

SEACOAST HARVEST

Local Food Guide, 2021

www.SeacoastEatLocal.org



**Your guide to the farms, farmers'
markets, CSAs, and farm stands of
Rockingham, Strafford, and York Counties**

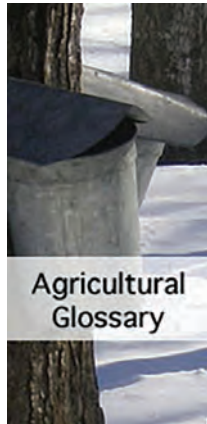
FIND US ONLINE



Farmers'
Markets



Information
About Seafood



Agricultural
Glossary



Harvest
Calendar



Printable
Guide

Learn what is seasonally available with the online Harvest Calendar:

Harvest Calendar

Seasonal Availability for the Seacoast

Seasonal availability subject to weather, consumer demand, and other forces. Be flexible when planning purchases.

If you'd like to download a one-page harvest calendar for fruits and vegetables in the Seacoast region [click here](#).

[Jan](#) | [Feb](#) | [Mar](#) | [Apr](#) | [May](#) | [Jun](#) | [Jul](#) | [Aug](#) | [Sep](#) | [Oct](#) | [Nov](#) | [Dec](#)

September



Apples



Beets



Blueberries



Cabbage



Cantaloupes



Carrots

Go to our website: www.SeacoastHarvest.org

You can scan
this QR Code
with your
mobile device
to go right to
the Seacoast
Harvest website:



@SeacoastHarvest

Follow us on social media to see updates from food
producers, farms, and markets throughout the year

Cover photo by Flag Hill Distillery & Winery



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RiverWoodsExeter.org



RiverWoods
Exeter



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Free Range Chicken Eggs

Fall Squash & Pumpkins

Sunflower Festival

Corn Maze

Horse-Drawn Wagon & Sleigh Rides

info@coppalhousefarm.com

603.659.3572

www.nhcornmaze.com

www.nhsunflower.com

Thank you to our sponsors, who have generously supported the publication of **Seacoast Harvest**.



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Heat Pump Water Heaters,
Battery Storage, Electric Car Charging

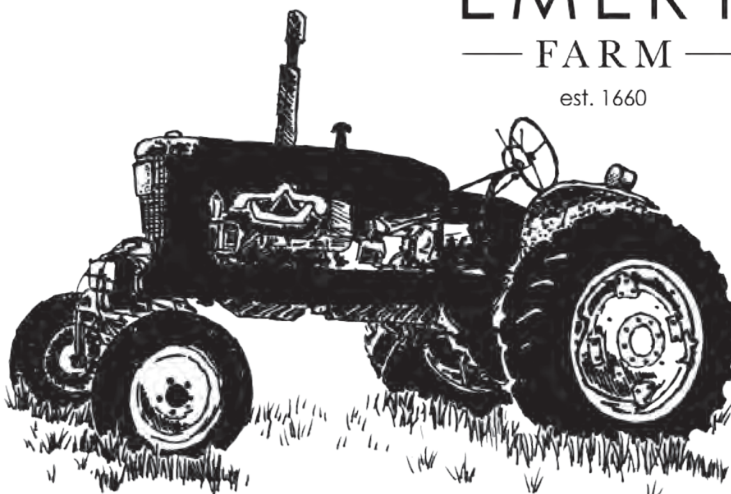


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FEATURED SPONSORS



@45marketstreetbakery



www.selnh.org



www.seacoastflote.com



www.lasolastaqueria.com



Creating community with local ingredients

www.kitterycommunitymarket.com



www.seacoastnhpermaculture.org



www.rollinggreennursery.com



www.gwrlt.org



www.nhfarmbureau.org

WINNIPESAUKEE CHOCOLATES



www.winnepesaukeechocolates.com



www.wentworthgreenhouses.com



www.ci.durham.nh.us/boc_agricultural



www.allergiesnh.com

SEED SPONSORS

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Ann Parziale

Debra Kam

Sherri Nixon

Diana & John Carroll

Romeo Danaïs

Hilary Clark

Lenore & Mike Smith

GENERAL INFO ON SPONSORSHIP AND DONATIONS

There are many ways to support the work of Seacoast Eat Local. Individuals may donate time through volunteering, make a one-time donation of any amount, elect to donate automatically monthly or annually, or give gifts of stocks and investments. Seacoast Eat Local is a registered non-profit, 501(c)3 organization. All donations made to the organization are 100% tax deductible and receipts for gifts of any amount are available upon request. Our tax identification number (TIN) is 45-2547575.

Seacoast Eat Local also provides local businesses and organizations the opportunity to sponsor programming initiatives throughout the year, in return for advertising space and other benefits. Our programs reach many thousands of people across the region through a mix of in-person, digital and print media. For more information about sponsorship or giving to Seacoast Eat Local, please contact our Program Director, Shawn Menard, at shawn@seacoasteatlocal.org or visit our website at www.seacoasteatlocal.org

SNAP

Seacoast Eat Local provides services for farmers' markets and farm stands to accept Supplemental Nutrition Assistance Program (SNAP) benefits. By allowing SNAP recipients to use their federal benefits at farmers' markets and farm stands, Seacoast Eat Local hopes to create affordable year-round access to local foods. The goal of the program is to not only improve access to fresh foods and in turn improve nutrition and health, but also to invigorate the local economy and the Seacoast region's agricultural community.

If you don't currently have an EBT card, you can find out if you qualify and apply for SNAP by visiting www.nhsnap.org or www.maine.gov/mymaineconnection

How To Use SNAP At Farmers' Markets



1. Go to your farmers' market information/SNAP tent.

2. Swipe your EBT card.



3. Get tokens and coupons to spend at the farmers' markets.



When you swipe your EBT card, the funds are matched \$1 for \$1 with Granite State Market Match/Maine Harvest Bucks coupons that can be used to purchase fruits and vegetables!



FARMERS' MARKETS



SUMMER MARKETS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY		SUNDAY
Durham 2:15-5:30 South Berwick 3:00-6:00	Rochester 3:00-6:00	Dover 2:15-5:30 Derry 3:00-7:00 Wells 1:30-5:00	Exeter 2:15-5:30 North Berwick 3:00-6:00	Portsmouth 8:00-12:00 Newmarket 9:00-12:00 Kennebunk 8:00-1:00	Saco 7:00-12:00 Sanford 8:00-12:00 York 9:00-1:00	Kittery 10:00-2:00 Salem 10:00-2:00

WINTER MARKETS

MONDAY – FRIDAY	SATURDAY	SUNDAY
No Weekday Markets	Exeter 10:00-2:00 Rollinsford 10:00-2:00 Greenland 10:00-12:00 Newmarket 9:00-12:00	Eliot 11:00-2:30 Kittery 10:00-2:00 Salem 10:00-12:00

See the following pages for market location, dates, times, and more details



FARMERS' MARKETS

SUMMER MARKETS

Derry Homegrown Farm & Artisan Market

Wednesdays 3pm-7pm, June-September
1 West Broadway Derry, NH
www.derryhomegrown.org

Dover Farmers' Market **SNAP**

Wednesdays 2:15pm-5:30pm, June 2-Oct 6
Chamber of Commerce, 550 Central Ave
www.seacoastgrowers.org/dover-farmers-market

Durham Farmers' Market **SNAP**

Mondays 2:15pm-5:30pm, June 7- October 4
Sammy's Lot/Store 24 lot, 5 Madbury Rd
www.seacoastgrowers.org/durham-farmers-market

Exeter Farmers' Market **SNAP**

Thursdays 2:15pm-5:30pm, May 6- Oct 28
Swasey Parkway
www.seacoastgrowers.org/exeter-farmers-market

Gateway York Farmers' Market

Saturdays 9:00AM-1:00PM, May 29-Oct 9
1 Stonewall Lane York, ME
www.gatewaytomaine.org/farmers-market/summer-farmers-market

Kennebunk Farmers' Market **SNAP**

Saturdays 8:00am-1:00pm, May 1-Nov 20
Garden Street Municipal Lot, 3 Wells Court
www.kennebunkfarmersmarket.org

Kittery Community Market **SNAP**

Sundays 10:00am-2:00pm, Year-round
10 Shapleigh Rd. Kittery, ME
kitterycommunitymarket.com

Newmarket Farmers' Market

Saturdays 9:00AM-12:00PM, Year-round
The Stone Church Music Club, 5 Granite St
www.facebook.com/NewmarketFarmersMarket

Portsmouth Farmers' Market **SNAP**

Saturdays 8:00am-12:00pm, May 1-Nov 6
Little Harbour School, 50 Clough Drive
www.seacoastgrowers.org/portsmouth-farmers-market

Rochester Farmers' Market **SNAP**

Tuesdays 3:00pm-6:00pm, June 15-Sept 28
The Rochester Common
www.rochesternhfarmersmarket.com

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.

Vouchers for Veterans



The mission of Vouchers for Veterans is to show recognition and gratitude to Veterans living in New Hampshire and Maine primarily by providing them with vouchers to purchase locally grown and prepared food directly from farmers and growers at local farmers markets. Vouchers for Veterans is available at the following farmers' markets in 2021 for the month of September only: Dover, Portsmouth, Rochester, and Sanford. Veterans may redeem \$20 each week at any market they choose. For more information please visit www.vouchersforveterans.org

FARMERS' MARKETS

MAY 2021–NOV. 2021

Saco Farmers' Market

Saturdays 7:00am-12:00pm, May 8-Oct 30
Saco Valley Shopping Center
sacofarmersmarket.com

Salem Farmers' Market SNAP

Sundays 10:00am-2:00pm, Year-round
12 Via Tuscana Blvd
Tuscan Village behind Drive Fitness
www.salemnhfarmersmarket.org

Sanford Farmers' Market SNAP

Saturdays 8:00AM-12:00PM, May-Oct
Central Park at Main, Washington and School
Streets in Sanford, across from City Hall
www.sanfordfarmersmarket.org

Tri-Town Farmers' Market

North Berwick SNAP

Thursdays 3:00PM-6:00PM, June 3-Sept 30
21 Main St. North Berwick
www.facebook.com/TriTownFarmersMarkets

Tri-Town Farmers' Market

South Berwick SNAP

Mondays 3:00PM-6:00PM, June 7-Sept 27
71 Norton Street
www.TriTownFarmersMarkets.com

Tri-Town Farmers' Market Wells SNAP

Wednesdays 1:30PM-5:00PM, June 16-Sept 1
1434 Post Road Wells, ME
www.TriTownFarmersMarkets.com

WINTER MARKETS NOV. 2021–APRIL 2022

Exeter Winter Farmers' Market SNAP

Saturdays 10:00am-2:00pm, Nov-April
Exeter High School, 1 Blue Hawk Drive
www.seacoasteatlocal.org/
winterfarmersmarkets

Kittery Community Market SNAP

Sundays 10:00am-2:00pm, Year-round
10 Shapleigh Rd. Kittery, ME
kitterycommunitymarket.com

Newmarket Farmers' Market

Saturdays 9:00am-12:00pm, Year-round
The Stone Church Music Club, 5 Granite St
www.facebook.com/NewmarketFarmersMarket

Rolling Green Winter Farmers' Market

Saturdays 10:00AM-12:00PM, Nov-March
Rolling Green Nursery, 64 Breakfast Hill Rd.
rollinggreennursery.com/events

Rollinsford Winter Farmers' Market SNAP

Saturdays 10:00AM-2:00PM, Nov-March
Wentworth Greenhouses, 141 Rollins Road
www.seacoasteatlocal.org/
winterfarmersmarkets

Salem Farmers' Market SNAP

Sundays 10:00am-12:00pm, Year-round
369 South Broadway
www.salemnhfarmersmarket.org

Tri-Town Farmers' Market at Sturgeon Creek Farm SNAP

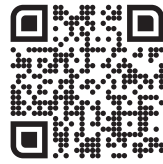
Sundays 11:00am-2:30pm,
1st and 3rd Sunday November-March
1651 State Road Eliot, ME
www.TriTownFarmersMarkets.com

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.

Scan this QR code with your smartphone or tablet to go to our online calendar with up-to-date schedules and listings:



ROCKINGHAM COUNTY

BRENTWOOD

Apple Annie

66 Rowell Road East
www.appleannienh.org
Fruit, Vegetables, Dairy and Eggs,
Miscellaneous



Meadow's Mirth Farm

287 South Rd.
www.MeadowsMirth.com
Vegetables, Miscellaneous



Stout Oak Farm

83 Middle Rd.
www.stoutoakfarm.com
Fruit, Vegetables



CANDIA

Charmingfare Farm

774 High St.
VisitTheFarm.com
Vegetables, Meat, Poultry, Eggs,
Maple Syrup and Honey, Miscellaneous



Jack's Honey

67 Baker Rd.
JacksHoney.com
Eggs, Honey, Miscellaneous

CHESTER

Field To Fork Farm

522 Haverhill Rd.
www.fieldtoforkfarm.com
Fruit, Vegetables, Meat, Poultry, Eggs,
Maple Syrup, Honey

Folsom's Sugar House

130 Candia Rd.
www.folsomsugarhousestore.com
Maple Syrup

Hazelton Orchards

280 Derry Rd.
www.facebook.com/
HazeltonOrchardsChesterNH/
Fruit, Vegetables, Miscellaneous



DANVILLE

Mona Farm

124 Sandown Rd.
Eggs, Miscellaneous

DEERFIELD

Anderson's Mini-Maples

47 Nottingham Rd.
Fruit, Vegetables, Eggs, Maple Syrup

Bee Thankful Farm

199 Middle Rd.
www.beethankfulfarm.com
Fruit, Vegetables, Honey



Twisty Woods Farm

137 Mount Delight Rd.
Vegetables, Maple Syrup

DERRY

Appolo Vineyards

49 Lawrence Rd.
www.appolovineyards.com
Fruit

EAST KINGSTON

Little Pond Farm, LLC

47 Depot Rd.
Fruit

Ilneva Farm

45 Giles Rd.
www.facebook.com/deb.marston.1
Meat, Dairy, Eggs

Monahan Farm

2 East Rd.
Fruit, Vegetable



Willow Creek Sugarhouse

137 Willow Rd.
Willowcreeksugarhouse.com
Maple Syrup, Honey



EPPING

Inkwell Farm

106 Hedding Rd.
www.inkwellfarm.com

Fruit
 

Pelosi Family Farm

40 Blake Rd.
www.facebook.com/pelosifamilyfarm/
 Fruit, Vegetables

Riverslea Farm

362 North River Rd.
www.riversleafarm.com/
 Meat, Miscellaneous



White Gate Farm

119 Prescott Rd.
Whitegatefarm.org
 Fruit, Vegetables, Meat, Eggs,
 Maple Syrup, Honey



FREMONT

Brookvale Pines Farm

154 Martin Rd.
www.BrookvalePinesFarm.com
 Meat, Poultry, Dairy, Eggs, Maple Syrup
 and Honey, Miscellaneous



Carder Farm LLC

910 Main St.
www.carderfarm.com
 Fruit, Vegetables



Flying M Farm

63 South Rd.
www.flyingmfarmnh.com
 Poultry, Eggs, Miscellaneous



GREENLAND

Great Bay Farm / Breezy Hill Creamery

166 Newington Rd.
www.facebook.com/GreatBayFarm
 Meat, Dairy, Eggs, Miscellaneous



Kellie Brook Farm

1024 Portsmouth Ave
www.kelliebrookfarm.com
 Meat, Poultry, Miscellaneous



HAMPTON

Hurd Farm

11 Old Stage Rd.
www.hurdfarm.com
 Meat, Poultry, Eggs



HAMPTON FALLS

Applecrest Farm Orchards

133 Exeter Rd (Rte 88)
www.applecrest.com/
 Fruit, Vegetables, Honey,
 Miscellaneous Products



Jesta Farm

190 Drinkwater Rd.
facebook.com/Jesta-Farm-Dairy-Goats-235497300871
 Poultry, Dairy

HAMPSTEAD

Sweet Baby Vineyard

260 Stage Rd.
www.sweetbabyvineyard.com
 Fruit, Maple Syrup, Alcohol



KENSINGTON

Hidden Brook Farm

7 Pine Ln.
<https://www.facebook.com/BatcheldersHiddenBrookFarm/>
 Eggs, Meat, Miscellaneous

KINGSTON

Coombs Farm

6 Little River Rd.
www.coombsfarm.com
 Fruit, Vegetables, Meat, Poultry, Eggs,
 Maple Syrup and Honey, Miscellaneous



LONDONDERRY

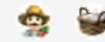
Oliver Merrill & Sons

569 Mammoth Rd.
www.facebook.com/Olivermerrillandsons
 Fruit, Vegetables, Eggs, Miscellaneous



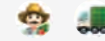
Sunnycrest Farm

59 High Range Rd.
Sunnycrestfarmnh.com
 Fruit, Vegetables, Miscellaneous



Victory Aquaponics LLC.

17 Brewster Rd.
<https://www.facebook.com/victoryaquaponics>
 Vegetables, Seafood, Eggs



NEWFIELDS

Squamscott Vineyard & Winery

70 Rt 108
www.blueheronwines.com
 Fruit, Wine



Vernon Family Farm

301 Piscassic Rd.

www.vernonfamilyfarm.com

Poultry, Eggs



NORTH HAMPTON

Hobbs Farm

7 Hobbs Rd.

throwbackbrewery.com/about/hobbs-farm/

Vegetables, Meat, Eggs,

Miscellaneous Products



NORTHWOOD

Short Creek Farm

18 Winding Hill Rd.

www.shortcreeknh.com

Meat



Sugarmomma's Maple Farm

213 Ridge Rd.

<https://www.facebook.com/sugarmommasmplefarm>

Maple Syrup

NOTTINGHAM

Jenness Farm, LLC

77 Garland Rd.

www.jennessfarm.com

Eggs, Miscellaneous Products



Root Seller

13 Nielson Rd.

Fruit, Vegetables, Beans, Maple Syrup

Stone Wall Farm

97 McCrillis Rd.

Fruit, Vegetables, Honey



PORTSMOUTH

Backyard Garlic

93 Walker Bungalow Rd.

<http://www.backyardgarlic.farm/>

Vegetables

SANDOWN

Zorvino Vineyards

226 Main St.

www.zorvino.com

Fruit, Vegetables, Alcohol,

Miscellaneous Products



STRATHAM

Barker's Farm

216 Portsmouth Ave.

www.Barkersfarm.com

Fruit, Vegetables, Miscellaneous Products



Blueberry Bay Farm

38 Depot Rd.

www.blueberrybayfarm.com

Fruit, Vegetables, Miscellaneous Products



Salt Box Farm

321 Portsmouth Ave

<https://www.facebook.com/Saltbox-Farm-1676921082557999/>

Fruit, Vegetables, Honey



Seacoast Farmhouse

29 Lovell Rd.

<http://seacoastfarmhouse.com>

Meat, Poultry, Eggs



Wake Robin Farm

52 Union Rd.

<https://wakerobinfarm.wordpress.com>

Fruit, Vegetables, Grains, Meat, Poultry,

Eggs, Miscellaneous Products



SOUTH HAMPTON

Bell & Goose Cheese Co.

290 Main Ave

[Www.bellandgoose.com](http://www.bellandgoose.com)

Dairy



Heron Pond Farm

290 Main Ave

Heronpondfarm.com

Fruit, Vegetables



STRAFFORD COUNTY BARRINGTON

Brasen Hill Farm

71 Warren Rd.

www.brasenhillfarm.com

Vegetables, Meat, Poultry, Eggs, Honey



Determination Farms

36 Weeks Ln.

Determinationfarms.com

Vegetables, Eggs




Living Land Permaculture Homestead

219 France Rd.
livinglandpermaculture.com/
 Eggs, Miscellaneous

Spring Harvest Maple Farm




761 Franklin Pierce Highway
Springharvestmaplefarm.com
 Maple Syrup

Union Lake Peach Orchard



178 Young Rd.
www.facebook.com/Union-Lake-Peach-Orchard-209238525780453/
 Fruit


DURHAM

Emery Farm

147 Piscataqua Rd. (Route 4)
<https://emeryfarm.com>
 Fruit, Vegetables, Eggs, Miscellaneous
  



Tecce Farm

240 Mast Rd.
www.teccfarm.com
 Fruit, Vegetables, Honey, Miscellaneous
 

FARMINGTON






Butternut Farm LLC.

195 Meaderboro Rd.
www.butternutfarm.net
 Fruit, Alcohol
 


Cardinal's Farmhouse Sampler

203 NH Route 11
Www.farmhousesampler.com
 Fruit, Vegetables

Clyde Farm

63 Meetinghouse Hill Rd.
Clydefarm.com
 Fruit, Vegetables, Meat, Poultry, Eggs, Miscellaneous
   SNAP

Lazy Gardens Farm




1093 Meaderboro Rd.
 Fruit, Vegetables, Poultry, Eggs, Maple Syrup


Kickin' Horse Farm

53 Civic St.
<https://www.facebook.com/Kickinghorsefarm/>
 Poultry


LEE

Coppal House Farm




118 North River Rd.
www.nhcornmaze.com
 Vegetables, Meat, Poultry, Eggs, Miscellaneous
  



DeMeritt Hill Farm

20 Orchard Way
www.demerithillfarm.com
 Fruit, Vegetables
   


Dogrose Farm

16 Harvey Mill Rd.
Dogrosefarm.com
 Vegetables
   SNAP

Doo-bee-doo Farm LLC.

83 Snell Rd.
<https://www.facebook.com/DoobedooFarm/>
 Fruit, Vegetables, Grains





Firebird Farm

46 North River Rd.
 Fruit



Flag Hill Distillery and Winery

297 N River Rd.
Flaghill.com
 Fruit, Vegetables, Grains, Meat, Poultry, Eggs, Alcohol, Miscellaneous Products


Hickory Nut Farm

22 Your Ln.
www.HickoryNutFarm.com
 Dairy, Miscellaneous
  

Mildreds Drumlin Farm

314 Lee Hook Rd.
<https://www.instagram.com/mildredsdrumlinfarm/>
 Fruit, Vegetables, Miscellaneous


Misty Meadows Herbal Center

183 Wednesday Hill Rd.
www.mistymeadows.org
 Vegetables, Miscellaneous


Pinewoods Yankee Farm

93 North River Rd.

localharvest.org/pinewoods-yankee-farm-M5207

Meat, Miscellaneous



Ragged Robin Herb Farm

198 Lee Hook Rd.

www.facebook.com/Ragged-Robin-Herb-Farm-107277634210044/

Honey, Miscellaneous



The Hollister Family Farm

163 Lee Hook Rd.

www.thehollisterfamilyfarm.com

Fruit, Vegetables, Eggs, Maple Syrup, Honey, Miscellaneous



Tuckaway Farm

4 Captain Smith Emerson Rd.

www.facebook.com/tuckawayfarmnh

Fruit, Vegetables, Eggs



Velvet Pastures Elk Ranch

95 Wednesday Hill Rd.

www.Velvetpastures.com

Fruit, Meat, Poultry

MADBURY

Fat Peach Farm

181 Drew Rd.

www.fatpeachfarm.com

Fruit, Vegetables, Eggs, Maple Syrup, Honey



Old Orchard Farm

42 Nute Rd.

<https://www.oldorchard.farm/>

Meat, Poultry, Maple Syrup



Card Farm

356 Route 108

Cardfarmnh.wordpress.com

Fruit, Vegetables, Miscellaneous



MILTON

McKenzie's Farm

71 Northeast Pond Rd.

www.mckenziefarm.com

Fruit, Vegetables, Maple Syrup, Honey



Sheehan Gardens & Homestead

11 Carleton Rd.

Sheehangardens.com

Vegetables, Miscellaneous



MILTON MILLS

Waking Web Farm LLC.

307 Applebee Rd.

<https://www.instagram.com/wakingwebfarm/>

Vegetables, Poultry, Miscellaneous



Tiny Hill Farm

38 Willey Rd.

Tinyhillfarm.com

Dairy, Eggs, Miscellaneous
Farm Stand/Store

NEW DURHAM

Corvus Cairn Farm

36 Mountain Dr.

[Fb.com/CorvusCairnFarm](https://fb.com/CorvusCairnFarm)

Fruit, Vegetables, Poultry, Eggs, Miscellaneous

Diamond B Farm

62 Main St.

www.bickfordsdiamondbfarm.com

Meat, Poultry, Eggs



Miller Farm

51 Miller Rd.

<https://www.facebook.com/miller.farm.9>

Fruit, Maple Syrup



ROCHESTER

Baby Greens Farm

10 Towle Ln.

www.babygreensfarm.com

Vegetables, Miscellaneous



Parsell Farm

677 Pickering Rd.

Vegetables, Dried Beans, Maple Syrup, Miscellaneous



Sanborn Hope Farm

36 Peaslee Rd.

<https://www.facebook.com/Sanborn-Hope-Farm-405375066200695/>

Vegetables, Meat, Poultry, Eggs, Maple Syrup, Honey, Miscellaneous



Shagbark Farm

<https://www.facebook.com/shagbarkfarmnh>

Vegetables, Honey, Miscellaneous



Ten Rod Farm

195 Ten Rod Rd.

<https://www.facebook.com/tenrodfarm/>

Vegetables, Eggs, Miscellaneous

Vickery Farm

83 Meaderboro Rd.

Fruit, Vegetables, Eggs, Miscellaneous

ROLLINSFORD

Brandmoore Farm

70 Sligo Rd.

brandmoorefarm.com

Vegetables, Meat, Eggs, Miscellaneous



Viel Farm

71 Roberts Rd.

<https://www.facebook.com/VielFarm>

Vegetables



STRAFFORD

Berrybogg Farm

650 Province Rd.

www.berryboggfarm.com

Fruit, Vegetables, Honey



East Wind Farm

120 Perry Rd.

<https://eastwindfarm.wordpress.com/>

Fruit, Vegetables, Meat, Eggs,

Miscellaneous



Hickory Hill Farm

180 Province Rd.

<https://www.facebook.com/HickoryHillFarmLongHorns/>

HickoryHillFarmLongHorns/

Eggs

Knife & Plow

1344 Parker Mountain Rd.

Vegetables, Miscellaneous



Meristem Flower Farm

214 Ricky Nelson Rd.

Meristemflowerfarm.com

Miscellaneous



YORK COUNTY

ACTON

Blueberry Hill Farm

231 Blueberry Hill Farm Rd.

Blueberryhillfarm.us

Fruit



Kelly Orchards

82 Sanborn Rd.

www.kellyorchards.com

Fruit, Vegetables, Miscellaneous



ALFRED

Three Charm Farm

12 Olde Farnham Rd.

<http://threecharmfarm.net>

Dairy, Miscellaneous



Wolf Pine Farm

259 Mouse Ln.

Wolfpinefarm.com

Vegetables, Meat, Poultry, Maple Syrup



ARUNDEL

Frinklepod Farm

244 Log Cabin Rd.

Frinklepodfarm.com

Fruit, Vegetables, Miscellaneous



BERWICK

Hackmatack Buffalo Farm

538 School St.

Hackmatackfarm.com

Meat



Orange Circle Farm

184 Blackberry Hill Rd.

<https://orangecirclefarm.com/>

Vegetables, Miscellaneous



BUXTON

Estes Blueberry Farm

158 Waterman Rd.

www.estesberryfarm.com

Fruit, Honey, Miscellaneous



CAPE NEDDICK

Old Mountain Farm

60 Old Mountain Rd.

<http://www.oldmountainfarm.com/>

Poultry, Dairy, Eggs, Maple Syrup

Omniflora Farm

162 Ogunquit Rd.

www.omniflorafarm.com

Miscellaneous



EAST WATERBORO

Eden Acres Family Farm

255 Ossipee Hill Rd.

www.EdenAcresFarm.com

Fruit, Miscellaneous



ELIOT

Andy's Edible Gardens

70 Bradstreet Ln.

[https://www.instagram.com/andys_](https://www.instagram.com/andys_edible_gardens/)

edible_gardens/

Vegetables, Miscellaneous

Bartlett Farm Services

218 Brixham Rd.

Fruit, Vegetables



Bondgarden Farm

255 Depot Rd.
www.bondgarden.net
Meat, Poultry, Eggs, Miscellaneous

Sandy Hill Farm

34 Sandy Hill Ln.
Sandyhillmaine.com
Fruit, Vegetables



Shilo Farm, LLC.

88 Beech Rd.
www.shilo-farm.com
Eggs, Miscellaneous



Sturgeon Creek Farm

1651 State Rd.
www.sturgeoncreekfarm.com
Fruit, Vegetables, Meat, Poultry, Eggs



KENNEBUNKPORT

Ewe & I Farm

286 Arundel Rd.
https://www.facebook.com/eweandifarm
Vegetables, Eggs, Maple Syrup,
Miscellaneous



LEBANON

Berry Best Farm

33 Colburn Way
Berrybestfarm.com
Fruit, Miscellaneous



Big Tree Herb Farm

84 Upper Barley Rd.
www.bigtreeherbfarm.com
Miscellaneous

Maple Moon Farm, LLC.

289 Chick Rd.
maplemoonfarm.com
Fruit, Vegetables, Eggs, Maple Syrup,
Honey, Miscellaneous



Prospect Hill Winery & Vineyard

318 Orrills Hill Rd.
Prospecthillwines.com
Fruit, Alcohol



Sirois Family Farm

229 Little River Rd.
Vegetables, Poultry, Meat, Eggs



Spiritwind Farm LLC.

57 Spiritwind Farm Rd.
http://spiritwindfarmllc.com
Vegetables, Dairy, Eggs, Honey,
Miscellaneous



LIMERICK



Libby & Son U-Picks

86 Sawyer Mountain Rd.
https://www.libbysonupicks.com
Fruit



Wyndswept Farm

205 Patterson Rd.
https://www.facebook.com/
WyndsweptFarm
Meat, Grains

LIMINGTON

Rare Berry Farm

535 Cape Rd.
https://www.rareberryfarm.com
Fruit, Miscellaneous



LYMAN

Black Kettle Farm

1391 South Waterboro Rd.
www.blackkettlefarm.com
Vegetables



Brookridge Boilers

2144 Alfred Rd.
https://www.facebook.com/
brookridgeboilersmaplesyrup
Maple Syrup

Brookridge Farm, LLC.

136 Howitt Rd.
https://www.facebook.com/
BrookRidgeorganicdairyfarm
Meat, Dairy



Hammond Farms

180 Old North Berwick Rd.
Fruit, Eggs



NEWFIELD

Harris Turkey Farm

267 Bridge St.
www.harristurkeyfarm.com
Poultry, Miscellaneous



Hilltop Boilers Maple Syrup



159 Elm St.
http://hilltopboilersmaplesyrup.com
Maple Syrup



NORTH BERWICK



Riverside Farm Stand & Greenhouse

323 Elm St.
<http://www.riversidefarmstand.com/>
 Fruit, Vegetables, Honey, Miscellaneous
  **SNAP**

TaborHomestead

335 Lebanon Rd.
 Poultry



OGUNQUIT

River Lily Farm

329 North Village Rd.
<https://www.facebook.com/RiverLilyFarm/>
 Fruit, Vegetables, Honey, Miscellaneous
 

PARSONSFIELD

Meadowfall Farm & Forage



180 Shore Acres Rd.
www.meadowfallfarm.com
 Fruit, Vegetables, Eggs
 

SCARBOROUGH

Frith Farm



61 Ash Swamp Rd.
Frithfarm.net
 Fruit, Vegetables
   **SNAP**

Two Farmers Farm

720 US-1
www.twofarmersfarm.com
 Vegetables
 

SOUTH BERWICK

Baer's Best at Lovers Brook Farm

39 Pond Rd.
Baersbest.com
 Dried Beans
 

Fox Hill Farm

42 Old Fields Rd.
 Meat, Miscellaneous

Three Sisters Organic Farm




8 Earl's Rd.
<https://www.facebook.com/Three-Sisters-Farm-149571535735428/>
 Vegetables
   **SNAP**

SPRINGVALE


McDOUGAL • ORCHARDS





McDougal Orchards LLC.

201 Hanson Ridge Rd.
www.mcdougalorchards.com
 Fruit, Miscellaneous
   **SNAP**



Mousam Valley Mushrooms

www.mousamvalleymushrooms.com
 21B Blanchard Rd.
 Vegetables






Our Farm

377 Hanson Ridge Rd.
<https://www.instagram.com/ourfarmmaine/>
 Vegetables, Meat, Poultry
 

Rivard Farm


110 Blanchard Rd.
<https://www.facebook.com/farmrivard/>
 Fruit, Vegetables
 

Two Toad Farm

78 Sunset Rd.
www.TwoToadFarm.com
 Vegetables, Meat, Dairy, Eggs
    **SNAP**

WELLS

Spiller Farm

85 Spiller Farm Ln.
<http://www.spillerfarm.com>
 Fruit, Vegetables


WEST NEWFIELD

Unique Maine Farms

515 Garland Rd.
www.uniquemainefarms.com
 Miscellaneous

YORK

Martha's Garden LLC.

16 Huckins Ave.
 Fruit, Vegetables, Miscellaneous




SEAFOOD

ROCKINGHAM, NH DOVER



New England Fishmongers

30 Crosby Rd #12

www.newenglandfishmongers.com



PORTSMOUTH

NH Community Seafood

Shapley-Drisco House, Strawberry Banke

Nhcommunityseafood.com



The Daily Haul

1 Peirce Island Rd.

TheDailyHaul.com



RYE

F/V Rimrack

Rye Harbor State Marina

www.facebook.com/rimrackfish/

Local Co-op, Pre-order

STRAFFORD DURHAM

Cedar Point Oyster Farm, LLC

19 Cedar Point Rd.

www.facebook.com/CedarPointOysters



Fox Point Oysters

Cedar Point near the Scammell

Bridge

www.foxpointoysters.com

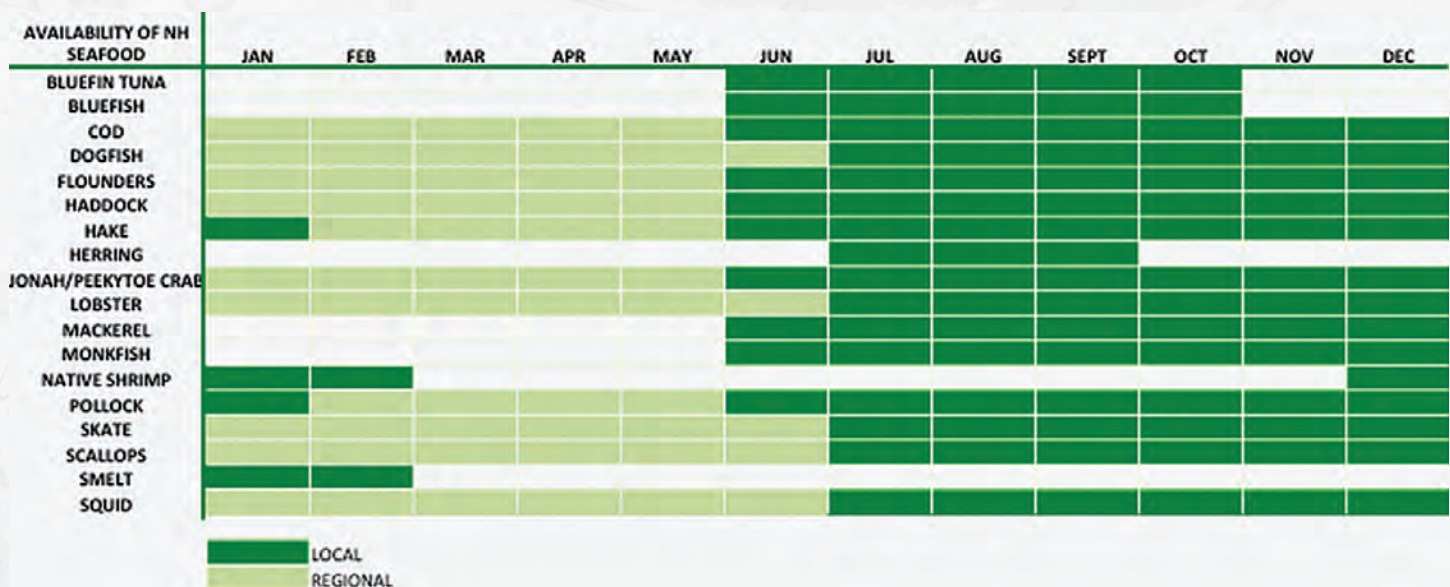


Cooking Locally Caught Fish

The rule of thumb is to bake fish for 10 minutes for every one inch of filet thickness, at 400 degrees. Dab all sides down with a paper towel. Even the slightest bit of moisture will prevent the fish from getting a crispy, golden-brown crust you definitely want.

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.





GATHER WITH US TO SUPPORT THE LOCAL FOOD SYSTEM

**BUY LOCAL
DIRECT FROM YOUR LOCAL
FARM, OR FARMER'S MARKET**



**DONATE LOCAL PRODUCE
TO YOUR LOCAL FOOD PANTRY**

VOLUNTEER



gathernh.org



volunteer@gathernh.org



nhgleans.org

SEACOAST AREA



OUR TEAM

Seacoast Eat Local has three full-time year-round staff members. We occasionally have seasonal staff to support our programs. Learn more about our staff below.



Celeste Gingras, Mobile Market Coordinator

Celeste previously served on our board of directors and helped launch the Seacoast Area Mobile Market (SAMB), a program she now operates as a staff member. Contact Celeste about the variety of customer education opportunities and experiences she offers. This includes mobile market visits to community sites, schools, corporate offices, and other locations.

Email: celeste@seacoateatlocal.org



Morgan Morani, Program Coordinator

Morgan started as an intern and now manages our Winter Farmers' Market and SNAP programs. She works closely with farmers and market operators to increase their customers while also making sure all customers have opportunities to purchase fresh healthy local food. Contact Morgan about all things related to SNAP and Farmers' Markets.

Email: morgan@seacoateatlocal.org



Shawn Menard, Program Director

Shawn has a background in management of Food Co-ops and now enjoys his role as the Director of Seacoast Eat Local. He oversees all operational aspects of the organization as well as fundraising, finance, personnel, marketing, and organizational development. Contact Shawn about the bigger picture of our organization and how all the pieces work together.

Email: shawn@seacoateatlocal.org

Board of Directors

We have a volunteer group of individuals who serve as our board of directors. Our board is responsible for providing strategic direction of the organization and working with Shawn to ensure financial resources are in place to support our work. Board members serve three-year terms and are accepted on a rolling basis. Learn more about our board members at www.seacoateatlocal.org/about/our-board

SEACOAST EAT LOCAL

Seacoast Eat Local is a registered 501(c)3 nonprofit organization founded in 2006. We cultivate a thriving food economy by building bridges between regional food producers and consumers. Our vision is that the Seacoast Region will have a vibrant, diverse community of successful farms and food producers and ever expanding access for consumers.

In dedication to this mission we operate four primary programs: Seacoast Harvest, Winter Farmers' Markets, SNAP/EBT acceptance and incentives services, and the Seacoast Area Mobile Market (SAMM). Learn more about our organization, programs, and how to get involved at www.seacoasteatlocal.org



SEACOAST HARVEST



In our annual publication, Seacoast Harvest, our mission is to provide the information and resources necessary for consumers to access sources of local foods all year long in a variety of ways. Our online local food guide at www.seacoastharvest.org provides additional resources and is updated throughout the year.



The mission of the **Seacoast Area Mobile Market Program (SAMM)** is to strengthen communities through greater access to local foods for all Seacoast residents. By bringing locally produced, fresh food products to individuals in their communities at home and at work, we seek to eliminate transportation barriers and thereby expand access to local food. Expanding food access in communities with historically limited access will, in turn, support the growth and spread of local agricultural efforts and businesses and also further cement awareness of the importance of eating locally across our region.



Seacoast Eat Local strives to increase access to locally produced food among SNAP/EBT benefit recipients. We provide this vital service at all our winter markets and at participating summer markets and farm stands. Funding initiatives and partnerships have increased the purchasing power of our clientele through matching incentives.



Seacoast Eat Local is the organizer of the **Winter Farmers' Market Program** at Wentworth Greenhouses and Exeter High School. Our efforts extend the revenue season for local farmers, helping to ensure their economic health through the off-season. These events create a complete circle of local food availability for consumers, proving that local food can be a year-round commitment. We pride ourselves on providing a space for farmers and consumers to gather and enjoy one another's company.



SHOPPING WITH SNAP?

SAVE MONEY ON FRESH FRUITS & VEGGIES

AT FARMERS MARKETS AND GROCERY
STORES THROUGHOUT THE GRANITE STATE!



Visit GraniteStateMarketMatch.org and DoubleUpNh.org
to find a location near you!



Check your SNAP eligibility at www.nhsnap.org or call 603-935-4519



SEASONAL AVAILABILITY



	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Fruit												
apples	■	■	■	■	■	■	●	●	●	■	■	■
blueberries				■	■	■	●	●	●	■	■	■
cantaloupes & melons							●	●	●			
peaches							●	●	●			
pears								●	●			
raspberries							●	●	●			
rhubarb					●	●	●	●				
strawberries						●	●					
watermelon								●	●	●		
Vegetables												
asparagus					●	●	●	●				
beans, dry	■	■	■	■	■	■	■	■	■	●	●	■
beans, green							●	●	●			
beets	■	■	■	■	■	■	●	●	●	●	■	■
broccoli							●	●	●	●	●	■
Brussels sprouts										●	●	●
cabbage	■	■	■	■	■	■	●	●	●	●	■	■
carrots	■	■	■	■	■	■	●	●	●	●	●	■
corn							●	●	●	●		
cucumbers							●	●	●	●		
eggplant							●	●	●	●		
fresh herbs	▲	▲	▲	▲	▲	▲	●	●	●	●	▲	▲
garlic	■	■	■	■	■	■	●	●	●	■	■	■
greens	▲	▲	▲	▲	▲	●	●	●	●	●	▲	▲
kale & collards		▲	▲	▲	▲	▲	●	●	●	●	●	▲
leeks			▲	▲	▲	▲			●	●	●	▲
lettuce		▲	▲	▲	▲	●	●		●	●		
onions	■	■	■	■	■	■	●	●	●	●	■	■
parsnips	■	■	■	●	●	●	●		●	■	■	■
peas						●	●	●	●	■	■	■
peppers							●	●	●	●		
potatoes	■	■	■	■	■	■	●	●	●	●	■	■
pumpkins & winter squash	■	■	■	■	■	■	●	●	●	■	■	■
radishes	▲	▲	▲	▲	▲	●	●	●	●	●	▲	▲
shallots	■	■	■	■	■	■	●	●	●	■	■	■
spinach		▲	▲	▲	▲	●	●	●	●	▲	▲	▲
summer squash & zucchini							●	●	●	■		
Swiss chard		▲	▲	▲	▲	●	●	●	●	●	▲	▲
tomatoes						▲	▲	●	●	▲		
turnips	■	■	■	■	■	●	●	●	●	●	■	■

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.



EXETER HEALTH RESOURCES

The Art of Wellness

Exeter Hospital | Core Physicians | Rockingham VNA & Hospice

exeterhospital.com | 603-580-6668