

Capital Area Local Food Guide 2016

live well, eat well & be well in Merrimack County





Andover

Highland Lake Apple Farm
Peter Zak and Mary E. Lloyd-Evans
50 Maple Street, East Andover
603-735-5058

mlloyddevans@gmail.com
Highland Lake Apple Farm has a farm stand at the farm selling fresh fruit and vegetables in season and nine varieties of pick-your-own apples. Farm tours and demonstration available upon request. Products also available at Wilmot's Farmers Market and New London Hospital Days in August.

Products Include: Lettuce, Swiss chard, cucumbers, zucchini, tomatoes; apples, raspberries, blueberries, strawberries; jams, vinegars, honey, and cider.

Find Them: At their Farm Stand

Ragged View Farm
Mark Cowdrey
111 Bradley Lake Road,
Andover
603-724-7511

mark@raggedviewfarm.com
www.raggedviewfarm.com
Diversified 18-acre family farm. Fresh and cured pork (year-round); maple syrup (spring, until it's gone); piglets; sleigh rides.

Find them: At the farm, by appointment.

Boscawen

Highway View Farm
Adam Crete
100 River Road, Boscawen
603-796-2893

Products Include: Sweet corn, potatoes, green peppers, blueberries, locally raised beef.

Find Them: At the farm, sold in season.

Marshall Farm
Ken Marshall
169 North Main Street,
Boscawen

603-753-8521

Products Include: Pumpkins, winter squash and gourds.

Find Them: At the farm, in season; September- end of November.

Richardson's Farm
Jim & Sue Richardson
170 Water Street, Boscawen
603-796-2788

www.richardsonsfarmnh.com
Richardson's Farm have been farming for over 40 years. All of their produce is grown on the farm. Their bakery products (pies, apple crisp, etc.) are made from scratch and never frozen. They also make their own ice cream base and ice cream.

Find Them: At the Farm. Hours of business posted on their website.

Bradford

Cornucopia Farm
Cheryl Frey
53 Woodview Heights, Bradford
603-848-2630

cornucopiafarm@tds.net
www.cornucopiafarmnh.com
Small farm providing free-range chickens and turkeys, goat milk cheese and yogurt, along with a wide variety of fruits and vegetables. No pesticides or chemicals used.

Find Them: At the farm. Please call ahead.

Davison's PYO Raspberries
Fay Davison
45 Sunset Hill Road, Bradford
603-938-6474

This is a hobby raspberry patch. They have a well maintained patch set up in rows for easy picking. They allow children who come with their parents or other responsible adults. Cartons for picking are provided.

Find Them: At the farm.

Sweet Beet Farm Stand
2211 NH Route 114, Bradford
603-938-5323

Did you know?



CSA stands for Community-Supported Agriculture. CSAs are networks of local residents (CSA members), who pledge to financially support a farm and share in the produce, products, and risks and benefits of food production.

The term CSA was coined in the northeastern U.S. in the 1980s. The first two CSAs in the U.S. formed in 1986: one was in Great Barrington, MA, and the other, still in operation, is the Temple-Wilton Community Farm in southern N.H. These early CSAs were influenced by the biodynamic principles of farming put forward in Europe by Rudolf Steiner.

603leaf@gmail.com
www.kearsargefoodhub.com
Sweet Beet Farm Stand sources produce, meat, dairy, baked goods, and a variety of other artisanal goods from growers and producers located within a 50 mile radius; but most of what they sell comes from right down the street or from their own farm adjacent to the farm stand.

Find Them: At the Sweet Beet Farm Stand (summer location): June to

October, Sweet Beet Market (winter location): November to February.

Canterbury

Brookford Farm
Luke & Catarina Mahoney
250 West Road, Canterbury
603-742-4084

brookfordfarminfo@gmail.com
www.brookfordfarm.com

They are a 600-acre diversified farm with 35+ acres in certified organic vegetable production. The farm is also home to cattle, hogs, and chickens, all rotated on pasture as the seasons allow with diets supplemented by organic grain. They have a farm store and artisan bakery on site. Milk from their dairy herd is bottled raw or turned into a wide variety of dairy products in their creamery. Bread and sauerkraut also available. CSAs Available. More information available on their website.
Find Them: At the farm store, 7 days a week from 7am-7pm.

Hackleboro Orchards
Harry Weiser
61 Orchard Road, Canterbury
603-783-4248
hackleboro@hotmail.com
www.HackleboroOrchards.com

Hackleboro Orchards is a large and beautiful working farm with many varieties of apples to choose from and plenty of room to roam around! The farm stand has their own blend of fresh, sweet cider, pre-bagged apples for your convenience, fresh baked goods and much, much more!
Products Include: PYO apples, fruits, vegetables, baked goods, cider, cider donuts.
Find Them: At the farm stand and select Farmers Markets. See website for more details.

North Family Farm
Jill McCullough & Tim Meeh
341 Shaker Road, Canterbury
603-783-4712
t-jm@comcast.net
www.northfamilyfarm.com
Three-generation family farm.
Maple syrup, maple cream, maple

sugar, and maple candy; made using alternative energy. Firewood and hay also available for purchase.

Find Them: At Granite State Candy, Concord Food Co-op, Canterbury Farmers' Market, Canterbury Country Store, and Chichester Country Store.

Shaker Organic Gardens
Stacy Cooper
288 Shaker Road, Canterbury
stacey@concordfoodcoop.coop
The Concord Food Co-op has partnered with Canterbury Shaker Village to utilize the beautiful historic farm fields to grow organic vegetables and supply the onsite farm stand.

Find Them: At Canterbury Shaker Village Farm Stand. Mid-June until September. Monday through Friday 11-3 p.m.

Tamarack Farm
Jim and Sue Snyder
115 Asby Road, Canterbury
603-783-9226
saltcreek@aol.com
www.tamfarm.com

Small family farm making maple syrup in a wood-fired evaporator. What: Maple candy (March only or by special order) & maple syrup.
Find Them: At the farm, year round. Please call ahead.

Two Sisters' Garlic
Naomi Scanlon
23 Clough Tavern Road,
Canterbury
603-783-4287
twosistersgarlic@yahoo.com
Family farm business specializing in organically grown garlic, dried garlic and blends, raspberries, rhubarb, squash, melon, and lamb.
Find Them: At the Concord Farmers' Market, Canterbury Country Store, Golden Harvest (Hooksett), Harmans Cheese (Sugar Hill) and at the farm June-December or by appointment.

Chichester

They Flying T Ranch
Pat & Martha Testerman
31 Durgin Road, Chichester
603-798-3054
farm@flyingtnh.com

www.flyingtnh.com

The Flying T is a small family farm in the scenic wooded hills of New Hampshire. They raise goats and chickens, emphasizing free-range, natural, organic and sustainable practices as much as possible. They harvest both wild and cultivated agricultural products. They offer eggs (year round) and chevon and cabrito goat meat. Boer buck stud service is also available.

Find Them: At the farm. Please call ahead.

Concord

Bartlett Farm Dairy
Scott & Craig Bartlett
467 Josiah Bartlett Road,
Concord
603-226-6535
bartlettfarmdairy@gmail.com
A 90-year-old family business. Currently they offer milk and other dairy products.
Find Them: At Concord Agway, Granite State Natural Foods, Whining Butcher, Quality Cash Market, Shaw's.

Carter Hill Orchard
Robert & Annette Larocque
73 Carter Hill Road, Concord
603-225-2625
carterhillorchard@gmail.com
www.carterhillapples.com
Family-run orchard and farm store offering a wide variety of apples, berries, plums, and seasonal vegetables. Their farm store also has maple products, apple cider, and baked goods.
Find Them: At the farm. Open mid-summer to late fall, 7 days a week.

Generation Farm
James Steever
44 Graham Road, Concord
603-545-8660
generationfarmnh@gmail.com
www.generationfarmnh.com
Generation Farm is a small Certified Organic vegetable farm, prioritizing in sustainability and responsible stewardship of the land. They specialize in mixed greens as well as offering single variety boxes of baby kale and spinach.
Find Them: At the Concord Food Co-op, A Market Natural Foods in Manchester, and Monadnock Food Co-op in Keene.
CSA available through the Brookford CSA shares.



Lewis Farm
Harry Lewis
192 Silk Farm Road
603-228-6230
farmer@lewisfarmnh.com
www.lewisfarmnh.com

Lewis Farm sells an assortment of fruits and vegetables, including mixed greens, berries, summer and winter squash, cut flowers, herbs, and much more! CSA available in full and half shares. More info on their website.

Find Them: At the farm and Concord Farmers' Market.

Mapletree Farm, LLC
Dean Wilbur
105 Oak Hill Road, Concord
603-224-0820
mapletreefarm@comcast.net
www.mapletreefarmnh.com
Mapletree Farm makes premium New Hampshire "Seal of Quality" maple products using food grade and lead-free equipment. They offer maple syrup, maple cream, maple candy, maple crystals, maple coated nuts and other maple related products.

Find Them: at the farm house or by mail order. Call to make sure someone is at the farm house or to make an appointment.

Rockey Ole' Farm
Wayne F. & Roberta Hall
141 Silk Farm Road, Concord
603-491-6306
whsponts@comcast.net
Rockey Ole' Farm is a family owned farm. Bringing the freshest local products available. They have strawberries, blackberries, and blueberries (June-July), along with row crops, root crops, and

vine crops (May-December). Greenhouses are on site and hay available.

Find Them: at the Farm stand and Bedford Farmers' Market

Contoocook (see Hopkinton)

Danbury

Huntoon Farm
Phil and Donna Sprague
46 Huntoon Road, Danbury
603-768-5579
huntoonfarm@myfairpoint.net
www.huntoonfarm.com

Huntoon Farm raises grass finished beef and pastured pork, chicken and turkey. Their hens provide all the eggs for our commercial kitchen with extras available for sale. They produce bakery products and prepared foods using many of our own products and local items when available.

Find Them: At the farm stand and select summer and winter farmers markets. See website for more details.

Dunbarton

Chanticleer Gardens
Susan & Ken Koerber
31 Stark Highway North,
Dunbarton
603-774-4512
kckoerber@gsinet.net
www.chanticleer-gardens.com

Chanticleer Garden uses organic practices, offering seasonal vegetables, cut flowers (by chance or pre-order), and eggs.

Find Them: At the farm. Stop by or call ahead for specific products.

Franklin

A1 Tri-State Farms
10 Grove Street, Franklin
603-934-7000

Products Include: Organic blueberries.

Find Them: At the Farm July-September, 7 days/week. 9 a.m. - 9 p.m.; please call ahead

Henniker

French Pond Orchard
Patrick Conner
334 French Pond Road,
Henniker

603-428-7196

Products Include: We offer apples and cider in the fall.

Find Them: At the orchard and Intervale Farm Pancake House, Henniker. September and October, 10 a.m. - Dusk.

Hop N Hen Farm
Dawn & Steve Forde
212 Hemlock Corner Loop,
Henniker

603-428-7113

farmer@hopnhenfarm.com
www.HopNHenFarm.com

Hop N Hen Farm grows healthy, nutritious organic foods, free of unnatural chemicals, pesticides, and GMOs, using sustainable agriculture practices. Eggs and chicken are available year round.

Find Them: at their seasonal self-service farm stand and select farmers markets.

Peak Orchards

Joe Patenaude
56 Craney Hill Road, Henniker
603-428-3397

Pick your own apples and retail

Thank you to our sponsors...



Healthy Kids. Healthy Places.

<http://www.hnhfoundation.org/>

Promoting access to quality health and dental insurance coverage and healthy lifestyles



FARM CREDIT EAST

<https://www.farmcrediteast.com/>

Farm Loans, Crop Insurance, Ag Consulting, Tax Services, Property Appraisals, and Accounting in New York and the Northeast.

stand. They sell apples, pumpkins, winter squash, sweet apple cider, and Indian corn.

Find Them: At the orchard. Mid-August until early November. 10 a.m. - 5 p.m. daily.

Hooksett

LaValley Farms
Chris LaValley
1801 Hooksett Road, Hooksett
603-485-3541
info@lavalleyfarms.com
www.lavalleyfarms.com

LaValley Farms is a 75 acre fruit and vegetable farm located in the Suncook Valley. We have a roadside farm stand in Hooksett, and a mobile cart in Manchester. We are an IPM farm that focuses on being great stewards of the land and environment.

Products Include: Vegetables, fruits, dairy products, meats, maple products, honey, flowers, bedding plants. CSA available. See website for more details.

Find Them: At the Farm stand; May-Christmas 10-6 everyday.

Hopkinton (includes Contoocook)

Contoocook Creamery
Jamie Robertson
945 Penacook Road,
Contoocook
603-717-5873

info@contoocookcreamery.com
www.contoocookcreamery.com
Contoocook Creamery at Bohanan Farm strives to produce milk of the highest quality to provide you and your family with a fresh, wholesome and local product by utilizing the most efficient and environmentally sound practices available. They offer pasteurized and homogenized glass bottled milk year round, along with our own butter and cheese.

Products Sold at retail outlets throughout NH. Check website for locations.

Gage Hill Sugar Shack LLC
Ted Story
328 Gage Hill Road,
Contoocook
603-746-4347

Theodore.story@comcast.net
www.Gagehillsugarshack.com
Gage Hill offers New Hampshire maple syrup and all related products such as maple cream, sugar, BBQ sauce, candy and candied nuts as well as raw New

Hampshire honey.
Find Them: at Contoocook Farmers Market, and local craft fairs.

Gould Hill Farm
Tim & Amy Bassett
656 Gould Hill Road,
Hopkinton
603-746-3811
info@gouldhillfarm.com
www.gouldhillfarm.com

Gould Hill Farm grows over 80 varieties of apples, with over ten varieties available in their "Pick Your Own" orchards. Gould Hill Farm also grows many other fruits and vegetables including peaches, apricots, plums, pears, nectarines, and blueberries, as well as beans, squash, herbs, potatoes, and more. CSA available. See website for more details.

Find Them: At the farm. Open for 2016 season on July 16.

Owen Farm
Ruth & Derek Owen
580 Brockway Road, Hopkinton
603-225-2252

jpowenfarm@yahoo.com
www.owenfarm.com
200-acre family and educational farm raising livestock and vegetables using organic practices. Seasonal vegetables and herbs; chickens (summer-fall, call first); eggs (year-round); wool. We teach many historic practices for small scale farming. Tour the farm and explore its scenic walking trails.
Find Them: At the farm; Concord Food Co-op (eggs).

Russell's Organic Blueberries
Peter Russell & Victoria Peterson
289 Maple Street, Contoocook
603-746-3517

petemrhop@aol.com
www.russellcertifiedorganic.com

Russell's Organic Blueberries is a certified organic farm proudly growing blueberries, raspberries, artisan garlic, day lilies, and pro-

duces high-quality honey.
Find Them: At the farm, Open mid-July until late August. Daily from 8-5.

Terra Organics
Denise & Monica
198 Tyler Road, Contoocook
603-491-4039
terraorganics@gmail.com
www.squareup.com/markets/terraorganicsnh
Year round variety of vegetables. CSA available. See website for more details.

Find Them: at their Farm stand 8am-7pm June- October; Contoocook and Henniker Farmers' Markets

Work Song Farm
Dan and Abigail Kilrain
124 Beech Hill Road,
Hopkinton
603-219-0297

worksongfarm@gmail.com
www.worksongfarm.com
Set in beautiful Hopkinton, NH Work Song Farm is proud to offer a diverse selection of certified organic vegetables, herbs and flowers to our surrounding communities. Their produce includes, but is not limited to heirloom tomatoes, cucumbers, assorted greens and lettuce, and many storage crops to get you through the winter. CSA available. See website for more details.

Find Them: at Beech Hill Farm and Ice Cream Barn May-Oct and year round at the Contoocook Farmer's Market on Saturdays.

Loudon

Grandpa's Farm
Rodney and Victoria Phillips
143 Clough Hill Road, Loudon
603-783-4384

Rod@grandpasfarmnh.com
www.GrandpasFarmNH.com
Grandpa's Farm has a small blueberry patch where their currently operate their PYO operation. Four varieties of Christmas trees are

Green Smoothie (serves 1)

Source: <http://allrecipes.com>

2 cups baby spinach leaves, or to taste
1 banana
1 carrot, peeled and cut into large chunks
3/4 cup plain Greek yogurt
3/4 cup ice
2 tablespoons honey

Put spinach, banana, carrot, yogurt, ice, and honey in a blender; blend until smooth.



being grown for future sale.
Find Them: At the farm. Open whenever blueberries are available- middle of July to middle of August. Open 7 days

Miles Smith Farm
Carole Soule
56 Whitehouse Road, Loudon
603-783-5159
beef@milessmithfarm.com
www.milessmithfarm.com
Miles Smith Farm is home to over 60 head of grass fed cattle, pigs, ducks, geese and a rabbit. We provide individual cuts of beef, pork and lamb as halves and quarters. They also carry chicken, duck, turkey, rabbit, milk, cheese and a variety of locally grown and made products including soap made from tallow of their cattle. CSA available See website for more details.
Find Them: In their Farm Store in Loudon open 12 months

Our Place Farm
James & Misty Batchelder
290 Route 129, Loudon
603-798-3183
ourplacefarm@yahoo.com
Our Place Farm is a small start-up farm that began as a homesteading adventure, but quickly became what it is now. They raise their animals as naturally as possible as well as hormone and antibiotic-free. They sell pork, beef, chicken; eggs; goat milk; handspun natural fiber-free yarn; wool braided rugs.
Find Them: On the farm, year round. Please call ahead. Also, Penacook Farmers' Market, Canterbury Farmers' Market, Laconia Farmers' Market, and Nottingham Farmers' Market.

Red Manse Farm
Earl and Alice Tuson
5 Pittsfield Road, Loudon

603-435-9943
earl@redmansefarm.com
www.redmansefarm.com
Red Manse Farm is a family farm, offering a full range of certified organic vegetables plus tree fruit and shiitake mushrooms. CSA Available. See website for more details.
Find Them: At the farm June-December, Thursday-Sunday 10-6

Song Away Farm
Steve Doyon
603-731-0405
songawayfarm@gmail.com
www.songawayfarm.com
Song Away Farm's rabbit meat and eggs are sold year round and their poultry meat is available during the summer months. All of their meat is raised, processed and packaged at the farm, without the addition of any artificial ingredients.
Find Them: At the farm year round by request only (please call or email ahead).

Windswept Maples
Larry and Melissa Moore
845 Loudon Ridge Road
603-267-8492; 603-435-4003
Wmfmoore1@comcast.net
www.windsweptmaples.com
Windswept Maples Farm values the opportunity to offer food that they have raised right on Loudon Ridge. They use a variety of IPM strategies in their production of vegetables. They offer a full line of maple products including maple cream, dry granulated sugar, and sugar candies.
Find Them: At the farm (Mid-July through Labor Day) Weekdays 1 - 6 p.m. and Sat. & Sun 9-5.

Newbury
Schroeder Farm

William & Joan Schroeder
126 Sutton Road, South
Newbury
603-938-5911
bangus@tds.net
Open farm with animals for kids to interact with. They have calves, cows, chickens, lambs, sheep, pigs, turkeys as well as a farm stand and sugar house.
Products Include: Maple syrup, jam, relish, eggs, pickles, honey, wool products, freezer ready roasting chickens (by order), and beef by the package state inspected. Pumpkins and winter squash available in fall.
Find Them: At the farm. 9am-5pm, 7 days a week

New London

Spring Ledge Farm
Greg Berger
37 Main Street, New London
603-526-6253
greg@springledgefarm.com
www.springledgefarm.com
Spring Ledge Farm commits to growing and selling high quality ornamental plants, vegetables, and fruits in a manner that respects the long-term health and well-being of the environment, the land, ourselves, and the community. CSA Available. See website for more details.
Find Them: at their Farm Stand (closed Christmas-Easter).

Pittsfield

Appleview Orchard
Dennis and Mary Straight
1266 Upper City Road, Pittsfield
603-435-3553
apples@applevieworchard.com
www.applevieworchard.com
Appleview Orchard is locally owned and operated. Their pri-

Did you know?

Dairy goats provide a great alternative to cow's milk and is used in the production of cheese, soap, and baby formula. Female goats are called "does" and males are "bucks." Young goats are called "kids." In story books, a female goat is usually called a "nanny" goat, and a male is a "billy" goat.

Goats were among the first animals to be domesticated (over 10,000 years ago), and were also the first animals humans raised for milk.



mary fruit is apples, but they also supply peaches, pears, apricots, and cherries in addition to blueberries, raspberries, and strawberries. Seasonally, they make homemade apple fritters, apple pies, mini apple pies, and an assortment of whoopie pies. From May through November, they operate an ice cream and gift shop with many NH items along with jams, jellies, and dips. They have farm friendly animals and a bounce house and playground. They offer free weekend hayrides and field trips by appointment.

Find Them: At the farm. Hours vary by season. Open Friday-Sunday, Mid-May through end of June. Open daily, July-October. Open weekends in November.

Autumnview Farm
1010 Upper City Road, Pittsfield
603-435-5503

autumnviewfarm@hotmail.com
Products Include: Apples, berries, pears; eggplant, broccoli, summer/fall squashes, pumpkins, zucchini, cabbage, tomatoes, cucumbers, peppers, and sweet corn.
Find Them: at your local Hannafords, Concord Hospital, and local schools. Sold wholesale only

Tilton Hill Goat Farm
David & Noreen Rollins
310 Tilton Hill Road, Pittsfield
603-715-5318

nikkinomar@yahoo.com
www.tiltonhillgoatfarm.com
Tilton Hill Goat Farm raises Cashmere goats and Alpaca for fiber and Boer Goats for meat. Their animals are fed hay and browse when available. Products Include Goat meat, yarns and Cashmere goat skins
Find Them: At the farm, 7 days a week. Please call for availability.

Salisbury

North of Concord Farm
Lorna Carlisle & Ray Deary
77 Old Turnpike Road,
Salisbury
603-648-6183
www.northofconcordfarm.com
Wide variety of vegetables and berries (blueberries, July-August); seasonal beans, broccoli, cauliflower, corn, squash, tomatoes, potatoes, radishes, etc; cage-free eggs; baked goods; they will entertain special orders. Not certified organ-

ic, but they use mostly organic practices.

Find Them: At the farm. Main season is June-September- See website for specific hours.

Sutton

Cascade Brook Farm
Ed and Cindy Canane
96 Baker Road, North Sutton
603-496-7470

info@cascadebrookfarm.com
www.cascadebrookfarm.com
Cascade Brook Farm is a USDA certified 100% Grass Fed Angus cattle operation. Their cattle receive no hormones, medications, or drugs. Individual/group tours are available by appointment. They offer Black Angus beef and Berkshire Pork by the side, to order.

Find Them: at the Concord summer and winter farmers' markets. Visit their website for more information.

Greenhill Collective Farm
Ben Dobrowski
Benjidob@gmail.com

Certified organic small family farm producing vegetables, fruits, herbs, mushrooms, value added products, pastured pork. They are 100% off grid solar powered. CSA available. See website for more details.

Find Them: At Warner area farmers market, Manchester Community Market, MainStreet Warner Tuesday market

Muster Field Farm
Steve Paquin
Harvey Road, North Sutton
603-927-4276

musterfield@tds.net
www.musterfieldfarm.com
Muster Field Farm is an active historic farm museum. Preserved farm buildings and implements are on display. Extensive gardens supply their farm stand with mixed vegetables, flowers, and apples.
Find Them: at their Farm Stand, June-October. Daily from noon-6p.m.

Warner

Beaver Meadowbrook Farm
Don & Barbara Lassonde
402 Route 103 East, 1.3 miles from exit 7 off of 189, Warner
603-456-6052
DonLass@aol.com
High quality, award-winning pure maple syrup, carefully made in their sugar house. Syrup sold year round. Visitors welcome, especial-



ly during the maple season.
Find Them: At the farm, year-round (please call first).

Courser Farm
Gerald Courser
319 Schoodac Road, Warner
603-456-3521

Established family farm offering seasonal vegetables, including sweet corn, summer squash, and cucumbers; maple syrup (by order); pumpkins (fall).

Find Them: At the farm and Warner Farmers' Market.

Blue Moon Berry Farm
Mike Bux
195 Waldron Hill Road, Warner
603-456-3144

This second generation family farm offers a wide variety of organically grown vegetables, along with an assortment of cut flowers and Pick Your Own fruit. Products Include: Blueberries, apples, strawberries, currants, tomatoes, cucumbers, broccoli, kale, cucumbers and other varieties of vegetables.

Find Them: at their Farm Stand 7 days/week 8am-8pm, Mid-June through the end of October; Products also available at Sweet Beet Farm Stand in Bradford and Spring Ledge Farm in New London.

Kearsarge Gore Farm
Sam Bower
173 Gore Road, Warner
603-456-2319
KGF@tds.net

Started in 1981, Kearsarge Gore

**Did we miss your farm?
If so, email localfood@merrimackccd.org
We'll get you into the next edition!**

Farm is both solar-powered and Certified Organic. They produce maple syrup, grass fed beef, lamb, and pork, along with a variety of vegetables. CSAs available. See website for more details.

Find Them: At Warner Farmers' Market, Concord Farmers' Market, Henniker Farmers' Market.

Vegetable Ranch LLC
Larry Pletcher
443 Kearsarge Mountain Road,
Warner
603-496-6391

Vegetableranch@gmail.com
www.vegetableranch.com

Vegetable Ranch grows over 40 different certified organic vegetables on its fields in Warner and Concord. They also raise certified organic pasture raised pork and chickens. CSAs available. See website for more details.

Find Them: At Concord Farmers Market, Bedford Farmers Market, or stop by the farm in Warner any day 10-4.

Yankee Farmers' Market
Keira Farmer
360 Route 103 East, Warner
603-456-2833
yankeefarmersmarket@gmail.com
www.yankeefarmersmarket.com

A buffalo (bison) farm raising and distributing buffalo meat, grass fed beef, pastured pork, free-range chicken & turkey, lamb, venison and elk. Individual cuts and meat packages available for retail and wholesale. Dairy, eggs, cheese and other specialty foods available at our farm store.

Find Them: at the farm. Open year-

round: Mon-Fri 10-5 (closed wed), Sat & Sun 9-4

Webster

Coffin Cellars Winery
Jamie Austin
1224 Battle Street, Webster
603-731-4563
coffincellarswinery@gmail.com
www.coffincellarswinery.wix.com/home-1

A family-owned winery run by Peter Austin and his two sons, Jamie and Tim. Specializing in fruit & berry wines made with locally grown fruit whenever possible.

Find Them: At the winery.

Milkcan Corner Farm
Lisha Kimball
45 Mutton Road, Webster
603-648-2268

kimball@tds.net

Milkcan Corner Farm produces organically grown food, as well as 400 registered varieties of field-grown day lilies. Pick-Your-Own raspberries, blueberries, and red and black currants.

Find Them: At the farm. 1st week of July- end of September. 7 days/week, sunup to sundown

Roberts Greenhouse
Sue Roberts & Aime Silver
120 Long Street, Webster
603-648-2142

www.robertsgreenhouse.net

Roberts Greenhouse is a diversified small family farm dedicated to sustainable practices and local farming, and it is their intention to teach by example and provide education in animal husbandry, plant

awareness, recycling/refurbishing, and creativity. They offer bedding plants, shrubs, vegetable plants and starter set; fresh cut flowers year round; homegrown beef; we carry local honey, seasonal fruits and vegetables, milk and eggs from Contoocook Creamery.
Find Them: at the farm. Open 7 days a week 9-5

Warner River Produce
Jim Ramanek
119 Dustin Road, Webster
603-491-4203
warnerriverproduce@gmail.com
www.localharvest.org/warner-river-produce-M49431

Warner River seeks out unused farm land and works with land-owners to bring the land back into sustainable agricultural production. Products Include: Vegetables, fruits, honey, ginger, eggs, herb and vegetable transplants, culinary and medicinal herbs, shiitake mushrooms, rhubarb. CSAs available. See website for more details.
Find Them: At Boulder Farm Farm Stand, in Hopkinton 3-6 pm, and select farmers markets.

Webster Ridge Farm
Brandon and Mary Sussman
1482 Pleasant Street, Webster
603-648-2595

wrlg@websterridge.com
www.websterridge.com

Humane and naturally raised poultry, beef, pork and lamb as well as Mary's very special canned goods - jams, pickles, condiments and more. Meat is available in retail, bulk and CSA portions. Packages, gift baskets and samplers available. Meat CSA available. See website for more details.

Find Them: at the farm year-round and area farmers markets



Five Rivers Conservation Trust
Helping to protect open space in central New Hampshire

Conserving Special Places: Farms and More



Dimond Hill Farm & Carter Hill Orchards, Concord
Bohanan Farm, Contoocook;
Soon: the Stone Farm, Dunbarton

**Help us grow and
ADVERTISE today!**
Contact [localfood@
merrimackccd.org](mailto:localfood@merrimackccd.org) for
info/rates.

Talking with...Elaine Clow, Boscawen Agricultural Commission

The Boscawen Agricultural Commission is one of the most active ag commissions in New Hampshire. They work extensively in promoting and protecting local agriculture in Boscawen, educating the public about agriculture, offering citizens the opportunity to raise their own food and participating in the development of state and national policies on agriculture. The Ag Commission has only been operating since 2010, when it was officially established by the town as an independent land use commission, but it has quickly become an important part of the community.

The Ag Commission organizes Boscawen's year-round "First Monday" workshops and hands-on sessions. These workshops cover topics that touch upon agriculture, forestry, and local food. Local experts speak at these events, drawing in crowds from all across New Hampshire and New England. Find the calendar for this year's line-up at [UNH Coop Extension or Boscawen



FROM GREENERPASTURES.

Town site – check sites closer to pub date and see if any are updated] Boscawen has a thriving Community Garden thanks to the support and coordination of the Ag Commission. Over forty garden plots were active in 2015 and many gardeners participated in the Plant a Row - Grow a Row program, providing fresh produce to local food pantries and soup kitchens. People apply for plots each spring and can work in the dirt from the end of April through the end of September. In the fall, the plots are seeded with a cover crop to overwinter. Applications for garden plots are available every year after the annual Town Meeting. The Ag Commission also works with the local grade school by participating

in the Agriculture in the Classroom program. Elementary students grow plants for the Community Garden in their school greenhouse each spring. Beyond that, commissioners answer agricultural questions from townspeople, make site visits advising people on land use in Boscawen, and perform site plan reviews for the Planning and Zoning boards.

In the future, the Ag Commission plans to continue integrating agriculture into the community, increasing the number of small and mid-size agricultural businesses and small farms in Boscawen. Elaine is optimistic about the future of agriculture in Boscawen; the latest federal statistics indicate New England is one of the

few areas in the United States where the agricultural sector is growing. The Ag Commission also supports and encourages agritourism and would like to see more organizations like Avaloch Farm Music Institute (<http://avalochfarmmusic.org/> [1]) and Richardson's Farm and Ice Cream Parlor (<http://richardsonsfarmnh.com/> [2]) set up in Boscawen, and more participation in town- and county-wide events like Maple Weekend in March and haunted hayrides in October.

Boscawen Agricultural Commissioners bring plenty of knowledge and technical expertise to the table; extensive backgrounds in dairy farming, maple production, and backyard farming, as well as careers in academia, politics, and state government allow the Ag Commission to be a strong participant in state and local government and a welcome source of information and support within the community.

Talking with...Jim Ramanek, Warner River Organics

Three things that keep Jim Ramanek, owner and operator of Warner River Organics, motivated are a desire to learn, a fascination with the growing process, and the satisfaction of providing excellent customer service.

Being an avid gardener for over 35 years, Jim decided to start a backyard garden with the goal of producing enough food for his family. At the end of every season he was finding himself with more produce than he and his wife could use, prompting him 12 years ago to sell his excess produce at the Contoocook Farmers Market. He hasn't looked back since and in 2004 started Warner River Organics whose produce you can find year round. In the summer they are at six farmers' markets and their Hopkinton farm stand, and five market locations in the winter.

When I asked him what skills are essential for a farmer and what has helped him be successful, he said:

- Being able to start your own seeds



and give them what they need.

- Keeping your plants healthy and growing until harvest time and avoiding deer, pests, and disease.
- Knowing how to price and sell your product, and where to sell it.

But the number one essential trait is perseverance. It can take five years before a farmer turns a profit or sees a change in his or her profits. You spend five years wondering if you're doing it right, but if you stick it out, in year five you'll see a bump in sales letting you know you're on the right path. Perseverance is key to Jim's success.

Warner River Organics sells directly to its consumers through its market stands and its Farmers Market CSA. Jim's CSA model is different from the usual

monthly box of produce in that you buy market credits from him at a 10% discount and then use that credit to buy what you want whenever you want from any of Warner River Organics' stands. Jim encourages you to buy only enough produce for 2-3 days so what you have on hand is always fresh. This is one of the reasons Warner River Organics is at so many markets during the week; stop by every few days -- they have fresh produce waiting for you whenever you need it.

Customer service is key to Jim's success and his enjoyment. He and his staff engage with every customer that visits their stand. If you have a question about what anything is or how to use it, they can help you out and offer recipe suggestions. Jim will ask you to "try it and report back" -- let him know if you liked it or found a new way to use it. His goal is to get as much of his produce into the hands of his customers as possible.

Organic farming is about growing soil.

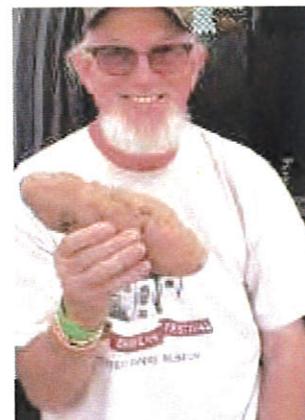
Warner River Organics uses soil inoculants with mycorrhizae and bacteria to improve their soil and give their seedlings a good start.

Warner River Organics farms over 15 acres, scattered around the county. Jim looks for areas of unused agricultural land, one to three acres in size, and sets up lease agreements with the landowners to begin using the land for organic crops. He can rotate his crops miles away (a big help when avoiding pests and plant diseases).

Jim owns 10.5 acres of ancient river bed, with sandy acidic soil that is perfect for growing mushrooms, fruit trees, and berries. He has four high tunnels (60' x 30') he uses year-round and he plans to build two more this year (96' x 30'). In the summer he uses the tunnels to grow warm weather crops like peppers, tomatoes, cucumbers and ginger. In the winter, the tunnels house greens and seedling starts. Jim likes to experiment with his plants, trying to figure out what will grow through the winter and what conditions make for the best produce.

Looking into the future, Jim's plan is to continue as is and reassess in 2018. He's considering expanding the number of CSA shares and is looking for new farmers markets opening near his properties. This keeps the food local and the transportation footprint small. He will continue searching out large businesses that are interested in having him set up a market presence inside the company -- bringing the farmers market to the business.

He encourages people to buy local because the food is fresh and healthy, and you know where it was grown and who grew it. Engage with your farmers, ask questions about the food and how to prepare it. Buy fresh, eat fresh.



FROM CANTERBURY COMMUNITY FARMERS