



# LOCAL FARM GUIDE

THE GREATER  
MT. WASHINGTON VALLEY  
& NORTHERN LAKES REGION



# ABOUT THE

**This guide is a grassroots form of cooperative marketing and a public education tool. Eating locally and supporting our region's farms begins with awareness of who and where our farms are.**

**We hope this guide will help you understand where and how to access food in the greater Mt. Washington Valley and northern Lakes Region's bounty of agricultural products.**



**DAVIS NATURAL PRODUCE  
ANNE SKIDMORE PHOTOGRAPHY**

# THIS GUIDE

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### THANKS TO OUR SUPPORTING SPONSORS

*Snowvillage Inn*



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



# NH HARVEST SEASON

CROP                      SPRING    SUMMER    FALL    WINTER

Apples			X	X
Asparagus	X	X		
Beans		X	X	
Beets		X	X	X
Blueberries		X		
Broccoli		X	X	
Brussels Sprouts			X	X
Cabbage		X	X	X
Cauliflower		X	X	X
Corn		X		
Cucumbers		X		
Cut Flowers	X	X	X	
Eggplant		X	X	
Fiddleheads	X			
Garlic	X	X	X	
Meat, Eggs	X	X	X	X
Melons		X		
Onions		X	X	X
Parsnips	X		X	X
Peppers		X	X	
Potatoes	X	X	X	X
Pumpkin			X	X
Rhubarb	X			
Spinach	X		X	X
Strawberries		X		
Summer Squash, Zucchini	X	X		
Tomatoes		X	X	
Winter Squash			X	X

## PARTICIPATING LOCAL FARMS

A New Day Farm  
Again & Again Farmstead  
Athena's Bees  
BerryKnoll  
Chase Hill Farm\*  
Davis Natural Produce  
Densmore Orchard  
DeVylder Farm  
Earle Family Farm  
Fly Away Farm\*  
Gould Acres Farm  
Grand View Farm\*  
Hatches' Orchard\*  
Highwater Farm\*  
Hollow Hill Farm  
Moriah Valley Farm  
Mountain Breeze Farm  
Mountain Heartbeet  
Naylen Farms  
New Hampshire Mushroom Company\*  
Pork Hill Farm\*  
Red Gables Farms  
Remick Country Doctor Museum & Farm  
Sap Hound Maple Company  
Snow Brook Farm  
Something Wild Farm  
Spider Web Gardens  
The Farmstand  
The S.o.L. Farm  
Top of the Hill Farm\*  
Walker Hill Farm Stand  
Waxing Moon Gardens\*  
Weston's Farm  
White Gates Farm  
White Mountain Apiary

**\* INDICATES FARMS THAT OFFER WHOLESALE**



SEE WHO'S  
GROWING  
WHAT THIS  
SEASON

HIGHWATER FARM



## APPLES

Chase Hill Cider  
Densmore Orchard  
DeVylder Farm  
Earle Family Farm  
Fly Away Farm  
Grand View Farm  
Hatches' Orchard  
Hollow Hill Farm  
Spider Web Gardens  
The Farmstand  
Top of the Hill Farm  
Weston's Farm

## BEEF

Fly Away Farm  
Grand View Farm  
Mountain Breeze Farm  
Naylen Farms  
Remick Country Doctor Museum & Farm  
Top of the Hill Farm  
Weston's Farm  
White Gates Farm

## BERRIES

BerryKnoll  
Densmore Orchard  
Earle Family Farm  
Fly Away Farm  
Grand View Farm  
Highwater Farm  
Mountain Heartbeet  
The Farmstand  
Top of the Hill Farm  
Weston's Farm

## CHICKEN

Fly Away Farm  
Gould Acres Farm  
Naylen Farms  
Top of the Hill Farm  
White Gates Farm

## CHEESE/BUTTER/ YOGURT

DeVylder Farm  
Grand View Farm  
Red Gables Farm  
Top of the Hill Farm  
Weston's Farm

## CHRISTMAS TREES

Fly Away Farm  
Grand View Farm  
Something Wild Farm  
Spider Web Gardens  
Weston's Farm

## CIDER

Chase Hill Cider  
Densmore Orchard  
DeVylder Farm  
Grand View Farm  
Hollow Hill Farm  
Spider Web Gardens  
Top of the Hill Farm  
Weston's Farm

## CUCUMBERS

A New Day Farm  
Again & Again Farmstead  
Davis Natural Produce  
DeVylder Farm  
Earle Family Farm  
Fly Away Farm  
Gould Acres Farm  
Grand View Farm  
Highwater Farm  
Moriah Valley Farm  
Mountain Heartbeet  
Pork Hill Farm  
Something Wild Farm  
Spider Web Gardens  
The Farmstand  
Top of the Hill Farm  
Walker Hill Farm Stand  
Waxing Moon Gardens  
Weston's Farm  
White Gates Farm

## CUT FLOWERS

Again & Again Farmstead  
Earle Family Farm  
Fly Away Farm  
Gould Acres Farm  
Grand View Farm  
Highwater Farm  
Moriah Valley Farm  
Pork Hill Farm  
Snow Brook Farm  
Spider Web Gardens  
The SoL Farm  
Top of the Hill Farm  
Walker Hill Farm Stand  
Weston's Farm  
White Gates Farm

## EGGS

Again & Again Farmstead  
DeVylder Farm  
Earle Family Farm  
Fly Away Farm  
Gould Acres Farm  
Grand View Farm  
Mountain Breeze Farm  
Naylen Farms  
Remick Country Doctor Museum & Farm  
Snow Brook Farm  
Something Wild Farm  
The Farmstand  
The SoL Farm  
Top of the Hill Farm  
Walker Hill Farm Stand  
Weston's Farm  
White Gates Farm



## GARLIC

A New Day Farm  
Again & Again Farmstead  
DeVylder Farm  
Earle Family Farm  
Fly Away Farm  
Gould Acres Farm  
Grand View Farm  
Highwater Farm  
Moriah Valley Farm  
Mountain Heartbeat  
Pork Hill Farm  
Red Gables Farm  
Something Wild Farm  
Spider Web Gardens  
The Farmstand  
Top of the Hill Farm  
Walker Hill Farm Stand  
Waxing Moon Gardens  
Weston's Farm  
White Gates Farm

## GOAT

The SoL Farm  
Weston's Farm

## GREENS

A New Day Farm  
Again & Again Farmstead  
Davis Natural Produce  
DeVylder Farm  
Earle Family Farm  
Fly Away Farm  
Gould Acres Farm  
Grand View Farm  
Highwater Farm  
Moriah Valley Farm  
Mountain Heartbeat  
Pork Hill Farm  
Something Wild Farm  
Spider Web Gardens  
The Farmstand  
The SoL Farm  
Top of the Hill Farm  
Walker Hill Farm Stand  
Waxing Moon Gardens  
Weston's Farm  
White Gates Farm



## HERBS

A New Day Farm  
Again & Again Farmstead  
Davis Natural Produce  
Earle Family Farm  
Fly Away Farm  
Gould Acres Farm  
Grand View Farm  
Highwater Farm  
Moriah Valley Farm  
Mountain Heartbeat  
Pork Hill Farm  
Something Wild Farm  
Spider Web Gardens  
The Farmstand  
The SoL Farm  
Top of the Hill Farm  
Walker Hill Farm Stand  
Weston's Farm  
White Gates Farm

## HOLIDAY WREATHS

Again & Again Farmstead  
Fly Away Farm  
Gould Acres Farm  
Grand View Farm  
Something Wild Farm  
Spider Web Gardens  
Walker Hill Farm Stand  
Weston's Farm

## HONEY

Athena's Bees  
DeVylder Farm  
Fly Away Farm  
Grand View Farm  
Red Gables Farm  
The SoL Farm  
Top of the Hill Farm  
Weston's Farm  
White Gates Farm  
White Mountain Apiary

## LAMB

Again & Again Farmstead  
Naylen Farms  
Remick Country Doctor Museum & Farm  
Top of the Hill Farm  
Weston's Farm

## MAPLE SYRUP

BerryKnoll  
DeVylder Farm  
Earle Family Farm  
Fly Away Farm  
Grand View Farm  
Hollow Hill Farm  
Mountain Breeze Farm  
Remick Country Doctor Museum & Farm  
Red Gables Farm  
Sap Hound Maple Company  
Something Wild Farm  
The Farmstand  
Top of the Hill Farm  
Weston's Farm

## MILK

Red Gables Farm  
Remick Country Doctor Museum & Farm  
The SoL Farm  
Top of the Hill Farm

## MUSHROOMS

Earle Family Farm  
New Hampshire Mushroom Company  
The SoL Farm

## ONIONS

A New Day Farm  
Again & Again Farmstead  
Davis Natural Produce  
DeVylder Farm  
Earle Family Farm  
Fly Away Farm  
Gould Acres Farm  
Grand View Farm  
Highwater Farm  
Mountain Heartbeat  
Pork Hill Farm  
Something Wild Farm  
Spider Web Gardens  
The Farmstand  
Top of the Hill Farm  
Waxing Moon Gardens  
White Gates Farm

## PEPPERS

A New Day Farm  
Again & Again Farmstead  
Davis Natural Produce  
DeVylder Farm  
Earle Family Farm  
Fly Away Farm  
Gould Acres Farm  
Grand View Farm  
Highwater Farm  
Moriah Valley Farm  
Mountain Heartbeat  
Pork Hill Farm  
Something Wild Farm  
Spider Web Gardens  
The Farmstand  
The SoL Farm  
Top of the Hill Farm  
Walker Hill Farm Stand  
Waxing Moon Gardens  
Weston's Farm  
White Gates Farm

## PORK

Fly Away Farm  
Mountain Breeze Farm  
Naylen Farms  
Remick Country Doctor Museum & Farm  
The SoL Farm  
Top of the Hill Farm  
Weston's Farm  
White Gates Farm

## POTATOES

A New Day Farm  
Again & Again Farmstead  
Davis Natural Produce  
DeVylder Farm  
Earle Family Farm  
Fly Away Farm  
Grand View Farm  
Highwater Farm  
Moriah Valley Farm  
Mountain Heartbeat  
Something Wild Farm  
Spider Web Gardens  
The Farmstand  
Top of the Hill Farm  
Walker Hill Farm Stand  
Waxing Moon Gardens  
Weston's Farm

## PUMPKINS

Again & Again Farmstead  
DeVylder Farm  
Earle Family Farm  
Gould Acres Farm  
Grand View Farm  
Highwater Farm  
Hollow Hill Farm  
Spider Web Gardens  
The Farmstand  
Top of the Hill Farm  
Walker Hill Farm Stand  
Weston's Farm



**A NEW DAY FARM**



## ROOT VEGETABLES

A New Day Farm  
Again & Again Farmstead  
Davis Natural Produce  
DeVylder Farm  
Earle Family Farm  
Fly Away Farm  
Moriah Valley Farm  
Gould Acres Farm  
Grand View Farm  
Highwater Farm  
Mountain Heartbeat  
Pork Hill Farm  
Something Wild Farm  
Spider Web Gardens  
The Farmstand  
The SoL Farm  
Top of the Hill Farm  
Walker Hill Farm Stand  
Waxing Moon Gardens  
Weston's Farm

## SEEDLINGS

A New Day Farm  
Earle Family Farm  
Fly Away Farm  
Gould Acres Farm  
Grand View Farm  
Highwater Farm  
Pork Hill Farm  
Something Wild Farm  
Spider Web Gardens  
Walker Hill Farm Stand  
Weston's Farm

## SWEET CORN

Again & Again Farmstead  
Davis Natural Produce  
DeVylder Farm  
Earle Family Farm  
Grand View Farm  
Moriah Valley Farm  
Spider Web Gardens  
Top of the Hill Farm  
Weston's Farm  
White Gates Farm

## SQUASH

A New Day Farm  
Again & Again Farmstead  
DeVylder Farm  
Earle Family Farm  
Gould Acres Farm  
Grand View Farm  
Highwater Farm  
Moriah Valley Farm  
Mountain Heartbeat  
Something Wild Farm  
Spider Web Gardens  
The Farmstand  
Top of the Hill Farm  
Walker Hill Farm Stand  
Waxing Moon Gardens  
Weston's Farm

## TOMATOES

A New Day Farm  
Again & Again Farmstead  
Davis Natural Produce  
DeVylder Farm  
Earle Family Farm  
Fly Away Farm  
Gould Acres Farm  
Grand View Farm  
Highwater Farm  
Moriah Valley Farm  
Mountain Heartbeat  
Pork Hill Farm  
Something Wild Farm  
Spider Web Gardens  
The Farmstand  
The SoL Farm  
Top of the Hill Farm  
Walker Hill Farm Stand  
Waxing Moon Gardens  
Weston's Farm  
White Gates Farm

## TURKEY

Gould Acres Farm  
Top of the Hill Farm



# EAT & SHOP



Today, “Locally Sourced” and ‘Farm to Table’ are some of the sexiest things a restaurant owner can put the menu—especially in this Valley where there is strong interest in supporting local businesses and neighbors. But too often we see this turn into a “Farm to Fable” when the chef stops ordering locally but does not take the farm name off the menu. Greenwashing at its finest.

This page contains a list of restaurants and eateries in our region that are truly making the effort to source local products as reported by the farms in this booklet. MWVEG thanks these chefs and owners for their support. Please help us return this support by dining at their establishments!

## RESTAURANTS & EATERIES

### **CONWAY & NORTH CONWAY**

Chef’s Bistro, Black Cap Grille, Table + Tonic Farm Cafe, Peach’s, Delaney’s Hole in the Wall, Flatbread Company, Tuckerman Brewery, The Station Bistro, Frontside Coffee Roasters, Cheese Louise

### **GLEN, BARTLETT, & JACKSON**

Thompson House Eatery, White Mountain Cider Company, Sunrise Shack, The Red Fox

### **EATON, TAMWORTH, & MADISON**

Snowvillage Inn

### **WOLFEBORO & FURTHER SOUTH**

La Boca, Pickering House

### **WESTERN MAINE**

Oxford House Inn & Restaurant

## **HOW TO TELL IF YOUR LOCAL FOOD IS LOCAL**

There's no formal definition - or consensus - on the term local. If a market or restaurant is making a local claim, ask the staff to explain what that means to them. And then, decide for yourself if local is what you really want. For many, eating locally means eating seasonally, which frequently means relying on a more limited repertoire of foods.

## **UNDERSTAND SEASONALITY**

Know what grows in our local region and when. For example, when you know that limes aren't grown locally, it will be a red flag when a restaurant claims your key lime pie is made with local limes.

## **GET INVOLVED**

Small local farmers don't have lobbying resources. Big Ag's thumb is on the scale. Grocers and restaurants want and need to make a profit, so they buy low and sell high. It's up to us, as consumers, to back local farmers and suppliers when we notice or suspect a false claim.

## **SHOPS & STORES**

### **THE CONWAYS, GLEN, JACKSON, & BRETON WOODS**

Local Grocer, White Mountain Cider Company,  
Veno's Specialty Foods and Meats, Old Village Bakery,  
International Mountain Equipment, Vintage Baking,  
Cabot's at Omni Mt. Washington

### **EATON, TAMWORTH, FREEDOM, MADISON, & OSS�PEE**

Farm to Table Market, The Village Store of Madison,  
Momma Bear Corner Store

### **WOLFEBORO & FURTHER SOUTH**

Wolfeforo Food Co-op, Heath's Supermarket,  
The Harvest Market, Top of the Hill Farm Store,  
Picnic Rock Farms, Local Foods Plymouth

### **WESTERN MAINE**

Center Lovell Market, Spice & Grain



# FARMERS' MARKETS

## **BRIDGTON FARMERS' MARKET**

**Saturday from 8am–noon, rain or shine, May–October**  
**Parking Lot Behind Reny's, 151 Main Street, Bridgton, ME**

**Winter hours Saturday from 9am–noon, November–April**  
**Oriental Lodge #13, 166 Harrison Road, Bridgton, ME**

Winter Farmers' Markets — Participant in the Maine Harvest Bucks program. The market will double SNAP benefits with up to \$50 double SNAP purchases with Harvest Bucks. Harvest Bucks can be used toward fresh fruits and veggies.

Bridgton Farmers' Market has been proudly offering locally-grown produce, farm-raised meats, plants, baked goods, and high-quality handcrafted items to Maine's Lakes Region residents and visitors since 1996. We accept EBT/SNAP, and certain vendors accept WIC and credit/debit.

**[Bridgtonfarmersmarket.me@gmail.com](mailto:Bridgtonfarmersmarket.me@gmail.com)**

## **GORHAM FARMERS' MARKET**

**Thursdays from 3-6pm, June 8th–October 5th**  
**Live music on the 2nd and 4th Thursdays, June through September**  
**Gorham Common, 69 Main Street, Gorham, NH**

The Gorham Farmers' Market is operated by the Town of Gorham - Parks & Recreation Department. The Market features a varied group of vendors offering local produce, meats, maple, honey, baked goods, prepared foods, craft items, and so much more! No cash? No problem! The market also offers a credit / debit card system where you receive wooden tokens that can be used as cash with our vendors. We also offer the SNAP / GSMM programs where you can double your dollars. Come visit the Gorham Farmers' Market this summer!

**Jeff Stewart, 603-466-2101, [jstewart@gorhamnh.org](mailto:jstewart@gorhamnh.org)**  
**[www.gorhamnh.org/parks-recreation-department/pages/gorham-farmers-market](http://www.gorhamnh.org/parks-recreation-department/pages/gorham-farmers-market)**

## **LOVELL FARMERS' MARKET**

**Saturdays from 10am–3pm, year round**  
**993 Main Street, Center Lovell, ME**

Offering organic sourdough bread, cookies, vegetables, garlic, chicken, pork, beef, maple syrup, seedlings, eggs, crafts and more. Fly Away Farm for more market details.

**207-446-7352, [flyawayfarmmaine@gmail.com](mailto:flyawayfarmmaine@gmail.com)**

## **MOUNT WASHINGTON VALLEY FARMERS' MARKET**

**Tuesdays from 4-7pm, rain or shine, June 20 to October 3**  
**After Labor Day, the hours shift to 3-6pm for the remainder of the season.**  
**North Conway Community Center, 78 Norcross Circle, North Conway, NH**

Featuring a diverse offering of local produce, meats, honey, bread, baked goods, alcohol, prepared foods including dinner options, and crafts. SNAP money doubled! EBT/SNAP/ Granite State Market Match participants.

**[mwvfarmersmarket@gmail.com](mailto:mwvfarmersmarket@gmail.com)**  
**[www.mwvfarmersmarket.com](http://www.mwvfarmersmarket.com)**



## TAMWORTH FARMERS' MARKET

Saturday from 9am-noon, May-October 28

Unitarian Universalist Fellowship of the Eastern Slope parking lot  
30 Tamworth Road, Tamworth, NH

Winter hours Saturday from 10am to noon, November 4-March 30, 2024

84 Main Street, Tamworth Village. Behind Tamworth Town Office

We will continue to be an outside market all year, with live music from May-October 7th. Come see our large group of diverse vendors selling vegetables, fruits, breads, baked goods, raw dairy, maple syrup, honey, plants, flowers, mushrooms, meat, jams, jellies, kombucha, fresh-caught seafood, goat cheese, ice cream, dog treats, artisan chocolate, crafts, iced tea, chai, wool, yarn, and much more, including the UUsed Thrift Shop. Rain or shine. We double SNAP dollars.

603-244-0495 or 603-323-2392

bsfarmerbob@gmail.com

farmersmarkettamworth@gmail.com

www.tamworthfarmersmarket.org

## WOLFEBORO FARMERS' MARKET

Thursday from noon-3:30pm, rain or shine, May-October

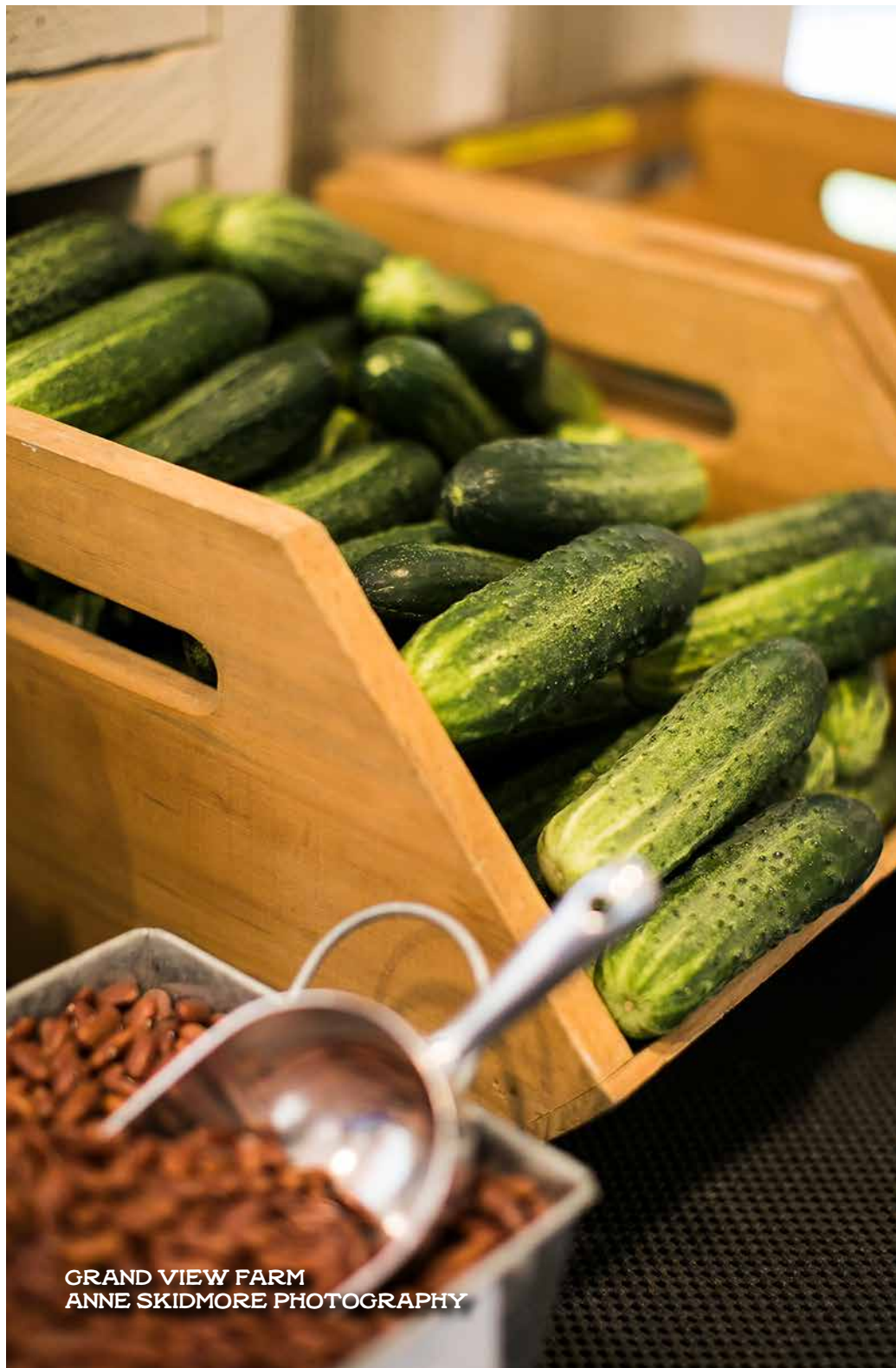
Nick Recreation Park, 10 Trotting Track Rd, Wolfeboro, NH

Fresh vegetables, fruits, herbs, cut flowers, seedlings, native plants, fresh fish, beef, lamb, pork, chicken, eggs, goat and cow dairy products & soaps, baked goods, gluten-free breads & goodies, mushrooms, fiber arts, honey, honey products, maple syrup, jams, jellies, dog treats, shaved ice and prepared food. Music, storytime and weekly community events. We honor programs that make good food more accessible such as, Double SNAP, Granite State Market Match, Food for All, and Vouchers For Veterans.

wolfeborofarmersmarket@gmail.com

www.wolfeborofarmersmarket.com





GRAND VIEW FARM  
ANNE SKIDMORE PHOTOGRAPHY



# WHAT IS A CSA?

## A SUBSCRIPTION OF FRESH, LOCAL GOODIES JUST FOR YOU!

CSA stands for Community Support Agriculture. This movement started as a way for farms to share the season long burden of risk with their community. Farms ask for a commitment from their local community to invest in the farm to help cashflow when early season expenses are their highest and before anything has yet to be harvested.

By paying for a CSA share up front, consumers provide the farmer with the capital needed to purchase seeds, equipment, and other inputs at the beginning of the season when expenses are highest. In return, the farmer agrees to provide a regular supply of fresh, seasonal produce throughout the growing season, commonly referred to as a 'share'. CSAs have grown and changed over the years to mean many different things, but the basic relationship has stayed the same. As a customer, you provide the farm with payment for future food. This might take the form of a traditional share or as credit in a farm store or market. Check out the following pages for details on the 2022 CSA season.

Join the farm-to-table movement and support your local community with fresh, sustainably grown food with a CSA share. By purchasing a CSA share, you're not only getting the best of the season's harvest but also investing in a healthier, more transparent food system for all.

### **CSA Directory**

A New Day Farm

Davis Natural Produce

Earle Family Farm

Fly Away Farm

Grand View Farm

Highwater Farm

Mountain Heartbeet

Pork Hill Farm

Remick Country Doctor Museum & Farm

Sherman Farm

Waxing Moon Gardens

Weston's Farm





# TRADITIONAL BOX SHARES

## A New Day Farm

**Details:** I offer a 16-week summer vegetable CSA, weekly pick up, for \$460. There are 2 pick-up locations, one in Conway at the Farm, Thursday mornings 8-10am and 4-6pm, and Thursday mornings 9-11 am in North Conway at the League of NH Craftsmen. I also offer a 6 week fall CSA, and a November and December bulk share.

**Location:** Conway & North Conway

**Sign Up:** [jenniemblair@live.com](mailto:jenniemblair@live.com)

## Davis Natural Produce

**Details:** Our CSA pick up is available at IME on Monday, Wednesdays, and Fridays from 12pm to 6pm. On Saturdays at Tuckerman Brewery from 2pm-6pm. 14-week and 8-week programs available.

**Location:** Conway & North Conway

**Sign Up:**

[davisnaturalproduce@gmail.com](mailto:davisnaturalproduce@gmail.com)

## Earle Family Farm

**Details:** Our CSA is part of a farm membership. It is a 16, consecutive week distribution starting on June 20th going until October 4th. Pick-up is at the farm every Wednesday from 3 to 6pm. Also, with the farm membership comes workshops, cut your own herbs and flowers, a take home tray of seedlings, and a few events. We take a small deposit to get you on the list and then there is 20th payment dates. We are part of a winter CSA through the Foothill Farm Alliance also providing food from November to February.

**Location:** South Conway

**Sign up:** [earlefarmandy@gmail.com](mailto:earlefarmandy@gmail.com)  
or call 603-452-4230



PATCH FARM

### Fly Away Farm

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

**Location:** Lovell

**Sign Up:**

flyawayfarmmaine@gmail.com  
or call 207-446-7352

### Highwater Farm

**Details:** 18-week CSA with pick-ups on the farm Fridays starting at 4pm through Saturdays at noon. Full and half shares available with a sliding scale payment structure.

**Location:** Bartlett

**Sign up:** highwaterfarmnh@gmail.com

### Mountain Heartbeet

**Details:** The CSA that encourages you to eat like a farmer! 18 weeks of fresh, nutritious, Certified Organic vegetables. The CSA barn is set up market style with 6-10 items every other week to choose from. Along with all your vegetables, you will get the inside scoop about what's going on at the farm, new recipes, and space to connect with your neighbors. Pickup location: Mountain Heartbeet Farm in Effingham, NH Tuesday or Friday from 4:30pm-6:30pm. Cost: Small Share \$325, Large Share \$625, Fall bulk shares available, please check website. Subsidized shares available, please email for more information. Available weekly add-ons to traditional shares include local: mushrooms, chocolates, or flowers.

**Location:** Effingham

**Sign Up:** www.mountainheartbeet.com  
or email mountainheartbeet@gmail.com

### Pork Hill Farm

**Details:** We offer CSA shares for pickup at the farm in Ossipee on Tuesdays afternoons from 3 PM - 6 PM from June 20 - August 29 (Summer Share) and September 19 - October 10 (Fall Share). In addition, we offer PYO Flower Shares, Herb Shares (culinary and medicinal), and Bouquet Shares! You can find more information and sign up at [www.porkhillfarm.com](http://www.porkhillfarm.com).

**Location:** Ossipee

**Sign up:** [www.porkhillfarm.com](http://www.porkhillfarm.com)

### Remick Country Doctor Museum and Farm

**Details:** Fresh, raw cow and goat milk and cream are sold through our weekly dairy CSA, available year-round.

**Location:** Tamworth

**Sign up:** [Lmcallister@remickmuseum.org](mailto:Lmcallister@remickmuseum.org)

### Waxing Moon Gardens

**Details:** Running from mid-June to Early October pick-ups available on farm & at the Tamworth Farmers Market. Offering half & full shares.

**Location:** Sandwich & Tamworth

**Sign up:** [www.waxingmoongardens.com](http://www.waxingmoongardens.com)



# CSA MARKET SHARES

## Grand View Farm

We encourage our community to sign up for our farm share program. It's an easy way to get 10% off all season long. For every \$100 share you buy you receive an extra 10% in credit at the farm stand. Pick and choose what you want at our farm stand next to Leavitt's Bakery in Conway.

## Sherman Farm

Sherman Farm's Farm Futures Program is a farm store credit style CSA where for every \$100-share you buy, you receive an extra \$10 in market credit. Your card can be used to buy anything at the market at any time, so you get what you want, when you want it.

## Weston's Farm

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

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

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

*-- Farmer Joanne of Mountain Heartbeet in Effingham, NH*



CSA SHARE ME





# FARMS OF THE GREATER MT. WASHINGTON VALLEY

A young man and woman, both wearing straw hats, are shown in a field of tall green plants. The man is holding a large bunch of freshly harvested onions with their roots still attached. The woman is looking up at the onions with interest. The background is a clear blue sky and green trees.

**Eating local and supporting our region's farms begins with awareness of who and where our farms are.**

**We hope this list will help you understand where and how to access the region's bounty of agricultural products.**

**Why settle for a mediocre produce when you can have the best MWVEG grown?**

**REMICK COUNTRY DOCTOR MUSEUM & FARM**



### **A New Day Farm**

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

**Products available:** Offering seedlings in the spring and vegetables all summer and fall, some winter offerings.

**Where to buy:** CSA-16 week summer vegetable, 6 week fall, and a November and December bulk share. Farmers' Market -Tamworth Farmers' Market for seedlings.

**Growing practices:** Low-till, non-certified organic

#### **Social media:**

Facebook-anewdayfarmnh  
Instagram-@withthesehandspottery

### **Again & Again Farmstead**

Amy and Ethan Sager, 603-969-7521  
Old Mail Road, Tamworth, NH  
people@againfarmstead.com

**Products available:** Wide variety of heirloom produce, microgreens, cut flowers, wool products, biochar, lamb, and soy-free eggs from well-loved ducks and chickens.

**Where to buy:** Farmers' Market-Tamworth Farmers' Market

**Growing practices:** Permaculture, JADAM Natural Farming, non-certified organic, no synthetic chemicals, no-till.

#### **Social media:**

Web-againfarmstead.com  
Instagram-@againandagainfarmstead

### **Athena's Bees**

Athena Contus, 603-733-7736  
680 White Mountain Hwy, Unit 6,  
Tamworth, NH  
athena@athenasbees.com

**Products available:** Raw honey, raw creamed honey with organic fruit and spice, comb honey in season, propolis tincture, beeswax polish, balms, pollen, buckwheat honey.

**Where to buy:** Farmers' Market-Tamworth Farmers' Market. Local Retailers-680 White Mountain Hwy, Unit 6, Tamworth, NH open 10am-4pm

**Growing practices:** Honey and hive products from healthy bees sustainably raised in the Sandwich Mountain Range of NH from bees foraging in a healthy environment of wildflowers, with no medicinal or chemical interventions. The honey, beeswax, and propolis is humanely harvested without heat.

**Social media:** Web-athenasbees.com  
Facebook-athenasbeesApiary

### **BerryKnoll**

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

**Products available:** Blueberries, gooseberries, currants, maple syrup

**Where to buy:** PYO, August 8am-8pm daily

**Growing practices:** Low spray, non-certified organic

### **Chase Hill Cider**

Malcolm and Elizabeth Thomas  
603-447-2680

120 Chase Hill Road Albany, NH  
Oakstonejoiners@roadrunner.com

**Products available:** We holistically grow and ferment heritage apples into our signature cider, 7% abv. We only use apples grown on our 5th generation family-owned farm.

**Where to buy:** Local Retailers-Veno's Specialty Food & Meats. Wholesale-delivery available by case lots 750 ml bottles on a flexible schedule.

**Growing practices:** Non-certified organic, biodynamic preparations integrated into farm generated compost, tree spray all Omri /organic certified.

**Social media:** Web-chasehillcider.com  
Instagram-@chasehillcider

### **Davis Natural Produce**

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

**Products available:** We offer a wide range of seasonal produce from classics like green beans, cucumbers, sweet corn, and field tomatoes to broccolini, bagged greens mixes, colorful cauliflowers, and root crops. We also grow pumpkins of all shapes and sizes for your fall display. If it's a vegetable in season, we are probably growing it.

**Where to buy:** CSA-14 week and 8 week programs available. Farm stand-located inside IME and open from 10am-6pm, 7 days per week. Local Restaurants-Tuckerman Brewery, The Station Bistro, and Chef's Bistro.

**Growing practices:** No synthetic inputs, cover crops, practice IPM.

#### **Social media:**

Web-davisnaturalproduce.com  
Instagram-@davisnaturalproduce

**Incentives:** MWVEG Food For All Voucher, Veteran Discount



### **Densmore Orchard**

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

**Products available:** PYO apples, pre-picked apples, fresh apple cider, cider donuts, berries, jams, fresh baked cookies.

**Where to buy:** Farmstand-mid-September through October. PYO 10am-5pm weekends.

**Growing practices:** Low spray, IPM

### **DeVylder Farm**

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

**Products available:** PYO apples, apple cider, mums, apple cider donuts, pies and other baked goods, native produce.

**Where to buy:** Farmstand and PYO-open September and October, Wednesday-Sunday 9am-5pm.

**Growing practices:** Low spray/IPM apple orchard and vegetables.

**Social media:** Facebook-DeVylder Farm  
Instagram-@devylder\_farm

### **Earle Family Farm**

Andy Bernard, 603-452-4230  
9 Baird Hill Road, Center Conway, NH  
earlefamilyfarm@gmail.com

**Products available:** Produce throughout the seasons. Fruits and veggies when they come in and maple syrup year-round.

**Where to buy:** Farm Membership-includes 16 week Summer/Fall CSA, workshops, cut your own herbs and flowers, a take home tray of seedlings, and a few events. CSA Winter share November-February with the Foothill Farm Alliance. Farm Stand on site.

**Growing practices:** Non-certified organic, no chemical fertilizers or synthetic pesticides, farm made biodynamic compost.

**Incentives:** We offer a giving garden to those that need and can't afford. We give produce to our helpers.

### **Fly Away Farm**

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

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

**Where to buy:** CSA, Farm Stand-open Saturdays 10am-3pm, plant stand open daily 10am-6pm May 18 thru mid-July. Farmers' Market-Lovell Farm Market. Local retailers-Center Lovell Market.

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

### **Social media:**

Web-flyawayfarmme.weebly.com  
Instagram-@flyawayfarmmaine  
Facebook-@flyawayfarm

### **Gould Acres Farm**

Kathy Gould, 207-514-7397  
483 Union Hill Road. Stow, Maine  
info@gouldacresfarm.com

**Products available:** Eggs, whole chicken and turkey (seasonally), market produce.

**Where to buy:** Farmstand-Open 24/7, Self Serve. Farmers' Market-Bridgton, Waterford, Harrison. Wholesale-No fee, no minimum, delivery days can be discussed based on need.

**Growing practices:** Pesticide and fertilizer free growing practices, no till, sustainable permaculture farming, regenerative agro forestry, rotational forest/pastured raised poultry.

### **Social media:**

Web-gouldacresfarm.com  
Instagram-@gouldacresfarm



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ANNE SKIDMORE PHOTOGRAPHY

### **Grand View Farm**

Jason and Joan Richardson, 207-299-0483  
564 White Mountain Highway  
(next to Leavitt's), North Conway, NH  
grandviewfarm603@gmail.com

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

**Where to buy:** CSA Market Share, Farmstand—Our farm stand is open from May to October Monday through Saturday, 9am-6pm. We reopen in November for Christmas trees and wreaths. Farmers' Market-MWV and Gorham, NH Farmers' Market.

**Growing practices:** We are non-certified organic farm.

**CSA Market Shares:** Our CSA partners receive a farm share that allows maximum flexibility. Your share can be applied at any time or product. A card is issued at the beginning of the season similar to a gift card.

### **Hatches' Orchard**

Elaine Hatch, 603-447-5687  
1440 Brownfield Road  
Center Conway, NH  
e.hatch@yahoo.com

**Products available:** PYO Apples

**Where to buy:** PYO September 2-October 29 weekends and holidays, for mid-week please call for an appointment. Wholesale – with advanced notice

**Growing practices:** Low spray

### **Highwater Farm**

Liz and Rachel Freierman, 617-470-8145  
51 River Street, Bartlett, NH  
highwaterfarmnh@gmail.com

**Products available:** A wide variety of vegetables, berries, and herbs as well as cut flowers.

**Where to buy:** CSA 18 week. Farmstand—open from mid-May through October on Thursdays through Sundays, 9am-dusk. Farmers' Market-MWV Farmers' Market. Local Retailers—The Local Grocer. Local Restaurants—Flatbread, Old Village Bakery, Sunrise Shack. Wholesale—flexible with schedule, no minimum order.

**Growing practices:** Non-certified organic, low-till, regenerative practices.

#### **Social media:**

Web-highwaterfarmnh.com  
Instagram-@highwaterfarm  
Facebook-@highwaterfarmnh

**Incentives:** Need based free or reduced cost CSA Shares, MWV Food For All Voucher

### **Hollow Hill Farm**

Jessie Dubuque and Robert King  
541-247-6213  
55 Hollow Hill Road, Tamworth, NH  
info@hollowhillapples.com

**Products available:** A variety of apples, fresh pressed unpasteurized cider, seasonal baked goods, pumpkins and gourds.

**Where to buy:** Farm Stand and PYO-8-5 Saturday & Sunday, late August – October. Farmers' Market-Tamworth Farmers' Market.

**Growing practices:** We use integrated pest management practices, a sustainable approach to managing pests by combining biological, cultural, physical, and chemical tools in a way that minimizes economic, health, and environmental risks.

#### **Social media:**

Web-hollowhillapples.com  
Instagram-@hollowhillapples  
Facebook-hollowhillfarmtamworthnh

**Incentives:** Senior Discount, Veteran Discount, Law enforcement discount

### **Mountain Breeze Farm**

Ryan Milbury, 603-677-2605  
327 Dale Road, Center Sandwich, NH  
mtbreezefarm@gmail.com

**Products available:** Pasture raised pork and grass fed beef available by the whole, half or piece. Maple syrup in a variety of sizes and custom bottling for events.

**Where to buy:** Farm Stand—year-round by appointment, Farmers' Market-Wolfeboro Area Farmers' market and Sandwich Farmers' Market, Local Retailers—Picnic Rock Farms, Farm to Table, Local Foods Plymouth, Local Restaurants, Wholesale

**Growing practices:** Pasture raised pork and grass fed beef

#### **Social media:**

Web-mountainbreezefarm.net  
Facebook-mountainbreezefarm.net

### **Moriah Valley Farm**

John Verrill, 207-272-5457  
120 Meadow Road, Shelburne, NH  
moriahvalleyfarmNH@gmail.com

**Products available:** Proudly growing multiple varieties of tomatoes—slicing and cherry for over 40 years! Herbs, flowers, and seasonal vegetables. All North Country grown on our farm.

**Where to buy:** Farm Stand—Daily 9am-6pm June thru October. Farmers' Market-Gorham, NH. Wholesale—Free restaurant deliveries, no minimum.

#### **Social media:**

Web-moriahvalleyfarm.com

**Incentives:** Farmstand is a SNAP approved vendor, MWV Food For All Voucher



### **Mountain Heartbeet**

Joanne Ducas, 603-657-6072  
158 Province Lake Road, Effingham NH  
mountainheartbeet@gmail.com

**Products available:** Diverse vegetables selected to bring joy to your meals.

**Where to buy:** CSA-18 week and fall bulk share. PYO-red raspberry season second week in July through second week in August, dawn to dusk. Farmers' Market-Wolfeboro Area Farmers' Market, Tamworth Farmers' Market. Local retail store-Farm to Table Market in Ossipee, Wolfeboro Food Co-op. Wholesale-contact for information.

**Growing practices:** Certified USDA organic. Certified real organic. Woman owned. Thoughtfully grown veggies for you..

#### **Social media:**

Web-www.mountainheartbeet.com  
Instagram-@mountainheartbeet  
Facebook-@mountainheartbeet  
**Incentives:** Need based free or reduced cost CSA Shares, MWVEG Food For All Voucher, NOFA-NH Farm Share Program

### **Naylen Farms**

Aymie Mullins and Dale Drew  
603-901-1094  
2996 East Main Street  
Center Conway, NH  
naylen.farms@gmail.com

**Products available:** We offer a variety of pork, beef, lamb, and chicken products as well as farm-fresh chicken and duck eggs.

**Where to buy:** Farm Stand. Farmers' Market-Morrell Family Community Complex Farmers' Market, MWV Farmers' Market. We currently offer free delivery through the Mount Washington Valley (North Conway, Conway, Bartlett, Jackson, Albany, Madison)

**Growing practices:** Locally raised protein products. Beef is grass fed and grain finished. We use a USDA inspected processing facility.

**Social media:** Web-naylenfarms.com  
Instagram-@Naylen Farms  
Facebook-@Naylen Farms

### **New Hampshire Mushroom Company**

Alec Malenfant, 603-323-0097  
153 Gardner Hill Road, Tamworth, NH  
nhmcsales@gmail.com

**Products available:** Local specialty, cultivated, foraged mushrooms, mushroom powders, and dried mushrooms.

**Where to buy:** CSA. Farm Stand-9am-3pm Monday-Saturday, 9am-1pm Sunday 9am-1pm. Farmers' Market-Concord, Kittery, Portsmouth, Tamworth. Local retail store-Veno's Specialty Food, Ossipee Farm to Table. Local Restaurants-Black Cap Grille, Chef's Bistro, Delany's Hole In The Wall.

Wholesale-delivery available  
**Growing practices:** Non-certified organic

#### **Social media:**

Web-nhmushrooms.com  
Instagram-@nhmushroomcompany  
Facebook-New Hampshire Mushroom Company

### **Pork Hill Farm**

Katie Doyle Smith and Paul Swegel  
603-539-5999

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

**Products available:** We grow Certified Organic vegetables, herbs, and flowers. We grow plenty of greens and mixed vegetables including lots of hot peppers! Herbs are both culinary and medicinal and can be purchased in bulk quantities. We love growing salad mixes and anticipate plenty of greens like arugula, baby mustards and mizuna for spicy salad mix, and baby cuts of lettuces for tender salad mix that are hard to find in the market. We grow a wide variety of cut flowers that can be purchased by the bucket for events and bouquets. We are very seasonal so please email for an up to date list of what's available during the growing season!

**Growing practices:** We are a certified organic farm in operation since 2009. The farm includes pollinator habitat and lots of wild areas and is loved and appreciated by local wildlife.

**Where to buy:** CSA-summer and fall share. PYO-flower shares, herb shares (culinary and medicinals), and bouquet shares. Local retailers-Heaths Supermarket, Harvest Market, Wolfeboro Food Coop, Top of the Hill Farm Stand, The Local Grocer. Local Restaurants-Pickering House, La Boca, The Thompson House Eatery. Wholesale-no delivery fee, no minimum

**Website:** Web-porkhillfarm.com

Instagram and Facebook-Pork Hill Farm  
**Incentives:** Need based free or reduced cost CSA Share, MWVEG Food For All Voucher, NOFA NH subsidized CSA shares

### **Red Gables Farm**

Bob Streeter, 603-323-2392  
129 Pease Hill Road, Tamworth, NH  
bsfarmerbob@gmail.com

**Products available:** All-natural beef, pork, and lamb available in individual cuts and by half and whole custom processing. All of our products are born, raised, and finished here on our farm in Tamworth and are processed at a USDA inspected facility.

**Where to buy:** Farmers' Market-Tamworth Farmers' Market.

**Growing practices:** Non-certified organic, 100% grass-fed dairy bottled only in glass. Small wood-fired maple operation, bottled only in glass.

### **Remick Country Doctor Museum and Farm**

Lindsey McAllister, 603-323-7591  
58 Cleveland Hill Road, Tamworth, NH  
lmcallister@remickmuseum.org

**Products available:** All-natural beef, pork, and lamb available in individual cuts and by half and whole custom processing. All of our products are born, raised, and finished here on our farm in Tamworth and are processed at a USDA inspected facility.

**Where to buy:** CSA-weekly year-round, Farm Store-May 1-October 8, open 7 days/week, call for off season hours. Local Retailers-Momma Bear Corner Store

**Growing practices:** All of our products are pasture raised and free of any antibiotics or added hormones. Our eggs are free-range and soy free.

**Social media:** Web-remickmuseum.org  
Facebook-@remickmuseumandfarm

Instagram-@remick\_museum\_and\_farm

**Incentives:** MWVEG Food For All Voucher

### **Sap Hound Maple Company**

Corrie St. Saviour, 802-558-5385  
993 East B Hill Road, Upton, ME  
corrie@saphoundmaple.com

**Products available:** Maple syrup

**Where to buy:** Farm Stand-Thompson House Eatery, The S.o.L. Farm. Local Retailers-The Local Grocer, Spice & Grain. Local Restaurants-Flatbread Company, Frontside Coffee Roasters, Cheese Louise, Chef's Bistro, Old Village Bakery, Vintage Baking, The Local Grocer, Black Cap Grille, The Village Store of Madison

**Growing practices:** Certified organic and kosher.

**Social media:**

Web-saphoundmaple.com  
Instagram-@saphoundmaple  
Facebook-saphound

### **Snow Brook Farm**

Kristy Carbone, 978-369-4488  
27 Everett White Road, Eaton, NH  
fosterearthworks@earthlink.net

**Products available:** non-certified organic eggs, cut wildflowers for bouquet, original Garden Art Structures/sculpture

**Where to buy:** PYO-Call to visit

**Growing practices:** non-certified organic, free-range chickens for eggs.

**Social media:**

Web-fosterearthworks.com  
Facebook-Snow Brook Farm

### **Something Wild Farm**

Rich and Kay Masta, 603-968-0453  
430 North Sandwich Road  
North Sandwich, NH  
hello@somethingwildfarm.com

**Products available:** We sell pasture-raised eggs, small-batch old-school maple syrup, and a season's assortment of produce, grown in a no-till system with no chemicals or sprays. We make salves and lip balms from our own calendula and also sell other farm-made gift items, such as candles. We harvest wild Christmas trees and make custom wreaths during the holidays.

**Where to buy:** Farm Stand-weekends on site

**Growing practices:** Pasture-raised chicken eggs, non-certified organic, no-till, non-GMO produce

**Social media:**

Web-somethingwildfarm.com  
Instagram-@somethingwildfarm

### **Spider Web Gardens**

Brenda Arigno, 603-569-5056  
252 Middle Road, Center Tuftonboro, NH  
Spiderwebgardens@gmail.com

**Products available:** Fresh vegetables, annuals, perennials and shrubs. We also offer seeds and growing supplies, quality tools, and house plants.

**Where to buy:** Farmstand-open daily from 8am-4pm

**Growing practices:** no spray

**Social media:**

Web-spiderwebgardens.com  
Facebook-SpiderWebGardens



### **The Farmstand**

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

**Products available:** A wide array of vegetables raised on site, occasional prepared foods, crafts, and more. We plant a different variety every year, but always have tomatoes, cukes, squash, lettuce, beans and peas, peppers, and onions.

**Where to buy:** Farmstand-late May to November from 8am-late.

**Growing practices:** Non-certified organic with a small no-spray orchard and a 100 x 40 foot main garden, and smaller raised beds. We use only non-gmo seeds and seedlings.

**Social media:** Web-thefarmstand.net  
Instagram-@thefarmstandbb  
Facebook-thefarmstandnh

### **The S.o.L. Farm**

Andrea Pelosi, 603-986-0544  
970 West Side Road, North Conway, NH  
thespiceoflifefarm@gmail.com

**Products available:** Eggs, pork, goat milk and meat, herbs, mushrooms, greens, seasonal produce honey and maple syrup.

**Where you buy:** Farmstand-year-round, seven days a week 7:30am-6pm

**Growing practices:** Non-certified organic. We raise all our animals on vegetables, hay, greens, non-gmo feed and pasture raised for most of the year.

**Social media:**  
Web-thespiceoflifefarm.com  
Instagram-@the\_spiceoflife\_farm  
Facebook-thespiceoflifefarm

**Incentives:** MWVEG Food For All Voucher

### **Top of the Hill Farm**

Alan Fredrickson, 603-569-3137  
50 Martin Hill Road, Wolfeboro, NH  
topofthehillfarm@metrocast.net

**Products available:** We specialize in our own beef pork and lamb. We carry lots of products from other local farms in addition to our own.

**Where to buy:** Farmstand-Open year round 7 days, 9am-5pm winter, 9am-6pm summer. Local Restaurants-Laboca Wolfeboro

**Growing practices:** Pasture raised meats

### **Walker Hill Farm Stand**

Theresa Beckett, 603-369-0479  
536 Bridgton Road Fryeburg, ME  
beckkrug@roadrunner.com

**Products available:** We have duck eggs, fresh herbs, garlic, vegetables, cut flowers and grape vine wreaths. We will be selling baked goods beginning in the summer of 2023. During the holidays we sell balsam fir wreaths.

**Where to buy:** Farm Stand

**Growing practices:** We use low-till farming methods without the use of synthetic pesticides. Our ducks are fed only certified organic feed.

### **Waxing Moon Gardens**

Zach Nordlund, 603-547-5494  
222 Whiteface Intervale Rd  
North Sandwich, NH  
Waxingmoongardens@gmail.com

**Products available:** We offer a wide array of fresh fruits and vegetables including most of the favorites like greens, carrots, onions, potatoes, tomatoes, broccoli and much more.

**Where to buy:** CSA. Farmers' Market-Tamworth Farmers' Market

**Growing practices:** Certified Organic. We practice ecological farming. No pesticides ever. A soil first approach.

**Social media:**  
Web-waxingmoongardens.com  
Instagram-@waxingmoongarden  
Facebook-@waxingmoongardens

**Incentives:** MWVEG Food For All Voucher

### **Weston's Farm**

John Weston, 207-935-2567  
48 River Street, Fryeburg, ME  
info@westonsfarm.com

**Products available:** Currently, over 1,000 acres are under management in diversified vegetable crops, maple sugar orchards, Christmas trees, forage hay, timber, nordic skiing, and two farm markets.

**Where to buy:** CSA. Farmstand-open May-December.

**Growing practices:** Since 1799 the Westons have practiced sustainable agriculture on the rich soils of the Saco River Valley.

**Social Media:** Web-westonsfarm.com  
**Incentives:** Maine Senior Farm Share

### **White Gates Farm**

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

**Products available:** Pork, beef, and chicken cuts as well as whole chickens, 1/2 and whole pork and beef available on request. Meat packages can be arranged. Vegetables in season, cut flowers and custom arrangements in season, value added products.

**Where to buy:** Farmstand-all day year-round, self-serve. PYO-apples, blueberries, raspberries starting in 2024. Farmers' Market-Tamworth Farmers' Market.

**Growing practices:** non-certified organic, pasture raised, no spray

### **Social media:**

Web-whitegates-farm.com  
Facebook-White Gates Farm

**Incentives:** MWVEG Food For All Voucher, At Tamworth Farmer's Market, we offer SNAP and Granite State Market Match

### **White Mountain Apiary**

Janice and Joe Mercieri, 603-444-6661  
595 Kimball Hill Road, Whitefield, NH  
whitemountainapiary@gmail.com

**Products available:** Fifteen different infused honeys, pure beeswax and bayberry candles, HiveRevive Lip Balm, shampoo/body bars, royal jelly, propolis tinctures, local pollen, salves and lotion bars for you and your pets, mustache wax, conditioner for wood utensils, bowls, and cutting boards, live bee nucleus colonies, queen bees, beekeeping equipment, beekeeping classes

**Where to buy:** Farm Stand-by appointment year round, Farmers' Market, local retailers-The Butcher's Daughter, Bretton Woods Market & Deli, Hatchland Dairy, Doogan's, Fadden's General Store, The Purple Tomato, Franconia Market & Deli, Whitefield Market & Deli, TapRoot Marketplace, Harman's Cheese & Country Store, Indian Corn Mill, Interiors Green, The Healthy Rhino, Littleton Food Coop, League of NH Craftsmen, Meadowstone Farm, Cabot's at Omni Mt. Washington, Polly's Pancakes Parlor, Shaker Village, Local Restaurants-Flatbread Co., The Beal House, Schilling Beer Co., Super Secret Ice Cream, The Ink Well, King's Square Coffee & Tea, Polish Princess, Rhythm Craft Beverages, Wholesale-Yes

**Growing practices:** We tend to our over 100 bee colonies in a non-certified organic manner

### **Social media:**

Web-whitemountainapiary.com  
Instagram-whitemountainapiary  
Facebook-whitemountainapiary

**Incentives:** Senior Discount, Veteran Discount



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ANNE SKIDMORE  
PHOTOGRAPHY





# Food For All

Helping Bring Locally Grown Food  
To Our Community



Food insecurity in our community is a serious issue. Thousands of individuals are food insecure just in Carroll County alone. This means they lack reliable access to sufficient quantities of affordable, nutritious food. Children are particularly affected by food insecurity, with over 11% of children in Carroll County living in food-insecure households.

MWVEG wants to help make local food accessible to community members of all income levels. In 2021, we started the Food for All Program as a response to accessibility gaps in locally grown food. We know many community members don't qualify for the federal nutrition incentives, SNAP but still have a need for nutritious food. Since 2021, we have raised over \$19,000 to distribute to local families in purchasing local food with our partner farms.

Fundraisers for this program occur throughout the year and donations are always welcome.

**If you have any questions please email the FOOD FOR ALL team:  
[foodforall.mwveg@gmail.com](mailto:foodforall.mwveg@gmail.com)**

# A HISTORY OF THIS GUIDE

This local farm guide, produced in partnership with our growers, continues to demonstrate the collaborative nature of small-scale agriculture in the northeast. The guide and the work of MWVEG and supporting agencies has always been a direct response to our growers' needs. We know buying food from local farms provides the freshest and highest quality products. Local food requires fewer resources to transport, helping to mitigate climate change, plus you're supporting the local economy and creating community connections. Your contribution can make a big difference. By purchasing from these farms, you can directly help these businesses thrive. While not all farms are listed, those who participate are dedicated to building a stronger local food system.

We recognize that we are stronger together and that the success of one small farm business is a success for the whole community. Looking to the future, it is imperative that small, local food systems continue to feed our communities. Join us in celebrating all that the region provides by supporting our local farms. Support us in this work by becoming a member today. We offer a sliding scale membership, at \$35, \$50, or \$100. We take memberships via PayPal or Check mailed to MWVEG, PO Box 1480, Conway, NH 03818.

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

**Certified vs non-certified organic** - Some farms produce their products under the National Organic Standards. The National Organic Program sits under the United States Department of Agriculture, where a set of standards is written and updated by a Board of Directors. Certified Organic growers in our region are required to pass the same certification standards as any other farm in the United States in order to use the word "organic" in their brand or marketing efforts. A few of the key organic standards are: eliminating the use of synthetic pesticides and fertilizers, crop rotation (to help reduce pest pressure), utilizing cover crops in your crop plan (to help build and improve soil), and purchasing seeds and animal feed that have been grown organically. Many small farms choose to grow organically, but do not receive the 3rd party certification, and so they self report as "non-certified organic".

**"Local"** - The term "local" can be confusing because there is no standard definition for what constitutes a "local" food. Some may interpret it as meaning food grown or produced within a certain distance from their home, while others may interpret it as food produced within their state or region. The lack of a clear definition can lead to confusion and misunderstandings. While we love and work with farms and food producers across New England, this guide is specific to Carroll (NH) and Oxford (ME) Counties.

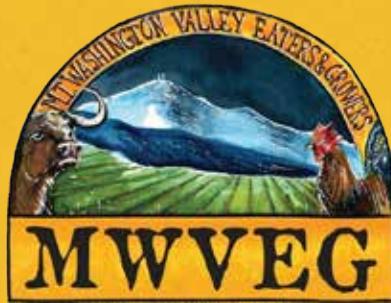
**IPM** - stands for Integrated Pest Management, which is a way to control pests while minimizing the use of harmful chemicals. Think of it this way - let's say you have a garden and you notice that there are bugs eating your plants. Instead of immediately reaching for a pesticide that could be harmful to other insects or animals, IPM uses a variety of methods to manage the pests.

For example, you might start by removing any dead or diseased plants, which could be attracting the bugs. You could also introduce other insects or animals that eat the pests, like ladybugs or birds. Another option is to use traps or barriers to keep the pests away from your plants.

If those methods don't work, then you might use a pesticide as a last resort, but you would use it carefully and only in the areas where it's really needed.

The goal of IPM is to keep your garden healthy and productive, while also protecting the environment and minimizing any risks to human health.





## WHO ARE WE?

The Mt. Washington Valley Eaters and Growers, MWVEG, is a group of farmers and local food advocates working together to build a vibrant local food system in the Mt. Washington Valley. We aim to strengthen the regional food system by increasing communication, collaboration and cooperation among our farms and our community. Committed to advocacy for, and education about, the benefits of a sustainable local food network, MWVEG is making connections between producers and consumers, organizing events, and promoting regional farm activities and products in our local marketplaces.

MWVEG.com  
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