Southeastern Massachusetts
LOCAL FOOD GUIDE

Growers
Specialty Producers/Buyers
SEMAP Member Farmers’ Markets
Tomato Approved Businesses

SOUTHEASTERN MASSACHUSETTS AGRICULTURAL PARTNERSHIP
www.SEMAPonline.org
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. SEMAP is a 501(c)(3) tax-exempt non-profit organization and operates two programs: The Buy Fresh Buy Local™ Southeastern Massachusetts Educational Campaign (BFBL) and Farms Forever. We also maintain a growing membership of farmers and businesses who use locally grown products; all are included in this guide. Our office is located in East Wareham, and you can learn more about public or business membership, our events, or other ways to get involved at www.SEMAPonline.org or by calling (508) 295-2212 x50.

Through the Buy Fresh Buy Local (BFBL) Campaign, we educate the public on the Why, Where and How of local food and sustainable farming. Through a three-pronged strategy incorporating participation in community events, Local Food 101 seminars and workshops and educational classes, we are able to reach many people in our region. Contact: Sarah Cogswell, SEMAP Program Director, scogswell@semaponline.org, (508) 295-2212 x50.

The Farms Forever program provides technical assistance to the farming community including land matching, referral services, facilitating land transfer and leasing processes, and gathering land data so the program serves as a clearinghouse of information on farmland for the region. Contact: Bridget Alexander, balexander@semaponline.org, (508) 295-2212 x50.

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 Farm/Business Members & Specialty Producers
- SEMAP Tomato Approved Business Members
- SEMAP Member Farmers’ Markets
- SEMAP Member Farmers’ Markets in Southeastern Massachusetts
- Member Farmers’ Markets
- Tomato Approved Businesses
- Why Eat Local?
- How to Buy Local
- Go Local & Get Involved: SEMAP Annual Events & Opportunities
- Farm to Institution Project
- Want to Be a Farmer?
- Harvest Calendar

The Buy Fresh Buy Local™ Southeastern Massachusetts Educational Campaign (BFBL) and Farms Forever. We also maintain a growing membership of farmers and businesses who use locally grown products; all are included in this guide. Our office is located in East Wareham, and you can learn more about public or business membership, our events, or other ways to get involved at www.SEMAPonline.org or by calling (508) 295-2212 x50.

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Not a member? Sign up by April 1, 2012 and you’ll make the next guide. Visit www.SEMAPonline.org or call (508) 295-2212 x50 to learn how to join.

To advertise in the guide, contact SEMAP at info@semaponline.org or (508) 295-2212 x50.
GROWERS

BARNSTABLE COUNTY

Cape Abilities Farm
Jim Knieriem
458 Main Street (Route 6A), Dennis, MA
www.capeabilities.org
(508) 385-2538
We sell early and fresh award-winning tomatoes and other vegetables grown in our Dennis greenhouses, along with herbs and flower baskets. Cape Abilities Farm employs over 50 people with disabilities to help grow and market our produce, and all profits go to fund programs for people with disabilities on Cape Cod. Open daily 10am–6pm.

In the Weeds Flower Farm
Debra Demarais
392 Main Street, Brewster, MA
(508) 385-6961
intheweedsflowerfarm@hotmail.com
A small grower with a roadside stand business on Route 6A in West Brewster, we specialize in pussy willows, twig wreaths, hydrangeas, lots of cut flowers, Christmas greens and wreaths. We plant around 20 varieties of tomatoes and sell wholesale, retail, and subscription cut flowers to restaurants, businesses and weddings. At our stand you can also find a variety of vegetables, including cucumbers and squash.

Miss Scarlett’s Blue Ribbon Farm
Susan Knieriem
555 Route 6A, Yarmouth Port, MA
www.missscarlettsblueribbonfarm.com
(508) 685-9554
Cape Cod’s largest poultry and pork farmers, offering chicken, duck, geese, turkey, and pork. All animals are born and raised in Yarmouth Port and are free-frolicking and never frozen. Retail sales on the farm every Sunday 12-4pm.

BRISTOL COUNTY

Alanda Farm
John Buffington
2685 Horton Street, North Dighton, MA
(508) 252-4003
alandatunis@yahoo.com
Family farm raising sheep and lamb, wool products available for sale year round. Family run and USDA inspected. Products available through retail only at our farm stand and at farmers’ markets. Contact for more information.
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.
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Clear Run Farms
John Nunes, Jr.
39 Miller Street, Rehoboth, MA
(508) 336-2277
Producing wholesale beef available to restaurants and caterers. Contact us for availability and prices and for retail sales.

Coastal Vineyards
David Neilson
61 Pardon Hill Road, South Dartmouth, MA
www.coastal-vineyards.com
(774) 202-4876
Coastal Vineyards produces small batches of fine 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.

The Farmer’s Garden
Tammy Noons
2685 G.A.R. Highway, Swansea, MA
www.farmersgardencsa.com
(508) 636-5869
Eva’s Garden is a certified organic farm specializing in unique herbs, flowers, heirloom vegetables and specialty greens. Sales are to restaurants, caterers and schools.

The Farmer’s Garden
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Eva’s Garden
Eva Sommaripa
105 Jordan Road, South Dartmouth, MA
www.evasgreengarden.com

J.H. Beaulieu Livestock & Produce Farm
Joe Beaulieu
16 Sconticut Neck Road, #126, Fairhaven, MA
(508) 496-9209
allnaturalbeef@comcast.net
Naturally-grown field-raised beef, chicken and farm fresh eggs. All meat USDA inspected and cut to specifications, blast frozen, and vacuum-sealed.

Johnson’s Roadside Stand
Timothy & Jeanne Johnson
445 Market Street, Swansea, MA
(508) 379-0349
Johnson’s Roadside Stand offers freshly-picked fruits and vegetables from their family farm. Other items for sale include freshly-baked goods (pies, muffins and bread), cut flowers and annuals, as well as local juices, sodas and homemade ice cream from Bliss Dairy in Attleboro. Open 9am-6pm Monday - Saturday; 9am-5pm Sunday.

Kettle Pond Farm
Adam Hale
181 Bayview Avenue, Berkley, MA
www.kettlepondfarm.com
(508) 822-4142

Coastal Vineyards
David Neilson
61 Pardon Hill Road, South Dartmouth, MA
www.coastal-vineyards.com
(774) 202-4876
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Brix Bounty Farm
Derek Christianson
858 Tucker Road, Dartmouth, MA
www.brixbounty.com
(508) 992-1868
We produce and promote the production of nutrient-dense foods, grown using sustainable methods with a focus on improving soil health for long-term viability. Our produce is grown without chemical pesticides or herbicides, and we strive to improve food security through community projects that increase knowledge and awareness of sustainable production techniques on farms and in backyard and community gardens. CSA; farm stand open daily in season, 10am-dusk.

Brixfarm
Derek Christianson
858 Tucker Road, Dartmouth, MA
www.brixbounty.com
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Kettle Pond Farm is a not-for-profit organization focused on educating the community about the importance of local agriculture, sustainable land stewardship and open space conservation. We sell our products through a CSA program and our farm stand. Farm stand open daily 9am-7pm, mid-April through November.

**Lanzoni’s**
Maria Lanzoni
36 Robinson Road, Acushnet, MA
(508) 763-8088
Lanzoni’s uses six greenhouses to grow our own vegetable plants, flowers, geraniums and potted plants. Our farm stand is open seven days a week vegetable plants, flowers, geraniums and potted plants. We sell live lobsters wholesale and retail, and all are caught locally by our family or by other Westport Point fisherman. Delivery is available, or you may pick up lobsters at Westport Market, the Downtown Fall River Farmers’ Market, and through Silverbrook Farm’s CSA. Call for ordering and delivery information.

**Noquocochoe Orchards**
George Smith & Doris Mills
594 Drift Road, Westport, MA
www.noqorchards.com
(508) 636-2237
We grow 70 varieties of apples, as well as other tree fruit and heirloom vegetables. We sell our products at our farm stand, farmers’ markets, and to schools and other wholesale customers. Our farm stand is open daily in season with a large variety of heirloom vegetables and fruits and our own fresh apple cider.

**Oakdale Farms**
Richard & Marie Pray, Laura Smith
Rehoboth, MA
(508) 336-7681
oakdalefarm@juno.com
Sixth-generation vegetable and horticulture farm practicing safe and environmentally friendly techniques. We have been using Integrated Pest Management (IPM) practices on 150 acres and in ten greenhouses for years, and in 2010, we started the transition to certified organic herbs and vegetables. We also farm in nearby Seekonk, Dighton and East Providence.

**Pocasset Orchrads**
Karl Glosl
1427 Old Fall River Road, North Dartmouth, MA
(508) 995-5019
karlglosl@verizon.net
Pocasset Orchrads grows a variety of fruits, including apples, apricots, blueberries, peaches, pears, plums, nectarines and pluots. Local honey is available in the fall, and you may pick your own blueberries and apples in season on Saturday afternoons; call for opening times.

**Revolution Lobster**
Tim Field
291 American Legion Highway, Westport, MA
www.revolutionlobster.com
(508) 264-3838
Revolution Lobster is owned and operated by the Field family who catch lobsters right from local waters off Westport. We sell live lobsters wholesale and retail, and all are caught locally by our family or by other Westport Point fisherman. Delivery is available, or you may pick up lobsters at Westport Market, the Downtown Fall River Farmers’ Market, and through Silverbrook Farm’s CSA. Call for ordering and delivery information.

**River Rock Farm**
Paul Schmid
236 Fisherville Lane, South Westport, MA
(508) 636-5586
pschmid3@att.net
River Rock Farm has raised grass-fed Angus beef since 1961. Our animals spend twelve months a year outside on pastures and are fed only on our own hay in the winter. We do not use hormones, antibiotics or chemical fertilizers; we were certified organic in 2005. We sell customers at least one-quarter of an animal, arrange the processing at a USDA-approved slaughterhouse in Groton, MA, and arrange local delivery. No mail orders, please.

**Sampson Farm**
Jerome Sampson
222 Old Bedford Road, Westport, MA
SAMPSON_FARMLP@yahoo.com
(508) 674-2733
We grow fresh fruits and vegetables including blueberries, strawberries, corn, onions and potatoes on 75 acres. We sell wholesale and retail; look for us at farmers’ markets in Dartmouth and New Bedford.

**Sharing the Harvest Community Farm**
Dan King, Farm Manager
Dartmouth YMCA, 276 Gulf Hill Road, South Dartmouth, MA
www.ymcasouthcoast.org
(508) 993-3361
Sharing the Harvest Community Farm is a non-profit community farm located at the Dartmouth YMCA. Our volunteer-driven effort helps alleviate hunger in our area through the growth and distribution of fresh fruits and vegetables. In our first five years more than 500 volunteers worked to donate over 2000 pounds of fresh produce. All produce is distributed by the Hunger Commission, a program of the United Way of Greater New Bedford, which distributes to pantries and kitchens across the South Coast. Check our website for weekly volunteer drop-in days and times.

**Shy Brothers Farm**
Barbara Hanley
Westport Point, MA
www.shybrothersfarm.com
(508) 965-6560
The Santos brothers make artisanal cheese from our third-generation dairy farm in Westport. “Hannahbells” are handmade thimble-shaped cheeses available in several varieties, including award-winning classic French, Shallot and Lavender. “Cloumage” is the newest addition, a fresh lactic curd cheese. 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.

**Silverbrook Farm**
Andy Pollock
592 Chase Road, Dartmouth, MA
www.SilverbrookFarm.com
(508) 991-5185
As one of the oldest operating farms in the Commonwealth, we participate in 14 farmers’ markets each week and have 510 CSA members, reaching from as far as Boston and Cape Cod. We partner with other farms to provide a wonderful diversity of fruits and vegetables offered at the peak of ripeness and freshness. Visit our website for more information.

**The Silverbrook Farm**
Nick Ciaccio and JJ Pereira
934 Main Street, Acushnet, MA
www.thesilverbrookfarm.com
(774) 202-1027
The Silverbrook Farm serves the southern New England region with fresh produce, produce/
livestock CSA programs, hay rides, a variety of farm animals, and more. Our store is open 9am-3pm Saturday and Sunday. Please see our website for extended fall hours.

**Skinny Dip Farm**

Hannah & Ben Wolbach  
1603 Main Road, Westport, MA  
www.skinnydipfarm.blogspot.com  
(401) 592-0237

We grow produce using sustainable farming methods, and we aim to certify as organic in 2012. We grow a wide variety of produce with a specialty in salad greens and cut flowers. Check our website for updates on markets and other locations that sell our farm’s products.

**Souza Family Farm**

John & Valerie Souza  
33 Agricultural Avenue, Rehoboth, MA  
www.souzafamilyfarm.com  
(508) 245-4635

We are a family-operated business growing an array of flowers, hangers, herbs, bedding plants and vegetable plants, as well as high tunnel crops like cucumbers and tomatoes. Outdoors we grow a wide variety of produce with a specialty in salad greens and cut flowers. We have several acres of orchards, and in the fall offer apples, cider, fall vegetables and chrysanthemums, straw bales, corn stalks and other autumn decorations.

**Stone Bridge Farm**

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

Our farm stand offers a variety of fruit, vegetables, herbs, flowers, eggs and specialty items. Visit our Farmers’ Market every Saturday beginning July 9th from 10am-2pm, and join us in the fall for fresh cranberries grown right on our property.

**Stonehaven Farm**

Virginia Merlier  
1506 Drift Road, Westport, MA  
www.stonehavenfamilyfarm.com  
(508) 636-1361

Stonehaven Farm produces free-range chicken and duck eggs and all-natural grass finished spring lamb. Wool blankets and lamb pelts are available to purchase as well. Our large garden and berry orchard provide vegetables and fruit in season. We share our farm experience through a farm stay, and welcome guests to the farm for day visits. Please visit our website and call ahead to schedule.

**Tavares Hillside Farm**

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 and relishes, and arborvitae trees.

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**DUXES COUNTY**

**Cuttyhunk Shellfish Farms, Inc.**  
Seth & Dorothy Garfield  
P.O. Box 51, Cuttyhunk Island, MA  
www.cuttyhunkshellfish.com

Now celebrating 30 years in business, Cuttyhunk Shellfish Farms, Inc. provides fresh, delicious Cuttyhunk Oysters® and clams to restaurants and distributors throughout New England. Raw bar and catering services are available at your location for all events. Delivery to the mainland is available twice a week in the Dartmouth/New Bedford area, and we ship to New York City’s fish markets on refrigerated trucks and to other locations via UPS or our own delivery truck. Our harvest season is June through February. Please visit website for more details.

**Cape Cod Select**

Sales online or by phone  
Cindy Rhodes  
73 Tremont Street, Carver, MA  
www.capecodselect.com  
(508) 866-1149

For over 70 years, our family has been harvesting cranberries in southeastern Massachusetts, the heart of Cranberry Country. We select only the ripest, freshest fruit, and from flower to package, strive to integrate all the latest sustainable technologies and pledge to do our share in protecting the environment. We sell fresh cranberries (October – December) packed in 3 lb. or 5 lb. wooden crates or frozen cranberries (year round) shipped to your door.

**Chokecherry Organic Farm**

Bruce Quevillon  
80 North Street, Duxbury, MA  
(781) 837-2121  
chokecherryfarm@yahoo.com

Eight-acre organic family farm producing a variety of vegetables including romaine lettuce, heirloom...
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.

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. 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.
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.

Teal Farm
Matthew Sanders, Carolyn Sanders Abrantes & David Sanders
567 New Bedford Road, Rochester, MA
(508) 367-8188
tealfarm1@yahoo.com
Teal Farm is operated by the Teal grandchildren: Matthew Sanders, Carolyn Sanders Abrantes and David Sanders. We grow vegetables, fruit, and flowers, and offer a CSA and operate a farm stand on the north side of New Bedford Road. Farm-grown eggs, chicken and lamb are also available.

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
June – Farm to Table Dinner
September – BOG JOG 5K Trail Run/Walk
November – SEMAP’s Annual Meeting

Web Of Life Organic Farm
Donna Blischke
71 Silva Street, 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 Stevens Field and the Harvard Square Farmers’ Market.

NORWICH COUNTY

Brambly Farms
Ted & Sandra O’Harte
84 Cleveland Street, Norwalk, MA
www.bramblyfarms.com
(508) 520-2321
We raise several breeds of pasture-raised, hormone-free heritage pigs & poultry, and sell our pork by sampler packs of five to ten pounds, as well as half and whole pigs. We have pastured eggs (both hen and duck) and raise several hundred pastured turkeys for the holidays. Open 10am-5pm Saturday and Sunday.

Lawton’s Family Farm / Oake Knoll Ayrshires
Ed, Nancy & Terri Lawton
70 North Street, 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.

Norwell Farms
Susan Peters, Farm Manager
5 Jacobs Lane, Norwell, MA
www.norwellfarms.org
Norwell Farms is a new, not-for-profit 1/6-acre community farm at the historic Jacobs Farm on Main Street, providing fresh, seasonal food to our CSA members and residents in need through the Norwell Food Pantry. We also offer educational programs to the public about sustainable farming and local food production, and host community events and volunteer opportunities at the farm.

White Barn Farm
Christy Raymond
458 South Street, 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.

RHODE ISLAND

Maplewood Farm
Judy Carvalho
234 Hedly Street, Portsmouth, RI
(401) 683-1370
maplewoodfarm@verizon.net
Three-season farm specializing in over thirty varieties of herbs, cut sunflowers and wholesale potatoes. Some delivery is available at an extra charge. Products are sold directly at local farms and at local farmers’ markets.

SPECIALTY PRODUCERS / BUYERS

BARNSTABLE COUNTY

Cape Cod Beer
Retail location
Beth & Todd Marcus
1336 Phinney’s Lane, Hyannis, MA
(508) 790-4200
Cape Cod Beer is Cape Cod’s only microbrewery, producing handcrafted beers year round: Cape Cod Red (Amber Ale), Cape Cod IPA, and seasonal Hefe-Weizen, Porter and Stout. At the brewery we also sell a wide variety of items made on Cape Cod. Retail hours at the brewery: 12-6pm Monday - Friday; 11am-2pm Saturday; tours Saturday at 1pm or by appointment. Visit our website for a complete list of where to find Cape Cod Beers.

Cape Cod Chef on Call
Kevin Jamieson
39 Old Long Pond Road, Brewster, MA
www.capecodchefoncall.com
(508) 896-1400
We take the worry out of planning a menu and put the fun back into entertaining. From weddings and traditional Cape Cod clam bakes to a four-course dinner or a home-cooked barbeque, our personal chef comes to your home and cooks for any occasion.
BRISTOL COUNTY

Harvest Delivery
Jay Lanagan
90 Front Street, New Bedford, MA 02740
(508) 994-6004
www.harvest-delivery.com
Convenient home delivery for your busy lifestyle! This Community Supported Agriculture project delivers the ultimate in freshness straight from the Verrill family farm in Concord, MA. Save precious time and support your local small business while reaping tasty benefits. Whole and half vegetable and fruit home deliveries are available, as well as a NEW Community Supported Fisheries (CSF) option.

A1 Pickle Company
Ed Alberto
2 13th Street #7, Attleboro, MA
www.a1pickles.com
(508) 245-2892
A locally-owned, independent family-run retail garden center, we grow our own perennials, vegetable starts, hanging baskets, mums, asters and miscellaneous annuals for retail sales.

Artisan Bakeshop
Meredith Ciaburri
265 Walnut Plain Road, Rochester, MA
www.artisanbakeshop.com
(508) 763-4905
We prepare handmade pies, artisan and sandwich breads, breakfast pastries, savory and wedding occasion cakes. Using local fruit, produce, meats and cheeses, Artisan Bakeshop strives to support our local farming community.

Family Secrets Bakery
Joy & Bob Higgins
27 Tall Pines Road, Plymouth, MA
www.familysecretsbakery.com
(617) 957-9402
Gourmet bakery located in Plymouth where all items are handmade from family recipes, mostly organic and using New England products. Since we do not use preservatives, every item is made to order to guarantee freshness. Orders are filled as they are received within 24-48 hours.

Cork Wine & Tapas
Jay Lanagan
90 Front Street, New Bedford, MA 02740
(508) 994-9463
www.corkwineandtapas.com
Located in historic New Bedford Seaport, Cork has a winning combination of ambiance, food, drink and service. We are committed to being the best we can be, and continually seek to use more local products on our menu.

Fine Catering by Russell Morin
Russell Morin
95 Frank Mossberg Drive, Attleboro, MA
www.morins.com
(508) 226-6600
Whether it’s a wedding at one of the famed Newport mansions, a prestigious gala or a corporate picnic, Fine Catering by Russell Morin can help create memorable events.

Olio di Melli
Tony & Rosemary Melli
11 Division Road, Westport, MA
www.famousfoods.com
(508) 636-8047
Olio di Melli provides organic olive oils and balsamic vinegars as well as artisanal chocolate torone from small family farms in Italy. We also supply area communities with local cheese from Martin’s Cheese Company (Westport), Shy Brothers Farm (Westport) and Great Hill Blue Cheese (Marion). Find us at area farmers’ markets (Dartmouth, Falmouth, Harvard University, Provincetown) and online.

Plymouth County

DUKES COUNTY

Tisbury Farm Market
Ed Charter
342 State Road, Vineyard Haven, MA
www.vineyardgrocer.com
(508) 696-8914
Offering the best of locally grown produce and locally made products, Tisbury Farm Market has evolved from a fruit stand to a one-stop shopping center boasting a butcher shop, a gourmet store fully stocked with healthy foods and supplements as well as a complete kitchen manned by local celebrity chef Marvin Jones.

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.

Artisan Bakeshop
Meredith Ciaburri
265 Walnut Plain Road, Rochester, MA
www.artisanbakeshop.com
(508) 763-4905
We prepare handmade pies, artisan and sandwich breads, breakfast pastries, savories and wedding and occasion cakes. Using local fruit, produce, meats and cheeses, Artisan Bakeshop strives to support our local farming community.

Family Secrets Bakery
Joy & Bob Higgins
27 Tall Pines Road, Plymouth, MA
www.familysecretsbakery.com
(617) 957-9402
Gourmet bakery located in Plymouth where all items are handmade from family recipes, mostly organic and using New England products. Since we do not use preservatives, every item is made to order to guarantee freshness. Orders are filled as they are received within 24-48 hours.

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www.famousfoods.com
(508) 636-8047
Olio di Melli provides organic olive oils and balsamic vinegars as well as artisanal chocolate torone from small family farms in Italy. We also supply area communities with local cheese from Martin’s Cheese Company (Westport), Shy Brothers Farm (Westport) and Great Hill Blue Cheese (Marion). Find us at area farmers’ markets (Dartmouth, Falmouth, Harvard University, Provincetown) and online.

Travessia Urban Winery
Marco Monte
760 Purchase Street, New Bedford, MA
www.travessiawine.com
(774) 929-6534
Producing wines with locally-grown Vinifera grapes, which are honest, distinctive, and characteristic of our region. Our wines are made with grapes grown by Running Brook Vineyards in Dartmouth and Westport Rivers in Westport, both in southeastern Massachusetts. Visit our winery in downtown New Bedford where you can taste and purchase our wines. Tasting fee is $5. 12-6pm Wednesday - Saturday; 12-5pm Sunday.
The Farm to Institution Project: Maximizing Our Region’s Foodshed by Transforming the System

Buying local from farmers’ markets or joining a CSA (community supported agriculture) program has become easier in the last couple of years, but what about grocery stores, colleges, hospitals and public schools?

To increase access for these businesses and organizations while continuing to support the region’s direct-to-consumer market and strengthen the region’s foodshed, SEMAP has teamed up with FoodEx, a for-profit business that links growers and buyers through a web-based system. Growers are able to upload what’s available (months in advance) while buyers can order (perhaps an entire season in advance), pay and have the produce picked up at the farm and shipped to the restaurant, market or school. SEMAP, FoodEx, the UMass Dartmouth Dining Services and their food service provider, Chartwells, are working together to pilot the new system.

SEMAP envisions an additional revenue stream for the region’s growers that will allow growers to maintain their existing direct-to-consumer sales while strengthening our foodshed. We support growing and raising more food than we currently are by utilizing existing farmland and season extension techniques. Learn more about the Farm to Institution Project at www.SEMAPonline.org, or contact Program Director Sarah Cogswell at scogswell@semaponline.org.
SO, YOU WANT TO BE A FARMER?

Thanks to a grant from the Northeast Center for Risk Management Education, SEMAP is pleased to offer the “So, You Want to Be a Farmer?” workshop series. This series will educate the aspiring farmer on the essential building blocks of starting a new farm enterprise and the network of existing services.

The five-session workshop series includes these sessions:
1. So, You Want to Be a Farmer? The Dirty Truth
2. What is a Business Plan and Why You Need One
3. The Dollars and Sense of Financing a Small Farm
4. News Flash! You Don’t Need to Own the Land You Farm
5. Farm Tour: What a Real Farm Smells Like

Workshops begin March 2012. Contact Bridget Alexander at balexander@semaponline.org

FARMERS’ MARKET MEMBERS
The following 2011 SEMAP Member Farmers’ Markets are listed by town. You can find more area markets through the Online Farm Guide at www.semaponline.org.

**Attleboro Farmers’ Market**
Saturday 8am–1pm
July 2 – October 29
74 North Main Street, Attleboro, MA
www.attleborofarmersmarket.com

**Braintree Farmers’ Market**
Saturday 9am-1pm
June 11 – October 29
Town Hall, 1 JFK Memorial Drive, Braintree, MA
www.sustainablebraintree.org

**Carver Farmers’ Market**
Sunday 12pm-4pm
June 12 – October 30
Shurtleff Park, 108 Main Street, Carver, MA
www.carverfarmersmarket.org

**Falmouth / Green Harvest Organic Farmers’ Market**
Tuesday 12pm-6pm
June 11 – November 11 (except July 19)
Barnstable Fair Grounds, 1220 Nathan Ellis Highway (Route 151), East Falmouth, MA
GreenHarvest@comcast.net

**Marshfield Farmers’ Market**
Friday 2 – 6pm
June 3 – October 14
Winter Market last Saturday of each month, November through May, 9am-12pm.
Marshfield Fairgrounds, 140 Main Street, Marshfield, MA
www.marshfieldfair.org

**Middleboro Farmers’ Market**
Saturday 9am-1pm
June 11 – October 29
Town Hall Lawn, 10 Nickerson Avenue, Middleboro, MA
(508) 866-2428

**North Attleborough / Farmers’ Market at Attleboro Farms**
Sunday 12pm-4pm
Open year round
491 Hickory Road, North Attleborough, MA
www.attleboروفarms.com

**North Easton Farmers’ Market – Two Days**
Tuesday 2-6pm & Saturday 10am-2pm
May 21 – October 29
Sheep Pasture, 261R Main Street, North Easton, MA
www.nrtofeaston.org

**Pembroke Farmers’ Market**
Saturday 9am–12pm.
July 9 – October 1
Town Green, 100 Center Street, Pembroke, MA
www.pembrokefarmersmarket.org

**Plymouth Farmers’ Market – Two Locations**
Thursday 2:30-6:30pm
June 16 – October 27
Stephen’s Field, 132R Sandwich Street, Plymouth, MA
and
Saturday 9:30am-1:30pm
June 18 – October 29
Courthouse Green, Court & Russell Streets, Plymouth, MA
www.plymouthfarmersmarket.org

**Plymouth Local Foods Winter Market**
Second Thursday of each month, 2:30-6:30pm
December – April
Plimoth Plantation, 137 Warren Avenue, Plymouth, MA
www.plymouthfarmersmarket.org

**Scituate Farmers’ Market**
Wednesday 3-7pm
June 15 – October 26
7 Henry Turner Bailey Road, North Scituate, MA
www.scituatefarmersmarket.com

**Stone Bridge Farm – Saturday Market**
Saturdays 10am-2pm
Starting July 9
186 Leonard Street, Acushnet, MA
www.stonebridgefarmevents.com
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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.
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Community Member Levels & Annual Benefits:

**Knife & Fork - $40**
- Buy Fresh Buy Local® bumper sticker
- Subscription to SEMAP’s E-newsletters
- 10% off Workshops/Speakers
- Invitation to Annual Meeting
- Acknowledgement in SEMAP’s Annual Report

**Kitchen Table - $75**
- All the benefits at the Knife & Fork level plus:
- A copy of SEMAP’s Local Food Guide mailed to your home

**Crop - $250**
- All the benefits at the Kitchen Table level plus:
- 10% Discount on SEMAP merchandise

**Farm - $500**
- All the benefits at the Crop level plus:
- Subscription to edible Cape Cod or edible South Shore
- Advance invitation to SEMAP’s Farm to Table Dinner

**Food Shed - $1000**
- All the benefits at the Farm level plus:
- Two tickets to SEMAP’s Farm to Table Dinner

Farm & Business Memberships:

**Farm Membership - $75**
- Buy Fresh Buy Local® Marketing Kit (use contract required)
- 2 Buy Fresh Buy Local Southeastern Massachusetts (BFBL) Posters, 20 BFBL Pop Cards, 20 BFBL Bumper Stickers, 500 Small BFBL Stickers (0.5” h x 1.5” w), 20 SEMAP Bumper Stickers
- 10% off Advertising, Merchandise & Workshops/Speakers
- Listing on SEMAP’s website
- Listing in Local Food Guide
- Invitation to Grower/Buyer Annual Networking Event & Annual Meeting
- Advance invitation to SEMAP’s Farm to Table Dinner & 30% discount on two tickets for your farm
- Acknowledgement in SEMAP’s Annual Report

**Farmer Approved Business Membership - $150**
- Must verify use of local farms and/or locally produced value-added products (Contract Required)
- Buy Fresh Buy Local® Marketing Kit (use contract required)
- 10% off advertising & merchandise
- Listing on SEMAP’s website
- Listing in Local Food Guide
- Invitation to Grower/Buyer Annual Networking Event & Annual Meeting
- Advance invitation to SEMAP’s Farm to Table Dinner
- Advance notice of sponsorship opportunities
- Acknowledgement in SEMAP’s Annual Report

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