

locally grown

2008

farm products guide





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The 2008 Farm Products Guide is ©2008 CISA, Community Involved in Sustaining Agriculture. CISA links farmers and communities to strengthen agriculture and enhance the economy, rural character, environmental quality, and social well-being of Western Massachusetts, and partners with other organizations in its region and around the country to sustain agriculture.

The Farm Products Guide is a service of CISA with support from Berkshire-Pioneer RC&D, the Massachusetts Department of Agricultural Resources, and U.S. Department of Agriculture – Rural Development.

Berkshire-Pioneer Resource Conservation and Development Area, Inc. (BPRC&D) is a non-profit organization that helps citizens stimulate economic opportunities, conserve natural resources and improve the general quality of life in rural areas. Based in Amherst, the BPRC&D serves the four western counties of Massachusetts and is supported by the U.S. Department of Agriculture. BPRC&D manages the statewide MA Farm Energy Program.



Design/production: Radwell Communications by Design;
Copywriting: Hill Communications; Local Hero Award recipient photographs: Ben Barnhart Photographs

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**Want to save the planet,
protect local jobs,
reduce carbon emissions,
and strengthen your community?**

Buy a head of lettuce.

Welcome to the 2008 edition of the Farm Products Guide, published by Community Involved in Sustaining Agriculture (CISA). Here you'll find listings for over 160 local producers of everything from apples and alpaca wool to zucchini and zinnias...in every corner of Western Massachusetts. We encourage you to visit the farms, farmers' markets, and retail outlets that sell this abundance of food and agricultural products, and support the neighbors in our community who work hard to bring you this marvelous bounty each year.

WHY IS THIS IMPORTANT?

According to the Census of Agriculture, the number of Massachusetts farms has decreased by 17% over the last ten years. Over 14% of Massachusetts farmers are over the age of 65. And it's becoming harder than ever to farm profitably. In the past year alone, diesel fuel prices have doubled, and some fertilizer costs have increased by 300 percent.

At the same time, the case for local agriculture has never been stronger. Buying local keeps money in the local economy, preserves family farms, reduces oil-dependent transportation costs, and ensures that fresh, healthy food stays available and affordable to all. That's why, for 15 years, CISA has led the way in developing initiatives that support farmers, create strong markets for their products, and build a thriving agriculture economy here in Western Massachusetts.

CREATING DEMAND—LINKING FARMERS & CONSUMERS

LOCAL HERO CAMPAIGN

CISA's *Be a Local Hero, Buy Locally Grown*® awareness campaign is the longest-running and most comprehensive "buy local" program in the United States. This year, 271 area farms, restaurants, and agricultural businesses are displaying Local Hero signs and logos to promote local farm products.



CREATING SUPPLY— BUILDING MARKETS

SENIOR FARMSHARE

CISA's Senior FarmShare program serves more than 300 low-income senior residents, who become shareholders at a local farm and receive a portion of the farm's produce free of charge each summer.

URBAN FARMERS' MARKETS & CSA DISTRIBUTIONS

Farmers deliver produce or pre-paid shares to workplaces or other convenient urban distribution locations, building markets for farmers, connecting rural and urban communities, and broadening access to and awareness of locally grown food.

WHOLESALE RELATIONSHIP BUILDING

To help meet the increasing demand for locally grown food, CISA works with farmers, buyers, and distributors to build sales of locally grown product to restaurants, retailers, schools, hospitals, and other institutions.

TECHNICAL ASSISTANCE FOR FARMERS

CISA provides workshops and one-on-one assistance to farmers on a wide variety of topics, and offers networking and training opportunities for women farmers through our Women in Agriculture Network.

CONNECTING THE DOTS—THE FUTURE OF AGRICULTURE IN OUR REGION

INFRASTRUCTURE

CISA is working to identify and close the gaps in the regional infrastructure, including distribution networks, processing facilities, and regulatory hurdles, in order to help farmers deliver more local products to consumers.

ADVOCACY FOR AGRICULTURE

CISA provides information nationwide to individuals and civic groups who want to understand the issues surrounding local food and farming, and advocates for new policies at the state and national levels that will benefit producers and our communities.

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FARM PRODUCT AVAILABILITY CALENDAR

Several of these products may be stored and made available year 'round.
Find more Local Hero products at www.buylocalfood.com

	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
Apples	•	•	•	•				•	•	•	•	•
Arugula						•	•	•	•	•		•
Asparagus					•	•	•	•	•	•		
Beets						•	•	•	•	•		
Blueberries							•	•	•	•		
Bok Choy						•	•	•	•	•		
Broccoli							•	•	•	•		
Cabbage						•	•	•	•	•		
Carrots							•	•	•	•	•	
Cauliflower						•	•	•	•	•		
Celery							•	•	•	•		
Chard							•	•	•	•		
Corn-on-the-cob							•	•	•	•		
Cordwood	•	•	•	•	•	•	•	•	•	•	•	•
Cucumbers						•	•	•	•	•		
Dairy, cheese, eggs	•	•	•	•	•	•	•	•	•	•	•	•
Eggplant							•	•	•	•		
Garlic							•	•	•	•	•	
Green beans							•	•	•	•		
Honey	•	•	•	•	•	•	•	•	•	•	•	•
Leeks							•	•	•	•	•	
Lettuce & Greens, salad					•	•	•	•	•	•	•	
Lumber	•	•	•	•	•	•	•	•	•	•	•	•
Maple syrup	•	•	•	•	•	•	•	•	•	•	•	•
Meat & Poultry	•	•	•	•	•	•	•	•	•	•	•	•
Mushrooms	•	•	•	•	•	•	•	•	•	•	•	•
Onions							•	•	•	•	•	•
Peaches								•	•	•		
Pears								•	•	•	•	
Peas, green and snap						•	•	•	•	•		
Peppers							•	•	•	•		
Potatoes, baking	•	•	•	•	•	•	•	•	•	•	•	•
Potatoes, new								•	•	•	•	•
Pumpkins								•	•	•	•	
Radishes						•	•	•	•	•		
Raspberries							•	•	•	•		
Scallions					•	•	•	•	•	•		
Spinach					•	•	•	•	•	•		
Sprouts	•	•	•	•	•	•	•	•	•	•	•	•
Squash, summer & zucchini							•	•	•	•		
Squash, winter								•	•	•		
Strawberries						•	•	•	•	•		
Tomatoes							•	•	•	•		
Turnips							•	•	•	•		
Watermelon							•	•	•	•		
Wool	•	•	•	•	•	•	•	•	•	•	•	•

Each year, CISA honors three nominees who demonstrate vision, social responsibility, and a shared commitment to strengthening the link between farmers and community. Their efforts help to sustain local agriculture and enhance the unique character of Western Massachusetts. Please join us in congratulating this year's awardees!

Kristin Brennan

Director
Gardening the Community

Take 20 kids ages 12–20, add a commitment to organic farming and sustainable living, and put it all on four small plots in Springfield—and you've got Gardening the Community, a youth-centered urban garden program founded in 2002 by Northeast Organic Farming Association.

As partners with rural and suburban agriculture, "We see ourselves as a participant in the farming community of Western Massachusetts, by maximizing urban space for food production and building awareness of the value of local food," says Brennan.

Each year, the program employs teens to produce thousands of pounds of fruits and vegetables, selling produce at a neighborhood farm stand and at farmers' markets, restaurants, and local retailers, as well as distributing food to local senior centers—all on bicycles to minimize the use of fossil fuels. Many of the kids also create gardens in their backyards, involving their parents and further developing food self-sufficiency and a healthy lifestyle.



Mary McClintock

Activist/columnist: "Savoring the Seasons," The Greenfield Recorder

In 2001, McClintock experienced an epiphany while shopping at her local supermarket: recently inspired by a presentation on eating locally, she saw the processed, packaged, and out-of-season food on the shelves and wondered "Where did this come from? Who brought it? And how can this be good?"

Although she had always shopped farmers' markets and supported CSAs in the 1980s and '90s, McClintock was spurred into greater action. Beginning in 2005, she has co-organized Greenfield's annual Free Harvest Supper of Locally Grown Food. And in 2008, she helped launch the first Week of Winter Fare/Groundhog's Day Farmers' Market, organized to demonstrate the many options available for seasonal eating in winter.

Her weekly column for The Recorder is an extension of her commitment to local food. "I'm grateful for the wonderful food grown in my community. Eating locally and sharing my enthusiasm with others is a tangible and tasty way to live my values every day."



Amy Klippenstein & Paul Lacinski

Owners
Sidehill Farm, Ashfield

What do you do when you have a four-quart-a-week yogurt habit? Buy some cows, of course. That's what Klippenstein and Lacinski did in 2006. They'd been growing organic vegetables on their farm since 2001, first for themselves and then for sale, but saw a gap in the availability of locally produced organic yogurt and decided to fill it themselves.

As a small-scale organic farm, Sidehill is committed to stewardship of the land and to producing high-quality food in balance with nature. "Our mission is to address the issue of health on a holistic level," says Klippenstein. "The health of the soil, the animals, the economy, and the community."

They now own 17 cows grazed on certified organic pastureland, producing raw milk and yogurt from March to December. And they continue to grow and sell over 30 different organic vegetables, including greenhouse tomatoes, summer heirloom tomatoes, and nearly year-round salad greens.





You're driving down the highway and you notice the bumper sticker. You're shopping for groceries and the bright yellow sign catches your attention. Or maybe you're listening to the radio and hear a local farmer describing her products in mouth-watering detail. And then you realize, "I'm a Local Hero, too!"

If you love buying and eating locally grown food, you're one of thousands of Local Heroes supporting our local farmers with every purchase you make. But 10 years ago, it wasn't so easy finding the great products you've come to rely on.

That's why, in 1999, CISA launched the "Be a Local Hero, Buy Locally Grown®" campaign. Nine years later, it has become the country's longest running and most comprehensive "buy local" program for farm products—featuring everything from fruits and vegetables to dairy, poultry, forestry, and fiber products. This year, 171 farms, 33 restaurants, 42 retailers, 9 gardening centers, 11 institutions, and 6 specialty producers have joined together to raise awareness and sales of locally grown farm products.

GROWING THE ECONOMY

What are the benefits of a "buy local" program? For you, it means easy access to an abundance of healthy, affordable food. For farmers, it means a future. Seventy-three percent of participating farms have reported product sales increases, 60% have increased their production, 42% have started or increased farm stand sales, 41% have started or increased sales to restaurants or retailers—and the list of successes continues to grow.

GROWING THE MOVEMENT

Recent surveys show that 82% of residents in Franklin and Hampshire counties recognize the Local Hero logo. Meanwhile, over 500 copies of our guide to starting a "buy local" campaign have been distributed nationwide, and the program has become a successful model for communities in the U.S. and around the world that are seeking to sustain farming by helping consumers find and purchase locally grown products.

**SO BUY LOCAL.
IT'S GOOD FOR ALL OF US!**

Notice anything new?

Beginning in June, CISA is embarking on a number of exciting initiatives to strengthen our mission and better position us as the "go to" organization for sustaining agriculture here in the Valley and beyond. As part of that effort, we've created a new look for both CISA and Local Hero that will enhance CISA's role as a leading player in the locally-grown movement.

This Farm Products Guide is our first use of the new logos and colors. Watch for re-designed Local Hero materials,



including bumper stickers, in the coming months. And in early 2009, we'll be unveiling a completely re-designed web site to provide more content and easy-to-access resources for farmers, consumers, and supporters.

LEND YOUR SUPPORT

Visit our web site to find out more about CISA's work on behalf of family farms in Western Massachusetts and to make a donation. Your generous contribution directly supports the programs and services that make it possible for farmers to thrive here in the Valley—and to continue producing the fresh, locally grown food and other agricultural products featured in this Guide.

Donate at www.buylocalfood.com



Buy Local.

Eating locally is growing in popularity and is increasingly easy during the growing season. Here in the Northeast, we have an abundance of fresh fruits and vegetables from spring through late fall.

Eat Local. . .

Farm Products Available Year-Round

- | | |
|--------|-------------|
| EGGS | MEAT |
| MILK | FISH |
| CHEESE | MAPLE SYRUP |
| HONEY | BUTTER |
| FLOUR | |

Produce Available Year-Round*

- | | |
|----------|----------|
| APPLES | SPROUTS |
| POTATOES | PARSNIPS |
| SQUASH | BEANS |
| ONIONS | GARLIC |
| BEETS | CABBAGE |
| CARROTS | TURNIPS |

**Though these products can be stored all year, buying them during the winter months may be difficult as many farms sell out by late in the season. If you want to store them at home, stocking up in the fall is a good idea.*

Locally grown meat is available year-round, but may be more abundant in the summer and fall. Stocking your freezer will help ensure you have the cuts and types of meat you prefer throughout the winter and early spring.

Make sure to tell farmers and retailers from whom you buy that you'd like to have locally grown products throughout the year. As demand grows, they'll adjust their planting, purchase, and storage choices to meet it.

Local Substitutes for Non-Local Products

Honey and maple syrup can be used in place of refined sugar. Replace oil with butter or chicken fat. And while there are not many Pioneer Valley grain sources, there are several options if you are willing to expand your search throughout the Northeast.

Diversify Your Seasonal Diet

There are many ways to vary your diet without sacrificing the goal of eating locally. For example, canning, freezing, fermenting, and drying produce can extend the shelf life of local produce for less abundant times of the year. Food preservation has long been both art and necessity, and generations of improvement have given us regionally specialized meats, cheeses, and fermented foods. If you don't have the time, energy, or interest to devote to preserving large amounts of food, start with a few things you think you'll enjoy most in the winter, or consider frozen or dried herbs, which can spice up any dish with little effort.

If you are interested in preserving some of the season's harvest for later in the year, check out the local library or the Internet for resources on food preservation. Improper preservation can damage food's quality and safety, so be sure to do some research before trying preservation techniques for the first time.

But what happens when summer's bounty ends and the cold New England weather sets in? Can you still eat locally? Absolutely! With some planning and preparation, eating locally throughout the year can be delicious, nutritionally sound—and very doable.

... all year 'round!

Sample Menus for Each Season

SPRING

Early Green Salad
Pasta with Asparagus
Sautéed Mustard Greens
Lamb Chops
Rhubarb Cobbler

SUMMER

Tomato and Basil Garden Salad
Sweet Corn
Potato Salad
Grilled Chicken Breast
Mixed Berry Parfait

FALL

Butternut Squash Soup
Roasted Beet Salad with Goat Cheese
Garlic Mashed Potatoes
Roasted Turkey
Pumpkin Pie

WINTER

Potato Leek Soup
Roasted Carrots
Maple Glazed Sweet Potatoes
Beef Rib Roast
Honey Baked Apples

Tips for Hosting a Local Meal:

One of the joys of eating seasonally is the appreciation of what's rare—strawberries, sweet corn, butternut squash, and parsnips are pleasures of their particular season, and enjoyed all the more because we don't eat them all the time. It can be fun to build a meal around a single item—four courses of strawberries?—or to host a meal using only local ingredients

You can decide whether you want the challenge of a strict definition of local or a ban on all ingredients that don't meet that definition, or whether you just want to encourage the use of local ingredients. Some of your guests may not know about eating locally; if so, you can provide information about reasons to eat locally and let them know where to find local products, particularly if you expect them to bring a dish.

Remember, the point of eating locally isn't to fuss over the details, but to enjoy and celebrate the abundance of our region. So don't set the menu before finding the ingredients—visit your grocery, farm stand, pantry, or garden, and see what inspires you!



Use CISA's Farm Products Guide to find sources of ingredients as you're shopping around the Valley. Or go online to www.buylocalfood.com and search our seasonally updated list of Local Hero farms and available products. If you get overwhelmed, don't hesitate to contact CISA. We're here to help!

Wild Blueberry Soup

George Esworthy, Shelburne Falls

Simmer for 20 minutes:

- 3 pints wild blueberries
- 1/2 lemon, sliced thin
- 1/4 C. honey
- 1/4 C. maple syrup
- 1/2 tsp. cinnamon
- 2 C. water

Remove lemon, puree the mixture, and chill. Serve with a dollop of yogurt and a few whole blueberries.



Gratin of Rutabaga

Sylvia Gallagher, Greenfield

- 4 C. diced rutabaga (3/4 inch pieces)
- 1 tsp. grated ginger
- 1 large clove garlic, minced
- 2 T. butter
- 3 T. flour
- 2 C. milk/light cream
- salt & pepper
- 3 T. fresh bread crumbs
- 3 T. grated Swiss cheese

Preheat oven to 325°. Steam rutabaga, ginger, and garlic over one inch of water for 10 minutes. Boil steaming liquid until reduced to 1/2 cup. In separate pan, melt butter, blend in flour, and cook until bubbling for two minutes. Remove from heat. When bubbling stops, beat in the hot vegetable liquid and milk. Simmer for two minutes. Season. Fold in rutabaga. Turn into buttered six-cup baking dish. Top with crumbs and cheese. Bake for one hour.

Root Cellar Salad

Wendy Marsden, Greenfield

Peel and then coarsely chop:

- 1 parsnip, 1 turnip, 1 beet, 1 carrot, 1 onion,
- 1 small butternut squash

Preheat oven to 350°. Combine in a casserole dish, add half a stick of butter cut into 1/2 inch pieces, and bake for about 50 minutes.

The reds and oranges will bleed into the whites, and it will have a nice texture and be surprisingly sweet. A hit with children!

Maple Custard

Lissa Ganter, Amherst

- 2 C. whole milk
- 4 large eggs
- 1/2 C. maple syrup (dark is better for this than grade A; if you like very sweet, use 3/4 C.)
- 1 tsp. vanilla
- dash of salt

Preheat oven to 325°. Whisk eggs well with a fork in a large bowl (don't beat air into them). Heat and stir the milk over medium heat until very hot, but not boiling. Slowly stir hot milk into eggs. Stir in maple syrup, vanilla, and salt. Strain the mixture into a one-quart pitcher, if you have one, or a bowl. Skim off any foam. Pour or ladle into six 6-oz. baking dishes or custard cups, arranged in a 13 x 9 baking pan (or a roasting pan). Slowly pour boiling water into the pan to come halfway up the sides of the dishes. Bake 35-40 minutes until just set.

Roasted Butternut and Apple Quesadilla

Alden Booth, The People's Pint, Greenfield

- Butternut squash
- Monterey Jack or Cheddar cheese, thinly sliced
- Flour tortillas
- Apples, peeled and cored

Heat oven to 425°. Halve a butternut squash (leaving seeds in to retain moisture). Roast cut-side down on cookie sheet in hot oven until soft. Let cool, then carefully remove seeds and discard. Scoop out cooked flesh of squash and mash until creamy. Spread half of a large flour tortilla with thin layer of the mashed squash. Layer cheese on the squash. Cut apples into thin slices and layer on cheese. Fold tortilla. Brown on both sides in a hot, lightly greased skillet. Let cool and cut into 4 to 6 wedges. Serve with your favorite salsa.

Got a great recipe using local ingredients?

Email it to CISA at communications@buylocalfood.com, and we'll try to include it on our web site later this year.

The recipes featured on this page previously appeared in "Savoring the Seasons," the weekly local food column written by Local Hero Awardee Mary McClintock for The Recorder of Greenfield. Thanks to the contributors for permission to publish here.



AGAWAM

1 Fini's Plant Farm 396 Main Street, Agawam (413) 786-1012 www.finiplants.com. New farm stand location with perennials, annuals, and more! Quality growers since 1929. Garden-center quality at grower prices, summer annuals, pumpkins, and fall decorations. Open May 1–October 31.

AMHERST

2 Atkins Farm 1150 West Street, Amherst (413) 253-9528 www.atkinsfarm.com. For over 120 years, our farm has been growing delicious, quality apples, peaches, and pears.

3 Brookfield Farm 24 Hulst Road, Amherst (413) 253-7991 www.brookfieldfarm.org. CSA shares include vegetables, fruits, herbs, flowers, beef and pork. \$440/share feeds 1–2 adults plus kids. Twenty-five weeks of mix-and-match distribution plus option to buy more organic vegetables at wholesale price. Season runs June–November. Call for more information.

4 Cows Lumber and Sawmill 125 Sunderland Road, Amherst (413) 549-0001 www.cows.com. Watch logs turn into lumber from Cows Sawmill observation deck Monday–Friday 8am–3pm. Purchase locally grown and manufactured pine, oak and hemlock boards and timbers, plus full line of building materials, at Cows Building Supply, Monday–Friday, 7am–5pm, Saturday 8am–3pm.

5 Greenhorn Farm 599 South Pleasant Street, Amherst (413) 835-5474 www.greenhornfarm.com. A pasture-based farm dedicated to providing quality meat products to the local market. We offer grass-finished beef, pastured poultry and pork. We provide a healthy environment for our livestock, a healthy product for our customers and a healthy economy for our community. Breeds that once graced the New England countryside, our livestock are bred for the demands of the unique climate and terrain.

6 J & J Farms 324 Meadow Street, Amherst (413) 549-1877. Fourth-generation farm open for seasonal produce, specializing in sweet corn, tomatoes, onions, and six varieties of potatoes. Also strawberries, peppers, melons and cut flowers.

7 Old Friends Farm 593 South Pleasant Street, Amherst (413) 253-9182 www.oldfriendsfarm.com. High-quality certified organic and certified naturally grown specialty cut flowers, salad greens, ginger and select vegetables. Available at the Amherst and Boston area Farmers' Markets and wholesale to fine restaurants and florists.

8 Simple Gifts Farm 1089 North Pleasant Street, Amherst (413) 549-1585 www.simplegiftsfarmcsa.com. Offering fabulous Heirloom tomatoes, garlic, salad greens, and a full range of organic produce through a CSA, a farm stand and the Amherst Farmers Market. Located on land preserved from develop-

ment by tremendous community effort. Stand open afternoons June–November; Farmers' Market, Saturdays 8am–1pm, May–November.

9 Small Ones Farm 416 Bay Road, Amherst (413) 253-6788. We grow our peaches, Asian pears, and 40+ varieties of apples without the use of synthetic fertilizers, pesticides or herbicides. We are certified naturally grown—a program whose standards are based on the USDA organic program. We sell our produce at our farm stand, CSA, and U-pick events.

10 Sunset Farm 20 Brigham Lane, Amherst (413) 549-5034 www.sunsetfarm.us. We have been growing for 25 years. Come find us on the Amherst Common and see what we have to offer!

11 Swartz Family Farm 11 Meadow Street, Amherst (413) 230-3137. Enjoy fresh pesticide-free greens and herbs year-round from our greenhouses. Lemon balm, cilantro, mint, sweet basil, mesclun mix, spinach, baby lettuce heads, baby bok choy, collards, kale and more. Available year round! We are happy to grow items per request, just give us a call and ask. Pick up at the farm or arrange for delivery.

ASHFIELD

12 Apple Valley Galloway Farm 1739 Hawley Road, Ashfield (413) 628-4773. We raise grass-fed Belted and White Galloway beef cattle. Young stock



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for sale. Hay and cordwood. We offer bagged stone dust for re-mineralizing the soil. Email us at Quarry2@aol.com.

13 Paddy Flat Farm 314 Norton Hill Road Ashfield, (413) 628-3974.

We do not have a farm stand, so please call ahead. Wholesale available.

14 Raspberry Patch Farm 80 March Road, Ashfield (413) 774-9101.

Fresh pure maple syrup in all grades packaged under Raspberry Patch Farm label in quart and pint sizes. Phone orders only.

15 Sangha Farm 188 Creamery Road, Ashfield (413) 628-0026.

Produce, fresh and dried herbs, herb blends, garlic braids, breeders of registered Finn sheep and Nubian goats, CSA farm shares, Farmers' Markets, farm internships. Open by appointment.

16 Sidehill Farm 137 Beldingville Road, Ashfield (413) 625-0011

www.sidehillfarm.net. Sidehill Farm sells yogurt and raw milk from our own grass-fed Normande and Canadienne cows, and vegetables and fruit from our fields/greenhouses. Our cows graze certified organic pasture spring through fall, and eat certified organic hay cut from our pastures in the winter. Raw milk and yogurt are available at the farm March-November. See our web site for more locations and purchasing options.

17 Spring Water Gardens 2081 Baptist Corner Road, Ashfield (413) 625-9975.

We have been growing fruits and vegetables according to organic practices for 23 years on three acres of our fields in Ashfield. Our land is naturally wet, fed by multiple freshwater springs. It is this water that nourishes our gardens and helps us produce the highest quality fruits and vegetables.

18 Steady Lane Farm 144 Steady Lane, Ashfield (413) 628-4689

www.steadylanefarm.com. Grass-fed, gently raised beef. Also hay. In season (July and August) we have pick-your-own raspberries and lavender. Find us at the Ashfield Farmers' Market on Saturday mornings, and at Elmer's Store in Ashfield Center.

19 Whitney Acres Farm

535 Conway Road, Ashfield (413) 628-3279 www.whitneyacres.com. Shetland sheep since 1993. We sell fleece, yarn,

roving and knitwear as well as registered breeding stock. Eggs, garden produce and hay also available. Call or e-mail for more information.

BARRE

20 Hartman's Herb Farm

and B & B 1026 Old Dana Road, Barre (978) 355-2015

www.Hartmansherbfarm.com. Locally grown herbs, perennials, annuals, vegetables and dried flowers. Herbal wreaths, container gardens, gift shop, greenhouses and gardens. Spend a night at our bed & breakfast. Herb dinner available. Post-and-beam dining room for meetings, retreats, weddings and special occasions. Open daily 10am-5pm.

BELCHERTOWN

21 Austin Brothers Valley Farm

270 West Street, Belchertown (413) 668-6843 www.Austinsfarm.com.

USDA-inspected, naturally grown, hormone- and antibiotic-free beef. Ground beef, steaks, roasts, pork chops, smoked hams, pork roasts, bacon and beef sides are available. We also have free-range whole broiling chickens and fresh brown eggs. Free-range turkeys, sweet corn, pumpkins, gourds, corn stalks, mums. Pies by special order. Manure: hot or composted. Hay and corn silage. Visit our web site.

22 Bob's Everlasting 11 Old Farm Road, Belchertown (413) 687-7180.

Small one-man farm offering tomatoes, cucumbers, broccoli, lettuce, spinach, sweet corn, Indian corn, pumpkins, and a wide variety of winter squash. Fresh-cut flower including gladiolas and sunflowers. Free-range fresh eggs.

23 Crescent Moon Farm 11 Corner Road, Belchertown (413) 253-0528

www.crescentmoonfarmonline.com. We offer remarkably delicious lamb, fed only mother's milk and grass, never hormones, antibiotics or grain. Purchase whole, half or any variety of cuts. E-mail kathleentrap@yahoo.com. Also available at Brookfield Farm Shop, 24 Hulst Road, Amherst.

24 Sentinel Farm 37 Cottage Street, Belchertown (413) 323-7368.

We grow

apples, peaches, tomatoes, cilantro, dill. Self-serve open as items are available. See us at the Belchertown Farmers' Market on Thursdays.

25 Shattuck's Sugarhouse 34 Kopec Avenue, Belchertown (413) 323-7639.

Tours available, call to set up. We offer an extensive line of maple syrup in unique glass containers. Maple products offered year round, including maple cream and candy, shipping available.

26 Stone Soup Farm 265 Jackson Street, Belchertown (413) 687-4341

www.stonesoupfarm.googlepages.com. Stone Soup Farm is a brand new CSA farm growing chemical-free food for Belchertown. Stone Soup Farm is a progressive place: it's a farm and grows food,



but it's also a community and a place of education about farming and the environment. We are located on land owned by the New England Small Farm Institute, a training center for people who wish to learn how to run a small farm.

27 Sullie's Vegetable Farm 82 West Street, Belchertown (413) 283-6469.

Farm fresh vegetables: sweet corn, beans, tomatoes, cucumbers, summer and winter squash, cabbage, peppers, potatoes, peas, blueberries and asparagus. Open June 30-October 28, 10am-6pm daily.

BERNARDSTON

28 Couch Brook Farm 184 Couch Brook Road, Bernardston (413) 648-9659

mysite.verizon.net/vseyqw30/couchbrookfarm. Couch Brook Farm is a certified organic grower of annuals,

perennials, herbs, vegetable plants, and hanging baskets. We also sell our own handmade pottery including planters, bird feeders and dishware. We retail plants at our stand and wholesale to local stores. Contact us by e-mail or telephone to place wholesale orders (minimum 9 flats, 36 plants each).

29 Coyote Hill Farm 250 Martindale Road, Bernardston (413) 648-0056

www.Coyotehillfarm.com. We have three acres of mixed vegetables, fruit, and flowers. We use organic growing methods but we are not certified. We sell our produce at the end of Martindale Road, Northfield Farmers' Market, Green Fields Market, and we have a small CSA.

30 River Maple Farm

250 Brattleboro Road, Bernardston (413) 648-9767. Maple syrup, hay, beef, sweet corn, cut flowers and pumpkins.

BLANDFORD

31 Walnut Hill Farm 104 Ashfield Road, Blandford (413) 625-1070.

Pick-your-own blueberries, plus mixed grass hay from fertilized fields.

BRIMFIELD

32 Linda M. Fuchs Greenhouse 59 Tower Hill Road, Brimfield (413) 245-9764.

Herb and vegetable plants grown with organic methods. Over 75 tomato varieties including 40+ heirlooms, 15 different basil, other heirloom vegetable starter plants, scented geraniums and flower plants for dyeing, drying and eating. Specialize in container edibles and hanging herbs.

33 River Rock Farm 81 Five Bridge Road, Brimfield (413) 245-0249

www.riverrockfarm.com. USDA-inspected, natural, dry-aged beef. Retail and wholesale cuts available. Delivery available or call to visit the farm. Also find us at area Farmers' Markets. Call, e-mail or visit our web site to request a menu of available meats.

BUCKLAND

34 Atherton Farm 147 Ashfield

Road, Buckland (413) 625-2659. Flower plants, vegetable plants, eggs, lettuce,

corn, tomatoes, cucumbers, squash (pumpkins) and many other vegetables. Christmas trees and custom wreaths available by phone order, November 1–December 15.

35 Buckboard Veggies 65 Lower Street, Buckland (413) 625-9418.

Small one-person farm raising tomatoes, cucumbers, broccoli, lettuce, spinach, sweet corn, Indian corn, pumpkins, and a wide variety of winter squash. Fresh-cut flowers include gladiolas and sunflowers. Also offer free-range fresh eggs.

36 Johnson Hill Farm 51 Hog Hollow Road, Buckland (413) 625-6439 www.lavenderland.com. Lavender labyrinth, “verb garden” word stones, distilled lavender oil and crafts, June Lavender Festival and Dove Release.

CHARLEMONT

37 Blue Heron Farm 8 Warner Hill Road #1, Charlemont (413) 339-4045 www.Blueheronfarm.com. Certified organic maple syrup, high-bush blueberries. Breeders and trainers of purebred Norwegian Fjord horses. Farm vacation rentals and goats.

38 The Farmstead at Mine Brook 8 Mountain Road, Charlemont (413) 339-8500 www.Goatrising.com. Home of Goat Rising and Jerseymaid farmstead cheese. Farm store, raw milk, cheese, ice cream, maple syrup, fudge, gifts, farm tours, and educational programs.

39 Wilder Brook Farm & CSA 399 West Oxbow Road, Charlemont (413) 625-6967. Our CSA members receive organic vegetables, herbs, and a weekly bouquet of flowers. You can pick up at the farm either Tuesdays or Saturdays. Let your children enjoy the chickens while you unwind in our gardens. We also offer eggs, honey, maple syrup, Benson Place blueberries and herbal remedies. Call now to sign up.

CHESTER

40 Chester Hill Winery 47 Lyon Hill Road, Chester (413) 354-2340 www.blueberrywine.com. Blueberry wine from local blueberries—dry-oaked and un-oaked and port style. Apple wine from

local apples. White wine from French hybrid and Vinifera grapes. Tastings, tours and gift shop.

41 Kelso Homestead Blueberries 207 Bromley Road, Chester (413) 354-6315 www.blueberrywine.com/Kelso/index.html. Pick your own high-bush cultivated blueberries in a lovely, park-like setting. Picnic tables available. Children welcome! Call ahead for availability.

42 Pioneer Valley Organic Farm 97 Old State Road, Chester (413) 354-6380. Delicious, organic produce since 1945. We are a small family-owned and -operated organic farm. Our primary crops are delicious summer berries which ripen alongside a variety of fresh vegetables. Our mission is to help improve the health and lives of our neighbors by producing delicious, healthy, organic food in an ecologically friendly manner. 15-week CSA available. Blueberry PYO in season. Call for details.

CHESTERFIELD

43 Crabapple Farm 100 Bryant Street, Chesterfield (413) 296-0310. We are a diversified family farm producing a little bit of everything for our community.

44 Roberts Family Farm 222 South Street, Chesterfield (413) 296-4762 www.robertsfamilyfarm.com. Come see our eight acres of cultivated blueberries. PYO. Handicap accessible with picnic tables available. Hours 9am–4pm (weather permitting).

CHICOPEE

45 McKinstry's Market Garden 753 Montgomery Street, Chicopee (413) 536-2043 www.Mckinstrymarketgarden.com. Specializing in sweet corn, tomatoes, fresh fruits and other vegetables.

COLRAIN

46 Eastview Farm 63 Van Nuy Road, Colrain (413) 624-3445. We raise vegetables and several varieties of free range chickens. Our fresh eggs can be purchased at McCusker's Market in Shelburne Falls.

47 Hager Brothers Farm

11 Merrifield Lane, Colrain (413) 624-3200. Providing a variety of maple products to wholesale and retail markets, including maple sugar, candy, granulated sugar, cream, coated peanuts and jelly. High-quality raw milk and our own beef is for sale at the farm.

48 Hillman Farms 305 Wilson Hill Road, Colrain (413) 624-3646 www.shopwma.com/hillmanfarm. Hand-crafted farmstead goats milk cheese, aged for over 60 days. Available at Farmers' Markets and retail locations.

49 Louise's Old Glory Gardens 2 Coombs Hill Road, Colrain (413) 624-3383 www.bladesmith.com. Fresh raspberries and raspberry preserves. Old World heirloom Italian and Sicilian tomatoes.

50 New England Wild Edibles 65 Foundry Village Road, Colrain (413) 624-5188 www.newedibles.com. We provide log-grown certified organic shiitake mushrooms; oyster mushrooms, locally gathered, in-season; wild mushrooms sold fresh or dried.

51 Pine Hill Orchards 248 Greenfield Road, Colrain (413) 624-3325. Pine Hill Orchards grows apples and peaches, plus pumpkins and squash, on 75 acres. We make our own cider and sell our products at our own store at the orchard. We also have a bakery and restaurant open seven days a week. We currently sell to local schools and are equipped to meet the needs of school food buyers—one of our most popular school products is “loose packs” of apples.

52 Shoestring Farm 168 Ed Clark Road, Colrain (413) 624-3358 www.shoestringfarm.net. Organic vegetables and small fruits, maple syrup, spring bedding plants—herbs, annuals and perennials. CSA memberships available on the farm and through Common Wealth Cooperative CSA in Greenfield.

CONWAY

53 Natural Roots 888 Shelburne Falls Road, Conway (413) 369-4269 www.naturalroots.com. Natural Roots

is a horse-powered, family farm committed to growing the most healthful and nutritious food possible while carefully stewarding our land. We invite you to join us for the season. Enjoy some of the freshest and most delicious vegetables available. You can also shop in our farm store for other locally produced goods, pick your own berries, swim in the river, and see your friends and neighbors.

54 Wilder Hill Gardens

351 South Shirkshire Road, Conway (413) 625-9446 www.wilderhillgardens.com. Wilder Hill Gardens is a thriving perennial, herb and cut flower nursery. Our retail nursery offers herbaceous perennial and herb plants, plus a selection of trees, shrubs, willows and roses. We can provide original, gorgeous floral arrangements from the wide range of plant material grown on our six acres of land cultivated using innovative, sustainable methods. Landscape and design consultation services available.

DEERFIELD

55 Ciesluk Farmstand

564 Greenfield Road, Deerfield (413) 772-0790. In the heart of Historic Deerfield. Sweet corn is our specialty, wholesale and retail. Pumpkins wholesale and retail. Farm-fresh vegetables (tomatoes, cucumbers, more) and fruits (apples, peaches, blueberries, raspberries, strawberries in season). Home-baked pies and breads, honey, maple syrup, cider and jams. An assortment of annuals and perennials. Fall mums/dried flowers and great gifts for the garden or home!

56 Clarkdale Fruit Farms

303 Upper Road, Deerfield (413) 772-6797 www.clarkdalefruitfarms.com. We are a fourth-generation family fruit farm. Over 100 varieties of fresh-picked apples, peaches, nectarines, plums, pears and grapes. Our own fresh pressed sweet cider. PYO McIntosh apples in the fall. Always responsible farming practices. Open daily, August-January, weekends February-March.

57 Moody Family Farm 670 River Road Deerfield (413) 773-9350. Offering 10 varieties of pumpkins and squash along with Calico popping corn, which

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118 Flagg Hill Road Heath, MA

has a wide variety of colored kernels. We also offer a PYO pumpkin patch. We are located on scenic River Road along the Connecticut river. From time to time you can see some wildlife roaming around here at the farm. We will be adding to our offerings, so check in to see what's going on at the farm.

58 The Bars Farm 146 Mill Village Road, Deerfield (413) 772-1031. We have a large variety of our own farm fresh vegetables and over 56 varieties of annuals and perennials. Specializing in tomatoes, peppers and hot peppers. We wholesale and retail our vegetables; flowers are retail at our farm stand. As always, we believe in quality, freshness and variety. Open mid-May–October. Retail Monday–Friday 10am–6pm, Saturday & Sunday 10am–5pm. Wholesale 7:30am–5pm daily.

59 Warm Colors Apiary 2 South Mill River Road, Deerfield (413) 665-4513 www.warmcolorsapiary.com. Regional honeys, beeswax candles and local products. For more information about our products and pricing, please visit our web site.

60 Williams Farm 491 Greenfield Road, Deerfield (413) 773-5186. The Williams family has been farming in Deerfield for 60 years. We grow sweet corn, cucumbers, squash and pumpkins. We also own and operate the Williams Farm Sugarhouse. Sugarhouse open late February through the first weekend in April.

EAST LONGMEADOW

61 Meadowbrook Farm 185 Meadowbrook Road, East Longmeadow (413) 525-8588. Open early spring with a wide variety of bedding plants, perennials, nursery stock, vegetable plants, and a huge selection of hanging baskets. June brings PYO and pre-picked strawberries. From July–September find our fresh-picked vegetables and unsurpassed sweet corn. Fall brings mums, pumpkins, and fall decorative items. The year finishes with Christmas trees (specializing in Fraser firs), wreaths, and other decorative items.

EASTHAMPTON

62 Chicoine Family Farm 116 Oliver Street, Easthampton (413) 527-4882. We offer delicious, healthy 100% grass-fed beef, free of antibiotics, hormones, and steroids. The herd grazes freely on pesticide- and herbicide-free pastures all spring, summer, and fall; in the winter, they are fed our own sun-dried hay. Our animals have never been fed any corn or grain!

63 Mountain View Farm 393 East Street, Easthampton (413) 329-0211, www.mountainviewfarmcsa.com. High-quality, chemical-free vegetables, herbs, flowers, and berries available to CSA members, Farm2City participants and restaurants. Call for informational brochure. Open June–November.



64 Park Hill Orchard 82 Park Hill Road, Easthampton (413) 527-6186 www.parkhillorchard.com. The orchard is located on protected land in the historic Park Hill area of Easthampton, next to Echodale Farm. All of the land around here grew apples until recently, and our orchard is the last survivor on the block. C'mon out and take a walk around! We'll make a deal with you: We will grow solar-powered low-spray fruit if you will eat around that little spot on the apple. Fair enough?

FEEDING HILLS

65 E. Cecchi Farms 1131 Springfield Street, Feeding Hills (413) 786-2489.

Farm fresh vegetables and fruit. A huge selection of quality annuals, perennials, hanging baskets and herbs.

FLORENCE

66 Godard's Red Hen Farm 592 Sylvester Road, Florence (413) 586-2575. Blueberries, honey, apples. June–November, 10am–5pm. E-mail us at godard@comcast.net

67 Ravenwold Greenhouses 1095 Florence Road, Florence (413) 586-1416. Flowers, plants, baskets, memorials, annuals, perennials. Vegetable plants and produce. Hay and Christmas items.

GILL

68 Songline Emu Farm 66 French King Highway, Gill (413) 863-2700 www.songlineemufarm.com. Founded in 1995 by Geri and Stan Johnson and Dee Dee Mares, Songline Farm is committed to raising genetically superior, all-natural emu stock. Farm store open year round Thursday–Saturday, 12pm–5pm, selling frozen emu meat (ground, steaks and sausages), pure emu oil and many therapeutic and body care products enhanced with emu oil. Blown eggs and leather items are also available.

GRANBY

69 Dave's Natural Garden 35 Amherst Street, Granby (413) 320-6802. Naturally grown produce, hanging baskets, annuals, herbs and perennials. Now offering our own poinsettias during the holiday season.

70 Dickinson Farms 134 South Street, Granby (413) 467-3794. Open daily in season offering Easter plants, bedding and vegetable plants, roses, mulch, corn, tomatoes, native veggies, baked goods and breads, milk, eggs, cheese, pumpkins, cornstalks, fall decorations, poinsettias, wreaths, Christmas trees, kissing balls and custom orders. Also enjoy PYO strawberries, blueberries and apples at our new Ludlow Road & South Street location. Call (413) 467-3715 for details.

71 Red Fire Farm

7 Carver Street, Granby (413) 467-7645 www.redfirefarm.com. Red Fire Farm grows certified organic vegetables, strawberries, 50 varieties of tomatoes, bedding and vegetable plants. Fruit, blueberries, and corn from other local farms are also sold at our two farm stands. CSA shares available at the farm or delivered to Montague, Greenfield, Springfield, and Boston locations. Call for more information.

72 Sapowsky Farms 436 East State Street (Route 202), Granby (413) 467-9799. Bedding plants, PYO strawberries, sweet corn and all other crops. Full service road stand.

GRANVILLE

73 Gran-Val Farm/Scoop 233 Granby Road, Granville (413) 357-6632 www.gran-valscoop.com. Gourmet ice cream made on our family farm. Petting area, picnic tables, lunch available daily.

74 Maple Corner Farm 794 Beech Hill Road, Granville (413) 357-8829.

Maple syrup, maple products, jams and jellies available year round. Sugar house and pancake restaurant open late February to early April. Hay available in the field June-September. Cross-country skiing during winter months.

75 Mountain Orchard 668 Main Road, Granville (413) 357-8877. Enjoy the scenic ride into the foothills of the Berkshires and taste that crisp mountain flavor in our peaches, nectarines, and 18 varieties of apples. A family farm since 1919.

GREENFIELD

76 Bostrom Farm 171 Plain Road, Greenfield (413) 772-3732. Organic produce, raw milk, grass-fed beef, Morgan's eggs, strawberries, cut flowers, hay, compost, manure, fall decorations, vegetable plants, berry plants, hanging plants, annuals. Visit our two different stands.

77 Common Wealth CSA 144 Main Street, Greenfield (413) 774-2112. A cooperative CSA of three farmers, providing a wide variety of organic vegetables,

greens, roots, herbs, berries, melons and other products. Farms include Shoe-string Farm, Red Fire Farm, and The Benson Place.

78 Martin's Farm 373 Plain Road, Greenfield (413) 774-5631 www.martinsfarmrecycling.com.

Organic compost sales, approved for organic farming by Baystate Certifiers. Great for all your organic gardening and farming. Small and large quantities available. Picked up or delivered.

79 Tanstaaf Farm 389 Adams Road, Greenfield (413) 773-5232. The farm features sheep, ducks, chickens, border collies, and perennial beds, including over 550 cultivars of daylilies. We maintain a mixed flock of sheep, including crosses of Border Leicester, Shetland, and North Country Cheviot. Fleeces are valued for hand spinning and felting. We sell naturally raised feeder and custom-cut freezer lambs. Duck eggs are for sale. Border collie training and herding demos available by appointment.

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- Bulk foods department
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- Coffee and smoothie bar

HADLEY

80 Barstow's Longview Farm 14 Barstow Lane, Hadley (413) 586-5584 blogs.umass.edu/barstow. Composted cow manure for sale: 1.5 cubic feet bags for \$5; bulk \$20/yard. Delivery available; call and leave a message. Dairy store and bakery coming soon.

81 Cook Farm & Flavors of Cook Farm 1 East Hadley Road, Hadley (413) 584-2224 www.cookfarm.com. Our own fresh milk, raw or pasteurized. Homemade butter and ice cream. Light fare including breakfast and lunch. Compost also available.

82 Devine Farm 56 Knightly Street, Hadley (413) 549-6953. Bedding plants, geraniums, hanging baskets, cemetery boxes. Cut flowers, corn stalks, hay. Baled straw. Compost and manure. Twig and Christmas wreaths.

83 Food Bank Farm 121 Bay Road, Hadley (413) 592-0013. The Food Bank Farm offers seasonal farm shares, including over 50 varieties of organic vegetables, fruit, herbs, and flowers. Local cheese, bread, eggs, fruit, meat and pies are also available. Open Monday and Wednesday 12noon-7pm, Friday 11am-3pm.

84 Garden of Delights 20 Rocky Hill Road, Hadley (413) 584-8970. Fresh, pesticide-free and locally grown produce and herbs, fresh cut flowers, local corn and berries, herb plants and some perennials. Bed and Breakfast, too!

85 Lakeside PYO Strawberries River Road at Mt. Warner Road, Hadley (413) 549-0805. Eight varieties of tasty strawberries available for PYO or pre-picked for your convenience. Jams and jellies made with local fruit also available.

86 Mapleline Farm 78 Comins Road, Hadley (413) 549-6174 www.maplelinefarm.com. Mapleline Farm natural glass-bottled milk and other local products. Our milk is rBST free!

87 North Hadley Sugar Shack 181 River Drive, Hadley (413) 585-8820 www.northhadleysugarshack.com. Open from late February until May 4th with our full Sugar Shack breakfast menu featuring our own maple syrup. Sugaring tours are available. Our farm stand opens daily be-

ginning August 18th from 8am-5pm. We feature our own mums and asters, maple soft serve ice cream, Ginny's homemade pies, crafts, maple products, local fall produce, Christmas trees and wreaths. Online ordering of products year round.

88 Pioneer Valley Growers Coop Hadley (413) 586-6947. We are a cooperative of farm workers working together to produce excellent quality produce for your family and the community. We grow callallo, tomatoes, Scotch Bonnet peppers, Jamaican pumpkins, and much more. You can find us at the Mason Square Farmers' Market, or visit by appointment only.

89 Twenty Acre Farm 351 River Drive, Hadley (413) 549-5708. Spring sales: wide variety of flowering annuals (starting with pansies in late March), hanging baskets, vegetable plants and many shades of geraniums.



HARDWICK

90 Chestnut Farms 404 Turkey Street, Hardwick (413) 477-6656 www.chestnutfarms.org. We offer meat the way nature intended. Grass-fed, hormone-free beef, natural lamb, pastured pork and poultry. Join our popular meat CSA or purchase at Farmers' Markets. For more information about our CSA, visit our web site.

91 Hardwick Sugar Shack 572 Jackson Road, Hardwick (413) 477-0932 www.hardwicksugarshack.com. Pure maple syrup, cream, candy, gift baskets, corporate gifts and other maple products

available year round. Sugarhouse open Sundays in March from 11am-4pm. Order by mail or on the web.

92 Hardwick Vineyard & Winery 3305 Greenwich Road, Hardwick (413) 967-7763 www.hardwickwinery.com. Producing six varieties of wine for tastings and sales, using our own grapes. March-December, Friday-Monday 11am-5pm.

93 Robinson Farm 42 Jackson Road, Hardwick (413) 477-6988 www.robinsonfarm.org. Raw cow's milk from grass-fed cows in last year of organic transition. NO BST/antibiotics. Certified organic eggs from pastured poultry, perennials, flowers, and hay. Pasture/milk-fed veal and local goat cheese.

HATFIELD

94 Pioneer Valley Vineyard 41 School Street, Hatfield (413) 387-7193 www.pioneervalleynineyard.com. Continuing a family farming tradition for over six generations in the historic Pioneer Valley of Massachusetts, our wines are handcrafted from the highest quality grapes and the finest fruits.

95 Szawloski Potato Farms 103 Main Street, Hatfield (413) 247-9240. Szawloski potato farm is a fifth-generation potato farm growing approximately 1,200 acres in Franklin and Hampshire counties. We grow four different varieties: red, yellow, white, and russet. We also wash, grade, and pack these varieties for private-label and Szaw brands, distributing through consumer and foodservice sales. Our packing facility is operational 12 months of the year, meaning some potatoes are stored for sales throughout the year.

96 Teddy Smiarowski Farm 487 Main Street, Hatfield (413) 247-5181. PYO and picked berries available at our Whately stand 1.5 miles south of Exit 24 on Routes 5/10. Picked berries available at our Hatfield stand. Call for start dates. Asparagus in early spring and potatoes in the fall. Weekdays 8am-7pm; weekends 8am-6pm.

HEATH

97 Burnt Hill Farm 118 Flagg Hill Road, Heath (413) 337-4454. Wild low-bush blueberries available in pre-picked 10 lb. and 20 lb. boxes. Orders may be placed beginning July 1. Harvest time is late July through mid-August. Please place your order early to ensure availability.

98 Freeman Farm 20 Town Farm Road, Heath (413) 337-4766. Local, fresh, all grass-fed, free-range beef, custom raised for your freezer. Our own 100% pure maple products. To order, call the farm.

99 The Benson Place 182 Flagg Hill Road, Heath (413) 337-5340 www.gis.net/~benplace. Mostly unsprayed, wild, low-bush blueberries, lightly sweetened Wonderfully Wild Blueberry Spread, and beautiful views. Contact us after June 1 to pre-order fruit and in July to find out date of opening.

HOLYOKE

100 Nuestras Raices 329 Main Street, Holyoke (413) 535-1789 www.nuestras-raices.org. Nuestras Raices Farms offers fresh produce including Hispanic specialty crops, meats, farm roasted Puerto Rican-style pork, paso fino horse demonstrations, children's activities, and live music.

LEVERETT

101 Winterberry Farm 21 Teawad-dle Hill Road, Leverett (413) 548-3940 www.winterberryfarm.org. Fall lamb, pork, and poultry (all free range/fed organic grain). Angora and sheep wool, dyed and natural, available year round. Small farm and fiber workshops. Visits by appointment. See our web site for more family fun events and opportunities.

LEYDEN

102 Bree-Z-Knoll 160 North County Road, Leyden (413) 774-3757. Our pure maple syrup and fresh, high quality, raw cow's milk are available year round at the farm. Please call ahead. Our farm is a proud member of Our Family Farms milk cooperative. Buy our milk at a store near you!

103 Dancing Bear Farm 181 Frizzell Hill Road, Leyden (413) 774-2021 www.dancingbearfarm.com. Heirloom tomato plants, heirloom tomatoes, baby greens, lettuce, garlic, onions, peppers, potatoes, assorted vegetables in season, and of course pumpkins. No chemical fertilizers or pesticides. Ever.

LUDLOW

104 Down Hill Farm 685 Center Street, Ludlow (413) 583-2153. Chicks available seasonally April-May. Fresh turkeys available to order for Thanksgiving. Email lpaul8@verizon.net to arrange purchase and pick-up.

105 Randall's Farm and Greenhouse 631 Center Street (Route 21), Ludlow (413) 589-7071. The best fresh fruits, vegetables, flowers and plants featuring our own strawberries and raspberries in season. Randall's Grown geraniums, hanging baskets, vegetable plants, specialty mixed container plants. Local milk, bakery, deli, Elsie's Creamery homemade ice cream. Complete green-

house garden center. Locally grown fruits and vegetables in season.

MONSON

106 Echo Hill Orchards & Country Market 101 Wilbraham Road, Monson (413) 267-3303 www.echohillorchards.com. PYO apples, haunted pumpkin picking, haunted hay rides, and school tours. Our own wines produced and bottled at our farm.

107 Koran's Farm & Gift Shop 160 East Hill Road, Monson (413) 267-3396. Bedding and vegetable plants, hanging baskets and perennials. Our own sweet corn, tomatoes, squash and cucumbers, PYO strawberries and U-pick pumpkins, cornstalks, fall mums and a large gift shop. Fresh cut Christmas trees, wreaths and more.

MONTAGUE

108 Brook's Bend Farm 119 Old Sunderland Road, Montague (413) 367-2281. Organic eggs, vegetables, flowers,

Eat Seasonal Buy Local



Every growing season for the last 24 years, we've worked closely with local and regional family farms to support sustainable agriculture methods that protect our natural environment and preserve resources for the future.



It's not something we do,
it's everything we do.

327 Russell Street (Route 9), Hadley, MA.
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and chemical-free honey. Open-pollinated vegetable seed production. Shetland fleece and sheep for sale. Naturally raised delicious grass-fed lamb. Open year round.

109 Old Depot Gardens

504 Turners Falls Road, Montague (413) 367-2395 www.Redfirefarm.com. Organic Red Fire Farm-grown vegetables, cut flowers, and bedding plants. Local sweet corn, berries, honey and maple syrup.

110 Three Sisters Farm Greenfield Road, Montague (413) 768-9814 www.threesistersfarm.com.

Chemical-free CSA farm that grows according to the lunar calendar. Naturally grown vegetables, herbs and flowers, heirloom tomatoes, and more.

MOUNT HERMON

111 Northfield Mount Hermon Farm

50 Mt Hermon Road, Mount Hermon (413) 498-3467 www.nmhschool.org/farm/index.php.

A small, diversified New England farm. Maple sugaring, with 2,200 taps producing about 600 gallons of syrup. We distill lavender and rosemary oils, and produce cider syrup and cider jelly. Small dairy operation producing milk and cheese; we raise and use draft and driving horses. Many of our products are used daily in our school's dining services menu.

NEW BRAINTREE

112 Wine Ridge Farm 230 Wine Road, New Braintree (508) 867-6605 www.wineridgefarm.com.

A working farm since 1983 situated on 28 acres. Raw goats milk available at the farm. We are about twenty miles from either Worcester or Springfield. The ride to the farm is always beautiful no matter what the time of the year. Our raw milk is sold to Westfield Farm, a well-known purveyor of goat cheeses sold in stores and fine restaurants.

NEW SALEM

113 Cooleyville Farm 214 Cooleyville Road, New Salem (978) 544-8983.

Our farm is a retirement project, but we've been growing vegetables for over 25 years. Our produce is available at the Belchertown Farmers' Market and at our farm stand. Come visit us for farm-fresh vegetables and eggs!

114 Hamilton Orchards 25 West Street, New Salem (978) 544-6867.

Baked goods: pies, cider donuts, apple dumplings and more. We also have PYO.

115 New Salem Preserves 67 South Main Street, New Salem (978) 544-3437.

Low-spray heirloom apples, apple cider without preservatives, solar-cooked strawberry, raspberry and blueberry preserves. E-mail rcolnes@rcn.com or carolhillman@rcn.com.



116 Valley View Farm 305 Wendell Road, New Salem (978) 544-7834.

All our products are sustainably grown and sold at our help-yourself farm stand. You can also visit us at the Orange Farmers' Market every Thursday 3–6pm.

NORTHAMPTON

117 Hickory Dell Farm 245 West Farms Road, Northampton (413) 586-0031 www.hickorydell.com.

Distinctive annuals and perennials; seeds and starts; hanging baskets, planters, supplies, cut flowers, fall ornamentals, local Christmas trees and greens; unique gifts; friendly llama herd.

118 Sojourner Design at Sojourner Sheep 400 North Farms Road, Northampton (413) 586-4822 www.sojournersheep.com. View my hand-dyed

yarns and carded wool online. Grass-fed lamb by special arrangement. Look for us at the Mass Sheep and Wool Fair and the Franklin County Fiber Twist.

119 Town Farm 1 Venture's Field Road, Northampton (413) 586-7586 www.nohotownfarm.com.

Ecologically grown vegetables and meat from a farm dedicated to building community and producing food as locally as possible. CSA shares, restaurant sales and apprentice positions available. E-mail oona@nohotownfarm.com.

NORTHFIELD

120 Chee Chee Mamook 341 Caldwell Road, Northfield (413) 498-2160 www.cheecheemamook.com.

We are transitioning from being a fiber farm to becoming a vegetable farm. We have starter plants, vegetables, flowers, and herbs. We hand spin and sell our own yarn from the fiber of our alpacas, angora, wool, llamas, etc. We offer hand-knit items using our handspun yarns which are available at the Northfield Farmers' Market and craft fairs we attend. We also offer farm services for new and existing farms; see our web site.

121 Four Star Farms 496 Pine Meadow Road, Northfield (413) 498-2968.

We are a family-owned sod farm, producing quality sod at a reasonable price. We harvest all spring, summer, and fall, but only cut to order, so please call in advance (leave a message if no one answers). Ask about our largemouth bass coming soon! Hours: 8–5 pm, Monday–Friday.

122 Northfield Country Corner 40 Maple Street, Northfield (413) 498-5458.

We grow melons and a variety of vegetables. Christmas trees and other holiday decorations available in season.

123 Northwoods Forest Products 675 Gulf Road, Northfield (413) 498-5335.

A local sawmill and logging operation in Northfield, we offer retail and wholesale native lumber. We also provide timber harvesting on private and public lands. Open year round. Call or stop in.

124 Rock Ridge Farm 2 Main Street, Northfield (413) 498-5520. Quality farm stand featuring field-grown perennials,

bedding and vegetable plants, hanging baskets, shrubs and seasonal produce. Fresh cut flowers, fall mums, pumpkins, bark mulch and firewood.

ORANGE

125 Heyes Forest Products

34 Daniel Shays Highway, Orange (978) 544-8801 www.heyeforest.com.

Beautiful flooring, molding, paneling, and siding from locally grown and sustainably harvested oak, cherry, pine, maple, and hemlock. Complete forestry services for the preparation and management of plans to comply with the new Chapter 61A requirements. Design and construction of pole barns for agricultural and utility uses.

126 Moore's Maple Grove Farm

220 Cross Road, Orange (978) 544-5363. A small family farm raising hay, produce, and maple products. See us at the Orange Farmers' Market on Thursdays for baked goods as well!

127 Seeds of Solidarity Farm

165 Chestnut Hill Road, Orange (978) 544-7564 www.seedsofsolidarity.org.

We specialize in salad mix, spinach, greens, tomatoes, flowers, and sixteen varieties of seed garlic. Enjoy our produce at Green Fields Market and restaurants throughout Franklin County. Check our web site for educational programs.

PLAINFIELD

128 Manda Organic Farm 25

Pleasant Street, Plainfield (413) 634-5333 www.mandafarm.com. Organic meats from pasture-raised, heritage breed pigs, goats and cattle. Registered GOS breeders and Dexters for sale. Organic eggs year round. Rare breed turkeys pre-ordered for Thanksgiving. Organic heirloom vegetables in season. Check our web site for prices and availability. Farm tours and groups welcome.

SOUTH HADLEY

129 Carl Popielarz Pig Farm 128

Willimansett Street, South Hadley (413) 536-1252. We are a small family-owned farm that has been around for over 80 years. Wayne and Monica Walton are

“The condition of the passive consumer of food is not a democratic condition. One reason to eat responsibly is to live free.”

-Wendell Berry

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We are a cooperative selling quality goods to promote health and build a sustainable local economy. Owned by our members for 31 years.



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- Marge's Mustard**
- Chef Ralph's Cranberry**
- Eastern European Beet**
- Fishmonger's Fusion**
- Cocktail Sauce**

Always prepared by hand in small batches from high-quality horseradish roots.

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 3. Brookfield Farm
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 5. Greenhorn Farm
 6. J & J Farms
 7. Old Friends Farm
 8. Simple Gifts Farm
 9. Small Ones Farm
 10. Sunset Farm
 11. Swartz Family Farm

ASHFIELD

12. Apple Valley Galloway Farm
 13. Paddy Flat Farm
 14. Raspberry Patch Farm
 15. Sangha Farm
 16. Sidehill Farm
 17. Spring Water Gardens
 18. Steady Lane Farm
 19. Whitney Acres Farm

BARRE

20. Hartman's Herb Farm and B & B

BELCHERTOWN

21. Austin Brothers Valley Farm
 22. Bob's Everlasting
 23. Crescent Moon Farm
 24. Sentinel Farm
 25. Shattuck's Sugarhouse
 26. Stone Soup Farm
 27. Sullie's Vegetable Farm

BERNARDSTON

28. Couch Brook Farm
 29. Coyote Hill Farm
 30. River Maple

BLANDFORD

31. Walnut Hill Farm

BRIMFIELD

32. Linda M. Fuchs Greenhouse
 33. River Rock Farm

BUCKLAND

34. Atherton Farm
 35. Buckboard Veggies
 36. Johnson Hill Farm

CHARLEMONT

37. Blue Heron Farm
 38. The Farmstead at Mine Brook

39. Wilder Brook Farm & CSA

CHESTER

40. Chester Hill Winery
 41. Kelso Homestead Blueberries
 42. Pioneer Valley Organic Farm

CHESTERFIELD

43. Crabapple Farm
 44. Roberts Family Farm

CHICOPEE

45. McKinstry's Market Garden

COLRAIN

46. Eastview Farm
 47. Hager Brothers Farm
 48. Hillman Farms
 49. Louise's Old Glory Gardens
 50. New England Wild Edibles
 51. Pine Hill Orchards
 52. Shoestring Farm

CONWAY

53. Natural Roots
 54. Wilder Hill Gardens

DEERFIELD

55. Ciesluk Farmstand
 56. Clarkdale Fruit Farms
 57. Moody Family Farm
 58. The Bars Farm
 59. Warm Colors Apiary
 60. Williams Farm

EAST LONGMEADOW

61. Meadowbrook Farm

EASTHAMPTON

62. Chicoine Family Farm
 63. Mountain View Farm
 64. Park Hill Orchard

FEEDING HILLS

65. E. Cecchi Farms

FLORENCE

66. Godard's Red Hen Farm
 67. Ravenwold Greenhouses

GILL

68. Songline Emu Farm

GRANBY

69. Dave's Natural Garden

70. Dickinson Farms

71. Red Fire Farm
 72. Sapowsky Farms

GRANVILLE

73. Gran-Val Farm/Scoop
 74. Maple Corner Farm
 75. Mountain Orchard

GREENFIELD

76. Bostrom Farm
 77. Common Wealth CSA
 78. Martin's Farm
 79. Tanstaaf Farm

HADLEY

80. Barstow's Longview Farm
 81. Cook Farm & Flavors of Cook Farm
 82. Devine Farm
 83. Food Bank Farm
 84. Garden of Delights
 85. Lakeside PYO Strawberries
 86. Mapleline Farm
 87. North Hadley Sugar Shack
 88. Pioneer Valley Growers Coop
 89. Twenty Acre Farm

HARDWICK

90. Chestnut Farms
 91. Hardwick Sugar Shack
 92. Hardwick Vineyard & Winery
 93. Robinson Farm

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94. Pioneer Valley Vineyard
 95. Szawloski Potato Farm
 96. Teddy Smiarowski Farm

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 98. Freeman Farm
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 121. Four Star Farms, Inc.
 122. Northfield Country Corner
 123. Northwoods Forest Products
 124. Rock Ridge Farm

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125. Heyes Forest Products
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 131. Foxbard Farm
 132. Foxfire Fiber and Designs at Springdelle Farm
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 157. Mayval Farm
 158. Outlook Farm

WHATELY

159. Golonka Farm
 160. J.M. Pasiecznik Farms
 161. LaSalle Florist
 162. Nourse Farms
 163. Potash Hill Farm
 164. W & W Farm

WILBRAHAM

165. Rice Fruit Farm

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166. Fairweather Farm
 167. Justamere Tree Farm

FARM LOCATOR MAP & GUIDE



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now the fourth generation running the farm. We have pigs for sale year round. Our pigs are hormone- and antibiotic-free.

SHELBURNE

130 Apex Orchards 153 Peckville Road, Shelburne (413) 625-2744 www.apexorchards.com. Organic apples, Asian pears too!

131 Foxbard Farm 400 Bardwells Ferry Road, Shelburne (413) 625-4604. Black angus beef. Round and square baled hay. Cordwood and lumber.

132 Foxfire Fiber and Designs at Springdelle Farm 135 Reynolds Road, Shelburne (413) 625-6121

www.foxfirefiber.com. Hand-dyed yarn and fiber; Cormo and Border Leicester sheep. Call to reserve your grass-fed lamb for fall.

133 Kenburn Orchards 1394 Mohawk Trail, Shelburne (413) 625-6116 www.kenburnorchards.com. Restored 1877 farmhouse on 150-acre Christmas tree and berry farm, 50-mile view, abundant wildlife. Three guest rooms, private baths, full served breakfast. Non-smoking. For reservations call 1-877-KENBURN or visit our web site.

134 West County Ciders 106 Bardwells Ferry Road, Shelburne (413) 624-3481 www.westcountycider.com. Premium hard ciders made from locally grown, traditional cider varieties.

135 Wheel-View Farm 212 Reynolds Road, Shelburne (413) 625-2900 www.wheelviewfarm.com. Lean, natural grass-fed beef for sale at the farm and in local stores. Scottish Highland and Belted Galloway cattle for sale as breeding stock and pets. Great for clearing pastures and with a gentle disposition. Perennials, cut flowers, and eggs also available. Enjoy our great view!

SHUTESBURY

136 Craigieburn Farm 243 West Pelham Road, Shutesbury (413) 253-4485. Specializing in alpacas with fine fleece and color. Meet our adorable, whimsical and kid-friendly herd. Alpaca

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products and yarn in a variety of natural colors available. Open year round. Call and come visit!

SOUTH DEERFIELD

137 Atlas Farm 635 River Road, South Deerfield (413) 665-6827 www.atlasfarm.com. We produce high-quality, Certified organic produce including a wide diversity of vegetables, herbs, flowers, gourmet, heirloom and specialty varieties. We sell to consumers at farmers' markets throughout Massachusetts and wholesale to area restaurants and grocery stores throughout the season. Flavor and freshness are a priority from seed to harvest, and we are committed to growing in a way that balances productivity with the health of the ecosystem.

138 Bloody Brook Farm 144 North Main Street, South Deerfield (413) 665-2048. We provide the community with fresh, chemical- and pesticide-free, quality vegetables and flowers. We target commercial and retail markets, and also operate three farmstand locations.

139 Deerfield Farm 218 Greenfield Rd (Routes 5 & 10), South Deerfield (413) 665-0277 www.deerfield-farm.com. A Sobieski family farm. Retail, PYO, wholesale. Strawberries, blueberries, raspberries, greenhouse tomatoes, sweet corn, pumpkins and fresh flowers. Specializing in selling quality produce directly to the consumer.

140 Enterprise Farm 75 River Road, South Deerfield (413) 665-8608 www.farm2farm.org. We sell wholesale and retail, but focus on selling locally and directly as much as possible. In 2007 we began a winter market and distribution company at the farm working in conjunction with other area farms and producers. We are known as an A-Z operation growing everything from arugula to zucchini.

141 M & M Green Valley Produce 282 Greenfield Road, South Deerfield (413) 665-8539. We are open seven days a week from May–November, selling fresh, locally grown fruit and vegetables as well as homemade pickles, jams, relishes, and other baked goods. We also provide bedding plants in the spring, cut flowers in the summer, and mums in the

fall. M&M offers honey, maple syrup, horseradish, dairy products, and cider from other local businesses.

142 Massachusetts Woodlands Cooperative 1 Sugarloaf Street, South Deerfield (413) 397-8800 www.masswoodlands.coop. A cooperative of landowners responsibly managing their woodlands and strengthening the local economy through production and marketing of FSC-certified, HomeGrown Wood™ products including flooring, grade lumber, timbers and framing components.

143 Stockbridge Farm 18 Stockbridge Road, South Deerfield (413) 665-6918 www.stockbridgeherbs.com. Come to Stockbridge Farm and delight your senses with a walk through our lavender, herb and vegetable gardens. We specialize in cooking with herbs, flowers and vegetables. Learn how to bring out the best from the garden. More than twenty varieties of basil. Free cooking demonstrations, recipes and samples throughout the afternoon. The highlight of our harvest year will be PESTOPALOOZA on August 24.

SOUTHAMPTON

144 Bashista Orchards 160 East Street, Southamptton (413) 527-9091. A family farm since 1926. Growing 43 apple varieties plus peaches, pears, plums, and cherries. Third and fourth generations of Bashistas now working the farm.

145 Bird Haven Blueberry Farm 55 Gunn Road, Southamptton (413) 527-4671 www.birdhavenblueberry.info. We sell blueberries year round. When PYO is over, we sell frozen berries from our freezer. When those are sold out, we get wild berries supplied from Maine. The antioxidants are the same. We also sell fruit pies (Blueberry Pie still #1) in our store or farmer-delivered within a 20-mile radius of Easthampton (sorry, Boston). For more pie varieties, visit the web site.

SOUTHWICK

146 Calabrese Farms 257 Feeding Hills Road, Southwick (413) 569-6417. Early season: bedding plants, hangers, geraniums, and perennials. Summer

season: our own corn, strawberries, blueberries, peaches, tomatoes, melons and much more.

SUNDERLAND

147 Little Brook Farm 334 Russell Street, Sunderland (413) 665-3802 www.littlebrookfarm.com. This small family farm practices sustainable, low environmental impact agriculture, offering consumers a selection of healthy products; diversification is key to our philosophy. Sheep and border collies are at the heart of the farm. The sheep are mainly Border Leicesters, famous for their soft lustrous wool and prized by hand spinners. We also have llamas, donkeys, horses, grass-fed beef, free-range chickens, ducks, geese and goats.

148 Riverland Farm 197 River Road, Sunderland (413) 687-5781 www.riverlandfarm.com. Certified organic fruits and vegetables, flowers and herbs. CSA memberships and wholesale available. We also purchase other local products which are available to shareholders. For wholesale inquiries, please call (413) 237-4684.

149 Smiarowski Farm Stand and Creamery 320 River Road, Sunderland (413) 665-3830. Retail and wholesale: farm-fresh vegetables, fruits and flowers. Serving soft-serve ice cream, frozen yogurt and Polish food at our farm stand.

150 Warner Farm–Mike's Maze 25 South Main Street, Sunderland (413) 665-8331 www.mikesmaze.com. A variety of our own produce including asparagus, strawberries, peas, beans, peppers, sweet corn, pumpkins and squash. Pick your own strawberries in June. Mike's Amazing Maze every fall starting September 1.

WARE

151 King Creek Farm 337 Belcher-town Road, Ware (413) 687-3963 www.kingcreekfarm.com. This family-run farm works hard to bring you honest food at honest prices. Our own cuts of all-natural grass-fed beef are available until sold out; cage-free eggs available all year round.

We are stardust, we are golden, and we've got to get ourselves back to the garden.

Joni Mitchell



From a window box to a couple of acres, there's a garden that's right for all of us. Let me help you find your home and garden!

BARRY STEEVES

413-320-3936 



Our seasonal farm stand offers produce and small fruits produced on the premises. No chemicals, pesticides or hormones used on any of fields or animals. We practice humane treatment of animals and support the principles of sustainable farming.

WARWICK

152 Chase Hill Farm 74 Chase Hill Road, Warwick (978) 544-6327. We have organic raw milk, farmstead cheeses, pasture-raised veal and beef from grass-fed cows, eggs from pastured poultry and whey-fed pork. Our products are available at the farm, the Amherst Farmers' Market and local stores. Raw milk is for sale only at the farm.

WENDELL

153 Diemand Farm 126 Mormon Hollow Road, Wendell (978) 544-3806. Fresh turkeys, chickens, eggs, farm-made products including soups, pot pies, ground turkey, fruit pies, and cookies. Hay, compost and a few extras. Come by! Open 7am-7pm daily.

154 Mycotopia Farms 131 Lockes Village Road, Wendell (978) 544-7668 www.mycotopiafarms.org. Mycotopia Farms offers locally produced shiitake mushrooms starting the last week of May. Oyster and other saprophyte mushrooms will be available later in the year. Classes offered on mushroom growing. Please call or visit our web site for schedule. Mycotopia: an environment wherein ecological equilibrium is enhanced through the judicious use of fungi for the betterment of all life forms.

WEST SPRINGFIELD

155 Gooseberry Farms 201 Gooseberry Road, West Springfield (413) 739-7985. Our farm is the only one left in town. Come visit us for all of your holiday needs, from Christmas wreaths to cemetery logs. We also have ice cream and farm-fresh produce all summer long.

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www.farmfamily.com

MC-78

WESTHAMPTON

156 Intervale Farm 106 South Road, Westhampton (413) 527-5440. Geraniums, bedding plants, herb and vegetable plants, vegetable produce, cut flowers, raspberries, eggs, pumpkins, all produced without the use of pesticides. Flowers for weddings, special occasions. CSA. Open May 1–November 30, Monday–Saturday 9am–7pm, Sunday 1–6pm. E-mail intervale5@comcast.net.

157 Mayval Farm 149 Easthampton Road, Westhampton (413) 527-6274 www.mayvalfarm.com. Mayval Farm has been owned and operated by the Parsons for over 200 years. We are a full-time dairy farm with a milking herd of 100 registered Holsteins, Jerseys and Brown Swiss. We are also fourth-generation maple syrup and maple cream producers.

158 Outlook Farm 136 Main Road, Westhampton (413) 529-9388 www.outlook-farm.com. Outlook Farm homestead is a full-time farm complete with orchards and gardens, a butcher shop and a country store/restaurant. Our family produces a variety of unique, full-flavored apples, peaches and pears on over 30 acres of orchards as well as pressed cider, sweet corn and veggies. U-pick apples September–October. Bakery with homemade pies. We're proud to sell our products to local colleges.

WHATELY

159 Golonka Farm 6 State Road, Whately (413) 247-3256. Farm stand supplying a wide variety of our own vegetables. Specializing in quality, hand-picked sweet corn. Open mid-June–October 31, 9am–6pm daily.

160 J.M. Pasiecznik Farms 207 River Road, Whately (413) 665-7659. Homegrown corn, summer squash, zucchini, pickling cucumbers, string beans, tomatoes, peppers, dill, assorted vegetables and all varieties of winter squash. Many varieties and sizes of pumpkins. PYO strawberries, picked raspberries and blueberries. Fresh cut flowers. NEW! PYO gladiolas and creamery: soft and hard serve ice cream, sundaes, strawberry shortcakes. Farm stand and creamery open May 1–October 30, 8am–8pm daily.



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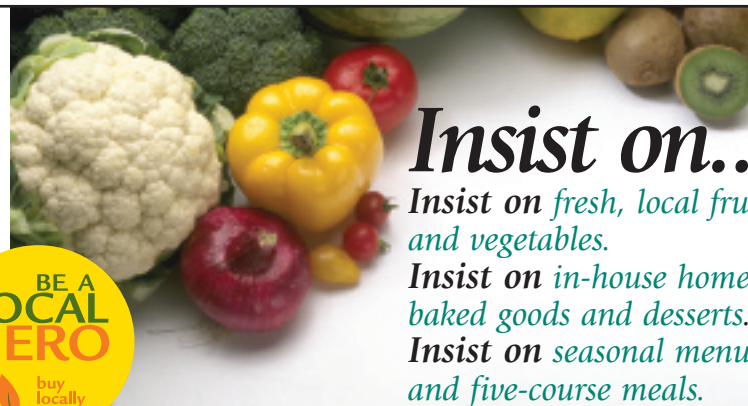
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Leon Ripley
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*Insist on in-house homemade
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*Insist on seasonal menus
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161 LaSalle Florist 23 LaSalle Drive, Whately (413) 665-2653 www.lasalleflorist.com. Year-round, beautiful cut flowers from our fields and greenhouses. Bedding plants April-June. Full-service retail flower shop at the farm. Open year round Monday-Saturday, 8am-5pm. Sundays 9am-4pm, May and December only.

162 Nourse Farms
41 River Road, Whately (413) 665-2658 www.noursefarms.com. We are located in the Connecticut River Valley of Western Massachusetts where we are blessed with very fertile, well-drained soils. These growing conditions provide an excellent environment for fruit production, and the farming operations now encompass some 400 acres in the towns of Whately, Hatfield and Montague.

163 Potash Hill Farm 22 Mt. Esther Road, Whately (413) 665-2142. Hand-milked and handmade goat's milk soap and lotion. Unique birch bark and peacock feather art from naturally fallen trees and molted feathers on farm.

164 W & W Farm 178 Long Plain Road, Whately (413) 665-3126. A family farm growing vegetables and specializing in potatoes for over 50 years. Red, white, russet and Green Mountain potatoes packed fresh from our field to your table. Open July-October, weekends 9am-4pm.

WILBRAHAM

165 Rice Fruit Farm 757 Main Street, Wilbraham (413) 596-4002. Apples, peaches, nectarines, maple syrup, honey, jams and jellies, cider, eggs, dairy products, candy, crafts, baked goods, and coffee/tea. Open year round, Monday-Saturday 6am-6pm and Sunday 6am-5pm.

WORTHINGTON

166 Fairweather Farm
119 Starkweather Road, Worthington (413) 320-8173. We enjoy providing sustainably grown vegetables, herbs, and flowers to local restaurants, stores,

farmers' markets and our CSA members. We harvest/deliver same day and use only organic growing methods.

167 Justamere Tree Farm 248 Patterson Road, Worthington (413) 238-5902 www.justameretreefarm.com. Full line of maple products, syrup, candy, cream, and sugar. Open May-November, Saturdays 7:30am-1pm at Amherst Farmers' Market on Town Common. Visit our web site or e-mail welch@usa.com.



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(413) 253-9528. www.atkinsfarms.com.

Nestled in one of the oldest apple orchards in New England, Atkins Farms is a unique country market where old-time customer service is an everyday treat. Atkins offers quality, locally grown produce and specialty foods. Open daily 7am–7pm (Fall/Winter) or 7am–8pm (Spring/Summer).

Big E's Super Market 11 Union Street, Easthampton (413) 527-2125.

A locally owned and operated grocery store. We support, purchase and sell a full variety of local farm products and produce throughout the growing season. Open Monday–Saturday 7am–9:30pm, Sunday 8am–7pm.

Big Y World Class Market

2145 Roosevelt Avenue, Springfield

(413) 789-0600 www.bigy.com.

Big Y is a locally owned family business supporting locally owned family farms and orchards throughout the Pioneer Valley. Big Y World Class Markets carry a full variety of products from around the corner and around the world. General store hours are 7am–10pm. Please check with your neighborhood location.

Cornucopia Foods 150 Main Street (Thorne's Market), Northampton (413) 586-3800 www.cornucopiafoods.net.

Dedicated to local seasonal organic farms for everything under the sun, we ensure proper nutrition and community service. Nature's abundance is our prescription for well-being, in mind, body and spirit. Open Monday–Wednesday 9:30am–7pm, Thursday–Saturday 9:30am–9pm, Sunday 11am–6pm.

Foster's Market 70 Allen Street, Greenfield (413) 773-9276.

Family-owned and supporting local farmers since 1941. Open Monday–Saturday 7am–8pm (September–May), 7am–9pm (June–August).

Green Fields Market 144 Main Street, Greenfield (413) 773-9567

www.GreenFieldsMarket.coop. Green Fields Market is a cooperative selling quality goods to promote health and build a sustainable local economy. We've supported local cheese, dairy, egg, meat and produce growers every day for 30 years! Open Monday–Friday 8am–8pm, Saturday 9am–6pm, Sunday 10am–5pm.

Greenfield Farmers Cooperative Exchange 269 High Street, Greenfield (413) 773-9639.

Locally owned cooperative with more than 500 members representing diverse farming enterprises. Our retail store offers thousands of local, regional and national products for farm, homes, gardens, pets and livestock. Open Monday–Friday 8am–6pm, Saturday 8am–5pm.

Hardwick Farmers Cooperative Exchange 444 Lower Road, Gilbertville (413) 477-6913.

Largest farm supply in Central Massachusetts. Hours: Monday–Saturday 8am–5pm, Thursday 8am–7pm, Sunday 9:30am–3pm.

Keystone Market 42-44 Bridge Street, Shelburne Falls (413) 625-8400.

We are a locally owned full-service market with meat, deli, produce and grocery departments to meet your needs. We work with local farms to bring locally grown fruit and vegetables, eggs, milk and cider to you. We offer freshly made sandwiches, hot lunches, soup and side salads. Party

platters are available upon request.

Open Monday–Saturday 7am–7pm, Sunday 10am–5pm.

Leverett Village Co-op

180 Rattlesnake Gutter Road, Leverett (413) 367-9794 www.leverettcoop.org.

Serving the community for over 20 years with a seasonal array of local and organic produce, store baked breads and pastries, sandwiches, salads, pizza and groceries, plus a great selection of beer and fine wines. Relax, gaze at the art on the walls and sip a cup of local joe in our friendly and inviting “schmooze space.” Open 7am–7pm daily.

Maple Farm Foods 10 South Maple Street, Hadley (413) 585-1117.

The freshest fruits and vegetables at the lowest prices around. Locally grown, organic and conventional. Imported items from all over the world. Come in and see what we're all about. Open year round, 9:00am–8:00pm daily.

McCusker's Market and Deli

3 State Street, Shelburne Falls (413) 625-9411.

We've been bringing fresh quality foods and supplements to Shelburne Falls since 1979. Our produce department is committed to local fair trade organics. We have recently redoubled our efforts with Pioneer Valley growers. Come see the difference! Open daily at 7am with Dean's Beans fair trade coffees on the boil and local organic Egg McCluckers.

Millstone Farm Market 24 South Main Street, Sunderland (413) 665-0543.

We are a small grocery store offering a full-service meat department and fresh deli meats and cheeses sliced to order, as well as local produce, local dairy products and dry goods. Open Monday–Saturday 7am–7pm, Sunday 7am–5pm.

River Valley Market 330 North King Street, Northampton (800) 392-3862 www.rivervalleymarket.coop. Your locally grown food co-op located in a long-abandoned rock quarry. From the abundance of fresh, local, and regional foods stocked throughout the store to the 160 solar panels on the roof of our state-of-the-art green building, River Valley Market is the freshest new greengrocer in the Valley. Everyone is welcome! No membership is required. Open daily 9 am-9 pm.

Serio's Market 65 State Street, Northampton (413) 584-2633 www.seriosmarket.com. Where customers are friends and friends are customers! Offering the largest selection of locally produced products in the Valley. Open Monday-Friday 8am-8pm, Saturday 8am-7pm, and Sunday 8am-1pm. Closed most major holidays.

State Street Fruit Store 51 State Street, Northampton (413) 584-2301. For more than 75 years, State Street Fruit Store has been selling the "best of the crop from wherever the crop is best!" That means you'll find in-season fruits and vegetables from our fertile valley, Our Family Farms milk, local eggs, maple products, salad dressings and more. Sunday-Thursdays 6:30am-9pm, Friday & Saturday 6:30am-10pm.

Stop & Shop www.stopandshop.com. We are the largest food retailer in New England with more than 345 stores in six states. Our Greenfield, Hadley, Northampton, and East Longmeadow stores, as well as our Cooley Street and Boston Road stores in Springfield, are Local Hero members. Stop by today and ask one of our produce associates what's local. To find stores, visit our web site.

The Old Creamery 445 Berkshire Trail, Cummington (413) 634-5560. Our deli, bakery and store feature local fruit, vegetables, cheeses, wines, grocery items and Bart's Homemade Ice Cream. Open year-round, Monday-Friday 7am-7:30pm, Saturday 7:30am-7:30pm, Sunday 9am-7:30pm.

The Williamsburg Market 3 Main Street, Williamsburg (413) 268-3006 www.thewilliamsburgmarket.com.

We are a full-service grocery store with full meat, deli, produce, dairy and grocery departments to meet all your needs. We carry local grocery items such as Appalachian Naturals dressings, local maple syrup and honey and much more. In season we also carry local produce from area farmers. Hours: Monday-Friday 8am-7pm, Saturday 8am-6pm, Sunday 8am-5pm.

Whole Foods Market
372 Russell Street (Route 9), Hadley (413) 586-9932 www.wholefoods.com. For over 24 years we have worked closely with Pioneer Valley farmers to bring you one of the widest selections of locally grown produce in the area. We are one

of the Valley's largest all-natural, certified organic, full-service markets. Experience sparkling seafood from our own seafood facility, in-house bakery, and the highest quality meats available. Try our exclusive 365 brand pantry staples—a great value 365 days of the year. Open 8am-8pm daily.

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FRANKLIN COUNTY

Ashfield

Saturday 8:30am-12:30pm May 24-October 4
Ashfield Town Commons

Greenfield

Saturday 8am-12:30pm April 26-October 25
Court Square Road,
next to Common & Town Hall

Northfield

Thursday 4pm-7pm May 29-September 25
Trinitarian Congregational Church

Orange

Thursday 3pm-6pm May 22-October 15
Butterfield Park, East River Street

Shelburne Falls

Friday 3pm-7pm May 30-October 10
Baptist Corner Lot, 53 Main Street

Turners Falls

Wednesday 3pm-6pm May 7-October 29
Corner of Avenue A & 2nd Street,
next to Great Falls Discovery Center

Warwick

Saturday 10am-12pm July 5-October 18
Town Common

HAMPDEN COUNTY

Brimfield

Saturday 9am-1pm April 26-October 18
Hitchcock Academy, 2 Brookfield Road

Chicopee

Wednesday 12-4:30pm July 2-September 10
Off Chicopee Street, under I-391 overpass

Holyoke

Thursday 12-5:00pm May 1-October 30
High Street, between Suffolk Street & City Hall

Springfield

Friday 8am-12pm June 6-October 3
Jewish Community Center, 1160 Dickinson Street

Springfield Cooperative

Saturday 7-11am May 3-October 25
Avocado Street

Springfield Farmers' Market at the X

Tuesday 12:30-6pm May 6-October 28
Trinity United Church parking lot,
361 Sumner Avenue

Springfield/Mason Square

Saturday 9am-1pm July 12-October 4
Mason Square Health Center,
11 Wilbraham Road

Springfield/Tower Square

Wednesday 10am-3pm June 4-September 24
Tower Square at Main & Bridge Streets

Westfield

Thursday 2-6pm May 8-September 25
Westfield Town Green, Broad Street

HAMPSHIRE COUNTY

Amherst

Saturday 7am-1:30pm May 3-November 22
Spring Street parking lot, Amherst Center

Amherst/Boltwood Marketplace

Saturday 9am-1pm May 10-July 26
Behind 40-50 Main Street,
adjacent to parking garage

Belchertown

Thursday 2-7pm June 5-October 16
Belchertown Common, Main Street

Easthampton

Tuesday 2:30-6:30pm May 6-October 28
Union Plaza

Easthampton

Saturday 10am-2pm June 7-September 27
The Massage School

Florence

Wednesday 2-6pm May 7-October 29
Florence Civic Center

Hadley

Thursday 2pm-dusk May 15-October 16
Eden Market at Wesley Church, 98 North Maple, across from the UMAS Farm

Northampton

Saturday 7am-12:30pm May 3-November 8
Gothic Street, downtown

Ware

Saturday 9am-1pm May 10-October 25
Grenville Park by the Bandstand,
off Church Street

WORCESTER COUNTY

Barre

Saturday 9am-12:30pm May 10-Oct 25
Barre Common

Hardwick

Sunday 11am-2pm May 11-Oct 26
Hardwick Common



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Did You Know?

IT'S EASY TO EAT HEALTHIER EVERY DAY! Here are nine ways to get nine servings of fruits and vegetables every day! And, remember to *Be A Local Hero—Buy Locally Grown™*!

1. Grab an apple, orange, banana, pear, or other piece of fruit to eat on the go.
2. Snack on raw veggies, such as baby carrots, pepper strips, broccoli, and celery.
3. Stash bags of dried fruit in your car, purse, and at your desk for snacks.
4. Pile spinach leaves, broccoli, tomatoes, peppers, and onions on your pizza.
5. Pick up ready-made salads from the produce section for a quick meal. A medium-sized salad will give you two to three vegetable servings.
6. Add strawberries, blueberries, bananas, and other brightly colored fruits - fresh, frozen, or canned - to your cereal, waffles, pancakes, or toast.
7. Stir fresh or frozen vegetables into your pasta or omelet.
8. Whip up smoothies made from fresh or frozen berries, ice, and yogurt.
9. Jazz up soups or sauces with a can of kidney beans, peas, corn, or green beans.



Health New England *How Can We Help?™*

For general information only. Your physician or other health care professional should be consulted with regard to your individual situation.

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Apollo Grill 116 Pleasant Street, Easthampton (413) 517-0031 www.apollo-grill.com. Familiar food with a sense of adventure. Creative American fare featuring locally grown ingredients.

Bistro Les Gras 25 West Street, Northampton (413) 320-4666. Serves classic French bistro food and boutique wines in a warm and inviting atmosphere. The house-made dishes on our monthly menu use local, seasonal, and organic ingredients. Please join us at Bistro Les Gras where French recipes meet New England ingredients. And don't forget The Market at Bistro Les Gras, offering tempting cheeses, cured meats, and antipasti.

Black Sheep Deli 79 Main Street, Amherst (413) 253-3442 www.blacksheepdeli.com. Established in 1986, the Black Sheep has been serving the Pioneer Valley area with an uncompromised commitment to quality food. We are a delicatessen, all-butter scratch bakery, cafe, gourmet food purveyor and full-service caterer.

Blue House Cafe 147 Main Street, Haydenville (413) 286-7441. We offer wholesome vegetarian fare, homemade baked goods, and specialty coffees. We feature organic fair trade Indigo coffee roasted in Florence, Mapleline Farm products, and many local and organic ingredients. We also recycle and compost what we can, and use biodegradable to-go containers. Fridays we host dinner-hour concerts by local musicians.

Bottega Cucina 46 Morgan Road, West Springfield (413) 732-2500. Old World Italian cuisine featuring local vegetables when in season. Focusing

on traditional dishes such as alfredo, carbonara and puttanesca. Daily specials, and retail pestos, sauces, oils and cheeses also available.

Bridgeside Grille Main Street at Bridge Street, Sunderland (413) 397-8101 www.bridgesidegrille.com. Sunderland has found its anchor. Full of local color and proud of it!

Butternuts 195 Russell Street, Hadley (413) 586-0234 www.butternutsonline.com. A locally grown eatery and catering company serving creative New England cuisine. Come enjoy our fresh selection of delectable delights in our restaurant or bring them home to enjoy.

Café Martin 24 Bridge Street, Shelburne Falls (413) 625-2795 www.cafemartin.wp.net. We are a small intimate cafe located in beautiful downtown Shelburne Falls. We serve lunch and dinner with menu items including fresh seasonal produce whenever possible. Salads are a specialty as well as sandwiches, soups our own homemade bread and dessert. Dinner includes seafood, local beef when possible and vegetarian options.

Caminito Argentinean Steakhouse 7 Old South Street, Northampton (413) 387-6387 www.caminitosteakhouse.com. Caminito is a small romantic restaurant that you might mistake for an authentic Argentinean steakhouse buried in the heart of Buenos Aires. The beef and chicken are free range and cooked on a wood-fired grill, and the fish is tender and fresh. Come drink a glass of wine, eat a steak cooked "just so," and enjoy the gently strummed guitar.

Carmelina's at The Commons 96 Russell Street, Hadley (413) 584-8000 www.carmelinas.com. We feature authentic Italian cuisine, adding creative touches to feature seasonal specialties. The atmosphere is relaxed, with live music in our main dining room Thursday-Sunday. Our full bar features specialty martinis, top shelf liquor, nearly 65 wines by the bottle, and 25 by the glass. A private function room is available. Take-out service is available.

Chandler's Restaurant 25 Greenfield Road, South Deerfield (413) 665-1277 www.chandlers.yankeecandle.com. From traditional New England lunch fare to romantic candlelight dinners, experience extraordinary dining at Chandler's. This award-winning restaurant at Yankee Candle Village features a menu that changes regularly and one of the region's best wine cellars.

Chez Albert 27 South Pleasant Street, Amherst (413) 253-3811 www.chezalbert.net. A piece of Paris in the heart of Amherst. Seasonal French country cooking tapping locally farmed ingredients, cocktails and artisan wines.

Cup and Top Café 1 North in Street, Florence (413) 585-0445 www.cupandtop.com. Kids love the play space. Grownups love the wholesome soups, sandwiches, baked goods and organic/fair trade coffee. We proudly serve organic and locally produced fare. Open 6 days a week in the heart of Florence.

Deerfield Inn 81 Main Street, Deerfield (413) 775-7127 www.historic-deerfield.org. Enjoy relaxed fine dining

at our restaurant! We use the finest area produce available in our creative American cuisine. Our convivial tavern features casual fare, local beers, martinis and an extensive wine list. Good fresh food simply prepared makes everyone happy, and that is what's important. We also have 23 individual, cozy and comfortable guestrooms for your stay.

Earthfoods Café 41 Campus Center Way, Amherst (413) 545-1554 www.umass.edu/rso/earthfids. A not-for-profit student-run business at the University of Massachusetts, Amherst. Our mission is to provide vegetarian food at an inexpensive price to the UMass community.

Eastside Grill 19 Strong Avenue, Northampton (413) 586-3347 www.eastsidegrill.com. Specializing in creative and innovative American fare, including grilled steaks, freshly prepared seafood and Cajun/Creole cuisine. Everything at the Eastside Grill is made fresh daily from the highest-quality ingredients including our salad dressings, gumbos, chowders, sauces and desserts.

Fitzwilly's Restaurant 23 Main Street, Northampton (413) 584-8666 www.fitzwillys.com. Housed in the fabled 19th-century Masonic Hall, Fitzwilly's offers solid fare—sandwiches, salads, steaks and seafood—in an architectural fantasy of exposed brickwork and stamped-tin ceilings. With its warm, historic-pub ambience, Fitzwilly's is a local institution that caters up-to-date comfort food with a sense of the past. Moderate prices.

Great Wall Chinese Restaurant 176 Pine Street, Florence (413) 582-0399 www.greatwallrest.com. We proudly feature locally grown Asian vegetables in season. Try our gourmet menu for an authentic taste of China. Featuring Dim Sum on Saturday.

Hillside Pizza 265 Greenfield Road (Routes 5 & 10), Deerfield (413) 665-5533 www.hillsidepizza.com. We're a Local Hero restaurant using fresh, all-natural organic ingredients. Pizzas, salads, wraps and more. Dine in, take out or "Take & Bake." We buy local and support local.

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Holy Smokes BBQ 44 Center Street, Montague (413) 367-0040 www.holysmokesbbq.com. Our new catering business serves traditional barbecue fare, such as slow-cooked pork ribs and beef short ribs, accompanied by locally grown produce and products whenever possible.

Monarchs Restaurant 281 Greenfield Road, South Deerfield (413) 665-2805 www.gicwings.com. Located at Magic Wings Butterfly Conservatory & Gardens, we feature an array of delicious items including breakfast on the weekends. Be sure to try our chef's signature dishes, along with nightly specials Wednesday-Saturday. A great spot for banquets, special events and family parties. Reservations requested for groups of six or more; call 413-397-1000.

Paul and Elizabeth's Restaurant 150 Main Street (Thorne's Marketplace), Northampton (413) 584-4832 www.paulandelizabethsrestaurant.com. We are a family-run natural foods restaurant serving the Pioneer Valley and beyond for 30 years. Our menu, specializing in vegetarian, fish, homemade bread and desserts, incorporates local and organic ingredients which we use to highlight the seasons.

People's Pint 24 Federal Street, Greenfield (413) 773-0333 www.thepeoplespint.com. We brew our own beers and sodas, and serve organic foods supplied by local growers and producers and from our own farm.

Ristorante DiPaolo 166 Avenue A, Turners Falls (413) 863-4441 www.ristorantedipaolo.com. Fine dining featuring Italian-inspired dishes and locally grown produce.

Roadhouse Café 176 Federal Street, Belchertown (413) 323-6175 www.roadhousecafe.net. We are a mostly organic restaurant specializing in breakfast. We offer super plate-size pancakes and use local ingredients from nearby farms whenever possible. We're known for our bread, with 12 different varieties made in-house, including Apricot Walnut bread, Sun-dried Tomato and Onion Dill.

Side Street Café 42 Maple Street, Florence (413) 587-8900 www.sidestcafe.com. Located just two blocks from downtown Florence with its shops and businesses reminiscent of paintings by Norman Rockwell, we feature a casual atmosphere for lunch and dinner, nightly specials and, best of all, local ingredients. We also offer full-service catering; call Tim for information.

Sienna 6B Elm Street, South Deerfield (413) 665-0215 www.siennarestaurant.com. Sienna boasts its own gardens consisting of 18 varieties of heirloom tomatoes and over 30 herbs and vegetables, as well as flowers for our tables. The restaurant is supplied by numerous local organic farms nestled in the Pioneer Valley and local businesses such as Mapleline Farm in Hadley,

Berkshire Brewing Company, and Goat Raising Cheese.

Sylvester's & Roberto's 111 Pleasant Street, Northampton (413) 586-1418.

Our Northampton institutions feature locally grown food whenever possible.

Tabella Restaurant 28 Amity Street, Amherst (413) 253-0220

www.tabellarestaurant.com. Tabella Restaurant serves small plates from a creative, sophisticated menu, specializing in locally grown and raised ingredients. Each dish is presented at the peak of its flavor and nutritional integrity.

The Night Kitchen 440 Greenfield Road, Montague (413) 367-9580

www.montaguenightkitchen.com. The Night Kitchen offers creative American country cooking prepared with seasonal local ingredients served in a beautiful and historic 19th-century mill overlooking the Sawmill River.

Union Station 125A Pleasant Street, Northampton (413) 586-5366. Hand-cut steaks, seafood, chicken and chops. Full salad bar. Outside dining in summer.

Valley Green FEAST

Northampton, www.nohofeast.com. (Farm-fresh, Environmental, & Sustainable Sustenance) We deliver local food, most of it organic, directly from farms to your door on a weekly basis from a vegetable oil-powered truck. Sign up for a share based on your family size and choose whether or not you want produce, meat, or a prepared meal in your weekly box. For more information, contact Jessica Harwood at greenfeast@gil.com.

Wagon Wheel Restaurant 39 French King Highway (Route 2), Gill (413) 863-8210.

A country drive-in restaurant, offering both indoor and outdoor seating. Serving salads, grilled burgers, hot dogs, fresh fish, homemade soups and chili, plus falafel, gyros, Snow's Ice Cream, soft serve, Dean's Beans Coffee and baked goods. One minute from Barton's Cove, three minutes from I-91 Exit 27 East.

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dove release. www.lavenderland.com

SATURDAY, JULY 12 Daylily Festival

Glenbrook Gardens, Greenfield
Over 150 varieties of daylilies on site
413-772-6997

END OF JULY CISA's Women in Agriculture Network Celebration

Come celebrate with the great
company, community and food that
define our annual summer meeting!
Info at www.buylocalfood.com or
contact claire@buylocalfood.com
for more information.

SATURDAY, AUGUST 2 Benson Place Blueberry Festival

7th Annual Wild Blueberry Jubilee
The Benson Place, Heath 2-8pm
Great food, live music, art activities,
farm learning, lovely views. Info: www.bensonplace.org or 413-337-5340

SUNDAY, AUGUST 3 Blueberry Festival and Tasting

West Granville Blueberries, Granville
10am-4pm. Blueberry food tasting and
recipes, children's activities and blueberry
picking. Call the Blueberry Phone for daily
picking information, 413-357-6697

SUNDAY, AUGUST 3 Blueberry Days of Summer

Kelso Homestead,
207 Bromley Road, Chester.
Blueberry picking, pie contest and Ches-
ter Hill Winery wine tasting. Tractor tour
of blueberry fields, fiber spinning demon-
strations, doggie duck herding. Blueberry
wine available at Chester Hill Winery
www.blueberrywine.com

FRIDAY-SUNDAY, AUGUST 8-10 NOFA 34th Annual Summer Conference

University of Massachusetts
We're moving the conference down the
road to UMass! www.nofamass.org

FRIDAY-SUNDAY, AUGUST 15-17 Peach Festival

Fountain Park, Wilbraham
Join Rice Fruit Farm at the 24th annual
Peach Festival. Live music, lots of peaches
from our orchards, and more.

SATURDAY, AUGUST 23 (rain date Aug. 24) 8th Annual Tomato Festival

Red Fire Farm, Granby
Sample over 60 varieties of heirloom and
hybrid tomatoes plus all kinds of local
products from cheeses to bread to pickles
to salsa. Guest chef demos, live music,
farm tour and 5k tomato trot.
www.redfirefarm.com

SUNDAY, AUGUST 24 Deerfield Farm Festival

Mill Village Road, Deerfield
Farm products and demonstration, food,
beer tent, 5k and 10k run, children's
activities. www.franklinlandtrust.org

SUNDAY, AUGUST 24 Pestopalooza

Stockbridge Farm, South Deerfield
Join us from 1-4pm and delight your
senses with a walk through our lavender,
herb and vegetable gardens. Enjoy the
flavors and tastes of more than twenty
varieties of basil. Free cooking demon-
strations, recipes and tastings will be
available throughout the afternoon. We
will have several varieties of basil available
for sale. www.stockbridgeherbs.com



SEPTEMBER-OCTOBER

SEPTEMBER 1–OCTOBER 31

Mike's Amazing Maze

Warner Farm, Sunderland
Weekends 11am–5pm.
Call 413-665-8331 or visit www.mikesmaze.com for more information.

SATURDAY, SEPTEMBER 13

(rain date Sept. 14)

7th Annual Honey Festival

Warm Colors Apiary, South Deerfield
Talks and live bee demonstrations. Area chefs cook and offer samples of their favorite honey recipes; entertainment and farmers' market. Free & open to the public. www.warmcolorsapariary.com

SATURDAY & SUNDAY, SEPTEMBER 20 & 21

10th Annual North Quabbin Garlic & Arts Festival

Forster's Farm, Orange
The festival that stinks! Garlic cuisine, crafts, food, music, agriculture, fun and games! www.garlicandarts.org.

SATURDAY, SEPTEMBER 27 Harvest Festival

Nuestras Raices, Holyoke 12–6 pm.
For more information visit www.nuestrasraices.org.

SUNDAY, SEPTEMBER 28 North Amherst Harvest Festival

Simple Gifts Farm, Amherst
12–6pm, rain or shine. Local food, live music, pig roast, games for kids and lots of fun! www.simplegiftsfarmcsa.com

FRIDAY, OCTOBER 3

Eat the View

The Garden House at Look Park, Northampton. Join CISA as we celebrate the local harvest and kick off a year-long celebration of our 15th anniversary! Info at www.buylocalfood.com

SUNDAY, OCTOBER 12

Clarkdale's Columbus Harvest Festival

Clarkdale Fruit Farms, Deerfield
Celebrate the height of apple season with your friends and family. Enjoy pick-your-own apples, samples of fresh cider, and the beautiful backdrop of fall foliage. Be sure to see the Morris Dancers and their annual performance of traditional folk dances. The farm store will be open, and Pumpkin Man will be returning! www.clarkdalefruitfarms.com.

MONDAY, OCTOBER 13

Annual Columbus Day Llama Photo Event

Hickory Dell Farm, Northampton
10am–2pm. Weather permitting, have your photo taken with one of our llamas. Info at 413-586-0031

SATURDAY, OCTOBER 25 Harvest Moon Pumpkin Festival and Tractor Parade

North Hadley Sugar Shack, Hadley
413-585-8820

SATURDAY, OCTOBER 25

Fiber Twist

Greenfield High School, Greenfield
Franklin County's fiber and farm celebration! Workshops, market and more. Check www.fibertwist.com for details.

NOVEMBER–DECEMBER

SATURDAY & SUNDAY

NOVEMBER 1 & 2

14th Annual Cider Day

World's largest hard cider celebration featuring cider making, tasting, orchard tours and more! Throughout beautiful Franklin County. www.ciderday.org

SATURDAY & SUNDAY

NOVEMBER 8 & 9

"New Blue" Wine Festival

Chester Hill Winery, Chester
Wines, hors d'oeuvres, live music and more! www.blueberrywine.com

TUESDAY & WEDNESDAY,

NOVEMBER 25 & 26

Local Organic Thanksgiving Store

The Food Bank Farm, Hadley 8am–5pm
From organic cranberries to organic fresh baked pies, and everything in between. Info: foodbankfarm@yahoo.com or 413-582-0013

SUNDAYS,

NOVEMBER 30–DECEMBER 21

Holiday Photo Days

Hickory Dell Farm, Northampton
Have your photo taken with Santa and/or a llama from 1–3pm! Photos available in many formats. Call 413-586-0031

SATURDAYS,

NOVEMBER 22 & 29,

DECEMBER 6, 13 & 20

Hickory Dell Farm, Northampton 3–5pm
Mixed greens—Decorate your home for the holidays! Make a wreath, kissing ball or centerpiece with fresh local greens. Private evening parties for groups of 5 or more also available. Fee for supplies. Call 413-586-0031.

Snow's™ PREMIUM ICE CREAM

Go ahead, indulge yourself!
—and be a Local Hero.

rBST-free, premium ice cream, made in Greenfield. Look for our products at your neighborhood grocer or call us at 413-774-7438.

www.bartshomemade.com

Annie's Garden and Gift Store 515 Sunderland Road, Amherst (413) 549-6359 www.anniesgardenstore.com. Locally grown annuals, perennials, trees and shrubs, organic vegetable starts, international pottery and garden statuary, gardening tools, garden inspired gifts.

Carol Pope, Garden Consultant 119 High Street, Amherst (413) 256-0467. Design services and consultation specializing in exciting gardens of four-season beauty, using uncommon exotic and native trees, shrubs and perennials, designing for a richness of color, form and texture in the landscape.

Andrew's Greenhouse 1178 South East Street, Amherst (413) 253-2937. A picturesque, family-owned, 150-acre farm surrounded by the Pelham Hills in South Amherst. Specializing in perennials, annuals, vegetable starts and herb plants.

Fini's Plant Farm 217 James Street, Feeding Hills (413) 786-1012 www.finiplants.com. We are the plant professionals! Visit our five-acre farm where our plants are grown. Our seasonal retail store offers healthy annuals, hanging baskets, and a large selection of perennials, including daylilies and ornamental grasses. Let us design and plant your perennial garden guaranteed to be weed free. Interior plantscape professionals. Mention our Local Hero membership and receive \$5 off any retail purchase.

Glenbrook Gardens 56 Glenbrook Drive, Greenfield (413) 773-8342. Large cutting gardens. Herb/cut flower bouquets, dried flowers and grasses, wreaths, arrangements and herb crafts. Over 150 varieties of daylilies.

Hadley Garden Center 285 Russell Street, Hadley (413) 584-1423 www.hadleygardencenter.com. Trees, shrubs, perennials, herbs, houseplants, bulbs, seeds, organic fertilizers, natural pest controls, composting supplies, firewood (small lots), bird food and feeders, Christmas trees.

Pine Nook Daylilies 307 River Road, South Deerfield (413) 665-7137. Offering 130 daylily varieties grown in the fertile soil of the beautiful Connecticut River Valley. Plants are field dug while you wait. E-mail bcsjr@crocker.com.

Amherst Nurseries 716 Amherst Road #3, Sunderland (413) 549-8873. Local grower of perennials, trees and shrubs. Call for sale dates. Full lawn, landscape design and irrigation services.

New England Wild Flower Society at Nasami Farm 128 North Street Whately (413) 397-9922 www.newenglandwild.org. The Society's native plant nursery and sanctuary located on 75 acres abutting the Great Swamp in Whately. Hundreds of native perennials, trees, shrubs, vines, and ferns—many found nowhere else—plus native plant borders and stock beds. Check online for hours, course schedules, and certificate program. Free demos Sundays in September at 1pm. All purchases support plant conservation.

GO WILD!

locally-grown native plants

Membership & Purchases Support Plant Conservation



NEW ENGLAND
WILD
FLOWER
SOCIETY

NASAMI FARM

- Nursery-propagated species + cultivars
- Open spring + fall weekends Thurs-Sun 10-5
- Fall season Sept 4-Oct 5—amazing selection
- Volume preorders + restoration available
- FREE native plant demos Sept 7, 14, 21 + 28
- Volunteer, internship, and study opportunities



128 North Street, Whatley, MA 413-3979922 Visit newenglandWILD.org

Add Value to Local Food Products

The Western MA Food Processing Center is a multiple use commercial kitchen for **farmers and food entrepreneurs**




Call today and Schedule a Tour



FRANKLIN COUNTY
CDC COMMUNITY DEVELOPMENT CORPORATION



Growing Sustainable Businesses & Communities

413- 774-7204 www.fccdc.org



Appalachian Naturals 324 Wells Street, Greenfield (413) 268-7367 www.appalachiannaturals.com. We help sustain local agriculture by bridging the gap between prepared foods and local farms. We produce natural and organic dips, dressings, salsas and grill sauces using locally grown ingredients from small, family-run farms and mills. The majority of our products contain 50%-90% locally grown ingredients. Favorites include Organic Salsa Veracruz and Cilantro Lime Vinaigrette! Retail and foodservices sizes available.

Bart's Homemade and Snow's Ice Cream 80 School Street, Greenfield (413) 774-7438 www.bartshomemade.com. High quality premium and super premium rBST-free ice cream since 1910! We distribute ice cream novelties, pints, half gallons and bulk ice cream for scoop shops. We partner with local farms and other Local Hero members to deliver their products. You can find our ice cream

shop/cafes in Amherst and Greenfield. Our menu includes scoops and the specialty espresso and coffee drinks you expect at a coffee bar as well as a light lunch menu all day.

Hedgie's Hot Stuff 324 Wells Street, Greenfield (413) 219-3047 www.hedgieshotstuff.com. We use fresh local produce and hand-cook small batches to ensure our salsa always has a fresh home-cooked flavor. We use the whole food and practically no salt so we have the lowest sodium and highest vitamin content of any salsa on the market today. Located throughout New England wherever the best specialty foods can be found and at a growing number of local CSAs. 100% satisfaction guaranteed.

Ponders Hollow Custom Moulding and Flooring 16 Ponders Hollow Road, Westfield (413) 562-8730 www.pondershollow.com. We offer local, affordable, custom wood accents designed especially for your home.

The majority of our native lumber is sawed in Western Massachusetts and manufactured at our Westfield plant. We keep it local!

Real Pickles Turners Falls Road, Montague (413) 863-9063 www.realpickles.com. Raw, naturally fermented dill pickles, sauerkraut, Asian-style pickles. Certified organic. Made from locally grown vegetables. Available in Pioneer Valley stores.

Richardson's Candy Kitchen 500 Greenfield Road, Deerfield (413) 772-0443 www.richardsonscandy.com. High-quality chocolates and specialty candies. We use rich local milk and cream in our caramel and famous fudges. Local maple products and strawberries (in season) dipped in our chocolate! In fall we feature caramel-covered local apples dipped in chocolate. Open 7 days a week, 10am-5:30pm, with extended hours during holidays.

CISA and CSAs: What's the difference?

Confused about the difference between CISA and CSA? You're not alone. We share three initials, after all, and a commitment to linking community and agriculture. But we're not the same.

A "Community Supported Agriculture" farm is one that markets some or all of its products to individuals, who then commit to purchasing a full season's worth of products and receive a weekly share of the harvest. As a shareholder, you're investing in the farm by providing the farmer with working capital when their expenses are highest. In exchange, you realize a return on your investment in locally grown food, a connection to the people who grow your food, and opportunities to visit a farm through the seasons of the year.

Many Local Hero farms are CSAs—but we are more than that. CISA works at all levels to strengthen the local market for agricultural products by building markets, providing training and education for farmers and the public, assessing infrastructure needs, and influencing policy and legislation. We support all farms, including CSAs, and we encourage you to do the same!



The businesses listed here sell to institutions only; they do not sell directly to consumers. For complete list of farms selling wholesale, please contact CISA.

Australis Aquaculture 1 Industrial Boulevard, Turners Falls (413) 863-2040 www.thebetterfish.com. Taste barramundi—sweet, mild and delicious! Raised locally in the Pioneer Valley in one of the world’s most sustainable indoor fish farms. High in omega-3s, with no mercury, hormones or antibiotics. Available locally at Big Y, Whole Foods, Foster’s Supermarket (Greenfield) and Green Fields Market. Try our recipes at http://www.australis.us/barramundi_recipes.htm

Czajkowski Farm 86 Comins Road, Hadley (413) 549-0805. We operate on 300 acres, 100 acres of which are certified organic. This third-generation farm is run by Joseph Czajkowski, who

says, “We love what we do.” We sold 27 different items to schools last year, and are accustomed to meeting the needs of school buyers. Orders are consolidated to make it easy for schools, meaning fewer gaps in orders. The farm is state licensed and insured to sell to institutions.

Harvest Farm of Whately 125 Long Plain Road, Whately (413) 665-2030 www.harvestfarmofwhately.com. Vegetable, bedding and herb plants. Crops: kale, collard, mustard greens, turnip top, cilantro, mint, tomatoes and specialty eggplants.

Long Plain Farm 149 Christian Lane, Whately (413) 665-1210. Long Plain farm is a third-generation family-owned and operated farm located in the Pioneer Valley. Long Plain sells to colleges in the region and is accustomed to meeting the needs of institutional customers.

Our Family Farms 80 School Street, Greenfield (413) 772-2332. We’re a cooperative organization of local dairy farmers working together to offer a fresh alternative to the milk drinking people of Western Massachusetts. Most of our farms have been in the same family for generations.

Squash, Inc. 1315 Federal Street, Belchertown (413) 256-8929. A year-round distributor of commercial and organic produce, butter, eggs, and cheese. We have specialized in local produce distribution and trucking for over thirty years.

Twin Oaks Farm 116 Stockbridge Street, Hadley (413) 549-0016. Wholesale growers of green bell peppers and baby cabbage.



ATKINS FARMS
Country Market

is proud to support local producers of fine specialty foods. Join us, and be a local hero too!

Atkins Market has a large selection of locally grown produce in season.

Including our own apples, peaches and pears, asparagus, lettuce, cabbage, squash, spinach, corn, potatoes, beans, carrots, cucumbers, peppers, tomatoes, strawberries, blueberries, raspberries, and much more.

Corner of Bay Road & Rte. 116, South Amherst, MA * www.atkinsfarms.com





COLLEGES AND PRIVATE SCHOOLS

Amherst College Dining Service

59 College Street, Amherst (413) 542-2221. A college-operated, full-service dining operation, Amherst College Dining Services feeds the entire college community, including 1,600 students, faculty, staff, administration, alumni and guests. From offices located in Valentine Hall, Dining Services presents menu offerings including organic fair trade coffee, ethnic foods, low fat healthy choices, vegetarian, and vegan foods using local products.

Northfield Mount Hermon School Dining Services

50 Mount Hermon Road, Mount Hermon (413) 498-3467. NMH, a private boarding high school in Northfield, MA, offers an extensive variety of foods, including ethnic food bars and vegetarian entrees through our dining services. We use vegetables, syrup and other products from our on-campus farm and local producers. Visit our dining services home page for more information at www.nmhschool.org/dining.

Smith College Dining Services

30 Belmont Avenue, Northampton (413) 585-2311 www.smith.edu/diningservices. Smith College Dining Services provides food and service in eleven dining locations, the Campus Center Cafe and the Smith College Club to students, faculty, staff and guests. The Campus Center Cafe is open to the public. Regular Cafe hours are Monday–Friday 7:30am–11:30pm; Saturday & Sunday 9:30am–11:30pm.

UMass Dining Services 110 Stockbridge Road, Amherst (413) 545-2472 www.umass.edu/diningservices. Award-winning UMass Amherst Dining Services, one of the largest food service programs

in the nation, purchases 15% of our produce locally. Open to the public, we offer self-serve buffets in the dining commons, retail dining, and the finest in catering.

HOSPITALS

Baystate Franklin Medical Center Café High Street, Greenfield (413) 773-0211.

We use fresh local produce to feed our patients, employees, and visitors. We are proud to be associated with CISA's Local Hero program.

Baystate Health Food & Nutrition 759 Chestnut Street, Springfield (413) 794-4420.

Baystate Health is proud to offer locally grown produce as part of our quality cuisine, to employees, visitors and patients. We offer a wide variety of options including entrees and full salad bar, deli, grill and a cook-to-order sauté station. Our main cafeteria offers breakfast, lunch and dinner daily 6am–7pm.

Baystate Mary Lane Hospital

85 South Street, Ware (413) 967-2166. We at Baystate Mary Lane Hospital take pride in offering our employees, patients and visitors fresh produce from our local farmers. Our healthy salad bar is full of fresh produce. We are open for breakfast, lunch, and dinner 7am–7pm daily.

Cooley Dickinson Hospital Café 30 Locust Street, Northampton (413) 582-2469.

Whether you are a visitor or a patient, you will enjoy locally grown produce. Cooley chefs are proud to serve the region's bounty: farm-fresh eggs and other breakfast options available daily 6–10am; lunch and dinner served from 11:30am–2pm and 4:30–6:30pm, respectively. Low prices and healthy meals give a new meaning to hospital food. Menu line updated daily.

RETIREMENT COMMUNITIES

Lathrop Retirement Communities

100 Bassett Brook Drive, Easthampton (413) 586-0006. Lathrop offers a variety of retirement living options, in townhomes or apartments, on two campuses in the heart of the Pioneer Valley. To us, environmental sustainability means practicing stewardship on our campuses and supporting the people who care for our local environment. Lathrop is committed to providing our residents with the freshest ingredients purchased locally in the Pioneer Valley.

Loomis Communities 246 North Main Street, South Hadley (413) 532-5325 www.loomiscommunities.org.

We are a not-for-profit organization that has provided senior living in the scenic Pioneer Valley for over 100 years. At Applewood at Amherst, Loomis House in Holyoke, and Loomis Village in South Hadley, we offer independent living, assisted living, and skilled nursing care. We are proud partners with Sodexo, who provide an exceptional dining experience for our residents, using fresh ingredients and local produce.

Rockridge Retirement Community 25 and 37 Coles Meadow Road, Northampton, (413) 586-2902 www.rockridgema.org.

This not-for-profit community offers independent living, assisted living, residential care, and the Gardens Neighborhood for Memory Support. We have cottages, apartments and private suites on 11 acres. Meals are homemade and nutritious, with fresh local fruit and vegetables, plus home-baked desserts, breads, muffins, and more. Staff is available 24 hours a day, and a wide range of personal care assistance is available.

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Be A Local Hero, Join Your Local County Farm Bureau Today!

The Massachusetts Farm Bureau is a grassroots organization of volunteer members from family, farm related businesses, and local consumers. These volunteers join together to solve common problems facing the agriculture industry here in the Commonwealth.

The Farm Bureau is Your Legislative Voice of Agriculture

The Farm Bureau is a membership organization for farmers, bringing the farmer's voice to the Statehouse, and providing essential information and support on problems and Concerns you have with:

- Zoning & Regulatory Concerns
- Farm Plates & Vehicles
- Taxes
- Fuel Storage
- Composting
- Equine Issues
- Labor
- Wetlands
- 61,61A,61B Tax Issues
- Ag Commissions



Franklin County
 Chuck Patenaude
 413.625.9910



Hampden County
 Leon Ripley
 413.357.8829



Hampshire County
 Paul Jekanowski
 413.549.0930



Or join online at www.massfarmbureau.com



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136 North King St., Rte. 5 • Northampton, MA
501 Newton St. • South Hadley, MA
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195 College Highway • Southwick, MA
800 Boston Rd. • Springfield, MA
300 Cooley St. • Springfield, MA
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2035 Boston Road • Wilbraham, MA • COMING SOON!



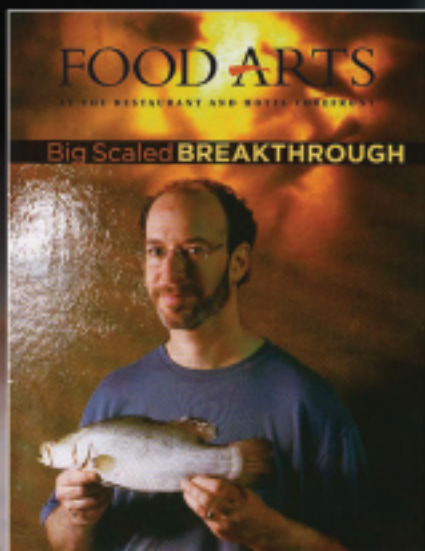
CISA community
involved in sustaining
agriculture

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Locally Raised – Nationally Acclaimed



Prized by celebrity chefs

Hailed as 'The Next Big Fish'

Recognized by leading environmental groups

Sustainably raised in The Pioneer Valley



A proud member of CISA, Australis Aquaculture has won global acclaim by raising barramundi in one of the world's most revolutionary indoor aquaculture systems. We set new environmental standards by purifying and recycling millions of gallons of water, using sustainably-harvested fish meal, and donating our fish manure to local farms. To find a venue in Western Massachusetts, see our schedule or learn more, go to www.TheBetterFish.com

AUSTRALIS



THE BETTER FISH

www.TheBetterFish.com