



FARMS OF THE GREATER MT. WASHINGTON VALLEY & NORTHERN LAKES REGION

Today, “locally sourced” and “farm to table” are some of the sexiest descriptors a restaurant owner can put the menu. Especially in the 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.

So how do you know if your food is truly 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.

Another helpful way of knowing is understanding seasonality. It’s important to 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.

Getting involved can also be helpful. 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.

MWV CSA's

CSA stands for Community Supported Agriculture. Each farm has its own take on what its CSA looks like, but the basic principles remain the same: it’s a partnership with the farm to receive seasonal produce and products throughout the growing season

–Quote from Black Mountain Farm

“You can think about it just as you would a magazine subscription, but instead of receiving a monthly issue, you’re receiving a weekly box of what is being produced on our farm. Did you know the average vegetable travels 1,500 miles before it reaches us? With a subscription to our CSA, you can receive fresh, seasonal produce, herbs, flowers, eggs and/or meat right here from our MWV farms each week during the growing season.

Being a member of a CSA has many benefits—from reducing your carbon footprint and grocery bill to eating healthier and knowing that your food is coming from a local source, to supporting your local economy, not to mention all of the delicious food you get each week. There are also benefits for the farmer: the CSA model was built to create a symbiotic relationship of support between a farm and its community. Membership is paid up front, helping the farmer with overhead costs during the early season and costs that come a long time before harvest.

Although it may be too late to take advantage of a CSA this summer please consider one for 2020!

Multi-farm winter CSA

Several MWV and western Maine farms have joined together as a network of family farms with a goal of offering a multi-farm winter CSA. With several successful seasons under their belt, the Foothill Farm Alliance offers the opportunity to eat locally during the winter months in Northern New England. For more details on the winter share dates, prices, pickup locations and vegetable prospectus, please visit the website below. To sign up head to foothillfarmalliance.com or email Natalie at hosacfarm@gmail.com.

MW Farmers Markets

By diverting even a single purchase of your weekly food dollars to a local farm, you help our communities thrive. You help a family business and you ensure open space is maintained and cared for by the growers who farm there. Thank you for your commitment to our neighborhood farms.

BRIDGTON, ME

Summer market is open every Saturday, rain or shine, from 8 a.m.–1 p.m. Summer season runs from the first Saturday in May–October. Bridgton Farmers' Market has been proudly offering locally-grown produce, farm-raised meats, plants, baked goods, and high-quality hand-crafted items to the Lakes Region residents and its visitors since 1996. Will accept EBT/SNAP, and certain vendors accept WIC and credit/debit. Winter market runs November through April, Saturdays, 9-12; 2019-2020 location TBD. Visit www.facebook.com/BridgtonFarmersMarket

JACKSON, NH

July 9–October 8, Tuesdays, 3:30 p.m.–6:30 p.m., on the lawn and in the barn at Thompson House Eatery, 193 Main Street, Jackson, NH. Farmer and Makers' Market: live music, bread, cheese, eggs, produce, honey, cut flowers, meats, handmade crafts, and more! 603-383-9341

CONWAY, NH

May 22–September 25. Two market days this year, Saturdays, 9 a.m.–2 p.m., and Wednesdays from 3:30 p.m.–6:30 p.m. Rain or shine at NEW Location: Pequawket Park in the center of Conway Village next to the Conway Fire Department. Vegetables, jams/jellies, honey, maple syrup, fruit, breads, eggs, milk, cheeses, butter, chicken, and more! www.northconwayfarmersmarket.com.

PARSONSFIELD, ME

Province Lake Farmers' Market, Sundays, 10 a.m.–2 p.m., May 26–Oct 13 at Edge Lake Farm part of the Province Lake Golf Course, 1804 Province Lake Road, Parsonsfield, ME. Locally grown and produced vegetables, mushrooms, baked goods, dairy, preserves, herbal products, crafts, and more. Rain or shine. Call 207-450-1296 or visit www.provincelakefarmersmarket.com

SANDWICH, NH

June–October, Wednesdays, 4–6 p.m., at the church parking lot on Church Street. Rain or shine. Vegetables, fruit, flowers/plants, dairy, maple. For more info, call Monty at 603-284-6800.

TAMWORTH, NH

Every Saturday from 9 a.m.–1 p.m., May 12–October 27, at the Unitarian Universalist Fellowship parking lot (30 Tamworth Road). Holiday markets November through December at the Brett School. Every other week, December 29–March 30, at the Tamworth Town House (27 Cleveland Hill Road). Vegetables, fruit, flowers/plants, dairy, maple, baked goods, meat, jams/jellies, kombucha, hard cider, mead, wool/yarn, crafts, and good fun! SNAP \$\$ DOUBLED at the market. Rain or shine, 603-323-2368/2392. Visit www.tamworthfarmersmarket.org

WOLFEBORO, NH

May 23–October 31, Thursdays, 12:30–4:30 p.m. (Market moved to Wednesday week of July 4th) Clark Park on South Main Street. Fresh vegetables, fruits, herbs, cut flowers, plants, beef, poultry, eggs, goat and cow dairy products, baked goods, lamb, spices, gluten-free breads, fresh fish, mushrooms, honey, honey products, jams, jellies, spreads, dog treats, vegan ice cream, and maple syrup. Music and weekly community events. Rain or shine. Visit www.wolfefboroareafarmersmarket.com; SNAP \$\$ DOUBLED at the market

MW Farms

Eating local and supporting our region's farms begins with awareness of who and where our farms are. We hope this list will help you understand where and how to access the greater Mt. Washington Valley and northern Lakes Region's bounty of agricultural products.

A NEW DAY FARM

Jennie Blair: 207-256-2522
397 Tasker Hill Road, Conway, NH
Products available: Seasonal veggies and seedlings
Where to buy: CSA shares, Conway and North Conway pickup locations
Growing practices: Non-certified organic, no-till

ABUNDANT BLESSINGS HOMESTEAD FARM

Nadia Carpenter: 603-832-6576
139 Moose Mountain Road, Brookfield, NH
Products available: Goat, lamb, eggs, greens, soaps, seasonal veggies, wool dryer balls, baked goods, and fleece
Where to buy: Farm Stand open 7 days a week, April–October. Call ahead for baked items and specific meat orders
Growing practices: Lambs are grass and hay fed with minimal grain feed

ATHENA'S BEES APIARY

Athena Holtey: 603-733-7736
1805 Route 16, Center Ossipee, NH
Products available: Raw, local honey and organic-ingredient honey infusions, propolis tinctures, beeswax
Where to buy: Wonalancet Honey Bee, just south of Pizza Barn, Monday–Friday. Summer Markets: Wolfefboro Area Farmers Market: Thursdays in Clark Park. Wakefield Farmers Market and Tamworth Farmers' Market: Saturdays
Growing practices: Humane, no-chem beekeeping

BEHR FARM

Karl Behr: 603-986-0017
35 Main Street, Tamworth, NH
Products available: Fresh whole turkeys
Where to buy: Pre-order by phone or email for farm pick up at Thanksgiving
Growing practices: Pasture raised, non-GMO feed

BERRYKNOLL

David Sorensen: 603-447-3994
67 Old Portland Road, Eaton, NH
Products available: Blueberries, red and black



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www.BeWellStudiosNH.com

603-356-6068
3358 Wht. Mtn. Hwy., Rt.16/302 N. Conway

currants, gooseberries, maple syrup, honey, and daylilies
Where to buy: PYO highbush blueberries, last week of July through August, daily, honor system with boxes and change available
Growing practices: Low-spray weed control, mulch heavily with pine needles.

BOOTY FAMILY FARM

Diane Decker Booty & Stephen Bartlett: 603-284-7163
610 Mt. Israel Road, Center Sandwich, NH
Products available: Eggs, maple syrup, fruit, greens, cucumbers, onions, peppers, potatoes, root vegetables, and tomatoes
Where to buy: Farm stand open 8am–7pm during growing season
Sandwich & Tamworth Farmers' Markets
Growing practices: NH Certified Organic

EARLE FAMILY FARM

Tom and Ruth Earle: 603-447-6641
9 Baird Hill Road, Center Conway, NH
Products available: Beef, lamb, eggs, maple syrup, fruit, veggies, jams, all as available
Where to buy: CSA shares in both summer and winter through the Foothill Farm Alliance and Hosac Farm. PYO raspberries, high bush blueberries and blackberries as available, call before you come. Self-serve farm store open 9am–5pm year-round, Monday–Saturday
Products available: Animals are pasture raised during the growing season, crops are grown using biodynamic compost; no chemical fertilizers or pesticides are used

FARM BY THE RIVER

Eve and Bill Klotz: 603-539-7245
158 Province Lake Road, Effingham, NH
Products available: PYO raspberries and Katahdin breeding animals, market lambs for sale, and processed lambs, whole and by the cut when available
Where to buy: PYO raspberries available July and mid-August through first frost. Call ahead for picking times
Growing practices: Certified Organic PYO raspberries; heritage meats are naturally raised on pasture

FLY AWAY FARM

Jenn and Justin Ward: 207-446-7352
142 S. Barbour Road, Stowe, ME
Products available: A wide variety of meat, eggs, fruit, veggies, seedlings, wood-fired maple syrup and handcrafted gifts, soaps, candles, clothing and rustic garden furniture. Lots of rare and heirloom seedlings, flowers, herbs, vegetables
Where to buy: Hobbs library farmers market: Lovell, Me. Saturdays; online plant catalog Plant Stand open daily. May 20–late July. CSA by inquiry. Wholesale deliveries available/retail location Center Lovell Market in Center Lovell, ME Home, Garden, and Flower show in

Fryeburg, ME May 17–19
Growing practices: Organically grown with biodynamic and permaculture planting techniques; all animals are pasture raised

GRAND VIEW FARM

Joan Richardson: 207-960-2199
564 White Mnt Highway (Next to Leavitt's)
Products available: Vegetables, microgreens, berries, jam, cheese, pastured eggs, flowers, herbs, maple syrup, squash, pumpkins, gourds, Christmas trees, and wreaths
Where to buy: 150 Tasker Hill Road Eggs available year round by self-service from dawn to dusk; Farm Stand open 9am–6pm, Monday–Saturday, June through Columbus Day, and 7 days a week starting the day after Thanksgiving through Christmas; wholesale deliveries available. Contact Jason Richardson at 207-299-0483
Growing practices: Not certified, but try to conform to organic principles and practices

HOSAC FARM

Natalie Beittel: 207-391-3983
136 Kimball Hill Road, Cornish, ME
www.hosacfarm.com
Products available: We grow a wide variety of mixed vegetables, as well as raspberries.
Where to buy: Winter and summer CSA options with multiple pickup locations Bridgton Farmers' Market
Growing practices: MOFGA Certified Organic

HOLLOW TREE FARM

Deborah Potter: 603-447-6641
230 Town House Road, Effingham, NH
www.hollowtreehill.com
Products available: Raw goat milk produced by Nubian and Nubian cross goats, free-range eggs, fleece from Finn/Tunis cross sheep, dairy goats bred for milk production and show
Where to buy: Farm store open daily. Wholesale deliveries available
Growing practices: No added chemicals or antibiotics; stock is raised as naturally as possible

LITTLE FIELD FARM

Sarah Davis: 603-733-8535
2954 Eaton Road, Eaton, NH
www.littlefieldfarm.business.site
Products available: Wide variety of mixed vegetables, meats, and baked goods
Where to buy: Farm Stand in Eaton open week-ends June–October
IME in North Conway Village. Wholesale delivery options. CSA options.
Growing practices: Practice sustainable farming, including IPM

MEADOWFALL FARM & FORAGE

Alisha Langerman: 207-450-1296
180 Shore Acres Road, Parsonsfield, ME
www.meadowfallfarm.com
Products available: Offer a wide variety of farm

grown and wild-foraged vegetables, fruits, and mushrooms

Where to buy: Wholesale deliveries available, no fee, days flexible. Wolfeboro Co-op. Wolfeboro Area and Province Lake Farmers' Markets Summer CSA with multiple pickup locations Farm Stand open May–October daily.
Growing practices: Non-certified organic, no chemical pesticides or fertilizers, small scale, no-till

MOONSET FARM

Jackie Gardner: 207-625-7733
756 Spec Pond Road, Porter, ME
www.moonsetfarms.com
Products available: Chicken, lamb, pork, flowers
Where to buy: Farm stand open by appointment Weston's Farm Stand in Fryeburg, ME
Wholesale deliveries available, no minimum at this time, delivery time determined on an individual basis. Wedding flowers and design.
Growing practices: Pasture-raised meat

MOUNTAIN FLOWER FARM

Heather Chase and Russ Van Deursen: 603-356-6068 x100
1021 Hurricane Mountain Road, Intervale, NH
www.tableandtonic.com
Products available: Veggies, seedlings, herbs, and flowers
Where to buy: The Local Grocer
Growing practices: Non-certified organic permaculture practices, non-GMO, biodynamic practices

MIVIDA GARDENS

Sandy Brocaar: 603-367-8419
274 Savary Road, Madison, NH
sjfb@worldpath.net
Products available: Certified Organic plant starts (herbs, veggies, flowers), preserves, and produce in season
Where to buy: Farm stand on site; please call first. Tamworth Farmers' Market. Seedlings sold at Paris Farmers Union in North Conway
Growing practices: Certified Organic

MOUNTAIN HEARTBEET

Joanne Ducas
158 Province Lake Road, Effingham, NH
www.mountainheartbeet.com
Products available: Specializing in a wide variety of carefully selected, delicious vegetables and herbs
Where to buy: Farm open by appointment; Single- and family-sized summer CSA, fall bulk shares for October, Thanksgiving and December Wolfeboro Farmers' Market. Farm to Table Market in Ossipee. Wolfeboro Food Co-op. Wholesale deliveries available
Growing practices: Certified Organic vegetables.

MW Farms

continued

NAYLEN FARM

Andrea Pelosi: 617-773-6951
930 West Side Road, North Conway, NH
www.naylenfarm.com

Products available: Grass-fed pork, free-range eggs. Chickens and turkeys rotated daily on pasture and goats rotationally pasture raised

Where to buy: Self-serve farm stand is open year round. Jackson Farmers' Market. Wholesale deliveries available. CSA: Chicken and egg share May–November; egg share November–May
Retail: Veno's Butcher Shop in Conway, Farm to Table Market in Ossipee, Weston's Farm Stand
Growing practices: All animals are pasture raised. Any supplemental grain is non-GMO. Pastures are fertilized only with organic matter

PATCH FARM

BrennaMae Thomas and Brandon McKenney:
612-269-3457. 570 Main Street, Denmark, ME
www.patchfarm.me

Products available: Chicken, pork, eggs, veggies, seedlings, ginger, turmeric

Where to buy: Year-round farm stand, CSA Bridgton Farmers' Market (Winter and Summer). Wholesale delivery options. No minimum order.

Growing practices: Certified Organic vegetables, seedlings, herbs, chicken, and eggs; forest-raised pork

PINE RIVER ORCHARD

Cindy Daigle: 603-539-1605
314 Pine River Road, Effingham, NH

Products available: Honey, blueberries, apples (22 varieties), pears (4 varieties), plums, jams and jellies, fresh-pressed cider during apple season

Where to buy: Open mid-July through October; Saturdays and Sundays, 9am–5pm



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.

For additional information on local farming, pick-up a copy of the LOCAL FARM GUIDE, a grassroots form of cooperative marketing and public education tool. For additional information, visit www.mwveg.com.

PORK HILL FARM

Paul Swegel/Katie Doyle Smith: 603-539-5999
45 Pork Hill Road, Ossipee, NH
www.porkhillfarm.com

Products available: Vegetables, herbs, and seedlings

Where to buy: Wholesale delivery between Wolfeboro and Jackson. Delivery on Tuesdays and Fridays, no fee or minimum.
Retail Locations: The Local Grocer in North Conway. Hunter's Shop 'n Save and Harvest Market in Wolfeboro. E.M. Heath Supermarket in Center Harbor. Winter and summer CSA options

Growing practices: Certified Organic

REMICK COUNTRY DOCTOR MUSEUM & FARM

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

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

Where to buy: Farm store open year round, 10am–4pm. Meat CSA available June–August
Growing practices: Naturally raised beef, pork, and lamb; all pasture raised without growth hormones or antibiotics for the promotion of growth

SAP HOUND MAPLE COMPANY

Corrie St. Saviour: 802-558-5385
414 Center Conway Road, Brownfield, ME
www.saphoundmaple.com

Products available: Maple syrup, maple sugars, and maple candies. Size range from tiny to 13 gallons, in order to serve a variety of customers; call for pricing

Where to buy: Patch Farm's Farm Stand in Denmark, ME. Maple CSA Available. Bridgton Farmers' Market, Spice and Grain in Fryeburg, ME
Deliver on demand for businesses in the area;

Growing practices: Organic, kosher, and non-GMO

SHERMAN FARM

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

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

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

Growing practices: Conventional growers using IPM

SNOWBROOK FARM

Kristy Foster-Carbone, Enna and Mark Carbone: 603-447-8988

27 Everett White Road, Eaton, NH

Products available: Free-range, apple/acorn-raised heritage pork; always in search of acorns in the fall

Where to buy: Open by appointment only

Growing practices: Pasture-raised, no antibiotics, no hormones

SPIDER WEB GARDENS

Adam Stockman and Jacinda Montague:
603-569-5056

252 Middle Road, Center Tuftonboro, NH
www.spiderwebgardens.com

Products available: Annual and perennial flowers, seasonal vegetables, cut-your-own flower gardens, pumpkins, trees, shrubs, and fresh NH wreaths (will ship) in November and December.

Where to buy: Farm store and garden center open March 1–December 24, excluding Thanksgiving. Delivery of microgreens to restaurants each Thursday

Growing practices: Low-spray/IPM and sustainable practices

TANNA FARM

Nate Winship and Hope Requardt: 603-323-7917
1117 Whittier Road, Tamworth, NH

Products available: Eggs, fruit, veggies, seedlings

Where to buy: Farm stand open daily May–November. Tamworth Farmers' Market. Summer CSA

Growing practices: Non-certified organic

THOMPSON HOUSE EATERY FARM

Kate and Jeff Fournier: 603-383-9341
193 Main Street, Jackson, NH
www.thethompsonhouseeatery.com

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

Where to buy: Farm Stand open during the Jackson Farmers' Market 3:30–6:30 at Thompson House Eatery. Inquire for wholesale details and delivery options

Growing practices: Non-certified organic practices

TOP OF THE HILL FARM

Alan Fredrickson: 603-817-0620
50 Martin Hill Road, Wolfeboro, NH

LOCAL FARM GUIDE

THE GREATER
MT. WASHINGTON VALLEY
& NORTHERN LAKES REGION

Products available: Individual cuts or sides of beef, pork, and lamb available all year; eggs, maple syrup, and cut flowers in the summer months

Where to buy: Farm stand open daily 9am–5pm, year round
Wolfeboro Farmers' Market, Seacoast Eat Local in the winter
McKenzie's Farm, Milton and Duane Family Farm in Barnstead
Wolfeboro Food Coop

Growing practices: Pasture-raised meat

WHITE GATES FARM

Hank and Heather Letarte: 603-662-7556
2153 Cleveland Hill Road, Tamworth, NH
www.whitegates-farm.com

Products available: Beef, chicken, pork, veggies, seedlings

Where to buy: Year-round farm stand, 24-hour self-service,
Tamworth Farmers' Market

Cut flowers in-season

CSA available on all products, call for details

Growing practices: Previously certified organic

WHITEFACE HOLLOW

Jennifer and John Ferreira: 603-409-7222
251 Hackett Hill Road, South Tamworth, NH
events@whitefacehollow.com | whitefacehollow.com

Products available: Developing wine grapes vineyard
and event venue

Where to buy: Open by appointment

Growing practices: Low-spray IPM

WOTTON FARM

Joel and Kathey Wotton: 603-539-8134
30 Circuit Road, Ossipee, NH
wottonfarm@gmail.com

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

Where to buy: Wolfeboro Area Farmers' Market (summer
and winter), Farm Stand: Open daily, year round

Local deliveries available—contact for more information

Growing practices: Animals are pasture raised and fed non-
medicated grain; vegetables are grown using organic methods

YOUNG MAPLE RIDGE SUGARHOUSE

Brad Streeter: 603-662-9934
301 Wing Road, North Sandwich, NH
www.youngmapleridgesugarhouse.com

Products available: Maple syrup, maple candies, maple cream,
and maple dry sugar

Where to buy: Products available at the farm and at the
NH Country Store. Wholesale deliveries available, no fee,
no minimum order

Have EBT? Buy \$1 Get \$1 FREE on Fresh Fruits & Veggies

The Local Grocer in North Conway joins 13 other
stores in offering *Double Up Food Bucks* Program in NH.
As part of the program, SNAP recipients receive 50%
off fresh produce. The program allows SNAP recipients
get more fresh fruits or vegetables and supports state
farmers. A win for all! Other retail locations in our region
include the Berlin Marketplace in Berlin, NH and Heath's
in Center Harbor. Questions? Call 866.586.2796.



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