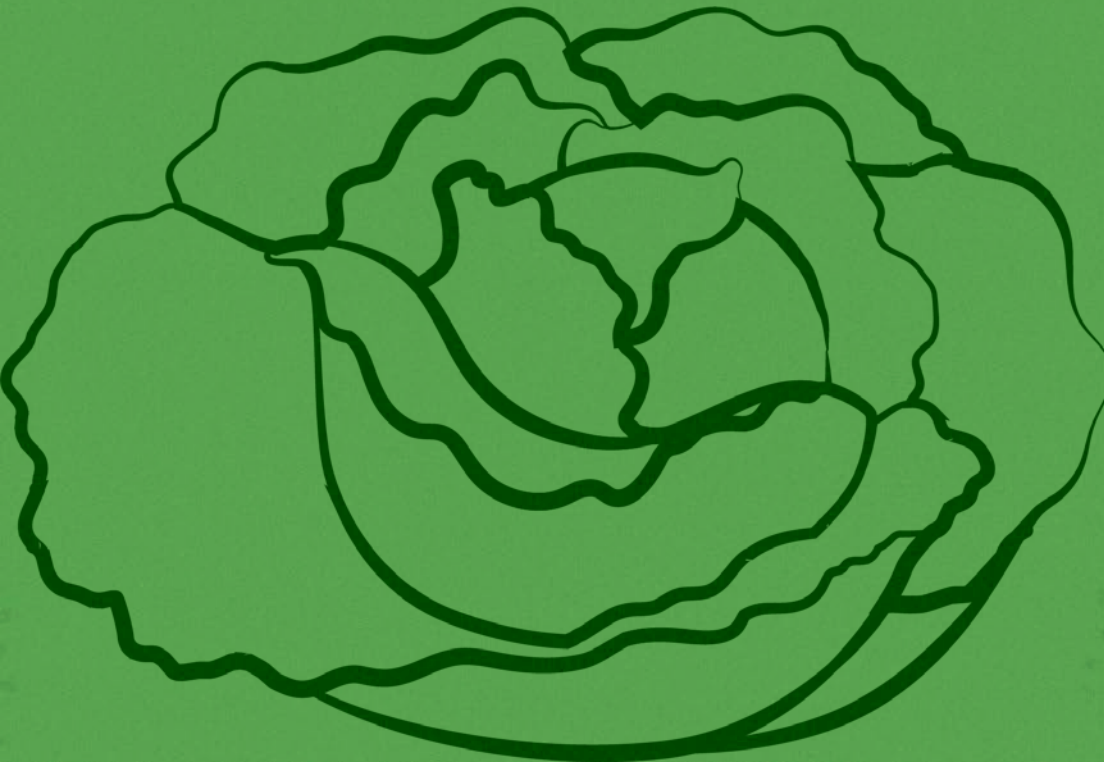




LOCAL FARM GUIDE

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 • Athena's Bees • Behr Farm • Berry Knoll Bly Farm • Densmore Orchard • DeVyllder Farm • Earle Family Farm • Fly Away Farm Full Moon Farm • Good Buddy Farm & Flower • Grand View Farm • Hatches' Orchard • Highwater Farm Hosac Farm • Little Field Farm • Loon's Point Honey Bees • Meadowfall Farm & Forage Merrybrook Farm • MiVida Gardens • Moonset Farm and Floral • Mountain Flower Farm Mountain Heartbeet Farm • Mountain Laurel Farm • Naylen Farm • New Hampshire Mushroom Company NH Association of Conservation Districts • Patch Farm • Pork Hill Farm • Red Gables Farm Remick Country Doctor Museum and Farm • Sap Hound Maple Company • Sherman Farm Snow Brook Farm • Spider Web Gardens • Terra Firma • The Farm at Thompson House Eatery The Farm by the River • Top of the Hill Farm • Tumbledown Farms • UNH Cooperative Extension Upper Saco Valley Land Trust • Waxing Moon Gardens • White Gates Farm • Wotton Farm

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NH HARVEST SEASON

CROP **SPRING** **SUMMER** **FALL** **WINTER**

Apples			X	X
Asparagus	X			
Beans		X	X	
Beets		X	X	X
Blueberries		X		
Broccoli		X	X	
Brussels Sprouts			X	X
Cabbage		X	X	X
Carrots		X	X	X
Cauliflower		X	X	
Corn		X		
Cucumbers		X		
Eggplant		X	X	
Fiddleheads	X			
Garlic	X	X	X	X
Melons		X		
Meat, Eggs	X	X	X	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 Homestead
 Athena's Bees
 Behr Farm
 Berry Knoll
 Bly Farm
 Densmore Orchard
 DeVlyder Farm
 Earle Family Farm
 Fly Away Farm
 Full Moon Farm
 Good Buddy Farm & Flower
 Grand View Farm
 Hatches' Orchard
 Highwater Farm
 Hosac Farm
 Little Field Farm
 Loon's Point Honey Bees
 Meadowfall Farm & Forage
 Merrybrook Farm
 MiVida Gardens
 Moonset Farm and Floral
 Mountain Flower Farm
 Mountain Heartbeet Farm
 Mountain Laurel Farm
 Naylen Farm
 New Hampshire Mushroom Company
 Patch Farm
 Pork Hill Farm
 Red Gables Farm
 Remick Country Doctor Museum and Farm
 Sap Hound Maple Company
 Sherman Farm
 Snow Brook Farm
 Spider Web Gardens
 Terra Firma
 The Farm at Thompson House Eatery
 The Farm by the River
 Top of the Hill Farm
 Tumbledown Farms
 Waxing Moon Gardens
 White Gates Farm
 Wotton Farm



SEE WHO'S GROWING WHAT THIS SEASON

PATCH FARM

APPLES

Bly Farm
Densmore Orchard*
DeVylder Farm*
Fly Away Farm
Grand View Farm*
Hatches' Orchard
Farm at Thompson House Eatery*
Top of the Hill Farm

BEEF

DeVylder Farm
Earle Family Farm
Fly Away Farm
Good Buddy Farm & Flower*
Remick Country Doctor Museum and Farm
Sherman Farm*
Farm at Thompson House Eatery*
Top of the Hill Farm
Tumbledown Farms*
White Gates Farm
Wotton Farm*

CHEESE, BUTTER, AND YOGURT

Grand View Farm*
Red Gables Farm
Wotton Farm

CHICKEN

Fly Away Farm
Good Buddy Farm & Flower*
Patch Farm
Remick Country Doctor Museum and Farm
Terra Firma
Top of the Hill Farm
Tumbledown Farms*
White Gates Farm

CORN

Bly Farm
DeVylder Farm*
Earle Family Farm
Grand View Farm*
Little Field Farm*
Sherman Farm*
Spider Web Gardens
Top of the Hill Farm
Tumbledown Farms*
Wotton Farm*

CUCUMBERS

A New Day Farm
Bly Farm
DeVylder Farm*
Fly Away Farm
Good Buddy Farm & Flower*
Grand View Farm*
Hosac Farm
Mountain Heartbeet Farm*
Mountain Laurel Farm
Patch Farm
Pork Hill Farm*
Sherman Farm*
Spider Web Gardens
The Farm at Thompson House Eatery*
Waxing Moon Gardens*
White Gates Farm
Wotton Farm*

CUT FLOWERS

Abundant Blessings Homestead*
Bly Farm
Fly Away Farm
Full Moon Farm
Good Buddy Farm & Flower*
Grand View Farm*
Highwater Farm
Moonset Farm and Moonset Floral*
Naylen Farm
Pork Hill Farm*
Spider Web Gardens
Terra Firma*
Farm at Thompson House Eatery*
Top of the Hill Farm
White Gates Farm

EGGS

Abundant Blessings Homestead*
Bly Farm
Earle Family Farm
Fly Away Farm
Good Buddy Farm & Flower*
Grand View Farm*
Mountain Laurel Farm
Naylen Farm
Patch Farm
Remick Country Doctor Museum and Farm
Snow Brook Farm
Top of the Hill Farm
Tumbledown Farms*
White Gates Farm
Wotton Farm*

* FARMS WITH
WHOLESALE OPTIONS

FRUIT

Berry Knoll
Bly Farm
Densmore Orchard*
DeVyllder Farm*
Earle Family Farm
Fly Away Farm
Full Moon Farm
Grand View Farm*
Highwater Farm
Hosac Farm
Little Field Farm
Merrybrook Farm
Patch Farm
Top of the Hill Farm

GARLIC

A New Day Farm
Bly Farm
DeVyllder Farm*
Fly Away Farm
Good Buddy Farm & Flower*
Grand View Farm*
Highwater Farm
Mountain Heartbeet Farm*
Patch Farm
Sherman Farm*
Spider Web Gardens
Waxing Moon Gardens*
White Gates Farm
Wotton Farm*

GOAT

Abundant Blessings Homestead*
Naylen Farm

GREENS

A New Day Farm
Abundant Blessings Homestead*
Bly Farm
DeVyllder Farm*
Fly Away Farm
Good Buddy Farm & Flower*
Grand View Farm*
Highwater Farm
Hosac Farm
Little Field Farm
Meadowfall Farm & Forage
Mountain Heartbeet Farm*
Patch Farm
Pork Hill Farm*
The Farm at Thompson House Eatery*
Top of the Hill Farm
Tumbledown Farms*

Waxing Moon Gardens*
White Gates Farm
Wotton Farm*

HONEY

Athena's Bees
Berry Knoll
Bly Farm
DeVyllder Farm*
Fly Away Farm
Grand View Farm*
Little Field Farm
Loon's Point Honey Bees*
Red Gables Farm
Spider Web Gardens
The Farm at Thompson House Eatery
Tumbledown Farms*

LAMB

Abundant Blessings Homestead*
Bly Farm
Earle Family Farm
Moonset Farm and Floral*
Mountain Laurel Farm
Remick Country Doctor Museum and Farm
Snow Brook Farm
Terra Firma*
Top of the Hill Farm

MAPLE SYRUP

Berry Knoll
Bly Farm
DeVyllder Farm*
Earle Family Farm
Fly Away Farm
Good Buddy Farm & Flowers*
Grand View Farm*
Little Field Farm
Mountain Laurel Farm
Naylen Farm
Red Gables Farm
Remick Country Doctor Museum and Farm
Sap Hound Maple Company*
The Farm at Thompson House Eatery*
Top of the Hill Farm
Tumbledown Farms*
Wotton Farm*

MILK

Naylen Farm
Red Gables Farm
Wotton Farm*

MUSHROOMS

DeVyllder Farm*
Fly Away Farm
Meadowfall Farm & Forage
New Hampshire Mushroom Company*
Pork Hill Farm*

ONIONS

A New Day Farm
Bly Farm
DeVyllder Farm*
Fly Away Farm
Good Buddy Farm & Flower*
Grand View Farm*
Hosac Farm
Little Field Farm*
Meadowfall Farm & Forage
Mountain Heartbeet Farm*
Patch Farm
Pork Hill Farm*
Sherman Farm*
The Farm at Thompson House Eatery*
Waxing Moon Gardens*
White Gates Farm
Wotton Farm*

PEPPERS

A New Day Farm
Abundant Blessings Homestead*
Bly Farm
DeVyllder Farm*
Fly Away Farm
Good Buddy Farm & Flower*
Grand View Farm*
Hosac Farm
Little Field Farm*
Mountain Heartbeet Farm*
Patch Farm
Pork Hill Farm*
Sherman Farm*
Snow Brook Farm
Spider Web Gardens
The Farm at Thompson House Eatery*
Waxing Moon Gardens*
White Gates Farm
Wotton Farm*

PICK-YOUR-OWN FARMS

Abundant Blessings Homestead*
Berry Knoll
Densmore Orchard*
DeVyllder Farm*
Earle Family Farm
Good Buddy Farm & Flower*

Hatches' Orchard
Loon's Point Honey Bees*
Merrybrook Farm

PORK

Fly Away Farm
Good Buddy Farm & Flower*
Little Field Farm
Moonset Farm and Floral
Mountain Laurel Farm
Naylen Farm
Patch Farm
Remick Country Doctor Museum & Farm
Top of the Hill Farm
Tumbledown Farms
White Gates Farm
Wotton Farm*

POTATOES

Abundant Blessings Homestead*
Bly Farm
DeVyllder Farm*
Fly Away Farm
Good Buddy Farm & Flower*
Grand View Farm*
Hosac Farm
Little Field Farm*
Meadowfall Farm & Forage
Patch Farm
Pork Hill Farm*
The Farm at Thompson House Eatery*

PUMPKINS

Abundant Blessings Homestead*
Bly Farm
Densmore Orchard*
DeVyllder Farm*
Fly Away Farm
Grand View Farm*
Highwater Farm
Little Field Farm*
Mountain Heartbeet Farm*
Mountain Laurel Farm
Patch Farm
Sherman Farm*
Spider Web Gardens
The Farm at Thompson House Eatery*
White Gates Farm
Wotton Farm*

*** FARMS WITH
WHOLESALE OPTIONS**

ROOT VEGETABLES

A New Day Farm
Bly Farm
DeVyllder Farm*
Earle Family Farm
Fly Away Farm
Good Buddy Farm & Flower*
Grand View Farm*
Highwater Farm
Hosac Farm
Little Field Farm*
Meadowfall Farm & Forage
Mountain Heartbeet Farm*
Patch Farm
Pork Hill Farm*
Spider Web Gardens
The Farm at Thompson House Eatery*
Waxing Moon Gardens*
White Gates Farm
Wotton Farm*

SEEDLINGS

A New Day Farm
DeVyllder Farm
Fly Away Farm
Good Buddy Farm & Flower
MiVida Gardens*
Pork Hill Farm
Wotton Farm

SQUASH

A New Day Farm
Abundant Blessings Homestead*
Bly Farm
Fly Away Farm
Good Buddy Farm & Flower*
Grand View Farm*
Highwater Farm
Hosac Farm
Little Field Farm*
Meadowfall Farm & Forage
Mountain Heartbeet Farm*
Mountain Laurel Farm

Patch Farm
Spider Web Gardens
The Farm at Thompson House Eatery*
Top of the Hill Farm
Waxing Moon Gardens*
White Gates Farm
Wotton Farm*

TOMATOES

A New Day Farm
Abundant Blessings Homestead*
Bly Farm
DeVyllder Farm*
Earle Family Farm
Fly Away Farm
Good Buddy Farm & Flower*
Grand View Farm*
Highwater Farm
Hosac Farm
Little Field Farm*
Mountain Heartbeet Farm*
Mountain Laurel Farm
Patch Farm
Pork Hill Farm*
Sherman Farm*
Spider Web Gardens
The Farm at Thompson House Eatery*
Top of the Hill Farm
Tumbledown Farms*
Waxing Moon Gardens*
White Gates Farm
Wotton Farm*

TURKEY

Behr Farm
Patch Farm
Snow Brook Farm
Wotton Farm*

*** FARMS WITH
WHOLESALE OPTIONS**



EAT & SHOP

RESTAURANTS & EATERIES

CONWAY & NORTH CONWAY

Black Cap Grille
Chef's Bistro
Delaney's Hole In the Wall
Flatbread Company
Frontside Coffee Roasters
Old Village Bakery
Peach's Restaurant
Stonehurst Manor
Sweet Maple Cafe
Table + Tonic
Veno's Specialty Foods & Meat
Vintage Baking Company
White Mountain Hotel

GLEN, BARTLETT & JACKSON

Island Chef
J-Town Deli & Country Store
Madeline's Deli
Red Fox Bar & Grille
The Sunrise Shack
Thompson House Eatery
White Mountain Cider Company
Wildcat Inn and Tavern

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

Krista's Restaurant
Oxford House Inn
Standard Gastropub
The Back Burner

EATON, TAMWORTH, & MADISON

Highland House Bed and Breakfast
Snowvillage Inn
The Other Store

WOLFEBORO & FURTHER SOUTH

La Boca Bakery
Pickering House Inn
Tumbledown Cafe

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

CONWAY & NORTH CONWAY

Frye's Store • International Mountain Equipment
The Local Grocer • Paris Farmers Union • Twombly's Market

FRYEBURG & WESTERN MAINE

Center Lovell Market • Grindstone Wood Fired Bakery
Spice and Grain • Tasteful Things • The Coffee Joint

EATON, TAMWORTH, & MADISON

Farm to Table Market • Madison Community Market
The Other Store • Wonalancet Honey Bee Co

WOLFEBORO & FURTHER SOUTH

EM Heath Supermarket • Harvest Market Grocery
Hunter's Shop and Save • Mackenzie's Farm Stand
Town Farm Country Market • Tumbledown General Store
Wolfboro Community Food Coop



FARMERS' MARKETS

BRIDGTON, ME

The summer market is held in the lot behind Reny's every Saturday 8am–1pm, 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, Saturdays 9am–12pm; location TBD. Contact Bridgtonfarmersmarket.me@gmail.com for more info or find us on Facebook.

LOVELL, ME

Charlotte Hobbs Memorial Library Farmers' Market on Rt.5 in Lovell, Maine. Every Saturday 10am–1pm, June–September, and inside on the second and fourth Saturdays 10am–1pm, November–May. Organic vegetables and fruits, delicious pastries and bread, plants, cut flowers, maple syrup, honey, handmade dolls, jewelry, crafts, wreaths, chicken, pork, grass-fed beef, eggs, and more! We also offer online ordering and porch pickup as a safe place to get pre-ordered goodies. lovell-farmers-market.square.site

TAMWORTH, NH

Every Saturday 9am–1pm, May 16–October 31, at the Unitarian Universalist Fellowship and Thrift Shop parking lot (30 Tamworth Road. Indoor markets November–March (visit tamworthfarmersmarket.org for dates) at the Tamworth Town House, 27 Cleveland Hill Road in the village. Vegetables, fruit, baked goods, raw dairy, maple syrup and honey, plants and flowers, mushrooms, meat, jams and jellies, kombucha, fresh fish, mead, wool and yarn, crafts, and much more. Live music, lunch and iced tea, coffee and chai, shaded tables and chairs. We double SNAP dollars. (603) 323-2392/2368. Like us on Facebook. Email bsfarmerbob@gmail.com or tamworthfarmersmarket@sunnyfield.us.

WAKEFIELD, NH

Wakefield Marketplace: Please join us celebrating our 25th season at the corner of Route 16 and Wakefield Road (153 sign). Agriculture and artisans offering farm-fresh produce and products, baked goods, juried handmade craft items, jewelry and original art. Over 30 vendors. Stop by to see the quality and diversity! Saturdays Memorial Day–Columbus Day 9am–3pm, rain or shine. Call (603) 918-1021 or visit wakefieldmarketplace.org.

WOLFEBORO, NH

Outdoor season is Thursdays 12:30pm–4:30pm, May 21–October 15, in Clark Park on South Main Street. Special Halloween Market location TBD Saturday, Oct 31. Indoor season at Wolfboro First Congregational Church, first and third Saturdays, November–April. 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. SNAP dollars DOUBLED at the market. Rain or shine.

Contact info@wolfboroareafarmersmarket.com. wolfboroareafarmersmarket.com. Facebook & Instagram: [@wolfboroareafarmersmarket](https://www.facebook.com/wolfboroareafarmersmarket)



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 cover 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. CSAs 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 with payment for future food. This might take the form of a traditional share or as credit in a farm store or market.

TRADITIONAL BOX SHARES

A NEW DAY FARM

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

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

FOOTHILL FARM ALLIANCE WINTER CSA

Several of our MWV and western Maine family farms have joined together as a network with the first goal of offering a multi-farm winter CSA. With several successful seasons under its 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 our website.

Sign Up: Visit foothillfarmalliance.com or email Natalie at hosacfarm@gmail.com.

FLY AWAY FARM

For details, contact (207) 446-7352 or flyawayfarmmaine@gmail.com.

HOSAC FARM

MOFGA-Certified Organic Summer CSA. Offering two choices: Full or Summer Share. The Full Share runs for 14 weeks starting in late June, and the Summer Share runs for 8 weeks starting the second week of July. Members can expect to receive a box of seasonally-appropriate produce each week, such as greens, carrots, beets, herbs, tomatoes, peppers, squash and more. Members also have the opportunity to take surplus produce when available. Pickup at the Earle Family Farm in Conway, NH

on Wednesdays 4pm-6pm or at Hosac Farm in Cornish, Maine on Thursdays 4pm-6pm. Full Share: \$450. Summer Share \$265. Payment plans available. Bitcoin discounts.

Sign Up: hosacfarm.com/csa or email hosacfarm@gmail.com or call Natalie (207) 391-3983

LITTLE FIELD FARM

Our CSA pick up is available at our farmstand in Eaton and at 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.

Sign Up: Send us a message on Facebook or call (603) 733-8535. To hold your spot we ask for half at sign up and the remainder on first pick up day.

NEW HAMPSHIRE MUSHROOM COMPANY

From Memorial Day weekend to Labor Day weekend, for 16 weeks, we will provide you with a variety of fresh, local mushrooms. We grow 6 to 7 varieties of specialty mushrooms on a weekly basis, as well as seasonal varieties and wild-harvested species. You will receive a weekly email with recipes, species info and interesting mushroom tidbits. Pickup times and locations: Wednesdays and Saturdays 9am-7pm at the farm at 153 Gardiner Hill Rd., Tamworth, NH. And at our booth at Concord Farmers' Market, Saturdays 8:30am-12pm. Cost: Small Share/2 lbs. \$420. Large Share/3 lbs. \$620.

Sign Up: Email nhmcsales@gmail.com or call (603) 323-0097.

MOUNTAIN HEARTBEET

The CSA that 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.

Pickup location: Mountain Heartbeet Farm in Effingham, NH Tuesday 4pm-7pm or Friday 5pm-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. Subsidized shares available, please email for more information

Sign Up: Head to mountainheartbeet.com/summer-csa-sign-up.html or email mountainheartbeet@gmail.com.

OLD WELLS FARM

We offer a summer-long CSA available for pickup once a week at our farm in Limington or Carter's Green Market in Gorham, ME. We also offer delivery to immunocompromised or disabled folks granted the drive is 30 minutes or less from our farm. The share costs \$450 and runs from June until September. All of our produce is MOFGA-Certified Organic.

Sign Up: oldwellsfarm.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 3pm-6pm at the Farm in Denmark, ME. Cost: Full Share \$475. Half Share \$275.

Sign Up: Visit patchfarm.me/csa, email patchfarm.me@gmail.com or call (207) 939-1493.

PORK HILL FARM

We offer Certified Organic vegetables, herbs, and flowers for pickup over the course of 17 weeks from mid-June until mid-October; and we also offer a Flower Share. CSA Members can purchase the entire season or just a part such as summer. The whole season cost is \$500 and the summer share is \$325. Pickups are on Tuesdays afternoons at 3 locations:

the farm in Ossipee, T. Murray Wellness Center in Conway Village, 3pm-5pm, and The Local Grocer in North Conway, 3pm-5pm. Or by special arrangement on a different day. We also plan on offering 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 AND FARM

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

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

SAP HOUND MAPLE COMPANY

We are offering a CSA in which there are 4 pickups a year, one in each season. You can choose from a pint, quart, half gallon or gallon option. Read more about our CSA online and find the pickup dates for 2020. Contact us now for hands-free pickup, June 6th, September 5th, December 5th. Pickup time for all days is 9am-12pm.

Sign Up: Head to saphoundssyrup.com/collections/maple-csa or email us at corrie@saphoundmaple.com or call us at (802) 558-5385

WAXING MOON GARDENS

Offering the community a naturally-grown vegetable garden share with a weekly newsletter sharing our stories and favorite recipes for a 16-week season, June 18th to October 1st. Our community share members get first choice of our vegetables. Pickup locations are at our gardens in North Sandwich, NH, Thursdays 3pm-6pm or Saturdays at the Tamworth Farmers' Market. Full share \$450 for the season or \$120 monthly. Half share \$250 for the season or \$75 monthly.

Sign Up: Waxingmoongardens@gmail.com Call or text: (603) 547-5494.

CSA MARKET SHARES

DEVYLDER FARM CSA credit can be used at the farm as credit on account. Products available include annuals, perennials, produce, mulch, baked goods, PYO blueberries, PYO apples, apple cider, and other seasonal plants and produce. \$500 for \$550 credit, \$750 for \$825 credit, \$1,000 for \$1,100. CSA checks can be mailed to PO Box 475, Wolfeboro, NH 03894 and receipts will be mailed back to members.

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 any time, 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.)

"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
Mountain Heartbeet
Effingham, NH**



FARMS OF THE GREATER MT. WASHINGTON VALLEY

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.

REMICK COUNTRY DOCTOR MUSEUM & FARM

A NEW DAY FARM

Jennie Blair: (207) 256-2522

397 Tasker Hill Road, Conway, NH

Products available: Seasonal veggies and seedlings.

Where to buy: CSA shares, Conway and North Conway pickup locations.

Growing practices: Non-certified organic, no-till.

Social Media: @anewdayfarmnh

ABUNDANT BLESSINGS HOMESTEAD

Nadia Carpenter: (603) 832-6576

139 Moose Mountain Road, Brookfield, NH

Nadiacarpenter462@yahoo.com

Products available: We carry fresh eggs, cut flowers, and a variety of seasonal herbs and veggies as well as lamb. Once a year we have livestock for sale as well. We occasionally carry handmade soaps and crafts and have wool fleece raw and washed also available for crafters and hand spinners.

Where to buy: Farm Stand and PYO open Monday through Saturday 8am-5pm.

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

ATHENA'S BEES

Athena Contus or Tom Holtey: (603) 733-7736

1805 Route 16, Center Ossipee, NH

athena@athenasbees.com

Products available: We offer products of the hive: raw honey, raw honey infusions, raw buckwheat honey, propolis tincture, beeswax by the ounce, honey glycerine handsoap, beeswrap food wraps, skin balm with propolis and beeswax, wood polish.

Where to buy: Wonalancet Honey Bee, Tamworth Farmers' Markets and at athenasbees.com.

Growing practices: Products are free of contaminants or chemicals commonly used to treat bees for disease and parasites.

Social media: Facebook.com/athenasbeesApiary

BEHR FARM

Karl Behr: (603) 323-8778

35 Main Street, Tamworth, NH

behr705@roadrunner.com

Products available: Fresh, whole turkeys.

Where to buy: Pre-order by phone or email for farm pickup at Thanksgiving.

Growing practices: Pasture raised, non-GMO feed.

BERRY KNOLL

David Sorensen: (603) 447-3994

67 Old Portland Road, Eaton, NH

Products available: We offer berries, maple syrup, honey and 250 varieties of daylilies.

Where to buy: PYO highbush blueberries daily during daylight hours starting August 1.

Growing practices: Low-spray weed control only if needed.

BLY FARM

Vince and Cynthia Blandini: (603) 569-1411

620 Center Street, Wolfeboro, NH

blyfarm@comcast.net

Products available: Fresh fruits and vegetables in season, bedding plants, hanging baskets, strawberries, high bush blueberries, pumpkins, home-baked pies, preserves, jams and jellies, maple syrup, honey, lamb, eggs, and local homemade ice cream. (We support the New Hampshire Dairy Association.)

Where to buy: Farmstand open daily May-October.

DENSMORE ORCHARD

Jeff Densmore: (603) 662-8349

1357 West Side Road, Conway NH

densmoreorchard@gmail.com

Products available: Apples, apple cider, baked goods, cider donuts, jelly, pumpkins.

Where to buy: We have a simple 6-week CSA with two levels for apples, cider, pies. PYO weekends 9am-5pm.

Growing Practices: Low-spray IPM

DEVYLDER FARM

Kurt DeVlyder: (603) 569-4110

563 Pleasant Valley Road, Wolfeboro, NH

kurt@devylderlaw.com

Products available: We offer a huge variety of seasonal fruits and veggies, as well as annuals and perennials, baked goods, preserves, and PYO apples, blueberries, and strawberries.

Where to buy: Farmstand and PYO open daily, 9am-5pm in season. Wholesale deliveries available in the Wolfeboro area, 7 days/week, no minimum order. Email kurt@devylderlaw.com for more information.

EARLE FAMILY FARM

Tom and Ruth Earle: (603) 447-6641
12 Baird Hill Road, Center Conway, NH

Products available: Maple syrup, beef, lamb, eggs, berries, veggies, jams and jellies as available in season.

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, gardens fertilized with biodynamic (farm-made) compost.

FLY AWAY FARM

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

Products available: We have a wide variety of meat, eggs, veggies, seedlings, and wood-fired maple syrup.

Where to buy: Contact for more information about CSA shares or visit our plant stand on the corner of Route 5 and Old Stage Road in Center Lovell, ME: May 18–mid-July, daily 10am–6pm. Lovell Farmers' Market.

Growing practices: Forest-raised pork, grass-fed beef and home-grown chicken. Organically grown with biodynamic and permaculture planting techniques.

Social media: Instagram: flyawayfarmmaine, Facebook: @flyawayfarm

FULL MOON FARM

Kevin & Jen French
250 Waumbeck Road, Wolfeboro, NH
fullmoonfarmnh@gmail.com
fullmoonfarmnh.com

Products available: Cut flowers (including design and event work, bouquets, subscriptions and DIY buckets) and strawberries in late June.

Where to buy: CSA: Please see website for details. Farmstand open June–Oct.

Growing practices: Sustainable, low impact.

Wholesale: Flower deliveries to local restaurants as needed.

GOOD BUDDY FARM & FLOWER

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

Products available: We offer specialty cut flowers, custom arrangements, dried flower wreaths and arrangements, custom floral design for events and weddings, DIY flower buckets, organic herbs, salad mix and seasonal vegetables. Artisanal crafts, dried flower bar, gifts, local meat, eggs and maple syrup are also available at the on-site retail store in our artfully-restored antique barn. Weekly workshops are offered in a vibrant, welcoming, community space and include: dried flower wreath making, flower arranging, crafts for the sustainable home and more.

Where to buy: Farmstand open Mother's Day–Christmas, Thursday–Saturday 9am–5pm, and Sunday 10am–5pm. Products available at: Spice & Grain, The Coffee Joint and Grindstone Woodfire Bakery

Growing practices: Organic growing practices, seeking certification in 2020.

Wholesale: Deliveries available on Thursdays with no fees to Cornish, Fryeburg, and North Conway.

Social media: @goodbuddyfarm_and_flower, Facebook.com/goodbuddyfarm
Event calendar at goodbuddyfarm.com.

GRAND VIEW FARM

Jason Richardson: (207) 299 0483 wholesale
Joan Richardson: (603) 960-2199 farmstand
564 White Mtn. Highway (Next to Leavitt's)

Products available: A wide variety of vegetables, microgreens, berries, jams, cheese, pastured eggs, flowers, herbs, maple syrup, Christmas trees and wreaths.

Where to buy: Farmstand open the end of May through October, Monday–Saturday 9am–6pm, and Thanksgiving through December, 7 days a week, 9am–6pm. Gorham and Tamworth Farmers' Markets.

Growing practices: Not certified, practice organic principles and practices. Non-GMO.

HATCHES' ORCHARD

Elaine Hatch: (603) 447-5687
1440 Brownfield Road, Center Conway, NH

Products available: Apples: McIntosh, Cortland, Empire, limited Northern Spy.

Where to buy: PYO, Sept. 5–Oct. 18 weekends & holidays 10am–4pm. Midweek by appt.

HIGHWATER FARM

Liz & Rachel Freierman: (508) 284-8976
River Street, Bartlett, NH
info@highwaterfarmnh.com
highwaterfarmnh.com

Products available: We sell a large variety of vegetables, as well as raspberries and blackberries. We also make and sell baked goods and other prepared foods made with products from the farm such as pies, cakes, muffins, breads and granola.

Where to buy: Farmstand, farmers' markets, summer and fall. See website for details.

Wholesale: Contact for more info.

Growing practices: Sustainable and mostly organic growing practices.

Social media: Instagram @highwaterfarm

HOSAC FARM

Kyle Peckham: (207) 391-8367
136 Kimball Hill Road, Cornish, ME
hosacfarm.com
hosacfarm@gmail.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 pickup locations, Bridgton Farmers' Market.

Growing practices: MOFGA-Certified Organic.

Social media: Facebook @hosacfarm

LITTLE FIELD FARM

Sarah Davis: (603) 733-8535
Farm Store: 2954 Eaton Rd. Eaton, NH
Retail: International Mountain Equipment
2733 White Mountain Hwy., North Conway, NH
littlefieldnh@gmail.com

Products available: Wide variety of mixed vegetables, cut flowers, select meats, baked goods and local products.

Where to buy: Farmstand in Eaton open weekends June–Oct. and at IME in North Conway Village. Wholesale delivery options. CSA options.

Growing practices: Practice sustainable farming, including IPM.

LOON'S POINT HONEY BEES

Michael E. Smith: (603) 367-8044
55 Little Shore Drive, Madison, NH
thepurplefinch@hotmail.com

Products available: Honey, cream honey and infused honey in all different flavors and sizes.

Where to buy: Farmers' markets in Gorham and Wakefield, farmstand open 9am–5pm, 7 days a week.

Wholesale: Deliveries to farmstands, retail stores and local restaurants. Email or call for details.



MEADOWFALL FARM & FORAGE

Alisha Langerman: (207) 450-1296
180 Shore Acres Road, Parsonsfield, ME
meadowfallfarm.com
contact@meadowfallfarm.com

Products available: A wide variety of farm-grown and wild-foraged vegetables, fruits and mushrooms.

Where to buy: CSA and monthly bulk pickups available. Winter markets TBD.

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

MERRYBROOK FARM

Tim Rich: (410) 984-1771
1932 Chocorua Mountain Hwy, Tamworth, NH
timorich80@gmail.com

Products available: Organic blueberries.

Where to buy: Farmstand and PYO blueberries, July 15–Aug. 15.

Growing practices: All organic, no pesticides or fertilizers.

MIVIDAGARDENS

Sandy Brocaar: (603) 367-8419
274 Savary Road, Madison, NH
farmers@mividagardens.com
mividagardens.com

Products available: Seedlings. Nearly 225 varieties of flowers (45-50), herbs (25-30) and veggies from alliums to super hot peppers and just about everything in between (approximately 145 varieties).

Where to buy: Farmstand on site; please call first. Tamworth Farmers' Market. Seedlings sold at Paris Farmers Union in North Conway.

Growing practices: Certified Organic

MOONSET FARM AND FLORAL

Jackie Gardner:
Farm: (207) 625-7733
Flowers: (207) 329-6888
Meat: (207) 272-2437
756 Spec Pond Road, Porter, ME
moonsetfarms.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.

Where to buy: 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.

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.

Social media: @moonsetfarm, Facebook–Moonset Farm, Moonset Farm Floral

MOUNTAIN FLOWER FARM

Heather Chase & Russ Van Deursen:
(603) 356-6068 x100
1021 Hurricane Mountain Road, Intervale, NH
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.

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. Single- and family-sized summer CSA shares, fall bulk shares for October, Thanksgiving and December. Wolfeboro and Tamworth Farmers' Markets. Wholesale deliveries available.

Retail: Farm to Table Market in W. Ossipee, Wolfeboro Food Coop, The Other Store.

Growing practices: Certified organic vegetables grown with love.

MOUNTAIN LAUREL FARM

Robert Bevard: (603) 986-8480
1 North Wakefield Road, Sanbornville, NH
rbbevard@yahoo.com

Products available: We have a variety of home-grown meats: sausage, bacon, ham steak, lamb, pork chops, pork roast, ham, ribs, chicken, as well as in-season vegetables, eggs and maple syrup.

Where to buy: The farmstand is open weekends 9am–5pm, Memorial Day–Columbus Day.

Growing practices: Pasture-raised.

NAYLEN FARM

Andrea Pelosi: (603) 986-0544
930 West Side Road, North Conway, NH
naylenfarm.com
naylenfarm2@gmail.com

Products available: Grass-fed pork, free-range eggs, goat meat, goat milk, cut flowers and maple syrup.

Where to buy: Self-serve farmstand is open year-round. Wholesale deliveries available. Retail: Veno's Special Foods & Meats in Conway, Farm to Table Market in W. Ossipee, Weston's Farm in Fryeburg.

Growing practices: All animals are pasture-raised. Any supplemental grain is non-GMO. Pastures are organically fertilized.

NEW HAMPSHIRE MUSHROOM COMPANY

Stephanie Dagle: (603) 721-1794
153 Gardner Hill Road, Tamworth, NH
nhmcsales@gmail.com
nhmushrooms.com

Products available: Fresh and dried mushrooms, mushroom powders, mushroom oil, mushroom tea, medicinal mushrooms.

Where to buy: Farmstand is open daily 9am–2pm, Tamworth and Concord Farmers' Markets (year round), Seacoast Eat Local, Exeter/Rollinsford (winter market).

Growing practices: No spray, organic growing methods but not certified.

Social media: @nhmushroomcompany
Facebook: New Hampshire Mushroom Company

PATCH FARM

BrennaMae Thomas-Googins &
Brandon McKenney: (612) 269-3457
570 Main Street, Denmark, ME
patchfarm.me
patchfarm.me@gmail.com

Products available: Vegetables, pasture-raised poultry and eggs, and forest-raised pork.

Where to buy: Year-round farmstand open sunup to sundown, CSA, Bridgton Farmers' Market (winter and summer).

PORK HILL FARM

Paul Swegel & Katie Doyle Smith:
(603) 539-5999
45 Pork Hill Road, Ossipee, NH
porkhillfarm.com
porkhillfarm@gmail.com

Products available: Vegetables, herbs and seedlings.

Where to buy: We offer a CSA with pickups at the farm and in the Conway area. Our Summer CSA runs from June to October. We also participate in the Foothill Farm Alliance Winter CSA from November to January. Visit our website to sign up for our CSAs.

Wholesale: Heath's Supermarket in Center Harbor, Hunter's and Harvest Market Grocery Stores in Wolfeboro, and at The Local Grocer in North Conway.

Growing practices: Certified Organic since 2010
Social media: Facebook & Instagram



RED GABLES FARM

Bob Streeter & Amy Carter, (603) 323-2392
133 Pease Hill Road, Tamworth, NH
bsfarmerbob@gmail.com

Products available: Vegetables, pasture-raised poultry and eggs, and forest-raised pork.

Where to buy: Year-round farmstand open sunup to sundown, CSA, Bridgton Farmers' Market (winter and summer).

Growing practices: We are uncertified organic. Dairy is strictly 100% grass-fed. Cows are A2A2 and our milk is raw and not homogenized.

REMICK COUNTRY DOCTOR MUSEUM & FARM

Lindsey McAllister: (603) 323-7591
58 Cleveland Hill Road, Tamworth, NH
remickmuseum.org

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

Where to buy: Farm store open year round, Mon.–Sat., 10am–4pm. Meat CSA available June–Aug.

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 Road, Brownfield, ME
saphoundmaple.com
corrie@saphoundmaple.com

Products available: Organic maple syrup, cream, candy and sugar.

Where to buy: Maple CSA available, Bridgton Farmers' Market. Wholesale deliveries available. Deliver on demand for businesses in the area.

Growing practices: Certified Organic and Kosher.

Social media: Facebook.com/saphound. Instagram: @saphoundmaple. Pinterest.com/saphoundmaplecompany

SHERMAN FARM

Michele Dutton: (603) 939-2412
2679 East Conway Road, Center Conway, NH
shermanfarmnh.com

Products available: In-season veggies, prepared foods, milk in glass bottles, farm-raised beef and pork, chicken from Vermont, local products and handmade gifts. Corn maze Sept.–Oct. Ice cream on-site.

Where to buy: Farmstand year-round. CSA farm shares available. Wholesale delivery Mon. and Thurs.

Growing practices: Conventional growers using IPM.

SNOWBROOK FARM

Mark Carbone: (603) 447-8988
27 Everett White Road, Eaton, NH
Fosterearthworks@earthlink.net

Products available: Eggs, lamb, pork, rabbit and turkey.

Where to buy: Open by appointment only.

Growing practices: Non-certified organic.

Social Media: Facebook Snow Brook Farm NH

SPIDER WEB GARDENS

Adam Stockman & Jacinda Montague:
(603) 569-5056
252 Middle Road, Center Tuftonboro, NH
spiderwebgardens.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 Mar. 1–Dec. 24 8am–4pm (til 6pm June–Aug.).

Growing practices: Low-spray/IPM and sustainable practices.

TERRA FIRMA

John Flood & Dane Giallongo: (207) 415-6505
99 Point Road Acton, ME

Products available: Pasture-raised chicken (summer 2020), lamb (fall 2020) and cut flowers.

Where to buy: CSA/ Message on Facebook or call.

Growing practices: Pasture-raised, working towards organic.

Social media: @terrafirma

THE FARM AT THOMPSON HOUSE EATERY

Kate & Jeff Fournier: (603) 383-9341
193 Main Street, Jackson, NH
thethompsonhouseeatery.com
info@thethompsonhouseeatery.com

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

Where to buy: Farmstand July 7–Oct. 11, 2020. Open Tues.–Sat. in July & August. Open Wed.–Sat. September through mid-October, 5pm–8pm.

Growing practices: Non-certified organic practices.

THE FARM BY THE RIVER

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

Products Available: Eggs and pasture-raised lamb. Frozen cuts or whole/half lots. Breeding animals are registered 100% Katahdins and available for purchase as lambs, yearlings, and 2-year-olds. BY APPOINTMENT: Honey, jam, baked goods; some availability through Mountain Heartbeet CSA.

Where to buy: At the farm. PYO raspberries available July. Call ahead for picking times. Honor system.

Growing Practices: No sprays or inorganic fertilizers. Katahdin hair sheep are pasture-raised. IPM only.

TOP OF THE HILL FARM

Alan or Erik 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, seasonal veggies and cut flowers in the summer.

Where to buy: Farmstand open daily 9am–5pm, year-round, Wolfeboro, NH, York, ME, and Seacoast Eat Local Farmers' Markets, Rollinsford and Exeter Markets in the winter. Retail: McKenzie's Farm, Milton and Duane Family Farm in Barnstead and the Wolfeboro Food Coop.

Growing practices: Meats are pasture-raised and free of antibiotics and hormones. We produce all our own hay and baleage. Beef, pork and lamb cuts all USDA inspected

TUMBLEDOWN FARMS

David Guttadauro: (603) 522-8500
295 Wentworth Road, Brookfield, NH 03872
David@tumbledownfarms.com,
tumbledownfarms.com

Products available: We offer beef, chicken, eggs, honey, maple syrup, pork and seasonal veggies.

Where to buy: Farmstand open Memorial Day–Labor Day.

Where to buy: Tumbledown General Store, Tumbledown Café.

Growing practices: Pasture-raised utilizing organic practices.



WAXING MOON GARDENS

Zachary Nordlund: (603) 547-5494
222 Whiteface Intervale Road,
North Sandwich, NH
waxingmoongardens@gmail.com
Waxingmoongardens.com

Products available: A variety of in-season veggies.

Where to buy: Tamworth Farmers' Market and CSA-see website for details.

Growing practices: Sustainability on permanent beds through low tillage, non-GMO, and no synthetic fertilizers or sprays.

Social media: Instagram @WaxingMoonGarden Facebook @WaxingMoonGardens

WHITE GATES FARM

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

Products available: Beef, chicken, pork, veggies, herbs and cut flowers.

Where to buy: Year-round farmstand, 24-hour self-service, Tamworth Farmers' Market, CSA. Flower CSA and meat and vegetable memberships available as well.

Growing practices: Non-certified using all organic practices.

Social media: Facebook and Instagram: White Gates Farm

WOTTON FARM

Joel & Kathy Wotton: (603) 539-8134
30 Circuit Road, Ossipee, NH
wottonfarm@gmail.com
wottonfarm.net

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

Where to buy: Wolfeboro Area Farmers' Market (summer and winter), Farmstand: Open daily year-round 8am-7pm. Local wholesale deliveries available; contact for more info.

Growing practices: Our birds are pasture-raised in chicken tractors to keep them safe from predators. They are fed a non-medicated grain. We organically grow all our vegetables. Organically-grown seasonal vegetables. Pasture-raised chicken, pork, turkey and beef.



A LITTLE HISTORY

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 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 other farms who are not listed. The guide has been used by students in class projects, by community organizers planning "Farm Day" events, by chefs to find local products, and by State Representatives to learn about local businesses in their districts.

Nine 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 CSAs. 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:



Extension

UNH Cooperative Extension
73 Main Street P.O. Box 1480
Conway, NH 03818
(603) 447-3834



President Dave Babson
Water Village Road
Ossipee, NH 03864
(603) 569-4031



Upper Saco Valley Land Trust
P.O. Box 2233
Conway, NH 03818
(603) 356-9683



New Hampshire Association
of Conservation Districts
P.O. Box 2311
Concord, NH 03302



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.

MWVEG.com
Facebook.com/MWVEG
[Email MWVEG@gmail.com](mailto:MWVEG@gmail.com)
73 Main Street
P.O. Box 1480
Conway, NH 03818