CISA’s 2019 FIELD GUIDE to the HOLIDAYS

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Visit buylocalfood.org to learn more about CISA!

CISA connects you to local food and farms!
CISA (Community Involved in Sustaining Agriculture) is a western Massachusetts non-profit that strengthens farms and builds connections between farmers and our local community.

We rely on support from our community: become a CISA Community Member or donate to support our important work at buylocalfood.org/support.

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This publication is based on work generously supported by CISA’s members, donors, and sponsors, as well as the Massachusetts Department of Agricultural Resources and the statewide initiative “Massachusetts Grown … and Fresher!™”

CISA is an equal opportunity employer.

Amherst Winter Farmers’ Market
Photo: Elizabeth Solaka
Cover photos by Elizabeth Solaka and Leslie Lynn Lucio
This holiday season, go local!

Make your Thanksgiving dinner and holiday meals into real celebrations by looking to local farms for your meat, potatoes, squash, carrots—even the apples for your pie are in season!

Local gifts are perfect for any gift-giving occasion, whether it’s Christmas, Hanukkah, Kwanzaa, hosting gifts, gift exchanges, or Valentine’s Day.

Winter farmers’ markets run all winter long, and you’ll be amazed by the variety of local food that’s available in the depth of winter.

Look for the Local Hero logo all year round—it means it’s local! You’ll find the bright yellow Local Hero logo at farms, grocery stores, restaurants, and other outlets that carry local food and farm products.

Looking for local?
Visit buylocalfood.org for CISA’s online guide to local food and farms!

ProTip!

A Bounty in Our Backyard

Massachusetts boasts more than 7,000 farms, cultivating upwards of half a million acres. From vegetables and fruits to flowering plants and fisheries, the Massachusetts ag industry allows all of us to buy local and buy fresh. Supporting local agriculture also means supporting the livelihoods of our neighbors. That’s simply a win-win.

As local agriculture continues to flourish, Farm Credit East is committed to working with owners throughout the Commonwealth in growing their businesses. Competitive lending rates, ag-specific financial services, and a deep understanding of the challenges in your industry—that’s what we bring to the “Buy Local” movement, and we’re proud of it.

Farm Credit East
FarmCreditEast.com 800.562.2235

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A Local Thanksgiving

Salad
Old Friends Farm, Amherst
Atlas Farm, Deerfield

Turkey
Diemand Farm
Wendell

Cheese
Robinson Farm
Hardwick

Mashed Potatoes
Teddy C Smiarowski Farm
Hatfield
Every November, friends and family gather to celebrate and give thanks over a harvest meal.

Make your Thanksgiving dinner a real celebration of the harvest this year by filling your table with local food!

Visit buylocalfood.org/farmguide (or turn to page 11) to find farm stands and winter farmers’ markets that are open near you and look for the Local Hero logo in grocery stores.

Flip to the next page for help finding your perfect local turkey!
Local Thanksgiving Turkeys

Farms

Chestnut Farms, Hardwick
chestnutfarms.org

D & R Farm, Hampden
facebook.com/drfarm.rollins

Diemand Farm, Wendell
thediemandfarm.com

Hager’s Farm Market, Shelburne
hagersfarmmarket.com

Hettie Belle Farm, Warwick
hettiebellefarm.com

Little Brook Farm, Sunderland
littlebrookfarm.com

Tanstafl Farm, Greenfield
tanstaflfarm.com

Retailers

Atkins Farms Country Market, Amherst
atkinsfarms.com

Atlas Farm, South Deerfield
atlasfarm.com

Cook Farm & Flavvors of Cook Farm, Hadley
flavvors.com

Corsello Butcheria, Easthampton
corsellobutcheria.com

Foster’s Supermarket, Greenfield
fosterssupermarket.com

Green Fields Market, Greenfield
franklincommunity.coop

McCusker’s Market, Shelburne Falls
franklincommunity.coop

Millstone Farm Market, Sunderland
facebook.com/millstonefarmmarket

North Hadley Market, Hadley
northhadleysugarshack.com

The Old Creamery Co-op, Cummington
oldcreamery.coop

Quabbin Harvest, Orange
quabbinharvest.coop

Randall’s Farm & Greenhouse, Ludlow
randallsfarm.net

River Valley Co-op, Northampton
rivervalley.coop
**Winter Shopping List**

You might be surprised by the variety of local foods that are available throughout the winter!

Visit [buylocalfood.org](http://buylocalfood.org) for a list of winter farmers’ markets and farm stands that are open year-round, and look for the bright yellow Local Hero label at grocery stores.

### Fruits and Vegetables

- Apples
- Arugula
- Beets
- Bok Choy
- Cabbage
- Carrots
- Celeriac
- Garlic
- Kale
- Leeks
- Lettuce
- Onions
- Parsnips
- Potatoes
- Radishes
- Rutabaga
- Salad Mix
- Shallots
- Spinach
- Sweet potatoes
- Turnips
- Winter Squash

### Meat

- Beef
- Chicken
- Goat
- Lamb/Mutton
- Pork

### Dairy and Eggs

- Cheese
- Eggs
- Milk and Cream
- Yogurt

### Beverages

- Beer
- Cider
- Hard Cider
- Mead
- Wine

### Prepared Foods

- Dips
- Jams/Preserves
- Pickles
- Salad Dressing
- Salsa
- Sauces
- Vinegar

### Sweeteners

- Honey
- Maple Syrup

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Photo: Elizabeth Solaka
**Acorn squash** has dry flesh and a large interior cavity, so they are a great option for stuffed squash. Fill roasted acorn halves with a mixture of grains, sausage, chopped apple, nuts, and herbs for an impressive side dish.

**Butternut squash** stores well and has sweet, dense flesh. Peel and cube the raw squash to roast alongside other vegetables. Or, cut in half, scoop out the seeds, oil the cut side and bake face down. Use the flesh for soups or baking.

Looking for a show-stopping vegetarian entrée? **Blue Hubbards** can be impossibly large and are delicious stuffed. Cut a hole on top to scoop out the seeds, roast, and then stuff with the mixture of your choice.

Edible skin makes **delicata squash** the simplest to prepare. Cut in half lengthwise, scoop out the seeds, and cut into half-moons to roast, either alone or with other winter veggies like carrots and sweet potatoes.

Completely unique among locally-available squash, the flesh of **spaghetti squash** shreds into tasty strands that can be used in place of pasta. Cut in half, scoop out the seeds, roast, and use a fork to scrape out the “spaghetti.”

Skip the jack-o-lanterns and look for “sugar” or “pie” **pumpkins** for eating. Pumpkins are only available from local farms during the fall—but butternut squash can be used in any recipe that calls for pumpkin.

You can roast **pumpkin seeds** for a tasty snack! Separate the seeds from the fibrous flesh, wash clean, and pat dry. Toss with olive oil, salt, and whatever spices you like, and spread the seeds in a single layer on a baking sheet. Bake at 325° for 20-30 minutes, stirring halfway through.
O Christmas Tree, O Christmas Tree!

Whether you like to cut your own or choose from pre-cut trees, local Christmas trees are the freshest! Look for local wreaths, swag, and other greenery too.

**Al Stepanik Greenhouses**, Feeding Hills buylocalfood.org/directory/listing/al-stepanik-greenhouses

**Amherst Nurseries**, Amherst amherstnurseries.com

**Apex Orchards**, Shelburne apexorchards.com

**The Atherton Farm**, Buckland buylocalfood.org/directory/listing/the-atherton-farm

**Boyden Brothers Maple**, Conway buylocalfood.org/directory/listing/boyden-brothers-maple

**Chestnut Mountain Christmas Tree Farm**, Hatfield chestnutmountaintreefarm.com

**Couch Brook Farm**, Bernardston couchbrookfarm.com

**Coward Farm**, Southwick cowardfarms.com

**Cranston’s Tree Farm**, Ashfield cranstonschristmastreefarm.com

**Dickinson Farm & Greenhouse**, Granby dickinsonsfarm.com

**Fletcher Farm**, Southampton fletcherfamilyfarm.com

**Gooseberry Farms**, West Springfield buylocalfood.org/directory/listing/gooseberry-farms

**Granny’s Place**, Agawam grannysplaceagawam.com

**Hadley Garden Center**, Hadley hadleygardencenter.com

**Hinckley Harvest Farm**, Westfield

**Kenburn Orchards**, Shelburne kenburnorchards.com

**Meadowbrook Farm**, East Longmeadow meadowbrookfarmma.com

**Mill River Farm Market**, South Deerfield facebook.com/millriverfarmmarket

**Moss Hill Farm**, Russell mosshillfarm.org

**North Hadley Sugar Shack**, Hadley northhadleysugarshack.com

**Paul’s Sugar House**, Williamsburg paulssugarhouse.com

**The Pieropan Christmas Tree Farm**, Ashfield pieropantrees.com

**Pine Hill Orchards**, Colrain pinehillorchards.com

**Ravenwold Greenhouses**, Florence ravenwoldgreenhouses.com

**Red Fire North Farm Stand & Rustic Bakery**, Montague redfirenorth.com
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Choose a local farm for your special holiday meals—you can be sure the meat on your table will be of the highest quality.

**Austin Brothers Valley Farm**  
Belchertown | Beef, pork  
austinsfarm.com

**Balky Farm**  
Northfield | Lamb  
buylocalfood.org/directory/listing/balky-farm

**Barstow’s Longview Farm**  
Hadley | Beef  
barstowslongviewfarm.com

**Bascomb Hollow Farm**  
Gill | Pork  
buylocalfood.org/directory/listing/bascom-hollow-farm

**Crabapple Farm**  
Chesterfield | Beef, lamb  
crabapplefarm.org

**Cream of the Crop Farm**  
Russell | Beef, pork  
buylocalfood.org/directory/listing/cream-of-the-crop-farm

**Ellison Farms Beef**  
Ludlow | Beef  
ellisonbeef.com

**Freeman Farm**  
Heath | Beef, pork  
freemanfarm.biz

**G.O. Farm**  
Belchertown | Pork  
facebook.com/G.O.FarmMA

**Kinne Brook Farm**  
Worthington | Beef, pork  
kinnebrookfarm.com

**Little Brook Farm**  
Sunderland | Pork, Lamb  
littlebrookfarm.com

**Popeye Hill Farm**  
Warren | Pork  
facebook.com/popeyehillfarm

**Red Gate Farm Education Center**  
Ashfield | Pork, Lamb  
redgatefarm.org

**River Bard Farm**  
Deerfield | Pork, lamb  
facebook.com/riverbardfarm

**Roaming Farm**  
South Deerfield | Beef  
roamingfarm.com

**Sweet Morning Farm**  
Leyden | Beef, pork  
sweet-morning-farm.blogspot.com

**Underline Farm**  
Ashfield | Beef, pork  
underlinefarm.com

**Walker Farm at Whortleberry Hill**  
New Braintree | Beef  
walkergrassfed.com

**Wild Bramble Farm**  
Northfield | Pork  
wildbramblefarmpork.com

**Corsello Butcheria**  
Easthampton | Beef, pork, lamb  
corsellobutcheria.com

**Sutter Meats**  
Northampton | Beef, pork, lamb  
suttermeats.com

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**Roast**  
Austin Brothers Valley Farm  
Belchertown
WINTER FARMERS’ MARKETS OF THE PIONEER VALLEY
Stop by a winter farmers’ market to do your grocery shopping (see a winter shopping list on p. 5), pick up crafts and treats, and visit with your neighbors!

**SNAP and HIP are accepted at all these markets.**

**Greenfield**
Greenfield Winter Farmers’ Market
Four Corners School, 21 Ferrante Avenue
1st Saturdays, plus 11/23 and 12/21
10am-1pm
November 2-March 7

**Hadley**
Winter Farmers’ Market at the Hampshire Mall
In the hallway by Target
Saturday 10am-2pm
December 7-March 21

**Northampton**
Northampton Winter Farmers’ Market
Northampton Senior Center, 67 Conz Street
Saturday 9am-1pm
November 23-April 18

**Springfield**
Farmers’ Market at Forest Park
320 Sumner Avenue, free park entry
2nd and 4th Saturdays
(2nd and 3rd in December)
10am-2pm
November 9 - April 25

HIP (Healthy Incentives Program) is a statewide program that provides an instant rebate when you use SNAP/EBT to buy fruits and vegetables directly from participating farms. If you receive SNAP benefits, you can start earning the HIP rebate, up to a monthly cap based on your household size, right now! Learn more about HIP at mass.gov/hip or find “HIP—Healthy Incentives Program, Pioneer Valley” on Facebook.
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As you eat, drink, and celebrate your way through the winter holidays, think local for your gifts! Local farmers and artisans produce all sorts of tantalizing, delicious, cozy, and beautiful items for your friends and family.

**Give Food!**

*Prepared foods*: Share the season’s harvest through the winter by gifting savory and sweet preserves, dips, mustards, pesto, salad dressing, salsa, relish, sauces, apple butter, honey, maple products, pickles, smoked meats, and more.

*Cheese*: Yes, cheese gets its own category! We’ve got local farms creating beautiful, delicious cheeses that make great gifts, especially with a bottle of local spirits.

**Entertaining & Host Gifts**

*Local drinks*: This one is a no-brainer. Show up with a bottle of local mead, wine, or hard cider!

*Host gifts*: Get a lovely piece of gourmet cheese and a loaf of local artisan bread or bring an assortment of fresh apples and pears for a beautiful winter fruit bowl.

**Crafts & Body Products**

*Fiber*: Local fiber farmers offer scarves, hats, mittens, and other cozy gifts made from local fiber, and beautiful yarn and fleece for the knitters and crafters in your life.

*Crafts and candles*: Give candles made from local beeswax, or fun, decorative crafts like gourd birdhouses to light up your loved ones’ homes.

*Body products*: Look for local health and beauty items, such as lip balms made with local beeswax, handmade soap, and lotions, for all-natural body care.

*Wood products*: Consider wooden bowls, cutting boards, and other wood products made from local wood.

**Farm Shares & Gift Cards**

Pick up gift certificates good for purchases at farm stands or farmers’ markets.

Or look for a farm share from a CSA (Community Supported Agriculture) farm, which provides your giftee with an ongoing gift of produce, eggs, flowers, meat, herbs, or other farm products during the growing season.
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* Double points earning offer (2X points) applies only to locally-owned businesses which are in the GSB BUZZ Points Local Business Database at time of purchase.

** Must open account and sign up for BUZZ Points by 12/31/19 to qualify.

† While supplies last. We reserve the right to substitute a gift of similar value. Gift awarded at account opening. Bank rules and regulations apply.

†† Suggested minimum opening deposit is only $50. Offer subject to change at any time.

†† Mobile carrier charges may apply.
Nothing beats a hot mug of tea or mulled cider in the dead of winter!

**Spicy Chai**
*Chai is aromatic, sweet, and packed with warming spices.*

- 2 tablespoons fresh local ginger, chopped
- 2 sticks cinnamon
- 12 peppercorns
- 8 cardamom pods
- 5 cloves
- 1-2 whole anise pods
- 2 cups local milk
- Local honey to taste

Simmer spices in 4 cups of water for 20 minutes. Add milk and let simmer another 5-10 minutes. Don’t boil! Strain spices, add honey to taste, and serve.

**Mulled Cider**
*Warm up with mulled cider after a day of sledding or skiing, or set up a spike-it-yourself cider station at your next party!*

- 1 gallon local apple cider
- 1-inch piece fresh local ginger, sliced
- 4 cinnamon sticks
- 1 tablespoon whole cloves

Simmer all ingredients for 30 minutes. Strain before serving. Tip: mulled cider can be spiked with brandy, bourbon, or rum.
FIELD NOTES

Local Food and Farm Stories

Nov 24
2pm-4pm

Academy of Music Theatre, Northampton

Featuring MC Monte Belmonte

Find tickets at buylocalfood.org

CISA community involved in sustaining agriculture

BE A LOCAL HERO buy locally grown
We are celebrating our 11th anniversary this year!
That’s 11 years of being your locally-grown food co-op and supporting our local farmers and producers. In those 11 years, we have made over $40 million dollars in local purchases—money that goes back into our local economy.

Thank you for your support!

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