

Central Mass Grown

FREE PUBLICATION



2016

Farm Products Guide

Helping you Buy Locally Grown in the Heart of the Commonwealth

Where to Shop

farm festivals

FARMERS' MARKETS

Recipes from the Farm

produce calendar

LOCAL FOOD & PRODUCTS



centralmassgrown.org

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REC Farmers' Market,
Worcester

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Those
who grow:
find local products
direct from the source



Local shops,
local flavors:
retailers
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grocers

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Tip Top Country Store,
Brookfield

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Tangerini's Farm, Millis (Photographed by Anthony Tieuli)

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Fun Facts Sources: USDA Census 2007 & 2014,
Central Mass generally refers to Worcester and Middlesex
Counties

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Neighbor's table:
your guide to
eating locally
when dining out



Isador's Organics,
Oxford

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CENTRALMASS GROWN



Welcome

Welcome to the 2016 Central Mass Grown Farm Products Guide!

This is our second Member directory, full of our farms, restaurants, markets, resource organizations and supporters. We thank each and every supporter enabling Central Mass Grown's Members to gain widespread awareness of their quality, nutritious, local foods, and their sustainable agricultural products. Through Central Mass Grown and its abundant agricultural resources, Greater Worcester County is strengthening its economy by keeping the money circulating in the region and developing dependable, local jobs that will fund the next generation of farmers and families. Only with your help can we continue to expand and lift up our farmers so that they can become the solid foundation this region needs to last long into the future. Your support is a demonstration of the importance that the Buy Local Movement has for Central Massachusetts and New England in general. Starting from a few farms that had a simple idea in the 2014 Rural-11 CMRPC Planning Project to over 190 participants today, Central Massachusetts is making leaps and bounds in helping residents to source local farm fresh products and services.

Central Mass Grown is a coalition educating the consumer of the benefits of the Buy Local initiative, to our farmers improving their understanding of market opportunities, to restaurants and institutions in maximizing the nutrition coming from farm fresh. Buying Local for good health and good business, building a sustainable infrastructure to support today's food conscientious public.

This guide and its supporting website and Facebook page bring the latest information of participating organizations to the public. From maple syrup in March to pumpkins in October or year round offerings of beef or other value-added farm products... you can find something that will help you grow the agricultural economy in the heart of the Commonwealth.

Today's farmers are a lasting legacy where it all began. Native Americans were growing beans and pumpkins in this soil before the Pilgrims landed. If it were not for those staples the Pilgrims would not have survived. By the Mid- 1600's a group of 20 farm families migrated from Ipswich to an area just west of Worcester. Today our farms remain a life blood competing with the Mid-West, South or West. As these regions face their issues, Central Mass farmers continue a steady pace of delivering fresh and nutritious offerings.

We thank you for taking advantage of this guide and supporting the region's agricultural economy.

Clarence Snyder, Chairman
Central Mass Grown



ACCOMPLISHMENTS

In the next year, you can expect bigger and more exciting activities, including:

- Promotion at more events in the region and across the state
- An improved website
- Better and broader traditional and social networking and media
- Distribution of 20,000 copies of the 2016 Farm Product Guide
- A stronger and more connected network of Central Mass Grown members
- More educational opportunities for our members
- Enhanced outreach to area schools, restaurants, vendors, and distributors

Since April 2015, Central Mass Grown has

- Distributed 13,000 copies of our Farm Product Guide throughout the region and the state
- Obtained non-profit tax status with the IRS
- Amassed over 1,500 Facebook followers, and almost 500 Twitter followers
- Grown our membership 110 to 163 farms, restaurants, retailers, distributors. (A growth rate of over 50%!)
- Received our first grant as a non-profit organization
- Produced and distributed bumpers stickers, static decals, lawn signs, and reusable shopping bags to help promote the Central Mass Grown brand
- Hosted our first Chef to Farm Tour
- Hosted New Entry Sustainable Farming Project/ Carrot Project
- Making it Happen Workshop for beginning farmers
- Promoted Central Mass Grown at the following:
 - * *The Big E*
 - * *Massachusetts Northeast Organic Farming Association (NOFA) Conference*
 - * *UMass Memorial Earth Day*
 - * *Wachusett Mtn First Farm Fresh Festival*
 - * *Worcester's Best Chef*
 - * *Hanover Theater's Building a Sustainable Worcester*
 - * *Massachusetts Agriculture Day*
 - * *Mass Local Food*
 - * *Woophoria*
 - * *Boston Local Food Trade Show*

ACKNOWLEDGEMENTS



Thank you to the following for contributions to Central Mass Grown over the last year:

Supporting Organizations

- Mass Department of Agricultural Resources, Rick LeBlanc & Mary Jordan
- Central Massachusetts Regional Planning Commission
- Montachusett Regional Planning Commission
- Communities Involved in Sustaining Agriculture (CISA) Greenfield
- Worcester's Best Chef
- The Hanover Theater
- Richard Cavanaugh, Common Grow
- North County Land Trust
- Worcester County Ag Commission
- Lettuce Be Local

Our Elected and Appointed State Officials

- Congressman James McGovern
- Secretary Matthew Beaton, Executive Office Energy and Environmental Affairs
- Commissioner John Lebeaux, Massachusetts Department of Agricultural Resources
- Sen. Anne Gobi (D-Spencer)
- Sen. Harriette L. Chandler (D-Worcester)
- Sen. Jamie Eldridge (D-Acton)
- Sen. Jennifer L. Flanagan (D-Leominster)
- Sen. Michael O. Moore (D-Millbury)
- Sen. Ryan Fattman (R-Webster)
- Rep. Carolyn C. Dykema (D-Holliston)
- Rep. Dan Donahue (D-Worcester)
- Rep. Danielle W. Gregoire (D-Marlborough)
- Rep. David Muradian (R-Grafton)
- Rep. Dennis A. Rosa (D-Leominster)
- Rep. Donald R. Berthiaume Jr. (R-Spencer)
- Rep. Hannah Kane (R-Shrewsbury)
- Rep. Harold P. Naughton Jr. (D-Clinton)
- Rep. James J. O'Day (D-West Boylston)
- Rep. Jennifer E. Benson (D-Lunenburg)
- Rep. John J. Mahoney (D-Worcester)
- Rep. John V. Fernandes (D-Milford)
- Rep. Jonathan D. Zlotnik (D-Gardner)
- Rep. Joseph McKenna (R-Webster)
- Rep. Kate Campanale (R-Leicester)
- Rep. Kate Hogan (D-Stow)
- Rep. Kevin J. Kuros (R-Uxbridge)
- Rep. Kimberly N. Ferguson (R-Holden)
- Rep. Mary S. Keefe (D-Worcester)
- Rep. Paul K. Frost (R-Auburn)
- Rep. Peter Durant (R-Spencer)
- Rep. Sheila C. Harrington (R-Groton)
- Rep. Stephen Hay (D-Fitchburg)
- Rep. Susanna M. Whipps Lee (R-Athol)

Our Board of Directors

- Clarence Snyder, Mary Go Round Farm, Brookfield (Chair)
- Susan Phinney, Locust Knoll Farm, Sterling (Vice Chair)
- Maleah Gustafson, Holden (Clerk)
- Janet Pierce, New Braintree (Treasurer)
- Sheri Bean, Baile an Chotaigh Farm, Westminster
- Norma Chanis, Mass Local Food Coop
- Laura Tangerini, Tangerini's Spring Street Farm, Millis
- Ryan MacKay, Lilac Hedge Farm, Sterling, Holden
- Rudy and Sara Heller, Tip Top Country Store, Brookfield
- Brian Monteverd, Worcester Regional Environmental Council, Worcester
- Marieke Cormier, Roots Natural Food
- Joanie Walker, Walker Farm at Whortleberry Hill, New Braintree
- Bobby Spiegelman, Groton Local
- Justin Szostakowski, Isador's Organics, Oxford

In addition to support from our members, we receive financial support from the Massachusetts Dairy Promotion Board, Massachusetts Department of Agricultural Resources, and District Local Technical Assistance from CMRPC and MRPC.



About Regional Buy Local Groups

Regional Buy Local Groups connect farmers to their surrounding communities and vice versa. Pioneered in 1993 by folks committed to the idea that knowing where your food comes from makes both good health and economic sense. Buy Local Group efforts have helped generate consumer awareness and demand for locally grown food products while at the same time improve logistical access to these important food sources.

Today there are ten Buy Local Groups across the Commonwealth. From technical assistance information to the newest recipes, consumers and farmers alike can find resources to help them grow, buy, cook, and eat wholesome locally grown products. Contact a Buy Local group near you!

About Us: Central Mass Grown's Purpose

1. To educate farmers, consumers, and the public on issues about and related to farming;
2. To support the advancement of knowledge and understanding of farms and farming and their benefits and relationship to the environmental, economic, nutritional and social well-being of persons within central Massachusetts and surrounding areas;
3. To promote the sales and purchase of agricultural products grown in Central Massachusetts to local markets, restaurants, retailers, aggregators, distributors, general consumers and others; and
4. To undertake such other activities as are consistent with the requirements of Section 501(c)(3) of the Internal Revenue Code of 1984, as amended, and regulations adopted thereto.

MASSACHUSETTS-GROWN PRODUCE CALENDAR

Fruits

[illegible]

Vegetables

[illegible]

Plants

Bedding plants												
Cut flowers												
Herbs												

Other

[illegible]

Aquaculture

[illegible]

HAPPENINGS




Spencer LocalFest 2016
A "Buy Local" Celebration

Join us on Saturday, August 20th from 9 am to 6 pm at Klem's in Spencer for a wonderful festival which will showcase the wide array of products you can buy that are produced within 25 miles of Spencer, Massachusetts! Find food, a farmer's market, live music, crafters, and artisans just minutes from your home! This event benefits Central Mass Grown.



Vendor
Registration Ends
June 30th



<https://spencerlocalfest.wordpress.com/>

January

January 16
NOFA Winter Conference
2017
nofamass.org

February

Harvest New England
(Every other year)
harvestnewengland.org

February 2
Winter Flower Growers Program
Massachusetts Flower Growers
Association
www.wnla.com

March – Maple Month

March 5
Massachusetts Agriculture in the
Classroom Winter Conference

aginclassroom.org
March 13
New England Food Show
Massachusetts Restaurant Association
themassrest.org

March 16-20
Boston Flower Show, Boston
bostonflowershow.com

April

April 5
Mass Ag Day at the Statehouse

April 7-9
Mass Farm to Institution Summit
farmtoinstitution.org/summit

April 22
Earth Day
earthday.org

April 25
Central Mass Grown Annual Meeting
centralmassgrown.org

April 29
Arbor Day
arborday.org

April 29-May 1
Spring Fest at Klems
klemsonline.com/events

May

May 4-8
Children's Zoo at Klems
klemsonline.com/events



For additional agricultural events, fairs, conferences, and activities, visit the Mass Grown and Fresher Calendar: mass.gov/agr/massgrown/calendar.htm

May 14
Southbridge Fest
facebook.com/SouthbridgeFestEvent

May 21
West Brookfield Asparagus &
Flower Festival
asparagusfestival.blogspot.com

May 21
Annual Tower Hill Plant Sale
towerhillbg.org

May 28-29
Massachusetts Sheep and Wool
Craft Fair
masheepwool.org

June – Dairy Month

June 21
3rd Annual Strawberry Festival
Lanni Orchards
lanniorchards.com

Rutland Farm Day
townofrutland.org

August

August 12-14
Bolton Fair
boltonfair.org

August 12-14
NOFA Mass Summer Conference
nofasummerconference.org

August 19-20
Hardwick Community Fair
hardwickfair.com

August 27-28
Worcester County 4-H Fair
worcestercounty4-h.org
August 28-30
Middlesex 4-H Fair
4hmiddlesexfair.org

August 27-28
Wachusett Mountain Annual
Farm Fresh Festival
wachusett.com

September

September 2-5
Spencer Fair
spencerfair.org

September 5-7
Appleseed Country Fair
appleseed.org

September 11-15
Sterling Fair
sterlingfair.org

Harvard Fall Festival
harvardfallfestival.com

September 18-20
Northborough Applefest
northboroughapplefest.com

Grotonfest
grotonfest.com

September 24-25
Spirit of Shrewsbury
spiritofshrewsbury.org

September 24-25
North Quabbin Garlic & Arts
Festival
garlicandarts.org

September 16-October 2
Eastern States Exposition
thebigex.com

October

October 15-16
Wachusett Mountain Applefest
wachusett.com

October 24
Food Day
foodday.org

October 22
Ecotarium Great Pumpkin Fest
ecotarium.org/events-activities

November

November 9-10
Northeast Greenhouse
Conference and Expo
negrthouse.org

November 26
Thanksgiving
Thank your local Farmer

November 25-27
Holiday Festival of Crafts,
Worcester

December

December 3-4
Country Roads Christmas,
North Central region, 2016
countryroadschristmas.com

3 days mid-December
New England Vegetable
and Fruit Conference
newenglandvfc.org

Happy Holidays

An Au Jus to Remember

In March of 2016, *Lettuce Be Local* and *Tangerini's Spring Street Farm* partnered on a farm-to-table dinner. Dominique DuTremble of Central Mass Grown recounts the unforgettable event.



Lynn and Lee Stromberg (the duo behind *Lettuce Be Local*, a successful food hub and advocacy organization) are among the Region's most respected buy local advocates. Their farm-to-table dinners (held several times per year) are don't-miss events.

When I learned that *Lettuce Be Local* was partnering with *Tangerini's Spring Street Farm* for a dinner, I knew to count on something special (Laura and Charlie Tangerini are also a driving force in Central Massachusetts' Buy Local movement; Laura is on the Board of Directors for Central Mass Grown and their presence as farmers in the Region is renowned). My experience at the spring event exceeded all hopes.

Set in Tangerini's greenhouse, the staging was exquisite – simple ornaments of leaf and rooted blossom amongst white linen. Along with laughter, live bluegrass wafted through the air, and a meet-and-mingle mini-farmers' market preceded an unforgettable main event.

A family-style feast ensued. Seafood chowder in a crusty bowl from Birchtree bread... Tangerini's spring seedling salad, kissed by a local sunflower oil vinaigrette.... Roasted root vegetables from Coopers Hilltop Farm, Hollis Hills' maple syrup complimenting a perfect caramelization... All the while spring pilsner from Wormtown Brewery and sparkling cider from Carlson Orchard flowing... And then there was the au jus....

For a moment, the room grew silent– all eyes upon the braised beef shank set before us. We knew what we were looking at– one of those rare dishes that calls to mind a moment and a craft perfected. The au jus glistened and the shank fell apart in the process of transfer. It did not disappoint. Thank you to Chestnut Hill Farm, Lettuce Be Local, Tangerini's Farm, and Executive Chef Linda Reinhardt- it was an au jus (and an event) to remember.



Just-picked greens shown sharp and sweet. Delicately dressed, course one set the stage for a brilliant meal.



Despite a brisk day, the offerings were fresh as could be and the room was packed - a testament to Central MA's year-round offerings and locavore culture. The

Perfectly-braised shank is always cause for celebration. But pan drippings such as these linger in memory long after plates have cleared. Start to finish, an exquisite meal.



TANGERINE'S

SPRING STREET FARM



Ashburnham

Hames & Axle Farm

18 Kraetzer Road,
Ashburnham, MA 01430
978-827-1305
farm@hamesaxle.com
hamesaxle.com
facebook.com/Hames-&-Axle-Farm

Nigerian Dwarf Goats – Started in 1996, we've been working to develop healthy, friendly goats that produce high quality milk with reasonable maintenance. Genetic strength, high productivity, great foraging instinct and a friendly personality are the traits we're selecting for, all wrapped up in a conformationally correct healthy goat.

Ashby

Apple Meadow Farm

579 Richardson Road,
Ashby, MA 01431
978-386-7042
applemeadowfarm@gmail.com
applemeadowfarm.org
facebook.com/Apple-Meadow-Farm

Apple Meadow Farm is a small family farm in Ashby, MA. We have natural colored yarn, roving, and raw fleeces from our registered Shetland sheep flock. Shetlands are known for their fine handle and soft touch. We have fiber animals for you to start your own hand spinning flock, a 4H project, or to raise as pets or lawnmowers. We also have lamb to fill your freezer. Contact us for more information on current inventory.

Sauls Farm

382 Foster Rd
Ashby, MA 01430
978-430-0597
rksaulsmd@hotmail.com
www.saulsfarm.com

Custom farming and contract growing, livestock, poultry, free range, greenhouses, pollination service, no pesticides or herbicides used.

Auburn

Pure BS Maple Shack

149 Central Street,
Auburn, MA 01501
purebsmapleshack@gmail.com
purebsmapleshack.weebly.com
facebook.com/Pure-BS-Maple-Shack

The Pure BS Maple Shack captures the "sincere sweetness" of Auburn, a welcoming old New England village. Utilizing unique blends of Nor-

wegian and Sugar Maple trees, Sapmasters Bruce and Sully have tapped into the best of Massachusetts. That's Pure BS. When you hear the old dinner bell ringing on top of the shack heralding our latest batch of Pure BS, come join us for a taste, tour and tales around the evaporator. We guarantee we won't regret your business.

Barre

Carter and Stevens Farm

500 West Street, Route 122,
Barre, MA 01005

978-355-4940

carterandstevensfarm@gmail.com

CarterandStevensFarm.com

facebook.com/Carter-and-Stevens-Farm

We milk 100 pasture fed cows everyday! Our Farm stand offers raw and pasteurized milk, Homemade Ice Cream (the best you've ever had!), our own produce, grass fed beef, deli, and local beer, wine and organic foods. In addition, our wood fired Field to Flame BBQ restaurant dishes out grass fed beef, BBQ essentials, and farm raised organic side dishes (Friday and, Saturday in July & August). Forget "Farm to Table"... This table is right at the farm!

Hartman's Herb Farm

(Founding Member)

1026 Old Dana Road,

Barre, MA 01005

978-355-2015

hartmansherb@hotmail.com

HartmansHerbFarm.com

facebook.com/Hartmans-Herb-Farm

Hartman's Herb Farm is family owned and operated with 3 generations working together. 4 Greenhouses grow herbs & flow-



Hartman's Herb Farm
1026 Old Dana Road, Barre, MA 01005

**Bed and Breakfast
Special Events
Plant, Vegetable, and Meat CSA
Herbs, Perennials, Vegetables &
Annuals in our 4 greenhouses
Gift Shop
Open 7 days, 9-5**

978-355-2015
hartmansherb@hotmail.com
hartmansherbfarm.com

ers. CSA with farm raised pork, plants & vegetables. Gift shop has dried flower wreaths and arrangements, potpourri, spices, herbs, jellies and gift items. We also mail order special occasion wreaths. We are open 7 days a week from 9am-5pm.

A Bed& Breakfast with 5 rooms.

Our post & beam dining room is used for weddings and special occasions.

Many Hands Organic Farm

411 Sheldon Road,

Barre, MA 01005

978-355-2853

julie@mhof.net

mhof.net

[facebook.com/Many-Hands-](https://facebook.com/Many-Hands-Organic-Farm)

Organic-Farm

Many Hands Organic Farm has been certified organic since 1987. We run a 100 person CSA, pork, lard, chicken, turkey, eggs and non-certified beef. Almost all of our food is sold direct to the consumer. We pay special attention to soil fertility, and endeavor to raise the highest quality vegetables, fruit

and animal products while also improving the soil and protecting the eco-system.

Berlin

Indian Head Farm

(Founding Member)

P.O. Box 1005

232 Pleasant Street,

Berlin, MA 01503

978-838-2942

thwheeler@indianheadfarm.com

IndianHeadFarm.com

facebook.com/Indian-Head-Farm

Indian Head Farm has been in the Hastings-Wheeler family for seven generations. As we move through the seasons, we offer spring plants and asparagus; PYO strawberries, blueberries and raspberries; summer vegetables and flowers; fall pumpkins and squash; and natural, holiday decorations. We use Integrated Pest Management to guide our sustainable approach to farming. From May through December, we welcome visitors to our farm stand, where we also offer eggs, meat, cheese and other fine prod-



Follow us! Central Mass Grown is on Twitter: @CentralMaGrown

THOSE WHO GROW

ucts from neighboring Central Massachusetts farms.

Lilac Hedge Farm **(Founding Member)**

32 Walnut Street,
Berlin, MA 01503
774-249-4675
LilacHedgeFarm@gmail.com
LilacHedgefarm.com
facebook.com/Lilac-Hedge-Farm

Lilac Hedge Farm came about as a vision to provide local, sustainably raised meats to consumers. Started by owners Ryan MacKay and Tom Corbett, Lilac Hedge Farm focuses on meats raised responsibly with extreme attention to care, comfort, nutrition and the quality of the animals. We retail our meat through many farmers markets, retail stores, home delivery services and our popular meat CSA with pickup locations across the state.

Brookfield

Bent Birch Farms **(Founding Member)**

63 Webber Road,
Brookfield, MA 01506
774-449-8030
bentbirchfarm.ma@gmail.com
BentBirchFarms.com

Bent Birch Farm sells eggs from our free-range chickens, raw honey from our own bees, and fresh produce without the use of chemical fertilizers, herbicides, pesticides, or many other unnatural substances. We are dedicated to sustainable agriculture to provide the highest quality and freshest produce to support our local ecology and community. We believe

that farming is a cornerstone of community. Buying locally grown food assures that you get fresh, healthy and wholesome farm products.

Lamoureux Greenhouses **(Founding Member)**

9 Schoolhouse Cross Road,
Brookfield, MA 01506
508-867-2218
lamoureuxgreenhouses@gmail.com
LamoureuxGreenhouses.com

Lamoureux Greenhouses is a family-owned and run business. Our growth over the years has allowed for the establishment of a full nursery as well as several ponds with an area known to visitors as "Fishworks." We have: water plants; lilies; hyacinths; anacharis; bonsai; shrubs; hanging plants; annuals; herbs; orchids; cemetery boxes; topiaries; perennials; house plants. From May to December we have: basil; lettuce; kale; Swiss chard; cherry tomatoes; broccoli; peppers; squash cakes; and many herbs too. Full service landscaping. Open year round.

Mary Go Round Farm **(Founding Member)**

12 Gay Road,
Brookfield, MA 01506
508-637-1377
crsnyder3@hotmail.com
MaryGoRoundFarm.net

MGR Farm is family-run hunter/jumper/dressage facility, offering full boarding and training options. The property boasts a 72 x 150 foot indoor arena attached for year-round enjoyment, a 100 x 200 foot outdoor arena, direct access to trails, lots of turnouts, and top-notch care. Vegetables are

offered at local farmers markets during the summer months. Well composted material is available at the farm.

Overlook Farm

15 Long Hill Road,
Brookfield, MA 01506
508-867-2099
linda.hart08@gmail.com
OverlookFarm-MA.com
facebook.com/Overlook-Farm

A picturesque, 1790, New England working farm, situated on the Quaboag River in Brookfield, Massachusetts. The farm produces a wide diversity of vegetables, fruits, flowers, herbs, and hay of high quality. Whether you visit our seasonal retail farm stand or belong to our CSA, you will enjoy every visit to the farm. We are open May to November, depending on the availability of products. We celebrate nature's biodiversity by using cover crops, and organic fertilizers and pesticides. We do not use GMO seeds. You will find us on the menu of some of the local restaurants in the area. Check out our web site to learn more about the farm and upcoming events. Sincerely, the Ledoux Family and Staff.

River Mist Farm **(Founding Member)**

29 Fiskdale Road (Route 148),
Brookfield, MA 01506
508-867-3824
cindyvtdhi@aol.com
facebook.com/River-Mist-Farm

We offer small fruits and vegetables for sale at our farm in season. These include blueberries, asparagus, tomatoes, squash, potatoes, and corn. We also make and sell winter cemetery boxes and spring flower-

ing pots. Following a devastating barn fire in January 2014, we have been busy rebuilding. We currently raise free range chickens and sell eggs at the farm year round. We plan to return to raising goats in the spring.

**Town Farm Gardens
(Founding Member)**
135 Town Farm Road,
Brookfield, MA 01506
508-499-6836
ron@townfarmgardens.com
TownFarmGardens.com
facebook.com/Town-Farm-Gardens

We're a family-owned farm and nursery located in beautiful Brookfield, Massachusetts. We make delicious, award winning pickles, jams, relishes, hot sauces, and salsa – we grow as much of our own ingredient fruits and vegetables as we can and we source as much of the rest as we can from our neighbor farms.

You can find our homemade pickles, hot sauce, salsa, jams and relish at local farmer's markets, in stores all over New England, or on our website.



Charlton

Abundance Family Farm
7 Number 6 Schoolhouse Road,
Charlton, MA 01507
757-403-0759
abundance.csa.ma@gmail.com
facebook.com/Abundance-Family-Farm

Abundance Family Farm is the vision of two young farmers to bring local food to the communities of central Massachusetts. The DeCiccio's farm formed after discovering their passion for regional commerce, sustainability and farming. Our initial season we grew a variety of vegetables, cut flowers, and garlic. All products we produce are non-GMO and

pesticide free. We are developing a small diverse vegetable farm with plans to integrate animals. We distribute our produce through a CSA and farmers market.

**Signal Rock Farm
(Founding Member)**
62 H.K. Davis Road,
Charlton, MA 01507
508-248-1845
marianne@signalrockfarm.com
SignalRockFarm.com
facebook.com/Signal-Rock-Farm

Signal Rock Farm produces delicious, healthy, free ranging/grass fed lamb meat/wool products using sustainable management



THOSE WHO GROW



WALNUT LANE
Farm

**Your local source for raw milk,
grass-fed beef, & more!**

**Five generations strong!
Farming in Dudley since 1910.**

The Koebeke Family
Koebeke Rd,
Dudley MA 01571
walnutlanefarm.com
508-949-2043

practices. We strive to provide all that nature intended. The lambs are born in early spring and stay with their moms, siblings and guard llama's all summer and fall grazing lush hay fields and abundant pastures. We use electric netting to provide fresh grass daily and guard llama's for protection from predators. We never give feed grade hormones or antibiotics.

Douglas

Douglas Orchard and Farm
36 Locust Street
Douglas, MA 01516
5084762198
douglasorchardandfarm@gmail.com

Douglas Orchard & Farm is a small scale non certified organic farm with a focus in sustainability and plant and animal diversity. This year we are working on restoring our blueberry bushes and apple trees. Later this summer our country store will be opening. We will be selling blueberries, leafy greens, various vegetables, chicken and duck eggs, crafts and other local products.

Dudley

Walnut Lane Farm
33 Koebeke Road,
Dudley, MA 01571
508-949-2043
ameradaholsteins@charter.net
WalnutLaneFarm.com
facebook.com/Walnut-Lane-Farm

We are a 4th and 5th generation family farm, in the same location since 1910. We sell our own grass-fed beef, chicken, and eggs, as well as raw milk in our on-farm store.

East Brookfield

King's Berry Farm
(Founding Member)
121 North Brookfield Road,
East Brookfield, MA 01515
774-452-2112
making_usaf@yahoo.com
KingsBerryFarmCoops.com
facebook.com/Kings-Berry-Farm

We are a small family farm. We handcraft the finest Chicken Coops in New England. We organically grow our own berries, fruits,

vegetables and pumpkins. We grow our own mums, offer cut Christmas trees, wreaths and cemetery boxes in season. All our produce and plants are available at our seasonal scenic farm stand located on the farm open from May through October, the Winter Season the day after Thanksgiving through December 24. Chicken coops are available all year long.

Fitchburg

Hollis Hills Farm
340 Marshall Road,
Fitchburg, MA 01420
978-969-3130
jim@hollishillsfarm.com
HollisHillsFarm.com
facebook.com/Hollis-Hills-Farm

Since 2014, Hollis Hills Farms offers traditional apple picking on its historic apple orchard, farm tours of animal pastures and the sugar house and a full assortment of locally sourced products at the retail store and restaurant.

Grafton

Community Harvest Project
37 Wheeler Road,
Grafton, MA 01536
774-551-6455
jodi@community-harvest.org
community-harvest.org
facebook.com/Community-Harvest-Project-Inc

At Community Harvest Project, a nonprofit organization, we are dedicated to improving access to healthy foods through community engagement. Our mission is to build an engaged and healthier community by bringing together

volunteers to grow fresh fruits and vegetables for hunger relief. We operate on 17.5 acres in North Grafton and on a 75 acre property in Harvard, MA that includes a 30 acre apple orchard.

Groton

Autumn Hills Orchard

P.O. Box 801
495 Chicopee Row,
Groton, MA 01450
978-448-8388
info@autumnhillsorchard.com
autumnhillsorchard.com
facebook.com/Autumn-Hills-Orchard

Autumn Hills Orchard, Groton, Massachusetts, is an authentic working farm growing high quality fruit for local markets and pick your own customers. We grow 30+ varieties of apples, plus pears, peaches, plums, raspberries and blueberries in season. We participate in farmers' markets and partner with CSAs

throughout eastern Mass. Autumn Hills is open for Pick Your Own, September through October. Our customers appreciate our helpful customer service, our quality fruit, and our scenic orchard with panoramic views.

Hardwick

Clover Hill Farm

(Founding Member)
1096 Barre Road,
Hardwick, MA 01031
978-257-2390
cloverhillfarm1888@gmail.com
facebook.com/Clover-Hill-Country-Store

Farm fresh beef, pork, lamb, turkeys, eggs, raised on non-GMO feeds. Available at Clover Hill Country Store, Hardwick, MA. Non-GMO whole and ground corn, and soybeans for sale at our farm.

Robinson Farm

(Founding Member)

P.O. Box 94
42 Jackson Road,
Hardwick, MA 01037
413-477-6988
info@robinsonfarm.org
robinsonfarm.org
facebook.com/Robinson-Farm

Our success in the art of cheese-making begins with 100% grass fed cows. Our herd is a mix of Normandy, Jersey, & Holstein cows, giving us the desired ration of protein, fat and milk volume. We follow the natural seasonal rhythms of the cows in our organic pastures, which contributes to the distinct character and flavor profile of our cheese. Seasonal variations are a normal reflection of the rolling hills of Hardwick, MA located in Central New England.

Autumn Hills Orchard, Groton

Artisanal *Raw Milk* Cheese

Naturally aged from 100% grass fed, ORGANIC cow's milk, reflecting traditional cheese-making and the seasonal rhythms of our farm.



(413) 477-6988

www.robinsonfarm.org



Make your appointment to get
your poultry processed!

Chickens Ducks Turkeys

Custom and commercial processing



Stillman Quality Meats, LLC
Hardwick, MA

www.stillmanqualitymeats.com

Email: kstilly29@aol.com



Attention Poultry Producers!

Call 413.277.9600

Ruggles Hill Creamery (Founding Member)

P.O. Box 477
670 Ridge Road,
Hardwick, MA 01037
978-287-5005
tsmith@alum.mit.edu
ruggleshill.com
facebook.com/Ruggles-Hill-Creamery

Tricia Smith raises registered Oberhasli and Saanen dairy goats at Ruggles Hill Creamery, a 38-acre farm in Hardwick. The farmhouse dates from 1760 and sits along a quiet lane with hayfields to the west and barns and pastures to the south and east. Considered both friends and co-workers, the goats are cared for by Tricia, her husband Michael Holland, and their neighbor Bob Page. The herd is certified Animal Welfare Approved. Ruggles Hill currently produces 10 award-winning cheeses.

Still Life Farm (Founding Member)

P.O. Box 211
1643 Petersham Road,
Hardwick, MA 01037
978-413-5110
StillLifeFarm@aol.com
StillLifeFarm.com
facebook.com/Still-Life-Farm

A daughter farm of Stillman's Farm in New Braintree, we are an up and coming small farm specializing in tree fruit and berries, cherry tomatoes, and hardy winter vegetables. We offer a wonderful and diverse Winter CSA. As our business expands, we hope to become a staple at many local farmer's markets. Love your food, and know your farmer!

Stillman Quality Meats, LLC

P.O. Box 373
561 Thresher Road,
Hardwick, MA 01037
413-477-0345
kstilly29@aol.com
StillmansAtTheTurkeyFarm.com
facebook.com/Stillmans-at-the-Turkey-Farm

We are a small, artisan family farm, dedicated to producing conscientiously raised, grass-fed and pastured, chemical free meats and poultry. Our meats and poultry are truly unique. Raised in the small farm tradition, using sustainable and local practices, our meats and poultry are better tasting, more nutritious and raised in a manner that is respectful of both the land and the animals. We are happy to offer a tasty and conscientious connection from farm to plate!



Harvard

Carlson Orchards, Inc. (Founding Member)

P.O. Box 359
115 Oak Hill Road,
Harvard, MA 01451
978-456-3916
fcarlson@carlsonorchards.com
CarlsonOrchards.com
facebook.com/Carlson-Orchards

2nd generation fruit growing operations, wholesale and retail apples, nectarines, peaches and freshly pressed apple cider, with seasonal pick your own on all fruits. Retail farm store open year round.

Old Frog Pond Farm (Founding Member)

38 Eldridge Road,
Harvard, MA 01451
978-456-9828
apples@oldfrogpondfarm.com
oldfrogpondfarm.com
facebook.com/OldFrogPondFarm

Old Frog Pond Farm is one of the few Certified Organic Orchards in Massachusetts. Every fall we open for pick-your-own apples and raspberries. We sell our organic potatoes, greens and other vegetables at our onsite farm stand. In 2014 we planted a 38-tree Asian pear orchard. We host an Annual Outdoor Sculpture Exhibit, present workshops, and gather for community events throughout the year.



The Farm at SummitWynds, Holden

Holden

Hillside Farm (Founding Member)

199 Muschopauge Road,
Holden, MA 01522
508-829-3712
jdunniii@ll.mit.edu

Quality hay in 40-50 lb. bales. Guaranteed satisfaction. On-farm pickup encouraged. Delivery available. Limited amounts of seasoned firewood in the Fall. Summer vegetables. Goats for sale in the Fall as well.

Hillside Herbals (Founding Member)

30 Wahlstrom Lane,
Holden, MA 01522
508-847-8615
rjrcnm@gmail.com
HillsideHerbals.com
facebook.com/HillsideHerbals

Hillside Herbals is a very small but growing herbal business that specializes in "teas with intent,"

culinary herb & spice blends and natural skin care. The teas are skillfully crafted using herbs that have been grown on the farm, mindfully wild-harvested or purchased from reputable certified organic herb suppliers. A small but growing supply of fresh culinary and medicinal herb plants are also available. Our methods include using local manures from organically raised animals. Workshops are given periodically through the year.

The Farm at SummitWynds

69 Summit Street,
Holden, MA 01520
508-944-3718
amy@summitwynds.com
thefarmatsummitwynds.com
summitwynds.com
facebook.com/The-Farm-at-SummitWynds

We grow horses, blueberries and LOVE! Raising and showing horses since 1964, we own and stand AQHA/APHA stallion Just Expect



Follow us! Central Mass Grown is on Twitter: @CentralMaGrown

THOSE WHO GROW



It. NEWSFLASH: Our recently renovated historic ski-lodge turned horse barn is now available for rustic farm weddings and events. Located in Holden on 40 private hilltop acres with stunning panoramic views of Wachusett Mountain, horse pastures, blueberry & wildflower fields; The Farm at SummitWynds is an ideal location for special occasions. Tours by appointment only at www.summitwynds.appointy.com

Hubbardston

**High Meadow Farm
(Founding Member)**
28 High Street,
Hubbardston, MA 01452
508-331-4975
jassy.bratko@gmail.com
HighMeadowFarms.com
facebook.com/pages/High-Meadow-Farm

We are located in Hubbardston, Massachusetts. We are committed to raising our fruit and livestock in a way that protects the environ-

ment and respects the health and well being of the animals. We produce 100% grass-fed beef; woodland-raised pork; pasture-raised chickens, organic peaches, plums and apples; honey from our orchard and maple syrup from our woodlands. Our products are available for sale at our farm stand.

**Ladybug Farm Produce
(Founding Member)**
143 Williamsville Road,
Hubbardston, MA 01452
978-928-3731
ladybugfarmproduce@gmail.com
LadyBugFarmProduce.webs.com

We are a Baystate Organic Certified Farm. We grow and sell vegetables, small fruits, herbs, eggs, cut flowers, and hay. We have a CSA, and sell to restaurants too. Our farm store sells milk, honey, frozen meats from Barre farmers, fresh coffee & tea, fresh baked goods, soups, jams & jellies — from my kitchen, my herbal vinegars, and homemade gifts. Local Maple Syrup, apples, apple cider sold also. Plants available seasonally. Our farm store is open year round. See our website: www.ladybugfarmproduce.webs.com

Plain View Farm
130 Gardner Road,
Hubbardston, MA 01452
978-820-1199
ktetreault@charter.net
plainviewfarmalpacos.com
facebook.com/Plain-View-Alpacas

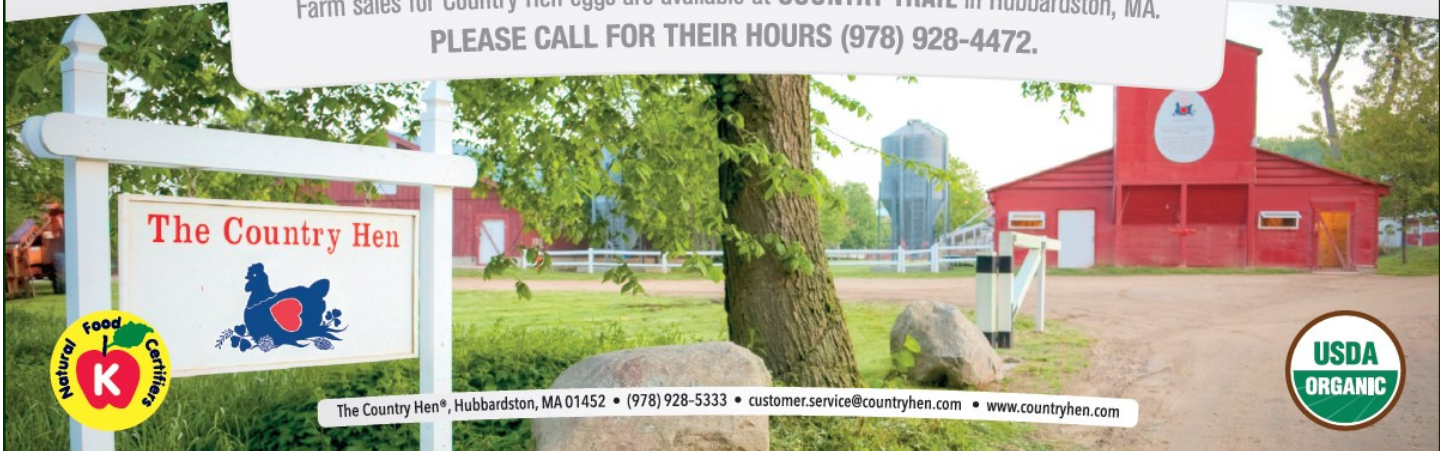
Come see what's in Plain View! First of all we have our alpacas! Stop and you may get to meet these wonderful animals. Visit our gift shop where

Farm Fresh Taste

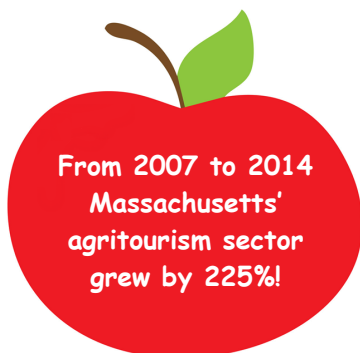
- Mill Our Own Organic Feed
- Our Feed is Non-GMO
- Humane Farming Practices
- Sunlit Barns with Porches
- 300mg Omega-3s (per large egg)
- Cage Free



Farm sales for Country Hen eggs are available at **COUNTRY TRAIL** in Hubbardston, MA.
PLEASE CALL FOR THEIR HOURS (978) 928-4472.



we have quality items made from alpaca fiber. We carry yarn, socks, hats, gloves, scarves, sweaters and more! We also sell aged manure by the bag or by the truckload. In mid-summer our daylilies are in bloom and for sale. Open most Sundays 12-4pm or call for an appointment.



The Country Hen
P.O. Box 333
16 Williamsville Road,
Hubbardston, MA 01452
978-928-5333
kmoran@countryhen.com
countryhen.com
facebook.com/The-Country-Hen

The Country Hen, founded in 1988, supplies supermarkets across the United States with the first commercially produced Organic, Omega-3 egg. Our hens are cage free and enjoy roaming through spacious, sunlit barns with outdoor porches attached. Our feed mill is located at the farm and utilizes the highest quality organic commodities to pro-

duce a large egg with 300 mg of Omega-3s (including DHA, EPA, and ALA), 550 mcg -Lutein and Zeaxanthin, 160 mg- Choline, and 125 IUs- Vitamin D.

Westfield Farm
28 Worcester Road,
Hubbardston, MA 01452
978-928-5110
stetson@chevre.com
chevre.com
facebook.com/Westfield-Farm

Located on 25 acres in central Massachusetts, Westfield Farm has been making fresh goat and specialty cheeses in Hubbardston since 1980. Their Hubbardston Blue, Classic Blue and Fresh Capri

THOSE WHO GROW

have won numerous national awards and drawn the attention of the nation's gastronomic elite.

Lancaster

Harper's Farm & Garden
1539 North Main Street,
Lancaster, MA 01523
978-365-7577
David@Harpersfarm.com
Harpersfarm.com

A fourth generation family farm since 1903. We are an 85 acre very diversified fruit and vegetable farm, growing most of our produce using organic methods. Our produce is sold through our farm stand (open May – November), local Farmers Markets and our Community Supported Agriculture (CSA).

Leicester

Breezy Gardens
6 McNeil Highway,
Leicester, MA 01524
508-892-9201
breezygardens@gmail.com
BreezyGardens.com
facebook.com/Breezy-Gardens

A family owned and operated farm, serving our community for thirty-six years, we offer an extraordinary selection of naturally and environmentally responsibly grown vegetables from our own fields in the heart of central Massachusetts. Starting in April with fabulous bedding plant sales, through the summer and autumn vegetable production, into the u-pick pumpkin fun, and the Christmas tree sales season we are open

everyday. Please visit our farm market for great service and proudly grown local truly fresh products.

Coopers Hilltop Farm
(Founding Member)
515 Henshaw Street, Rochdale,
Leicester, MA 01542
508-892-3720
coopershilltopfarm@gmail.com
CoopersHilltopFarm.com
facebook.com/Coopers-Hilltop-Farm

Our family has been operating our dairy farm for nearly 100 years. Cows are milked twice a day and all milk is pasteurized and sold cash and carry at the farm. Whole, Lowfat, and Skim milk are available 9am to 9pm every day. We offer heavy cream for whipping, light cream for coffee, and chocolate, strawberry and coffee flavored milk. Egg Nog is available from mid November through New Years as well as for Easter. Recently steer, laying hens and a few pigs have joined the cows on our 200 acres.

Little Bit Farm
(Founding Member)
26 Charles Street,
Leicester, MA 01524
508-892-9883
littlebitfarm2004@charter.net
Little-Bit-Farm.com
facebook.com/Little-Bit-Farm

We are a small, first generation farm that uses organic methods to provide a natural and sustainable farm environment. We begin the season with a wide range of heirloom plants, herbs and compost for sale. Please visit us on our farm or at the Leicester Farmers Market for fresh, heirloom

Little Bit Farm & Apiary

*Diversified natural farming
working **with** nature*



Heirloom Plants – Starts May 21
Farm Fresh Vegetables & Fruit
Raw Honey & Honey Products

Come to Leicester Farmers' Market on
Saturday from late June 'til end of Oct. !

(508) 892-9883
26 Charles Street, Leicester, MA 01524
littlebitfarm2004@charter.net

varieties or specialty ethnic vegetables. We also sell raw honey, other honey products, and fresh turkeys for Thanksgiving. We take pride in the level of quality we pass along to you. Open M-Sun 9a-6p.

Stony Knoll Farm
(Founding Member)
800 Pleasant Street, Rochdale,
Leicester, MA 01542
508-892-8884

Come visit our family's farmstand, open daily, noon to 6 p.m., mid-June through mid-October. For over 30 years we have been growing and selling our own vegetables, herbs, fruit, rabbits and live bait, as well as local produce grown by nearby farmer friends.

Sholan Farms, Leominster



Leominster

Sholan Farms

(Founding Member)

P.O. Box 632

1125 Pleasant Street,
Leominster, MA 01453

978-840-3276

info@sholanfarms.com

SholanFarms.com

facebook.com/Sholan-Farms

Sholan Farms is owned by the City of Leominster and operated by the Friends of Sholan Farms, a community-supported, non-profit organization. Situated on a hilltop with panoramic views of surrounding country side, the farm provides cross-country skiing, walking trails, bird watching, picnic area and a variety of cultural and folk events throughout the year. In season, pick from a large variety of spectacular apples, peaches, raspberries, and blueberries and seasonal produce.



Highland farm, Lunenburg



THOSE WHO GROW

Littleton

Springdell Farm

571 Great Road,
Littleton, MA 01460
978-486-3865
Jamie@springdellfarms.com
www.springdellfarms.com/

Our Farm stand is open April to December. We are a diversified fruit, vegetable, and livestock operation. One of the oldest farms in the area and known as Scratch Flat, our land has been farmed since 1781 but continuously operated by the Theodoros Family since 1931. We provide our customers with local food raised with care and respect. Come experience a true New England roadside stand, and meet the family that grows your food. Vegetable and Meat CSA shares available.

Lunenburg

Highland Farm

173 Highland Street,
Lunenburg, MA 01462
978-790-6436
highlandfarmlunenburg@gmail.com
facebook.com/Highland-Farm

The Dupuis Family at Highland Farm is dedicated to providing the finest, freshest, all natural meats, produce, and eggs possible through our enthusiasm for raising high quality breeds of livestock traditionally and humanely. Like us on Facebook and follow us on Instagram to see photos of the farm, our family, our animals, our fields, and to learn more about the importance of locally grown foods, as well as supporting local agriculture.

Lanni Orchards, Inc. (Founding Member)

294 Chase Road (Route 13),
Lunenburg, MA 01462
978-582-6246
info@lanniorchards.com
lanniorchards.com
facebook.com/Lanni-Orchards

Lanni Orchards, Inc. is a family owned and operated farm in Lunenburg, Ma. We are open year round and sell our fresh picked apples and vegetables. Our farm stand carries a great assortment of local products made right here in Massachusetts. Stop by and see what's local! You want local, you want fresh.

Millis

Tangerini's Spring Street Farm

139 Spring Street,
Millis, MA 02054
508-376-5024
tangerinifarm@verizon.net
TangerinisFarm.com
facebook.com/Tangerinis-Spring-Street-Farm

Our farm was established in 1995. The farm's diverse operations include the growing of a wide variety of vegetable and fruits using organic methods in 98% of our crops. We also grow and sell a wide variety of herbs, vegetable plants, hanging baskets and perennials. Our produce is sold through our farm stand, our 300 member CSA which distributes almost year-round and local farmers' markets. A farm kitchen and an ice cream shop are also part of the farm.

New Braintree

Grand Maple Farms (Founding Member)

727 Moore Road,
New Braintree, MA 01531
508-864-5277
774-200-0272
508-867-2526
facebook.com/Grand-Maple-Farms

Operated by Paul and Justin Schur (father/son/family team), a small maple sugaring operation featuring 100% pure Massachusetts maple syrup and candy. We pride ourselves in producing only the best pure products in our traditional sugarhouse using state of the art stainless steel equipment. We adhere to FDA and local regulations. Come watch syrup being made (call ahead for dates). Members of the Massachusetts Maple Producers Association. Sales and shipping available year round. Children are more than welcome.

Stillman's Farm (Founding Member)

1205 Barre Road,
New Braintree, MA 01531
508-867-7193
stillmans@verizon.net
StillmansFarm.com
facebook.com/Stillman's-Farm

Stillman's Farm is a family owned farm committed to providing the freshest and healthiest produce while ensuring the safety of our environment, family and customers. We currently operate a greenhouse business in Lunenburg, and a diverse fruit and vegetable farm in New Braintree. We offer our amazing produce and

plants at many farmers' markets and through Community Supported Agriculture (CSA). To learn more about Stillman's, what we offer, and where to find us, please check out our website.

Summit Farm
(Founding Member)
 40 Hardwick Rd,
 New Braintree, MA 01531
 508-867-7303

Grazing and Feeding Management: Pastured in summer, organic hay and all natural grain. Herd Health: No hormones or antibiotics. Goat milk only. Call ahead.

Walker Farm at
Whortleberry Hill
(Founding Member)
 1290 West Brookfield
 Road, New Braintree, MA
 01531
 508-867-8097
joanie@walkergrassfed.com
WalkerGrassFed.com

Certified 100% Grass-fed beef. Healthy, Local, Humane. Animal Welfare Approved, Non-GMO grass pastures and hay, no hormones, antibiotics or dangerous fertilizers. Beef born & raised on our farm in a no-stress environment to the height of flavor. We are the ONLY Certified Grass Fed AND Animal Welfare Approved beef producer in all of New England. Feel free to arrange a visit to the farm – an informed consumer is our best customer. "A cut above the rest."



Walker Farm at Whortleberry Hill, New Braintree

North Brookfield

Brookfield Orchards, Inc.
(Founding Member)
 12 Lincoln Road,
 North Brookfield, MA 01535
 508-867-6858
brookfieldo@aol.com
BrookfieldOrchardsOnline.com

More than an apple orchard! Open year 'round offering apples, cider, pastries, cider donuts, country store with jellies, maple products, honey, cheese, "penny candy", kitchen gadgets, and more. Our consignment items include crafts, historic maps, antiques, and collectibles. The Snack Bar serves apple dumplings and ice cream year 'round. Seasonal activities include pick-your-own apples, wagon rides, a maze, and full snack bar during the fall. Mail order apples for the holidays. Open year round 9-5. Closed Thanksgiving, Christmas, and July 4.

Fuzzy Boys Farm
 22 Bullard Road,
 North Brookfield, MA 01535
 508-867-9261
jfalardeau019@yahoo.com
facebook.com/Fuzzy-Boys-Farm

We have a farm that sells alpaca related products. This includes hats scarves mittens sweaters as well as yarn. In the fall we also sell organically grown vegetables.



THOSE WHO GROW

Warren Farm & Sugarhouse

31 Warren Street, North
Brookfield, MA 01535
508-867-0174
warrenfarm@aol.com
thewarrenfarm.com
facebook.com/The-Warren-Farm-&
Sugarhouse

The Warren Farm and Sugarhouse has produced maple syrup, maple confections and specialty foods, including gourmet preserves, savory oils, and sauces for over 20 years. We offer heirloom vegetable plants, started from seeds in our greenhouses and organically raised by hand. Our farm stand is open all year, though hours vary due to farmers markets, fairs, and other events listed on our web site. Wholesale accounts are welcomed. Don't miss our sugaring tours in March!



Brookfield Orchards, North Brookfield

Northborough

Tougas Family Farm (Founding Member)

234 Ball Street,
Northborough, MA 01532
508-393-6406
mo@tougasfarm.com
TougasFarm.com
facebook.com/Tougas-Family-Farm

Since 1981 the Tougas Family has welcomed local families to harvest their own fruit on our 100+ acre farm. Strawberries in June, cherries and blueberries in July, blueberries, peaches and nectarines in August, apples and pumpkins in September. Our on farm bakery and kitchen offers seasonal baked goods, cider donuts, ice cream and light lunches. Our barnyard features a herd of Boer Goats. A simple farmyard play-

ground allows kids to burn energy. Wagon rides provide transportation to picking areas.

Orange

The Little White Goat Dairy Farm at Heritage Fields Farm

309 Gidney Road,
Orange, MA 01364
978-790-1240
littlewhitegoatdairy@gmail.com
heritagefields@gmail.com
littlewhitegoatdairy.com
facebook.com/The-Little-White-Goat-Dairy

At Heritage Fields Farm, we nurture our land, our livestock and our customers from the soil up. Our meats and dairy products are nutritious, mindfully raised, and

above all – delicious! The solar-powered dairy brings you fresh raw goat milk, and yogurt, kefir and cheeses made from it on the premises. We also sell pastured pork and nitrate free bacon. The farm store is open 7 days 8am-7pm April-December, call or email to confirm hours Jan-March.



Oxford

Emmas Acres Alpacas

105 Charlton Street
Oxford, MA 01540
(508)987-594
emmasacres@hotmail.com
emmasacresalpacas.com
facebook.com/EmmasAcres

We are a small family farm in South Central Massachusetts. We have had Alpacas since 2002. We have raw fiber, roving and natural colored yarn from our alpacas, we also belong to a co-op in Fall River, Massachusetts. Alpaca is very soft, light and warm, yet breathes and considered hypoallergenic. So stop by or check us out on the web to see the full line and the history of our farm. Our animals are the Fiber of our Farm.

Hebert Honey (Founding Member)

10 Lind Street,
Oxford, MA 01540
508-864-2538
Davidjhebert@charter.net
HebertHoney.com
facebook.com/Hebert-Honey

Hebert Honey was founded in 1990 with several hives and little experience. Today we have grown to include wholesaling our products to stores and farm stands. We attend shows and Fairs each year to sell our 100% Natural Beeswax products. The volume of our honey business has grown so much; we have partnered with the best beekeepers in the area and New England to provide the finest Local Honey available. We look forward to serving your business and personnel needs.

Walker Valley Farm

568 Main Street,
Oxford, MA 01540
774-454-9430
chris@walkersgreenery.com
walkervalleyfarm.com
facebook.com/Walker-Valley-Farm

Walker Valley Farm is currently going through the transition from a hobby farm to a business. The farm has been in the family for generations and is now ready to start growing again! Currently offering free range eggs, Chris and Cristin are excited to see what this season will bring in the garden for a variety of organic fruits and vegetables.

Winsky Farm

45 Lovett Road,
Oxford, MA 01540
508-987-0255
twfarm21@yahoo.com
winskyfarm.com
facebook.com/Winsky-Farm

Our family is a third generation farm. We raised Herford Red Angus Cross. Our cows are beef cows. All our animals are born and raised on our farm. We raised our animals with no steroids, hormones or antibiotics the way nature intended with plenty of pasture for them to graze on. We sell all natural raised USDA certified beef and pork. Farm store hours Thursday – Saturday 10am to 5pm; Sunday 10am to 2pm. Debit and Credit cards accepted.

Paxton

Turn Back Time Farm

250 Marshall Street,
Paxton, MA 01612
978-760-3707
lisab@tbtinc.org
tbtinc.org
facebook.com/Turn-Back-Time

Turn Back Time is a small farm children's program, specializing in teaching farming and nature. We offer year long integrated educational programs for children and families, including a 6 week day camp in the summer. We have fresh eggs, poultry and pork for sale. In addition to the farm our 58 acre homestead offers a nature path, beaver pond and nature playground. Join us soon for one of our free family picnics on the farm!

Pepperell

Kimball Fruit Farm

184 Hollis Street,
Pepperell, MA 01463
978-433-9751
chills1199@aol.com
kimballfruitfarm.com
facebook.com/Kimball-Fruit-Farm

Kimball Fruit Farm, a fourth generation family farm committed to growing high quality fruits and vegetables. In 2000 we proudly became an APR farm. We grow 50 varieties of award winning heirloom tomatoes, 40 varieties of apples, and many other varieties of fruits & vegetables. We practice IPM and use organic methods as well. We participate in 12 farmers markets through-



THOSE WHO GROW

out the Boston area and service 40 plus restaurants. We do PYO berries, apples & pumpkins at our farm stand.

Petersham

Stone Harvest Farm (Founding Member)

60 Hardwick Road,
Petersham, MA 01366
978-724-0024

jana@stoneharvestfarm.com
StoneHarvestFarm.com
facebook.com/Stone-Harvest-Farm

Working in nature to feed and clothe people. Jana Dengler and Maryanne Reynolds established Stone Harvest Farm in 2010, returning an early Petersham homestead to agricultural use with modern organic practices. Our cashmere goats have earned top awards. Our yaks help budding efforts to manage land for dual purpose of growing timber and feeding livestock ("silvopasture"). Farm offers cashmere fiber, crops grown to order, goat meat, livestock, vegetables and more. We make DELIVERY to points in BOSTON and WORCESTER.



Phillipston

Red Apple Farm (Founding Member)

455 Highland Avenue,
Phillipston, MA 01331
978-249-6763

al@redapplefarm.com
RedAppleFarm.com
facebook.com/Red-Apple-Farm

A 4th Generation New England Family Farm. PYO: Apples (50 Varieties!), Peaches, Pears, Blueberries, Raspberries, Pumpkins, & Potatoes. Hayrides, Weekend BBQ's, Farm Animals, Hiking Trails, Picnic Pavilion, Country Barn. Fresh-Baked Goods, Hot Cider-Donuts, Home-Made Fudge, All-Natural Cider, fruit-topped ice cream and more...

Princeton

Charbrook Farm (Founding Member)

71 Gates Road,
Princeton, MA 01541
774-392-3683

lstimson@charbrook.com
Charbrook.com

Charbrook Farm is situated at the foothills of Wachusett Mountain in Princeton, MA. The farm consists of a nursery for native tree and shrub cultivation associated with Stephen Stimson Associates Landscape Architects. Charbrook raises the rare breed of Milking Devon cattle, and is the third farm in the country to breed the endangered Herdwick cross sheep. Grass fed, organic lamb is available seasonally at the Charbrook Shop at the old general store in Princeton, MA.





Lazy Day Farm 70 Kenwood Dr.
Rutland, MA
508-886-7783
(Less than 1mi. from the Center off Rte. 122A)

f Baled Hay, Farm Fresh Eggs, Breed Spotted Draft Horses, Pumpkins & Squash in the Fall.
September & October Wagon Rides to the Pumpkin Patch to Pick Your Own!

Elzire's Acre
(Founding Member)
111 Wheeler Road,
Princeton, MA 01541
978-660-6673
info@elziresacre.com
ElziresAcre.com
facebook.com/Elzires-Acre-Goat-Milk-Soap

Hand made goat milk soap from our organically fed goats. Palm Oil free, Palm Kernel Oil free, soybean oil free. No synthetic colorants or chemical fragrance oils. Therapeutic grade essential oils, herbs, spices. Natural and organic ingredients.

Hubbard's Farm, LLC
154 Houghton Road,
Princeton, MA 01541
978-464-2041
info@hubbardsfarm.com
hubbardsfarm.com
facebook.com/Hubbards-Farm

Hubbard's Farm is a 5th generation, family run farm in beautiful Princeton, MA. The farm, previously a dairy has since expanded and we now have beef cattle, chickens, goats, and donkeys. 2016 will lead

to the production of natural pasture raised beef and poultry. Farm fresh eggs are now available. The farm also offers wood pellets, composted cow manure, loam and bark mulch. Products vary by the season, please visit our website frequently for exciting updates!

Rutland

Heifer Farm
(Founding Member)
216 Wachusett Street,
Rutland, MA 01543
508-886-2221
Heifer.farm@heifer.org
heifer.org
facebook.com/Heifer-International

Heifer Farm is one of three learning centers operated by Heifer International. Grass-fed beef, lamb and pasture raised pork is available through our fair trade gift shop – open daily from 9:00 AM – 5:00 PM. We also offer field trips, multi-day educational programs for youth and adults, week-long day camps during school breaks, walking trails and a variety of annual events. Come visit!

Jordan's Dairy Farm
51 Muschopauge Road,
Rutland, MA 01543
508-989-1802
jordandairy@charter.net
jordandairyfarms.com
facebook.com/Jordans-Dairy-Farm

Located in Rutland, MA we are a 5th Generation Dairy Farm run by brothers Randy and Brian Jordan. Jordan Dairy Farms, Inc. is home to 800 head of Holsteins, milking 300 cows three times per day. We utilize 950 acres of fields planted with corn or hay. In addition to the dairy we raise over 700 Hybrid Double Breasted White turkeys for your holiday feasts. We also cultivate about 2 Acres of Blueberry bushes that we sell at local Farmers' Markets.

Lazy Day Farm
(Founding Member)
70 Kenwood Drive,
Rutland, MA 01543
508-886-7783
farmall656@gmail.com
facebook.com/Lazy-Day-Farm

A 126 acre farm in Rutland, less than a mile from the center of town off Route 122A. Products for sale: Year round – Fresh Farm Eggs, Baled Hay, Fall – Pumpkins, Squash. Fall – Week ends – mid September thru October – Wagon rides to the Pumpkin Patch to pick your own pumpkin. Breed Spotted Draft horses. Hay Rides and Sleigh Rides on the farm by Appointment.

THOSE WHO GROW

Mesa Farm

67 Muschopauge Road,
Rutland, MA 01543
508-886-6898
dale.mesafarm@gmail.com
mesafarmrutland.com
facebook.com/Mesa-Farm

Mesa Farm is an 80 acre farm that uses sustainable production methods which integrate the land and livestock enterprises. In addition to various equine programs, our horses provide draft power such as cultivating the one acre market garden. We also sell our own grass-fed lamb and wool. Educational visits can be arranged to learn more about the various sustainable grazing, gardening, and forest stewardship practices used at the farm. We also host a live nativity the second weekend of December.

Oak Meadows Farm

200 Pommogussett Road,
Rutland, MA 01543
508-886-0298
oakmeadowsfarm@yahoo.com
facebook.com/Oak-Meadow-Farm-Garden

Located on 100+ acres Oak Meadows Farms naturally raises Berkshire pigs and Highland beef cattle. Our beef is grass-fed our pork is pasture/woodland and grain-fed, all antibiotic, chemical and hormone free. We offer our USDA inspected meat products in a variety of packaged cuts. Enjoy locally grown food.

Sap Castle at Overlook Farm (Founding Member)

29 Overlook Road,
Rutland, MA 01543
508-886-4564
sapcastle@gmail.com

The Sap Castle at Overlook Farm is a third-generation Central Mass. Farm producing high-quality maple syrup in Rutland. Operating primarily as a dairy farm for much of the 1900s, maple syrup has been produced on this property for at least 200 years and our new timber frame sugar house (raised by hand) continues that historic tradition. Find our syrup in area farm stands or call or email us to see the sugar house or to buy syrup.

Southborough

Chestnut Hill Farm

The Trustees
9 Chestnut Hill Road
Southborough MA, 01772
413-212-8492
ddubois@thetrustees.org
thetrustees.org/chestnuthillcsa

Our farm is a beautiful gem of a property complete with rolling hills, farm fields and woodlands filled with trails. As a Trustees property we are open to the public from dawn to dusk for passive recreation. We grow over 40 varieties of vegetables for our CSA and farmstand and have a range of engagement programming all year from demos to festivals. A herd of charismatic goats and a flock of clucking hens moves about the farm. Come join us!

Spencer

Bemis Farms Nursery (Founding Member)

29 North Brookfield Road,
Spencer MA 01562
508-885-4247
ebemis@bemisfarmsnursery.com
BemisFarmsNursery.com
facebook.com/BemisFarmsNursery

Bemis Farms Nursery, recognized as one of the most progressive green industry businesses in the area, is committed to excellence in every phase of its operation. Our company will continue to improve its position through the application of principled, financially sound business practices. We continue to grow and expand. We try very hard to keep our green thumbs on the pulse of the newest and best the green industry has to offer in annuals, perennials, trees, and shrubs.

Thibault's Poultry Inc.

92 North Spencer Road
Spencer, MA 01562
508-612-1907. 774-535-1147
ThibaultsPoultry@yahoo.com

Thibault's Poultry Inc. established since 1925 on Route 31 just north of Spencer Center. Long trust provider of poultry, eggs, and feed. Today, you can find all of your feed and grain supplies to meet your agricultural needs. Distributor of hay, shavings, dog and cat supplies.



PINEO FAMILY FARM

Locally Grown Fruits and Vegetables
-CSA-

Michael and Amy Pineo
41 Tuttle Road

Sterling, MA 01564

(978) 422-7350

www.pineofamilyfarm.com

Email us: pineofamilyfarm@aol.com



Sterling

Locust Knoll Farm
(Founding Member)
155 North Row Road
Sterling, MA 01564
978-563-1834
locustknollma@yahoo.com

We have been raising goats since 2009 for multiple purposes that include clearing some of the wooded area on the farm, renting the goats for land clearing projects on other properties, selling goat kids, and high quality goat meat. We are also raising layer hens and selling eggs. The animals are raised to encourages them to roam and graze exhibiting their natural behaviors. All products are sold at the farm.

Hoof n Hope
Founding Member
10 Rugg Road,
Sterling, MA 01564
9786604071
kgostenhof@verizon.net
hoofnhope.org
facebook.com/hoofnhope

We provide equine assisted activities such as therapeutic riding and vaulting, and expressive arts programs.

Meadowbrook Orchards
209 Chace Hill Road,
Sterling, MA 01564
978-365-7617
kathy.c@meadowbrookorchards.com
meadowbrookorchards.com
facebook.com/pages/Meadowbrook-Orchards

Meadowbrook Orchards grows apples, blueberries, raspberries, pumpkins, and flowers for the farm store, CSA and Farmers

Markets using sustainable methods and IPM (Integrated Pest Management). We offer the highest quality locally grown fruit, cider, fresh and delicious in house prepared and packaged food, great merchandise, and year around fun for the whole family at the farm. It is a five generation family farm that brings the best traditions from the past to the future.

Pineo Family Farm
(Founding Member)
41 Tuttle Road,
Sterling, MA 01564
978-422-7350
pineofamilyfarm@aol.com
PineoFamilyFarm.com
facebook.com/Pineo-Family-Farm

The Pineo Family Farm is a family owned and operated farm. You won't find any corporate logos or imported vegetables at our stand-



179 Barre Rd Templeton, MA
01468
P: (978) 833-1549
E: mleclercou812@comcast.net

Valley View Farm- As local as it gets!

Fully-equipped with State Inspected Meat and Poultry Processing Facilities.

We custom smoke bacon, ham and anything else you need smoked. We specialize in jerkies and summer sausages as well as provide pig roasts. We also process wild game. We custom process chickens all summer long, and turkeys for the holidays. Vegetable stand open Memorial Day to Halloween!

just quality fruits and vegetables grown in Sterling soil. At our farm, we know locally grown, fresh picked produce provides you and your family with the best taste and highest nutritional value available. Supermarket and imported produce can't even be compared.

Rota Spring Farm
117 Chase Hill Road,
Sterling, MA 01564
978-365-9710
rotaspringfarm@gmail.com
rotaspringfarm.com
facebook.com/Rota-Spring-Farm-Ice-Cream

Wide variety of vegetables and fruits grown right here on our farm. Corn, tomatoes, variety of squash, berries, peaches, and so much more. No GMOs and always the freshest selection. Hayrides to pick your own pumpkins in the fall. Grass fed beef and goat meat. 58 award winning home-made ice cream flavors made right here on the premises.

Stow

Stow Greenhouses
84 Walcott Street
Stow, MA 01775
978-568-1189
info@stowgreenhouses.com
stowgreenhouses.com
www.facebook.com/
stowgreenhouses/?fref=ts

Stow Greenhouses is a 14-acre family owned cut flower farm and design studio located in Stow, MA. We grow over 90 varieties of flowers year-round and bring them to our customers at the Boston Public Market and farmers' markets. We also sell our flowers to wholesalers, floral designers, restaurants, businesses and retail locations. Our design studio specializes in creating fresh-from-the-garden designs for weddings and special events. Our arrangements are naturally designed using the best of what is blooming each day.

Sutton

Whittier Farms
(Founding Member)
P.O. Box 455
90 Douglas Road,
Sutton, MA 01590
508-865-1053
whittierfarms@aol.com
whittiers.com
facebook.com/Whittier-Farms

Whittier Farms is a 500 acre multifaceted farm. Whittier Farms is home to 300 Holstein dairy cows, grows seasonal fruits and vegetables for wholesale and for sale at our year-round retail store. Inside the retail store, is a wide selection of local products including our own homemade pies, baked goods, jams, breads, and frozen prepared meals. Whittier Farms hosts farm tours, special events, and agricultural education events to continue our mission of Keeping Agriculture Alive and Well in Sutton, MA.

Templeton

Pease Orchard
11 Phillipston Road
at Brooks Village,
Templeton, MA 01468
978-939-5324
david@peaseorchard.com
PeaseOrchard.com

Pease Orchard is located in Brooks Village, Templeton, Massachusetts, an old New England village in the northwest corner of Worcester County. It's an area where you find a rare blend of altitude, soils, and climate that's perfect for growing crisp, juicy apples. That's why, in 1912,

brothers Clarence and Lester Pease began "setting out" fruit trees. They were the first commercial orchard in the area, and became known for the quality of their apples, which remains to be true today.

Valley View Farm
179 Barre Road,
Templeton, MA 01468
978-939-1066
mleclercou812@comcast.net
facebook.com/Valley-View-Farm

Locally grown meats and produce. We have a state inspected meat and poultry processing facility. Smokehouse products such as hams, bacons, jerky, summer sausages etc..

Townsend

King Farm, Inc.
(Founding Member)
15 Scales Lane,
Townsend, MA 01469
978-597-2866
kingfarminc@verizon.net
KingFarmInc.com

King Farm was started in 1922 as a dairy farm. Through our many days of hard work we have grown into one of the largest wholesales of plant material in Massachusetts. We might have grown but we still work one on one with our customers. We sell wholesale plants to garden centers and roadside stands. We do not sell to mass merchants! For all seasons from Easter bulbs to Christmas poinsettias and everything in between contact us for all your plant needs.

Warwick

Hettie Belle Farm
(Founding Member)
28 Winchester Road,
Warwick, MA 01378
978-544-6241
jennifer@hettiebellefarm.com
HettieBelleFarm.com
facebook.com/Hettie-Belle-Farm

Hettie Belle farm offers a robust meat and poultry CSA. Shares include 100% grass fed beef and lamb, organic & pastured chicken, pork, turkey and goose. We raise 100% of our own animals here on our farm. CSA distributions on the farm in Warwick, in South Deerfield, Concord, Florence & Keene, NH. Winter and Summer shares available. Raising animals with care for people who give a damn!

Wendell

Diemand Farm
(Founding Member)
126 Mormon Hollow Road,
Wendell, MA 01379
978-544-3806
diemandfarmstore@yahoo.com
TheDiemandFarm.com
facebook.com/Diemand-Farm

Come see what's cooking! Home-style meals, soups and desserts, including our famous potpies available fresh or frozen in our farm store or have us cater your special event. Also, in our farm store: Turkey, chicken, eggs, pork, grass-fed beef and lamb. From our sawmill and woodshop hand turned wooden bowls, cutting boards, birdhouses, toolboxes, trellises and more. Available for pre-order native custom cut lumber, baby chicks and started pullets.

Warren

Breezlands Orchards
(Founding Member)
1791 Southbridge Road,
Warren, MA 01083
413-436-7122
BreezlandsOrchards.com

Pick your Own Apples in September and October. Visit the Farm for Apples, Pears, Just Baked Pies, Cider Donuts, Honey and Cheese.





Free Range Turkey, Chicken

Grass-Fed Beef & Lamb, Eggs

Catering, Lumber, Handmade Wood Products & More

HOME-STYLE COMFORT FOOD

MEALS, SIDES, DESSERTS AND MORE

Mon. thru Sat. 7am -5pm
Sun. 10am-3pm thru Dec.

126 Mormon Hollow Rd. Wendell, MA 01349
978-544-3806 * www.thediemandfarm.com

THOSE WHO GROW

Westborough

Harvey's Farm

120 South Street,
Westborough, MA 01581
508-366-1545
emily@harveysfarm.com
harveysfarm.com
facebook.com/Harveys-Farm-Garden-Center

Our sixth generation farm is operated by father-daughter duo, Jim & Emily Harvey. Our naturally-grown fruits and vegetables are available seasonally at our farm, farmer's markets, through our CSA shares and local restaurants. We are a Proven Winners Certified Garden Center and offer our own "Homegrown & Healthy" veggie and herb transplants. Emily's Gift Barn features an extensive selection of gourmet foods, unique gift, garden and home decor items. We are open April 1 – December 30.

Heirloom Harvest Farm & CSA

P.O. Box 1031
30 Hopkinton Road,
Westborough, MA 01581
508-963-7792
farmer@heirloomharvestcsa.com
heirloomharvestcsa.com
facebook.com/Heirloom-Harvest-Farm-&-CSA

Heirloom Harvest sells certified organic vegetable CSA shares. Households receive a generous selection of fresh, seasonal produce harvested the same day you pick up, usually at better-than-retail prices (7 to 25 pounds, 8 to 16-plus vegetable items weekly). All produce grown on-site in our fields. A share will usually meet the needs of a household of two

HONEY BEE ORCHARDS

107 East Main Street, Rte 9
West Brookfield, MA
(508) 867-9900



Visit our Farm Store on Route 9 in West Brookfield

- ◆ *Fresh Produce*
- ◆ *Homemade Pies*
- ◆ *Full Deli*
- ◆ *Dairy*
- ◆ *Soups and Salads*
- ◆ *Meats and Cheese*



**Pick your own
apples and pears
in the Fall**

adults and two children, or two adult vegetarians. Too much? Try splitting a share with a friend.

Nourse Farm

70 Nourse Street,
Westborough, MA 01581
508-366-2644
jwnourse@aol.com
noursefarm.com
facebook.com/Nourse-Farm

Nourse Farm offers strawberries, raspberries, blueberries, retail or Pick Your own. We offer CSA memberships at our farm and also have a retail farm store with all our own fruit and vegetables and value added products. We are open daily from May 15th to December 22.

Nourse Farm was settled by our ancestors in 1722 and is one of the oldest family business in the country.

West Brookfield

Clover Springs Farm

234 Ragged Hill Road,
West Brookfield, MA 01585
413-575-3726
matthewkoziol@hotmail.com
cloverspringsfarmstand.com
facebook.com/Clover-Springs-Organic-Farm

Rich in history, Clover Springs Farm is home to a 100% grass based beef cattle operation as well as a farm stand that show-

cases the farm's local produce. The farm also produces hay for sale. Many items such as summer and winter squash, cucumbers and pumpkins can be found on the shelves of the farm stand which is open in the spring, summer and fall months. The farm stand also has plans to feature local products from the area, including maple syrup and various crafts from local artisans. The farm stand carries grass fed, holistically raised beef.

Hamletgrove Pastured Poultry
62 Birch Hill Road,
West Brookfield, MA 01585
774-757-0004
hamletgrove@yahoo.com
facebook.com/Hamletgrove-Pastured-Poultry

Hamletgrove Pastured Poultry produces the finest, most flavorful eggs and meat by raising chickens and turkeys on lush pastures, supplemented with certified organic feed. Roasting chickens available frozen year-round. Thanksgiving turkeys available by pre-order. Birds raised for your dining event by advance order.

Honey Bee Orchard
(Founding Member)
107 East Main Street,
West Brookfield, MA 01585
508-867-9900
facebook.com/Honey-Bee-Orchards

175 acres of apples, pears, and peaches. Pick your own or visit our farm store for fresh produce; homemade pies; dairy; a full deli; soup and salad; and meats and cheeses.

Hunt Road Berry Farm
(Founding Member)
96 Hunt Road,
West Brookfield, MA 01585
774-200-9726
jdimaio@rocketmail.com
HuntRoadBerryFarm.com

Organically grown peaches, blueberries, raspberries and a wide assortment of vegetable. Hands on practices and carefully selected seeds that are non GMO, colorful and tasty.

Red River Farm and Landscape
(Founding Member)
175 East Main Street,
West Brookfield, MA 01585
508-637-1683
redriverfarmandlandscape@gmail.com
facebook.com/Red-River-Farm-and-Landscape-Supply

Red River Farm and Landscape Supply carries a large variety of locally grown produce as well as landscape supplies and firewood. Conveniently located on Rt. 9 we are open 7 days/week from April 15st to November 1st.

Ragged Hill Orchard
(Founding Member)
94 John Gilbert Road,
West Brookfield, MA 01585
508-867-2187
arsenaultk@charter.net
RaggedHill.com

Apples-Cortlands, Mac, Macouns, Empire, Johnagold, Delicious, Honeycrisp & More; Pears, Peaches, Raspberries, Blueberries, and Cider.

Westminster

Baile an Chotaigh Farm
(Founding Member)
10 Harrington Road,
Westminster, MA 01473
508-577-5844
baileancho-
taighfarm@gmail.com
facebook.com/Baile-an-Chotaigh-Farm

Baile an Chotaigh Farm is a family farm operated by Adam & Sheri Bean, in Westminster. Our focus is not commercially based but more of self sufficiency and providing high quality things to feed our family. With that being said we often times have extra and overflow products that are available for sale from the farm directly. We currently raise pigs, chickens & sheep, make hay and maple syrup. As these products come available we advertise on our Facebook page.

Brookside Family Farm
P.O. Box 144
145 Ashburnham State Road,
Westminster, MA 01473
978-855-1837
145brooksidefamilyfarm@gmail.com
BrooksideFamilyFarm.com
facebook.com/Brookside-Family-Farm

Sustainably farmed produce and grass feed beef no antibiotics or hormones, pastured pork and chickens, turkeys, fresh farm eggs. Meat and eggs available all year round along with root vegetables. CSA available for summer season in two sizes.

THOSE WHO GROW



Sunny Knoll Farm is proud to announce we will be bottling our milk and churning ice cream come spring 2016!

barbaraheins@gmail.com
(978) 874-0627
100 Dean Hill Rd.
Westminster, MA 01473

Interested in using local dairy for your business?
Please contact us for wholesale pricing!



The Fiddler's Garden
(Founding Member)
142 State Road,
Westminster, MA 01473
978-503-8738
susanandviolin@aol.com
[facebook.com/The-Fiddlers-Gardens](https://www.facebook.com/The-Fiddlers-Gardens)

The Fiddler's Garden uses sustainable and nutrient dense growing techniques to produce healthy, flavorful garlic and vegetables. My goal is to produce the highest quality veggies with the

greatest nutritional value possible. So as to achieve this the Fiddler's Gardens remains a small scale operation – a micro farm – in order to give careful attention to detail in crop management. In addition, I provide garden services locally.

Johnson & Sons
Poultry Farm, Inc.
(Founding Member)
P.O. Box 504
51 Knowler Road,
Westminster, MA 01473
978-790-3146
eggmerchant@aol.com
[facebook.com/Johnson-&-Sons-Poultry-Farm-Inc](https://www.facebook.com/Johnson-&-Sons-Poultry-Farm-Inc)

3rd generation reformed commercial egg producer distributing full grocery/provisions to restaurants/food service. We also produce free running chicken, duck & turkey eggs sold to small stands and on food coop.

Maple Heights Farm
(Founding Member)
70 Howard Road,
Westminster, MA 01473
978-874-1077
hertel@MapleHeightsFarm.com
[MapleHeightsFarm.com](https://www.MapleHeightsFarm.com)
[facebook.com/Maple-Heights-Farm](https://www.facebook.com/Maple-Heights-Farm)

100% grass fed beef, all organic feed, pastured pork, protected free-range poultry, USDA Certified Organic Vegetables (CSA and Pick-your-own). It is our goal to provide our patrons with nutritionally dense and authentic food. We are committed to working in harmony with nature by respecting the biological balance of flora and fauna on our farm. Our animals are raised without antibiotics or medications of any kind. The Hertel family has been farming in Central Mass since 1899.

ML's Greenery in Motion and Woody End Farm
(Founding Member)
260 David Road,
Westminster, MA 01473
978-874-1373
altobelliml260@comcast.net
[greeneryinmotion.com](https://www.greeneryinmotion.com)

ML's Greenery in Motion specializes in fine garden design, installation, and management— emphasizing healthy, mineral rich soils, plant palette diversity, with the integration of edibles where possible; includes aesthetic pruning of woody ornamentals. Woody End Farm specializes in custom vegetable and flower starts – including heirloom varieties, hugle culture beds for food production, Nigerian dwarf goats for superior milk and brush clearing and ducks for eggs, insect control and entertainment.

Sunny Knoll Farm

(Founding Member)

100 Dean Hill Road,
Westminster, MA 01473
978-502-0567
barbaraheins@gmail.com
facebook.com/Sunny-Knoll-Farm

The Heins family has been dairy farming Sunny Knoll Farm for over a hundred years. We offer a wide range of products from our farm including: farm fresh milk, farm churned ice cream, all natural beef and pork, Grade A maple syrup, Grade B (cooking) maple syrup, our own grown seasonal plants and produce including strawberries, sweet corn and vine-ripened tomatoes. Our products are sold at our local farmers' market and farmstands.

Winchendon

Oak Hollow Livestock

182 Baldwinville State Road,
Winchendon, MA 01475
413-695-0771
csdavis@oakhollowlivestock.com
OakHollowLivestock.com
facebook.com/Oak-Hollow-Livestock

Goat is one of the healthiest meats available. It is very high in iron and protein, contains less fat and cholesterol than skinless chicken breast, and has been found to contain more omega acids than other protein sources. In addition to its health benefits, the mild flavor and versatility of locally raised goat makes it an ideal choice for the health conscious individual. All of our animals are locally raised with ample feed, plenty of exercise and individual daily attention.

Sunset View Farm

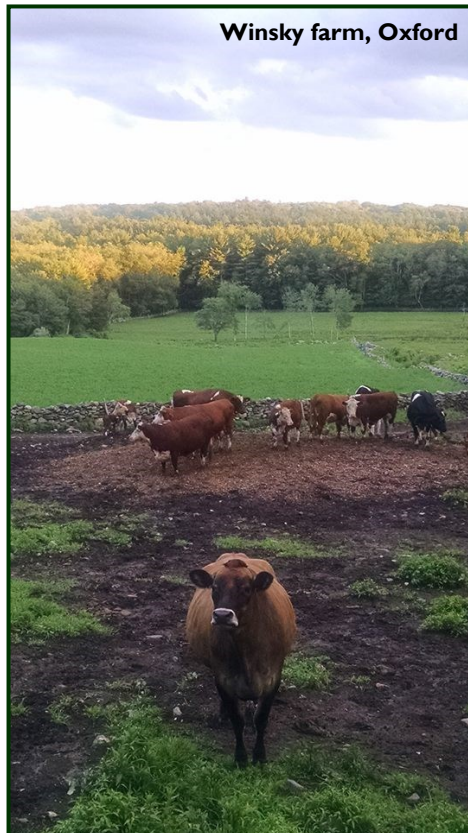
156 Gardner Road,
Winchendon, MA 01475
978-297-2305
liv_chuck@yahoo.com
facebook.com/Sunset-View-Farm-Winchendon-MA

Now in our 35th year, our farm, located on Route 140 between Gardner and Winchendon, is run on the principle of "the highest quality vegetables and fruit picked fresh daily." A wide range of veggies, cut flowers, assorted herbs and berries are picked every morning from 5 acres of gardens in the fields behind our farm stand. Fresh corn, peaches and apples are added from nearby farms, and we carry our own maple syrup, local fruit jams and vegetable starter plants in May and June. Please stop by and taste the difference!

Smith's Country Cheese, Inc.

20 Otter River Road,
Winchendon, MA 01475
978-939-5738
smithscountrycheese@verizon.net
SmithsCountryCheese.com
facebook.com/SmithsCountryCheese

Smith's Country Cheese has been making Farmstead Gouda, Cheddar, and Havarti cheese from the milk that comes from our herd of Holstein cows for over 25 years. Our cheese is available wholesale, at retailers nationwide, our retail store, and on our website smithscountrycheese.com Otter River Black Gold is our composted cow manure which is available in bulk or 40 lb. bags.



THOSE WHO PREPARE



Raspberry Liqueur Truffles,
The Chocolate Shop, Athol

Athol

The Chocolate Shop (Founding Member)

211 Woodlawn Road,
Athol, MA 01331

L_mayr@yahoo.com

facebook.com/The-Chocolate-Shop

I make my own chocolate confections using primarily Barry Callebaut milk and dark chocolate and the freshest ingredients I can find. I love nuts and use a lot of almonds, hazelnuts and pecans in my dark chocolate almond bark, fudge and English Toffee. Currently I am selling my chocolates at the Athol Winter Market and Mass Local Food.

Orange

Dean's Beans

50 R W Moore Drive,
Orange, MA 01364
978-554-2002

support@deansbeans.com

deansbeans.com

facebook.com/Deans-Beans

All of our specialty coffees are certified organic, fair trade, ko-

sher, and are roasted in small batches at our beanery in Orange, MA. We know that the planting, care, harvesting, and processing of the beans is done in conformity with international standards for the health of the farmer and their environment, as well as the quality of the bean. Each player in our cycle of production and distribution, from farmer to consumer, participates in socially just and environmentally responsible trade.

Rutland

Seven Hills Farmstead

55 Ridge Road,
Rutland, MA 01543

508-530-2125

info@sevenhillsfarmstead.com

sevenhillsfarmstead.com

facebook.com/Seven-Hills-Farmstead

Seven Hills Farmstead is a specialty food business located on a small farm in Rutland, Massachusetts. We select the freshest, most wholesome and locally produced ingredients from our neighboring farms and use them to make traditional rustic Italian recipes. Seven Hills Farmstead is committed to providing our customers with simple, clean, and sa-

very specialty foods. We strive to source local and sustainably produced ingredients whenever possible.

Westminster

Glimpses of New England Past (Founding Member)

P.O. Box 667

6 Nichols Street, Unit 667,
Westminster, MA 01473

978-660-8822

thetinpainter@yahoo.com

facebook.com/Glimpses-of-New-England-Past

I sell homemade bread and jam at farmers' markets. As much as possible, everything is made from my garden, my childrens' gardens and trees. If not, I can usually find what I need at the local farmers' markets - good and fresh.



There are
140,000 acres
of farmland in
Central Mass!



5 ACRES POWERS 100 HOMES.

BlueWave works with farmers across Massachusetts to build Community Solar projects that deliver local, clean energy to members of your community.

Learn about Community Solar and
how to make your farm a Community Solar farm

[www. bluwaverenewables.com](http://www.bluwaverenewables.com)

BLUE WAVE



Roots Natural Foods, Leominster

Barre

Hartman's Herb Farm
(Founding Member)
1026 Old Dana Road,
Barre, MA 01005
978-355-2015
hartmansherb@hotmail.com
HartmansHerbFarm.com
facebook.com/Hartmans-Herb-Farm

Hartman's Herb Farm is family owned and operated with 3 generations working together. 4 Greenhouses grow herbs & flowers. CSA with farm raised pork, plants & vegetables. Gift shop has dried flower wreaths and arrangements, potpourri, spices, herbs, jellies and gift items. We also mail order special occasion wreaths. We are open 7 days a week from 9am-5pm. A Bed & Breakfast with 5 rooms. Our post & beam dining room is used for weddings and special occasions.

Boylston

Tower Hill Botanic Garden,
Twigs Café
(Founding Member)
Worcester County
Horticultural Society
P.O. Box 598
11 French Drive,
Boylston, MA 01505
508-869-6111
dbigelbach@towerhillbg.org
towerhillbg.org
facebook.com/Tower-Hill-Botanic-Garden

Tower Hill Botanic Garden is a year-round display of the finest plants for cultivation in central Massachusetts, with appeal for the amateur and professional gardener as well as the general public. Carefully planned gardens and trails enhance the natural features of this beautiful 132-acre property. Enjoy outstanding collections of ornamental, edible and

native plants that thrive in our climate. Emphasis is on ease of care and extended season of interest.

Fitchburg

Mill No.3 Farmstand
85 Westminster Street,
Fitchburg, MA 01420
978-345-1100
MillNo3.com
facebook.com/Mill-No-3-Farmstand

Since 1998 on the site of the original paper mill, Mill No. 3 Farmstand has been a popular destination for sandwiches, soups, and salads.



Gardner

Gardner Ale House

74 Parker Street,
Gardner, MA 01440
978-669-0122
rick@gardnerale.com
gardnerale.com
facebook.com/Gardner-Ale-House

We are a brewpub begun by a dream to re-invigorate downtown life with beer, food and camaraderie. We are the proverbial third place; not work, not home. Our pub is our hearth. We LOVE local and try hard to be a great neighbor. We are busy and fun and have award winning beers and great fresh food. Oktoberfest is our signature event; we subtitle it "Party In The Street". Call us at 978 669 0122.

Groton

The Café at Groton Wellness

493 Main Street, Rte. 119,
Groton, MA 01450
978-842-8034
christineh@grotonwellness.com
grotonwellness.com
facebook.com/Groton-Wellness

The Café at Groton Wellness' holistic health center believes that clean food is powerful medicine and the integrity of its ingredients is unheard of in the food industry. The Café's mouth-watering, nutrient-rich dishes feature seasonally sourced ingredients from local farms that are as organic and non-GMO as possible. They use 100% grass-fed beef and cook from scratch. Dine in while relaxing beneath a soothing waterfall or take-out lunch and dinner.

Hardwick

Rose 32 Bread

(Founding Member)
P.O. Box 364
412 Main Street, Route 32,
Hardwick, MA 01031
413-477-9930
info@rose32bread.com
www.Rose32Bread.com

Bakery ~ Café ~ Restaurant
Exceptional breads, European pastries, made to order breakfast and lunch. Our wheat is locally grown in Hardwick, organic, and milled in-house!

Leominster

Roots Natural Foods

(Founding Member)
100 Crawford Street,
Leominster, MA 01453
978-534-7668
contactus@rootsnaturalfoods.com
rootsnaturalfoods.com
facebook.com/Roots-Natural-Foods

Roots is an independently owned full service natural foods store and juice bar. We carry a wide variety of products from local groceries & produce to body care & supplements. We are a community market with much more!

New Braintree

Reed's Country Store

(Founding Member)
753 Barre Road,
New Braintree, MA 01531
508-867-9512
facebook.com/Reeds-Country-Store

Celebrating 38 years in business, Reed's Country Store is a restaurant and catering service using

local, seasonal produce, cheeses, artisan breads and, upon request, local meats. For many years, we have incorporated "locally grown" into our menu items because fresh produce is seasonally available in our rural community. We are pleased that our customers know the benefits of supporting local farmers. (Tuesday, Wednesday, Thursday, Saturday-Breakfast & Lunch 7:00-2:00. Sunday-Breakfast 8:00-12:00. Friday-Ed's special dinner menu 5:00-9:00).

Northborough

Pepper's Fine Catering

(Founding Member)
43 Hudson Street,
Northborough, MA 01532
508-393-6844
john@pepperscatering.com
pepperscatering.com
facebook.com/Pepper's-Fine-Catering

Local, fresh, seasonal & delicious, have been the founding principles that gave Susan Lawrence the inspiration to create Peppers Fine Catering back in 1987. Crafting enticing menus, inspired by fresh available ingredients and prepared by trained culinary professionals is simply the only path that the Peppers culinary team and event planning specialists travel. Peppers applauds the local farming community and we are committed to showcase the wonderful nuances of all that you grow and produce.



Natural Food Store
Juice Bar
Café
Local Farm Products
Community Market with Much More!



100 Crawford Street
Leominster, MA 01453
(978)534-7668
contactus@rootsnaturalfoods.com
www.rootsnaturalfoods.com
facebook.com/Roots-Natural-Foods

Petersham

The Country Store
2 North Main Street,
Petersham, MA 01366
978-724-0000
petershamstore@gmail.com
petershamstore.com
facebook.com/The-Country-Store-in-Petersham

Built in the 1840's, this beautiful and historic store offers a wide variety of fresh, local, quality products. Chef owned and operated, the store houses a café which flaunts healthy goodness and flavor. Breakfast and lunch offerings are made with all-

natural eggs, cheeses, meats and vegetables. Many products straight from local farms couldn't be fresher! Take-n-bake pizzas, pastas, salads and other meals to go are all house-made by our chefs and ready to heat and eat! Local, handmade and fair-trade gifts are sold as well.



Princeton

Dawn's Delights
50 Howard Street,
Paxton, MA 01612
194 Worcester Road,
Princeton, MA 01541
508-439-1381
ddelightscafe@gmail.com
facebook.com/Dawns-Delights-Market-Café

My great-great Grandmother lived 100+ years. Growing up in Philadelphia we knew our Italian and Irish heritage, generations before us, lived from their gardens 'back home' and in the heart of the city. Busy days and our own food allergies led me back down that path... to basics. In my New England kitchen I'm blend-

PEPPERS

FINE CATERING

508.393.6844

www.pepperscatering.com



CATER GREEN.

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Local Cuisine.

Farm to Table.

Impeccable Service.

Let Peppers Fine Catering

create a special

celebration you'll

remember for a lifetime.



Photo Credit: Erb Photography (salad)

ing family favorites from the old days with local sustainable ingredients for fresh Farm to Table lifestyles today. Gluten-Free/Vegan/Nut-Free, Dawn's Delights creates your new family traditions.

West Brookfield

Salem Cross Inn Restaurant & Tavern

P.O. Box 553

260 West Main Street,

West Brookfield, MA 01585

508-867-2345

martha@salemcrossinn.com

SalemCrossInn.com

facebook.com/Salem-Cross-Inn

Salem Cross Inn is a family-owned and operated restaurant that sup-

ports local agriculture by cooking and enhancing our fresh and delicious food using ingredients grown by local farms and by growing our own herbs and vegetables. Our Polled Hereford and Black Angus Beef cows are also raised right here in our "back yard". We take great pleasure in providing our guests with a tasty and satisfying meal. Visit us in our Main Dining Room Tuesday thru Sunday or our Hexmark Tavern Tuesday thru Friday evenings.

Worcester

BirchTree Bread Company (Founding Member)

138 Green Street, Suite 5,
Worcester, MA 01604

774-243-6944

robert@birchtreebreadcompany.com

BirchtreeBreadCompany.com

facebook.com/Birchtree-Bread-Company

BirchTree Bread Company is a bakery/cafe that specializes in artisan breads, pastries, sandwiches, and fair-trade coffee. We source as much local and organic food as we possibly can (including grain used in our breads.) We are open Tuesday



Salem Cross Inn, West Brookfield

through Sunday. Please visit our website to find out more.

Eric's LaPatisserie
(Founding Member)
446 Main Street,
Worcester Plaza, 4th Floor,
Worcester, MA 01608
508-756-1454
ericscaworcester@live.com
Ericscaworcester.com
facebook.com/Erics-Lapatisserie
-Cafe-and-Catering

Eric's LaPatisserie is a gourmet sandwich, pastry and coffee shop in downtown Worcester where you and your friends and associates can gather for a casual breakfast or relaxed business lunch. We are also an established and respected caterer, delivering the very best assortment of fresh-from-our-ovens croissants, muffins, scones and bagels, fresh fruit platters and gourmet coffees. Our lunchtime offerings include your favorite sandwiches and panini, salads, soups, lasagna, quiche and sides.

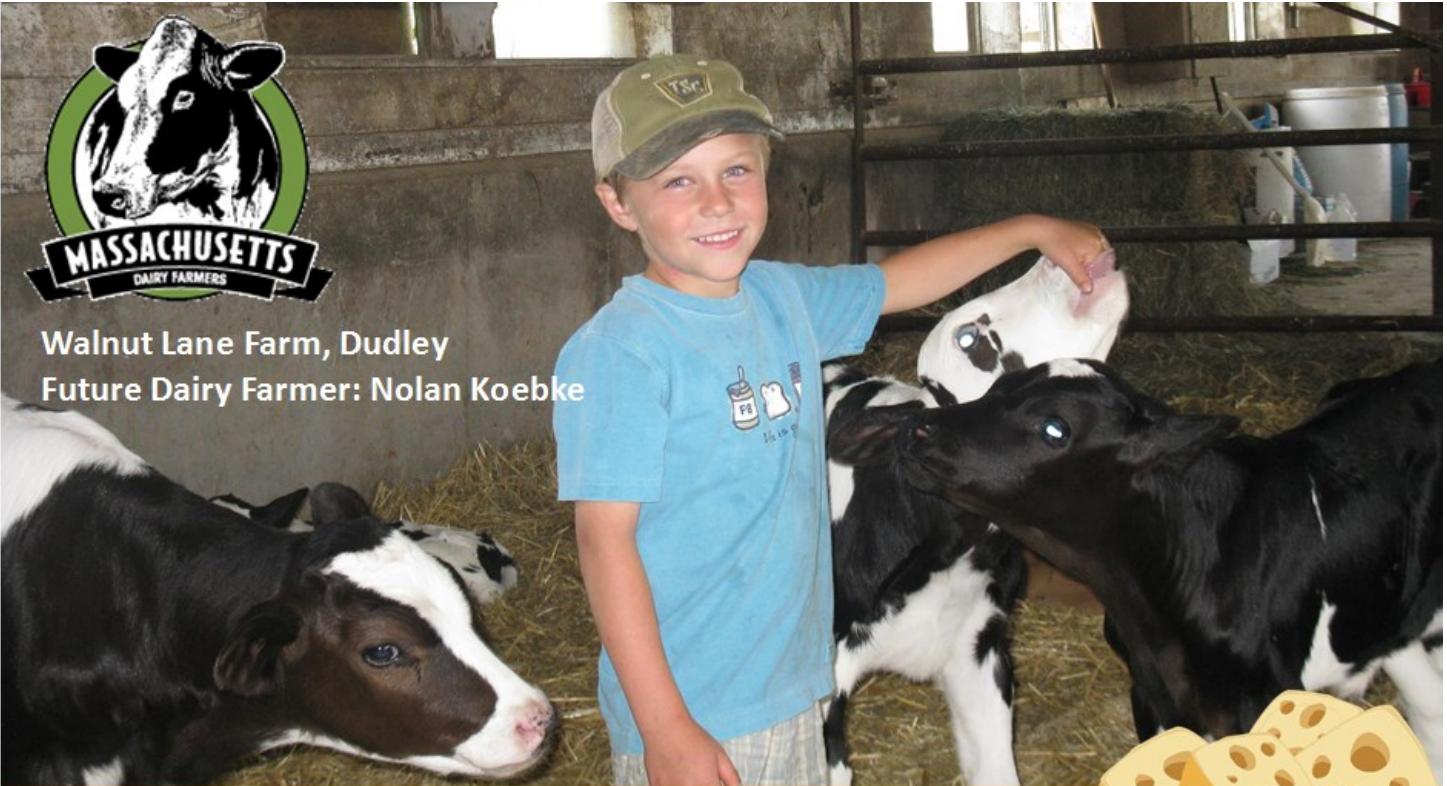
Figs and Pigs
50 Foster Street
Worcester, MA 01608
508-929-0701
candy@figsandpigskitchen.com
figsandpigskitchen.com
facebook.com/
FigsandPigsKitchen/?fref=ts

Please join us at the newest micro-eatery in Downtown Worcester, MA, Figs & Pigs Kitchen + Pantry! Dine in or take out, our cuisine can best be defined as American food that is wholesome, seasonal and fresh. With a ground up approach we take ordinary ingre-





Walnut Lane Farm, Dudley
Future Dairy Farmer: Nolan Koebke



Massachusetts is home to 142 dairy farms, 16% of which are in Worcester County. Massachusetts dairy farms produce 28 million gallons of milk every year that nourish our bodies and our state's economy, generating \$44.25 million in sales and accounting for 10% of MA agricultural products' value.



Visit www.massdairy.com to learn more about Massachusetts dairy farms

Eric'sCafeWorcester.com

facebook.com/Erics-Café-Worcester



Gourmet sandwich, pastry and coffee shop.

An established and respected caterer.

Fresh-from-our-ovens croissants, muffins, scones and bagels.

Sandwiches and panini, salads, soups, lasagna, quiche and sides.

466 Main Street, Worcester Plaza, 4th Floor

508-756-1454



Join the Movement! Sign up at centralmassgrown.org

THOSE WHO SERVE

dients and make them extraordinary. Everything is made from scratch. We partner with other local businesses to provide the highest quality products. Our menu changes seasonally and we post specials on Facebook and Instagram daily.

On the Rise Baking
1120 Pleasant Street
Worcester, MA 01602
508-752-3809
info@ontherisebaking.com
ontherisebaking.com
facebook.com/ontherisebaking

A passion for baking coupled with extensive training in pastry arts here and abroad makes On The Rise a premiere destination for all of your specialty cakes and pastry needs. We are committed to consistent superior quality, which is why we use fresh, organic, and locally-sourced ingredients in all

of our products as much as possible. With over 30 years of experience and one delicious masterpiece after another, On the Rise Baking is a definite “go to” for your most memorable occasions.

Pure Juz
123A Highland Street,
Worcester, MA 01609
508-926-8755
purejuz.com
facebook.com/Pure-Juz

Pure Juz is a socially responsible juice bar at 123 A Highland Street in Worcester. Martha and Dante make fresh fruit and vegetable juices, smoothies, and cleanses. Cleanses detoxify your body, and recharge, rejuvenate and renew. We also serve soup, salad and sandwiches. Everything we make is nutrient and enzyme dense. We support local farms, vendors,

youth and artists. Martha and Dante are committed to the community's good health. We act local and think global. Call in orders at 508-926-8755.

Sweet Kitchen & Bar
72 Shrewsbury Street
Worcester, MA 01604
508-373-2248
info@sweetworcester.com
sweetworcester.com
facebook.com/Sweet-Kitchen-Bar-58082212131/?fref=ts

Sweet Kitchen & Bar is a nationally recognized, award winning New American restaurant serving Brunch, Dinner, Desserts, Cocktails and Bakery. Sweet is proud to feature locally sourced produce, dairy, meat, grain, craft beer and spirits. Function space available for private events.

Sweet Kitchen & Bar, Worcester





In 2015, a total of \$671,555 was donated to community organizations, and our employees volunteered 826 hours.

Community Minded For everyone.

When Country Bank says it's invested in the well-being of our community, we're not talking hypothetically. Whether it's funding a project, sponsoring an organization, or rolling up our sleeves to volunteer, our support is in real terms.

To learn more or join in, visit countrybank.com/about-us/our-involvement.



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Regional Environmental Council
Main South Farmers' Market, Worcester

Brookfield

Tip Top Country Store (Founding Member)

8 Central Street,
Boylston, MA 01506
508-867-0460
tiptopbrookfield@icloud.com
TipTopOnline.us
facebook.com/Tip-Top-
Country-Store

TipTop is a general store that follows the triple bottom line of sustainability (people, planet and profit), and donates 1% to non-profits that nourish the planet. We are committed non-GMO and Fair Trade products, sourced locally whenever possible. TipTop offers our own vegan soups and sandwiches; organic fresh produce; supplements; personal care items; refrigerated, frozen and bulk foods (spices, granolas, coffee, tea, nuts etc.), as well as

unique gift items. In addition, we have a buying club at TipTopCountryStore.com

Hardwick

Clover Hill Country Store

1839 Lower Road,
Hardwick, MA 01037
413-477-1048
cloverhillcountrystore@gmail.com
cloverhillcountrystore.com
facebook.com/Clover-Hill-
Country-Store

Offering a Classic Country Store in Hardwick, including but not limited to:
a variety of specialty foods, drinks, and gifts sourced from local farmers and vendors; sandwich shop (with Boar's Head meats); cafe; old time candy and toys; wine from Hardwick Vineyard and Winery; and milk and ice cream (just added Giffords)! Come relax and enjoy the warm, welcoming atmosphere of our Country Store.

Hardwick Farmers Cooperative Exchange, Inc.

(Founding Member)

444 Lower Road, Route 32, Gilbertville, MA 01031
413-477-6913
manager.hfox@comcast.net
hardwickfarmers.net
facebook.com/Hardwick-
Farmers-Coop

Hardwick Farmer's Coop is a retail supply store selling agricultural supplies and feeds. We also carry pet feeds and supplies, work clothing and have a large lawn and garden offering. We were started in 1914 by 12 local farmers and now have over 2100 members/owners.



The average
American meal
travels about 1500
miles to get from
farm to plate...

Oxford

Isador's Organics
(Founding Member)
 261 Main Street,
 Oxford, MA 01540
 508-987-1211
justin@isadors.com
MyOrganicDelivery.com
facebook.com/Isadors-Organics

Isador's was created in 2006 to build a new relationship with local farmers and artisan food producers – one which recognizes the essential nature of great food. We believe food must be fresh and unfettered, handled with attentive scrutiny and continually moving.

Princeton

Mountainside Market
 23 Hubbardston Road,
 Princeton, MA 01541
 978-464-5317
katherine@mountainsidemarket.com
mountainsidemarket@verizon.net
mountainsidemarket.com
facebook.com/Mountainside-Market-199723773391530/?fref=ts

Mountainside Market is in the heart of Princeton bringing people together to enjoy excellent locally roasted coffee, an exceptional bakery, handcrafted sandwiches, fresh soups made daily, ice cream and more! You will find locally created items in our Market from handmade soaps, town-made maple syrup and artisan crafted hardwood cutting boards as well as our constantly revolving art gallery featuring the Princeton Arts Society's stunning talent. Our Market delights in providing something special for everyone - everyday.

ESTABLISHED
1914

Hardwick Farmers' Cooperative Exchange, Inc.

100 YEARS
2014

Rt. 32, 444 Lower Road, Gilbertville, MA
 413-477-6913 • www.hardwickfarmers.net

Visit our website and Facebook page for coupons, discounts & updates on special events.



- Gift cards available • Membership earnings & discounts
- FARM/LIVESTOCK • GARDEN/HOME/PET/TOYS
- CLOTHING/FOOTWEAR • BIRD/WILDLIFE
- WOOD PELLETS • COAL • METAL ROOFING • MULCH
- Fresh Local Eggs, Cheese, Honey & Maple Syrup

**A Great
Variety of
Items!**

Plus Much More!
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FILLED**

**Good
Customer
Service!**

Come in & check our IN-STORE SPECIALS!
 Mon-Fri 8AM-6PM, Sat. 8AM-5PM, Sun. 9AM-3PM



261 Main Street Oxford MA
Isadors.com
 Telephone: 508-987-1211
 Option 1: Café
 Option 2: Daily Specials
 Option 3: Produce Home Delivery

Online grocer of local and organic food at Isadors.com. Text ISADORS to 33733 for our free ordering app! Same day delivery for select areas of Central MA.

Subscribe to our weekly or bi-weekly home delivery of fresh, organic produce and enjoy the convenience of having healthy whole food at your doorstep!

We have a variety of produce boxes, we're sure that one of them will fit perfectly into your lifestyle. We provide a concierge style, worry free shopping experience with our home delivery of produce and add-on items. Skip the lines and crowds at the grocery store and have it all delivered to your home!

We provide the kind of prompt, one-on-one service that you can expect from a small business.

Shrewsbury

Shrewsbury Farmers Market
38 Stoney Hill Road
Shrewsbury, MA 01545
5082847314
missy@shrewsburyfarmersmarket.com
shrewsburyfarmermarket.com
facebook.com/shrewsburyfarmersmarket?fref=ts

We are a 2nd year farmers market located on the grounds of Ski Ward Ski Area with summer tubing and other activities. We run by volunteers with strong educational, environmental and agricultural experience with a solid basis in retail management.

Spencer

Klem's
(Founding Member)
117 West Main Street,
Spencer, MA 01562
508-885-2708
info@klemsonline.com
klemsonline.com/
facebook.com/Klems-Online

Klem's is a local, family owned, third generation company. Klem Tractor started in 1949 as a Ford tractor dealership, Klem's still sells and services tractors and equipment, but they sell so much more. Klem's sells apparel and footwear, lawn and garden, pets and supplies, sports, crafts, housewares, toys, hardware, auto and tractor parts, plus a full rental department. Klem's focus is on quality products, better brands and great service.

Sterling

Lettuce Be Local
(Founding Member)
104 Greenland Road,
Sterling, MA 01564
860-428-5260
lynn@lettucebelocal.com
LettuceBeLocal.com
facebook.com/LettuceBeLocal

A Central Massachusetts Regional Local Food Hub, Lettuce Be Local has connected local farms and eaters since 2012. We specialize in the Education, Aggregation and Transportation of local food to restaurants, schools, hospitals and consumers. Our local farmer dinner series connects the community to the farms and producers of central Massachusetts.

Westminster

Central Mass Locavore
Westminster, MA 01473
978-660-3419
jacki@centralmassorganics.com
centralmassorganics.com

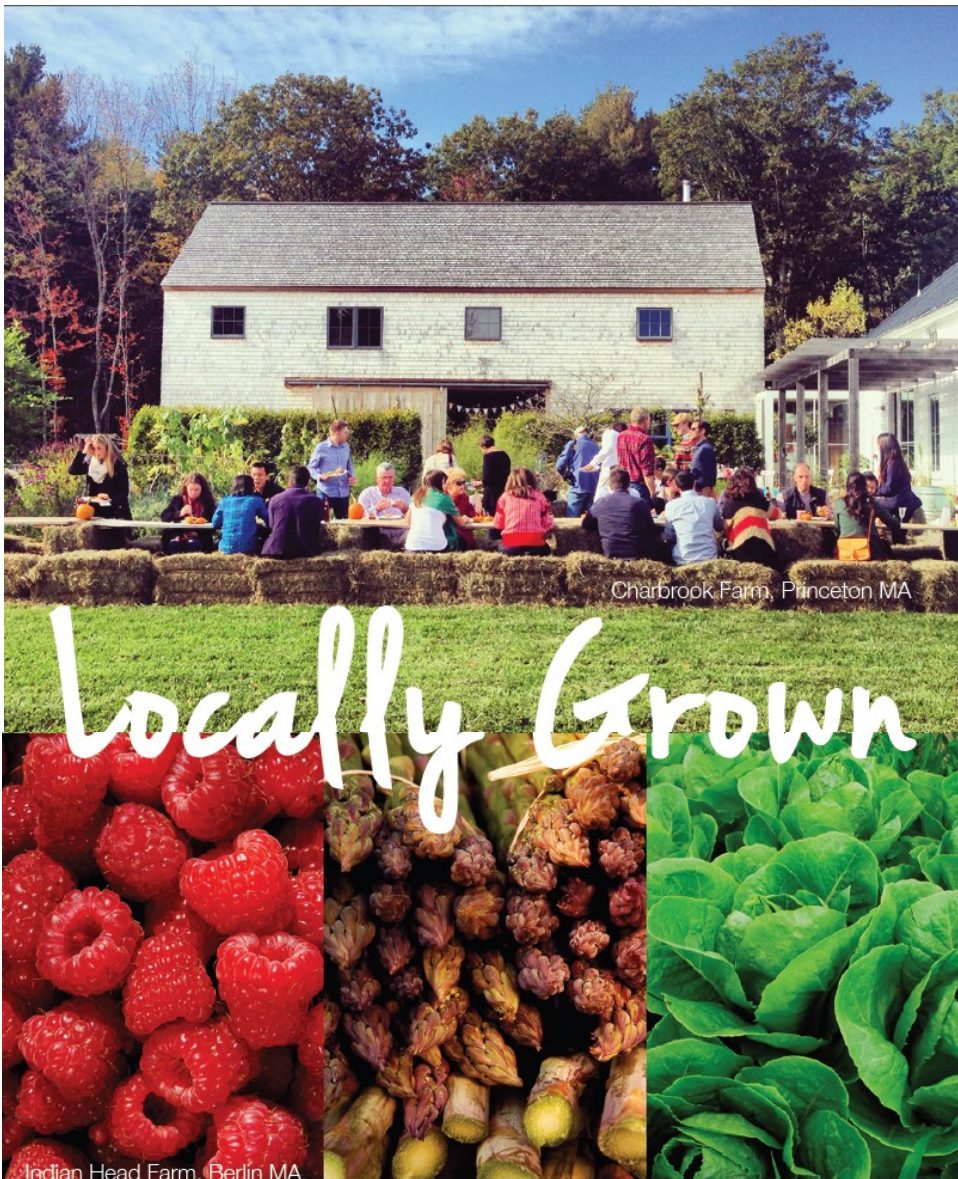
We are a "farm to door" home delivery service focusing on delivering sustainability grown, local and/or organic foods. Our mission: make it easy, convenient and affordable for Central Mass to eat nutrient dense food, one delivery at a time. Central Mass Locavore (CML) mostly works with local farmers and artisans within a 100 mile radius of Westminster MA. You will taste a difference in our local and/or organic produce/goods and can feel good that you are supporting your local economy.

Emerald City Indoor Garden Center
(Founding Member)
51 Main Street,
Westminster, MA 01473
978-668-5393
emeraldcitygrowstore@gmail.com
EmeraldCityGrowStore.com
facebook.com/Emerald-City-Grow-Store

Garden Supplies for Indoor and Outdoor Growing. Hydroponic Supplies, Lighting, Ventilation, Nutrients, Cloning Gels, High Yield Soils and Soil Amendments.

Spring greens
Tangerini's Farm, Millis





Central Mass Grown is a coalition of farmers, businesses, and other "Buy Local" advocates working to improve access to healthy food and sustainable, agricultural products in our region. Our Mission is to promote the purchase of local agricultural products and to foster the education about its benefits to health, communities, the economy, and the environment. Please join us. Together we can build a strong movement to promote local agriculture and *Grow the Heart of the Commonwealth*

www.CentralMassGrown.org



Lilac Hedge Farm, Berlin



THOSE WHO BELIEVE



Brian Monteverd, Regional Environmental Council

Athol

North Quabbin Chamber of Commerce & Visitors Bureau
80 Freedom Street
Athol, MA 01331
978-249-3849
info@northquabbinchamber.com
northquabbinchamber.com
facebook.com/NORTH-QUABBIN-CHAMBER-OF-COMMERCE-212755009992/?fref=ts

The North Quabbin Chamber of Commerce promotes and works to improve the business environment, stimulate a vibrant local economy and produce a cooperative effort through outstanding community leadership to elevate the overall quality of life in the North Quabbin Region to its highest potential. We work on your behalf at the local, state and federal levels to promote public policy that bolsters the region's economy and improves our competitiveness on a regional, national and global scale.

Barre

NOFA/Mass
87 Bullard Pasture Road,
Wendell, MA 01379
978-544-6347
outreach@nofamass.org
nofamass.org
facebook.com/NOFA-Mass

Northeast Organic Farming Association/Mass Chapter. Through education and advocacy NOFA/Mass promotes organic agriculture to expand the production and availability of nutritious food from living soil for the health of individuals, communities and the planet.

Brookline

Edible Boston
288 Washington Street, #363,
Brookline, MA 02445
617-278-9114
ilene@edibleboston.com
edibleboston.com
facebook.com/Edible-Boston

Over the past 10 years, Boston has seen a re-birth of interest in

food. Whether it's the opening of a farmers' market in your town, the interest chefs have in using and giving recognition to local products on their menus, or the increase in specialty/gourmet food stores, we are seeing an emphasis on seasonal foods and local products. Our publication and website will be a resource for finding out what's new, what's available locally, and an introduction to the people instrumental in bringing about the change.

Fitchburg

Montachusett Regional Planning Commission (Founding Member)
1427R Water Street,
Fitchburg, MA 01420
978-345-7376
mrpc@mrpc.org
mrpc.org
facebook.com/Montachusett-Regional-Planning-Commission

Montachusett Regional Planning Commission (MRPC) is the regional planning agency for 22

cities & towns that comprise the Montachusett Region. MRPC has joined forces with CMRPC and others in an effort to better connect central Massachusetts farm products to the tables of our local families. Superior locally grown and raised vegetable and meat products, cheese and wine are produced in the Montachusett Region. We're proud to work alongside a vast network of farmers, distributors, grocery stores and innovators from the Nashoba Valley to North Quabbin regions & everyone in between.

Gardner

**Mass Local Food Co-op
(Founding Member)**
P.O. Box 26,
Westminster, MA 01473
114 Coburn Ave,
Gardner, MA 01440
president@masslocalfood.org
masslocalfood.org
facebook.com/Mass-Local-Food

Massachusetts Local Food Cooperative: Bringing you the best MA has to offer. Fresh, local, high quality, delicious & convenient! MLF is a member-owned, extensive, year-round farmers' market you shop on line. We connect you to hundreds of MA products sold directly from farm to consumer. Producers are inspected to insure standards/procedures are maintained. Once a month you order only what you want in the quantity you need from the best that Massachusetts has to offer – meat, seasonal produce, cheese, dairy items, prepared foods, baked goods, pasta, flours, grains & more and our volunteer network delivers it directly to your pick-up site.



Connecting you to sustainably grown, humanely raised, healthy food!

Local food from local farmers

Your year-round online farmers market


<ul style="list-style-type: none"> ☑ sustainably grown produce & fruit ☑ pasture raised beef, pork, lamb, chicken & goat ☑ milk, cream, butter, cheese & eggs ☑ herbal teas & locally roasted coffee ☑ flour, grains & pasta 	<ul style="list-style-type: none"> ☑ artisan breads & pastries ☑ jams, relishes, pickles & salsa ☑ honey & maple syrup ☑ home-made prepared meals ☑ hand-crafted items ☑ seedlings & bedding plants
---	---



Order monthly online and choose a pickup site near you!

Join the movement. Become a co-op member-owner at www.masslocalfood.org

Follow us on Facebook & Instagram



N•O•R•T•H QUABBIN

CHAMBER OF COMMERCE AND VISITORS BUREAU

visitnorthquabbin.com ♦ northquabbinchamber.com

Groton

Groton Local Association, Inc.
(Founding Member)
P.O. Box 485,
Groton, MA 01450
978-272-1210
shensley@sprynet.com
www.GrotonLocal.org

Groton Local is a non-profit organization dedicated to reducing consumption, promoting local food and economy and striving to ensure sustainability for future generations. Since 2007, Groton Local has worked to strengthen our community and its sustainability through hosting educational events and collaborating with other groups involved in action-based projects. In 2014, Groton Local launched the Groton Neighborhood Food Project, partnering with the local food pantry, to help supply a steady source of food for families in need. Grotonfoodproject.com

Hardwick

East Quabbin Land Trust
(Founding Member)
P.O. Box 5
120 Ridge Road,
Hardwick, MA 01037
413-477-8229
chenshaw@eqlt.org
EQLT.org
facebook.com//East-Quabbin-Land-Trust

The East Quabbin Land Trust works to foster the sustainable use of our natural and historical resources for the benefit of all generations through the

conservation and stewardship of the farmlands, woodlands, and waters in our region of Mass. Working with private landowners we have facilitated the conservation of over 3,500 acres, are developing a 2-mile section of the Mass Central Rail Trail and complete numerous land stewardship practices each year. The general public is invited to explore our 850 acres of land in Hardwick, Barre and New Braintree.

Leominster

North County Land Trust
(Founding Member)
325 Lindell Avenue,
Leominster, MA 01453
978-466-3900
jmorrison@northcountylandtrust.org
NorthCountyLandTrust.org
facebook.com/NorthCountyLandTrust

North County Land Trust works in a 14 community region in north central Mass., to conserve farms and other working landscapes. We work with landowners, grass roots groups and communities to finance conservation projects, using government grants and other funding sources.

Montague

Edible Pioneer Valley
4 Old Sunderland Road,
Montague, MA 01351
413-274-8490
mary@ediblepioneervalley.com
ediblepioneervalley.com
facebook.com/Edible-Pioneer-Valley

Edible Pioneer Valley is a quarterly publication that tells the stories of the people who grow, deliver and prepare your food. Every issue is full of beautiful pictures and delicious recipes to help you enjoy local produce at its best.

Petersham

Common Grow
203 East Street
Petersham, MA 01366
978-724-3311
rich@commongrow.com
commongrow.com
facebook.com/Common-Grow-LLC-276783849171796/?fref=ts

Common Grow, LLC is a legal and land use consulting firm that works with farmers,

Assisting 22 communities with planning services:

- Housing, environmental, land use and zoning, transit, and transportation planning
- SmartApp Development
- Grants
- GIS



MRPC is pleased to partner with CMRPC to expand this vital fresh-food-to-table initiative throughout Central Massachusetts!

www.MRPC.org

NEW ENGLAND FARM-CON



Don't miss out!
Meet, share & learn from
the most successful people
in the region!

Regional Conference & Trade Show for
Homesteading,
Farm-to-Table &
Organic Living Enthusiasts
Coming Spring 2017

Call your "peeps", let
them know.
Exhibit space available.



N^{*}www.Noble Expos.com | info@NobleExpos.com | 508-347-5815

landowners, homebuyers, municipalities, and non-profit organizations to support those engaged in agricultural pursuits and to develop innovative methods for protecting farms and open space and for encouraging food security and biodiversity. For more information, visit www.commongrow.com.

Princeton

Wachusett Mountain Assoc.
499 Mountain Road,
Princeton, MA 01541
(978) 464-2300
audra@wachusett.com
wachusett.com
facebook.com/WaWaWachusett

Wachusett Mountain Ski Area, located in Princeton, MA, is the perfect venue for your social or corporate event. With both indoor and outdoor facilities available year-round, Wachusett prides itself on using local vendors for its products and services. Hosting a number of fall festivals & events each year, the Farm Fresh Fest in August, and Apple & BBQ Fests in October attract hundreds of local vendors, farmers and crafters. For more

information on events or vending opportunities, please visit www.wachusett.com.

Rutland

Holden Grange #78
51 Muschopauge Road,
Rutland, MA 01543
508-886-4037
holdengrange78@gmail.com
grange.org/holdenma78/

The Grange, a family fraternal organization, provides a variety of programs and activities for its members and the community. Since receiving its charter in 1875, Holden Grange continues to promote agriculture as an essential industry for our economy. Members are dedicated to improving the community through education on agriculturally-related topics, service projects and volunteerism. For more information visit our website.

Shrewsbury

Worcester County Food Bank
474 Boston Turnpike,
Shrewsbury, MA 01545
508-842-3663
jmcmurray@feedingamerica.org
foodbank.org
facebook.com/Worcester-County-Food-Bank

Worcester County Food Bank's (WCFB) is the region's leading anti-hunger organization distributing over 5 million pounds of donated food in partnership with food donors, financial supporters, and volunteers. WCFB provides this product to a network of 131 Partner Agencies that have programs for feeding people including food pantries, community meal sites and shelters. WCFB also advocates within the community and at the state and federal levels for systemic, sustainable solutions to the problem of hunger.

Sterling

Sterling Agricultural Commission (Founding Member)
1 Park Street,
Sterling, MA 01564
978-422-7412
nickersonb@comcast.net
Sterling-MA.gov

An Agricultural Commission for the Town of Sterling to promote the pursuit of agriculture and agricultural economic opportunities in the Town.

Sturbridge

**Noble Expo & Event
Production, Inc.**
P.O. Box 0178,
Sturbridge, MA 01566
508-347-5815
info@nobleexpos.com
NobleExpos.com

Noble Expos produces B2C and B2B conference events, including New England FarmCon (Feb. 2017) a B2B conference/expo with the sole mission of coordinating regional & local food movements to "Reach out and Grow!". As well as a "companion" Consumer Expo called Homesteading, Farm-to-Table & Organic Living. We are committed to bridge gaps currently existing between local & regional food movements. By bringing them face to face, New England FarmCon encourages engagement, learning & growth of the industry throughout New England.

Ware

**Quaboag Valley Community
Development Corporation
(Founding Member)**
23 West Main Street, Suite 1,
Ware, MA 01082
413-967-3001
mail@qvcddc.com
QVCDDC.org
facebook.com/Quaboag-Valley-CDC

Quaboag Valley Community Development Corporation is a nonprofit community development organization providing technical support and financing to entrepreneurs and

small businesses. Our services include business computer skills training (Excel, Word, QuickBooks, and more), technical assistance (legal, accounting, business planning, websites, and more) and loans for small businesses that do not qualify for conventional financing (\$500 – \$100,000). Many of our services are available at low or no cost (eligibility requirements apply). Visit our website to learn more! www.qvcddc.com

Westminster

**Westminster Agricultural
Commission**
11 South Street,
Westminster, MA 01473
978-874-1373
altobelliml260@comcast.net
westminster-ma.gov
facebook.com/Westminster-Farmers-Market

We host Westminster's Farmers' Market – first Friday in May through last Friday in October, 3:00-6:30pm, on Academy Hill, with 15 core vendors and 25-30 on event days -(5 scheduled events May, July, Aug, Sept and October) carrying a full range of

local foods. We also support the Backyard Growing educational series, the Growing Great Food working group and other educational and local food events with the collaboration of the GAFFers (Gardening And Farming Friends), our local independent support group.

Worcester

**Central Massachusetts
Regional Planning
Commission
(Founding Member)**
2 Washington Square – Union
Station, Worcester, MA 01604
508-459-7717
jpierce@cmrpc.org
CMRPC.org
facebook.com/Central-Mass-Regional-Planning-Commission

CMRPC is the designated regional planning entity for the southern two-thirds of Worcester County. Beginning in 2012, CMRPC began studying the region's agricultural economy. CMRPC is now working with farmers, institutions, markets, and others to explore how to improve the efficiency of moving products from farm to market. Promoting Central Mass Grown has been a key aspect of



**Quaboag Valley Community Development Corporation
& Business Assistance Corporation**
23 West Main Street, Ware, Massachusetts 01082

QuickBooks for Farmers

- Class size limited to 6 / Highly interactive and hands-on
- Locations and scheduling convenient to the majority of participants
- Training laptops, books, thumb drives and experienced, qualified CPA instructors provided by the QVCDDC.
- Financial assistance is available to qualified participants

Visit us at www.qvcddc.org to learn more about our computer training as well as our business development services.

The Quaboag Valley CDC/BAC is an equal opportunity lender, employer and provider. In accordance with Federal law and US Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age, disability, marital status or religion.



A Planning Partnership
Serving the Needs of Forty Communities
In Southern Worcester County Since 1963

Transportation Community Development Regional Services GIS

A Proud Member of Central Mass Grown

www.cmrpc.org

facebook.com/CMRPC

that. In addition, CMRPC is assessing the feasibility of developing a food hub in southwestern Worcester County.

Regional Environmental Council

(Founding Member)

9 Castle Street, No. 1,
Worcester, MA 01610
508-799-9139
director@recworchester.org
recworchester.org
facebook.com/Regional-Environmental-Council

The REC Food Justice Program works to increase and facilitate access to fresh, healthy, affordable produce for residents of Worcester's lowest income and most food insecure neighborhoods. We accomplish this through our network of 60+ community and school gardens, a youth employment and leadership development program for low-income teens that grow organic produce on two urban farms, and run three full season farmers' markets including a Mobile Market that makes 15 stops per week in low-income, food insecure neighborhoods.

Worcester Food Policy Council

c/o United Way,
484 Main St., Suite 300,
Worcester, MA 01608
508-723-4550
Martha@worchesterfoodpolicycouncil.org
WorcesterFoodandActiveLiving.org
facebook.com/Worcester-Food-Policy-Council

The Worcester Food Policy Council (WFPC) is a coalition of organizations, institutions and agencies that work for a sustainable and just food system in Worcester and beyond. WFPC does this through public education, policymaker engagement, and policy advocacy. We work at the local level and at the state level with partners from across the commonwealth in sectors such as public health, agriculture, social justice, and anti-hunger advocacy.

Individual Supporters

(FM denotes Founding Member)

Trish Settles, Stow (FM)

Scott Davis, Daisy Acres Farm,
Rutland (FM)

Janet Pierce, New Braintree (FM)

Congressman Jim McGovern,
Worcester (FM)

Kenneth Tracy, Black Lab Farm,
Rutland (FM)

Anonymous Donor, Westminster (FM)

Derrick Mathieu, Worcester (FM)

Lawrence Adams, Barre (FM)

Maleah Gustafson, Central Mass Local
Food, Holden (FM)

Donna Mackie, Bolton (FM)

Bobbie Spiegelman, Groton (FM)

Sheryl & Dick Vaillette,
Westminster, (FM)

Philip Hubbard, Barre (FM)

Rick LeBlanc, Boylston (FM)

Andrea Freeman & Tim Silva,
Leominster (FM)

William King, West Brookfield (FM)

Kathleen Polanowicz,
Northborough (FM)

Anne Edgington, Leicester

Senator Anne Gobi, Spencer (FM)

Carrie Novak, Templeton

Joe Smith, Phillipston

Eric R. Smith, Leominster

Cynthia Alonso, Holden

Daniel Mullen, Holden

Brian Monteverd, Worcester

Norma Chanis, Your Time, Your
Health, West Boylston

Sally Hensley, Groton

Liz Strachan, Groton

Patti Gould, Worcester

Rebecca Miller, Worcester

Summer Smith, Leominster

Senator Michael O'Moore, Millbury

Janet H. Morrison, Ashburnham

Ken Cleveland, Brookfield

Potato Salad

By Julie Rawson of Many Hands Organic Farm and Sustainability Center



- Potatoes
- Eggs
- Scallions, peppermint or spearmint as desired
- Cucumbers, radishes, other additions as desired
- Salt and pepper to taste

Boil potatoes whole along with eggs. Cool and chop the potatoes into bite sized pieces. Peel the eggs and slice. Add chopped scallions, peppermint or spearmint as desired, cucumbers, radishes, or other additions as desired. Mix in organic mayonnaise at the amount desired, salt and pepper.

Apple & Pear Sauce

By Julie Rawson of Many Hands Organic Farm and Sustainability Center



- 2 – 8 oz. cream cheese
- 1 Tbl. chopped fresh basil
- ½ lb. unsalted butter
- 1 tsp. chopped fresh thyme
- 1 tsp. chopped fresh marjoram
- ¼ tsp. pepper
- 2 minced garlic cloves
- 1 tsp. Worcestershire sauce
- 1 Tbl. chopped fresh dill

This is a mix of the two sauces that we serve.

Apple sauce: quarter apples without removing seeds. Boil down with water, and run through the Foley food mill.

Pear sauce: cut out the core and chop the pears into small pieces. Boil down with some water.

Salad in Season

By Julie Rawson of Many Hands Organic Farm and Sustainability Center

- | | |
|---|---|
| • Lettuce | • Chives |
| • Asian greens, other greens wild or tame from the field as desired | • Green onions |
| • Radishes | • Mint leaves |
| • Strawberries | • Raspberries, or other in-season fruit |

Chop up lettuce and greens. Chop radishes, strawberries, and raspberries (or other fruit) into small bite size pieces. Add chives, green onions, and mint. Mix well and enjoy.



Little Bit Farm's Tangy Summer Squash Salad

By Dianna Provencher of Little Bit Farm, Leicester

- 1 medium size summer squash
- 1 medium size sunburst squash
- 1 medium size zucchini
- 1 red onion
- 1 sweet yellow onion
- ½ cup raisins
- ½ cup cranberries
- Small handful of fennel
- ¾ cup parmesan cheese
- Italian dressing or dressing of your choice
- Garlic to taste
- Salt and pepper to taste
- Optional: To give the dish a little kick, add 1-2 hot peppers

Start by chopping your squash, zucchini, and onions into bite size pieces. Peel and mince the garlic. Finely chop up the fennel – this can be put through a coffee grinder. Mix everything together in large bowl. Add salt and pepper to taste. Now add your Italian dressing (or dressing of your choice) and 1-2 hot peppers if desired. Finally, mix a little parmesan cheese into the salad, sprinkle the rest on top, and enjoy.

Pork Sausage Stirfry

By Julie Rawson of Many Hands Organic Farm and Sustainability Center



- 1 lb. of pork sausage or ground beef as desired
- Lard, beef tallow, coconut oil, or olive oil as desired
- Green onions
- Asian greens
- Chard
- Kale
- Mint
- Beets
- Salt and pepper to taste
- Optional: tamari sauce

Start with a pound of pork sausage or ground beef, or your favorite meat. Saute in lard, beef tallow, coconut oil or olive oil. Chop up and add green onions, Asian greens, chard, kale, mint, beets, etc. Stir fry lightly. Add salt and pepper to taste. Optional: add tamari sauce - a gluten free alternative to soy sauce with a richer and milder taste.



Root Soup

By Julie Rawson of Many Hands Organic Farm and Sustainability Center

- Pork, beef, or chicken stock
- Beets
- Onions
- Carrots
- Rutabaga
- Parsnip
- Potatoes
- Salt and pepper to taste

Cut up beets, onions, carrots, potatoes, or rutabaga, parsnip as desired into small pieces. Cook in choice of stock until tender. Run entire mixture through a blender or food processor for smooth consistency. Add salt and pepper to taste.

The Best Apple Pie in New England (Honey Apple Pie)

*Salem Cross Inn, West Brookfield
Ruby Rossi, Vermont, Grand Champion Baker, 1993*



Pie Filling:

- 6-8 baking apples, peeled and sliced

Mix together:

- 1/3 cup honey
- 1 tsp. cinnamon
- 3 tbsp. sugar
- 1/4 tsp. salt
- 2tbsp cornstarch
- 3 tbsp. melted butter

Mix apples and honey mixture together in large bowl. Place bottom unbaked pie crust in 10" pie pan, fill with apple mixture, then roll out top crust and place on pie, flute edged, vent top, bake 350 for approximately 1 hour.

Pie Crust:

- 5 cups flour
- 1 tsp. salt
- 1 3/4 cups shortening
- 1/2 tsp. baking powder
- 1/4 cup sugar

Combine flour, sugar, salt, and baking powder. Cut shortening until consistency of small peas.

- 1 egg (beaten)
- water
- 1 tbsp. cider vinegar

In a measuring cup, put in beaten egg. Add vinegar and enough water to make 1 cup of liquid. Add gradually to dry ingredients. Press to make ball, then divide into 4 equal parts. Yields two, 2-crust pies. Also can be frozen.

Jen's Crockpot Lasagna

By Smith's Country Cheese, Winchendon

- 1 lb. ground beef
- 1 lg. onion
- 2 garlic cloves, minced
- 1 can (29 oz.) tomato sauce
- 1 can (6 oz.) tomato paste
- 1 cup water
- 1 tsp. salt
- 1 tsp. dried oregano
- 1 pkg. (8 oz.) no-cook lasagna noodles
- 4 cups (16 oz.) plain Smith's Country Cheese Gouda, shredded
- 1 1/2 cup (12 oz.) small curd cottage cheese
- 1/2 cup grated Parmesan cheese

In a skillet, cook beef, onion and garlic over medium heat until meat is no longer pink; drain. Add the tomato sauce, water, tomato paste, salt and oregano; mix well. Spread a fourth of the meat sauce in an ungreased 5-qt. slow cooker. Arrange a third of the noodles over sauce (breaking the noodles, if necessary.) Combine the cheeses; spoon a third of the mixture over noodles. Repeat layers twice. Top with remaining meat sauce. Cover, and cook on low for 4-5 hours or until noodles are tender.

Be sure to send in your recipes featuring local agricultural products for our 2017 Farm Products Guide!

MEMBERSHIP

Central Mass Grown is an initiative, borne from the need to highlight the farms of Central Massachusetts. Our organization's mission is to promote the purchase of local agricultural products and to foster education about the benefits to health, community, economy, and environment.

Please join us. Together we can build a strong movement to promote local agriculture and ***Grow the Core of the Commonwealth.*** To enroll, visit CentralMassGrown.org or call (508) 459-3320.

Benefits include:

- Permission to use the **Central Mass Grown** logo
- Starter kit of **Central Mass Grown** price cards, stickers, and signage
- Listing in **Central Mass Grown's** online Guide
- Members-only networking events
- Eligibility for **Central Mass Grown's** business development programs
- Technical assistance, as available
- Discounts on **Central Mass Grown** workshops, products, and events
- Priority opportunity to participate in **Central Mass Grown's** "Meet your Farmer/Cook" events
- Listing in **Central Mass Grown** annual **print** guide

Farms, Nursery Growers, Garden Centers \$75
Restaurants, Retailers, Caterers \$75
Producers, Distributors, Wholesalers \$75

Institutions, Organizations, Community Partners \$100
Individual Community Supporter \$25



photo credit: Tower Hill Botanic Garden

DISCOVER MORE

in Central Massachusetts!

446 Main Street, Suite 200 | Worcester, MA 01608 | 508.753.1550 | www.DiscoverCentralMA.org

🐦 VisitCentralMA 📘 DiscoverCentralMA

Agricultural Commissions

Ashburnham Ag Com

Town Hall, 32 Main St.
Keith Kopley (978)827-4100
kalonfarm@live.com
ashburnham-ma.gov/pages/
ashburnhamma_bcomm/
Agriculture

Athol Ag Com

Town Hall, 584 Main St.
Nora Weaver
(978)249-4551
farmersmarket@townofathol.org
athol-ma.gov/agricultural-
committee

Barre Ag Com

Town Hall, 40 West St.
David Petrovick (978)355-5003
caledoniafarm@charter.net
townofbarre.com/departments/
departments-a-m/agricultural-
commission

Berlin Ag Com

Town Offices, 23 Linden St.
James Wheeler (978)838-2931
james@indianheadfarm.com
townofberlin.com/event/
agricultural-commission

Bolton Ag Com

Town Hall, 663 Main St.
Janet Johnson (978)779-2297
janetmargjohnson@gmail.com
boltonag.com

Brookfield Ag Com

Town Hall, 6 Central St.
Cindy Thompson
(508)867-2930
crsnyder3@hotmail.com
brookfieldma.us Agricuture-
al_Commission.htm

Fitchburg Ag Com

166 Boulder Drive, STE 108
Sheila Lumi (978) 829-1800
slumi@verizon.net

Grafton Ag Com

Municipal Center,
30 Providence Rd
Rebecca Wilson
(508)839-5335 x1100
graftonagcom@yahoo.com
grafton-ma.gov/
Public_Documents Graf-
tonMA_Committees/Agricultural
20Commission/
Agricultural_index

Hardwick Ag Com

Muni. Bldg, 307 Main St.
Salvatore Morelli
(508)365-8032
salvatore5841@comcast.net
townofhardwick.com/
agcom.html

Harvard Ag Advisory

Hildreth House, 13 Ayer Rd.
Robert Traver (978)456-4120
info@harvardag.com
harvard.ma.us/Pages/
HarvardMA_BComm/
Agriculture/index

Holden Ag Com

Town Hall, 1204 Main St.
Denise Cummings
(508)210-5501
northwoodsfarm@live.com
holdenma.gov/agricultural-
commission

Hubbardston Ag Com

Town Hall, 7 Main St., Unit #3
Catherine Hansgate
(978)928-3731
ladybugfarmproduce@gmail.com
hubbardstonma.us/pages hubbar-
stonma_bcomm/ag/index

Lancaster Ag Com

Thayer Memorial Library
717 Main St.
David Kilbourn
(978)365-3326 x 1311
kilbournd@comcast.net
ci.lancaster.ma.us/pages lancas-
terma_agcomm/index

Leicester Ag Com

3 Washburn Sq.
Dianna Provencher
(508)459-3326
littlebitfarm2004@charter.net
leicesterma.org/Pages/
LeicesterMA_Meetings/
S01EF0263-01EF026B?
formid=161

Lunenburg Ag Com

960 Massachusetts Ave.
Jeffrey Mendoza (978) 660-4723
jmendoza@lunenburgonline.com
lunenburgma.gov/agcom

Mendon Ag Com

Town Hall, 20 Main St.
Ken O'Brian (508)478-5194
agcom@mendonma.gov
mendonma.gov/agricultural
commission

New Braintree Ag Com

Town Hall, 20 Memorial Dr.
Joan Walker (508) 867-2071
AgComm@NewBraintree.org
facebook.com/
newbraintreeagcom/info/?
tab=page_info

Oakham Ag Com

Town Hall, 2 Coldbrook Rd.
Colleen Melanson
(508)882-5549 (508) 882-3191

Phillipston Ag Com

Town Hall, 50 on the Common
Ruth French (413)559-7627
wehunt2@comcast.net
phillipston-ma.gov/pages Agri-
cultural_Commission.aspx

Princeton Ag Com

Town Hall, 6 Town Hall Dr.
Walter Gowey (978)464-2100
gowey1@msn.com
town.princeton.ma.us/Pages
PrincetonMA_BComm/
agricultural

Royalston Ag Com

Town Hall, On the Common
5 School Street
Randy Divoll (978)602-5583
ld_tj@yahoo.com

Rutland Ag Com

Town Hall 250 Main St.
Kathy Clarke
(508) 641-4727
kclark2952@charter.net

townofrutland.org/Pages Rut-
landMA_Agricultural/index

Southbridge Ag Com

Town Hall, 41 Elm St.
Richard Harwood
(774)230-4978
ci.southbridge.ma.us/agricultural
-commission

Spencer Ag Com

42 Smithville Rd.
Rich Lapierre (508) 885-4247
RichL@klemsonline.com
spencerma.gov/pages/
SpencerMA_Calendar/
S0236B442-0236B45A?Access=1

Sterling Ag Com

Butterick Munic. Bldg., 1 Park St.
Robert Nickerson Jr.
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nickersonb@comcast.net
sterling-ma.gov/Pages/
SterlingMA_AgComm/index

Sturbridge Ag Com

Town Hall, 308 Main St.
Brian Caron (508)347-2500
bcaron96@charter.net
town.sturbridge.ma.us/
Public_Documents/F0000F20A/
agcom

Templeton Ag Com

Town Hall, 160 Patriots Rd.
Carrie Novak (978) 939-8466
carrie.novak@comcast.net
templeton1.org/users/
agricultural-commission/contact

Townsend Ag Com

Town Hall, 272 Main St.
James Deroian (Chair)
(978)400-6494

townsend.ma.us/Pages/
TownsendMA_Bcomm/
Agriculture/index

West Boylston Ag Com

Town Hall, 140 Worcester St.
Sighle Philbin (508) 328-0567
sighleanne@gmail.com
westboylston.com/Pages/
WBoylstonMA_BComm/agcomm

West Brookfield Ag Com

Town Hall, 2 E. Main St.
Matthew Koziol (413)967-3950
matthewkoziol@hotmail.com

Winchendon Ag Com

Town Hall, 109 Front St.
Audrey LaBrie (978)297-0085
hydeawayfarms@gmail.com
townofwinchendon.com/Pages/
WinchendonMA_BComm/
Agricultural/index

Westminster Ag Com

Town Hall, 11 South St.
ML Altobelli (978)874 1373
altobellim260@comcast.net
westminster-ma.gov/pages/
WestminsterMA_BComm/
Agricultural/index



Granges

Boxborough Grange #131

Town Hall; 29 Middle Rd.
Boxborough, MA
Phyllis Foss
(978)263-2241
2nd Fri., 8:00 pm

Central Community Grange #22

Boylston Town House,
599 Main St.
Boylston, MA
Deb Goodrich
(508)869 3146
centralcommunitygrange@gmail.com
1st & 3rd Tues., 7:30 pm

Charlton Grange #92

Charlton Center Rte. 31
Charlton, MA
Marion Reynolds
(508)248-5744
1st Tues., 7:30 pm

Dudley Grange #163

Grange Hall; 139 Center Rd.
Dudley, MA
Karen Gillon
(508)943-6645
2nd Tues., 7:30 pm

Dunstable Grange #31

Town Hall, 511 Main St.
Dunstable, MA
Jennifer Tully
(978)649-3934
tulcows@aol.com
2nd Fri., 8:00 pm

Groton Grange #7

Grange Hall;
80 Champney St.
Groton, MA
Todd McGillivray
(978)448-3990
mcgillivray@verizon.net
2nd Tues., 7:00 pm

Holden Grange #78

Holden Senior Center;
1130 Main St.
Holden, MA
Janet Segur
(508)886-2341
Jsegur55@gmail.com
holdengrango78@gmail.com
2nd & 4th Mon., 7:30 pm

New Braintree Grange #170

Congregational Church;
3 Oakham Rd.
New Braintree
Jessica Goodfield-Stelmokas
(978)729-6183
smokeyfieldfarm@hotmail.com
2nd Wed., 7:30 pm

North Orange Grange #86

Community Church of
North Orange and Tully
48 Main St.
Orange, MA
Nancy Blackmer
(978)544-2183
nblackmer@mass.rr.com
2nd and 4th Tues., 7:30 pm

Petersham Grange #95

Orthodox Congregational Church, 21 N.
Main St.
Petersham, MA
Barbara Hardaker
(978)257-8160
bgimpy49@yahoo.com
1st Tues., 7:15 p

Prescott of Pepperell Grange #73

Grange Hall;
12 Park St.
Pepperell, MA
David Gage
(978)433-6528
dlgage88@msn.com
1st and 3rd Wed., 7:15 pm
Sterling Grange #53

Grange Hall, 15 Maple St.

Sterling, MA
Louise Jordan
(508)886-4037
jordanfarm2@verizon.net
1st & 3rd Thurs., 4:00 pm

Upton Grange #125

Upton Grange Hall, 26 School St.
Upton, MA
Tracee Perkins
(508)529-2112
Tperkins2112@charter.net
Upton.grange@yahoo.com
1st & 3rd Thurs., 7:30 pm

Uxbridge Grange #200

VFW Hall, Douglas Rd.
Uxbridge, MA
Alicia Hashey
(508)641 8409
arhashey@gmail.com
2nd & 4th Tues., 7:30 pm

Ware Grange #163

Grange Hall,
297 Blechertown Rd.
Ware, MA
Randall Vaill, Jr.
(413)284-1135
vaill@comcast.net

Massachusetts State Grange:

www.massgrange.org

Founded in 1887,
the National Grange is a
nonpartisan, nonprofit
organization that advocates for
rural America and agriculture.
It is part of more
than 2,100 hometowns
across the US!



Chambers of Commerce / Tourism Councils

Assabet Valley Chamber of Commerce

18 Church St.
Hudson, MA 01749
(978)568-0360
info@assabetvalleychamber.org

Auburn Chamber of Commerce

446 Main St., #200
Worcester, MA 01608
(508)753-2925 x224

Blackstone Valley Chamber of Commerce

110 Church St.
Whittinsville, MA 01588
(508)234-9090
administrator@blackstonevalley.org

Central Mass South Chamber of Commerce

380 Main St.
Sturbridge, MA 01566
(508)347-2761
info@cmschamber.org

Greater Gardner Chamber of Commerce

29 Parker St.
Gardner, MA 01440
(978)632-1780
jbellina@gardnerma.com

Middlesex West Chamber of Commerce

77 Great Rd. #200
Acton, MA 01720
(978)263-0010
sfletcher@mwoc.com

Nashoba Valley Chamber of Commerce

100 Sherman Ave.
Devens, MA 01434
(978)772-6976
director@nvcoc.com

North Central MA Chamber of Commerce

860 South St.
Fitchburg, MA 01420
(978)353-7600
chamber@massweb.org

North Quabbin Chamber of Commerce

251 Exchange St.
Athol, MA 01331
(978)249-3849
info@northquabbinchamber.com

Wachusett Area Chamber of Commerce

1174 Main St.
Holden, MA 01520
(508)829-9200
info@wachusettareachamber.org

Webster Dudley Oxford Chamber of Commerce

446 Main St., #200
Worcester, MA 01608
(508)943-9700 x224
info@wdochamberma.com

Worcester Regional Chamber of Commerce

446 Main St., #10
Worcester, MA 01608
(508)753-2924
info@worcesterchamber.org

Discover Central Mass

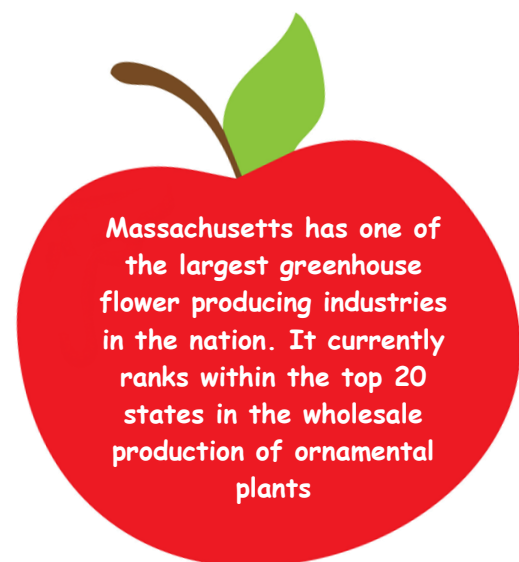
444 Main Street, Suite 200
Worcester, MA 01608
(508)753-1550
DiscoverCentralMA.org

Johnny Appleseed Trail Association

1000 Massachusetts 2
Lancaster, MA 01523
(978)534-2829
burnette@appleseed.org

MetroWest Tourism & Visitors Bureau

1671 Worcester Rd., #301
Framingham, MA 01701
(508)361-9881
susan@metrowestvisitors.org



Consumer Resources

Resource	Description	Website
Berkshire Food Journal	Profiles the unique community of people in the Berkshire region, and looks deeply into where the region's food is coming from.	berkshirefoodandtravel.com
CISA: Be A Local Hero	The renowned buy local program for Franklin County and a wonderful buy local resource otherwise.	buylocalfood.org
CISA: Local Food Impact Calculator	Have you ever wondered what impact your food choices have on the local economy? This calculator will help you understand why choosing local tomatoes helps create jobs and other economic benefits in our community.	buylocalfood.org/buy-local/local-food-calculator
Eat Local Challenge	Nationwide group blog about the benefits of eating food grown in your own foodshed.	eatlocalchallenge.com
Edible Communities	Award winning magazines that celebrate local foods, season by season.	ediblecommunities.com/content
Heirloom Meals	Supports buying local, preserving family recipes, and the art of cooking.	heirloommeals.com
Island Grown-Martha's Vineyard	The buy local initiative for Martha's Vineyard with programs for schools, apprenticeships and more.	islandgrown.org
Local Harvest	Another source to find a CSA, Farm, Farmers' Market and more.	localharvest.org/csa
Locally Grown Farm Products Guide 2014	Western Massachusetts' Pioneer Valley, A free publication of Communities Involved in Sustaining Agriculture (CISA).	buylocalfood.org/upload/resource/FPG-2014FINAL.pdf
Massachusetts Dairy Promotion Board	All things dairy in Massachusetts.	massdairy.com
Mass Grown and Fresher	Fully equipped with an interactive map to find the farm and agricultural resources around you.	mass.gov/agr/massgrown/index.htm
National Young Farmers Coalition	A community of farmers who want to support others become farmers.	youngfarmers.org
Northeast Harvest	Northeast Massachusetts' buy local program, helping people find and support local farms and food systems.	northeastharvest.com
PBS' 10 Steps to Becoming a Locavore	PBS' succinct article about how to do this vital work.	pbs.org/shows/344/locavore.html
Regional Environmental Council of Central Massachusetts	Supporting Local, Sustainable Food Systems.	recworchester.org
The Locavore Way	Long time culinary professional Amy Cotler brings her passion for seasonal and local eating together in her book and radio show (podcasts available).	freshcotler.com

USDA's Local Food Directory	Search for or add a farm or resource listing.	usdalocalfooddirectories.com
Wholesome Wave	National non-profit helping underserved communities afford local food.	wholesomewave.org/our-initiatives
Worcester Food & Active Living Policy Council	Working to create a sustainable and just food system and active community environment in Worcester and beyond.	worcesterfoodandactiveliving.org

Producer Resources

Massachusetts Agricultural Fairs Association mafa.org	Massachusetts Dairy Promotion Board massdairy.com	Massachusetts Maple Producers Association massmaple.org
Massachusetts Brewers Guild massbrewersguild.org	Massachusetts Farm Bureau Federation mfbf.net	Massachusetts Nursery and Landscape Association mnl.com
Massachusetts Cheese Guild macheesguild.org	Massachusetts Flower Growers' Association massflowergrowers.com	Massachusetts Organic Farming Association theorganicfoodguide.com
Massachusetts Christmas Tree Association christmas-trees.org	Massachusetts Fruit Growers Association massfruitgrowers.org	Massachusetts State Grange massgrange.org

Mobile Apps

Resource	Description	Website
Farmstand	Connecting every community with locally grown food.	farmstandapp.com
Harvestmark Food Traceability	Trace your food back to the farm it came from!	harvestmark.com/solutions/get-the-harvestmark-food-traceability-app.aspx
Nommunity	Currently piloting web based and mobile apps to help you find restaurants with locally grown, organic, vegan, vegetarian, kosher, and gluten-free meals.	vimeo.com/45337143

MAP KEY

Member Index: Farms, Producers, Nurseries (Those Who Grow)

- | | | | | | |
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| 1 | Abundance Family Farm, Charlton | 29 | Harvey's Farm, Westborough | 60 | Meadowbrook Orchards, Sterling |
| 2 | Apple Meadow Farm, Ashby | 30 | Hebert Honey, Oxford | 61 | Mesa Farm, Rutland |
| 3 | Autumn Hills Orchard, Groton | 31 | Heifer Farm, Rutland | 62 | Nourse Farm, Westborough |
| 4 | Baile an Chotaigh Farm, Westminster | 32 | Heirloom Harvest Farm & CSA, Westborough | 63 | Oak Hollow Livestock, Winchendon |
| 5 | Bemis Farms Nursery, Spencer | 33 | Hettie Belle Farm, Warwick | 64 | Oak Meadows Farm, Rutland |
| 6 | Bent Birch Farms, Brookfield | 34 | High Meadow Farm, Hubbardston | 65 | Old Frog Pond Farm, Harvard |
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| 8 | Breezy Gardens, Leicester | 36 | Hillside Farm, Holden | 67 | Pease Orchard, Templeton |
| 9 | Brookfield Orchards, Inc., North Brookfield | 37 | Hillside Herbals, Holden | 68 | Pineo Family Farm, Sterling |
| 10 | Brookside Family Farm, Westminster | 38 | Hollis Hills Farm, Fitchburg | 69 | Plain View Farm, Hubbardston |
| 11 | Carlson Orchard's Inc., Harvard | 39 | Honey Bee Orchard, West Brookfield | 70 | Pure BS Maple Shack, Auburn |
| 12 | Carter and Stevens Farm, Barre | 40 | Hoof n Hope, Sterling | 71 | Ragged Hill Orchard, West Brookfield |
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| 14 | Chestnut Hill Farm-The Trustees, Southborough | 42 | Hunt Road Berry Farm, West Brookfield | 73 | Red River Farm and Landscape, West Brookfield |
| 15 | Clover Hill Farm, Hardwick | 43 | Indian Head Farm, Berlin | 74 | River Mist Farm, Brookfield |
| 16 | Clover Springs Farm, West Brookfield | 44 | Johnson & Sons Poultry Farm, Westminster | 75 | Robinson Farm, Hardwick |
| 17 | Community Harvest Project, Groton | 45 | Jordan's Dairy Farm, Rutland | 76 | Rota Spring Farm, Sterling |
| 18 | Coopers Hilltop Farm, Leicester | 46 | Kimball Fruit Farm, Pepperell | 77 | Ruggles Hill Creamery, Hardwick |
| 19 | Diemand Farm, Wendell | 47 | King Farm, Townsend | 78 | Sap Castle at Overlook Farm, Rutland |
| 20 | Douglas Orchard and Farm, Douglas | 48 | King's Berry Farm, East Brookfield | 79 | Sauls Farm, Ashby |
| 21 | Elzire's Acre, Princeton | 49 | Ladybug Farm Produce, Hubbardston | 80 | Sholan Farms, Leominster |
| 22 | Emmas Acres Alpacas, Oxford | 50 | Lamoureux Greenhouses, Brookfield | 81 | Signal Rock Farm, Charlton |
| 23 | Fuzzy Boys Farm, North Brookfield | 51 | Lanni Orchards, Inc., Lunenburg | 82 | Smith's Country Cheese, Inc., Winchendon |
| 24 | Grand Maple Farms, New Braintree | 52 | Lazy Day Farm, Rutland | 83 | Still Life Farm, Hardwick |
| 25 | Hames & Axle Farm, Ashburnham | 53 | Lilac Hedge Farm, Berlin | 84 | Stillman Quality Meats, Hardwick |
| 26 | Hamletgrove Pastured Poultry, West Brookfield | 54 | Little Bit Farm, Leicester | 85 | Stillman's Farm, New Braintree |
| 27 | Harper's Farm & Garden, Lancaster | 55 | Locust Knoll Farm, Sterling | 86 | Stone Harvest Farm, Peter-shamStony Knoll Farm, Leicester |
| 28 | Hartman's Herb Farm, Barre | 56 | ML's Greenery in Motion and Woody End Farm, Westminster | 87 | Stony Knoll Farm, Leicester |
| | | 57 | Many Hands Organic Farm, Barre | 88 | Stow Greenhouses, Stow |
| | | 58 | Maple Heights Farm, Westminster | 89 | Summit Farm, New Braintree |
| | | 59 | Mary Go Round Farm, Brookfield | 90 | Sunny Knoll Farm, Westminster |
| | | | | 91 | Sunset View Farm, Winchendon |



- 92 Tangerini's Spring Street Farm, Millis
- 93 The Country Hen, Hubbardston
- 94 The Farm at Summit Wynds, Holden
- 95 The Fiddlers Gardens, Westminster
- 96 The Little White Goat Dairy at Heritage Fields Farm, Orange
- 97 Thibault's Poultry Inc., Spencer
- 98 Tougas Family Farm, Northborough
- 99 Town Farm Gardens, Brookfield
- 100 Turn Back Time Farm, Paxton
- 101 Valley View Farm, Templeton
- 102 Walker Farm at Whortleberry Hill, New Braintree
- 103 Walker Valley Farm, Oxford
- 104 Walnut Lane Farm, Dudley
- 105 Warren Farm & Sugarhouse, North Brookfield
- 106 Westfield Farm, Hubbardston
- 107 Whittier Farms, Sutton
- 108 Winsky Farm, Oxford

Index: Value-Added Businesses (Those Who Prepare)

- 1 Dean's Beans Coffee Company, Orange
- 2 Glimpses of New England Past, Westminster
- 3 Seven Hills Farmstead, Rutland
- 4 The Chocolate Shop, Athol

Index: Restaurants, Caterers (Those Who Serve)

- 1 Birchtree Bread Co., Worcester
- 2 Dawn's Delight's Market Café, Princeton
- 3 Eric's LaPatisserie, Worcester
- 4 Figs & Pigs, Worcester
- 5 Gardner Ale House, Gardner
- 6 Hartman's Herb Farm, Barre
- 7 Mill No. 3 Farmstand, Fitchburg

- 8 On the Rise Baking, Worcester
- 9 Pepper's Fine Catering, Northborough
- 10 Pure Juz, Worcester
- 11 Reed's Country Store, New Braintree
- 12 Roots Natural Foods, Leominster
- 13 Rose 32 Bread, Hardwick
- 14 Salem Cross Inn Restaurant & Tavern, West Brookfield
- 15 Sweet's Kitchen & Bar, Worcester
- 16 The Café at Groton Wellness, Groton
- 17 The Country Store, Petersham
- 18 Tower Hill Botanic Garden, Twig's Café, Boylston

Index: Distributors, Grocers, Specialty Retailers (Those Who Sell)

- 1 Central Mass Locavore, Westminster
- 2 Clover Hill Country Store, Hardwick
- 3 Emerald City Indoor Garden Center, Westminster
- 4 Hardwick Farmers Cooperative Exchange, Hardwick
- 5 Isador's Organics, Oxford
- 6 Klem's, Spencer
- 7 Lettuce Be Local, Sterling
- 8 Mountainside Market, Princeton
- 9 Shrewsbury Farmers Market, Shrewsbury
- 10 Tip Top Country Store, Brookfield

Index: Institutions, Organizations, Community Partners (Those Who Believe)

- 1 Central Massachusetts Regional Planning Commission, Worcester
- 2 Common Grow, LLC, Petersham
- 3 East Quabbin Land Trust,

- Hardwick
- 4 Edible Boston, Brookline
- 5 Edible Pioneer Valley, Montague
- 6 Groton Local Association, Groton
- 7 Holden Grange #78, Rutland
- 8 Mass Local Food Co-op, Gardner
- 9 Montachusett Regional Planning Commission, Fitchburg
- 10 NOFA/Mass, Barre
- 11 Noble Expo & Event Production, Inc., Sturbridge
- 12 North County Land Trust, Leominster
- 13 North Quabbin Chamber of Commerce & Visitors Bureau, Athol
- 14 Quaboag Valley Community Development Corporation, Ware
- 15 Regional Environmental Council, Worcester
- 16 Sterling Agricultural Commission, Sterling
- 17 Wachusett Mountain Assoc., Princeton
- 18 Westminster Agricultural Commission, Westminster
- 19 Worcester County Food Bank, Shrewsbury
- 20 Worcester Food and Active Living Policy Center, Worcester



NR= No Response or unknown

Acton

Pearl St., W. Acton Village
June 14 - Oct 25; Sun 10a-1p
Yes EBT/SNAP; Yes WIC/Sr Cpn
abfarmersmarket.org/

Ashland

125 Front St., Across from Ashland
Public Library
June 13 - Oct 10; Sat 9a-1p
Yes EBT/SNAP; Yes WIC/Sr Cpn
www.ashlandfarmersmarket.org/

Athol

1551 Main St., Athol Uptown Com-
mon
June - October; Sat 9a-Noon
Yes EBT/SNAP; Yes WIC/Sr Cpn
[www.athol-ma.gov/agricultural-
committee/pages/farmers-market](http://www.athol-ma.gov/agricultural-committee/pages/farmers-market)

Athol (Winter)

584 Main St., Athol Town Hall
November - May; 1st & 3rd Sat,
9a-Noon
Yes EBT/SNAP; NR WIC/Sr Cpn
[www.athol-ma.gov/agricultural-
committee/pages/farmers-market](http://www.athol-ma.gov/agricultural-committee/pages/farmers-market)

Barre

Grove St. N. & Common St., Barre
Common
May 2 - Oct 31; Sat 9a-12:30p
NR EBT/SNAP; Yes WIC/Sr Cpn
www.barrefarmersmarket.org/

Belchertown

Main St. & E. Walnut St., Belch-
ertown Common
June 28 - Oct 4; Sun 10a-2p
NR EBT/SNAP; Yes WIC/Sr Cpn
[belchertownfarmers-
market.weebly.com/](http://belchertownfarmers-market.weebly.com/)

Bernardston

58 Church St., United Church of
Bernardston
May 30 - Oct 3; Sat 10a-1p
Yes EBT/SNAP; Yes WIC/Sr Cpn
[www.facebook.com/Bernardston-
Farmers-Market-Sat-10-1-
250630118284345/](http://www.facebook.com/Bernardston-Farmers-Market-Sat-10-1-250630118284345/)

Billerica

25 Concord Rd., In front of Council
on Aging
June 22 - Oct 5; Mon 3p-Dusk
Yes EBT/SNAP; Yes WIC/Sr Cpn
www.billericafarmersmarket.org

Blackstone

286 Mendon St., The Daniel's
Farmstead
July 12 - Oct 4; Sun 11a-3p
NR EBT/SNAP; Yes WIC/Sr Cpn
www.danielsfarmstead.org/

Boylston

10 Church St., Town Common
July 11 - Oct 3; Sat 10a-1p
NR EBT/SNAP; Yes WIC/Sr Cpn
[www.facebook.com/
BoylstonFarmersMarket/](http://www.facebook.com/BoylstonFarmersMarket/)

Brimfield

2 Brookfield Rd., Hitchcock Acade-
my
April 18 - Nov 21; Sat 9a-2p
NR EBT/SNAP; Yes WIC/Sr Cpn
www.hitchcockacademy.org/

Carlisle

343 Bedford Rd., Kimballs Ice
Cream Stand, Rte. 225
June 20 - Oct 22; Sat 8a-Noon
NR EBT/SNAP; Yes WIC/Sr Cpn
www.carlislefarmersmarket.org/

Chelmsford

Rte. 4 & Rte. 10, Town Common,
N. Rd.
June 18 - Oct 1; Th 2p-6:30p
NR EBT/SNAP; Yes WIC/Sr Cpn
[www.facebook.com/
chelmsfordfarmersmarket/](http://www.facebook.com/chelmsfordfarmersmarket/)

Chelmsford (Winter)

24 Maple Rd., Chelmsford Agway
Nov 1 - Feb 28; Sat 10a-2p
NR EBT/SNAP; NR WIC/Sr Cpn
[www.chelmsfordagwayfarmersmar-
ket.blogspot.com/](http://www.chelmsfordagwayfarmersmar-
ket.blogspot.com/)

Douglas

283 Main St., E.N. Jenckes Store
Museum
June 13 - Sept. ; Sat 9a-Noon
NR EBT/SNAP; No WIC/Sr Cpn
douglasfarmersmarket.org/

Fitchburg

Boulder Dr., Riverfront Park
July 9 - Oct 29; Th 3p-6:30p
Yes EBT/SNAP; Yes WIC/Sr Cpn
[www.facebook.com/
FitchburgFarmersMarket](http://www.facebook.com/FitchburgFarmersMarket)

Fitchburg

275 Nichols Rd., Health Alliance
Hospital
July 13 - Oct 26; Mon 10a-1p
Yes EBT/SNAP; Yes WIC/Sr Cpn
[www.facebook.com/
FitchburgFarmersMarket](http://www.facebook.com/FitchburgFarmersMarket)

Fitchburg

1000 John Fitch Highway, Wallace
Civic Center
July - October; Fr 8:45-Noon
NR EBT/SNAP; Yes WIC/Sr Cpn
[www.facebook.com/
FitchburgFarmersMarket](http://www.facebook.com/FitchburgFarmersMarket)

For the remaining markets, visit: www.centralmassgrown.org/fms

We have made our earnest efforts to provide you the most accurate information, and to give credit appropriately in this directory and on our website. We apologize for any errors that may have snuck past our editors. If errors are noticed, please let us know: info@centralmassgrown.org We will make corrections to future publications and to the website as expeditiously as possible.



ARE WE FRIENDS YET?

FOR AS LITTLE AS \$20,
YOU CAN JOIN OUR NETWORK OF FRIENDS...



Learn more at Massachusetts Farm Bureau's :

FRIENDOFLCALFARMERS.NET

10 Good Reasons to Eat Locally Grown



1 Locally grown food tastes and looks better.

Crops marketed close to home are picked at their peak and usually sold within 24 hours of harvesting. Food imported from far away must travel on trucks or planes and then it is stored in warehouses.

2 Local food supports local families.

The wholesale prices that farmers get for their products are usually very low, sometimes not more than the cost of producing them. Local farmers who sell directly to consumers cut out the middleman and can get full retail price for their food, which helps farm families be able to afford to continue farming their land.

3 Local food builds trust.

With all the issues related to food safety and homeland security, there's an assurance that comes from looking a farmer in the eye at the farmers' market or driving by the fields where your food comes from.

4 Local food builds community.

When you buy direct from a farmer, you're engaging in a time honored connection between eater and grower and you're supporting a local business. Getting to know folks who grow your food helps you know more about the place you live. In many cases, it gives you access to a place where you can go to enjoy nature and the seasons, and to learn more about how food grows.

5 Local food preserves open space.

When farmers get paid more for their products from nearby shoppers, they're less likely to sell farmland for development.

6 Local food keeps taxes down.

According to several studies, farms contribute more in taxes than they require in services, whereas most residential development contributes less in taxes than the cost of required services.

7 Local food benefits the environment and wildlife.

Massachusetts farmers are leaders in the use of environmentally sound growing practices. Our farms encompass a patchwork of fields, meadows, woods, streams, and ponds that provide essential habitat for wildlife.

8 Local food makes a lighter carbon footprint

On average our food travels, 500 miles from farm to plate. Moreover, each calorie of food produced requires an average of 10 calories of fossil-fuel inputs from travel, refrigeration and processing. Purchasing locally-grown food is a simple way to address the increasing expense of fossil fuels and the adverse effects of global warming from increased carbon emissions.

9 Local food preserves genetic diversity

In industrial agriculture, plants are bred for their ability to ripen uniformly, withstand harvesting, survive packing and last a long time on the shelf, so there are only a few varieties in large-scale production. This leaves our food supply vulnerable to disease or disaster. Smaller local farms, in contrast, often grow many different varieties to provide a longer season, an array of colors, and the best flavors.

10 Local food is an investment in our future.

When you buy locally grown food, you're helping to preserve the strength and character of our community for our children and grandchildren.