



Growers

Specialty Producers/Buyers
SEMAP Member Farmers' Markets
Tomato Approved Businesses

SOUTHEASTERN
MASSACHUSETTS
AGRICULTURAL
PARTNERSHIP

www.SEMAPonline.org

SEMAP'S AGRICULTURAL COMMUNITY SNAPSHOT:

329 farms stewarding over **105,000** acres of land

Market value of agricultural products sold = **\$154,200,000**

Value of **direct sales** to consumers = **\$5,065,000** (up from \$3,477,000 in 1997)

BOARD MEMBERS:

Carolyn Demoranville, President - Director, Cranberry Station,
East Wareham

Barbara Hanley, Vice President ~ Shy Brothers Cheese, Westport Margie Baldwin ~ Marion Institute & How On Earth, Mattapoisett

Adrienne Kravitz ~ Kravitz Cranberries

Dianne Langeland ~ Edible Cape Cod Magazine

David Rose ~ Moonlightrose Alpacas, Swansea

Ron Smolowitz ~ Coonamessett Farms, Falmouth

Barbara Anglin - Plymouth Farmers' Market

Joseph Baldwin ~ Farm Accounting Officer, Farm Credit East

Jennifer Dubois ~ Director of Community Conservation,

The Trustees of Reservations.

Alison Gilmore Carr ~ Cranberry grower, Carver

Deborah Hood ~ Senior Series Producer, This Old House.

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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 in Southeastern Massachusetts

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.

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)







= Community Supported Agriculture



= Farmers' Market



= Tomato Approved Business

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

Coonamessett Bog Christmas Tree Farm

disabilities on Cape Cod. Open daily 10am-6pm.



Henry & Winifred Dick 392 Boxberry Hill Road, East Falmouth, MA (508) 563-3523

Cut-your-own Christmas trees available weekends from Thanksgiving to Christmas Eve. Call for hours.

Coonamessett Farm



Ron & Roxanne Smolowitz 277 Hatchville Road, East Falmouth, MA www.coonamessettfarm.com

(508) 563-2560

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

The Farm @ Community Green



Kristie Kapp, Farm Manager Victory Drive, Sandwich, MA www.haconcapecod.org/communitygreen-farm. htm

(508) 566-4335

The Farm at Community Green is a project of Housing Assistance Corporation. Our goal is to provide educational opportunities in sustainable agriculture for local citizens to learn about organic farming and livestock care through the diverse

operations of a working farm. Twenty-five percent of our produce is donated to local food pantries, shelters and emergency food programs. The remainder is distributed to the community through our CSA shares and is for sale at the Sandwich Farmers Market.

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. All meats are USDA inspected. Products available through retail only at our farm stand and at farmers' markets. Contact for more information.

Alderbrook Farm



Allen & Nancy Manley 1213 Russells Mills Road, Dartmouth, MA (508) 636-4562

Small family farm offering seasonal produce, farm fresh eggs, milk, cut flowers, herbs, items from the Dartmouth Grange shared-use kitchen, honey, maple syrup, breads, and baked goods. We also offer birdseed, birdhouses, candles and gift items, and encourage a visit with our barnyard animals. Farm stand open year round, 4am-5:30pm Monday-Saturday, 4am-4pm Sunday.

Bettencourt Dairy Farm

100 Simmons Street, Rehoboth, MA (508) 252-5464

We produce raw cow's milk for customers to pick up directly from the farm. Please call ahead to arrange.



Identify your business as a supporter of local agriculture! SEMAP's Tomato Approved Businesses are service providers in the agricultural community and/or farmers' markets, restaurants, farms and retail businesses sourcing from at least three local farms in the southeastern MA area. Whether you're looking to source more from local producers or inform your customers of the local farm connections you currently enjoy, join SEMAP as a Tomato **Approved Business today!**

Briggs Nursery

Retail location **Gary Briggs** 295 Kelley Boulevard, North Attleboro, MA www.briggsgarden.com (508) 699-7421

Retail garden center and landscape design center.

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.

creative wines from our own estate-grown grapes. Tasting room open 12-5pm Friday - Sunday.

Dufort Farms



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

The Dufort family farm was established in 1990 on 32 acres of land, and we 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, 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

shelf life.

105 Jordan Road, South Dartmouth, MA www.evasgreengarden.com

• Local farmers offer crop varieties grown for taste

healthy soils through sustainable farming

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

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
- 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.

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

(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





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 com-



munity. 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.

Hilltop Farm



Allison Nightingale & Earl Matthews 875A East Horseneck Road, Westport, MA www.hilltopfarmwestport.com (617) 851-6319

We are a Community Supported Agriculture (CSA) farm in beautiful Westport, and as we pursue organic certification, we use organic methods to produce a wide variety of traditional, heirloom, and exotic vegetables, fruits, and flowers for our neighbors in southeastern Massachusetts and Rhode Island. Visit our website to learn more about our crops, and to find additional products like farm fresh eggs.

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

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 through October 31st, and offers a wide variety of fresh seasonal vegetables including lettuce, beets, carrots, tomatoes, peppers, eggplant and much more! Nos falamos Portuguese.

Noquochoke 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 Orchards





1427 Old Fall River Road, North Dartmouth, MA

(508) 995-5019

karlglosl@verizon.net

Pocasset Orchards 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





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

Sales by phone 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 onequarter 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_FARM_LP@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

All produce goes to the United Way 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 nonprofit 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.SilverbrookDartmouth.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 assortment of vegetables for retail sale at our stand as well as at the farmers' market in Easton, and for wholesale. 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.

DUKES 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.

PLYMOUTH COUNTY

Billingsgate Farm / Grandpa Tom's Wholesale Vegetables



Peter & Lynn Reading 6 County Road (Route 106), Plympton, MA (781) 293-6144

In operation for more than 30 years, we grow over

90% of our farm stand products at our 55-acre farm, and provide a wide selection of produce and flowers. We have converted several crops to Baystate Organic Certification, and following the GAP (Good Agricultural Practices) standards ensures our farm is on the leading edge of food safety, hygiene, soil testing, water testing, and traceability. We offer our own corn, organic summer squash and zucchini, sugar snap peas, shell peas, beans, lettuce, radishes, rhubarb and raspberries, and we sell our own popcorn, jams, jellies and honey.

Bull Frog Acres



Denise & Jeffrey Pavao 195 Blackmore Pond Road, West Wareham, MA www.bullfrogacres.com (508) 748-3981

Small family farm stand selling farm fresh eggs, flowers, and a variety of in-season produce. Open daily in season.

C.N. Smith Farm, Inc.



Chris Smith

325 South Street, 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. Wholesale deliveries are available.

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 chokecherry.farm@yahoo.com

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

tomatoes, peppers, garlic and beets. Please call for availability; farm visits by appointment only.

Fresh Meadows Farm



Domingo Fernandes 43 North Main Street, 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.

Golden Rule Farm at Soule Homestead

Sales by phone only Frank Albani 46 Soule Street, Middleboro, MA www.soulehomestead.org (508) 947-6744

We grow certified organic vegetables; please contact us for availability and pricing.

Hickory Knoll Farm



Kelly & Shawn Conway 23 Leonard Street, Lakeville, MA (508) 946-5504

conwayexcavating@verizon.net

At our fourth-generation 60-acre family farm we have a seasonal farm stand and year-round greenhouse vegetable production. We grow cranberries, herbs and spring plants, and offer hayrides during harvest season (September - New Year's) that show beautiful views of the bogs and pasture animals. Please call for more information and reservations.

Jonathan's Sprouts

Retail outlets - see website
Bob & Barbi Sanderson
384 Vaughan Hill Road, Rochester, MA
www.jonathansorganic.com
(508) 763-5505

New England's only full-line sprout company, growing a variety of certified organic sprouts, pea shoots, and wheat grass. Jonathan's also packs locally grown organic salad greens and herbs from neighboring farms in southeastern Massachusetts. Learn more at www.jonathansorganic.com.

Lolan's Farm



Sam & Susan Shield 121 Thompson Street, Middleboro, MA (508) 947-7797

lolansfarm@hotmail.com

We are a family-owned dairy farm milking 60 registered Holsteins, and are members of Agri-Mark/Cabot Cooperative. At our seasonal retail

farm stand we offer our own eggs, vegetables and pumpkins, as well as aged cow manure (bagged) and harvest decorations (September - November). Farm stand open daily 11am-7pm May to November.

Nessralla's Farm of Marshfield



Paul Nessralla 1200 Ocean Street, Marshfield, MA www.nessrallas.com (781) 834-2833

Nessralla Farm, Inc. has been family owned and operated since 1979. Our farm stand and garden center sell a variety of homegrown plants (annuals) and vegetables, as well as other local produce.

Please call for more information. Open daily 8am-6pm from Easter to Christmas.



Prospect Hill Farm



Rebecca Lipton 30 Prospect Street, Plympton, MA (781) 582-8363

Certified organic since the 1990s, we provide eggs, a wide variety of heirloom vegetables, fruit, blueberries, and more. Call for farm stand hours.

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.

Plato's Harvest Organic Farm



David Purpura 131 Chestnut Street, 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 farmers' markets.

Puddingstone Organics



Bill Rogers

121 Old Center Street, Middleborough, 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.

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. Farmgrown 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.

NORFOLK COUNTY

Brambly Farms



Ted & Sandra O'Harte 84 Cleveland Street, Norfolk, 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.lawtonsfamilvfarm.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



CSA FM

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 clambakes to a four-course dinner or a home-cooked barbeque, our personal chef comes to your home and cooks for any occasion.

Harvest Delivery



Dave Henchy www.harvest-delivery.com (508) 470-6004

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 shares are available, as well as a NEW Community Supported Fisheries (CSF) option.

Scenic Roots

Retail location Donna Kutil 349 Route 6A, East Sandwich, MA www.scenicrootsgardencenter.com (508) 888-0044

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.

BRISTOL COUNTY

A1 Pickle Company



Ed Alberto 2 13th Street #7, Attleboro, MA www.a1pickles.com (508) 245-2892

A1 Pickle Company makes all-natural pickles from ingredients you'll recognize, like cucumbers, onions, dill and vinegar. We have four flavors (Bread and Butter, Dilly Dill, Pucker Pickles and Kickin' Kukes) and are always interested in your suggestions for new flavors.

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.

Down to Earth Natural Foods



Laura Broekel & Catherine O'Berry 751 Kempton Street, New Bedford, MA www.downtoearthnaturalfoods.com (508) 996-1995

Down to Earth Natural Foods is a family-run whole foods store established in 1977. We 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.

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



FM. online

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.

Travessia Urban Winery

Retail location, [M



Marco Montez

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.

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 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.

PLYMOUTH COUNTY

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.

Hearth Wood Fired Bread



Nicole Nyberg 123-2 Camelot Drive, Plymouth, MA www.hearthwfb.com (774) 773-9388

Artisan bread bakers in Plymouth specializing in handmade wood fired bread in the tradition of the eighteenth century. Store is open 9am-6pm Monday - Saturday; 10am-3pm Sunday; retailers and wholesalers welcome.

How on Earth Store/CSA



Laura Killingbeck, Manager 62 Marion Road, Mattapoisett, MA www.howonearth.net (508) 758-1341

How On Earth offers one easy place to pick up local and organic grocery items, including seasonal fruits and vegetables, dairy, eggs, meat, breads, honey, jam, herbs, flowers, crafts and more. We are also a full service restaurant serving breakfast and lunch featuring fresh local and organic ingredients. Check out our homemade prepared foods including chicken pot pie, vegetable and

meat lasagna, sandwiches, and much more. Please call about our custom catering services; certified kitchen available for hourly rental to local food entrepreneurs. Our CSA season runs from June 23 to September 1, with two share sizes available.

The Market at Pinehills



Mike Hiffa, Produce Manager 6 Purchase Street, Plymouth, MA www.themarketpinehills.com (508) 209-0000

Market carrying seasonal produce from local farms and friendly, knowledgeable help when you need it.

Oxford Creamery



Liz Ackerman 98 County Road, Mattapoisett, MA www.oxfordcreamery.com (508) 996-6914

Old fashioned ice cream, seafood and sandwiches. Looking to use fresh ingredients from local farms in season.

Walters Specialty Foods



Phil Walters 19 Nottingham Drive, Kingston, MA (781) 585-3169

waltersgbf@aol.com

Escape from the everyday with gourmet items from an authentic Caribbean kitchen. We use recipes passed down through the generations to make unique and delicious creations for you to enjoy and share - a tropical vacation for your taste buds. Try our BBQ sauces, jams/jellies, chutneys and variety of hot sauces.

SUFFOLK COUNTY

City Feed & Supply



David Warner 672 Centre Street, Jamaica Plain, MA www.cityfeedandsupply.com (617) 524-5539

We are a grocery/café/deli supplying the neighborhood with a fine selection of natural foods, specialty groceries, local and organic fruits and vegetables, regional artisan cheeses, local meats, fresh baked items, hot-pressed and cold sandwiches, soups and locally prepared foods.

SOCIAL SERVICE PROVIDERS

Mercy Meals & More

Rev. Russ Chamberlain 634 Purchase Street, New Bedford, MA

www.mercymeals.org (508) 728-1489

Mercy Meals and More operates New Bedford's only free daily breakfast program; a donation box is provided for those who are able to make a contribution. Meals are served restaurant-style with table service, which we believe respects the dignity of our guests and promotes a sense of community. Volunteers come from area faith communities and the general public, and people in need of community service hours are encouraged to volunteer. An average of 100 meals are served daily at a cost of about \$2.00 per meal. Mercy Meals & More seeks to use local products, particularly eggs, in our daily breakfast program.

SERVICE PROVIDERS

Blair Agency



Linda Blair 145 South Main Street, Carver, MA (508) 866-9150 blairagncy@comcast.net

Farm Credit East, ACA



Maryann Ponte 67 Bedford Street, PO Box 720, Middleboro, MA (508) 946-4455

www.farmcrediteast.com

Specialized lender and financial services leader committed to Northeast agriculture, commercial fishing and forest products industries.

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.attleborofarms.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

Plymouth Local Foods Winter Market

www.plymouthfarmersmarket.org

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

Massachusetts-Grown Produce **Availability Calendar** JANUARY NUARY LA PRIL MAY JUNE JULY AUGUST OCTOBER MOVEMBER 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 Chov** Broccoli Cabbage Carrots Cauliflower Celery Chard Corn-on-the-cob Cucumbers Eggplant Garlic Lettuce & greens, salad Mung beans Mushrooms, shiitake Onions Peas, green and snap Peppers Potatoes, baking Potatoes, new Pumpkins Radishes **Scallions** Spinach Squash, summer & zucchini Squash, winter **Tomatoes** Tomatoes, cherry Turnips Aquaculture Barramundi Hard shell clams American oyster Bay scallops Various trout species **Bedding plants Cut flowers** Forestry products & fiber Lumber **Massachusetts Department** of Agricultural Resources www.mass.gov/massgrown Massachusetts (grown...and fresher!"



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

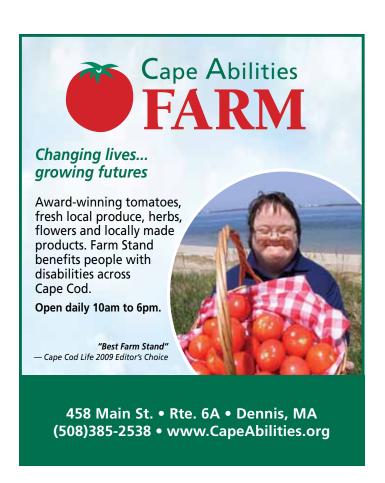
Sign up to take action, earn rewards, join teams, and track your utility savings over time!

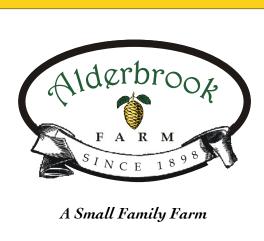


Save Money.
Build Community.
Protect the Planet.

info@SouthCoastEnergyChallenge.org | 508 996 8253 x206

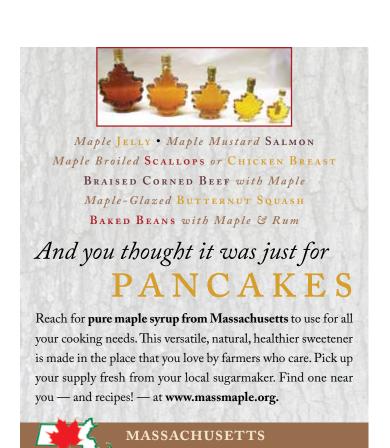
...a program of SEEAL & the Community Foundation of Southeastern Massachusetts.





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

1213 Russells Mills Road Dartmouth, MA 02748 774-264-075 5







ASSOCIATION

Every Wednesday Rain or Shine!

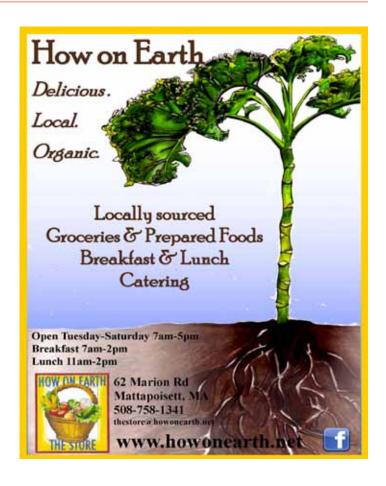
June 15th - October 26th 3pm - 7pm

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!





R.D. AD

SUPPORT SEMAP TODAY BY BECOMING A MEMBER!

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 MEMBER & ANNUAL BENEFITS 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

Tomato Approved Business

Identify your business as a supporter of local agriculture!

TOMATO 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

www.SEMAPonline.org

SOUTHEASTERN MASSACHUSETTS
AGRICULTURAL PARTNERSHIP

