Your guide to the farms, farmers’ markets, CSAs, and farm stands of Rockingham, Strafford, and York Counties
Thank you to our sponsors, who have generously supported the publication of *Seacoast Harvest*.

**Lead Sponsors**

- [Allagash Brewing Company](www.allagash.com)
- [Café Services, Inc.](www.cafeservices.com)
- [Coppal House Farm](www.nhcornmaze.com)
- [The Healey Agency](Facebook: Healey Agency)
- [Karimah’s Kitchen](www.karimahskitchen.com)
- [New Hampshire Department of Agriculture](www.agriculture.nh.gov)
- [TVC Systems](www.tvcsystems.com)
- [Rockingham & Strafford County Farm Bureau](Rockingham & Strafford County Farm Bureau invite you to support local farmers by joining NH Farm Bureau today! Call 603-224-1934)
Welcome to Seacoast Harvest
Your connection to local food in Rockingham, Strafford, and York Counties

Spring brings many new possibilities, both on our local farms and in the office of Seacoast Eat Local. A winter of indoor markets is coming to a close and the last of the root vegetables are finding their way from cold storage to dinner tables. Suddenly, greenhouses across our region are near bursting with the fluorescent green of new spring growth. Likewise, Seacoast Eat Local staff are back into overdrive after a brief in-between-season rest. A season of SNAP services and mobile market schedules awaits and, of course, Seacoast Harvest is heading to print once again.

This spring seems especially full of new growth and initiatives for Seacoast Eat Local, its staff and its many dedicated volunteers. SNAP acceptance services are poised to make their mark on participating farm stands across the Seacoast this summer (check your local farm stand!) and thanks to a Federal Grant program, we will have record funding for Granite State Market Match, a program which helps subsidize fresh fruits and vegetables for SNAP recipients in our state. Our very own Seacoast Harvest will increase its distribution this year by 33%, ensuring that even more copies will be available in a store, local business or health center near you. Finally, grant funding has allowed us to add to the Seacoast Eat Local family, hiring a part-time, year round staff person to assist with market outreach and promotion.

You may have noticed a theme -- growth, outreach, connection-- all in the name of supporting and promoting local farms and foods. Frankly, it has me thinking about pollination and how each of us can work to help germinate support for local foods and farms.

Promoting local foods does not always mean embarking on bold new adventures. Much more often it means recognizing the opportunities we have to share our passions and knowledge day-to-day, person-to-person. What are the landscapes and activities of your daily life? Can you be an example by using local products to provide potluck items at the PTA meeting, or involve a new friend by suggesting meeting up at the farmers’ market or participating in a workshop or speaker series together? Perhaps the next time you are idly chatting in a store check out line or on the sidelines of soccer practice, you can mention the ways you choose to eat locally and support local agriculture.

These are simple ideas, but their impact is generative. Abundance reinforces itself. When we take simple steps to support local agriculture, it strengthens and grows. More farms have the opportunity to grow more healthful food to reach more of our friends and neighbors. Our communities get larger and more connected at the same time. Our economy grows, but becomes more localized, allowing a small family farm to employ a small family construction company or to hire an aspiring young farmer or mom going back to work. Our living landscapes support our wild, suburban and urban landscapes. There are more places to walk, hike, bike, ride, and play. All of a sudden, we realize that supporting local agriculture has strengthened the health of our environment, economy, culture, and community.

We’re looking forward to what is sure to be another banner year- in the fields and our offices. We hope you’ll join us.

Keep it Local,
Jill

Jillian Hall, Director of Programs, and the entire staff and community of Seacoast Eat Local
Seed Sponsors

John and Diana Carroll
Eileen Herring
Sherri Nixon
Ann and Tom Parziale
Tom and Snookie Patterson
Robin Schweikart and David Farrington
Mary Serwecinski-McCormack
Lenore and Michael Smith
Alnoba
www.alnoba.org
Baer’s Best at Lover’s Brook Farm
www.baersbest.com
Bell and Goose Cheese Co
www.bellandgoose.com
Blueberry Bay Farm
www.blueberrybayfarm.com
Brandmoore Farm
www.brandmoorefarm.com
Brookford Farm
www.brookfordfarm.com
Butternut Farm
www.butternutfarm.net
Clarke Farm
clarkefarmnh.blogspot.com
Diary of a Tomato
www.diaryofatomato.com
East Wind Farm
eastwindfarm.wordpress.com
Farm at Eastman’s Corner
www.eastmanscorner.com
Farmington Conservation Commission
www.farmington.nh.us/conservation-commission
Fat Dog Shellfish Co
www.fatdogshellfish.com
Fat Peach Farm
www.fatpeach.weebly.com
Fox Point Oysters
www.foxpointoysters.com
Great Bay Woolworks at Liberty Hall Farm
www.greatbaywoolworks.com
Hurlburt Toyota
www.hurlburttoyota.com
Kelly Orchards
www.kellyorchards.com
Lee Agricultural Commission
www.leenh.org/pages/leenh_bcomm/agricultural/index
Libby & Son U-Picks
www.libbysonupicks.com
Marco Rubber
www.marcorubber.com
McDougal Orchards, LLC
www.mc dougalorchards.com
Misty Meadows Herbal Center
www.mistymeadows.org
NH Farm Bureau Federation
www.nhfarmbureau.org
NOFA NH
www.nofanh.org
Riverside Farm
www.riversidefarmstand.com
Seacoast Permaculture Group
www.meetup.com/greaterseacoastpermaculture
Spiller Farm
www.spillerfarm.com
Town of Durham
www.ci.durham.nh.us/boc_agricultural
White Gate Farm
www.whitegatefarm.org
Zach’s Farm
www.zachsfarm.com

Why do we give to Seacoast Eat Local?

“We support Seacoast Eat Local because we value their work and believe in supporting local farmers and food artisans. Plus, it’s just good fun!”

~Tim and Marie
Seacoast Eat Local is a registered 501(c)3 nonprofit organization founded in 2006 with the mission to increase access to fresh, local foods. We connect people with sources of locally grown foods and advocate eating locally for the health of our environment, community, culture, and economy. Through advocacy, organizing and education, we work toward a sustainable local food system that meets the needs of both producers and consumers. In dedication to this mission we operate four primary programs: Seacoast Harvest, The Winter Farmers’ Market Series, SNAP/EBT acceptance and incentives services, and SAMM, the Seacoast Area Mobile Market. Learn more about our organization and programs at www.seacoasteatlocal.org

Ways to Give
Seacoast Eat Local is a 501(c)3 nonprofit organization that welcomes tax-deductible charitable donations of all sizes from businesses and individuals alike. Donate securely on our website or by mailing a check to 2 Washington St Suite 331, Dover, NH 03820. Donations help our programs stay strong. Businesses looking to sponsor events or programs should contact the Seacoast Eat Local office for our full menu of sponsorship opportunities and benefits.

Ways to Volunteer
With a large variety of programs offered throughout the year, Seacoast Eat Local is always looking for volunteers! Opportunities include helping at markets, gleaning at local farms, and serving as a member of program committees. If you have a passion for local food, we’d love for you to be a part of what we do! To get involved, contact our Program Coordinator, info@seacoasteatlocal.org.
Table of Farms

<table>
<thead>
<tr>
<th>Farm Name</th>
<th>Seacoast Harvest Sponsor</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Andy’s Edible Gardens</td>
<td>Laurie and Wayne Loosigian</td>
<td>No GMO used, no synthetic chemicals used.</td>
</tr>
<tr>
<td>Apple Annie</td>
<td>Charley and Carol Baer</td>
<td>No synthetic chemicals used, GMO used.</td>
</tr>
<tr>
<td>Baer’s Best at Lovers Brook Farm</td>
<td>Nick and Carol Karakoudas</td>
<td>A wide variety of vegetables.</td>
</tr>
<tr>
<td>Bee Thankful Farm</td>
<td>Edie and Forrest Barker</td>
<td>A wide variety of vegetables.</td>
</tr>
<tr>
<td>Berry Best Farm</td>
<td>Andy Siver</td>
<td>A wide variety of vegetables.</td>
</tr>
<tr>
<td>Barker’s Farm</td>
<td>Steve Anderson</td>
<td>A wide variety of vegetables.</td>
</tr>
</tbody>
</table>

Listing Criteria

Seacoast Harvest is a tool to help consumers find sources of local food. The farms listed are located in Rockingham, Strafford, or York Counties and produce edible, agricultural products. All the growers listed in Seacoast Harvest either sell their products directly to consumers, or their products are explicitly identifiable and are available for purchase by consumers in the secondary market.

Information listed in this guide is submitted directly by the farmers and producers on an annual basis. Seacoast Eat Local is not responsible for omissions or errors. Consumers should call ahead when visiting farms to check hours and product availability and to speak with the growers for the most accurate and up to date information.
BLUEBERRY HILL FARM
Anne Lake, Julie & Mike Butterfield
650 Province Rd Strafford, NH
(603) 664-2100
info@blueberryboggfarm.com
www.blueberryboggfarm.com
- Blueberries, blackberries, honey
  + PYO
  + IPM, low spray (fruit)

BLACK KETTLE FARM
Laura Neale
1391 S Waterboro Rd Lyman, ME
blackkettlefarm@gmail.com
www.blackkettlefarm.com
- A wide variety of vegetables including head lettuce, fresh herbs, carrots, sweet potatoes, salad greens, peppers, garlic. Vegetable and herb starters for your own home garden.
  + Summer Farmers’ Markets: Portsmouth, Winter Farmers’ Markets: Rollinsford. Summer CSA.
  + MOFGA Certified Organic

BLUEBERRY BAY FARM
Seacoast Harvest Sponsor
Ron & Lois Laurence
38 Depot Rd Stratham, NH
(603) 580-1612
info@blueberrybayfarm.com
www.blueberrybayfarm.com
- Blueberries, strawberries, raspberries, blackberries, rhubarb, peaches, pears, cherries, apples, grapes, nectarines, melons. Arugula, asparagus, beans, beets, broccoli, Brussels sprouts, cabbage, carrots, celery, cucumber, eggplant, kale, leeks, lettuce, onions, peas, peppers, potatoes, pumpkins, squash, radicchio, radishes, rutabaga, scallions, spinach, Swiss chard, tomatoes, zucchini. Annual and perennial flowers for cutting and starter plants. Berry bushes and plants, fruit trees, vegetable starter plants. Herbs.
  + Farm stand, PYO, area restaurants
  + Chemical-Free (no sprays of any kind, zero insecticides, fungicides or herbicides)

BONDGARDEN FARM
Paul and Helen Goransson
255 Depot Rd Eliot, ME
(207) 703-2949
helen@bondgarden.net
www.bondgarden.net
- Beef, turkeys, eggs. During calving season we have some young beef cows for sale.
  + At farm (call ahead), area retailers
  + No synthetich chemicals used, no GMO used, no antibiotics used, no added hormones, free range, pasture-raised, grassed with grain supplement
  + Great Works Regional Land Trust

BRACKETT’S ORCHARDS
Manley Brackett & Guy Paulin
224 Sokokis Ave Limington, ME
(207) 730-9169
brackettsorchards@gmail.com
www.brackettsorchards.com
- Apples, cider, pumpkins, peaches, blueberries
  + Farm store, PYO, area retailers

BRANDMOORE FARM
Phil & Becky Brand
70 Sligo Rd Rollinsford, NH
(603) 828-2402
brandmoorefarm@gmail.com
www.brandmoorefarm.com
- A variety of vegetables including tomatoes, lettuce, greens, cucumbers, summer squash, eggplant, peppers. Pork, beef, eggs, raw whole milk, yogurt, cream, cheese, seedlings, hay.
  + NHDAFM certified organic, no GMO used, certified organic dairy by NH Department of Agriculture, Markets and Food, no antibiotics used, no added hormones, pasture-raised, 100% grassfed, heritage breeds
  + SNAP accepted at farm stand & CSA
  + Maple syrup

BROOKIDGE BOILERS
Richard & Suzanne Guillemette
154 Martin Rd (Rte 111) Lyman, ME
(207) 490-2957
rachelcécile@gmail.com
- Maple syrup

BROOKVALE PINES FARM
Scott & Brenda Barthelemy
154 Martin Rd Fremont, NH
(603) 679-2415
brenda@brookvalepinesfarm.com
www.brookvalepinesfarm.com
- Beef, chicken, pork, raw cow’s milk, eggs, maple syrup, honey, hay
  + Farm store
  + No synthetic chemicals used, no GMO used, no routine antibiotics used, no added hormones, pasture-raised, 100% grassfed

BERRYBOGG FARM
Anne Lake, Julie & Mike Butterfield
231 Blueberry Hill Farm Rd Acton, ME
(207) 457-1151
upickbhf@gmail.com
www.blueberryhillfarm.us
- High bush blueberries, corn
  + PYO
  + IPM, low spray (fruit)

BRASEN HILL FARM
Eleanor Kane and Theodore Wiegand
71 Warren Rd Barrington, ME
(603) 868-2001
farmers@brasenhillfarm.com
www.brasenhillfarm.com
- Raspberries, cantaloupes, watermelons, husk cherries. A wide variety of vegetables including carrots, beets, tomatoes, heirloom squash, peppers, lettuce, chard, kale, onions, garlic, Brussels sprouts, leeks, sweet potatoes. Beef, lamb, goat, rabbit, chicken, duck, turkey, eggs, herbs, cut flowers.
  + SNAP accepted at farm stand & CSA
  + No synthetic chemicals used, no GMO used, IPM, no routine antibiotics used, no added hormones, pasture-raised, 100% grassfed, Heritage breeds
  + NH LCHIP

EGG FLOAT TEST FOR FRESHNESS
Fill a bowl with cold water. Place a few eggs in it. If they sink to the bottom and lay on their sides, they are very fresh. If they are a few weeks old they will stand on one end of the bottom of the bowl and still good to eat. If they float to the surface, they are no longer fresh and should be disposed of. Floating = Spoiled!
Butternut Farm LLC
Seacoast Harvest Sponsor
Mae & Giff Burnap
195 Meaderboro Rd Farmington, NH
(603) 335-4705
info@butternutfarm.net
www.butternutfarm.net

- Pick Your Own strawberries, raspberries, blueberries, cherries, peaches, nectarines, plums, apples, and pumpkins. Pies, hard cider.
- Hours vary depending on fruit availability, weather, and season. Call our picking info line just before leaving for the farm: 603-335-4705. Strawberry season (7am-3pm), Summer (8am-4pm), Fall (9am-5pm).
- IPM, low spray (fruit)

Candia Vineyards
Bob Dabrowski
702 High St Candia, NH
(603) 867-9751
bob@candiavineyards.com
www.candiavineyards.com

- Grapes, peaches, horseradish, garlic, Wine.
- At farm (call ahead), area retailers, NH state liquor stores
- No GMO used, IPM, low spray (fruit), no antibiotics used, no added hormones, free range

Cannons at Noon Family Sheep Farm
Sara Cannon &
Lana Cannon Dracup
78 Sunset Rd Springvale, ME
cannonsatnoonfarm@gmail.com
www.cannonsatnoonfarm.com

- A wide variety of seasonal vegetables. Lamb, eggs, sheep’s milk cheese and yogurt. Maple syrup, sheep skins, yarn, cut flowers, and herbs.
- MOFGA Certified Organic, no synthetic chemicals used, no GMO used, certified organic meat, certified organic dairy, no antibiotics used, no added hormones, pasture-raised, grassfed with grain supplement
- Maine Farmland Trust, Three Rivers Land Trust

Carde Farm LLC
Stephen J Carder
910 Main St Fremont, NH
(603) 244-2929
carderfarm@gmail.com
www.carderfarm.com

- Blueberries, raspberries. A wide variety of vegetables including beans, summer squashes, tomatoes, cucumbers, carrots, beets and turnips.
- Summer Farmers’ Markets: Fremont. Farm store.
- No GMO used, IPM, low spray (fruit), conventional

CDR Farm
Craig and Deborah Rogers
68 Greenhill Rd Barrington, NH
(603) 842-3182

- Black raspberries, wild blueberries, wild grapes. Lettuces, cucumbers, peppers, tomatoes, broccoli, pea pods, peas, string beans, chives, rhubarb, squash, dried cranberry beans, chicken, duck and turkey. Chicken eggs, duck eggs and turkey eggs, maple syrup, herbs. Baby chicks and pullets.
- Farm store
- Exempt Organic, no synthetic chemicals used, no GMO used, no antibiotics used, no added hormones, free range, grassfed with grain supplement, heritage breeds

Why do we give to Seacoast Eat Local?

“Why do we give to Seacoast Eat Local? We believe that Seacoast Eat Local cultivates community by supporting the people who grow and raise our food and bring our community together at farmers’ markets”

~Has and Leslie
Charmingfare Farm  
John & Carol Hutton  
118 North River Rd Lee, NH  
(603) 659-3572  
coppahouse@comcast.net  
www.nhcornmaze.com  
www.nhsunflower.com  
- Vegetables include asparagus, Asian greens, lettuce, Swiss chard, spinach, garlic, onions, rhubarb, winter squash and pumpkins. Lamb, pork, chicken, eggs, sunflower oil, camelina oil, pumpkin seed oil.  
- Conventional, no routine antibiotics used, no added hormones, free range, pasture-raised, grassfed with grain supplement  
- We deliver, Summer CSA, farm stand.  
- No synthetic chemicals used, no routine antibiotics used, no added hormones, free range, pasture-raised, grassfed with grain supplement  
- NRCS  

Coppal House Farm  
Meaghan & Sherri Page  
Barrington, NH  
(603) 866-3236  
thewildlifeguy@yahoo.com  
www.crackedaneggfarm.com  
- Chicken, lamb, goat, duck eggs, chicken eggs, wool, baby chicks, ducklings, lambs  
- At farm (call ahead), online  
- No synthetic chemicals used, no GMO used, no routine antibiotics used, no added hormones, free range, pasture-raised, grassfed with grain supplement  
- NHDAMF Certified Organic, no synthetic chemicals used, no GMO used, IPM, certified organic meat, certified organic poultry, certified organic eggs, no antibiotics used, no added hormones, free range, pasture-raised. Lamb is 100% grass fed. Poultry is raised on pasture and fed only organic grain.  
- Summer Farmers’ Markets: Dover, Exeter, Portsmouth. Summer CSA, farm stand.  
- Certified Naturally Grown, no synthetic chemicals used, no GMO used, no antibiotics used, no added hormones, pasture-raised, grassfed with grain supplement  
- IPM, low spray (fruit)  

DeMeritt Hill Farm  
Meg Wilson  
20 Orchard Way Lee, NH  
(603) 868-2111  
info@demeritthillfarm.com  
www.determinationfarms.com  
- Apples, peaches, nectarines, blueberries, cider, pumpkins, gourds, other vegetables, maple syrup, honey, cut your own Christmas trees  
- No synthetic chemicals used, no routine antibiotics used, no added hormones, free range, pasture-raised, grassfed with grain supplement  
- NRCS  

Drumlin Farm  
Cheryl Samans  
27 Amesbury Rd Kensington, NH  
(603) 772-2992  
samanscheryl@gmail.com  
- Raspberries, strawberries, blueberries, blackberries, Asian pears, kiwi, peaches, apples, asparagus, rhubarb, an assortment of annual vegetables  
- Farm stand, PYO, at farm stand or by appointment, call first  
- Certified Naturally Grown, no synthetic chemicals used, no GMO used, IPM  

PYO: Pick-your-own  
At PYO farms you can harvest your own fruits and vegetables, often at a cost savings, while enjoying the farm surroundings. These farms are a great way to buy large quantities for preserving, including strawberries for jam, apples for sauce, tomatoes for canning, and more. Always call ahead before heading out to the farm as picking conditions can vary depending on weather and ripeness.
East Wind Farm  
**Seacoast Harvest Sponsor**
Eric and Becky Sideman  
120 Perry Rd Strafford, NH  
(603) 269-6203  
eastwindfarm2009@gmail.com  
www.eastwindfarm.wordpress.com
- Strawberries, tomatoes, lamb, turkey, wool, yarn
- At farm (call ahead), PYO, area retailers: Philbrick's Market in Portsmouth
- MOFGA Certified Organic, no routine antibiotics used, no added hormones, free range, pasture-raised, grassfed with grain supplement

Elf's Garden Center  
Lennie III and Suzanne Foss  
296 Walnut St Rochester, NH  
(603) 332-8324  
melissa@elfsgardencenter.com  
www.elfsgardencenter.com
- Duck and chicken eggs, alpaca fleece
- Summer Farmers' Markets: Rochester. Farm store.

Emery Farm  
**Seacoast Harvest Sponsor**
Brad Towle and Holly Craig  
135 Piscataqua Rd Durham, NH  
(603) 742-8495  
info@emeryfarm.com  
www.emeryfarm.com
- Blueberries, raspberries, peaches. A variety of vegetables including sweet corn, asparagus, tomatoes, cucumbers, peppers, garlic, and squash. Chicken eggs.
- Farm store, PYO blueberries and raspberries in July and early Aug. Open daily 8am-6pm.
- Nature Conservancy and the Society for the Protection of New Hampshire Forests

Estes Blueberry Farm  
Donald & Gwen Estes  
158 Waterman Rd Buxton, ME  
(207) 929-5886  
estesfarm@gmail.com  
www.estesberryfarm.com
- High bush blueberries, pumpkins, honey
- At farm (call ahead), PYO
- No GMO used, IPM, low spray (fruit), conventional

Fat Peach Farm  
**Seacoast Harvest Sponsor**
Jennifer Wilhlim & Micum Davis  
181 Drew Rd Madbury, NH  
(603) 516-5610  
fatpeachfarmers@gmail.com  
www.fatpeach.weebly.com
- Peaches, strawberries. A variety of greens, garlic, and root vegetables. Maple syrup, herbs, cut flowers, seedlings.
- Summer Farmers' Markets: Durham. At farm (call ahead).
- No synthetic chemicals used, IPM

Fenderson Farm  
John & Linda Fenderson  
97 New County Rd Saco, ME  
(207) 468-9315  
fendersonfarm@hotmail.com
- Blueberries, blackberries, cherries. A wide variety of seasonal vegetables, including corn. Christmas trees.
- Summer Farmers’ Markets: Kennebunk. Summer CSA, Farm store, PYO, 9am to 5pm, 7 days/week
- No GMO used, IPM, low spray (fruit)

Finson Farm  
Bill Fletcher  
41 Finson Rd South Berwick, ME  
bill@finsonfarm.com  
www.finsonfarm.com
- Wild blackberries, corn, tomatoes, lettuce, peas, eggplant, sweet and hot peppers, summer and winter squash, potatoes, carrots, cucumbers, green beans
- Summer CSA
- No GMO used, IPM

Firebird Farm  
Brian & Stephanie Fischer  
46 North River Rd Lee, NH  
(603) 659-6180  
firebirdfarm@comcast.net
- Blueberries
- Farm stand, PYO
- Exempt Organic

Flag Hill  
Brian Ferguson  
297 North River Rd Lee NH  
(603) 659-2949  
wine-info@flaghill.com  
www.flaghill.com
- Grapes. A wide variety of vegetables including tomatoes, green peppers, cucumbers, eggplant, rye, corn and barley. Pork and chicken, eggs. Herb garden including rosemary, thyme, oregano, sage, basil and mint.
- Farm store, area retailers: Hannaford, Market Basket, NH Liquor and Wine Outlets
- Pasture-raised
- SELT (Southeast Land Trust)

Flying Goat Farm  
Devon Shepard & Cara Sammons-Shepard, DVM  
Acton ME  
(207) 636-7321  
flyinggoatfarm@gmail.com  
www.flyinggoat.farm
- Pork, chevon (goat meat), goats' milk cheeses and yogurt. No fluid milk sales.
- No routine antibiotics used, no added hormones, pasture-raised, grassfed with grain supplement, heritage breeds

Folsom’s Sugar House  
Brian & Sue Folsom  
130 Candia Rd Chester, NH  
(603) 370-0908  
info@folsomsugarhouse.com  
www.folsomsugarhouse.com
- Maple syrup. Other maple products: maple candies, maple cream, maple sugar, maple bricks, Ledge Top Maple BBQ Sauce, Sunnyside Maple Mustard, Hutchinson’s Maple Caramel Popcorn.
- Summer Farmers’ Markets: Newburyport. Winter Farmers’ Markets: Newburyport. Farm store open weekends during maple season, late Feb - early Apr; weekends from Columbus Day through Christmas; other hours and on demand as posted on our website or Facebook.
Fox Hill Farm
Jean Demetracpulos
42 Old Fields Rd South Berwick, ME
(207) 384-5030
foxhillf@aol.com
■ Lamb
▲ At farm (call ahead), orders can be custom cut or packaged ground lamb (~1 lb. packages) and legs (half or whole)
● Conventional, no routine antibiotics used, no added hormones, pasture-raised, grassfed with grain supplement

Finklepod Farm
Flora Brown & Noah Wentworth
244 Log Cabin Rd Arundel, ME
(207) 289-5805
frinklepodfarm@gmail.com
www.frinklepodfarm.com
■ Raspberries, strawberries, blueberries, melons. A wide variety of vegetables including cucumbers, tomatoes, summer squash, bell peppers, hot peppers, onions, carrots, beets, spinach, salad mix, broccoli, eggplant, winter squash, potatoes, edible flowers, and more. Garden seedlings.
▲ Summer CSA, Winter CSA, Year-round CSA.
SNAP accepted at farm stand
● MOFGA Certified Organic

Frith Farm
Daniel Mays
61 Ash Swamp Rd Scarborough, ME
(207) 730-9077
daniel@frithfarm.net
www.frithfarm.net
■ Over 40 different vegetables, from arugula to zucchini. Chicken, pork, turkeys, chicken eggs. Herbs and flowers.
SNAP accepted for CSA
● MOFGA Certified Organic, no synthetic chemicals used, no GMO used, certified organic poultry, certified organic eggs, no antibiotics used, pasture-raised, Heritage breeds
★ Maine Farmland Trust, Scarborough Land Trust

Garen’s Greens LLC
Garen Heller
South Berwick, ME
(603) 512-6066
info@garensgreens.com
www.garensgreens.com
■ Salad and cooking greens, root vegetables, tomatoes and many others
▲ Winter Farmers’ Markets: Exeter, Rollinsford. At farm (call ahead).
● No synthetic chemicals used, no GMO used

Gem Farms
Donald MacVane
119 Central St Farmington, NH
(603) 781-1233
gemfarms1@hotmail.com
■ A wide variety of vegetables including lettuces, tomatoes, squash, cucumbers, root crops, string beans, radishes, and peppers. Pork (Berkshire), goat, duck, and sheep. Goat milk, duck eggs, goat milk soap, wool.
▲ Summer Farmers’ Markets: Somersworth, Wakefield. Accepts SNAP payment at farm stand; hours 10am to 6pm, Tues – Fri and Sun.
● No GMO used, no routine antibiotics used, no added hormones, free range, pasture-raised, grassfed with grain supplement, heritage breeds

Greenlaw Gardens
Holly and Rick Greenlaw
110 Wilson Rd Kittery, ME
(207) 286-7767
greenlawgardens@gmail.com
■ Beets, broccoli, cabbage, carrots, cucumbers, greens, kale, lettuce, parsnips, peppers, radishes, summer squash, winter squash, tomatoes, herbs
▲ Summer CSA, farm stand. Available through a CSA share, at the farm stand, or at local restaurants.
● No synthetic chemicals used
★ Kittery and Great Works Land Trust

Hammond Farms
Rodney Hammond
Lyman, ME
(207) 985-2550
■ Apple cider, apples, eggs
▲ Farm stand roadside open sunup to sundown.
● Certified Naturally Grown, no synthetic chemicals used, low spray (fruit), conventional, free range

Harris Farm
Clint and Rachel Harris
280 Buzzell Rd Dayton, ME
(207) 710-1540
harrisfarmmaine@gmail.com
www.harrisfarmmaine.com
■ Sweet corn, variety of mixed vegetables, beef, glass bottled milk, eggs, maple syrup
▲ Summer Farmers’ Markets: Saco. Year-round CSA, farm stand.
● 100% grassfed

Hazelton Orchards
Kitt and Cathy Plummer
280 Derry Rd Chester, NH
www.hazeltonorchards.com
■ Peaches, apples, pears. Many vegetables including tomatoes, peppers, summer and winter squashes, and pumpkins. Maple syrup, honey, Christmas trees.
▲ Summer Farmers’ Markets: Derry. Farm stand, PYO.
● IPM, low spray (fruit), conventional
★ Londonderry NH Conservation Commission
A CSA is a partnership between consumers and farmers in which members buy shares of the farm’s harvest and enjoy regular allotments of food throughout the growing season. For farmers, this provides much-needed cash flow for the beginning of the season, as well as a ready market and community of supporters. Shareholders join in the risks of the growing season but reap the benefits of the harvest. Each CSA farm has its own pricing structure and schedule, and there are a wide variety of options in the Seacoast area. Sign-ups for CSA shares often begin in February by directly contacting the farm. CSAs are good choices for people looking for a wide variety of produce and a closer connection to a farm. The Seacoast Harvest website, www.seacoastharvest.org, includes detailed descriptions of each farm’s CSA program.
Inkwell Farm
John Bennett & Jean Calaci
106 Hedding Rd Epping, NH
(603) 734-2117
info@inkwellfarm.com
www.inkwellfarm.com

- Blueberries
  ▲ Farm stand, PYO, check our web site for days and hours. When we’re open, we’re typically open from 8am to 7pm.
  ● NHDAFM Certified Organic, no GMO used, IPM

John’s Blueberries
The Pelletier Family
94 Back River Rd Dover, ME
(603) 742-1802
john.f.pelletier@gmail.com

- Blueberries
  ▲ At farm (call ahead). Delivery to certain areas; call ahead 8am-8pm
  ● Exempt Organic, no synthetic chemicals used, no GMO used

Jus’ Kidden Around Farm
Alan & Debra Markson
Nottingham NH
(603) 942-5286
juskiddenaroundfarm@yahoo.com

- Eggs, honey, maple syrup, jams, jellies and barbecue sauce
  ▲ Farm store, area retailers, online store
  ● No antibiotics used, no added hormones, free range

Kellie Brook Farm
Tim & Kellie Rocha
1024 Portsmouth Ave Greenland, NH
(603) 702-0342
kelliebrookfarm@comcast.net
www.kelliebrookfarm.com

- Pork, chicken, turkey, duck, prepared meals
  ▲ Summer Farmers’ Markets: Exeter, Newburyport, Portsmouth. Winter Farmers’ Markets: Greenland, Exeter, Rollinsford. Year-round CSA. At farm (call ahead), area retailers: Heron Pond Farm’s farm stand, Barker’s Farm’s farm stand, the Farm at Eastman’s Corner.
  ● No routine antibiotics used, no added hormones, free range, pasture-raised, grassfed with grain supplement

Lazy Gardens Farm
Angela & Ron Squires
1093 Meaderboro Rd Farmington, NH
(603) 859-6979
squires@metrocast.net

- Apples, peaches, plums, pears. A wide variety of vegetables including lettuce, cucumbers, garlic, onions, beets, beans, kale, squash, fresh basil. Thanksgiving turkeys, broilers, eggs, maple syrup.
  ▲ Farm stand, garlic available at Butternut Farm, Vicky Farm
  ● Exempt Organic, no GMO used, IPM, low spray (fruit), no antibiotics used, no added hormones, free range

Libby & Son U-Picks
Seacoast Harvest Sponsor
Mike Libby & Aaron Libby
86 Sawyer Mountain Rd Limerick, ME
(207) 793-4749
info@libbysonupicks.com
www.libbysonupicks.com

- Apples, blueberries, peaches, plums and raspberries
  ▲ Farm stand, PYO
  ● No GMO used, IPM

Line Hill Farm
Ken Lance, Ann Richard
213 Middleton Rd New Durham, NH
(603) 859-2277
linehill@tds.net

- Various vegetables including tomatoes, cucumbers, squash, and zucchini. Honey, plants, hay, seedlings.
  ▲ Summer Farmers’ Markets: New Durham, Rochester
  ● No synthetic chemicals used, no GMO used

Little Pond Farm, LLC
Keri Marshall Philip Marshall
47 Depot Rd East Kingston, NH
(603) 642-8471
mlaw@nh.ultranet.com

- Blueberries
  ▲ Farm stand, PYO, sunup to sundown, seven days per week during the season.
  ● No GMO used, no antibiotics used, no added hormones, free range

Living Land Permaculture Homestead
Amy Antonucci & Steve Diamond
info@livinglandpermaculture.com
www.livinglandpermaculture.com

- Chicken eggs, duck eggs, Dominique chicken pullets, Indian Runner ducks, Nigerian Dwarf goats
  ▲ At farm (call ahead)
  ● No synthetic chemicals used, no GMO used, no antibiotics used, no added hormones, pasture-raised, heritage breeds

Jesta Farm
Sue Veilleux
190 Drinkwater Rd Hampton Falls, NH
(603) 772-6963
jestafarm@aol.com

- Pork, chicken, raw goat milk, eggs, compost
  ▲ Winter Farmers’ Markets: Exeter, Rollinsford. At farm (call ahead).
  ● No routine antibiotics used, no added hormones, free range, pasture-raised, grassfed with grain supplement
Maine Herb Farm
Karen Spillane and David Sanborn
South Berwick, ME
(207) 384-0977
maineherbfarm@gmail.com
- Peaches, pears, Asian pears, apples, blueberries. A wide variety of vegetables including mixed leafy greens, spinach, kale, potatoes, garlic, summer vegetables, tomatoes, herbs, Chicken and duck eggs.
- Exempt Organic, no synthetic chemicals used, no antibiotics used, no added hormones, free range, Heritage breeds

Maple Moon Farm, LLC
Frank Ferrucci & Jennifer Schultz
289 Chick Rd Lebanon, ME
(978) 376-3032
maplemoonfarmllc@gmail.com
www.maplemoonfarm.com
- Apples, blueberries, hand-pressed apple cider and apple cider syrup, garlic, heirloom pumpkins, chicken eggs, maple syrup, honey, beeswax candles, hand-turned wood products
- Summer Farmers’ Markets: Kittery, Wells.
- No synthetic chemicals used, low spray (fruit), no antibiotics used, no added hormones, free range

Martha’s Garden
Martha Fenn King
York, ME
(207) 363-7344
marthasgarden207@gmail.com
- Elderberries. A plethora of vegetables that includes leafy greens, roots and herbs, cress, arugula, chard, kale, lettuces, onions, garlic, potatoes, celery. Herbs include lemon balm, oregano, holy basil. Cut flower bouquets for special events.
- No synthetic chemicals used, no GMO used

McDougall Orchards LLC
Seacoast Harvest Sponsor
Ellen & Jack McAdam
201 Hanson Ridge Rd Springvale, ME
(207) 324-5054
mcdorch@gwi.net
www.mcdougallorchards.com
- Apples, peaches, pears, plums, nectarines, fall raspberries, tomatoes, cucumbers, sweet and hot peppers, winter squash, pumpkins
- Summer Farmers’ Markets: Sanford. Summer CSA, PYO, area retailers. The farm is open 9am-5pm, 7 days, starting around the second week in Aug through the end of Oct. Call ahead.
- SNAP accepted at farm stand
- IPM, low spray (fruit)
- Maine’s Future conservation easement monitored by Maine Farmland Trust
- Products

McKenzie’s Farm
Jock, Annie, Brett, and Danielle McKenzie
71 NE Pond Rd Milton, NH
(603) 652-940
mckenziesfarm@gmail.com
www.mckenziesfarm.com
- Berries, apples, peaches, corn, tomatoes, lettuce, beans, kale, Swiss chard, cucumbers, beets, radishes, winter squash, summer squash, pumpkins, peppers, eggplant, maple syrup, honey.
- Summer Farmers’ Markets: Dover, Exeter, Portsmouth, Rochester, Somersworth. Summer CSA. Wholesale office, farm stand open 9am - 6pm daily.
- Summer Farmers’ Markets: Durham, Lee. Summer CSA. At farm (call ahead). Farm stand on Fridays from 3pm - 6pm, late May until mid Oct.
- No synthetic chemicals used, no GMO used, IPM, no routine antibiotics used, no added hormones, free range, pasture-raised, grassfed with grain supplement

Meadow’s Mirth
Josh Jennings
Stratham, NH
(603) 792-5494
josh@meadowsmirth.com
www.meadowsmirth.com
- Mirthful mix, salad greens, carrots
- NHDAMF Certified Organic

Mildred’s Drumlin Farm
Steve Haendler and Deborah Fisher
314 Lee Hook Rd Lee, NH
(603) 292-5949
henly@comcast.net
- Strawberries, blueberries, fall raspberries, elderberries. A wide variety of vegetables, specializing in lettuce, salad mix, and other greens, as well as Chinese broccoli, garlic, and tomatoes. Lamb and goat meat. Christmas trees.
- Summer Farmers’ Markets: Durham, Lee. Summer CSA. At farm (call ahead). Farm stand on Fridays from 3pm - 6pm, late May until mid Oct.
- No synthetic chemicals used, no GMO used, IPM, no routine antibiotics used, no added hormones, free range, pasture-raised, grassfed with grain supplement

Meadow’s Mirth
Josh Jennings
Stratham, NH
(603) 792-5494
josh@meadowsmirth.com
www.meadowsmirth.com
- Mirthful mix, salad greens, carrots
- NHDAMF Certified Organic

Mildred’s Drumlin Farm
Steve Haendler and Deborah Fisher
314 Lee Hook Rd Lee, NH
(603) 292-5949
henly@comcast.net
- Strawberries, blueberries, fall raspberries, elderberries. A wide variety of vegetables, specializing in lettuce, salad mix, and other greens, as well as Chinese broccoli, garlic, and tomatoes. Lamb and goat meat. Christmas trees.
- Summer Farmers’ Markets: Durham, Lee. Summer CSA. At farm (call ahead). Farm stand on Fridays from 3pm - 6pm, late May until mid Oct.
- No synthetic chemicals used, no GMO used, IPM, no routine antibiotics used, no added hormones, free range, pasture-raised, grassfed with grain supplement

Meadow’s Mirth
Josh Jennings
Stratham, NH
(603) 792-5494
josh@meadowsmirth.com
www.meadowsmirth.com
- Mirthful mix, salad greens, carrots
- NHDAMF Certified Organic

Mildred’s Drumlin Farm
Steve Haendler and Deborah Fisher
314 Lee Hook Rd Lee, NH
(603) 292-5949
henly@comcast.net
- Strawberries, blueberries, fall raspberries, elderberries. A wide variety of vegetables, specializing in lettuce, salad mix, and other greens, as well as Chinese broccoli, garlic, and tomatoes. Lamb and goat meat. Christmas trees.
- Summer Farmers’ Markets: Durham, Lee. Summer CSA. At farm (call ahead). Farm stand on Fridays from 3pm - 6pm, late May until mid Oct.
- No synthetic chemicals used, no GMO used, IPM, no routine antibiotics used, no added hormones, free range, pasture-raised, grassfed with grain supplement

Meadow’s Mirth
Josh Jennings
Stratham, NH
(603) 792-5494
josh@meadowsmirth.com
www.meadowsmirth.com
- Mirthful mix, salad greens, carrots
- NHDAMF Certified Organic

Mildred’s Drumlin Farm
Steve Haendler and Deborah Fisher
314 Lee Hook Rd Lee, NH
(603) 292-5949
henly@comcast.net
- Strawberries, blueberries, fall raspberries, elderberries. A wide variety of vegetables, specializing in lettuce, salad mix, and other greens, as well as Chinese broccoli, garlic, and tomatoes. Lamb and goat meat. Christmas trees.
- Summer Farmers’ Markets: Durham, Lee. Summer CSA. At farm (call ahead). Farm stand on Fridays from 3pm - 6pm, late May until mid Oct.
- No synthetic chemicals used, no GMO used, IPM, no routine antibiotics used, no added hormones, free range, pasture-raised, grassfed with grain supplement
Mona Farm
Philip & Gertrud Nugent
124 Sandown Rd Danville, NH
(603) 642-3703
- Chicken, duck, quail and goose eggs
- No synthetic chemicals used, no GMO used, no antibiotics used, no added hormones, free range, pasture-raised, Heritage breeds

New Roots Farm
Renee Cantara
31 Doe Farm Ln Newmarket, NH
(603) 502-3646
newrootsfarmnh@gmail.com
www.newrootsfarm.com
- Tomatoes and many other vegetables including sweet Italian peppers, baby squash and cucumbers, and heirloom garlic. Garden seedlings, herbs, cut flowers.
- NHDAMF Certified Organic, no synthetic chemicals used, no GMO used
- Town of Newmarket

Old Family Farm
Peter and Dina Bock
16 Nielson Rd Nottingham, NH
(603) 942-8610
dbtrees9@yahoo.com
pmbtrees@comcast.net
- Mulberries, cherries, raspberries, plums, peaches, apples, pears, grapes, chestnuts and homemade cider. Asparagus and various other vegetables. Cut flowers and various perennial plants, custom dug.
- At farm (call ahead), fresh harvested at the farm by appointment
- Exempt Organic, IPM. Everything is organically raised with the exception of May spraying of apples and plums against plum curculio.
- Bear Paw Regional Greenways

Old Mountain Farm
Cheryle Moore-Smith and Wyl Smith
Cape Neddick, ME
(207) 351-7032
goatsnob@maine.rr.com
oldmountainfarm.com
- Goat’s milk
- At farm (call ahead), online
- No synthetic chemicals used, no routine antibiotics used, free range, pasture-raised with grain supplement

Old Orchard Farm
Brian & Shawna Godbout
42 Nute Rd Madbury, NH
(603) 841-0656
shawnagodbout@msn.com
www.oldorchardfarm.com
- Lamb, pork, turkey, maple syrup
- At farm (call ahead)
- IPM, no routine antibiotics used, no added hormones, pasture-raised, grassed with grain supplement
- LCHIP Conservation easement held by the Town of Madison

Oliver Merrill & Sons LLC
Kenneth & Robert Merrill
569 Mammoth Rd Londonderry, NH
(603) 622-6636
merrillfarmnh@gmail.com
- Apples, peaches, pears, raspberries. Vegetables, mainly potatoes, squash.
- Farm stand, PYO, area retailers. Farm stand open August thru October. PYO apples September and October weekends only.
- IPM, low spray (fruit), conventional
- Rockingham County Conservation District

Omniflora Farm
Jess Romano
22 Stevenson Rd Kittery, ME
(207) 703-2982
jess@omniflorafarm.com
www.omniflorafarm.com
- Garlic and asparagus. A large variety of specialty cut flowers in season, spring seedlings, edible flowers, herbs, and hand-crafted fall and holiday decor.
- Summer Farmers’ Markets: Exeter, Portsmouth. Summer CSA, at farm (call ahead), area retailers. Edible flowers are sold to specialty shops and restaurants.
- No synthetic chemicals used, no GMO used

Orange Circle Farm
Jeff Benton and Erin Ehlers
184 Blackberry Hill Rd Berwick, ME
(207) 752-7855
orangecirclefarm@gmail.com
www.orangecirclefarm.com
- A diverse array of vegetables including carrots, tomatoes, sweet corn, green beans, salad greens, beets, onions.
- Summer Farmers’ Markets: North Berwick. Summer CSA, at farm (call ahead). Our newsletter posts special offerings through the year for items that can be ordered online and picked up at the farm.
- No synthetic chemicals used, no GMO used
- Maine Farmland Trust

Our 4 Ever Farm
The Evans-Brown Family
Barrington, NH
(603) 496-7952
our4everfarm@yahoo.com
- A variety of poultry and caprine products, eggs, herb infused goat cheese, dried herbs and flowers
- Summer Farmers’ Markets: Dover. Winter Farmers’ Markets: Berwick. At farm (call ahead), area retailers.
- No synthetic chemicals used, no routine antibiotics used, no added hormones, free range, pasture-raised, 100% grassfed, Heritage breeds

Our Farm
Laura Young & Aron Gonsalves
377 Hanson Ridge Rd Springvale, ME
(207) 850-1657
ourfarmmaine@gmail.com
- Herbs, seasonal vegetables including cucumbers, summer and winter squash, cabbages, greens, carrots, root crops. Beef, pork, chicken, duck. Cut flowers, starter plants, compost, mulch, baby chicks, Christmas trees and wreaths, baked goods.
- No synthetic chemicals used, no GMO used, no antibiotics used, no added hormones, free range, pasture-raised, 100% grassfed

Parsell Farm
Randy Parsell
589 Pickering Rd Rochester, NH
(603) 332-6669
- Strawberries, beans, beets, broccoli, cabbage, carrots, cauliflower, sweet corn, popcorn, cucumbers, garlic, kale, kohlrabi, leeks, lettuce, melons, onions, peas, peppers, potatoes, pumpkins, radish, spinach, squash, Swiss chard, tomatoes, maple syrup, horse hay
- Farm stand open 7days from mid-June to Oct 31, 9:30am to 5:30pm
- No GMO used, IPM, conventional

Peters’ Farm
John Peters, Michael Peters
2 Cross St Salem, NH
petersfarmnh@gmail.com
www.petersfarmnh.com
- Strawberries. A wide variety of vegetables including corn, tomatoes, squashes, lettuces, parsley, cilantro, mint. Cut flowers: sunflowers and zinnias.
- Farm store
- No GMO used, conventional
Pheasant Ridge Farm
Lucy Tillman
1 Hayes Rd Madbury, NH
(603) 749-0377
- Strawberries. Vegetables including squash, tomatoes, peppers, pumpkins, herbs, cut flowers, bedding plants.
  ▲ Farm stand
  ● No GMO used, IPM, low spray (fruit)

Phil’s Farm
Phil Cuddeback
585 Goodwin Rd Eliot, ME
(610) 574-6357
philcuddeback@gmail.com
www.philsfarmcsa.com
- Vegetables including mesclun mix, arugula, spinach, kale, bok choy, radish, carrots, beets, turnips, heirloom tomatoes, cherry tomatoes, cucumbers, sweet peppers, hot peppers, onions, scallions, leeks, shallots, basil, cilantro, parsley, dill
▲ Summer CSA, at farm (call ahead)
● No synthetic chemicals used, no GMO used, IPM

Pinewoods Yankee Farm
Tina Fottler Sawtelle & Erick Sawtelle
93 North River Rd Lee, NH
(603) 234-7908
esawtelles@aol.com
localharvest.org/pinewoods-yankee-farm-M5207
- Beef, cut flowers, compost, hay
▲ Summer Farmers’ Markets: Lee. At farm (call ahead), Newberry Farms Market.
● No routine antibiotics used, no added hormones, 100% grassfed, Heritage breeds

Prospect Hill Winery
Richard & Anita Carle
318 Orrills Hill Rd Lebanon, ME
(207) 651-9335
info@prospecthillwines.com
318 Orrills Hill Rd Lebanon, ME
- Grape wine
▲ Farm stand, area retailers. We are open for tastings and tours on Sundays, 1pm-5pm, from May through October, or by appointment. Retail shops include, Perkins & Perkins, Ogunquit, ME, Tully’s, Wells, ME, Downeast Wine Imports, Kennebunk, ME, Maine Beer & Beverage, Portland, ME, Portland Food Co-op, Portland, ME, The Brew Shoppe, Shapleigh, ME.
● Low spray (fruit)

Pumpkin Valley Farm
Keith & Angela Harris
125 Union falls Rd Dayton ME
(207) 929-4088
Pvf.maze@gmail.com
www.pumpkinvalleyfarm.com
- Pumpkins
▲ PYO
▲ IPM

Rare Berry Farm
Mary Lawrence, David Sliman
535 Cape Rd Limington, ME
(207) 637-1073
contact@rareberryfarm.com
www.rareberryfarm.com
- Fruit including blueberries, raspberries, cherries, plums, and lingonberries.
▲ At farm (call ahead), area retailers. Check website for list of retailers.
▲ IPM, low spray (fruit)

River Valley Farm
Rick Alderette
22 High St Hollis, ME
(207) 409-8255
knacknockin@gmail.com
- Garlic and vegetables
▲ At farm (call ahead), wholesale to local markets and restaurants.
● No synthetic chemicals used, no GMO used

Riverside Farm Stand & Greenhouse
Seacoast Harvest Sponsor
Dave and Lorraine Tuttle
323 Elm St North Berwick, ME
(207) 676-2868
farmerdave@riversidefarmstand.com
www.riversidefarmstand.com
- Strawberries, blueberries. A wide variety of vegetables including asparagus, tomatoes, peas, corn, potatoes, leafy greens, zucchini. Maple syrup, honey. Vegetable and flowering plants, potted herbs, cut flowers.
▲ Summer Farmers’ Markets: Portsmouth, York. Winter Farmers’ Markets: Exeter, Rollinsford, York. Summer CSA. Farm stand hours 7 days a week 9am to 6pm.
SNAP accepted at farm stand
● No GMO used, IPM, conventional

Root Seller LLC
Dan, Susan, and Tyler Comte
13 Nielson Rd Nottingham, NH
(603) 942-1297
rootsellerllc@gmail.com
- Mulberries, peas, radishes, onions, potatoes, carrots, dried beans, wheat berries, whole wheat flour, maple syrup
● No synthetic chemicals used, no GMO used
★ Bear Paw Regional Greenways

Sandy Hill Farm
Bill Widi
34 Sandy Hill Ln Eliot, ME
(207) 475-7360
seacoastcsa@gmail.com
www.seacoastcsa.com
- Apples, pears, peaches, raspberries, strawberries, blackberries, beans, watermelon, tomatoes, corn, greens, melons, honey, fresh herbs, cut flowers
▲ Summer Farmers’ Markets: Dover, Exeter, Somersworth, York. Summer CSA. Farm stand open 8am - 8pm daily in season.
● No synthetic chemicals used, no GMO used, IPM

Serenity Gardens
Claire McGrail and David Conley
27 Moulton Rd Hampton, NH
- Dill and bread and butter pickles. A wide variety of vegetables including cherry tomatoes, tomatoes, potatoes, garlic, onions, cucumbers, bell peppers, zucchini, green beans, carrots, handmade crafts, wreaths, hand-painted flower pots, catnip toys, handwoven rugs, other crafts.
▲ Roadside Cart - 27 Moulton Road, Hampton, NH. Farm stand.
● No synthetic chemicals used, no GMO used

Shagbark Farm
John Wakefield and Julia Griewank
39 Bernard Rd Rochester, NH
(603) 332-8580
shagpin@earthlink.net
- Strawberries, raspberries and blueberries. Vegetables including allium, potatoes, tomatoes, squash. Honey, cut flowers, catnip toys, handwoven rugs, other crafts.
● NHDAMF Certified Organic
Short Creek Farm
Jeff Backer & Dave Viola
18 Winding Hill Rd Northwood, NH
info@shortcreeknh.com
www.shortcreeknh.com
■ A variety of heirloom vegetables for preserving and for use in our own products, including cabbages, onions, peppers, and chilies, flint corn. Beef, pork.
● No synthetic chemicals used, no GMO used, no routine antibiotics used, no added hormones, pasture-raised, grassfed with grain supplement, Heritage breeds. Beef are 100% grassfed. Pigs are grassfed and supplemented with non-GMO grain.
★ Society for the Protection of NH Forests

Sirois Family Farm
Norm & Sydney Sirois
229 Little River Rd Lebanon, ME
(207) 432-8042
Siroisfamilyfarm@ymail.com
■ A wide variety of vegetables including corn, green beans, tomatoes, squash and root crops. Pork, chickens, turkey.
▲ Farm store, year-round CSA, at farm (call ahead)
● Exempt Organic, no synthetic chemicals used, no GMO used, no routine antibiotics used, no added hormones, free range, pasture-raised

Smiling Sheep Farm
Hilary and Wes Chapin
123 Hare Rd Milton, NH
(603) 767-8826
www.smilingsheepfarm.com
■ Lamb, wool yarn and sheep skins
▲ Summer Farmers’ Markets: Rochester, Wolfeboro. At farm (call ahead).
● No routine antibiotics used, no added hormones, grassfed with grain supplement, Heritage breeds

Snell Family Farm
John, Ramona and Carolyn Snell
1000 River Rd Buxton, ME
(207) 929-6166
info@snellfamilyfarm.com
www.snellfamilyfarm.com
■ Raspberries, melons, peaches, plums, pears, apples, cider, potatoes, cucumbers, tomatoes, cole crops, sweet potatoes, garlic, herbs, seed garlic. Greenhouse crops including bedding plants, vegetable seedlings, hanging baskets, and perennial plants.
● IPM, conventional

Why do we give to Seacoast Eat Local?

“Seacoast Eat Local is doing great work making locally produced food more accessible to people in southern New Hampshire. As a farmer, it’s hard to find the time needed to constantly market your products, so it’s great to have Seacoast Eat Local making an effort to get the word out all year round.”

~Jeff Backer
Spiller Farm
Seacoast Harvest Sponsor
Anna and Bill Spiller
85 Spiller Farm Ln Wells, ME
(207) 985-2575
spillerfarm@maine.rr.com
www.spillerfarm.com
- Strawberries, rhubarb, raspberries, blueberries, melons, peaches, and apples. A wide variety of vegetables including butter and sugar corn, silver corn, tomatoes, peppers, eggplant and kale.
- Summer Farmers’ Markets: Kennebunk. Summer CSA, farm store, PYO. Our U PICK covers about 20-30 acres. I update spillerfarm.com almost daily during our U PICK season (early June into mid or late October) about berries, vegetables and/or apples available, hours and parking.
SNAP accepted at farm stand
- IPM, low spray (fruit)
- Great Works Regional Land Trust

Squamscott Vineyard & Winery
Bob Elliott, Bill Meserve
Quinn Ct Newfields, NH
(209) 803-8569
blueheronwines1@gmail.com
www.blueheronwines.com
- Grapes for wine production
SNAP accepted at farm stand & CSA
- NHDAMF Certified Organic
- SELT (Southeast Land Trust)
Stucroft Farm
James and Diane Stuart
1811 Foxes Ridge Rd Acton, ME
(207) 651-5353
stucroftfarm@gmail.com

- Peaches, strawberries, and raspberries. Lettuce, spinach, kale, tomatoes, peppers, cucumbers, zucchini, summer squash, green beans, Brussels sprouts, garlic and herbs. Eggs, homemade jams, jellies, marmalade, pickles and relishes.
- Summer Farmers’ Markets: North Berwick. Summer CSA. At farm (call ahead). Area retailers: Keepin It Local Store and Cafe, Shapleigh and Emily’s Pizza.
- No GMO used, IPM, low spray (fruit), no antibiotics used, no added hormones, free range, pasture-raised, Heritage breeds

Sugarmomma’s Maple Farm
Debra Locke
213 Ridge Rd Northwood, NH
(603) 942-7005
info@sugarmommasmaple.com
www.sugarmommasmaple.com

- Pasture raised chicken and turkey. Eggs, maple syrup.
- No synthetic chemicals used, no antibiotics used, no added hormones, free range, pasture-raised

Sunnycrest Farm
Daniel & Kelley Hicks
59 High Range Rd Londonderry, NH
(603) 432-7753
sunnycrestfarm@myfairpoint.net
www.sunnycrestfarmnh.com

- Strawberries, blueberries, summer and fall raspberries, cherries, apples, peaches, plums, pears, grapes, fresh cider. Lettuce, cucumber, tomatoes, summer squash, zucchini, eggplant, green beans, yellow beans, broccoli, winter squash, cut your own flowers.
- PYO, farm stand open every day 9am-6pm. Call Hotline for PYO hours and availability, 603-432-9652.
- Low spray (fruit)

Tabor Homestead
Carl & Joyce Tabor
335 Lebanon Rd North Berwick, ME
(207) 676-5579
tabor.carl@yahoo.com

- Chicken and turkey
- At farm (call ahead), area retailers
- Exempt Organic, no synthetic chemicals used, no GMO used, IPM, no antibiotics used, no added hormones, free range

Talon’s Organic Gardens
Pam & David Talon
19 Janet St Rochester NH
talonsorganicgardens@gmail.com
www.talonsorganicgardens.com

- Raspberries, blueberries, raspberries, strawberries, mulberries. Tomatoes, peas, peppers, string beans, summer squash, eggplant, radish, onions, garlic, lettuce, mixed greens, carrots, cucumbers, arugula, mustard greens, chard, collards, kale, broccoli, spinach, corn. Honey, herbs, dahlias, zinnias
- Farm stand hours are on Facebook and website.
- Exempt Organic, no synthetic chemicals used, no GMO used

Tecce Farm
Chet Tecce Jr.
240 Mast Rd Durham, NH
teccefarm@gmail.com

- Apples and peaches. A wide variety of vegetables including sweet corn, tomatoes, green beans, squash, pumpkins, maple syrup, honey, sunflowers, cut flowers, herbs.
- Farm store open late July through early Nov, 11am-6pm during the week and 10am-6pm weekends
- No GMO used, IPM, low spray (fruit), conventional
- SELT (Southeast Land Trust)

Ten Rod Farm
Matthew and Gretchen Scruton
195 Ten Rod Rd Rochester, NH
(603) 941-4956
tenrodfarm@gmail.com
www.tenrodfarm.com

- A wide variety of vegetables including peppers, tomatoes, pumpkins. Turkeys, chicken, maple syrup, hay, flowers.
- At farm (call ahead)
- No added hormones, free range, Heritage breeds
- SELT (Southeast Land Trust)

Tiny Hill Farm
Larissa Mullen Art Haueussler
38 WIlley Rd Milton Mills, NH
(603) 817-0081
tinylhillfarm@gmail.com
www.tinylhillfarm.com

- Chicken, Thanksgiving turkey, goat milk, goose eggs, bantam chicken eggs. Custom hatching of fertile eggs, juvenile exhibition bantams, registered Nigerian dwarf goats, Nigerian dwarf goat breeding services, goat yoga classes, educational farm tours, farm rentals for weddings and other events.
- Farm stand fridge is open from April-Dec (dawn to dusk), stocked with meat, milk, and eggs. Please call ahead (or text) to check availability, or for live poultry, goat kids, large orders, or during the winter months.
- No synthetic chemicals used, no routine antibiotics used, no added hormones, free range, pasture-raised, grassfed with grain supplement, Heritage breeds

Traip Academy Ranger Farm and Greenhouse
Traip Academy
11 William’s Ave, Kittery, ME
amasury@kitteryschools.com

- Raspberries, blueberries, honeyberries, elderberries. A wide variety of vegetables including tomatoes, snap peas, garlic, salad greens, herbs, cut flower bouquets, fall gourds, ornamental corn, decorative pumpkins.
- Ranger Farmer’s Market, Traip Academy, Kittery, ME, farm stand, Saturdays 9am-1pm
- No synthetic chemicals used, no GMO used

Tributary Farm
Isobel Parke
191 Blake Rd Epping NH
(603) 679-5304
iparke@jjwpr.com

- High bush organic blueberries
- Farm store, area retailers: Stout Oak Farm, The Farm at Eastman Corner
- NHDAMF Certified Organic, no synthetic chemicals used, no GMO used
- SELT (Southeast Land Trust)
Two Farmers Farm
Kelsey Herrington & Dominic Pascarelli
720 US 1 Scarborough ME
(207) 205-9870
kelsey@twofarmersfarm.com
www.twofarmersfarm.com

We offer a wide variety of certified organic produce year-round, from arugula to zucchini, salad and cooking greens, a full selection of root, tuber and other storage crops.

Summer Farmers’ Markets: Kennebunk. Winter Farmers’ Markets: Exeter, Rollinsford. Area retailers, local distribution companies, and at the Portland ME farmers’ markets (summer & winter).

MOFGA Certified Organic, GAP Certified.

Two Toad Farm
Jordan Pike and Mb Stocking
Upper Cross Rd Lebanon, ME
twotoadfarmer@gmail.com
www.twotoadfarm.com

Everything but cilantro. Pork, chicken, turkey, eggs, cow milk and cheese, goats’ milk and cheese. Wild mushrooms, cultivated mushrooms.

Summer Farmers’ Markets: Portsmouth, Rochester, Sanford. Winter Farmers’ Markets: Berwick. Summer CSA. At farm (call ahead), area retailers.

No synthetic chemicals used, no GMO used, no antibiotics used, no added hormones, pasture-raised, grassfed with grain supplement

Three Rivers Land Trust

Union Lake Peach Orchard
Karen Caverly and Ryan Caverly
178 Young Rd Barrington, NH
(603) 664-2196

Peaches, nectarines and apricots

Farm stand is open 11am-4pm daily. Please always call ahead as we may reduce hours to let the fruit ripen: 664-2196.

IPM, low spray (fruit), conventional

Up The Creek Farm
William Goodwin
23 OLD N. Berwick Rd Lyman, ME
(207) 985-6334

Apples, peaches, pears, blueberries, corn, tomatoes, cucumbers, peppers, zucchini, cucumbers, green beans, onions, squash, pumpkins

Farm stand

Low spray (fruit), conventional

Farms

“The SNAP and Market Match Programs are so important to us, especially since my husband was unemployed for 3 months this past year. We would not have been able to pay rent, utilities, etc. if it weren’t for me using this program to stock my freezers and and purchase product for canning.”

~Lisa, SNAP Customer

“The mission of Two Toad Farm is to bring food to the people. Working with SEL makes that goal more attainable.”

~Two Toad Farm
Victory Aquaponics LLC
Ross and Gavin Williams
17 Brewster Rd Londonderry NH
(781) 974-0908
victoryaquaponics@icloud.com
www.victoryaquaponicsnh.com
◆ A wide variety of vegetables including tomatoes, lettuce, Swiss chard, kale, water cress, sorrel. Eggs.
◆ Summer Farmers’ Markets: Derry, Salem. Year-round CSA. Farm store, area retailers.
◆ No synthetic chemicals used, no GMO used, no antibiotics used, no added hormones, free range

Viel Farm
Andy and Jill Viel
71 Roberts Rd Rollinsford, NH
(603) 749-6061
vielfarm@gmail.com
◆ Sweet corn, tomatoes, cucumbers, squash, peppers, cabbage, garlic, basil.
◆ Winter Farmers’ Markets: Rollinsford. Farm store, area retailers; Hannaford Supermarkets.
◆ IPM, conventional

Wake Robin Farm
Seacoast Harvest Sponsor
Robert, Marsha, and Abigail Wiggin
52 Union RD Stratham, NH
(603) 772-5740
abigailwiggin81@gmail.com
www.wakerobinfarm.com
◆ Cantaloupes, strawberries, pears, blueberries, raspberries, currants, gooseberries, arctic kiwi. A wide variety of vegetables including asparagus, arugula, beans, beets, Brussels sprouts, carrots, cucumber, popcorn, celery, cabbage, eggplant, fennel, garlic, kale, lettuce, leeks, mustard greens, onions, sweet and hot peppers, tomatoes, ginger, Jerry Peterson Blue cornmeal, Floriani Red cornmeal. Chicken, pigs, chicken eggs. Fresh cut flowers, vegetable and flower transplants, hanging baskets, fresh and dried herbs, gourd birdhouses.
◆ Summer Farmers’ Markets: Dover, Portsmouth. Winter Farmers’ Markets: Rollinsford, Summer CSA, Winter CSA. Farm stand. Farm stand open year-round, 7am-6pm.
SNAP accepted for CSA
◆ No GMO used, IPM, low spray (fruit), no antibiotics used, no added hormones, free range, pasture-raised
◆ Town of Stratham

White Gate Farm
Seacoast Harvest Sponsor
Susan McGeeough
119 Prescott Rd Epping, NH
(603) 679-5743
svmcgeough@comcast.net
www.whitegatefarm.org
◆ Blueberries, strawberries, raspberries, blackberries, peaches, pears. A wide variety of vegetables, including winter squash, dragon tongue beans. Turkeys for Thanksgiving. Eggs, maple syrup, honey, herbs, flowers, some seedlings.
◆ No synthetic chemicals used, no GMO used, low spray (fruit), no antibiotics used, no added hormones, free range, pasture-raised, grassfed with grain supplement, heritage breeds

Vernon Family Farm
Jeremiah and Nicole Vernon
301 Piscassic Rd Newfields NH
(603) 340-4321
vernonfamilyfarm@gmail.com
www.vernonfamilyfarm.com
◆ Mushrooms (Shiitake and Oyster): fresh, dried, powdered and spice blend. Chicken: rotisserie, broiler, boneless breast, bone-in breast, boneless thigh, bone-in thigh, drumstick, wing, ground, sausage (curry, maple breakfast, chorizo, hot Italian or andouille), bone, neck, feet, gizzard, skin, heart and liver.
◆ Summer Farmers’ Markets: Exeter, Newburyport, Portsmouth. Winter Farmers’ Markets: Newburyport, Exeter, Rollinsford. Year-round CSA. Farm store open daily 9am-6pm, year-round. Our products are also available at regional restaurants on the seacoast of NH, ME and MA and in Manchester, NH, Concord, NH and more.
◆ No synthetic chemicals used, no GMO used, no antibiotics used, no added hormones, pasture-raised. Halal Inspected, USDA Inspected
◆ Town of Newfields, NH Conservation Commission

Viel Farm
Andy and Jill Viel
71 Roberts Rd Rollinsford, NH
(603) 749-6061
vielfarm@gmail.com
◆ Sweet corn, tomatoes, cucumbers, squash, peppers, cabbage, garlic, basil.
◆ Winter Farmers’ Markets: Rollinsford. Farm store, area retailers; Hannaford Supermarkets.
◆ IPM, conventional

Wake Robin Farm
Seacoast Harvest Sponsor
Robert, Marsha, and Abigail Wiggin
52 Union RD Stratham, NH
(603) 772-5740
abigailwiggin81@gmail.com
www.wakerobinfarm.com
◆ Cantaloupes, strawberries, pears, blueberries, raspberries, currants, gooseberries, arctic kiwi. A wide variety of vegetables including asparagus, arugula, beans, beets, Brussels sprouts, carrots, cucumber, popcorn, celery, cabbage, eggplant, fennel, garlic, kale, lettuce, leeks, mustard greens, onions, sweet and hot peppers, tomatoes, ginger, Jerry Peterson Blue cornmeal, Floriani Red cornmeal. Chicken, pigs, chicken eggs. Fresh cut flowers, vegetable and flower transplants, hanging baskets, fresh and dried herbs, gourd birdhouses.
◆ Summer Farmers’ Markets: Dover, Portsmouth. Winter Farmers’ Markets: Rollinsford, Summer CSA, Winter CSA. Farm stand. Farm stand open year-round, 7am-6pm.
SNAP accepted for CSA
◆ No GMO used, IPM, low spray (fruit), no antibiotics used, no added hormones, free range, pasture-raised
◆ Town of Stratham

White Gate Farm
Seacoast Harvest Sponsor
Susan McGeeough
119 Prescott Rd Epping, NH
(603) 679-5743
svmcgeough@comcast.net
www.whitegatefarm.org
◆ Blueberries, strawberries, raspberries, blackberries, peaches, pears. A wide variety of vegetables, including winter squash, dragon tongue beans. Turkeys for Thanksgiving. Eggs, maple syrup, honey, herbs, flowers, some seedlings.
◆ No synthetic chemicals used, no GMO used, low spray (fruit), no antibiotics used, no added hormones, free range, pasture-raised, grassfed with grain supplement, heritage breeds

Vernon Family Farm
Jeremiah and Nicole Vernon
301 Piscassic Rd Newfields NH
(603) 340-4321
vernonfamilyfarm@gmail.com
www.vernonfamilyfarm.com
◆ Mushrooms (Shiitake and Oyster): fresh, dried, powdered and spice blend. Chicken: rotisserie, broiler, boneless breast, bone-in breast, boneless thigh, bone-in thigh, drumstick, wing, ground, sausage (curry, maple breakfast, chorizo, hot Italian or andouille), bone, neck, feet, gizzard, skin, heart and liver.
◆ Summer Farmers’ Markets: Exeter, Newburyport, Portsmouth. Winter Farmers’ Markets: Newburyport, Exeter, Rollinsford. Year-round CSA. Farm store open daily 9am-6pm, year-round. Our products are also available at regional restaurants on the seacoast of NH, ME and MA and in Manchester, NH, Concord, NH and more.
◆ No synthetic chemicals used, no GMO used, no antibiotics used, no added hormones, pasture-raised. Halal Inspected, USDA Inspected
◆ Town of Newfields, NH Conservation Commission

Victory Aquaponics LLC
Ross and Gavin Williams
17 Brewster Rd Londonderry NH
(781) 974-0908
victoryaquaponics@icloud.com
www.victoryaquaponicsnh.com
◆ A wide variety of vegetables including tomatoes, lettuce, Swiss chard, kale, water cress, sorrel. Eggs.
◆ Summer Farmers’ Markets: Derry, Salem. Year-round CSA. Farm store, area retailers.
◆ No synthetic chemicals used, no GMO used, no antibiotics used, no added hormones, free range

Whole Pigs and Half Cows

An economical and efficient way to purchase locally raised meat is by bulk order of a quarter, half, or whole animal. Some farmers refer to these as “freezer orders” or by the amount of the animal you are purchasing. Freezer orders are most common for larger animals, such as pigs, cows, goats, and sheep.

Although your order may be called a half pig, it will not arrive as one big piece! It will be butchered normally or to your specifications, and will come in individually wrapped pieces. A typical beef order will contain various steaks, roasts, short ribs, stew meat and hamburger. A typical pork order will contain ribs, tenderloin, pork chops, roasts, bacon, sausage, ham, and salt pork. Ordering is usually customized so that you may ask to have more or less of particular cuts. Your farmer can guide you through this process; be ready to answer questions about how much ground meat or sausage you will want, or how thick you want steaks cut, for example.

75 pounds of meat will take up 3.5 cubic feet of freezer space. The freezer compartment of a typical home refrigerator is between 4.8 cubic feet and 7.5 cubic feet. A half hog might produce 75 pounds of meat, and a quarter beef might produce 100 pounds. Many people choose to go in with a friend on buying meat in bulk, or invest in small chest freezers to store not only meats but other locally procured foods year-round. Small chest freezers cost around $200.

For more detailed information, download the complete Beef and Pork Whole Animal Buying Guide by Arion Thiboumery and Kristine Jepsen from www.extension.iastate.edu.
### Farms

**Willoughby Farm of Kensington LLC**
Susan and Dale Willoughby  
16 Shaws Hill Rd Kensington, NH  
(603) 772-5538  
willoughbyfarm@myfairpoint.net  
www.willoughbyfarm.com
- Cantaloupe and watermelon. A wide variety of vegetables including corn, celery, potatoes. Cut flowers including lisianthus.
- Summer CSA, farm stand. Some bulk/wholesale to food producers, other farms or restaurants.
- NHDAMF Certified Organic
- SELT (Southeast Land Trust)

**Willow Creek Sugarhouse**
Brad Rice  
137 Willow Rd East Kingston NH  
(603) 347-2027  
bradrice@comcast.net  
www.willowcreeksugarhouse.com
- Vegetables, chickens, eggs, maple syrup, honey
- Farm stand, at the farm, call ahead please.
- No antibiotics used, no added hormones

**Wolf Pine Farm**
Amy Sprague & Tom Harms  
259 Mouse Ln Alfred, ME  
(207) 619-4272  
farm@wolfpinefarm.com  
www.wolfpinefarm.com
- A wide array of mixed vegetables, available only through our Summer and Fall/Winter CSAs, ranging from peas to parsnips, tomatillos to tomatoes to tatsoi, cucumbers to carrots to celeriac, and sweet potatoes to summer squash. Pork and chicken, maple syrup, and herbs. We offer our shareholders many culinary herbs including dill, cilantro, parsley, sage, basil, savory, and fennel.
- Summer CSA, Winter CSA, Year-round CSA.
- SNAP accepted for CSA
- MOFGA Certified Organic, no synthetic chemicals, used, no GMO used, no antibiotics used, no added hormones, free range, pasture raised

**Zach’s Farm**
**Seacoast Harvest Sponsor**  
Abe Zach Zacharias  
7 Colby Turner Rd York, ME  
(207) 337-0618  
farmfresh222@gmail.com  
www.zachscornmaze.com
- Cantaloupe, watermelons, sweet corn, melons, tomatoes, beans, asparagus, root crops, greens, herbs, pumpkins, gourds, summer and winter squash, cucumbers, pickling cucumbers, peppers, Brussels sprouts, broccoli, and cauliflower.
- Summer farmers’ markets: Exeter, Kittery, Portsmouth, York; PYO, area retailers; farm stand, 371 Cider Hill Road open 10am - 6pm daily mid-July through Columbus Day.
- SNAP accepted at farm stand & CSA
- No GMO used, IPM, low spray (fruit), conventional

**Zorvino Vineyards**
Jim & Cheryl Zanello  
226 Main St Sandown NH  
(603) 887-8463  
info@zorvino.com  
www.zorvino.com
- We have over 2,000 American hybrid grapevines and make over 30 different types of wines. We also grow apples, peaches, and pears on our property. We make wine from pumpkins, beets, and tomatoes, and our own Pesto Dipping Sauce from our basil. Locally sourced NH made farm products.
- Farm store, area retailers: NH State Liquor Stores, Hannaford, Market Basket, Shaws, and many other gourmet shops throughout NH. Our winery is open daily from 11am - 5pm.
- No GMO used, low spray (fruit), conventional

---

### Listing Criteria

**Seacoast Harvest** is a tool to help consumers find sources of local food. The farms listed are located in Rockingham, Strafford, or York Counties and produce edible, agricultural products. All the growers listed in Seacoast Harvest either sell their products directly to consumers, or their products are explicitly identifiable and are available for purchase by consumers in the secondary market.

Information listed in this guide is submitted directly by the farmers and producers on an annual basis. Seacoast Eat Local is not responsible for omissions or errors. Consumers should call ahead when visiting farms to check hours and product availability and to speak with the growers for the most accurate and up to date information.
Cedar Point Oyster Farm
Steve and Tess Weglarz
Durham, NH
(603) 502-1914
nhoysters@gmail.com
- Live oysters
- Summer Farmers’ Markets: Durham. At farm (call ahead).

Dover Point Oyster Company
Jamie Heaney and Hannah Dul
356 Emery’s Bridge Rd South
Berwick, ME
(603) 205-9416
doverpointoysterco@gmail.com
www.doverpointoysters.com
- Oysters
- At farm (call ahead)

Fat Dog Shellfish
Seacoast Harvest Sponsor
Jay and Ellie Baker
Great Bay, NH
(978) 979-0450
jbaker@fatdogshellfish.com
www.fatdogshellfish.com
- Oysters
- Area retailers, local restaurants. We sell direct to restaurants and retailers, as well as through our distributor, Taylor Lobster of Kittery, ME.

Fox Point Oysters, LLC
Seacoast Harvest Sponsor
Laura Brown
Dover NH
(217) 714-1195
laura@foxpointoysters.com
www.foxpointoysters.com
- Oysters
- Summer Farmers’ Markets: Dover, Portsmouth. Summer CSA, at farm (call ahead), area retailers, local restaurants.
- The Great Bay Resource Protection Partnership

New Hampshire Community Seafood Cooperative
Newcastle, NH
(603) 767-7209
nhcommunityseafood@gmail.com
www.nhcommunityseafood.com
- Seafood, fresh fish fillets, lobsters, crabs, scallops, oysters, clams, mussels

Rimrack Fish
Padi Anderson
Rye Harbor State Marina, Rye, NH
(603) 343-1500
padi.anderson@gmail.com
www.rimrackfish.com
- Scallops

Virgin Oyster Company
Brian Gennaco
Dover, NH
(781) 367-6294
brian@virginoyster.com
- Oysters
- Summer CSA, at farm (call ahead)

Freezing Local Seafood
Local scallops can be frozen directly on a cookie sheet and then placed in serving size freezer bags. White fish and squid are best frozen in a salt water solution. Place a serving size in a freezer bag, add saltwater solution and lay flat in the freezer.

Cooking locally caught fish
The rule of thumb is to bake fish for 10 minutes for every one inch of fillet thickness, at 400 degrees.
SNAP is the Supplemental Nutrition Assistance Program which is administered by the USDA. You may know this program as ‘food stamps.’ It provides monthly financial assistance to low-income individuals and families for food purchases. SNAP dollars come in the form of a card similar to a debit card, called an EBT card, that can be used for accepted purchases.

When farmers’ markets are able to accept SNAP benefits, both the SNAP consumer and the farmer benefit. For individuals and families receiving SNAP assistance, shopping at farmers’ markets increases their consumption of fresh, high quality fruits and vegetables and also reduces social isolation. Farmers are able to appeal to and accept a completely new revenue stream that was not previously available to them. This new customer base increases revenue and promotes farm-business viability.

Seacoast Eat Local provides SNAP acceptance services at farmers’ markets and farmstands. The number of participating locations grows each year in response to the success of our existing programs. All of our SNAP Programs further our core mission of making local foods accessible to all residents, all year long.

Seacoast Eat Local also manages a SNAP incentive program to help low-income individuals and families stretch their dollars at market. The program is called Granite State Market Match. It is provided with funding and support from a federal program called FINI (Food Insecurity Nutrition Incentives), and the New Hampshire Food Bank. It is a matching program good for the redemption of fruit and vegetables.

If you are interested in supporting this important program with a financial contribution, please donate online or mail a check to Seacoast Eat Local, 2 Washington Mills St., Suite 331, Dover, NH 03820

Granite State Market Match & Maine Harvest Bucks
Double SNAP/EBT dollars for fruits and vegetables!

Step 1: Bring your SNAP/EBT card to the market booth.

Step 2: Redeem SNAP/EBT dollars for tokens plus free fruit and vegetable coupons.

Step 3: Shop for healthy fruits & veggies from local farmers.

Support for this program has been provided by the following funds of the New Hampshire Charitable Foundation: the Thomas W. Haas Fund and the Geoffrey E. Clark and Martha Fuller-Clark Fund; Share Our Strength Seacoast, and a partnership with the NH Food Bank.
Farmers’ Markets of Rockingham, Strafford, & York Counties

The Seacoast is home to 23 summer season and 7 winter farmers’ markets where you can buy fruits and vegetables, meats, seafood, dairy, and more, directly from the farmers who grow the food. There are farmers’ markets every day of the week all summer long!

**Summer Markets**

**Sundays:**
- Kittery, Salem, Newmarket

**Mondays:**
- Durham, Somersworth

**Tuesdays:**
- Rochester

**Wednesdays:**
- Derry, Dover, Limerick, Wells

**Thursdays:**
- Exeter, Raymond, Lee

**Fridays:**
- North Berwick, Northwood

**Saturdays:**
- Farmington, Kennebunk, Newfield, Portsmouth, Saco, Sanford, York

**Eat Local All Year Long**

Winter farmers’ markets provide an important outlet for farmers and connect consumers to a wholesome, locally grown food supply year-round. Purchasing locally grown food directly from area growers helps ensure our farms stay in business—keeping open space and good food growing in the Seacoast.

**visit seacoastharvest.org for driving directions**
Outdoor Summer Markets

Antique Alley Regional Farmers’ Market **SNAP**
Fridays 4pm–6:30pm June 22–Sept 4
442 1st NH Tpke (RT 4), Northwood NH
Will, Market Manager; Linda, Coordinator
aarfm2017@gmail.com

Derry Homegrown Farm & Artisan Market
**Wednesdays 3pm-6pm** June 6–Sept 26
1 West Broadway
Neil Wetherbee, market manager (603)548-3935
info@derryhomegrown.org
www.derryhomegrown.org

Dover Farmers’ Market **SNAP**
**Wednesdays 2:15pm-6pm** June 6–Oct 3
550 Central Ave, Chamber of Commerce parking lot
marketmanager@seacoastgrowers.org
www.seacoastgrowers.org

Durham Farmers’ Market **SNAP**
**Mondays 2:15pm-6pm** June 4–Oct 1
10 Old Piscataqua Rd (Jackson Landing off RT 4)
marketmanager@seacoastgrowers.org
www.seacoastgrowers.org

Exeter Farmers’ Market **SNAP**
**Thursdays 2:15pm-6pm** May 3–Oct 25
Swasey Pkwy, downtown Exeter adjacent to Water St
marketmanager@seacoastgrowers.org
www.seacoastgrowers.org

Farmington Farmers Market
**Saturdays 9am-1pm** May–Oct
Behind the Bank on the church lawn
Marjorie Barron (603) 859-2551

Gateway York Farmers Market
**Saturdays 9am-1pm** May 26–Oct 6
1 Stonewall Ln
carol@yorkme.org  Carol West (207) 363-4422
www.gatewayfarmersmarket.com

Kennebunk Farmers Market
**Saturdays 8am -1pm** May 5–Nov 19
1 Garden St (Garden St Municipal Parking Lot)
Arthur Kelly, info@kennebunkfarmersmarket.org;
www.kennebunkfarmersmarket.org

Kittery Community Market **SNAP**
**Seacoast Harvest Sponsor**
**Sundays 10am-2pm** June 3–Oct 7
10 Shapleigh Rd
Lori Gibson (207) 703-8138
kitterycommunitymarket@gmail.com
kitterycommunitymarket.com

Lamprey/Raymond Farmers Market **SNAP**
**Thursdays 4pm-6:30pm** June 22–Aug 31
Raymond Town Common
Alissa Del Tufo Welch,
raymondfarmersmarket@gmail.com

Lee Farmers’ Market
**Thursdays 3pm-6pm** June 1–Sept 28
Corner of Mast Rd and Recycle Center Rd
Tina esawtelle@aol.com (603) 234-7908

Limerick/Newfield Farmer and Artisan Market
**Saturdays 9am-1pm** May 26–Sept 1
637 Water St, Newfield ME
Jen Bryant hilltopboilers@myfairpoint.net

Newfield/Limerick Farmer and Artisan Market
**Saturdays 9am-1pm** May 26–Sept 1
637 Water St, Newfield ME
Jen Bryant hilltopboilers@myfairpoint.net

North Berwick Farmers Market **SNAP**
**Fridays 3pm-6pm** May 18–Oct 19
21 Main St, North Berwick Town Hall
Arthur Kelly

Markets listed with **SNAP** accept SNAP/EBT. Many of these markets participate in the Granite State Market Match program in New Hampshire or the Maine Harvest Bucks program in Maine. These programs are part of the National Nutrition Incentive Network and provide incentives for SNAP/EBT customers to receive matching coupons to spend on fruits and vegetables at farmers’ markets. See page 26 for more information.
Portsmouth Farmers’ Market

**SNAP**

**Saturdays 8am-1pm** May 5–Nov 3
1 Junkins Ave
marketmanager@seacoastgrowers.org
www.seacoastgrowers.org

Rochester Farmers Market

**SNAP**

**Tuesdays 3pm-6pm** June 12–Sept 25
Rochester Common, South Main St
(603) 817-6030
www.rochesternhfarmersmarket.com

Saco Farmers Market

**SNAP**

**Saturdays 7am–noon** May–Oct
Saco Valley Shopping Center
harrisfarmmaine@gmail.com (207) 710-1540
www.sacofarmersmarket.com

Salem NH Farmers Market

**SNAP**

**Sundays 10am-2pm** year-round
224 N. Broadway
www.salemnhfarmersmarket.org

Sanford Farmers’ Market

**SNAP**

**Saturdays 8:00–noon** May 5–Oct 27, Nov 17
Central Park across from City Hall, 919 Main St
Jack McAdam (207) 459-9438
sanfordfarmersme@gmail.com
www.sanfordfarmersmarket.org

Somersworth Farmers Market

**SNAP**

**Mondays 3pm–6pm** June 4–Sept 24
Goodwin Community Health, 311 Rt 108
Cori Moskal, 603-994-6357
cmoskal@goodwinch.org
www.scphn.org/somersworth-farmers-market

The Newmarket Farmers Market

**Sundays 9am–noon** June 10–Oct 28
The Stone Church, 5 Granite St
Jamie Duggan, jamie@stonechurchrocks.com

Wells Farmers Market

**SNAP**

**Wednesdays 1:30pm–5:00pm** May 23–Oct 17
270 Post Rd (RT 1), Wonder Mountain Fun Park parking lot
Jadeane Gauvin (207) 646-6698
wellsfarmersmarket4@gmail.com
www.wellsfarmersmarket.org

Indoor Winter Markets

Berwick Winter Farmers Market

**SNAP**

**Sundays 10am-1:30pm** Third Sunday of the month Nov–April
Berwick Town Hall, 11 Sullivan St
Sydney Robinson, (207) 651-3303,
berwickwinterfarmersmarket@gmail.com
berwickfarmersmarket.wordpress.com

Rolling Green Nursery’s Winter Farmers Market

**Seacoast Harvest Sponsor**

**Saturdays 10am –2pm** Nov 10, Dec 8, 1st and 3rd Saturdays Jan–Mar
64 Breakfast Hill Rd, Greenland NH
wfmkt.rgn@gmail.com, 603-436-2732
www.rollinggreen nursery.com/markets-and-events/

Saco River Market

**SNAP**

**Saturdays 9am-12:30pm** Nov–May
40 Main St, Biddeford ME
Saco River Market on FB and Instagram
www.sacorivermarketmaine.org

Salem NH Farmers Market

**SNAP**

**Sundays 10am-2pm** year-round
14 Main St (Fisk School)
www.salemnhfarmersmarket.org

Slow Food UNH’s MUB Market

**Thursdays noon–4pm** Nov 15, Dec 6, Feb 7, Feb 21, March 7, March 21, April 4
UNH Campus, at the Memorial Union Building (MUB) in the Granite State Room, 83 Main St, Durham
wildcatlink.unh.edu/organization/slowfoodunh

Seacoast Eat Local Winter Farmers’ Markets

**SNAP**

**Saturdays 10am-2pm** Nov–April, check website for dates
Exeter High School, 1 Blue Hawk Dr, Exeter NH
Shelly Smith, shelly@seacoasteatlocal.org
www.seacoasteatlocal.org

Seacoast Eat Local Winter Farmers’ Markets

**SNAP**

**Saturdays 10am-2pm** Nov–April, check website for dates
Wentworth Greenhouses, 141 Rollins Road, Rollinsford NH
Shelly Smith, shelly@seacoasteatlocal.org
www.seacoasteatlocal.org
Below is a listing of food pantries in the Seacoast that accept donations of fresh food. The option to donate healthy, local food offers an inspiring way to contribute to the important work of food pantries: farmers can donate some of their bumper crop, volunteers can glean from farm fields, and individual gardeners can bring in produce when their gardens are overflowing. Please contact the pantries to arrange donations. Drop-off times and additional pantry information can be found on our website, www.seacoasteatlocal.org.

MAINE

Alfred: York County Shelter Program
5 Swetts Bridge Rd
(207) 324-1137
mike@ycspi.org

Berwick: House of Hope
25 Sawmill Hill Rd
(207) 698-9944

Berwick: Table of Plenty Food Kitchen
Berwick United Methodist Church
37 School St (Rte 9)
(207) 613-5807

Kittery: Footprints Food Pantry
37 Old Post Rd (corner of Rte 103)
(207) 439-4673

Kittery: Table of Plenty Food Kitchen
St. Raphaels Church, 6 Whipple Rd
(207) 613-5807

North Berwick: New Covenant Baptist Church Food Pantry
285 Maple St
Mary Craig (207) 676-4001

South Berwick: South Berwick Community Food Pantry
47 Ross Street
Mona Stankovich (207) 384-3310

York: York Table of Plenty Food Pantry
First Parish Congregational Church, 180 York St
(207) 613-5807

York: York Community Food Pantry
38 Woodbridge Rd,
behind Fazio’s Restaurant
Maureen Morsen (207) 351-1928

NEW HAMPSHIRE

Dover: Community Action Partnership
61 Locust St, Suite 240
www.straffordcap.org
(603) 460-4237

Dover: Dover Food Pantry
1 Silver St
(603) 749-4235

Dover: Seymour Osman
Community Center
40 Hampshire Circle
(603) 749-6692

Durham: Cornucopia Food Pantry
Waymeet Center (United Campus Ministry), 15 Mill Rd
Larry Brickner-Wood (603) 862-1165
larry.brickner-wood@unh.edu

Durham: St. Thomas More Food Pantry
6 Madbury Rd
(603) 868-2666

Exeter: St. Vincent de Paul Society
Food Pantry
53 Lincoln St
(603) 772-9922
svdp@svdpexeter.com

Farmington: Community Action Partnership
527 Main St
www.straffordcap.org
(603) 460-4313

Farmington: Interfaith Food Pantry
First Congregational Church, 400 Main St
Paul LaPierre (603) 755-3588

Fremont: Fremont Food Pantry
Fremont Town Hall
295 Main St
Debbie (603) 895-3825

New Durham: New Durham Food Pantry
5 Main St
(603) 817-0372

Newmarket: Newmarket Community Church Food Pantry
137 Main St
Pam Larson (603) 659-3892
admin@nmktcomchurch.com

Nottingham: Nottingham Food Pantry
Town Municipal Building
139 Stage Rd (Rte 152)
Chilli Tennis, (603) 679-5209

Portsmouth: A Common Table
St. John Episcopal Church
Parish Hall, 101 Chapel St
(603) 436-8283
administrator@stjohnsunh.org

Portsmouth: Emergency Food Pantry
Operation Blessing, Inc.
600-A Lafayette Rd
(603) 430-8561
admin@theOBNH.org

Portsmouth: The Salvation Army Soup Kitchen and Food Pantry
15 Middle St
(603) 436-2606

Portsmouth: Gather (formerly The Seacoast Family Food Pantry)
210 West Road, Ste 3
(603) 436-0641

Raymond: Southern NH Services
55 Prescott Rd
www.snhs.org
(603) 895-2303

Raymond: New Life Food Pantry
Rte 156, 84 Nottingham Rd
Dottie Deslauriers (603) 895-6041

Rochester: Gerry’s Food Pantry
Rochester Community Center
150 Wakefield Street, Ste 5
(603) 330-3468

Salem: Southern NH Services
85 Stiles Rd, Suite 103
www.snhs.org
(603) 893-9172

Seabrook: Southern NH Services
146 Lafayette Rd
www.snhs.org
(603) 474-3507

Seabrook: Seabrook Community Table (Soup Kitchen)
Trinity United Parish House
103 Lafayette Road
Joyce Addison (603) 474-9608

Somersworth: The Community Food Pantry
176 W High Street
(603) 522-3094

NH Gleans

Through a grant from NH Farm to School, Seacoast Eat Local and NOFA NH will be coordinating gleaning projects in the Seacoast region. Through this work we aim to make a critical connection between local farms, gardeners, and other producers, and the many food pantries in our area.

Email shelly@seacoasteatlocal.org to volunteer with our gleaning projects, or to arrange to have us come to your farm to harvest produce you would like to donate. Learn more at nhgleans.org
Have You Met SAMM?

SAMM, the Seacoast Area Mobile Market, the first mobile market program of its kind in New Hampshire, is part of a larger Mobile Market consortium that spans New England, and is generously funded by the Harvard Pilgrim Health Care Foundation’s Healthy Food Fund. SAMM will be hitting the road again starting in June 2018!

The goal of SAMM is to provide access to local foods in communities within our service region that meet one of a number of criteria for having reduced/inconsistent access to fresh, local foods. In addition to these community stops, SAMM also services a small number of employers in our region as an employee benefit program. SAMM is also aimed at supporting local agricultural businesses in our region. By sourcing product as locally to market stops as possible, we hope to incentivize and support small scale agricultural businesses in their growth.

SAMM accepts EBT/SNAP benefits for purchases and also runs incentive programs that are aimed at helping low-income individuals stretch their dollars at markets and purchase more fresh, local and healthy food. SAMM accepts SNAP tokens as well as Granite State Market Match fruit and vegetable coupons that SNAP customers may receive at traditional markets. Rather than receiving matching coupons for purchases, SAMM customers receive a 50% discount on fruits and vegetables.

See SAMM in Summer 2018 at our Community Stop Sites, June 18th – September 28th.

Mondays: 10-10:30 Dover Housing, Central Towers, Henry Law Ave, Dover  
Tuesdays: 11:00-1:00 Exeter Hospital, Alumni Drive, Exeter  
5:00-6:30 Goodwin Library, Main Street, Farmington  
Wednesdays: 9:30-10:00 Senior Housing, Waldron Towers, Green Street, Dover  
11:00-12:00 Strafford County Complex at Riverside Rest Home, County Road, Dover  
2:00-4:00 Rolling Green Nursery, Breakfast Hill Road, Greenland  
Fridays: 10:00-11:30 Core Physicians Park, Holland Way, Exeter  
1:00-3:00 Raymond Shopping Plaza, Freetown Rd, Raymond

To learn more, visit www.seacoasteatlocal.org/samm or follow us on instagram @sammvan
Quick Reference

Apple Cider
Apple Annie
Barker's Farm
Bracket Orchards
Butternut Farm LLC
Demerritt Hill Farm
Hammond Farms
Maple Moon Farm, LLC
Sunnycrest Farm

Wine
Appolo Vineyards
Candia Vineyards
Flag Hill
Prospect Hill Winery
Squamscott Vineyard and Winery
Zorvino Vineyards

Meat
Beef
Bondgarden Farm
Brandmoore Farm
Brasen Hill Farm
Brookvale Pines Farm
Charmingfare Farm
Clarke Farm
Coombs Farm
Country Charm Farm
Diamond B Farm
Hickory Hill Farm
Hurd Farm
Our Farm
Pinewoods Yankee Farm

Chicken
Brasen Hill Farm
Brookvale Pines Farm
CDR Farm
Charmingfare Farm
Coppal House Farm
Cracked an Egg Farm
Diamond B Farm
Flag Hill
Frith Farm
Hurd Farm
Jesta Farm
Kellie Brook Farm
Our Farm
Sirois Family Farm
Spirirwind Farm

Duck
Brasen Hill Farm
CDR Farms
Gem Farms
Kellie Brook Farm
Living Land Permaculture Homestead
Our Farm
Spirirwind Farm

Elk
Velvet Pastures Elk Ranch

Goat
Brasen Hill Farm
Cracked an Egg Farm
Flying Goat Farm
Gem Farms
Mildred's Drumlin Farm
Millcreek Dairy
Old Mountain Farm
Riverslea Farm
White Cedar Farm

Lamb
Brasen Hill Farm
Cannons at Noon Family Sheep Farm
Clarke Farm
Clyde Farm
Coppal House Farm
Cracked an Egg Farm
East Wind Farm
Fox Hill Farm
Mildred's Drumlin Farm
Old Orchard Farm, LLC
Smiling Sheep Farm

Pork
Brandmoore Farm
Charmingfare Farm
Coppal House Farm
Diamond B Farm
Flag Hill
Flying Goat Farm
Frith Farm
Gem Farms
Hurd Farm
Jesta Farm
Kellie Brook Farm
Old Orchard Farm, LLC
Our Farm

Cheese & Yogurt
Brandmoore Farm
Cannons at Noon Family Sheep Farm
Flying Goat Farm
Hickory Nut Farm
Higherground Highland Farm
Jesta Farm
Spirirwind Farm LLC

Turkey
Bondgarden Farm
Brasen Hill Farm
CDR Farm
Charmingfare Farm
Clyde Farm
Coombs Farm
Diamond B Farm
East Wind Farm
Firth Farm
Hurd Farm
Kellie Brook Farm
Lasy Gardens Farm
Old Orchard Farm, LLC
Sirois Family Farm
Sugaroomma's Maple Farm
Tabor Homestead
Ten Rod Farm
Tiny Hill Farm
Two Toad Farm
White Gate Farm

Dairy
Cow's Milk
Brandmoore Farm
Brookvale Pines Farm
Harris Farm
Two Toad Farm

Goat's Milk
Gem Farms
Jesta Farm
Jus' Kidden Around Farm
Old Mountain Farm
Spirirwind Farm LLC
Tiny Hill Farm
Two Toad Farm

Cheese & Yogurt
Brandmoore Farm
Cannons at Noon Family Sheep Farm
Flying Goat Farm
Hickory Nut Farm
Higherground Highland Farm
Jesta Farm
Spirirwind Farm LLC

Duck Eggs
CDR Farm
Cracked an Egg Farm
Diamond B Farm
Gem Farms
Jus' Kidden Around Farm
Living Land Permaculture Homestead
Maine Herb Farm
Spirirwind Farm
**Mushrooms**
- Two Toad Farm
- Vernon Family Farm

**Peaches**
- Apple Annie
- Applecrest Farm Orchards
- Berry Best Farm
- Blueberry Bay Farm
- Brackett Orchards
- Butternut Farm LLC
- Candra Vineyards
- DeMeritt Hill Farm
- Drumlin Farm
- Emery Farm
- Fat Peach Farm
- Hazelnut Orchards
- Lazy Gardens Farm
- Libby & Son U-Picks
- Maine Herb Farm
- McDougal Orchards LLC
- McKenzie's Farm
- Old Family Farm
- Oliver Merrill & Sons
- Sandy Hill Farm
- Snell Family Farm
- Spiller Farm
- Spiritwind Farm
- Stucroft Farm
- Sunnycrest Farm
- Tecce Farm
- Union Lake Peach Orchard
- Up the Creek Farm
- White Gate Farm
- Zorvino Vineyards

**Blueberries**
- Applecrest Farm Orchards
- Bee Thankful Farm
- Berry Best Farm
- Berrybogg Farm
- Brookvale Pines Farm
- Clarke Farm
- Coombs Farm
- DeMeritt Hill Farm
- Estes Blueberry Farm, LLC
- Fruition Farms
- Hazelnut Orchards
- Henny Penny Farm
- Hickory Hill Farm
- Hollister Family Farm
- Jack’s Honey
- Jenness Farm
- Line Hill Farm
- Maple Moon Farm, LLC
- McKenzie’s Farm
- Riverside Farm Stand & Greenhouse
- Sandy Hill Farm
- Shagbark Farm
- Talon’s Organic Gardens
- Tecce Farm
- Traip Academy Ranger Farm and Greenhouse
- White Gate Farm
- Willow Creek sugarhouse

**Maple Syrup**
- Andersons Mini Maples
- Brookridge Boilers
- Brookvale Pines Farm
- Cannons at Noon Family
- Sheep Farm
- CDR Farms
- DeMeritt Hill Farm
- Fat Peach Farm
- Folsom’s Sugar House
- Hazelnut Orchards
- Hilltop Boilers LLC
- Hollister Family Farm, The Jenness Farm
- Lazy Gardens Farm
- Maple Moon Farm, LLC
- McKenzie’s Farm
- Old Orchard Farm, LLC

**Certified Organic Farms**
- Baers Best Beans At Lover’s Brook Farm
- Black Kettle Farm
- Brandmoore Farm
- Cannons at Noon Family
- Sheep Farm
- Clyde Farm
- East Wind Farm
- Finklepod Farm
- Frith Farm
- Inkwell Farm
- Meadow’s Mirth
- New Roots Farm, LLC
- Shagbark Farm
- Stout Oak Farm
- Stucroft Farm
- Two Toad Farm
- Virgin Oyster Company
- Wake Robin Farm
- Willoughby Farm of Kensington
- Wolf Pine Farm

**Summer CSAs**
- Applecrest Farm Orchards
- Barker’s Farm
- Bee Thankful Farm
- Black Kettle Farm
- Brandmoore Farm
- Brasen Hill Farm
- Charmingfare Farm
- Clyde Farm
- Coppal House Farm
- Determination Farm
- Dogrose farm
- Fenderson Farm
- Finklepod Farm
- Firth Farm
- Fruition Farm
- Fox Point Oysters
- Greenlaw Gardens
- Heron Pond Farm
- Hurd Farm
- McDougal Orchards LLC
- McKenzie’s Farm
- Mildred’s Drumlin Farm
- New Roots Farm, LLC
- NH Community Seafood
- Old Family Farm
- Omniflora Farm
- Orange Circle Farm
- Pheasant Ridge Farm
- Riverside Farm Stand & Greenhouse
- Sandy Hill Farm
- Shagbark Farm
- Snell Family Farm
- Stucroft Farm
- Stout Oak Farm
- Wake Robin Farm
- Willoughby Farm of Kensington
- Wolf Pine Farm

**Winter CSAs**
- Coppal House Farm
- Finklepod Farm
- Firth Farm
- Heron Pond Farm
- Hurd Farm
- Nature’s Acres Farm
- NH Community Seafood
- Wake Robin Farm
- Wolf Pine Farm
To provide you with more information about where our food comes from and how it is grown, Seacoast Harvest asks farmers to describe their agricultural practices by selecting from the terms listed below. These terms and their definitions are intended to provide some clarity for both producers and consumers in an area that is often confusing given the growing number of terms used to describe farms and their products, and the lack of legal definitions for many terms.

While our list of agricultural practices is not exhaustive, it includes working definitions for many of the practices commonly used on area farms. Some terms that are open to interpretation (e.g. “sustainable”) are not included. We hope this glossary helps you better understand the practices farmers choose to use on their farms, but this list is just a start. The best way to get more information is to talk to your farmers. They are happy to answer your questions about their practices.

**Fruits & Vegetables**

**Certified Naturally Grown:** The farm is certified by the nonprofit Certified Naturally Grown, an alternative to the USDA’s National Organic Program. The standards and growing requirements are no less strict than the NOP rules.

**Certified Organic:** The farm is “Certified Organic” by a USDA-approved certifying agency, and growing practices meet the standards of the National Organic Program (NOP). Organic farming is based on a system that maintains and replenishes soil fertility and limits the use of toxic and persistent pesticides and fertilizers. Organic meat and poultry must be fed only organically grown feed (without any animal by-products) and cannot be treated with hormones or antibiotics. The NOP standards do not allow the use of genetically modified seeds.

**Conventional:** The farm uses synthetic inputs such as chemical fertilizers, pesticides, and/or herbicides.

**IPM:** Integrated Pest Management: The farm uses a pest management strategy that includes a combination of biological, cultural, and chemical tools to reduce crop damage from insects, diseases, and weeds. Pesticides are used as only one part of the pest management strategy.

**Low Spray (fruit):** The farm uses a reduced synthetic pesticide spray program relative to the region’s conventional spray practices.

**No GMO Used:** The farm does not use any genetically modified organisms, including plant seeds and animal feed.

**No Synthetic Chemicals Used:** The farm does not use any synthetic chemical fertilizers, pesticides, or herbicides.

**Exempt Organic:** The farm’s practices meet the standards of the National Organic Program, but the farm is not required to be certified because annual gross sales are less than $5,000.

**GAP:** Good Agricultural Practices. A voluntary USDA program offered to the fruit and vegetable industry to verify an operation’s efforts to minimize the risk of contamination of fresh fruits, vegetables, and nuts by microbial pathogens.

**Meats & Dairy**

**100% Grassfed:** Animals only eat grasses from start to finish.

**Free Range:** Animals are given daily access to the outdoors but are not raised primarily on pasture.

**Grassfed with Grain Supplement:** Animals are raised on pasture, and a controlled amount of grain is eventually introduced into their diet.

**Heritage Breeds:** The farm raises rare and endangered breeds of livestock to reintroduce genetic diversity and prevent extinction.

**No Added Hormones:** Animals are raised without added growth hormones.

**No Antibiotics Used:** No antibiotics are administered to the animals during their lifetime.

**No Routine Antibiotics Used:** Antibiotics are not given to the animals to prevent disease but may be administered if the animals become ill.

**Pasture-Raised:** Animals are raised outdoors on pasture in a humane, ecologically sustainable manner, rather than in a feedlot or confined facility.
## Seasonal Availability

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Jan</th>
<th>Feb</th>
<th>Mar</th>
<th>Apr</th>
<th>May</th>
<th>Jun</th>
<th>Jul</th>
<th>Aug</th>
<th>Sep</th>
<th>Oct</th>
<th>Nov</th>
<th>Dec</th>
</tr>
</thead>
<tbody>
<tr>
<td>apples</td>
<td></td>
<td></td>
<td></td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>blueberries</td>
<td></td>
<td></td>
<td></td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
</tr>
<tr>
<td>cantaloupes &amp; melons</td>
<td></td>
<td></td>
<td></td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
</tr>
<tr>
<td>peaches</td>
<td></td>
<td></td>
<td></td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
</tr>
<tr>
<td>pears</td>
<td></td>
<td></td>
<td></td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
</tr>
<tr>
<td>raspberries</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
</tr>
<tr>
<td>rhubarb</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
</tr>
<tr>
<td>strawberries</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
</tr>
<tr>
<td>watermelon</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Vegetables</th>
<th>Jan</th>
<th>Feb</th>
<th>Mar</th>
<th>Apr</th>
<th>May</th>
<th>Jun</th>
<th>Jul</th>
<th>Aug</th>
<th>Sep</th>
<th>Oct</th>
<th>Nov</th>
<th>Dec</th>
</tr>
</thead>
<tbody>
<tr>
<td>asparagus</td>
<td></td>
<td></td>
<td></td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
</tr>
<tr>
<td>beans, dry</td>
<td></td>
<td></td>
<td></td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
</tr>
<tr>
<td>beans, green</td>
<td></td>
<td></td>
<td></td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
</tr>
<tr>
<td>beets</td>
<td></td>
<td></td>
<td></td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
</tr>
<tr>
<td>broccoli</td>
<td></td>
<td></td>
<td></td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
</tr>
<tr>
<td>Brussels sprouts</td>
<td></td>
<td></td>
<td></td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
</tr>
<tr>
<td>cabbage</td>
<td></td>
<td></td>
<td></td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
</tr>
<tr>
<td>carrots</td>
<td></td>
<td></td>
<td></td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
</tr>
<tr>
<td>corn</td>
<td></td>
<td></td>
<td></td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
</tr>
<tr>
<td>cucumbers</td>
<td></td>
<td></td>
<td></td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
</tr>
<tr>
<td>eggplant</td>
<td></td>
<td></td>
<td></td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
</tr>
<tr>
<td>fresh herbs</td>
<td></td>
<td></td>
<td></td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
</tr>
<tr>
<td>garlic</td>
<td></td>
<td></td>
<td></td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
</tr>
<tr>
<td>greens</td>
<td></td>
<td></td>
<td></td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
</tr>
<tr>
<td>kale &amp; collards</td>
<td></td>
<td></td>
<td></td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
</tr>
<tr>
<td>leeks</td>
<td></td>
<td></td>
<td></td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
</tr>
<tr>
<td>lettuce</td>
<td></td>
<td></td>
<td></td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
</tr>
<tr>
<td>onions</td>
<td></td>
<td></td>
<td></td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
</tr>
<tr>
<td>parsnips</td>
<td></td>
<td></td>
<td></td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
</tr>
<tr>
<td>peas</td>
<td></td>
<td></td>
<td></td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
</tr>
<tr>
<td>peppers</td>
<td></td>
<td></td>
<td></td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
</tr>
<tr>
<td>potatoes</td>
<td></td>
<td></td>
<td></td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
</tr>
<tr>
<td>pumpkins &amp; winter squash</td>
<td></td>
<td></td>
<td></td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
</tr>
<tr>
<td>radishes</td>
<td></td>
<td></td>
<td></td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
</tr>
<tr>
<td>shallots</td>
<td></td>
<td></td>
<td></td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
</tr>
<tr>
<td>spinach</td>
<td></td>
<td></td>
<td></td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
</tr>
<tr>
<td>summer squash &amp; zucchini</td>
<td></td>
<td></td>
<td></td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
</tr>
<tr>
<td>Swiss chard</td>
<td></td>
<td></td>
<td></td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
</tr>
<tr>
<td>tomatoes</td>
<td></td>
<td></td>
<td></td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
</tr>
<tr>
<td>turnips</td>
<td></td>
<td></td>
<td></td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
<td>■</td>
</tr>
</tbody>
</table>

Available year-round: meat and poultry, eggs, milk, cheese, honey, maple syrup, wine, seafood

- **■ fresh** - storage ▲ greenhouse or extended season

www.seacoastharvest.org
Exeter Hospital and its affiliated organizations – Core Physicians and Rockingham Visiting Nurse Association & Hospice provide healthcare services that are innovative, progressive and focused on quality and the well-being of the communities in the greater New Hampshire Seacoast.