

2014



free!

Southeastern Massachusetts

LOCAL FOOD GUIDE



Growers
Specialty Producers/Buyers
Local Farmers' Markets

**SOUTHEASTERN
MASSACHUSETTS
AGRICULTURAL
PARTNERSHIP**

www.SEMAPonline.org



SEMAP'S AGRICULTURAL COMMUNITY SNAPSHOT:

Over **1,700** farms located on over **108,000** acres of land throughout Bristol/Plymouth/Norfolk counties

Market value of agricultural products sold = **\$157, 222, 000**

Value of direct sales to consumers = **\$8,705,000**
(up from \$5,065,000 in 2007)

BOARD MEMBERS:

Derek Christianson - Chair, Brix Bounty Farm, Dartmouth

Margie Baldwin - How on Earth, Mattapoisett

Ashley Brister - Round the Bend Farm, South Dartmouth

Fred Dabney - Quansett Nurseries, South Dartmouth

Bob Feingold - 24k Heirloom Tomatoes, South Dartmouth

Jennifer Marshall Grantham - SEEAL; Simmons Cafe & Market, Little Compton, RI

Sue Guiducci - Bristol County Conservation District, Dartmouth

Todd Sandstrum - Easton Agricultural Commission, Easton

Ben Wolbach - Skinny Dip Farm, Westport

ADVISORY BOARD

Andy Burnes - Jordan Farm and Southeastern MA Livestock Association, South Dartmouth

Jon Jaffe - Farm Credit East

John Bullard - NOAA

Craig Dutra - The Community Foundation of Southeastern MA

Irene Winkler - Pilgrim RC&D / USDA NRCS

CONTENTS

Directory

SEMAP Member Growers	3
SEMAP Specialty Producers/Buyers	8
Social Service and Service Providers	10
Member Farmers' Markets	11
Tomato Approved Businesses	3
Why Eat Local?	4
How to Buy Local	7
Go Local & Get Involved: SEMAP Annual Events & Opportunities	8
Harvest Calendar	12

What is SEMAP?

Southeastern Massachusetts Agricultural Partnership (SEMAP) is dedicated to preserving and expanding access to local food and sustainable farming in southeastern Massachusetts through research and education. We believe that local agriculture is essential to the health and vitality of our community and our economy. Sustaining farmers and farm businesses, and expanding access to local food are at the core of our mission. We provide technical assistance to farmers, educate the community on the importance of local agriculture, work to increase the functionality of our region's food system, and connect all people to local food.

We maintain a growing membership of farmers and businesses who use locally grown products; all are included in this guide. You can learn more about public or business membership, our events, or other ways to get involved at www.SEMAPonline.org and e-mailing Kendra at kmurray@semaponline.org.

Who's in the Local Food Guide & How do I get in Next Year?

SEMAP is a member-based organization; descriptions of all members are included in this Local Food Guide as a benefit of membership:

- SEMAP Farms
- SEMAP Business Members & Specialty Producers
- SEMAP Member Farmers' Markets

Not a member? Sign up by December 31, 2014 and you will be featured in our next guide, to be published in May of 2015.

Visit www.SEMAPonline.org to sign up.

To advertise in the guide, contact SEMAP at info@semaponline.org.



Thank you to Reynolds DeWalt for sponsoring 50% of printing costs, and thank you to our advertisers for covering the remaining 50%. Thanks also to Mediumstudio for design, Jessie Gunnard for editing, and for contributed photos by SEMAP Member farms (Brix Bounty Farm, CN Smith Farm, Langewater Farm, Miss Scarlett's Blue Ribbon Farm, Plato's Harvest Organic Farm, Shy Brothers Farm, Silverbrook Farm, Taylor Bay Scallops, Web of Life Organic Farm)



- FS** = Farm Stand
- CSA** = Community Supported Agriculture
- FF** = Family Fun
- PYO** = Pick Your Own

GROWERS

BARNSTABLE COUNTY

Borderbay Junction Farm

Greg Hamm

120 Buttonwood Lane | West Barnstable, MA
(508) 375-0300 | borderbayfarm@verizon.net

We offer all natural, free range lamb. Our pastures are not treated with any chemicals, fertilizers, or herbicides. The lambs are antibiotic free and receive no vaccinations of any kind. They are healthy because they are kept in a clean, low stress environment with a varied diet. All lambs are kept with their mothers, milk fed for ninety days, after which they graze on pasture bordering The Great Marsh across from Sandy Neck. The sea air deposits small amounts of sea salt on the pasture, giving the lamb a unique flavor. They also eat wild grape leaves, onion grass, and Russian olive. Lambs are also given a small amount of Vermont made grain to round out their diet. Sold in halves or whole only. Will deliver to Barnstable area or pick up by appointment. Please call for more information.

CapeAbilities Farm **FS**

Andrew Todoroff

458 Main Street, Route 6A | Dennis, MA
508-385-2538

Cape Abilities is a nonprofit organization that provides jobs, homes, and other services for people with disabilities across Cape Cod. We operate Cape Abilities Farm to create jobs and raise revenue for the people we serve, increase awareness of our mission, and to act as a hub in our community to promote local sustainable farming. We provide fresh, healthy produce, including award-winning tomatoes, and gorgeous flowers and planters to our community through our farm stand, restaurants, local food pantries, and schools. Cape Abilities operates a farm with greenhouses and a farm stand on Route 6A in Dennis that has attracted a loyal following of people who crave high-quality, locally-grown produce. Fresh produce, healthy plants and service with a smile are hallmarks of Cape Abilities Farm. Our award-winning tomatoes are especially sought-after, and some of the finest restaurants on Cape Cod feature Cape Abilities produce on their menus. Open M-F 10-6 and Sat & Sun 10-5.

Coonamesset Farm **FS CSA PYO**

Ron and Roxanne Smolowitz

277 Hatchville Rd, East Falmouth, MA
www.coonamessetfarm.com
(508) 563-2560

Pick your own membership farm with public farm stand, café, and ice cream. CSA includes vegetables, flowers, berries, meat, cheese, and shellfish. Wholesale to restaurants.

In the Weeds Flower Farm **FS**

Debra Demarais

392 Main St. | Brewster, MA
774-212-2428 or 508-385-6961 |
intheweedsflowerfarm@hotmail.com

A small local grower with a huge roadside stand business, right on Route 6A in West Brewster. We specialize in pussy willows, twig wreaths, hydrangeas, tons of cut flowers, Christmas greens and wreaths. We plant around 20 varieties of tomatoes and sell wholesale, retail, and subscription cut flowers to restaurants and businesses, weddings. We have a nice variety of vegetables as well, lots of cukes and squash.

Miss Scarlett's Blue Ribbon Farm **FS CSA**

Susan Knieriem

555 Route 6A, Yarmouth Port, MA
www.missscarlettsblueribbonfarm.com
(508) 420-9748

Cape Cod's largest poultry and duck farmers, offering whole 3-5lb chickens, duck, geese, Thanksgiving and Christmas turkey, and pork. All animals are born and raised in Yarmouth Port and are free-frolicking and never frozen. Farm open Thursday - Sunday 10am -5pm. Poultry can also be purchased at the Orleans, Harwich, and Hyannis Farmer's Markets.

Pleasant Lake Farm **FS**

Robinson Lee

2 Birch Drive | Harwich, MA
508-432-1992

www.pleasantlakefarm.com

Certified Organic snap peas, beans, summer & winter squash, lettuce, field greens, cutting flowers, root crops & more.

BRISTOL COUNTY

2 Friends Farm

Ashley Driscoll & John Irving

104 County Street | Attleboro, MA
508-455-0532 | john@2friendsfarm.com for sales
www.2friendsfarm.com

2 Friends Farm is a certified organic, nutrition focused startup that's bringing life-giving wheatgrass and micro-greens to the surrounding area. As an innovative farm located solely inside a historic Attleboro mill building, we turned unused space into the finest indoor grow facility. Find our products in local grocers and on top of your favorite dish at many fine dining establishments and catered events.

24K Heirloom Tomatoes

Bob & Janet Feingold

538 Horseneck Rd. | South Dartmouth, MA
bob@24k-heirloomtomatoes.com
www.24k-heirloomtomatoes.com

We grow delicious heirloom tomatoes as well as dahlias on our 8 acres near the Slocum River in South Dartmouth. Since our start in 2005, we have expanded our appreciation of heirloom tomatoes. Their charm, taste, appearance and class are the unique characteristics that give us good reason to continuously expand our endeavors. Stop by our property to visit our gardens and try our tomatoes.

4 Town Farm **FS PYO**

The Clegg Family

90 George St. | Seekonk, MA
(508) 336-5587

www.fourtownfarm.com

Our family owned farm is located in Seekonk, MA, a few miles east of Providence, RI. We open our season mid April with a large selection of perennials, annuals, hanging baskets, and mixed containers. The farm stand is open through the holidays, selling fresh cut trees and wreaths. We grow most types of small fruits and vegetables that can be grown in our climate. We are especially known for our asparagus, strawberries, sweet corn, melons, and fall crops. We also offer pick your own which includes strawberries, fava beans, English peas, raspberries, pumpkins, and cut flowers. We welcome you to visit us and enjoy a real farm experience with your family.

WHY EAT LOCAL?

You care about your HEALTH

- Local food is fresher and tastes better than food shipped long distances from far states and other countries.
- Knowing where your food comes from and how it is grown or raised enables you to choose safe food from farmers you trust.
- Buying local food gets you outside and keeps you in touch with your neighbors, the seasons, and the harvest calendar.

You care about the ENVIRONMENT

- Local food travels less! The average supermarket vegetable travels 1500+ miles from farm to table.

- Local farmers offer crop varieties grown for taste and freshness rather than shipping and long shelf life.
- Local farms help to establish and maintain healthy soils through sustainable farming practices such as crop rotation, diverse crop varieties, pasture raised livestock and integrated pest management (IPM).

You care about your COMMUNITY and local ECONOMY

- With each local food purchase, you ensure that more of your money spent on food goes to the farmer and, in turn, the local economy.

Alderbrook Farm FS FF

Allen and Nancy Manley

1213 Russells Mills Rd., | South Dartmouth, MA

774-264-0755

Farm stand open year round, 4:00am - 5:30pm Mon-Sat, and 4:00am - 5:00pm Sun. Small family farm offering locally grown produce in season. Also, farm fresh eggs, milk, cut flowers, herbs, items from Dartmouth Grange shared-use kitchen, honey, maple syrup, breads, and baked goods. We also offer birdseed bird houses, candles and gift items. We encourage a visit with our barnyard animals.

Apponagansett Farm FS CSA

Susan Murray & Tony Wood

607 Elm St. | South Dartmouth, MA

774-400-7277

We grow a wide selection of vegetables, herbs, flowers, and fruit using sustainable farming practices. We do NOT use any synthetic fertilizers, pesticides, herbicides or fungicides. CSA and pick-your-own garden. Farm stand at 607 Elm St. in S. Dartmouth and is open Friday, Saturday, and Sunday 10am to 6pm, from mid June through October. It is a self-serve farm stand, using the honor system. During farm stand hours, we sell chemical-free vegetables grown on our farm. We also sell eggs from our free-range chickens (\$6/dozen), which are fed GMO-free food in addition to spending the day out in the sun eating grass and bugs. Our free-range eggs are available in the farm stand every day, but the vegetables are only available during official farm stand hours (Friday - Sunday).

Aries Farm FF

David Brownell

482a Smith Neck Rd | S. Dartmouth, MA

(508) 992-4944

At Aries Farm, we sell ethnic lamb, mutton, and hay. Also come visit us for a farm tour and hayride!

Avant Gardens

Katherine and Chris Tracey

710 High Hill Road | Dartmouth, MA

(508) 998-8819 | plants@avantgardensne.com

www.avantgardensne.com

Avant Gardens is a renowned retail nursery and garden design business, creating havens that comfort the body and inspire the soul. We sell ornamentals that are mail-order size or landscaping sizes. We also have occasional garden tours, educational workshops, and lectures on ornamentals.

Bettencourt Dairy Farm

Paul Bettencourt

100 Simmons St | Rehoboth, MA

(508) 252-5464

Raw Cow Milk producer. Pick up directly at farm; please call ahead and milk will be held. We will be offering cheese in the near future!

Brix Bounty Farm FS CSA

Derek Christianson

449 Bakerville Rd. | Dartmouth, MA

www.brixbounty.com

Fresh vegetables and community education | Brix Bounty Farm focuses on investing in our natural capital (soils) and human capital (community) to create sustainable sources of original wealth for current & future generations. At BrixBounty.com we offer resources and ideas for community members interested in sustainable vegetable production here on the Southcoast of Massachusetts and beyond. Brix Bounty offers CSA shares and operates a roadside farm stand at our NEW location: 449 Bakerville Road, Dartmouth, MA 02748, Open Daily late May into mid-November ~10 AM 'til Dusk.

Chamberlain Farm FF

Bob and Jacqui Chamberlain

12 Friend Street | Berkley, MA

(508) 880-2817

The Chamberlain family has owned and operated the farm since 1969. Our main crop was and still is butternut squash. In the mid 90's we added cranberry bogs and more recently we have added a beautiful wooden pavilion. We use the pavilion to host parties and functions during the spring through the fall. We also are available for field trips and birthday parties where kids can enjoy a hayride and pick their own pumpkins and cranberries.

Clear Run Farm

John A. Nunes Jr.

39 Miller St. | Rehoboth, MA

508-336-2277

Beef cattle raised to market size – black Angus and Hereford

Coastal Vineyards FS

David Neilson

61 Pardon Hill Rd, South Dartmouth, MA

www.coastal-vineyards.com

(774) 202-4876

Coastal Vineyards produces small batches of fine creative wines from our own estate-grown grapes. Tasting room open 12-5pm Friday – Sunday.

Copicut Farms FS CSA

Elizabeth & Vince Frary

11 Copicut Rd. | Dartmouth, MA

www.copicutfarms.com

Pasture-raised chickens, eggs and turkeys. All of our meat is butchered and packaged by us on our farm. We raise pasture-fed poultry, which means all of our birds spend their lives foraging on our pesticide-free pastures with constant access to fresh grass, legumes, and insects. Find our products at retail locations and many farmers markets in Eastern MA and at our farm store, open June through October 12pm-4pm. Farm shares also available.

Dartmouth Orchards FS PYO

Brian Medeiros

515 Old Westport Rd | Dartmouth, MA

(508) 992-9337

Dartmouth Orchards sells apples, peaches, pears, and plums, as well as tomatoes, cucumbers, and pumpkins. We also offer fresh apple cider and pick-your-own apples.

Dufort Farms FS PYO

Carolyn & John Dufort
55 Reservoir Ave, Rehoboth, MA
www.dufortfarms.com
(508) 252-6323

The Dufort family farm was established in 1990 on 32 acres of land and we now lease an additional 120 acres for supporting livestock. Year round at the farm store you may purchase individual cuts of USDA beef and pork, whole chickens, Thanksgiving turkeys, and honey and homemade jams and jellies made from our berries. Pick your own blueberries from our 1000 bushes from July through September. Farm store 8am – 4pm Wednesday and Saturday.

Eva's Garden

Eva Sommaripa
105 Jordan Rd. | South Dartmouth, MA
508-636-5869

Certified Organic Grower of fresh culinary herbs, cut flower bouquets, edible flowers, and specialty greens.

The Farmer's Garden FS CSA

Tammy Noons
2685 G.A.R. Highway, Swansea, MA
www.farmersgardencsa.com
(508) 889-7632

The Farmer's Garden is a 200-acre vegetable farm with a tradition and passion for producing high quality and great tasting vegetables for the community. We believe in supporting our local economy, and at times partner with other local farms to ensure that our customers have a wonderful selection of in-season vegetables and products from our area. Farm stand open daily 10am – 6pm.

Freedom Food Farm FS CSA

Chuck Currie
471 Leonard St. | Raynham, MA
978-884-7102 | freedomfoodfarm@gmail.com
www.freedomfoodfarm.com

Freedom Food Farm provides healthy, nutritious food to members of local communities throughout the socioeconomic spectrum. Our food is grown using organic and biodynamic principles, striving to model natural ecological cycles. This translates to healthy food for the whole community! Donating produce and offering a sliding scale for CSA shares help ensure that the whole community has access to this nutritious food. The farm produces a wide range of agricultural products including vegetables, herbs, flowers, grain, hay, straw, free range eggs, chicken meat, pork, bedding plants, as well as value added vegetable products. You can visit us at 471 Leonard St. in Raynham to buy our products at our farm stand or pick up CSA shares. We also

sell our products at a number of local farmers' markets in Rhode Island and southeastern Massachusetts. Additionally, Freedom Food Farm products are available and sold to wholesale customers, including local restaurants, groceries, buying coops and the Farm Fresh Rhode Island Market Mobile and Veggie Box Programs.

Heart Beets Farm FS CSA

Steve & Sarah Murray
181 Bay View Ave. | Berkley, MA
508-822-6919 | HeartBeetsFarm@gmail.com
www.heartbeetsfarm.com

Our main objective is to grow the most nutritious food possible using the best practices. The majority of our efforts are put towards vegetable production with some time focused on small-scale animal production. We sell mainly through a growing CSA community, on site Farm Stand and local Farmers Markets. The land we farm on has been Certified Organic since 2007. We focus on growing healthy crops by building deep fertility using cover crops, rock minerals, compost, foliar sprays and other proven fertility practices. These practices bring out our commitment to Deep Organic Practices which increase fertility of the land and nutrition of the produce.

John George Farms FS

John George Jr
291 Slocum Rd | Dartmouth, MA
(508) 997-2376

Come visit us for a wide variety of vegetables, herbs, and fruit. We have corn, strawberries, lettuce, tomatoes, squash, kale, green beans, basil, and much more. Our veggie stand is open daily from 8:30 am -6:30 pm. Our ice cream stand is open daily from 12:30pm – 9:30 pm.

Johnson's Roadside Farm Market FS

Timothy and Jeanne Johnson
445 Market St | Swansea, MA 02777
(508) 379-0349

Since 1982 our family-run market offers a variety of seasonal fruits and vegetables grown on our own 20 acre farm. Our market also carries fresh baked goods and locally made specialty items and favorites. Monday - Saturday, 9 am - 6 pm, Sunday, 9 am – 5pm

Jordan Farm

Andy Burnes
22 Jordan Rd. | South Dartmouth, MA
andy@jordanfarm.com
www.jordanfarm.com

Jordan Farm's objective is to raise the healthiest and highest quality grass fed beef that we can. We manage a small herd of unregistered Hereford cattle in South Dartmouth, Massachusetts. To date, we have focused on securing good quality

stock, creating lush, high protein pastures and minimizing the cattle's contact with any chemicals. The health benefits of grass fed beef are becoming well known. The tenderness and unique taste of properly raised grass fed beef is the surprise that we hope you will experience and enjoy as much as we do. Visit our website for pricing.

Keith's Farm FS FF PYO

Keith Santos
1149 Main St | Acushnet, MA
508-763-2622

Keith's Farm is a family business and offers a wide selection of the best produce and a variety of berries for miles around. In the spring, summer and fall, our farm stand is a showcase for all our fresh farm-grown seasonal fruits, vegetables and plants. Your family will have the freshest, tastiest and highest quality vegetables, fruits, harvested daily for the best taste. We also offer hayrides and pick your own strawberries, apples, and pumpkins.

**Langwater Farm** FS CSA FF PYO

Kevin & Kate O'Dwyer
209 Washington St | North Easton, MA
langwaterfarm@gmail.com | 508-205-9665
www.langwaterfarm.com

At Langwater Farm we grow a diverse mix of Certified Organic vegetables, fruits, flowers, herbs, berries and pumpkins. We operate a CSA, Harvest Box, and farm stand; we wholesale to local restaurants and you'll find us farmers markets throughout the season. At our farm stand, we also carry locally produced fruit and honey from other nearby farms. In the fall, visit us for pumpkins and hayrides. We are certified organic, and are committed to growing food in a way that is healthy for people and the soil. Our farm stand hours are 10am to 6pm Tuesday through Sunday, May through October.



Nasketucket Gardens

Jon and Crystal Costa
395 Huttleston Ave. | Fairhaven, MA
info@nasketucketgardens.com
www.nasketucketgardens.com
(508)-977-7830

We are a specialty nursery catering to garden enthusiasts with an appreciation and love for locally grown hydrangeas. Having a large collection of old favorites to the more unique selections, we strive to produce the highest quality container-grown hydrangeas. Open Saturdays 9am-4pm and Sundays 12pm-4pm from mid-May till early September. Other times by appointment.

Noquochoke Orchards FS

George Smith
594 Drift Rd. | Westport, MA
508-636-2237 or 774-201-9765
www.noquochokeorchards.com

From just a few trees, today there are now over 36 acres of orchard trees offering 98 varieties of apples, 16 types of peaches, 9 kinds of pears, 4 kinds of plums, nectarines, quince, strawberries & blueberries; all being harvested by family members and friends. Celebrating 115 years and 5 generations in the family! We are well known for our "antique" apples including russets, yorks, starks, baldwins, graven stein, northern and red spy, winesaps, and more! Visit the farm store August through Thanksgiving 11am to 5pm; winter hours are 11am to dusk. Apples, pears, peaches, nectarines, hay and firewood available wholesale.

Olde Dartmouth Farm

Cindy J. Medeiros-Kirby
264 Smith Neck Road | South Dartmouth, MA
(508) 993-8438 | (774) 263-2844

Olde Dartmouth Farm offers MA Licensed riding instruction, training, boarding, shows, transportation, and sales. We are a MA State License Compost Facility. Our AGED compost is sold by the yard from the backyard gardener to the larger Landscaping Companies. Black, Rich, No Heat, No Smell. We did our home work to produce the highest quality AGED Compost. All ingredients are mixed here on site.

Orr's Farm FS

Andrew Orr
187 Adamsville Rd | Westport, MA
(508) 636-4274
orrsfarm@gmail.com

Come visit us at Orr's Farm in Westport for a great selection of native fruits and vegetables. We offer apples, melons, berries, and peaches, as well as many different varieties of vegetables, including beets, broccoli, corn, peppers, onions, peas, garlic, eggplant, and kale. We also sell fresh herbs, honey, maple, and eggs.

Paradise Hill Farm FS

Shirley Robbins
103 Cadman's Neck Rd. | Westport, MA
(508) 636-6228

Paradise Hill Farm specializes in a wide variety of quality potted herbs and seasonal fruits and vegetables. New this year we will be offering baked goods and jams at our farmers market locations! Farm stand open daily 9am to dusk April – November.

Paskamansett Farms FS

Tom Coutu
742 Tucker Rd | Dartmouth, MA
(508) 990-7859 | bill@paskamansettfarms.com
http://www.paskamansettfarms.com

27 acre farm raw milk dairy farm. State licensed raw milk produced from Jersey and Holstein cows. Raw milk and eggs are available on the farm from 8am-8pm. Advance order turkey, pork and chicken are also available.

Pocasset Orchards FS PYO

Karl Glosl Jr.
1427 Old Fall River Rd | Dartmouth, MA
(508) 995-5019 | karlglosl@verizon.net

At Pocasset Orchards we grow apples, apricots, blueberries, nectarines, plums, pears, peaches, and pluots. We also have pick-your-own blueberries and apples Saturdays from 2:00 pm – 5:30 pm. Our produce can also be found at the New Bedford Farmers' Markets.

Quansett Nurseries

Fred Dabney
794 Horseneck Rd. | South Dartmouth, MA
(800) 636-6931 or (508) 636-6931
sales@quansettnurseries.com

Spread over fifteen acres, we produce a large variety of annuals, herbs, perennials, ornamental grasses, groundcovers and vegetables. We are a wholesale grower, shipping from Maine to New Jersey on our trucks every week during the busy season and through the mails anywhere, anytime.

Revolution Lobster

Timothy Field
655 State Rd | Westport, MA
(508) 675-0131 | revolutionlobster@verizon.net
http://www.revolutionlobster.com/

Revolution Lobster is owned and operated by the Field family who are Timothy, Albert, and Debbie. Timothy and his father Albert catch their own lobsters on their own boats right from local waters off Westport, MA. Wholesale/Retail live lobsters and rock crabs. We deliver to businesses within 20mi. of Westport, MA. A minimum order of 100lbs. is required for a delivery outside of 20mi. Pick-up is also available at our retail location, open 7 days a week, 10am-6pm.

River Rock Farm

Paul & Tina Schmid
236 Fisherville Ln. | Westport, MA
Tss178@verizon.net or pschmid3@att.net

100% grass-fed beef direct to consumers; contact by phone or email.

Rosasharn Farm CSA

Anne Petersen
57 County St. | Rehoboth, MA
www.rosasharnfarm.com
Nigerian miniature dairy goats | Heritage hogs | Livestock guard dogs

Anne breeds Nigerian dwarf dairy goats for show, and also breeds heritage hogs (American guinea hogs and large blacks) for sale to restaurants. Additionally, Anne breeds livestock guardian dogs. Visit the farm or website to learn more about how she uses her livestock to create a healthier, more sustainable farm system at Rosasharn.

Round the Bend Farm CSA

Geoff Kinder
92B Allens Neck Rd. | South Dartmouth, MA
508.748.0816 ext. 210
ewiley@marioninstitute.org

Round the Bend Farm (RTB) is a working farm and learning center. RTB seeks to localize culture, work, and wealth by exposing individuals to the basic tenets of sustainability: resiliency, zero-waste design and diversity. The vision is a community of growers, educators and social entrepreneurs, who support themselves through food and farming businesses and nurture the public with real food and place-based education. Pasture-raised meat CSA managed by Geoff Kinder; vegetable gardens and CSA operated by Ashley Brister (www.ashleysproduce.com); and educational programming directed by Liz Wiley.

Running Brook Vineyard FS

Pedro Teixeira and Manuel Morais

335 Old Fall River Road | North Dartmouth, MA
(508) 985-1998 | info@runningbrookwine.com
www.runningbrookwine.com

Running Brook Vineyard and Winery was founded in 1998 by Pedro Teixeira and Manuel Morais out of a vision to produce top quality wines that will make New Englanders proud and satisfy their palates. Open daily 12 pm – 5pm.

Sampson Farm LP FS

222 Old Bedford Rd. | Westport, MA

508-674-2733 | Sampson_farm.lp@yahoo.com

75 acre potato farm. Farm stand open mid-July through end of September 3pm-6pm weekdays and 10am-5pm on weekends. Find us at the New Bedford, Acushnet, and Dartmouth Farmers Markets this season. Wholesale potatoes mid-August through March.

Sharing the Harvest Community Farm

Dartmouth YMCA

Dan King

276 Gulf Rd. | Dartmouth, MA

(508)993-3361

The Sharing the Harvest YMCA Community Farm Project is a grassroots effort to alleviate hunger at the local level. The community farm at the Dartmouth YMCA was created for the express purpose of producing fresh and nutritious local fruits and vegetables for distribution by the Hunger Commission. Sharing the Harvest is driven by volunteers, to date more than 2500 volunteer hours have been logged by more than 1500 individual volunteers and groups. Please join us for our regular volunteer drop-in hours: Monday, Tuesday & Wednesday: 9 AM - 12 PM and 2-5 PM & Saturday: 9AM - 12PM.

Shy Brothers Farm

Barbara Hanley

Westport Point, MA

www.shybrothersfarm.com

508-333-2626

The Santos brothers make artisanal cheese from our third-generation dairy farm in Westport. “Hannabells” are handmade thimble-shaped cheeses available in several varieties, including award-winning classic French, Shallot, and Lavender. Our “Cloumage” is a fresh lactic curd cheese beloved by local chefs. All our cheese is made using the oldest technique: letting the milk and culture do the work, with no heat, no pressing, and no hurrying.

The Silverbrook Farm FS CSA FF

JJ Pereira

923 Main St. | Acushnet, MA

617-435-6557 | thesilverbrookfarm@gmail.com

The Silverbrook Farm is a fully operational agriculture facility serving the Southern New England Region. Family owned and operated for nearly two decades, with their famous homemade Pies, Horse Drawn Hayrides, Expanding Produce and Livestock Programs, and colorful seasonal Events, Silverbrook Farm is becoming the standard in traditional products and entertainment. Offering Produce and Meat CSA shares. The Farm Store is open on weekends May through December. Visit website for details.



HOW TO BUY LOCAL

In southeastern Massachusetts there are many ways to support our local farms year round by purchasing their vegetables, fruits, meats, dairy products, nursery items and other products.

The first step is to **think seasonally, and look for local items grown and harvested month by month** – check out the Harvest Calendar on page 12 to guide you.

An easy way to stay in touch with the seasons is to **join a CSA program, short for Community Supported Agriculture**. CSAs are farm subscription programs where community members purchase a “share” of the harvest at the start of the year, and receive a box of freshly picked produce each week. Some CSAs offer meat, cheese, baked goods and other extras, and some run into or through the winter, so check for a program that fits your schedule and taste preferences.

Another great way to stay in touch with the seasons is to regularly **visit farmers’ markets**. Farmers’ markets are plentiful in southeastern MA, and boast a wide variety of produce and products made locally. Farmers’ markets have become community meeting places, and are some of the best sources for fresh local foods; several even run through the winter months. See page 11 for a list.

Our region also has hundreds of **roadside farm stands** throughout the many back roads and coastal trails. Finding a local farm stand you enjoy close to home is sometimes the best and easiest way to enjoy local produce in season.

Search for **farm stands, farmers’ markets** and **CSAs** with SEMAP’s Online Farm Guide at www.SEMAPonline.org.

Silverbrook Farm FS CSA

Andy Pollack

592 Chase Rd. | Dartmouth, MA

508-264-9064

We sell a wide range of products including vegetables, fruits, cut flowers, herbs, mushrooms, honey, free range eggs, jams and mustard. All our produce is grown without the use of pesticides or herbicides. CSA shares available June through October. Visit our farm stand, open daily 11am-6pm end of May through mid-October, or find us at a farmers market this season!

Skinny Dip Farm CSA

Ben & Hannah Wolbach

(401)592-0237 | skinnydipfarm@yahoo.com

Certified organic flowers, herbs, baby salad greens, root vegetables and other veggies, and potted plants. CSA shares June through October with pick-up locations in Westport, Little Compton, and Plymouth Farmers Market. Find us at the Old Rochester Farmers Market, Westport Farmers Market, and local SouthCoast restaurants and retail stores.

Spring Rain Farm PYO

William & Mary McCaffrey
692 Caswell St. | East Taunton, MA
508-824-3393 or 774-218-8926
pinkyplatt@yahoo.com

Spring Rain Farm is a diverse 112 acre family farm, where you can explore cranberry bogs, pick your own strawberries, and enjoy some fresh air. We sell Pick Your Own strawberries (June), cranberries, firewood and hay. School tours by appointment. Wholesale cranberries. Delivery available for hay and firewood.

GO LOCAL AND GET INVOLVED! SEMAP'S ANNUAL EVENTS

January – Winter Networking Event for farmers
and business owners

February – Agriculture and Food Conference of
Southeastern MA, open to farmers and the public

November – SEMAP's Annual Meeting

Stone Bridge Farm PYO

Scott & Joanne Harding
186 Leonard St, Acushnet, MA
www.stonebridgefarmevents.com
(508) 951-1551
eventsonthefarm@gmail.com

We have an incredible variety of vendors and farm related events each week. Stone Bridge Farm has been updated to include pick your own cranberries, educational bog walks, photo opportunities and fresh picked cranberries. Visit our Farmer's Market every Saturday from 9am-1pm.

Stonehaven Farm

Virginia Merlier
1506 Drift Rd. | Westport, MA
508-636-1361 | vmerlier@verizon.net
www.stonehavenfamilyfarm.com

Farm Stays - Heritage Poultry and Sheep
Stonehaven Farm produces free-range chicken and duck eggs and all-natural grass finished spring lamb (min. 1/2 lamb; \$6.50/lb hanging weight). Wool blankets and lamb pelts are available to purchase as well. Our large garden and berry orchard provide vegetables and fruit in season. We like to share this through our Farm Stay program (see our website, www.stonehavenfamilyfarm.com).

Tall Tale Farm FS CSA

Brooke Werley and Andrew Hamilton
29 S Main St | Berkley, MA
(774) 218-3024 | csa@talltalefarm.com
www.talltalefarm.com

Founded in 2013, we are a small vegetable farm using organic methods, and working towards certification. We offer our produce through a CSA, farm stand, wholesale and area farmers markets!

The Farm at Stonehill

Bridget Meigs
320 Washington St. | Easton, MA
508-565-1000 | bmeigs@stonehill.edu

The Farm at Stonehill is a place for students to get their hands dirty. An initiative of the Mission Division at Stonehill College, the Farm supplies local food banks, soup kitchens and other meal providers with organic, sustainably grown fruits and vegetables; helping to make nutritious, local food available to neighbors in need. The Farm challenges the status quo and asks students to actively engage food justice issues in the surrounding community. Located on 1.5 acres of college-owned land directly adjacent to campus, the Farm is a living endorsement of our commitment to the greater good. During the growing season, the Farm distributes produce through four organizations: My Brother's Keeper, The Easton Food Pantry, The Table at Father Bill's and Main Spring, The Family Center at the Brockton YMCA. The Farm at Stonehill is located next to The Clock Farm on Rt. 138 in Easton, Massachusetts, adjacent to the Stonehill College campus.

Sweet Goat Farm

Laurie/Norman Marinone/Anderson
1 Revere Court, Westport, MA
Laurie_Marinone@yahoo.com
(508) 675-0963

We tend a small flock of laying hens and a 30-goat herd of Nigerian Dwarfs (a miniature dairy breed). We milk our does daily from spring through early winter and drink the delicious raw milk and make yogurt, kefir, cheese, caramels, and soap. We also tend raised vegetable and fruit beds and make delicious jams, jellies, and pies with our rhubarb, strawberries, blueberries, raspberries, blackberries, and concord grapes.

S&S's Urban Acres CSA

Brad Dean
187 Plymouth Ave. | Fall River, MA
urban.acres@yahoo.com | (508)965-1997

Urban Acres is a family owned business that has developed a way to use Fall River's famous mill space in a whole new way. Using a highly sophisticated hydroponic method of growing vegetables and other produce indoors with 100% organic pest control methods, we were able to create the perfect growing environment. We soon realized that our hydroponic system not only allowed us to avoid chemicals and contaminants, but also gave us better tasting and more nutritious produce. You can find our products at Lee's Market, Tom's Market, and Whole Foods -Cranston, and Whole Foods - Waterman St and University Heights, Providence. Contact us if you'd like to be on our CSA wait list.

Tavares Hillside Farm FS

"Do your best; let God rest."
Paul & Linda Tavares
67 Canning Boulevard, Tiverton, RI
(508) 636-2042
tavareshillsidefarms@yahoo.com

We produce a variety of fresh produce including sweet corn, peppers, squash, pumpkins, and zucchini. We also sell cut flowers, homemade jams, jellies, relishes, and arborvitae trees.

Weatherlow Farms

M. Ryan Wagner
871 Sodom Road | Westport, MA
508-332-0999

At Weatherlow Farms we offer a variety of meats. Our livestock is pasture-based. Currently we are raising animals for beef, pork, and poultry.

DUKES COUNTY

Cuttyhunk Shellfish Company

PO Box 51 | Cuttyhunk, MA
(508) 971-1120 | info@cuttyhunkshellfish.com
www.cuttyhunkshellfish.com

Over 30 years in business, Cuttyhunk Shellfish Farms provides fresh, delicious Cuttyhunk Oysters and clams to restaurants and distributors throughout New England. Now boasting many services, including our own oyster farm, a floating shellfish raw bar in Cuttyhunk Pond, and a large catering network. All of our services provide the highest quality of shellfish and hospitality.

NORFOLK COUNTY

Brambly Farms

Ted & Sandra O'Harte
84 Cleveland St. | Norfolk, MA
508-520-2321 | bramblyfarms@yahoo.com
www.bramblyfarms.com

We are a small family owned mixed livestock farm. We sell our award-winning pork, beef and chickens at several local markets and through our farm Meat CSA. All our animals are raised on pasture and free of unwarranted antibiotics and hormones. We sell to many chefs in MA, RI, and NY. Our Farm Store is open on Sundays.

Lawton's Family Farm/Oake Knoll

Ayrshires

Ed, Nancy, & Terri Lawton
70 North St, Foxboro, MA
www.lawtonsfamilyfarm.com
(508) 543-6460

Our farm store carries only pure Massachusetts farm products. Our Oake Knoll Ayrshires raw milk is bottled daily, with no antibiotics or hormones. Our Foxboro Cheese is made from our own milk, and during summer, vegetables are picked fresh every day. We raise grass-fed beef without any antibiotics or hormones, and offer stew meat, patties, ground beef, and all-natural hot dogs. Our humanely raised veal is available in many cuts. Farm stand open daily, year round 10am-6pm.

Tangerini's Spring Street Farm

Laura Tangerini
139 Spring St | Millis, MA
(508) 376-5024
www.tangerinisfarm.com

Tangerini's Farm is a 65 acre family farm located 20 miles southwest of Boston and southeast of Worcester. The farm produces perennials, annuals, hanging baskets and herbs as well as 120+ varieties of vegetables, fruits and cut flowers. We sell at our farm stand, roadside stand and local farmers' markets. We also have a 150 member CSA. We also host birthday parties, private parties, scout groups, church groups, classes and company events. Check our website for more information. Our farm stand is open from May1-October. Hours of operation change with the season.

Ward's Berry Farm

Jim Ward
614 South Main St | Sharon, MA
(781) 784-3600 | info@wardsberryfarm.com
www.wardsberryfarm.com
Ward's Berry Farm is a family run farm in Sharon, MA. In addition to our ever-expanding wholesale

business, we have a roadside market featuring the finest in fruits & vegetables. Our specialties include home-baked goods, artisan breads, gourmet cheeses, homemade jams & fruit baskets made to order. We also have a very popular sandwich counter & deli, smoothie bar w/ soft serve ice cream & slush. Our shelves are stocked w/ a large selection of gourmet grocery items and prepared foods to go. We offer PYO berries & pumpkins, and have public hayrides during strawberry & pumpkin seasons. Birthday parties & school tours are available year-round by reservation. There are many picnic and children's play areas, as well as farm animals that are open to the public. Corn maze and hay pyramid in the fall; fresh native Turkeys, Christmas trees, wreaths and garland for the holiday season. Please call ahead for seasonal information. We are open year-round! Call for our winter hours.

White Barn Farm

Christy Raymond
458 South St, Wrentham, MA
www.whitebarnfarm.org
(774) 210-0359

We run a 60-member CSA program and have a roadside stand open several days a week. Each spring, we hold a two-day plant sale, offering a wide variety of seedlings started in our greenhouse. The end of the season is marked by a Thanksgiving sale where you can stock up for the winter and the big feast.

PLYMOUTH COUNTY

2 Rock Oyster Farm

Gregg Morris
Duxbury, MA
781-319-1977
greggsoyster@gmail.com

Growing the finest quality of oysters year round since 2002. Sold through Island Creek Oysters.

Billingsgate Farm and

C&C Reading Farm, LLC

Farmer Pete Reading & Miss Lynn
Rte. 106, 6 County Rd | Plympton, MA 02367
C&C Reading Farm Stand: 175 East Center St. |
West Bridgewater, MA
781-293-6144
farmgirl@billingsgatefarm.com
www.billingsgatefarm.com

A 75 acre certified organic farm with two farm stand locations. Baystate Organic, Commonwealth Quality and GAP certified. Offering CSA shares June-October 2014, and Pick Your Own strawberries, blueberries, pumpkins, and raspberries (10am – 5pm – call for updated picking conditions). Also offering the ultimate family-fun experience: the annual Corn Maze! Call for Wholesale details!

Cervelli Farm

Frank and Chris Cervelli
338 Vaughan Hill Rd | Rochester, MA
(508) 763-5275 | ccervelli@verizon.net

We are a family farm growing a variety of vegetables and specializing in sweet corn. Come visit us in the fall for pumpkins to take a stroll through our corn maze. In addition to our farm stand, we are also selling at the Old Rochester and Marshfield Farmers' Markets.

VOLUNTEER & DONATE

SEMAP relies on the support of donors and volunteers to continue its work. We are a small community organization, and while the funding we receive is crucial, so is the donation of volunteer time and talent, without which we could not continue to preserve and expand access to local food and sustainable farming in southeastern Massachusetts.

Chokecherry Farm

Bruce Quevillon
80 North St. | Duxbury, MA
781-837-2121 or 781-424-0576
chokecherry.farm@yahoo.com

Organic vegetables available at the farm. Call for details.

C & J Farm

Pam Burns
117 Lake St. | Plympton, MA
339-832-3476

animalburns@comcast.net
Selling beef cattle (Herefords) and pick-your-own blueberries. Look for our products at the Middleboro and Carver Farmers Markets.

C.N. Smith Farm, Inc.

Chris Smith
325 South St, East Bridgewater, MA
www.cnsmithfarminc.com
(508) 378-2270

Founded in 1925, C.N. Smith Farm, Inc. is a 90-acre farm. Farm stand and garden center are open April to December and offer a variety of seasonal fruit and vegetables seven days a week. We also offer activities including hayrides and berry picking. Whole sale deliveries are available.



Fresh Meadows Farm FS

Domingo Fernandes
43 North Main St, Carver, MA
www.freshmeadowscranberries.com
(508) 866-7136

Fresh Meadows is a third-generation cranberry operation growing organically certified fresh Early Blacks. Join us at our farm stand or visit our website for the latest information.

Great Hill Dairy

Timothy Stone
(508) 748-2208 | info@greathillblue.com
<http://www.greathillblue.com>

Great Hill Blue is an internally ripened variety of bleu cheese made with raw, unhomogenized milk resulting in a true gourmet quality cheese. Our cheese can be purchased wholesale or at the Dartmouth and Fairhaven farmers' markets.

Jonathan's Sprouts

Retail outlets – see website
Bob & Barbi Sanderson
384 Vaughan Hill Rd, Rochester, MA
www.jonathansorganic.com
(508) 748-0919 | Barbara@jonathansorganic.com
Bob@jonathansorganic.com

We grow a variety of sprouts for supermarkets and food service distributors of New England. We also package and sell local organic herbs (Eva's herbs) and cranberries in season. You can find our organic sprouts at Shaws, Hannaford, Market Basket, Roche Bros, Trader Joes and many other grocers. Delivery is available to supermarket and food service warehouses.

Lolan's Farm FS

Sam & Susan Shields
121 Thompson St. | Middleboro, MA
508-558-9205 | lolansfarm@hotmail.com
 Family owned dairy farm milking 60 registered Holsteins. Members of Agri-Mark / Cabot Cooperative. We also grow pumpkins, gourds, straw and cornstalks for fall decor. Aged cow manure available (bagged). May have some wholesale pumpkins, gourds, and cornstalks. Call for details. Seasonal retail farm stand selling farm-fresh eggs, vegetables, herbs, and harvest decorations. Open daily 11am - 7pm; July - Nov.4th. You'll also find: Local berries & tree fruit (Braddock Farm), plants (Nessralla Farm).

Lucky Field Organics CSA

Eileen & Weston Lant
570 New Bedford Rd | Rochester, MA
(508) 763-8104 | info@luckyfieldorganics.com
www.luckyfieldorganics.com
 Lucky Field Organics is a farm growing vegetables, herbs, and flowers. We offer an extensive CSA program with main season, summer vacation, and fall winter CSA shares available in different sizes as well. We are committed to providing fresh healthy food to our community. You can also find us at the Chatham and Falmouth Farmers' markets.

Makepeace Farms Greenhouse and Nursery FS

Karen Makepeace
22 Cranberry Highway | West Wareham, MA
508-295-3700
 Visit our new Greenhouse and Nursery, at the former R.F. Morse store, on the Rochester/ Wareham town line, for top-quality perennials, vegetable plants, shrubs, gardening tools, planters, and great gardening advice! Open Daily 9 a.m. to 5 p.m.

Plato's Harvest Organic Farm

David Purpura
131 Chestnut St, Middleboro, MA
www.platosharvest.wordpress.com
(508) 315-9429

Plato's Harvest is a certified organic farm producing a diverse array of vegetables with a focus on heirloom varieties. Chicken, eggs, honey, and some livestock are also available; some food is available year round. We sell at the Plymouth and Harvard farmer's markets.

Prospect Hill Farm FS

Rebecca Lipton
781-608-2389
30 Prospect Road | Plympton, MA
freshideaorganic@aol.com

Founded in 1990, Prospect Hill Farm is a 10 acre farm run by Rebecca Lipton. Certified organic since the 1990's. Eggs, heirloom veggies, blueberries, and more.

Puddingstone Organics FS

Bill Rogers
121 Old Center St, Middleboro, MA
www.facebook.com/pages/Puddingstone-Organics
(508) 946-0745

puddingstoneorganics@yahoo.com
 We raise and sell certified organic eggs and broiler chickens. Limited supply of in-season produce available, especially garlic. Check out our Facebook page for farm updates and more.

Web of Life Organic Farm FS CSA

Donna Blischke
71 Silva St, Carver, MA
www.weboflifefarm.com
(508) 866-7712

We are a small family farm offering seedlings, produce, herbs, honey, eggs and poultry, as well as certified organic garlic powder, heirloom pepper sauces and sauerkraut. We also have a wide variety of jams, jellies, preserves, and salsa made with our own organic ingredients grown and prepared on the farm. Our products are available at the Plymouth Farmers' Market and Plimouth Plantation.

Wyandotte Farm

Michael & Elizabeth King

88 Marion Rd. | Mattapoisett, MA

508-758-8230 | wyandottefarm@gmail.com

www.wyandottefarm.com

Wyandotte Farm is located adjacent to the Mattapoisett Land Trust Old Aucoot District property, a 300 acre conservation preserve. We are using permaculture techniques to farm in a sustainable and natural setting. We operate a licensed kitchen at the Knights of Columbus in Mattapoisett, catering events and hosting farm to table dinners. Find our products at How on Earth and the Old Rochester Farmers Market.

RHODE ISLAND

Simmons Café & Market

Jennifer Marshall Grantham

78 Crandall Rd. | Little Compton, RI

A historic, lively café and marketplace that features natural and organic foods, local products, healthy meals, art, music, and wifi. Open 7 days, 7am to 7pm.



SPECIALTY PRODUCERS/BUYERS

BARNSTABLE COUNTY

The Chatham Jam & Jelly Shop

Carol Cummings

16 Seaquanset Rd | West Chatham MA

508-945-3052

A 31 year old family business, using ingredients from the Cape and Massachusetts whenever possible. Cooks & sells 120 varieties of jams, jellies, chutneys, relishes, butters, marmalades, ice cream toppings, and dietetic spreads. Open & cooking year round. Retail & wholesale (Mass. only) Locally picked fruits include: the native Wild Beach Plum, the Beach Rose, Garden Mint, Blueberries, Blackberries, Elderberries, Wine Raspberries, Peaches, Pears, Cranberries, Concord Grape, Wild Grape, Wild Cherry, and Tomatoes.

January through March, Thursday-Saturday, 10 'til 5
April through December, Monday-Saturday, 10 'til 5.

Farm Fare Market

Nicole Cormier

68 Tupper Road, Unit 6 | Sandwich, MA

508.813.9282

Nicole@DeliciousLivingNutrition.com

www.deliciouslivingnutrition.com

Farm Fare Market is a local food market that focuses on locally grown, organic bulk foods and environmentally friendly. My passion is to provide you with a variety of whole foods you can feel confident about. An entire wall of Organic Bulk food items, Fresh Cold-pressed Juices made daily, Local Honey, Cheese, Jams & Coffee, Farm Fresh Eggs, Seasonal & Traditionally Grown Vegetables from local farms & Backyard Gardens. Open Thursday and Friday from 12pm to 5pm.

The Local Scoop

Mary DeBartolo

34 Cranberry Highway | Orleans, MA

508-255-0101

www.facebook.com/thelocalscoopcapecod

A fun destination, you can make your own sundae, with over 60 toppings. We offer homemade ice cream, frozen yogurt, sorbet, with over 60 toppings. We strive to include local Cape Cod artisan foods in all that we offer such as honey, salt, jams, caramel, roasted coffee, and chocolate.

BRISTOL COUNTY

All Friends Catering & BBQ

Jonathan Abreu

774-628-9735

www.allfriendscatering.com

At All Friends Catering, we not only cater weddings and formal events, but also casual parties and backyard barbecues. We have a variety of Bar-B-Que items available, and also offer on-site catering, where we arrive with our trailer (with smoker and 6 burner gas grill attached) and cook hamburgers, hot dogs, chicken, veggies, or anything else you desire while the main Bar-B-Que course is still smoking.

Bridgewater Village Bakery

(508) 697-7775

BridgewaterVillageBakery@gmail.com

<http://www.bridgewaterVillageBakery.com>

A local baker from Bridgewater, MA offers a variety of organic sourdough, vegan, artisan breads, cookies, crackers & pastries. Breads are made with 100% Organic grains. All naturally leavened. 100% from scratch. Baked fresh for each market. Made in small batches with no commercial yeast. Using locally sourced ingredients when possible. Currently available at the Original Easton Farmer's Market, the Attleboro Farmers Market, and the Eggleston Market in Jamaica Plain.

Buzzards Bay Brewing

Bill Russell

98 Horseneck Rd. | Westport, MA

Bill.russell@buzzardsbrew.com

508-636-2288

www.buzzardsbrew.com

Our brews can be found at many restaurants and retail locations along the SouthCoast, or come by the farm for a taste. When you visit our farm you can enjoy a pint of your favorite or a sampler of current releases in our rustic Tap Room. Tap Room Open: Thursday and Friday 1pm to 6pm | Saturday 11am to 6pm | Extended Summer Hours (Memorial Day through Labor Day): Tuesday and Wednesday: 1pm to 6pm; Thursday and Friday: 1pm to 7pm; Saturday 11am to 7pm

Dolce Cupcakes

Deborah Fayne

24 Oldfield Dr | South Easton, MA

(781) 718-5900 | dolcecupcakes1@gmail.com

We sell gourmet custom cupcakes, cake-pops, cookies, and brownies to order. We also offer confection baking and decorating classes for children. Some of our flavors include: Chocolate Vanilla, Angel cakes with raspberry filling, Strawberry, Salted caramel, Boston Cream pie, German Chocolate, Girl Scout cookie inspired flavors such as Thin Mint and Caramel Delight. Orders size minimum 1/2 dozen standard size and 1 dozen mini cupcakes.



Down to Earth Natural Foods

Laura Broekel and Catherine O'Berry

751 Kempton St | New Bedford, MA 02740

(508) 996-1995 | dtenf@comcast.net

Down to Earth Natural Foods is a family run whole food store established in 1977. A store with something for everyone, we strive to provide a well rounded selection of natural foods, vitamins, minerals, homeopathic remedies, beauty aids, organic produce, books, and more. A special focus at Down to Earth is holistic dog and cat care, including natural and raw foods, vitamins, supplements, and grooming supplies. Hours: M-F 9am to 7pm; Sat. 9am to 6pm; Closed Sunday

Lees Market

Matt Cummings

(508) 636-3348

796 Main Rd | Westport, MA

Bringing the finest and freshest food to you since 1929! We source many of our products, including produce, coffee, and wines from local businesses. Stop by for all of your grocery needs. Open daily 7am-9pm.

Morton's Fork Catering

Greg Morton

343 Dartmouth St | New Bedford, MA

(508) 994-7200 | greg@mortonsforkcatering.com

1982 marked the opening of a Cafe in the resort area of South Dartmouth, Padanaram, Massachusetts. The grill -- wood-burning mesquite, the pasta-- made from scratch, the desserts -- decadent, the produce -- native, the striped bass and bluefish -- paraded through the dining room after being caught, and the rhythm and blues -- driving. This was Bridge Street Cafe--ahead of its time and a landmark for 20 years. Chef and Owner, Greg Morton entertained celebrities, sailors from around the world, legendary boat builders, and dedicated summer clientele--you never knew what to expect, except great food prepared in an open kitchen that had soul. That is Greg's credo to this day--keep it fresh, keep it simple, and show it off.

M & C Restaurant & Catering

Mike Melo

436 Belleville Ave | New Bedford, MA

(508) 993-2219

Serving Lunch & Dinner every day. Come join us at our beautifully renovated restaurant. There's always something new to try. We have always believed in using local products from the sea and land. We only use fresh fish and seafood from New Bedford--never frozen and never imported from other parts of the country.

Simpson Spring

Jim & Christine Bertarelli

719 Washington St. | South Easton, MA

508-238-4472

Simpson Spring is the oldest independent bottling plant in the United States, providing pure spring water and old-fashioned, hand-mixed soda in a variety of flavors, classic and new. We encourage our fans to visit often and celebrate the rich history that our spring has to offer. Our Company store and Soda Shack is open daily and complimentary tours of our historic museum are available upon request.

Monday through Friday 8:00am to 6:00pm

| Saturday 8:00am to 4:00pm | Self serve

spring water center is open 24 hours. Visit the Marketplace at Simpson Spring every Saturday for local goods!

PLYMOUTH COUNTY

Artisan Kitchen

Merideth Ciaburri

265 Walnut Plain Rd | Rochester, MA 02770

(508) 763-4905

meredith@theartisankitchen.com

We have a variety of handmade pies, artisan & sandwich breads, breakfast pastries, savorys, & wedding and occasion cakes. Utilizing local fruit, produce, meats & cheeses. Delivery available anytime. Free within Rochester, MA.

How on Earth

Margie Baldwin

62 Marion Rd. | Mattapoisett, MA

508-758-1341 | thestore@howonearth.net

We have a full range of local, organic produce, locally sourced grocery items, gluten free, vegan and non GMO foods. We continue to buy from local farms and all our meats are hormone and antibiotic free as is our milk. Cheese is as local as possible and our baked goods are either in house or from the area. We have grown to become a one stop shop for all of your local and sustainable grocery needs. We serve lunch Monday- Saturday 11-3pm and also do catering. We have added a community kitchen for local entrepreneurs to make their products for sale in our store as well as other wholesale markets.

Tihonet Village Market

146 Tihonet Road | Wareham, MA

508-295-5437

Visit our original location in Tihonet Village for fresh local produce, treats from our bakery, cranberry-themed gifts, gourmet foods and cooking tools, specialty teas and coffees, and much more! Open Tuesday-Thursday, 9 a.m. to 6 p.m., Friday and Saturday, 9 a.m. to 8 p.m., Sunday, 9 a.m. to 6 p.m.

SUFFOLK COUNTY / GREATER BOSTON

TAMO Bar + Bistro

Chef Robert Tobin

One Seaport Lane, Boston, MA

617.385.4304

www.tamoboston.com

Featuring distinctive contemporary American cuisine, TAMO brings its guests the best that Boston has to offer with hand-crafted cocktails and stylishly presented food inspired by Boston's famous ethnic neighborhoods, the bounty of the New England farms we work with and the Atlantic Ocean at our doorstep.

SERVICE PROVIDERS

Good Egg Marketing

Myrna Greenfield

Boston, MA

www.goodeggmarketing.com

Good Egg Marketing helps farms, small businesses and nonprofits find the right niche, increase sales, and build relationships with customers. While Good Egg Marketing is particularly devoted to working with businesses and organizations that produce, provide, or promote delicious, healthy, sustainable food for all, it offers services to anyone who is a good egg.

Good Egg Marketing offers: Marketing Strategy / Branding / PR / Social Media / Websites ... and more!



WINTER CSAs

Apponagansett Farm*

607 Elm St

S. Dartmouth, MA

(774) 400-7277

Austin Brothers Valley Farm*

Powisett Rd

Dover, MA

(413)668-6843

Brix Bounty Farm

449 Bakerville Rd

Dartmouth, MA

(508) 992-1868

Cape Ann Fresh Catch*

293 Moose Hill St

Sharon, MA

139 Spring St

Millis, MA

(978) 283-2504

Freedom Food Farm*

471 Leonard St

Raynham, MA

(978) 884-7102

Heart Beets Farm

181 Bayview Ave

Berkley, MA

(508) 822-6919

Langwater Farm

209 Washington St

North Easton, MA

(508) 205-9665

Lucky Field Organics

570 New Bedford Rd

Rochester, MA

(508) 763-8104

Miss Scarlett's Blue Ribbon Farm*

555 Rte 6A

Yarmouth Port, MA

(508) 420-9748

Shared Harvest CSA

2468B Washington Street

Canton, MA

(339) 368-0504

Silverbrook Farm*

592 Chase Rd

Dartmouth, MA

(508) 264-9064

Stillman's at the Turkey Farm*

178 Thorndike St

Brookline, MA

(413) 477-0345

Tangerini's Spring Street Farm

139 Spring St

Millis, MA

(508) 376-5024

**Meat or Seafood Available*

2014 FARMERS MARKETS IN SOUTHEASTERN MASSACHUSETTS

Abington

Abington Farmers Market

Griffin's Dairy, 350 Plymouth St, Rt. 58
Saturdays, 9:00 am – 12:00 pm
July 16 – September 15

Acushnet

Acushnet Farmers Market

Stone Bridge Farm, 186 Leonard St
Saturdays, 9:00 am – 1:00 pm
June 7 – October 25

Attleboro

Attleboro Farms

491 Hickory Rd, Rte 120
Sundays, 12:00 pm – 3:00 pm

Attleboro Farmers Market

Fineburg Field, Rte 118 & Bishop St
Saturdays, 9:00 am – 1:00 pm
June 14 – October 25

The Farmers Market at Attleboro Farms

Attleboro Farms, 491 Hickory Road, Rt. 120
Sundays, 12:00 pm – 3:00 pm
Year Round

Braintree

Braintree Farmers Market

Braintree Town Hall Mall, 1 JFK Memorial Drive
Saturdays, 9:00 am – 1:00 pm
June 14 – November 22

Brockton

Brockton Fairgrounds Farmers Market

Brockton Fairgrounds, 600 Belmont St
Saturdays, 9:00 am – 12:00 pm
July 12 – October 25

Brockton Farmers Market

Salisbury Brook Park, Montello St and White Ave
Wednesdays, 2:00 pm – 6:00 pm
June 11 – October 22

Brockton City Hall Farmers Market

George G. Snow Park, Crescent St
Fridays, 10:30 am – 1:30 pm
June 12 – October 25

Buzzards Bay

Buzzards Bay Farmers Market

Buzzards Bay Par, 70 Main St
Fridays, 10:00 am – 2:00 pm
July 4 – October 24

Carver

Carver Farmers Market

Shurtleffe Park, across from Town Hall, Rte 58
Sundays, 12:00 pm – 4:00 pm
June 8 – October 26

Cohasset

Cohasset Farmers Market

Historic Cohasset Common, Main St
Thursdays, 2:00 pm – 6:00 pm
June 19 – October 16

Dartmouth

Dartmouth Farmers Market

351 Elm St
Fridays, 1:00 pm – 6:00 pm
June 6 – September 26

Dedham

Dedham Farmers Market

First Church of Dedham, High St & Court St
Wednesdays, 12:00 pm – 6:00 pm
June 18 – October 29

Easton

Original Easton Farmers Market

519 Depot St
Saturdays, 10:00 am – 2:00 pm,
Tuesdays 2:00 pm – 6:00 pm
May 17 – October 18

Simpson Spring

719 Washington Street
Saturdays, 10:00 am – 2:00 pm

The Marketplace at Simpson Spring

719 Washington St
Saturdays, 10:00 am – 2:00 pm
Year Round

Fairhaven

Fairhaven Farmers Market

Fairhaven High School, corner of Main and Route 6
Sundays, 1:00 pm – 4:00 pm
June 15 – October 19

Fall River

Fall River Downtown Market

100 South Main Street
Tuesdays, 3:30 pm – 6:30 pm
July 1 – September 30

Kennedy Park (Through Dec 6)

Broadway and Bradford Ave
Saturdays, 7:00 am - 1:00 pm

Ruggles Park (Through Nov 26)

Locust and Seabury St
Wednesdays, 9:00 am - 3:00 pm

Hingham

Bathing Beach Parking Lot (Through Nov 22)

Rte 3A
Saturdays, 10:00 am - 2:00 pm

Holbrook

Bowling Alley (Through Nov 8)

231 Union St
Saturdays, 9:00 am - 2:00 pm

Mansfield

Mansfield Farmers Market

280 School Street, Mansfield Crossing
Thursdays, 2:00 pm – 6:00 pm
July 17 – October 9

Marshfield

Marshfield Farmers Market

Grandstands, Marshfield Fairgrounds
South River Street Gate, Rte 3A
Fridays, 2:00 pm – 6:00 pm
May 30 – October 10

Mattapoisett

Old Rochester/Mattapoisett Farmers Market

Old Rochester Junior High School, 135 Marion Rd
Tuesdays, 4:00 pm – 8:00 pm
June 1 – November 1

Medfield

Medfield Farmers Market

First Parish Unitarian Universalist Church
26 North Street
Thursdays, 2:00 pm – 6:30 pm
June 5 – September 25, 2014

Middleboro

Middleboro Farmers Market

Rte 44 Nemasket Street
Saturdays, 10:00 am – 3:00 pm
May 31 – October 11, 2013

New Bedford

Brooklawn Park Farmers Market

Brooklawn Park, Ashley Blvd Entrance east of
Carlisle Street
Mondays, 2:00 pm – 6:00 pm
June 16 – October 27, 2014

Clasky Common

Pleasant and Pearl St
Saturdays, 9:00 am - 1:00 pm

Downtown Farmers Market

New Bedford Public Library, Pleasant St
Thursdays, 2:00 pm – 6:00 PM
June 12 – October 30, 2014

Norwell

Norwell Farmers Market

Natural Science Center, 48 Jacobs Lane South Shore
Fridays, 2:00 pm – 6:30 pm
June 13 – October 10, 2014

Plainville

Plainville Farmers Market

Old Wood School, 200 South St
Sundays, 10:00 am – 2:00 pm
May 25 – November 1

Plymouth

Plymouth Farmers Market

Plimoth Plantation, 137 Warren Ave
Thursdays, 2:30 pm – 6:30 pm
June 5 – October 31

Quincy

John Hancock Municipal Parking Lot (Through Nov 22)

Fridays, 11:30 am - 5:30 pm

Rehoboth

Rehoboth Farmers Market

Anawan School, 53 Bay State Rd
Sundays, 10:00 am – 2:00 pm
June 8 – October 26

Scituate

Scituate Farmers Market

St. Mary's Church, Front St and First Parish Rd
Wednesdays, 3:00 pm – 7:00pm
June 25 – October 29

Sharon

Crescent Ridge Farmers Market

407 Bay Rd
Saturdays, 10:00am – 2:00pm
June 14 – October 25

Stoughton

Stoughton Farmers Market

790 Washington Street
Saturdays, 10:00 am – 2:00 pm
June 14 – October 25, 2014

Taunton

First Parish Church, Taunton

Sundays, 10:00 am – 1:00 pm
July 6 – October 26

Wareham

Wareham/Makepeace Farmers Market

100 Rosebrook Way
Wednesdays, 3:00 pm – 6:00 pm
June 25 – October 29

Onset Market

Prospect Park, across from the Town Pier

Wednesdays, 12:00 pm – 6:00 pm
June 4 – October

Westport

Westport Farmers Market

Westport Town Farm , 830 Drift Road
Saturdays, 8:30 am – 1:00 pm
June 14 – September 27

Westwood

Westwood Farmers Market

Saint Margaret Mary Church 837 High St. (Rt. 109)
Tuesdays, 1:00 – 6:00pm
June 17 – October 28

Weymouth

Weymouth Farmers Market

Town Hall, 75 Middle St
Saturdays, 9:00am – 1:00pm
June 21 – October 4

CAPE COD

Chatham

Chatham Farmers Market

1652 Main Street
Tuesdays, 3:00pm - 6:30pm
May 20 to October 20

Falmouth

Falmouth Farmers Market

Peg Noonan Park, 300 Main St
Thursdays, 11:00 pm – 5:00 pm
May 22 – October 9

Green Harvest Farmers Market

Barnstable County Fairgrounds
1220 Nathan Ellis Hwy (Rte 151)
Tuesdays, 12:00 pm – 4:00 pm
June 4 – October

Harwich

Harwich Farmers Market

Harwich Historical Society, 80 Parallel St
Thursdays, 3:00 - 6:00pm
June 13 - October 10

Hyannis

Hyannis/Mid-Cape Farmers Market

436 Main St
Wednesdays, 2:00 pm - 6:00 pm
June 4 - October 22

Orleans

Orleans Farmers Market

Old Colony Way, near Orleans Center
Saturdays, 8:00 am - 12:00 pm,
May 17 - November 22

Nauset Middle School

First and Third Saturdays
10:00 am -12:00 pm

Osterville

Osterville Farmers Market

Osterville Historical Society Museum,
155 West Bay Road
Fridays 9:00am - 1:00pm
June 13- September 19

Plainville (Through Nov 2)

Old Beatrice Wood School

200 South St
Sundays, 10:00 am - 2:00 pm

Provincetown

Provincetown Farmers Market

Municipal Lot off of Ryder St, next to Town Hall
Saturdays, 11:00am-4:00pm,
May 17-October 22

Sandwich

Sandwich Farmers Market

164 Route 6A, on the Village Green
Tuesdays, 9:00am-1:00pm
May 13 -October 28

Truro

Truro Educational Farmers Market

Veteran's Field, off 7 Truro Center Rd
Mondays, 8:00 am – 12:00 pm
June 16 to September 29

Wellfleet

Wellfleet Farmers Market

355 Main St
Wednesdays, 8:00 am – 12:00 pm
June 16 – September 29

Yarmouth

South Yarmouth/Bass River Farmers Market

307 Old Main Street
Thursdays and Saturdays, 9:00 - 1:30pm
June 5 - October 11

WINTER MARKETS

Attleboro

Market at Attleboro Farms

491 Hickory Rd, Rte. 120
Sundays, 12:00 pm – 3:00 pm

Easton

Original Easton Farmers Market

Oakes Ames Memorial Hall, 3 Barrows St
Saturdays, 10:00 am – 2:00 pm

Winter Marketplace at Simpson Spring

719 Washington Street
Saturdays, 10:00 am – 2:00 pm

Marshfield

Marshfield Farmers Market

Grandstand, Marshfield Fairgrounds
Third Saturday of the month, 10:00 am – 2:00 pm

New Bedford

Clasky Common Farmers Market

Clasky Common, Pleasant and Pearl St
Saturdays, 9:00 am - 1:00 pm

Orleans

Orleans Winter Market

Nauset Middle School
First and Third Saturdays, Dec. 6 - April 18

Plymouth

Plymouth Farmers Market

Plimoth Plantation, 137 Warren Avenue
Second Thursday of the month, 2:30pm to 6:30pm

Massachusetts-Grown Produce Availability Calendar

	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
Dairy, cheese and eggs												
Honey												
Maple syrup												
Meat and poultry												
Fruits												
Apples												
Blueberries												
Cantaloupes												
Cranberries												
Peaches												
Pears												
Raspberries												
Strawberries												
Watermelon												
Vegetables												
Arugula												
Asparagus												
Beans, green												
Beets												
Bok Choy												
Broccoli												
Cabbage												
Carrots												
Cauliflower												
Celery												
Chard												
Corn-on-the-cob												
Cucumbers												
Eggplant												
Garlic												
Leeks												
Lettuce & greens, salad												
Mung beans												
Mushrooms, shiitake												
Onions												
Peas, green and snap												
Peppers												
Potatoes, baking												
Potatoes, new												
Pumpkins												
Radishes												
Scallions												
Spinach												
Sprouts												
Squash, summer & zucchini												
Squash, winter												
Tomatoes												
Tomatoes, cherry												
Turnips												
Aquaculture												
Barramundi												
Hard shell clams												
American oyster												
Bay scallops												
Various trout species												
Plants												
Bedding plants												
Cut flowers												
Herbs												
Forestry products & fiber												
Cordwood												
Lumber												
Wool												



Massachusetts Department
of Agricultural Resources
www.mass.gov/massgrown





SouthCoast ENERGY CHALLENGE

**Save Money.
Build Community.
Protect the Planet.**

*Goal: to reduce fossil fuel-based energy consumption
by 15% among 35,000 households in the 27 towns
& cities of SouthCoast, MA, over three years.*

www.SouthCoastEnergyChallenge.org

**Sign up to take action, earn rewards, join teams,
and track your utility savings over time!**

**Take the
challenge!**

info@SouthCoastEnergyChallenge.org | 508 996 8253 x206

...a program of SEEAL & the Community Foundation of Southeastern Massachusetts.



Cape Abilities
FARM

***Changing lives...
growing futures***

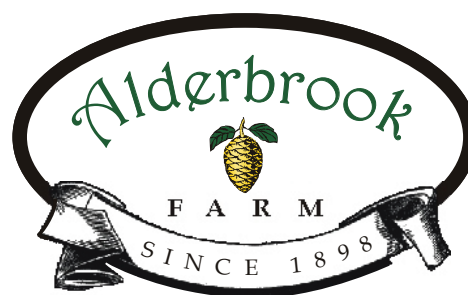
Award-winning tomatoes,
fresh local produce, herbs,
flowers and locally made
products. Farm Stand
benefits people with
disabilities across
Cape Cod.

Open daily 10am to 6pm.

"Best Farm Stand"
— Cape Cod Life 2009 Editor's Choice



**458 Main St. • Rte. 6A • Dennis, MA
(508)385-2538 • www.CapeAbilities.org**



A Small Family Farm

seasonal local produce
fresh eggs, milk & bread
talking barnyard animals

***1215 Russells Mills Road
Dartmouth, MA 02748
774-264-0755***



Maple **JELLY** • Maple Mustard **SALMON**
 Maple Broiled **SCALLOPS** or **CHICKEN BREAST**
BRAISED CORNED BEEF with Maple
 Maple-Glazed **BUTTERNUT SQUASH**
BAKED BEANS with Maple & Rum

And you thought it was just for **PANCAKES**

Reach for **pure maple syrup** from **Massachusetts** to use for all your cooking needs. This versatile, natural, healthier sweetener is made in the place that you love by farmers who care. Pick up your supply fresh from your local sugarmaker. Find one near you — and recipes! — at www.massmaple.org.



**MASSACHUSETTS
 MAPLE PRODUCERS
 ASSOCIATION**

edible CAPE COD



Celebrating the Abundance of Local Foods,
 Season by Season

Don't miss an issue-subscribe today!

www.ediblecapecod.com



**Every Wednesday
 Rain or Shine!**

**June 15th - October 26th
 3pm - 7pm**

**North Scituate Village
 7 Henry Turner Bailey Road
 (corner of Henry Turner Bailey Road & Country Way)**

www.scituatefarmersmarket.com

Produce • Seafood • Meat • Cheeses • Eggs
 Baked Goods • Chocolates • Flowers • And More!

How on Earth

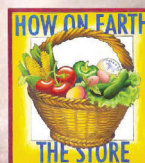
Delicious.

Local.

Organic.

**Locally sourced
 Groceries & Prepared Foods
 Breakfast & Lunch
 Catering**

**Open Tuesday-Saturday 7am-5pm
 Breakfast 7am-2pm
 Lunch 11am-2pm**



**62 Marion Rd
 Mattapoisett, MA
 508-758-1341
thestore@howonearth.net**

www.howonearth.net



Olde Dartmouth Farm
High Quality Compost



Organic compost aged 18 months. All ingredients are mixed on site.

Tel: 774-263-2844

SUPPORT SEMAP TODAY BY BECOMING A MEMBER!

SEMAP 2014 MEMBERSHIP INFORMATION

SEMAP is a 501c(3) non-profit, member-driven organization. Please consider becoming a member today. Your tax-deductible contribution is a key to keeping our programs going. Through membership you receive the benefit of contributing to a strong, thriving local food economy. Join us as we help ensure a positive future for agriculture in our region.

Benefits of membership:

- Supporting a vibrant local food system in Southeastern Massachusetts!
- All SEMAP members receive discounts to SEMAP events, workshops, and our Agriculture & Food Conference.
- All SEMAP members will be listed as members on our website.
- Business Members may request a Buy Fresh Buy Local Marketing Kit
- Sponsors receive recognition at all major SEMAP events.

BUSINESS MEMBERSHIP LEVELS AND ANNUAL DUES –

Please submit your membership dues by December 31, 2014 to be placed in the 2015 SEMAP Local Food Guide.

\$75 – Small / Beginning Farm / Local Food Business

\$150 – Mid-Sized / Large Farm / Local Food Business

\$500 – Sponsor – Quarter page ad in SEMAP's Local Food Guide if dues received by December 31st; SEMAP will list you, with logo linking to your website, in one of our monthly e-newsletters

\$1,000 – Sponsor – Half page ad in SEMAP's Local Food Guide if dues received by December 31st; SEMAP will list you, with logo linking to your website, on our website for the year

INDIVIDUAL & FAMILY MEMBERSHIP LEVELS AND ANNUAL DUES

All Individuals are listed on our website and will be signed up to receive our monthly e-newsletter.

\$15- a great chance to contribute if you haven't joined as a member before. Every dollar counts!

\$40

\$75

\$250 – SEMAP stickers + shopping tote bag and additional recognition through our e-newsletter

\$500 – SEMAP Golden Circle Member, stickers + shopping tote bag and additional recognition through our e-newsletter

www.SEMAPonline.org

SOUTHEASTERN MASSACHUSETTS
AGRICULTURAL PARTNERSHIP

