free pasture. We supplement with non-gmo grain.

Where to buy: CSA. Farm stand open year-round, daily 9am-5pm. Products also available at Veno's Specialty Foods & Meats.

Social media & website:

@the_spiceoflife_farm, thespiceoflifefarm, thespiceoflifefarm.com

SPIDER WEB GARDENS

Adam Stockman & Jacinda Montague, 603-569-5056

252 Middle Road, Center Tuftonboro, NH
spiderwebgardens@gmail.com

Products available: Vegetables, we also offer seeds and growing supplies, quality tools, and house plants.

Growing practices: Our vegetables are grown using organic practices, IPM techniques, and without the use of conventional pesticides.

Where to buy: CSA: Farm shares to be used at our Farm Store, open daily 8am-4pm, March-December. Open until 5pm in August for fresh corn.

Social media & website: Spider Web Gardens, spiderwebgardens.com

THOMPSON HOUSE EATERY

Jeff & Kate Fournier, 603-383-9341

193 Main Street, Jackson, NH
info@thethompsonhouseeatery.com

Products available: Seasonal produce, cut flowers, scratch-made prepared foods, and seedlings (available in the spring).

Growing practices: Non-certified organic practices.

Where to buy: CSA. T.H.E. Farm Stand is open year-round Wednesday-Saturday 12pm-4pm & 5pm-9pm, offering fresh vegetables, herbs, prepared foods, and packaged goods.

Social media & website:

@thethompsonhouseeatery, thethompsonhouseeatery.com

TOP OF THE HILL FARM

Alan Fredrickson, 603-569-3137

50 Martin Hill Road, Wolfeboro, NH
topofthehillfarm@metrocast.net

Products available: Our specialty is beef, pork, and lamb.

Growing practices: Pasture raised meats, hormone and antibiotic free. We also carry certified organic and low spray products in our farm stand from other local farms.

Where to buy: Farm stand open year-round, daily, 9am-6pm. Farmers' Market: Summer: Wolfeboro Farmers' Market, York, ME Farmers' Market. Winter: Seacoast Eat Local Market & York, ME. Products available at the Wolfeboro Food Co-Op.

Social media: Top of the Hill Farm

WAXING MOON GARDENS

Zachary Nordlund, 603-547-5494

222 Whiteface Intervale Road,
North Sandwich, NH
waxingmoongardens@gmail.com

Products available: Offering a large variety of fresh vegetables through a CSA.

Growing practices: Natural, Non-GMO

Where to buy: CSA: Full and Half shares picked up weekly June-October. Farm stand: June-September 24/7. Farmers' Market: Tamworth Farmers' Market, May-October.

Social media & website:

@waxingmoongarden, waxingmoongardens.com

Incentives: Need-based free or reduced cost CSA Share

WESTON'S FARM

John Weston, 207-935-2567

60 River Street, Fryeburg, ME
weston@fairpoint.net

Products available: Apples, berries, vegetables, honey, lamb, maple syrup, pumpkins, seedlings, and turkey.

Growing practices: Both MOFGA Certified Organic and conventional growing practices.

Where to buy: CSA Market Shares. Farm stand open Memorial Day to Christmas Eve 9am-5pm everyday.

Website: westonsfarm.com



WHISPERING PINES FARM

Stacy Downs, 603-662-2678
78 School Street, Effingham Falls, NH
whisperingpinesnh@gmail.com

Products available: We offer locally produced chicken and duck eggs. We offer a large variety of seasonal fruits and veggies as well as raw goats' milk and flowering plants.

Growing practices: We grow without the use of pesticides whenever possible. We use only open pollinated, heirloom seeds.

Where to buy: Farm stand open late spring-summer. PYO: Daily 9am-6pm.

WHITE GATES FARM

Hank & Heather Letarte
603-662-7538 (Hank), 603-662-7556 (Heather)
2153 Cleveland Hill Road, Tamworth, NH
whitegatesfarm@gmail.com

Products available: Beef, pork, chicken, mixed vegetables, cut flowers, honey, maple syrup.

Growing practices: We grow using the best practices without the use of synthetic fertilizers and pest control. We use compost made in our own composting facility. Our animals are on pasture and/or in the shade of the woods all summer.

Where to buy: CSA. Our self-serve farm stand is open, year-round, 24 hours a day, 7 days a week. Tamworth Farmers' Market. The Other Store, Freedom Village Store.

Social media & website: @White Gates Farm, whitegates-farm.com

WOTTON FARM

Joel & Kathey Wotton, 603-539-8134
30 Circuit Road, Ossipee, NH
Wottonfarm@gmail.com

Products available: Raw cow's milk and raw cow's milk products including yogurt, butter, and cream. Fresh eggs, seasonal produce, and pasture-raised chicken, lamb, and pork.

Growing practices: We follow all organic practices, but are not certified. We raise all our animals on non-medicated feed and pasture raised during the summer months.

Where to buy: Farm stand open year-round, daily, 9am-6 pm. Wolfeboro Area Farmers' Market.

Social media & website: Wotton-Farm, Wottonfarm.net

***All of the information here is supplied by the individual farms. MWVEG is not in a position to fact check this information.**

Please talk with each farm if you have questions about their products or growing practices. *



REMICK COUNTRY DOCTOR MUSEUM & FARM

A LITTLE HISTORY

This year, our guide turns 10 years old! What started as a simple listing of farms in Carroll County has now grown to a whole organization of member growers and eaters who focus on farm viability throughout northern NH and western Maine. This guide directs you to where you can purchase food from farmers and food producers in your neighborhood. No other place can you find so many of our commercial farms listed in one spot. It should be noted, however, that the farms themselves choose to participate, so there may be some farms who chose not to be listed.

Farm viability is the reason we publish this guide; tightening the link between eaters and growers directly improves the bottom line of the small farms in this book. We recognize that we are stronger together and that the success of one small farm business is a success for the whole community. We know the long-term viability of local farms keeps our community resilient to the challenges that lay ahead. Looking to the future, it is imperative that small, local food systems continue to feed our communities. Join us in celebrating all that the region provides by supporting our local farms.

A Note About Terms: We recognize that the global food industry is laden with terms that are tough for the everyday consumer to parse through. In an effort to be transparent about the terms within this guide, here's a bit about how some terms are defined.

Certified vs non-certified organic: Some farms produce their products under the National Organic Standards. The National Organic Program sits under the United States Department of Agriculture, where a set of standards is written and updated by a Board of Directors. Certified Organic growers in our region are required to pass the same certification standards as any other farm in the United States in order to use the word "organic" in their brand or marketing efforts.

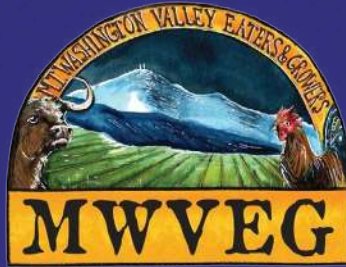
A few of the key organic standards are: eliminating the use of synthetic pesticides and fertilizers, crop rotation (to help reduce pest pressure), utilizing cover crops in your crop plan (to help build and improve soil), and purchasing seeds and animal feed that have been grown organically.

Many small farms choose to grow organically, but do not receive the 3rd party certification, and so they self report as "non-certified organic".

Low-spray or IPM: We see these terms used most commonly on fruit farms, but many farms utilize the principles of Integrated Pest Management or IPM. When a grower says they use IPM they mean they apply knowledge about the pest to prevent a problem. They use the most effective, least-risk option, taking into account the biology of the pest, and the given "threshold" where the pressure of the pest exceeds an acceptable level of damage.

For example, some level of damage to the tip of your sweet corn from corn earworm may be acceptable, where a high-level damage to the sweet corn will make it unmarketable to you the consumer. Farmers are always making judgement calls as to what level of pest damage is acceptable to you, the consumer, and what the crop can tolerate without affecting yield.

#SUPPORTLOCALMWV



WHO ARE WE?

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, organizing events, and promoting regional farm activities and products in our local marketplaces.

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