

# 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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*The University of New Hampshire Cooperative Extension is an equal opportunity educator and employer. UNH, U.S. Dept. of Agriculture, and New Hampshire counties cooperating.*



# 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 So.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

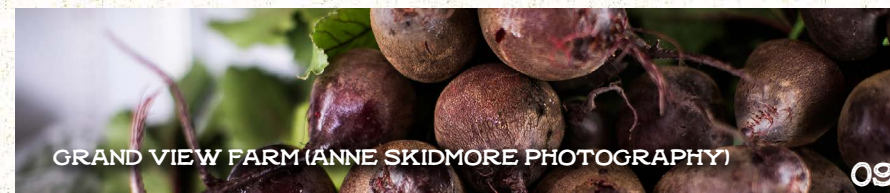
Top of the Hill Farm  
Waxing Moon Gardens  
Weston's Farm  
White Gates Farm  
Wotton Farm

## 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](mailto: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](mailto:mwvfarmersmarket@gmail.com).

Visit us online at [northconwaycommunitycenter.org/farmers-market](http://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](mailto:bsfarmerbob@gmail.com) or [farmersmarkettamworth@gmail.com](mailto: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](mailto:info@wolfeboroareafarmersmarket.com) [wolfeborofarmersmarket.com](http://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](mailto: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://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](https://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](mailto: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](https://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](https://hosacfarm.com/csa) or email [hosacfarm@gmail.com](mailto: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](https://mountainheartbeet.com/organic-vegetable-csa-signup.html) or email [mountainheartbeet@gmail.com](mailto: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](https://patchfarm.me/csa), email [patchfarm.me@gmail.com](mailto: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](https://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](mailto: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](mailto: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](https://waxingmoongardens.com)

### WHITE GATES FARM

**Details:** Flower and Meat CSAs planned for 2021.

**Sign Up:** Email [whitegatesfarm@gmail.com](mailto: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](http://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".

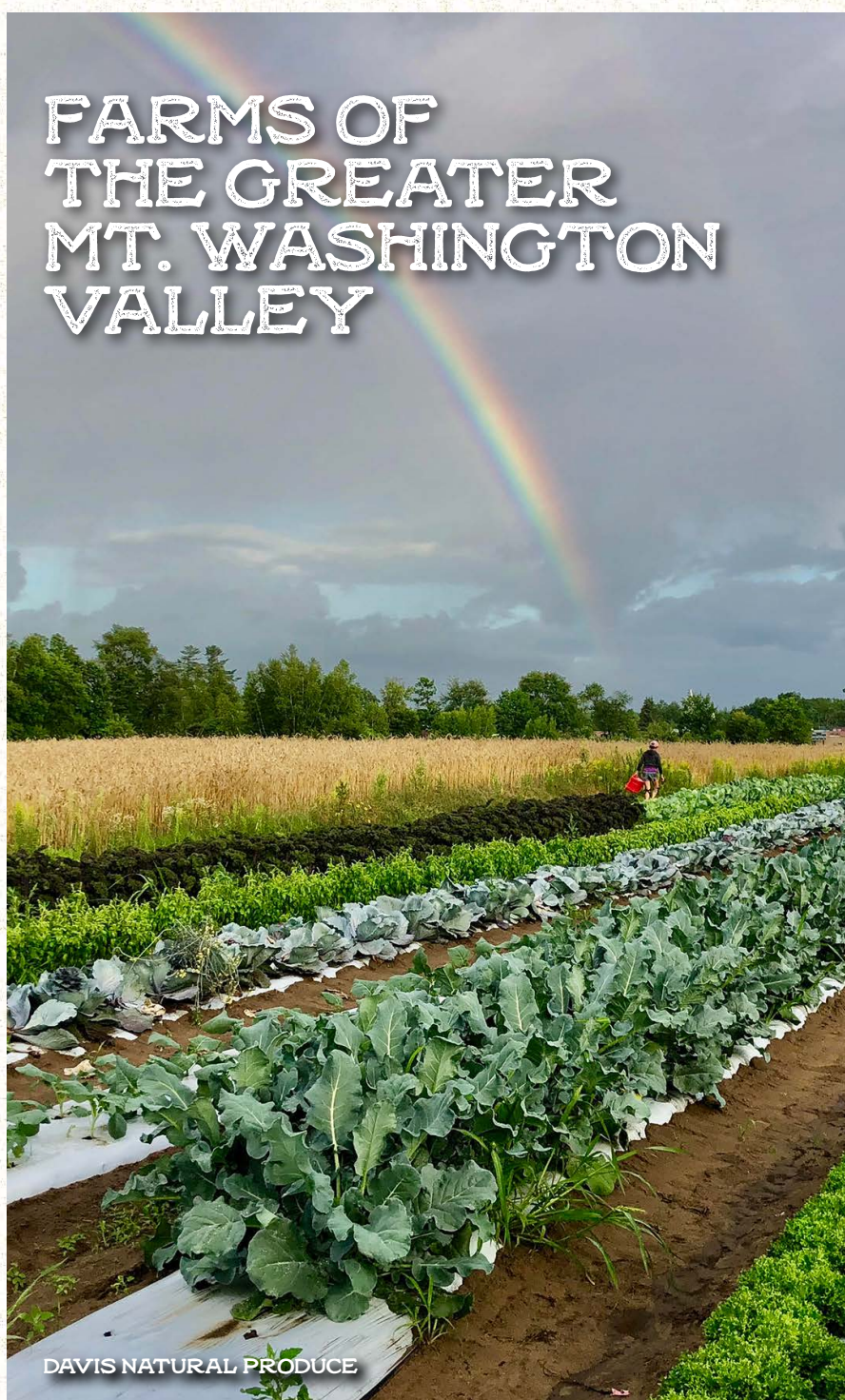
-- Farmer Joanne of Mountain Heartbeet in Effingham, NH



PATCH FARM



# 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@dbalebows.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, dblebows.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

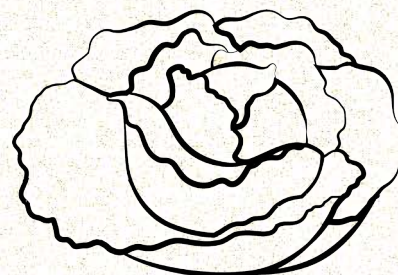
Kimball Packard, 603-323-6169  
1118 Page Hill Road, Chocorua, NH  
thefarmstand@pm.me

**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.

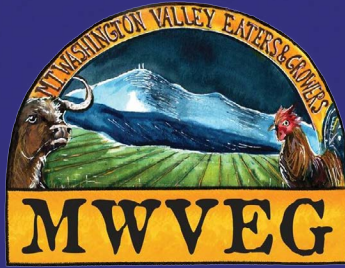
Many small farms choose to grow organically, but do not receive the 3rd party certification, and so they self report as "non-certified organic".

**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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