locally grown farm products guide 2015
Western Massachusetts’ Pioneer Valley

a free publication of
CISA
community involved in sustaining agriculture

BE A LOCAL HERO
buy locally grown
Welcome to the 2015 Locally Grown: Farm Products Guide. Since 1993, CISA has strengthened farms and brought the community together to build the local food economy. Within these pages, you’ll find the results: a bustling and bountiful marketplace providing an extraordinary array of agricultural products, including flowers, fiber, wood, and food!

Turn the page for information about CISA’s 406 Local Hero members—farms, retailers, restaurants, and garden centers, as well as wholesalers, dining services, and businesses that make specialty products. Supporting these businesses keeps your dollars in our local economy and brings you the best and freshest local food and farm products. Look for the Local Hero logo to find businesses growing and sourcing locally grown.

Sourcing more of our food from the Pioneer Valley and surrounding region is one step we all can take to address some big problems, including a changing climate, impersonal economies, and increasing diet-related health problems. If we buy more locally grown products—and work together to ensure that local food is available to all members of our community—we can strengthen our health, our economy, and our environment.

There’s a role for all of us in accomplishing these goals. Read on to learn what we’re doing at CISA and how you can join us!
What CISA does

**Connects more people to local farms**
CISA’s Be a Local Hero, Buy Locally Grown® public awareness campaign is the longest-running and most comprehensive ‘buy local’ program in the United States. Currently, 406 farms and related businesses in our region benefit from Local Hero marketing and educational efforts that build public demand for local farm products. CISA programs help farmers sell their products and buyers find local, whether they are feeding a family, serving a cafeteria full of kids, or filling the shelves at a grocery store.

Currently, 406 farms and related businesses in our region benefit from Local Hero marketing and educational efforts that build public demand for local farm products.

**Grows healthy farms ...**
CISA’s Local Hero program helps strengthen the financial viability of more than 256 local farms. CISA also advances successful and sustainable farm business practices through workshops, networking, and mentoring opportunities for farmers and food business people.

**... and healthy communities**
CISA works with partners to ensure that locally grown food is available to more residents of our region, in all of the places that we live, work, learn, shop, and eat. Through research and feasibility analyses, business and marketing support, and participation in the Pioneer Valley Grows Investment Fund, CISA supports new efforts to fill gaps in the local food system. This year, our Senior FarmShare program will provide 400 low-income seniors with shares of fresh, locally grown produce, and we’ll work with farmers’ markets to match purchases made with SNAP (food stamp) benefits.

JOIN US!

Visit buylocalfood.org to:

- **Find what you’re looking for!** Search online for local food and farms through our online database or our free mobile app.

- **Sign up for CISA’s monthly e-newsletter** and get the latest local food and farm news.

- **Join our Community Membership program** to support CISA’s work and receive special discounts and other benefits.

**Connect with us:**

- **Find us at facebook.com/buylocalfood.org** and follow us on Twitter @CISAstaff for daily updates about what’s in season, news about local farms, and updates on CISA’s work.

**Pomeroy’s Vegetable Farm, East Longmeadow**
Jason Threlfall photo
Why choose locally grown food and farm products?

Eating seasonally and supporting local farms has a whole range of benefits. Our conversation with Carrie Baker and Harvey Hill explores one family’s reasons for choosing locally grown food. Carrie and Harvey live in Northampton with their two sons. Carrie teaches at Smith College and Harvey serves as a priest at two Hampden County congregations.

CARRIE: When I moved here, I went to the grocery store, and they had labels with the farm and town name on the produce. I was in tears. I was so joyous that there was a place that shared my values, right there in the store.

Now, we have a year-round share at Riverland Farm. We split it with another family, and Harvey makes sure that we use everything that’s in it.

HARVEY: I really don’t like to waste food. And I love the variety that comes from following the seasons. That’s my single favorite thing about eating locally—the range of vegetables we eat has quadrupled. I’m roasting root vegetables for dinner, and that’s probably more root vegetables than we used to eat in a year. It’s fun to discover new things, and not just eat broccoli, green beans, and asparagus.

CARRIE: We have a Saturday routine in the warmer weather. We go for a run, and we end at the farmers’ market. We fill in around the edges of our CSA share at the market—meat, eggs, extras. Then we walk home. I can’t tell you how many times we sit down at dinner, and say to the boys, “OK, everything on your plate is local. The meat came from this person, and the vegetables came from this farm.”

I didn’t grow up with that connection to the people who grew my food. At first, I thought about it from the perspective of environmental health. But I think a lot of it is about community. It’s about investing here, not sending your money someplace else, and about feeling connected to others in the community.

HARVEY: Food has historically been the primary way humans connect with the natural world, and now our profound lack of connection causes so many problems. I believe that if CISA’s mission was widely and fully embraced, it would transform society in every way, and in every way that would be positive.
To find crops with limited availability you may need to join a CSA, find a farmer who grows greenhouse crops, visit a winter farmers’ market, or urge your grocery store to find a local supplier. Please remember that availability depends on many factors, including crop varieties and weather, and may vary from year to year.

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- **readily available**
- **limited availability**
Randall’s Farm & Greenhouse Ludlow

As suburban housing replaced the farm fields of her youth in Hampden County, Karen Randall steered Randall’s Farm & Greenhouse through multiple transitions, growing the family business into one of Ludlow’s largest employers. Staying true to its agricultural roots, Randall’s maintains longstanding relationships with local farmers, offers a large selection of locally grown food and other products, and serves as an agritourism destination that connects new generations with farmland.

The farm began in the 1950s when Karen’s father raised poultry and eggs on farmland a few miles north of the future Mass Turnpike. He delivered to restaurants and stores all over the Valley. Along his delivery route he purchased fresh asparagus, potatoes, and other local crops to sell at his family’s small Ludlow farm stand with their own eggs and chicken. Always eager to try new things, he expanded the farm, growing 15,000 tomato plants each spring on rented land and planting vegetable crops on his own 40 acres. In the 1960s he added a successful pick-your-own strawberry operation that ran for several decades.

Karen, who resumed working in the business after college, assumed a leadership role when her father died in 1987. In 2000, Randall’s stopped raising vegetables and began purchasing from local farmers. An innovator like her father, Karen has adapted to changing times by expanding the store’s offerings to include a bakery, deli, and catering, as well as popular cooking workshops. Seasonal activities attract families and serve as reminders of Ludlow’s agricultural history, including a corn maze, fall festival, and scarecrow contest.

Randall’s Farm today is a far cry from the original farm stand. In the 50 years since the first retail structure was built on the property, the business has expanded to include a permanent retail greenhouse, a 12,000 square foot post & beam retail store, and a half-acre garden center. The first farm stand building has been preserved and operates seasonally as “Elsie’s Creamery,” serving homemade premium ice cream made from fresh local ingredients. Open 364 days a year for 12 to 14 hours each day, Randall’s employs more than 100 staff.

Randall’s meets a critical need for both consumers and producers of local food in Hampden County, and serves as one model of successful adaptation for local family farms during changing times. Their motto, “Best Fresh,” captures the company’s commitment to quality, service, and integrity, says Karen, who identifies first and foremost as a farmer. CISA is proud to honor Randall’s Farm & Greenhouse as a Local Hero.

2015 Local Hero Awards

Each year, CISA presents Local Hero Awards to farms, businesses, or individuals who exemplify our mission of strengthening farms and engaging the community to build the local food economy. We applaud their hard work, social responsibility, and many contributions to sustaining local agriculture. Congratulations to our 2015 Local Heroes!
Enterprise Farm Whately

Enterprise Farm was one of the first Massachusetts farms to be certified organic in 1987, just after owner Dave Jackson graduated from UMass. Since then, the farm and its founder have played a leadership role in the rapid growth of organic farming in the region.

Dave, whose ancestors settled in Northampton before 1700, returned to the Valley to study agriculture at UMass. While a student, he began farming at his present location on River Road in Whately’s fertile floodplain. Dave frequently collaborated with other growers to create new methods of bringing product to market, aggregating Valley produce for New York City chefs, and partnering in the creation of Happy Valley Organics in 1994 to wholesale the products of several Whately farms to large retailers in the Boston area.

Consumer demand for organic food grew steadily during the next 15 years, at the same time that CISA’s “Local Hero” marketing effort was raising awareness of the importance of supporting local farms. In response to requests from customers at area farmers’ markets, Enterprise launched a CSA program in 2008. The CSA has since became the farm’s major focus, and now serves 800 households with pickup locations in Northampton, Springfield, and Boston as well as at the farm.

Enterprises has a well-deserved reputation for innovation and leadership. The farm piloted an effort to bring healthy food to urban communities by launching a “mobile market” in Springfield and Somerville; non-profits now run the program and Enterprise supplies produce at wholesale rates. Dave was also instrumental in the creation of CISA’s Emergency Loan Fund to support farmers struggling in the aftermath of Hurricane Irene in 2011.

For Dave, who has three young sons, helping develop new farmers is “mission number one.” He often gives staff members latitude to develop innovative ideas, and strives to offer “graduate level training” for people with some experience who want to master the challenges of a larger operation in preparation for running their own farm.

Enterprise Farm’s website states succinctly: “We are an organic farm with a mission: grow the best quality produce that we can, care for the land on which we grow, and make our produce accessible to people of all walks of life.” For its commitment to these shared principles, and its dedication to the farming profession, CISA is proud to honor Enterprise Farm as a Local Hero.

... Enterprise launched a CSA program in 2008. The CSA has since became the farm’s major focus, and now serves 800 households with pickup locations in Northampton, Springfield, and Boston as well as at the farm.
Appalachian Naturals Goshen

With a motto of “Local agriculture is everyone’s business,” Kristin Barry and Shelly Risinger of Appalachian Naturals have built a thriving local company that helps consumers enjoy the flavors and quality of locally grown food throughout the year. Their sauces, dressings, dips, alsas, and other condiments each contain ingredients produced by Massachusetts farmers, from Cape Cod to the Berkshires. Supporting local agriculture is as integral to Appalachian Naturals’ identity as its creative flavor pairings, which have gained a strong and loyal customer base throughout the northeast and the mid-Atlantic regions.

Kristin and Shelly settled in Goshen in 2003 to be close to family after several years as hands-on owners of The Crossroads Restaurant in Joshua Tree, a popular rock-climbing destination in the high desert of southern California. Their home-made salad dressings at The Crossroads were so popular that customers brought in mason jars to fill up whenever Kristin and Shelly took time off. Inspired by customers who had urged them to “bottle this stuff,” they launched Appalachian Naturals in the Western Massachusetts Food Processing Center at the Franklin County CDC. As the company grew, they consolidated production on their property in Goshen — renovating a large barn into an 800 square foot energy-efficient production facility.

The harvest rules this family-run business: from mid-July to October, more than fifteen tons of locally grown produce are delivered to be made into savory salsas, tomato puree, and a variety of other products. Each recipe is made from a majority of local ingredients.

... Appalachian Naturals has expanded its production capacity and sales while maintaining their commitment to using local ingredients.

Their Salsa Veracruz, for example, is 99% local (except for lime juice and salt). Appalachian Naturals is the only local company that prepares tomato puree from 100% local organic tomatoes and packs it in glass jars. At the peak of the season, they are capable of processing 1,800 pounds of tomatoes daily using just two 100-gallon kettles.

Through its regional distributors, Appalachian Naturals currently offers more than 25 products that can be purchased at natural foods stores, co-ops, general stores, gourmet markets, and farm stands. By using local ingredients that are available year-round, including milk, honey, and maple syrup, Appalachian Naturals has expanded its production capacity and sales while maintaining their commitment to using local ingredients.

Increased sales is just one measure of success. Appalachian Naturals is committed to a business model that represents a level of production that is personally sustainable and supports creativity and a healthy work/life balance. Kristin and Shelly take pride in being caring employers and building and maintaining an efficient production facility with a very small carbon footprint.

For helping bridge the gap between local agriculture and prepared foods, leadership in ethical and sustainable business practices, and a commitment to a supportive workplace, CISA is proud to honor Appalachian Naturals as a Local Hero.
Farm Festivals and On-Farm Events

There are tons of great ways to explore local farms in every season. CISA maintains a full list of farm festivals, workshops, and other events at buylocalfood.org/events. Here is a sampling of what’s coming up in 2015:

**SATURDAY & SUNDAY, MAY 23–24**
41st Annual Massachusetts Sheep and Woolcraft Fair
Cumington Fairgrounds, Cumington
Fiber and woolcraft vendors, sheep shearing demonstrations, fiber and woolcraft workshops for adults and children, and lots of delicious food. masheepwool.org

**SATURDAY, JUNE 6**
WGBY Asparagus Festival
Hadley Town Common
Yoga, arts & crafts, festival market, family activities with Curious George, music, asparagus lunch, farm-to-table dinner, craft beer tasting, and more! wgby.org/asparagus

**SUNDAY, JUNE 14**
Crush Wine Festival
Look Park, Northampton
Enjoy tastings of Massachusetts wine and delicious food, and learn from local wine experts! masswinery.com

**SATURDAY & SUNDAY, JUNE 27–28**
Lavender Festival
Johnson Hill Farm, Buckland
Relaxing, self-guided tours of the farm, local artisans and crafters vending their products, and demonstrations throughout the weekend. lavenderland.net

**THURSDAY, AUGUST 13 THROUGH SATURDAY, OCTOBER 31**
Art in the Orchard
Park Hill Orchard, Easthampton
A free, self-guided tour of outdoor sculpture throughout a working orchard, with special events or performances held most weekends. parkhillorchard.com

**SATURDAY, AUGUST 22**
Tomato Festival
Red Fire Farm, Granby
Sample 100 varieties of heirloom and hybrid tomatoes, plus other local fare. Run or walk in the 5K Tomato Trot. Guest chefs, cooking demos, workshops, live music, and kids’ activities. redfirefarm.com

**SATURDAY & SUNDAY, SEPTEMBER 12–13**
The Kitchen Garden’s Chilifest
Mike’s Maze, Sunderland
Join thousands of spicy-food lovers for a great line-up of bands, fabulous food, and local-ingredient beers. Sample exotic hot peppers grown on the farm in Sunderland, a chili cook-off, and a hot sauce competition. kitchengardenfarm.com/chilifest

**SATURDAY, SEPTEMBER 19**
Annual Honey Festival
Warm Colors Apiary, South Deerfield
Talk with local beekeepers, walk the busy bee nature trail, and sample this season’s honey, Green River Ambrosia’s mead, and honey ice cream from Flavors of Cook Farm. warmcolorsapiary.com

**SATURDAY & SUNDAY, SEPTEMBER 26–27**
17th Annual North Quabbin Garlic and Arts Festival
Forster’s Farm, Orange
The ‘Festival that Stinks’ has more than 100 local food, art, agriculture, and community vendors, great music on two solar-powered stages, and only three bags of trash for 10,000 people. garlicandarts.org

**SATURDAY & SUNDAY, NOVEMBER 7–8**
6th Annual Fiber Festival of New England
Eastern States Exposition, West Springfield
Demonstrations, shopping, fleece sale, workshops, fashion show, and local vendors. fiberfestival.org

**SATURDAY & SUNDAY, NOVEMBER 7–8**
21st Annual Franklin County CiderDays
A community celebration of all things apple in Franklin County. Orchard tours, cidermaking and tastings, workshops, and much more. ciderdays.org

Farm tour at Next Barn Over Farm, Hadley  Jason Threlfall photo
Map of the Pioneer Valley

The Pioneer Valley is brimming with Local Hero farms and businesses using agricultural products. Find details about them on the following pages, or check the index organized by business name on pages 86–87. Use the Guide to explore the Valley, get to know our many farms, and put more local food on your family’s table!
AGAWAM

Granny’s Place
844 Main Street, Agawam
413-335-7611
grannysplaceagawam.com
We are a local family farm stand open daily 9am–6pm starting in early April. We sell flowers, hanging baskets, vegetable plants, farm-fresh vegetables and fruit, and eggs, plus all your needs for Halloween and Christmas. Visit us at the following farmers’ markets: Thursdays at PeoplesBank in Holyoke, Friday mornings at the East Longmeadow Senior Center, and Sundays at the Belchertown Common.

AMHERST

Amethyst Farm
89 North East Street, Amherst
413-461-8877 • amethystfarm.org
An increasingly horse-powered, historic, diversified, family farm on APR land near the center of Amherst. We offer CSA shares of uncertified organic vegetables, a young-farmer training program, supervised labor crews available to other farms, horse-drawn wagon- and sleigh-rides, horseback riding lessons and boarding, Nigerian dwarf goats, and hay.

Amherst Farm Winery
529 Belchertown Road, Amherst
413-253-1400 • amherstfarmwinery.com
Visit the winery to taste more than 10 locally made fruit and grape wines. Open Friday, Saturday, Sunday, and Monday noon–5pm.

Amherst Nurseries
199 Belchertown Road (Route 9), Amherst
413-549-8873 • amherstnurseries.com
Offering everything from flowering trees and shrubs to shade trees, perennials, and a wide variety of fruit-bearing trees. We grow most of what we sell, with an emphasis on sustainable practices. Landscape design consultation services available. Open April–October, Monday–Thursday 7:30am–5pm, Saturday 9am–4pm, and Sunday 10am–3pm in spring only.

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

Atkins Farms
1150 West Street, Amherst
413-253-9528 • atkinsfarms.com
With more than 120 years of experience, you can depend on Atkins Farms to grow the best quality, best tasting apples, peaches, and pears. We harvest more than 20 varieties of homegrown apples—you’re sure to find your favorite!

Book & Plow Farm
425 South East Street, Amherst
413-687-2688 • bookandplowfarm.com
Book and Plow Farm strives to grow exceptional produce year-round with a focus on providing food during the academic calendar. Our primary production season is August–November with root cellaring and greenhouse production extending our product availability till the spring. We primarily serve institutions and restaurants in the Amherst area and also offer fall and winter CSA shares.

Brookfield Farm
24 Hulst Road, Amherst
413-253-7991 • brookfieldfarm.org
CSA shares include vegetables, fruit, herbs, flowers, beef, and pork. A $555 share feeds two adults plus kids. We offer 25 weeks of mix-and-match distribution plus the option to buy more organic vegetables at wholesale prices. Season runs June–November. Call or visit our website for details.

Deepening Roots Farm
Amherst
413-537-9915 • deepeningroots.org
We are a chemical-free farm growing salad and baby kale mixes, arugula, spinach, greenhouse tomatoes, herbs, and dried beans. We will be growing on an additional three acres this year. You can find our produce at Atkins, River...
Valley Market, All Things Local, Maple Farm Foods, and other grocery stores and restaurants. We are excited for year four! For special orders, email us at andrew@deepeningroots.org.

**J & J Farms**  
324 Meadow Street, Amherst  
413-549-1877  
Fifth-generation farm, continuously serving the Amherst and Northampton area for more than 100 years. The last operating dairy farm in Amherst, we offer seasonal produce, specializing in sweet corn, tomatoes, onions, and six varieties of potatoes. We also offer strawberries, peppers, melons, and cut flowers.

**King Creek/Queen’s Greens**  
62 Russelville Road, Amherst  
413-687-3963 or 413-345-0848  
kingcreekqueensgreens.com  
King Creek/Queen’s Greens is a diversified vegetable and livestock farm in Amherst. Check out our website for details.

**Many Hands Farm Corps**  
132 Pelham Road, Amherst  
774-279-1042 • manyhandsfarmcorps.com  
We grow a huge variety of fresh vegetables for summer and winter CSAs and to sell wholesale. We also hire and train 30 interns each summer, in order to provide Valley farms an opportunity to hire farm crews on short notice when they need assistance. We believe that strong community allows for greater cooperation and a more sustainable farming system.

**Old Friends Farm**  
593 South Pleasant Street, Amherst  
413-253-9182 • oldfriendsfarm.com  
High quality, certified organic, triple-washed and dried salad greens, ginger, vegetables, and specialty cut flowers. Available at the Northampton Tuesday Market, Amherst Saturday Market, and wholesale to stores, florists, distributors, and restaurants throughout the Pioneer Valley and Boston area. Please visit OldFriendsFarm.com to learn more about us.

**Simple Gifts Farm**  
1089 North Pleasant Street, Amherst  
413-549-1585 • simplegiftsfarmscsa.com  
We offer delicious and high quality organic vegetables, grass-fed meats, and pasture-raised eggs through a CSA, farmers’ market, and on-site farm stand. CSA options include winter, spring, and fall shares in addition to the regular farm season share. The regular season share is a free-choice share: members are issued a bag to fill with their choice of seasonal bounty.
Small Ones Farm
416 Bay Road, Amherst
413-253-6788 • smallonesfarm.com
Taste our fresh peaches, pears, plums, berries, melons, garlic, and more than 45 varieties of apples, and you’ll experience local family farming at its best. We grow without synthetic chemicals and are Certified Naturally Grown (based on the USDA organic program). We offer farm-pressed apple cider, apple cider vinegar, apple and berry pies, and summer and fall CSAs. Our farm stand is open daily August–October.

Sunset Farm
20 Brigham Lane, Amherst
413-374-5193 • sunsetfarm.us
We are a ten-acre farm with a thirty-year history. We produce vegetables, herbs, chestnuts, blue eggs, pansies, cut flowers, and unique wreaths. Our products are available as pick your own, at the Amherst Farmers’ Market, and at All Things Local. We use only organically approved sprays. Call Bill Gillen for advice and/or help.

ASHFIELD

Bear Meadow Farm
926 Watson-Spruce Corner Road, Ashfield
413-628-3970
farmfresh.org/food/farm.php?farm=2594
We are apple growers, cider makers, and beekeepers. We use a minimalist approach to apple orcharding, as slightly stressed trees lead to more flavorful cider. The aged Bear Meadow Farm New England Style cider is released each June during the middle of the honey production season. Visit our cidery each Sunday or find our products at area farmers’ markets, restaurants, and fine retailers listed on our website.

Bear Swamp Orchard
1209B Hawley Road, Ashfield
413-625-2849 • bearswamporchard.com
We are a small, certified organic apple orchard offering PYO apples and hard cider at the farm, and hard cider at local retailers. Visit our website for details.

Bug Hill Farm
502 Bug Hill Road, Ashfield
413-628-3980 • bughillfarm.org
Certified organic berry farm one mile from historic Ashfield Village. We make value-added fruit products lightly sweetened with our own and local honey. Open for visiting days and PYO (check our website for dates and farmers’ markets). Demos and workshops on the farm and in our new commercial kitchen and retail space! We are known best for our black currant cordial, fruit shrubs, and berry spreads.
Massachusetts is home to 149 dairy farms, 42% of which are in Franklin, Hampden, and Hampshire Counties. Dairy farms represent only about two percent of the farms in the Pioneer Valley, but they steward 18% of all farmed land in the region and account for 14% of the region’s farm product sales.

Hager Brothers Farm in Colrain is a modern Massachusetts dairy farm. Their 60 cow herd is at the core of their operation, which is managed by the third and fourth generations of the Hager family. Milk produced on the farm is sold in bulk to Agri-Mark, a dairy processing cooperative that produces Cabot cheese as well as other dairy products. The dairy has been integral to the farm since the beginning and still accounts for the majority of the farm’s income, but 100 years of agriculture have brought changes and new ideas to the farm as well.

In addition to their daily milking responsibilities, the family taps 13,000 maple trees each spring and raises a small herd of beef cattle. Since 2009, they have also operated Hager’s Farm Market, a small store and restaurant on Route 2 in Shelburne. The market enables Hager Brothers to sell its own fruit, produce, maple syrup, and beef directly to customers, along with products from dozens of other local farms. Together, all of these operations enable the farm to support two generations and keep 900 acres of land in agriculture.

Visit buylocalfood.org/localdairy and massdairy.com to learn more about Massachusetts dairy farms.
Clark Brothers Orchards LLC
580 Apple Valley Road, Ashfield
413-625-2492
We are a family-owned and -operated business growing apples since 1886. We grow more than 20 varieties of apples on approximately 70 acres, all of which are Eco Apple Certified. Find more information about our farm and the Eco Apple Program at redtomato.org.

Cranston’s Tree Farm
372 Baptist Corner Road, Ashfield
413-628-0090
cranstonschristmastreefarm.com
Attractive family-owned and -operated 160-acre farm with 32,000 Christmas trees growing on 40 acres. Come enjoy the fun and experience of choosing and cutting your own Christmas tree from more than 1,000 trees. We also offer fresh precuts, tree tagging, tree wrapping, and our own wreaths and garlands. We make our own maple syrup that has a delicate, smooth flavor. Syrup, hay, and firewood are available year-round.

DewGreen Farm
1450 West Street, Ashfield
413-628-4043 • dewgreen.weebly.com
We call DewGreen our tiny mighty farm. We raise pasture-grazed Icelandic lamb, whole broilers, heritage turkeys (in season), pork, and eggs. We make value-added foods from the traditional Turkish cuisine and farm-made lacto-fermented cheese. We also sell pure-bred registered Icelandic sheep as breeding stock. Come have a cup of tea and see what we do. (Do call first!)

The Pieropan Christmas Tree Farm
119 Pfersick Road, Ashfield
413-625-6365 • pieropantrees.com
Growing Christmas trees using a traditional, sustainable, stump-culture method since 1953. Now in a new generation of management, we tie our own wreaths and garlands and sell balsam trees and greens wholesale as well as at our you-cut grove. Open seven days a week from dawn to dusk from the day after Thanksgiving until Christmas Day. Visit our website to learn what makes stump-culture sustainable.

Raspberry Patch Farm
81 March Road, Ashfield
413-625-9922
Fresh pure maple syrup in all grades packaged in quarts and pints under the Raspberry Patch Farm label. Email sworcester@eaglebrook.org for details or to order.

Steady Lane Farm
144 Steady Lane, Ashfield
413-628-4689 • steadylanefarm.com
Gently raised, 100% grass-fed, hormone- and antibiotic-free beef. Find us at: Elmer’s Store (Ashfield), River Valley Market (Northampton), Sutter Meats (Northampton), and Serio’s (Northampton). Call about buying whole sides or small packages from the farm.
Your support is critical to CISA’s success

WE BELIEVE THAT:
- Everyone should have access to locally grown food
- Prosperous and diverse local farms are essential to the economic and environmental health of our region
- An engaged community is essential to the future of our local farms

If you share our beliefs, help us achieve them by supporting CISA with a donation today!

EVERY DAY, CISA WORKS TO:
- Enable more people to access locally grown food
- Provide the support and training farmers need to run thriving businesses
- Inform and inspire our community to support vibrant farms and a local food economy
- Seize new opportunities to grow the local food movement

Please make a gift today!
buylocalfood.org/donate 413-665-7100
**Sweethaven Farm**
12 Lilliput Road, Ashfield
413-628-3947 • sweethavenfarm.com
We are an on-farm producer of field-grown cut flowers, including traditional favorites such as zinnias, gladiolus, and sunflowers. We also offer other locally grown produce (select vegetables), campfire wood, and pumpkins for sale at our farm. We raise registered polled Dorsets to breed and provide lamb. The farm stand is open Fridays, Saturdays, and Sundays from 8am–6pm, Memorial Day through Halloween.

**Whitney Acres Farm**
535 Main Street, Ashfield
413-628-3279 • whitneyacres.com
We are proud owners of the largest flock of registered Shetland sheep in Massachusetts. Our flock was established in 1993 and we sell fleece, yarn, and knitted items as well as breeding stock. Eggs from our free-range flock and chemical-free hay are also available. Open by appointment; please call ahead or email fwhitney@whitneyacres.com.

**BARRE**

**Hartman’s Herb Farm and B&B**
1026 Old Dana Road, Barre
978-355-2015 • hartmansherbfarm.com
Locally grown herbs, perennials, annuals, vegetables, and dried flowers. Herbal wreaths, container gardens, gift shop, greenhouses, and gardens. Spend a night at our B&B and enjoy a special herbal dinner in our elegant post-and-beam dining room, which is also available for weddings, showers, and special occasions. CSA shares are available with naturally raised pork, vegetables, herbs, and flowers.

**BECKET**

**Mountain Pasture Farm**
818 Surriner Road, Becket
413-623-6455 • ellsworthrs@verizon.net
Owned and operated by Ray and Sherri Ellsworth since 2007, we have wild and cultivated blueberries in season and an 80-tree apple orchard, with pick-your-own on Saturdays and Sundays. We continue to grow and diversify and are looking into growing mushrooms. Because only native pollinators are used, we do not use pesticides or herbicides of any kind and are now certified organic by Baystate Organic Certifiers.

**BELCHERTOWN**

**Austin Brothers Valley Farm**
270 West Street, Belchertown
413-668-6843 • austinsfarm.com
Grass-fed, hormone-free beef raised naturally on green pasture. Beef sides,

**Farmacy Gardens**
275 Jackson Street, Belchertown
774-254-1871 • farmcygardens.com
A three-acre market garden with a wide variety of high quality vegetables, cut flowers, and herbs. Find us at Worcester area farmers’ markets. Memberships available for the farm stand in Belchertown, open from July to October. Wholesale available to local restaurants. We use biologically conscious growing methods, with the goal of building a healthy soil for future farmers. Nourish your body from head to soul.

**Sentinel Farm**
37 Cottage Street, Belchertown
413-323-7368 • sentinelfarm.com
As a small family farm located in the center of Belchertown, we focus primarily on apples. Blueberries, plums, pears, herbs, maple syrup, and honey help to round out our offerings. IPM, low spray, and no spray are practiced on our various crops. PYO apples starting in September. Educational programs available upon request. Visit our website for details.
Shattuck’s Sugarhouse
34 Kopec Avenue, Belchertown
413-323-7639
facebook.com/shattuckssugarhouse
A small family-operated sugarhouse located in a quiet wooded area next to Jabish Brook and our registered Devon cattle. During the sugaring season, we offer group tours; call for details. Our products include maple syrup, maple cream, and maple candy. Our products are available year-round and we offer shipping.

Summit Farm
70 Summit Street, Belchertown
413-323-4004
We sell tomatoes, summer squash, beans, cucumbers, and lots of assorted vegetables, as well as blueberries and raspberries. Visit our self-serve stand seven days a week from July through September.

BERNARDSTON

Couch Brook Farm
184 Couch Brook Road, Bernardston
413-648-9659 • couchbrookfarm.com
Healthy certified organic annuals, perennials, herbs, vegetable starts, and hanging baskets. We specialize in varieties that thrive in New England. In 2015 our stand is open from April 25 to June 7, Thursday–Sunday, 9am–5pm for our own plants, pottery, and strawberries. PYO blueberries on weekends from July to mid-August.

Coyote Hill Farm
250 Martindale Road, Bernardston
413-648-0056 • coyotehillfarm.com
We have three acres of vegetables, fruit, and flowers. Though we are not certified, we use organic growing methods. We sell our produce at the Bernardston and Northfield farmers’ markets as well as Green Fields Market, and we also have a small CSA.

Eden Pond Farm
316 Eden Trail, Bernardston
413-648-9623 • edenpondfarm@gmail.com
edenpondfarm.com
No need to worry which came first, the chicken or the egg, because we have them both! Our pastured laying hens and broilers happily forage in our untreated hillside pastures and are fed grain free of hormones and antibiotics. We sell eggs and whole chickens (frozen and fresh in season) retail from the farm and through several markets; check our Facebook page for market updates: facebook.com/edenpondfarm.
**The Raymond Farm**  
200 Gill Road, Bernardston  
413-648-9997  
The Raymond Farm Stand has been passed down through the generations. We proudly grow what we sell. Our bounty includes: hybrid and heirloom tomatoes with genuine classic flavor and heirloom peppers in a rainbow of colors. We also grow beans, broccoli, corn, cucumbers, raspberries, squash, spectacular sunflowers, and more. We welcome you to visit our farm stand on the corner of Gill Road and Turners Falls Road.

**River Maple Farm**  
250 Brattleboro Road, Bernardston  
413-648-9676  
River Maple Farm is a family-owned farm selling homegrown beef, maple syrup, hay, sweet corn, and pumpkins at a stand located on the farm. We also produce milk for wholesale.

**BLANDFORD**

**Falls Brook Farm**  
39 Herrick Road, Blandford  
413-848-2846 • fallsbrookfarm.com  
A farm stand offering fresh eggs from our pasture-raised chickens. Also, Pygora goat yarn from our own herd, and sheep wool and alpaca yarns locally grown by our neighbors. Hay (small square bales) available seasonally. New to the farm stand this year will be a few varieties of cut lavender from our fields. Come see our playful, loveable Pygora goats with their unique and luxurious fiber. Call, email, or visit our website for hours and product availability.

**Walnut Hill Farm**  
35 Gibbs Road, Blandford  
413-848-2113  
Pick your own high bush blueberries and seasonal vegetables—available the last week of July through the first week of September. We also offer hay from fertilized fields. For up-to-date information, find us at facebook.com/blandfordfarm.

**BRIMFIELD**

**Cook’s Farm Orchard**  
106 Haynes Hill Road, Brimfield  
413-245-3241 • cooksfarmorchard.com  
We are a family-friendly farm offering PYO apples, plums, and blueberries. Our farm stand features our own fruits and related products including homemade pies, baked goods, and cider in season. We offer a free wagon ride for apple picking and live music on fall weekends. Visit our website or call for directions, hours, and picking conditions.

**Flourish Farm**  
59 Tower Hill Road, Brimfield  
413-245-9764  
facebook.com/LetMeFlourish  
Herb and vegetable starter plants grown using nutrient-dense and organic methods. Large selection of tomato and pepper

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**CISA Community Members**

**Join your neighbors and friends to support farms and the local food economy in our Valley.**

Your membership gift helps CISA create new programs and provide learning opportunities for farms and businesses. As a CISA Community Member you receive behind-the-scenes farm tours, discounts at Local Hero member businesses, and our unwavering gratitude!

We count on your support to help keep our community strong.

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**Become a CISA Community Member today!**

buylocalfood.org/membership
plant varieties including heirlooms. Organic fresh young ginger and turmeric from late August to November. We specialize in young ginger, turmeric, container edibles, and herbs. Find me every Saturday at the Brimfield Farmers’ Market, mid-April to mid-November.

**River Rock Farm**
81 Five Bridge Road, Brimfield
413-245-0249 • riverrockfarm.com
USDA-inspected, natural, pasture-raised, dry-aged beef. Retail and wholesale cuts available; full menu of available meats on our website. CSA shares available. Find us at area farmers’ markets or stop by the farm. Call or email charlie@riverrockfarm.com to visit the farm or arrange for home delivery.

**BUCKLAND**

**The Atherton Farm**
147 Ashfield Road (Route 112), Buckland • 413-625-2659
Flower and vegetable plants all raised on our farm. Our farm stand is filled with fresh produce picked daily from our on-site family-tended garden. Other local products include maple syrup, honey, and preserves. Open May–October, 11am–6pm daily. Custom wreaths, kissing balls, and roping available in November and December.

**Johnson Hill Farm**
51 Hog Hollow Road, Buckland
413-522-9068 • scard@valinet.com
lavenderland.net
Home of the Lavender Labyrinth and host to the annual Lavender Festival in June. Experience walking the 11-circuit lavender labyrinth, featuring many types of lavender, herbs, wildflowers, field grasses, and ferns. Dove releases, weather permitting. At the festival, enjoy local arts and crafts, attend a workshop, or simply wander the meadow and orchard. Open by appointment June–September. Please call or email ahead.

**Red Gate Farm**
Education Center
4 Norman Road, Buckland
413-625-9503 • redgatefarm.org
We offer programs, volunteer opportunities, and outreach activities for children and adults. Programs include a local seed bank, summer camps, overnight school programs, family and small group farm activities, workshops for adults, and other informative and fun events. We sell lamb, pork, maple syrup, eggs, seeds, mushrooms, and honey.

**FARMER-OWNED & PART OF THE LOCAL LANDSCAPE SINCE 1997**

**Dairy farming is our way of life**
Preserving dairy traditions in a store near you. Pour yourself a glass of our fresh, tasty milk today!

**Our Farmers’ Pledge:**
No artificial growth hormone
413-772-2332 | www.ourfamilyfarms.com

**Plant the Seed of Renewable Energy**

**Northeast Solar** is proud to support sustainable agriculture in the Pioneer Valley. We are a locally grown company and the Pioneer Valley’s most trusted name in solar PV for residences, businesses and farms.

Have Questions? Give us a call at 413.247.6045 or visit us online at northeast-solar.com
Local Care. Local Food. 50%

Of all Baystate Health Food Purchases are sourced locally

Baystate Health together with local, national, and global partners are working to bring employment, growth opportunities, and fresh produce to Springfield throughout the year.

Baystate Health
baystatehealth.org

Join us! Become a CISA community member at buylocalfood.org/membership
**CHARLEMONT**

**Wilder Brook Farm**  
399 West Oxbow Road, Charlemont  
413-625-6967  
Our CSA members receive sustainably grown vegetables, herbs, and a weekly bouquet of flowers. Pick up at the farm Tuesdays, 4–7pm. Let your children enjoy the chickens while you unwind in our gardens. We also offer eggs, honey, maple syrup, Benson Place blueberries, and herbal remedies. Call now to sign up for our CSA.

**CHESTERFIELD**

**Bare Roots Farm**  
330 Ireland Street, West Chesterfield  
413-634-5063 • barerootsfarm.com  
We are a small family nursery in the process of resurrecting the Ireland Street Orchards farm stand. Here you will be able to purchase all of our organic plant starts: vegetables, herbs, medicinals, and small fruit as well as other products by local farmers and artisans. We look forward to welcoming you to the farm!

**Crabapple Farm**  
100 Bryant Street, Chesterfield  
413-296-0310 • crabapplefarm.org  
We produce a diversity of products—including vegetables, seedlings, grain, beef, lamb, and eggs—that are available through CSA shares and at our farm stand. We are rooted in principles of ecological stewardship and sustainability, building health from the ground up. Visit us at farmers’ markets in Northampton on Tuesdays and Williamsburg on Thursdays.

**COLRAIN**

**East View Farm**  
63 Van Nuys Road, Colrain  
413-624-3445  
We raise vegetables and free-range chickens. Our fresh eggs can be purchased at McCusker’s Market in Shelburne Falls and Atlas Farm in South Deerfield. Poultry housing and laying hens available.

**K & L Organic Growers**  
Greenfield & Coombs Hill Roads, Colrain  
413-624-3410  
facebook.com/leftysgarden  
We offer myriad vegetables, herbs, small fruits, eggs, flowers, and garden starts at our farm stand on Greenfield and Coombs Hill Roads. Our food is organically grown on certified family farmland. Lefty’s Garden farm stand also carries products from local grower friends; open May–November.

**Lyonsville Farm**  
126 Main Road, Colrain  
413-624-3233 • lyonsvillefarm.com  
Offering a diverse array of sustainably grown vegetables, herbs, and flowers. We use natural methods to alleviate pests and only use the safest organic sprays as a last resort. Find us at the Greenfield Farmers’ Market, Greenfield Common
Wealth CSA, join our own CSA, or visit our new farm stand, which is open May–November. We have organically grown vegetable, herb, and flower starts for your garden beginning in May.

**New England Wild Edibles**  
65 Foundry Village Road, Colrain  
413-624-5188 • newedibles.com  
We provide fresh log-grown shiitake mushrooms from May through November, as well as shiitake logs to grow your own.

Foraged wild mushrooms are available seasonally (see our website for availability). Land consultation services for developing mushroom farms or to help you inventory wild mushroom communities on your land. Find us at local farmers’ markets, grocery stores, and restaurants.

**Pine Hill Orchards**  
248 Greenfield Road, Colrain  
413-624-3325 • pinehillorchards.com  
We grow many varieties of apples, peaches, small fruit, and vegetables on 75 acres, and make sweet cider ten months of the year. Our farm market, restaurant, and bakery are open year-round, offering our own products as well as many other local items. The restaurant is open weekdays 6am–2pm and weekends 7:30am–2pm. In addition, we sell wholesale to schools and other businesses. Open daily 6am–6pm.
Shoestring Farm
168 Ed Clark Road, Colrain
413-624-3358
Organic vegetables and small fruits, maple syrup, and spring bedding plants including herbs, annuals, and perennials. Farm stand shares available on the farm and through Common Wealth Cooperative CSA in Greenfield.

Sunrise Farms
24 Heath Branch Road, Colrain
413-624-3210
Our 450-acre farm has been in the family for more than 100 years. High in the hills of Colrain and Heath we farm our forest. Producing and selling maple products takes up most of our time. From our woods we sell green firewood and lumber. As part of our farm business we also sell beef cattle by the quarter, offer hay, and have a portable sawmill operation.

Winterberry Farm
340 Wilson Hill Road, Colrain
413-624-3940 • winterberryfarm.org
We’re a fiber and livestock farm, selling meat and poultry (lamb, goat, pork, duck, and goose) and lots of gorgeous fiber. Our sheep wool, angora, mohair (raw through hand-dyed yarn), and meat are sold by appointment here in Colrain. We offer lots of small fiber and farming workshops for adults, kids, and families, and we host four free open farm tours each year. Visit our website for details.

CONWAY

Boyden Brothers Maple
624 South Deerfield Road, Conway
413-369-4665 • boydenmaple@gmail.com
We are third-generation farmers on both sides of the family. We produce maple syrup and sell retail, wholesale, and mail order. Stop by in March when the sap runs and try our maple cream, maple candy, and maple granulated sugar. Native, pre-cut Christmas trees are available in December. Retail store is open weekends in December until Christmas as well as during sugaring season. Call or email us for details.

Good Bunch Farm
482 Newhall Road, Conway
413-588-1722
facebook.com/goodbunchfarm
Good Bunch Farm is located on either end of Bardwells Ferry Road, with fields in Conway and Shelburne Center. Run by Daniel Greene, Good Bunch Farm produces vegetables and fresh herbs with organic practices for the Shelburne Falls and Ashfield farmers’ markets. We are known for the quality, consistency, and variety of our produce.
Eat smart! Search “buy local food” in the Apple or Android app stores to find local on your smartphone
Hart Farm  
585 South Shirkshire Road, Conway  
413-320-7993 • conwayhartfarm.com  
Hart Farm grows food for local farmers’ markets in Franklin County and for a small box-share distribution in New York City. Through our farm stand and store we sell fresh produce, eggs, flowers, and value-added goods. By using organic growing principles that encourage sustainable land management, the food that is grown is clean, safe, and ethically created.

Natural Roots  
888 Shelburne Falls Road, Conway  
413-369-4269 • naturalroots.com  
We run a horse-powered farm and are committed to growing nourishing food while carefully stewarding the land. You are welcome to join us for the season as a CSA member or walk-in customer. We are open June–October on Tuesdays and Fridays, 3–6:30pm. During these hours our farm store offers our own vegetables, eggs, and pork as well as other locally produced goods.

Open View Farm  
482 Newhall Road, Conway  
413-775-3928 • openviewfarm.org  
We are a small educational family farm offering a bounty of vegetables, herbs, and garlic grown by Dan Greene of Good Bunch Farm. We have dual-purpose sheep for meat and fleece, and a lovely llama. We occasionally host farm and forest workshops and festivals for all ages. Call Emmy with any questions.

Stonegate Farm  
1263 Bardwells Ferry Road, Conway  
413-369-4459  
stonegatesugarhouse.com  
Stonegate Sugarhouse is a modern maple sugaring operation. You will see the latest technology in use to provide a top-notch food-grade product. Our practices take advantage of advanced processes that reduce energy consumption and carbon footprint. Before you visit please call us to be sure we are operating.

Wilder Hill Gardens  
351 South Shirkshire Road, Conway  
413-625-9446 • wilderhillgardens.com  
Retail nursery open weekends 8am–5pm, April–October, offering sustainably grown shrubs, trees, small fruits, perennial flowers, herb plants, and annuals. Gorgeous floral arrangements for your wedding or event. Landscape design services available; PYO blueberries, currants, gooseberries, and Asian pears in season.

CUMMINGTOWN  

Goat Nook Farm  
42 Main Street, Cummington  
413-634-5076 • goatnookfarm.com  
We are a small farm producing goat’s milk soap and eggs. Our soaps use all organic plant-based dyes and essential oils. We strive to produce the best eggs possible, giving our hens access to as much fresh air, sunlight, and forage as they choose to enjoy. Our solar-powered homestead is located along a bend in the Westfield River. We are committed to restoring and preserving the natural river habitat.

Grace Hill Farm  
47 Potash Hill Road, Cummington  
413-634-5348 • gracehilldairy.com  
Grace Hill Farm is a small family dairy and cheese farm in Cummington. Our herd of Normande and Ayrshire cows are grass-fed and milked seasonally, from April through November. We produce an assortment of artisanal raw milk cheeses, and sell raw milk at the farm along with eggs from our organic-fed pastured hens. We use no pesticides, chemical fertilizers, hormones, or antibiotics.

DEERFIELD  

The Bars Farm  
146 Mill Village Road, Deerfield  
413-772-1031 • thebarsfarm.com  
We grow 15 acres of diversified vegetables for wholesale and retail, including okra, 23 varieties of peppers, 10 varieties of tomatoes, cukes, lettuce, sweet corn, all kinds of squash, pumpkins, gourds, mums, and much more. We also grow a large selection of annuals, veggie starts, and perennials. See our website for details. Open daily, 9am–6pm, May–November. We practice IPM and are Commonwealth Quality Program certified.

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

Clarkdale Fruit Farms
303 Upper Road, Deerfield
413-772-6797 • clarkdalefruitfarms.com
We are a fourth-generation family farm growing more than 100 varieties of apples, peaches, pears, plums, nectarines, grapes, and cherries. Our sweet apple cider is fresh-pressed in season. We grow pumpkins, gourds, and squash, and offer PYO McIntosh apples. We employ sustainable growing practices. Our farm stand is open daily from August to December and weekends from January through March.

EAST LONGMEADOW

The Apple Place
540 Somers Road, East Longmeadow
413-348-9628 • theappleplace.net
Visit our authentic New England farm stand. We grow more than 60 varieties of low spray apples, including many heirloom and hard to find varieties. Our bakery serves cider donuts, pies, muffins, and locally roasted coffee. We also sell our own jam and canned goods made the old-fashioned way with real fruit and no preservatives, and serve Hadley ice cream. Apple tasting in the fall. Open seasonally until Thanksgiving.

Art’s Farm
81 Parker Street, East Longmeadow
413-783-1909
The best berries are the ones you pick yourself! We have u-pick strawberries in June and u-pick blueberries in July and August. Fresh pre-picked berries are also available retail at the stand. When berries are in season we are open daily, 8am–12pm and 3:30–6:30pm. Make it a family activity and bring the children to give them an opportunity to learn where fruit comes from.

Meadowbrook Farm
185 Meadowbrook Road, East Longmeadow
413-525-8588 or 413-525-9080
Open early spring with a wide variety of bedding and vegetable plants, perennials, and nursery stock, and a huge selection of hanging baskets. June brings PYO and pre-picked strawberries. From July to September, enjoy our fresh-picked vegetables and unsurpassed sweet corn. Fall offers mums, pumpkins, and fall decorations. The year concludes with Christmas trees (specializing in Fraser firs), wreaths, and holiday decorations.

Pomeroy’s Vegetable Farm
244 Hampden Road, East Longmeadow
413-627-2718 • scanticvalleycsa.org
A family-run farm since 1950, Pomeroy’s Vegetable Farm is now home to Scantic Valley CSA, a unique collaboration of growers committed to sustainable agriculture in Hampden County. Fresh vegetables, herbs, and melons are all grown free of synthetic pesticides, herbicides, or GMOs. Produce can also be purchased at the farm stand, open daily May–November.

EASTHAMPTON

Chicoine Family Farm
116 Oliver Street, Easthampton
413-527-4882
We offer delicious, healthy, 100% grass-fed beef, free of antibiotics, hormones, and...
steroids. The herd grazes freely on pesticide- and herbicide-free pastures all spring, summer, and fall; in the winter, they are fed our own sun-dried hay and baleage. Our animals have never been fed any corn or grain. Visit our farm store, open Sundays noon–4pm; visit us at Northampton and Forest Park markets; or call for an appointment.

**Echodale Farm**
45 Park Hill Road, Easthampton
413-203-1214
notyouraveragefarmer.com
We are a family farmstead dedicated to preserving heritage breed livestock including cows, sheep, and pigs, as well as free-range chickens. All of our animals are raised with respect and enormous love and care. Dried and fresh herbs are available for wholesale purchase. Check out our blog at notyouraveragefarmer.com/blog/.

**Mockingbird Farm**
15 Torrey Street, Easthampton
413-219-0588 • mockingbirdfarmma.com
On our small family farm, we raise grass-fed and grass-finished beef from our Devon cattle. We sell yearlings and finished beef by the whole, half, and quarter.

**Mountain View Farm**
393 East Street, Easthampton
413-329-0211
mountainviewfarmcsa.com
Voted “Best Local Farm” for the past seven years in the Valley Advocate readers’ poll, we are a CSA located at the base of beautiful Mount Tom. Members visit the farm throughout the growing season to pick up their share of seasonal produce. In addition to a weekly supply of chemical-free vegetables, fruit, flowers, and herbs, we offer our members an expansive u-pick section. New: Open for farm share pick up on Saturdays in 2015!

**Park Hill Orchard**
82 Park Hill Road, Easthampton
413-527-6186 • parkhillorchard.com
We are located in the historic and protected Park Hill area of Easthampton. Home of the famous Art in the Orchard outdoor community sculpture exhibition. C’mon out and take a walk through the fruit and sculpture gardens! We offer more than 60 varieties of carefully grown berries, peaches, and apples that taste better and cost less. Pick your own or browse our amazing farm stand.

**ERVING**

**Dan’s Veggies**
151 Northfield Road, Erving
413-423-3242
Dan’s Veggies is a small family-run roadside farm stand that offers local fresh vegetables, flowers, eggs, camp wood, and maple products. Our vegetables are grown on-site and picked daily. We are open May–November, seven days a week.

**FEEDING HILLS**

**E. Cecchi Farms**
1131 Springfield Street, Feeding Hills
413-786-2489
Farm-fresh vegetables and fruit. A huge selection of quality annuals, perennials, hanging baskets, and herbs. Open from May to October.
FLORENCE

Crimson & Clover Farm
215 Spring Street, Florence
413-570-0337
crimsonandcloverfarm.com
Crimson & Clover is a community-based farm located on the Northampton Community Farm in Florence. We grow a wide variety of fresh vegetables, fruits, and flowers for our CSA, farm stand, and the Tuesday and Saturday Northampton farmers’ markets. We use organic practices but are not certified. Visit our website for details and contact us with questions.

Godard’s Red Hen Farm and Mineral Hills Winery
592 Sylvester Road, Florence
413-586-2575 • godardfarm.com
This year we will offer 11 varieties of grape and fruit wines. In addition, we sell our own local honey, apples, blueberries, and sweet cider as well as pollen, balms, and beeswax items. Farm and winery hours: July–November, daily 9am–6pm; April–June and December, Wednesday–Sunday 10am–5pm. Wine tastings April–December, Friday–Sunday 11am–5pm or by appointment.

Ravenwold Greenhouses
1095 Florence Road, Florence
413-586-1416
ravenwoldgreenhouses.com
A family-owned farm since the early 1900s, focusing for the past 20 years on greenhouse and field vegetables. We sell annuals, perennials, herbs, vegetable

Like us! Follow CISA on Facebook at facebook.com/buylocalfood.org
starts, and hanging plants. Customized planters for patios and decks, window boxes, and memorials. We are going green with coir pots, cow pots, and fiber paks. Christmas trees, decorated wreaths, and hand-made cemetery boxes are also available.

Sawmill Farm
Meadow Street, Florence
203-561-7898 • sawmillcollective.com
Sawmill Farm is a 2 1/2-acre farm specializing in organically grown medicinal and culinary herbs. We grow a large variety of Western, Ayurvedic, and Chinese herbs and offer a fresh medicinal herb CSA in the Valley and in Boston from May to October. In addition we sell at the Northampton Tuesday and Saturday markets and wholesale to restaurants and local businesses.

Vollinger Farm
460 North Farms Road, Florence
413-268-3556 • rvollinger@gmail.com
farmfresh.org/food/farm.php?farm=3525
First- and second-cut hay in square or round bales. Pick up at the farm or delivery negotiable. Square straw bales, fall mums, asters, pumpkins, gourds, Indian corn, and corn stalks for sale. Wholesale available. For updated information including on-farm events, please see our page on the CISA website.

Wild Rose Farm
Florence
239-218-2295
A diverse, eco-friendly flower farm. We grow a wide variety of flowers including sunflowers, lilies, zinnias, and dahlias, as well as harder-to-find offerings. We sell our flowers at local co-ops, florists, and direct to customers at the Northampton Tuesday Market and the Greenfield Farmers’ Market on Saturdays. We also offer year-round, full service floral design for weddings and events of all kinds.

GILL
Bascom Hollow Farm
75 Bascom Road, Gill
617-538-7886 • bascomhollowfarm.com
Our family farm on 160 acres of protected forests and fields is producing pastured pork, grass-fed beef, pumpkins, and squash. Our products are available direct from the farm and can also be found at Upinngil Farm, Belmont Acres Farm, and Green Fields Market. Visit us on Facebook.

The Gill Greenery
123 Center Road, Gill
413-863-8733
thegillgreenery@comcast.net
We are a year-round organic sprout farm. We deliver weekly to food co-ops, restaurants, and delis in western Massachusetts. Email or call for details.

Northfield Mount Hermon Farm
One Lamplighter Way, Gill
413-498-3467
nmhschool.org/about-nmh-farm-program
A small, diversified New England farm. Our 2,200 taps produce about 600 gallons of maple syrup each season. We distill lavender oil and produce cider, cider syrup, and cider jelly. We raise and use draft and driving horses and operate a small dairy that produces pasteurized milk, raw milk, ice cream, and cheese. Many of our products are used daily in our school’s dining service.

Songline Emu Farm
66 French King Highway, Gill
413-863-2700 • songlineemufarm.com
Since 1995, Songline Emu Farm has been raising all natural emu without the use of antibiotics, growth hormones, chemical pesticides, or herbicides. We sell chicks and adult breeding stock as well as heart-healthy emu meat and emu oil products. For more information check out our two websites: SonglineEmuFarm.com for farming information and AllAboutEmu.com for information on emu oil uses and products.

Upinngil Farm
411 Main Road, Gill
413-863-4331 • upinngil.com
Our farm store is open daily year-round, 8am–7pm. We sell raw milk, cheese, eggs, meat, whole grain flours, baked goods, and other local products. Our farm stand is open May–October and sells fresh fruit, vegetables, and flowers. PYO strawberries, fall raspberries, peas, and cut flowers. Farm stand CSA shares available for 2015.

GOSHEN
Hilltown Grazers
86 Spruce Corner Road,
Goshen & Williamsburg
413-588-7638 • hilltowngrazers.com
We raise heritage pigs that graze the green hills of western Massachusetts. We use no commercial grains and mix a unique diet of locally sourced vegetables, grains, and dairy for our animals. We are proud
to offer high quality pork products raised in a sustainable way to wholesale markets and to individuals purchasing half or whole hogs. Feeder piglets available year-round and Mangalitza pigs in late 2015/2016.

**GRANBY**

**Dave’s Natural Garden**  
35 Amherst Street, Granby  
413-320-6802 • davesnaturalgarden.com  
Open mid-March to December 23. Eggs year-round, annuals, perennials, hanging baskets, vegetable plants, and herbs. We have a large selection of produce and fruit. CSA shares and winter CSA shares are available. We also have Christmas logs, trees, and decorations. Visit our website and like us on Facebook.

**Dickinson Farm**  
309 East State Street, Granby  
413-467-3794  
Open daily in season offering Easter plants, bedding and vegetable plants, roses, mulch, corn, tomatoes, native veggies, baked goods and breads, milk, eggs, cheese, pumpkins, cornstalks, fall decorations, poinsettias, wreaths, Christmas trees, kissing balls, and custom orders. Enjoy PYO strawberries, blueberries, and apples at our new Ludlow Road and 134 South Street location. Please call for details.

**Forty Acres Farm**  
34 Carver Street, Granby  
413-467-1657 • fortyacresfarm.com  
Our CSA shares include our organic pasture-raised poultry and eggs, beef, goat, and lamb. You can sign up for monthly poultry, red meat, and/or egg shares in whatever quantity you need. Choose from our on-farm or Boston area pickups. All our meats and poultry are Halal. See our website for more information.

**McKinstry’s Market Garden, Inc.**  
151 West Street, Granby  
413-536-2043  
Specializing in sweet corn, tomatoes, fresh fruit, and other vegetables. Farm stand open May–October.

**Red Fire Farm**  
7 Carver Street, Granby  
413-467-7645 • redfirefarm.com  
We grow delicious, certified organic vegetables, strawberries, 100 varieties of tomatoes, and annual plants for gardens. Our farm stands also offer fruit, blueberries, sweet corn, dairy, and other local products. CSA farm shares are available for pickup or delivery in Granby, Amherst, Northampton, Montague, Turners Falls, Springfield, Worcester, and Boston.

**Sapowsky Farms**  
436 East State Street (Route 202), Granby • 413-467-7952  
A family farm since 1947, we grow asparagus, bedding plants, picked and PYO strawberries, sweet corn, tomatoes, squash, and a variety of small crops and fall crops, including unusual gourds and fancy pumpkins. We use IPM practices. Full-service roadside farm stand. Visit Facebook for hours, weather conditions as they pertain to crops, planting tips, surplus sales, and to find out what we are picking. Open May–November.

**Stay informed!** Sign up for CISA’s monthly e-newsletter at buylocalfood.org
GRANVILLE

Gran–Val Farm/Scoop
233 Granby Road, Granville
413-357-0164 • gran-valscoop.com
Since 1991 we have been making ice cream on our farm, which has been in the family for more than 100 years. Our farm offers a petting area, picnic tables, sandwiches, fresh baked goods, gift items, and local products. Great family fun! Open mid-April to mid-October.

Maple Corner Farm
794 Beech Hill Road, Granville
413-357-8829 • maplecornerfarm.com
Maple sugarhouse, pancake restaurant, and museum of old sugaring items open from mid-February to mid-April. Maple syrup, maple products, jams, and jellies are available year-round at the house. Hay sold from the field and PYO high bush cultivated blueberries from June to September. Cross-country skiing in winter.

Mountain Orchard
668 Main Road, Granville
413-357-8877
www.mountainorchard.com
Our self-serve stand is open 24/7 from mid-July through November 30. We offer peaches, pears, nectarines, and 18 varieties of apples including Paula Red, Ginger Gold, Mac, Macoun, Empire, and Cortland. Take a scenic drive to the foothills of the Berkshires and enjoy that crisp mountain flavor. A family farm since 1919.

West Granville Blueberries
448 North Lane, Granville
413-357-8829
westgranvilleberries.com
Enjoy the fresh country air while you pick your own large, juicy, cultivated high bush blueberries. Open mid-July to mid-September, 10am–5pm. Please call or check our website for current conditions.

GREENFIELD

Bostrom Farm
701 Colrain Road, Greenfield
413-772-3732 • bostromfarm.com
Retail and wholesale grass-fed beef and pork, hay, compost, manure, and straw. Delivery available. Join our meat CSA! Please contact us via our website.

Common Wealth CSA
Downtown Greenfield
413-325-8969 • justroots.org
Multiple farms cooperate to distribute the produce we grow in a way that is accessible to all our neighbors through the sliding scale payment option and the donor-supported share program. The CSA season offers 20 weekly distributions of fresh, naturally grown fruit and vegetables from Greenfield Community Farm, Shoestring Farm, Lyonsville Farm, and Fat Rabbit Produce, every Wednesday 3–6pm, June–October.

Greenfield Community Farm
34 Glenbrook Drive, Greenfield
413-325-8969 • justroots.org
The mission of Just Roots is to increase access to healthy, local food by connecting people, land, resources, and know-how. This mission is executed through the work of the Greenfield Community Farm, where we manage a community garden with more than 50 plots, provide a range of educational programming, and grow food for our community.
contacting David via phone or emailing rainbowharvestfarms@gmail.com.

**Tanstaafl Farm**
389 Adams Road, Greenfield
413-773-5232

Our farm features sheep, ducks, chickens, turkeys, pigs, and border collies. Our mixed flock of sheep includes both white and natural colored Border Leicester crosses, Scottish Blackface, and Perendales. We sell fleeces, roving, and yarn, and naturally raised lamb, chicken, turkey, and pork. Herding demonstrations and lessons are available.

**Wandering Brook Farm**
446 Country Club Road, Greenfield
941-769-1463 • pnckuz@comcast.net

Wandering Brook Farm is a second-generation family farm located on Country Club Road in Greenfield. We supply naturally-grown hay, PYO blueberries, and wholesale fruits and vegetables. We also have a variety of lilac blooms for sale each spring—retail and wholesale. Peter Kuzmeskus, proprietor. Seasonal hours by appointment.

**HADLEY**

**Astarte Farm**
123 West Street, Hadley
413-584-5552 • astartefarm.com

What’s in a vegetable seed? The accumulated wisdom of up to 10,000 years of growing is passed down to us at this moment. We select all of our varieties for superior taste, we source organic and biodynamic seed whenever possible, and even grow a few outstanding hybrids. The seed we save from 50 heirloom tomato and 10 garlic varieties continue to evolve in our locale, producing unique flavor profiles.

**Barstow’s Longview Farm**
14 Barstow Lane, Hadley
413-586-5584
barstowslongviewfarm.com

Looking forward since 1806. Longview Farm is home to 450 dairy cattle. We are Agri-Mark Cabot members, and farm 400 acres of land. In 2013 we installed a methane digester that uses cow manure and organic food waste to produce electricity; 2014 brought more changes with the installation of four robotic milkers. Stop in to Barstow’s Dairy Store and Bakery for breakfast, lunch, and local flavors year-round.

**Carr’s Ciderhouse**
295 River Road, Hadley
413-345-2133 • carrsciderhouse.com

Carr’s Ciderhouse produces an array of delicious hard ciders in North Hadley. Carr’s ciders are made with respect for traditional methods. A leisurely cold-fermentation and aging process retains all the complex aromas and flavors of the fermentation. New for this season: cider syrup and cider vinegar! Visit our website to learn where Carr’s is available locally.

**Cook Farm & Flavors of Cook Farm**
129 South Maple Street, Hadley
413-584-2224 • flavors.com

We offer our own fresh raw milk: unpasteurized, unhomogenized, bottled on Mondays, Wednesdays, and Fridays and available every day for pick up. Visit our cows, view the majestic Holyoke Range, and enjoy a light meal or fabulous ice cream made right here. Open all year; check our website for hours. Composted manure is available seasonally, as well as pumpkins, hay, and straw.

**Copperhead Farm**
4 East Street, Hadley
413-559-7713 • copperheadfarm.com

A small family-owned and -operated farm that raises pure-bred Boer goats, pasture-based turkeys and chickens, and eggs. Animals are treated humanely throughout their lives and guaranteed to be free from hormones and antibiotics. Our goats are processed using Halal methods as much as possible. Live poultry and goats also available. We partner with Sunnybrook Farm to offer a meat CSA consisting of goat, chicken, beef, and pork.

**Devine Farms**
56 Knightly Street, Hadley
413-549-6953

Bedding plants, geraniums, hanging baskets, cemetery boxes, cut flowers, corn stalks, hay, baled straw, compost, and manure. Twig and Christmas wreaths.

**Four Rex Farm, Inc.**
110 West Street, Hadley
413-584-5982

Four Rex Farm is a 200-acre diversified wholesale/retail vegetable operation. We start the season off with various annual and perennial flowers and vegetable plants. Our main season crops include sweet corn, tomatoes, peppers, seedless watermelon, and cantaloupes, as well
as summer and winter squash. Our farm is IPM certified and uses sustainable practices to ensure the best products available.

**Frances K. Pekala Horticulturist**
3 Mill River Lane, Hadley
413-658-4912
Garden consultant and designer working in harmony with the land. I offer naturalistic horticultural services specializing in aesthetics, the unique and the unusual. An eclectic variety of seasonal, natural, and locally field-grown cut flowers, stems, woody branches, grasses, and seed pods. Edible flowers to cook and garnish with are available in the summer months. Floral design services available.

**Fungi Ally**
123 Bay Road, Hadley
978-844-1811 • fungially.com
Ally with the Fungal Kingdom! We offer a variety of gourmet mushrooms, fresh and dried year-round. You can find our products at farmers’ markets, restaurants, and co-ops. Fungi Ally provides educational workshops and tours diving into the eccentric world of fungi. Sign up for one of our workshops in mushroom cultivation or foraging at fungially.com. Have a project working with Fungi? Contact us.

**Lakeside PYO Strawberries**
328 Route 47, Hadley
413-237-2615
Eight varieties of tasty strawberries available for PYO or pre-picked for your convenience. Jams and jellies made with local fruit also available.

**Mapleline Farm**
78 Comins Road, Hadley
413-549-6486 • maplelinefarm.com
Family-owned and -operated. Milk from our Jersey cows is processed on-site, ensuring the freshest milk possible. We offer whole, 2%, 1%, and skim milk; half & half; buttermilk; chocolate, coffee, and seasonal flavored milk; in plastic or returnable glass bottles. Our milk can be found in many local grocery stores; visit our website for a complete list. Wholesale available. All natural and rBST-free!

**Mount Warner Vineyards, LLC**
85 Mount Warner Road, Hadley
413-531-4046 • mwvineyards.com
Hand-crafted wines from hand-tended vines. At Mount Warner Vineyards we proudly grow our own grapes to make award-winning wines. Favorites are Sunset Red, a fruit-forward blend of perfectly ripened red grapes; Cayuga White and Traminette, both varietals offering great aroma and taste to match; and Raspberry Rhapsody, a yummy port-style dessert wine that is fantastic with dark chocolate.

**Next Barn Over Farm**
15 Lawrence Plain Road, Hadley
413-461-8444 • nextbarnover.com
Organic mixed vegetable CSA. Farm shares are available for 2015. Members visit the farm weekly from June through October to choose from an abundant variety of vegetables, herbs, flowers, and fruit. We aspire to grow tasty, healthy, and affordable food, provide a vibrant community gathering place, and keep justice and sustainability at the heart of our farm. We accept SNAP/Food Stamps.
North Hadley Sugar Shack
181 River Drive, Hadley
413-585-8820
www.northhadleysugarshack.com
We serve our sugaring breakfast daily from mid-February to mid-April. Come see how to make maple syrup, grab a maple treat, or get supplies to make your own. We serve hard ice cream and our own maple soft serve from May–October. Families can check out The Farm Tale, an educational animal farm where kids play, explore, and learn. We have local seasonal produce and flowers throughout the year. Open year-round.

Pioneer Valley NE Growers Coop
Hadley • 413-695-4642
farmfresh.org/food/farm.php?farm=2023
We are a cooperative of farmworkers, residents, and established farmers collaborating to raise quality produce and growing products that reflect the diversity of our community. We offer favorites like callaloo, Jamaican pumpkins, heirloom tomatoes, and more at farmers’ markets across the Valley. We partner with local farms to grow and sell organic herbs and vegetables. Visit our website to see where you can find us!

Stone Soup Farm
81 Rocky Hill Road, Hadley
413-687-4341 • stonesoupfarmcoop.com
Stone Soup Farm is a 20-acre diversified veggie and egg farm. We do a summer CSA membership (June–November) and a winter CSA membership (November–April), as well as wholesale to local restaurants and grocery stores.

Twenty Acre Farm and Greenhouses
351 River Drive, Hadley
413-549-5708
Starting in mid-March we have a beautiful assortment of pansies followed in April by a wide variety of flowering annuals and vegetable plants, hanging baskets, Proven Winners, and many shades of geraniums. Our greenhouses are open until mid-June (wholesale available to qualifying businesses). In July we move on to our wholesale vegetable sales, continuing to November with a wide variety of vegetable crops.

Winter Moon Roots
17 Lawrence Plain Road, Hadley
413-387-7140
Winter Moon offers premium quality organic carrots, beets, parsnips, turnips, and radishes from December to March. The farm’s storage facility requires minimal electricity and uses no refrigerant. Produce is available at winter farmers’ markets as well as River Valley Market, Green Fields Market, Serio’s Market, Cornucopia, and Whole Foods Market.

HAMPDEN
D & R Farm
146 Thresher Road, Hampden
413-566-3708
We produce chickens, eggs, turkeys, jams, salsa, pickles, vegetables, and fruit in season, and baked goods to order. Visit us at our farm stand, open 365 days a year, and at farmers’ markets. We raise our own fresh produce, chickens, and turkeys with no hormones because we want to know what we are eating, and we want our friends and neighbors to enjoy our meats and veggies too! Find us on Facebook.
HARDWICK

Hardwick Vineyard & Winery
3305 Greenwich Road, Hardwick
413-967-7763 • hardwickwinery.com
We invite all ages to enjoy the beauty of our family-run farm. From vine to glass our six-grape wines are made here in Hardwick for your enjoyment. Wine tastings year-round Friday through Sunday and holiday Mondays, 11am–6pm, with live jazz monthly. Local cheese, maple syrup, and honey for sale. Banquet services and personalized labels for special occasions. Visit our website and find us on Facebook.

Stillman’s Quality Meats, LLC
561 Thresher Road, Hardwick
413-477-0345
stillmansattheturkeyfarm.com
We are a small, artisanal family farm offering individuals and restaurants conscientiously-raised grass-fed beef and lamb, pastured pork, chicken, eggs, and seasonal turkeys. We use sustainable practices that respect both the land and the animals. Our products are sold at farmers’ markets, and we offer numerous CSA options ranging from traditional pick up to a flexible custom order delivery option.

HATFIELD

Chestnut Mountain Tree Farm
126 Mountain Road, Hatfield
413-687-1806
chestnutmountaintreefarm.com
Choose and cut your own or select pre-cut Fraser fir Christmas trees, wreaths, and maple syrup. Join us for a hayride on Saturdays and Sundays to find your tree and enjoy hot cider. Open Friday–Sunday 9am–4pm, November 28–December 21. We are dedicated to the sustainable production of forest and agricultural products; the entire 130-acre property is protected by a conservation restriction. Farm trails open to the public.

Pioneer Valley Popcorn
5 South Street, Hatfield
413-320-3489
pioneervalleypopcorn@yahoo.com
Do you ever imagine sitting down to a yummy bowl of local popcorn? We grew a little bit a few years back—a small white popcorn with minimal hull. Now our small family popcorn adventure is growing and you can pop some up at home. Our popcorn takes on the taste of the Valley—yum! We wholesale our popcorn in one pound glass and plastic containers as well as in bulk. Perfect for gift giving or popping at home.

Pops Farm
62 Chestnut Street, Hatfield
413-247-9029
thomas_petcen@yahoo.com
A small family farm stand located in Hatfield; open May–October from dawn to dusk. In addition to growing fresh vegetables and flowers, we specialize in fall ornaments.

Prospect Meadow Farm
(ServiceNet Inc.)
103A Prospect Street, Hatfield
413-887-9441 • servicenet.org/farm
The farm is a non-profit social enterprise that empowers physically, mentally,
intellectually, and economically challenged individuals to find meaningful activity through work in agriculture-related fields. Specializing in farm-fresh eggs and chemical-free mixed vegetable production, Prospect Meadow Farm products are available at an on-site farm stand. The farm is open year-round, Monday–Friday 8am–3pm.

**Teddy C. Smiarowski Farm**
487 Main Street, Hatfield
413-247-5181
PYO and pre-picked berries available at our Whately stand on Routes 5 & 10, one and a half miles south of I-91 exit 24. Pre-picked berries available at our Hatfield stand. Call for start dates. We also offer asparagus in early spring and potatoes in the fall.

**HAWLEY**

**Headwater Cider**
112 Forget Road, Hawley
413-695-6099 • headwatercider.com
A 2,000-tree orchard in Hawley, growing apples fermented into hard cider right at the orchard. I grow apples using IPM methods and do not use restricted-use sprays. I use only apples, sugar, and yeast to ferment the cider. The cider is crisp, dry, and refreshing, as well as gluten-free and vegan-friendly. I slow-ferment all winter long, and bottle in spring, and I never pasteurize or force carbonate.

**Sidehill Farm**
59 Forget Road, Hawley
413-339-0033 • sidehillfarm.net
Yogurt, raw milk, cheese, sour cream, and beef from our grass-fed Normande and Jersey cows. Our cows graze certified organic pasture from spring through fall; in the winter they eat organic hay cut from our pastures. Our farm shop is open daily year-round, 7am–9pm. Visit our website to find stores that carry our yogurt.

**HAYDENVILLE**

**Valley View Farm**
16 Walpole Road, Haydenville
413-268-0280 • valleyviewfarm.info
Valley View Farm is a newly restored historic farm with a horse-powered market garden offering seasonal organic vegetables, greens, herbs, flowers, maple syrup, pick-your-own fruit, and pumpkins. Above the village of Haydenville.

**HEATH**

**The Benson Place**
182 Flagg Hill Road, Heath
413-337-5340 • bensonplace.org
Chemical-free, wild, low-bush blueberries available beginning late July. Visit our website on or soon after July 1 to order your pre-picked fruit or to schedule a weekday PYO visit. Weekends are open for unscheduled PYO with a 9am–2pm arrival time. Visit year-round to walk our scenic Franklin Land Trust designated trail.

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

**Freeman Farm**
20 Town Farm Road, Heath
413-337-4766 • heathans@verizon.net
We raise grass-fed, free-range cattle in the hills of Heath. Through our custom grazing program, you own a befer and we graze it for you through the spring, summer, and early fall. In the fall, fill your freezer with your own beef. If a whole animal is too much, organize a “cowshare” with family members or friends. Call or email for details. We also make maple syrup and sell hay.

**HOLYOKE**

**La Finca/Nuestras Raíces**
24 Jones Corner Road, Holyoke
413-531-2767 • nuestras-raices.org
Nuestras Raíces Farm offers Hispanic specialty crops, as well as educational tours and programs, event space rental, a summer and winter CSA, plant sales, and an on-site farm store and farmers’ market. Find us on Facebook!

Follow us! CISA is on Twitter @CISAtastaf
Housatonic

Hosta Hill Farm
273 Great Barrington Road, Housatonic
413-329-8389 • hostahill.com
We are a cultured food producer based in the Berkshires making lacto-fermented sauerkraut, kim chi, and artisan tempeh. We are working towards growing many of the ingredients that go into our products. When not grown by us we source from farms between the Berkshires and Pioneer Valley.

Huntington

Gray Dog’s Farm
35 Church Road, Huntington
413-320-8860 • graydogsfarm.com
We are a meat CSA, working closely with Hilltown Grazers to offer monthly shares of chicken, pork, beef, goat, and lamb. Our animals are naturally raised on pasture. We run year-round with rolling enrollment so you can start at any time. We also offer naturally nursed rose veal, whole and half animals, primals, and individual cuts of all animals. Visit our website for details.

Lee

High Lawn Farm
535 Summer Street, Lee
413-243-0672 • highlawnfarm.com
We produce and deliver pure Jersey milk to stores, restaurants, coffee shops, and students in Massachusetts, New York, and New Hampshire. Our milk contains 20% more calcium and 17% more protein than other brands. No artificial growth hormones or pesticides are used on our all-natural farm: best quality, best taste, naturally.

Leeds

Borawski Farm
170 Audubon Road, Leeds
413-584-3291
borawskifarm@comcast.net
We breed and raise Suffolk sheep to provide customers with humanely raised, hormone-free, USDA processed lamb. Lamb is sold by the half or whole and is available for Easter, in July, and in September. Pre-ordering is required and we will process to your specifications. Breeding stock is also available for purchase in addition to square bales of straw and oats for animal feed. Call to place your order today.

Leverett

EIEIO Farm
197 North Leverett Road, Leverett
413-367-9982 • eieiograssfedfarm.com
Our 35 pastoral acres are home to happy animals in a natural rotational grazing practice: 100% grass/forage-fed beef, goat, and lamb, as well as chicken, turkey, and pork. We sell primarily in bulk. Order early for year-round bulk discounts, secret recipes in every box! Also the home of “Honey’N Schmaltz” farm-to-table catering and private cook, dedicated to health and wellness through the craft of home cooking.

Leyden

Bergeron Sugar House
Brattleboro Road, Leyden
413-527-6131
Sugaring is a long time tradition for the Bergeron family dating back to our French Canadian ancestors. Bob, who learned to sugar on his grandfather’s farm in Whately, has continued for 50 years and finally built his own sugarhouse. His maple syrup, candy, and cream are available at the Amherst Winter Market, Maple Farm Foods, Big E’s, Atkins Farms, All Things Local, and Atlas Farm. Retail and wholesale.

Bree-Z-Knoll Farm
160 North County Road, Leyden
413-774-3757
Our pure maple syrup is available year-round in all sizes. Syrup can be purchased at the farm or at the Greenfield Farmers Cooperative Exchange at 267 High Street. Please call ahead for farm pick up. Our farm is a proud member of Our Family Farms milk cooperative. Buy our milk at a store near you!

Dancing Bear Farm
181 Frizzell Hill Road, Leyden
413-774-2021 • dancingbearfarm.com
Starter plants in the spring, heirloom tomatoes, baby greens, lettuce, garlic, onions, peppers, potatoes, assorted vegetables in season, and, of course, pumpkins. Now offering figs and fig trees. No chemical fertilizers or pesticides. Ever.
Frizzell Hill Farm
170 Frizzell Hill Road, Leyden
413-773-9294 • frizzellhillfarm.com
Happy goats are healthy goats. Goats prefer to browse and the landscape here at the farm couldn’t be better suited for goat farming. It consists of rocky mountainous terrain where ideal forage grows abundantly. Our goats are handled and inspected daily; as a result they are extremely tame and calm, which in turn produces a better product! We sell Boer goat meat to restaurants and can provide USDA-inspected cuts upon request.

Leyden Glen Farm
31 Glen Road, Leyden
413-774-6514 • leydenglenlamb.com
Leyden Glen Farm raises grass-fed lamb on the rolling hills of Leyden and Bernardston. We have been raising sheep for 30 years and practice intensive grazing of our pastures. All lamb is antibiotic- and hormone-free. Products include frozen ground lamb, lamb stew meat, sausage, and all traditional cuts including legs, chops, and more. Self-serve farm stand open during daylight hours.

Sweet Morning Farm
910 Greenfield Road, Leyden
413-773-8325 • sweet-morning-farm.blogspot.com
At Sweet Morning Farm we raise a wide variety of vegetables, fruits, flowers, chickens, and ducks. Most of what we grow is sold via CSA shares. We also sell eggs and vegetables year-round on a weekly basis. Sign up for the “Eggs & Extras” list to receive updates. We use organic methods and focus on growing heirloom varieties and heritage breeds. Our chickens are raised on organic feed and pasture.

LUDLOW
Randall’s Farm
631 Center Street, Ludlow
413-589-7071 • randallsfarm.net
We grow hanging flowering baskets, geraniums, specialty annuals, vegetable plants, herbs, and sunflowers, and offer a fall corn maze, hayrides, and pumpkin picking. Homemade ice-cream made on the premises at Elsie’s Creamery. Visit our farm stand and garden center where you will find the best fresh, locally grown produce, flowers, and plants and our home-style bakery/deli.

MIDDLEFIELD
Blue Heaven Blueberry and Raspberry Farm
246 Skyline Trail, Middlefield
413-623-8846
We offer PYO raspberries beginning after July 4 and blueberries starting August 1. We are open Tuesday–Sunday 9am–4pm. Call ahead to confirm hours. Closed Mondays.

Left Field Farm
20 Root Road, Middlefield
413-623-5137 • leftfieldfarm.net
Come choose from hundreds of carefully selected varieties of heirloom and hybrid annual, herb, and vegetable plants seed-grown in our certified organic greenhouses. We select ornamental varieties for their plant vigor, flower form, fragrance, and color, and we choose

Eat smart! Search “buy local food” in the Apple or Android app stores to find local on your smartphone
herb and vegetable varieties for their flavor and garden performance. Visit our website for hours and directions.

**MONSON**

**Echo Hill Orchards & Winery**
101 Wilbraham Road, Monson  
413-267-3303 • echohillorchards.com  
PYO apples and pumpkins, and tractor rides on Saturdays and Sundays. Haunted hayrides on most Friday and Saturday nights in October. School tours for grades K–4 on weekdays. Large farm stand and winery featuring our own wines, cider donuts, and many rooms of country style gifts. Open daily in September and October. Seasonal hours in November and December.

**Plante Farm**
91 Upper Palmer Road, Monson  
413-348-8372 • plantefarm@gmail.com  
We offer naturally raised beef that is free of hormones, steroids, and antibiotics. Beef is sold by the whole or half, custom cut to your specifications. Individual cuts also available. Visit us at the Yellow House Farmers’ Market May–October or year-round at the farm.

**MONTAGUE**

**Brook’s Bend Farm**
119 Old Sunderland Road, Montague  
413-367-2281 • brooksbendfarm.com  
Brook’s Bend produces high quality lamb and delectable Shetland yarns, rugs, and woolens from a heritage flock raised on organic, remineralized pasture. With a mission to encourage on-farm enterprises that deepen community resilience, we share the land with Sage Farm, Wolf Tree Programs, Full Moon Girls, and Clearpath Herbals.

**Old Depot Gardens**
504 Turners Falls Road, Montague  
413-467-7645 • redfirefarm.com  
Located one quarter mile north of the Montague Bookmill, in the yard of the parents of the Red Fire farmer, Old Depot Gardens is stocked with organic Red Fire Farm grown vegetables, cut flowers, and plants. Local sweet corn, berries, honey, cheese, pickles, milk, maple syrup, and more are also available. Open 10am to dusk from May to November. Farm stand memberships available; members receive a 10% discount.

**Sage Farm**
119 Old Sunderland Road, Montague  
860-689-6068 • sage.tyler@gmail.com  
Sage Farm produces heritage breed, pastured pork. All pigs are grazed using intensive rotational methods, ensuring maximum foraging and resulting in incredibly flavorful pork. Our pork is available at Sutter Meats, Atlas Farm Store, and the Greenfield Farmers’ Market where we make breakfast sandwiches using other local ingredients as well. Contact us about purchasing whole or half pigs.

**MONTGOMERY**

**Stony Creek Farm**
13 Chamberlain Road, Montgomery  
413-862-4039  
Specializing in all things from goats! Small farm store carries raw goat’s milk, meat, cheese, and goat soap. Jams and jellies, pickles, local honey, and gift items are also on display. Open Monday–Saturday 8am–9pm year-round. Come and enjoy!
NEW SALEM

New Salem Preserves
67 South Main Street, New Salem
978-544-3437 • newsalempreserves.com
Low spray McIntosh and heirloom apples, cider, cider syrup, cider jelly, apple cider vinegar, apple butter, and sun-cooked strawberry, raspberry, and blueberry preserves. Cider donuts and hot mulled cider available daily. Open dawn to dusk mid-September to mid-December. Visit us at the farm for CiderDays in early November.

NORTH HATFIELD

Malinowski Farms
280 West Street, North Hatfield
413-247-9441
Pumpkins for the Mass.es Chapter 20:15 —In state, international, intergalactic. Kids: Have an urge to carve pumpkins, lasting for more than four hours? Visit Ed now! Parents: You created, procured, borrowed, or kidnapped these kids. You are responsible! Grandparents: Unlimited-grandchild budget spoilers—we’ll treat you right! Pets: Make sure you select one small enough for your goldfish bowl! Onestophowl!

NORTHAMPTON

Abundance Farm
253 Prospect Street, Northampton
413-584-3593 x203
abundancefarm.org
Abundance Farm is a Jewish food justice farm and outdoor classroom. We are a unique collaboration between Congregation B’ni Israel, the Northampton Survival Center, and Lander-Grinspoon Academy to support local food security and to create a unique, outdoor learning environment. It is a beautiful urban oasis where people of all ages, faiths, and backgrounds are drawn for nourishment, learning, and celebration.

Greens Treat CSA
1236 Florence Road, Northampton
413-586-5755
greenstreatcsa@gmail.com
greenstreat.com
Small CSA by the owners of Green Street Café. Organically grown vegetables, herbs, flowers, and berries. All the produce we grow is selected for intensity of flavor, making us a favorite of discerning cooks and diners. New wood-fired Cobb oven. Our newest adventure in self-sustainability: Greens Treat Suites. More than a B&B, visit greenstreat.com for photos and information.

Red Barn Honey Company
43 Fort Hill Terrace, Northampton
413-584-2634 • rbhoney.com
Offering locally produced raw honey, hive products, and pollination services. Please visit our website or call for details.

NORTHFIELD

Balky Farm
15 Main Street, Northfield
413-498-2077
We are three generations of farmers offering pasture-raised goat, lamb, and pork meat, wool products, mulch hay, and fresh eggs. We have 100% wool yarns in natural and hand-dyed colors. Our rovings are ready for spinning or needle felting—supplies are available for purchase. Value-added products include wool blankets, hats, scarves, needle-felted items, and sheepskins.

Four Star Farms, Inc.
496 Pine Meadow Road, Northfield
413-498-2968 • fourstarfarms.com
A sustainably operated family farm producing a variety of grains, freshly milled flours, hops, turf, and straw. We take pride in the level of quality we pass along to you, offering only crops that we have grown in our own fields and prepared to order at the farm. Our grains, flours, and hops are available year-round; turf and straw are available seasonally. Monday–Friday 8am–4:30pm; please call ahead.

Northwoods Forest Products
675 Gulf Road, Northfield
413-498-5335
A family-owned sawmill and logging operation nestled in the hills of Northfield. The company offers retail and wholesale native local bandsawn lumber, custom milling, lumber planing, firewood, slabwood, sawdust, and shavings. Northwoods Forest Products also performs timber harvesting for private landowners and on public lands. Open year-round. Call or stop in, or like us on Facebook.
**ORANGE**

**Johnson’s Farm**  
210 Wheeler Avenue, Orange  
978-544-7835 · johnsonsfarm.net  
We are a restaurant, sugarhouse, and gift shop featuring savory and sweet maple dishes. During maple season our sugarhouse is open to the public, so come in to see how syrup is produced and have a taste. We also make our own maple cream and maple candy. Call ahead to see if we are boiling. We offer breakfast, lunch, and dinner with great maple dinner options. Open Tuesday-Sunday; see website for details.

**Seeds of Solidarity Farm**  
165 Chestnut Hill Road, Orange  
978-544-7564 · seedsofsolidarity.org  
Solar-powered farm that features no-till methods. Visit our self-serve farm stand for fabulous greens, produce, and hand-crafted cedar meditation benches; open April–November. Visit our website for directions, dates for free tours, and to learn about our “Grow Food Everywhere” education programs. Buy our famous culinary and seed garlic at the North Quabbin Garlic and Arts Festival, September 26–27.

**PETERSHAM**

**Sweetwater Farm**  
95 Maple Lane, Petersham  
413-813-5746 · sweetwaterfarmma.org  
We are a 250-year-old farm, producing grass-fed beef, organic hay, maple syrup, occasional vegetables, eggs, and goat’s milk. Located east of the Pioneer Valley, off Routes 202 & 122, we’re open May–September, 9am–3pm. From October to May, please call or email us to make an appointment (after we run you through the process you’ll be fine to come). Find us on Facebook!

**PLAINFIELD**

**Manda Farm**  
25 Pleasant Street, Plainfield  
413-634-5333 · mandafarm.com  
Pasture-raised, organically fed pork and beef from rare heritage breed animals.
Barberic Farm
383 Cooper Lane, Shelburne
413-625-8203
Barberic Farm specializes in delicious frozen mild lamb, frozen ready-to-bake pies (with lamb or mutton, grass-fed beef, and seasonal fruits), a wide variety of preserves, popcorn, hops, eggs, clean raw fleeces, sheepskins, wool hats, and crafts. All are regularly available at the Shelburne Falls, Greenfield Winter, and Northampton Winter farmers’ markets. Only by special appointment at the farm.

Foxbard Farm
400 Bardwells Ferry Road, Shelburne
413-625-4604 • foxbardfarm.com
We raise purebred Black Angus for sale to individuals, restaurants, and specialty food stores. Our animals are humanely raised, grass-fed from our own pastures and hayfields, and receive no added hormones or antibiotics. We also sell cordwood, hemlock framing timbers, and knotty pine siding.

Graves Glen Farms
80 Wilson Graves Road, Shelburne
413-625-9066
This centennial farm sells maple syrup, compost, and hay to the public. The 1762 farmhouse (formerly known as Clark Tavern) overlooks downtown. The eleventh generation is currently learning the ropes of farming. Products can be purchased at the yellow house on the farm, at the Gill Farmers’ Market, and at Apex Orchards in Shelburne. Call Jim for tours.

Kenburn Orchards
1394 Mohawk Trail, Shelburne
413-625-6116 • kenburnorchards.com
Kenburn Orchards is a 165-acre farm growing choose-and-cut Christmas trees, pick-your-own blueberries, and raspberries. Situated on the historic Mohawk Trail with fields and trails with splendid views, abundant birds, and wildlife. Non-smoking; open year-round. Bed and breakfast available for prior guests only.

Shinglebrook Farm
69 Taylor Road, Shelburne
413-625-9967 • shinglebrookfarm.com
At Shinglebrook Farm we raise Boer goats, Berkshire and Large Black pigs, and heritage turkeys (Standard Bronze, Beltsville White, and Midget White). Registered Berkshire pigs, feeder pigs, and Boer goats are available year-round. We offer whole and half hogs and pastured heritage turkeys for Thanksgiving.

Wheel-View Farm
212 Reynolds Road, Shelburne
413-625-2900 • wheelviewfarm.com
Wheel-View Farm offers all cuts of natural, grass-fed beef year-round at our farm store. Our cows are healthy and happy with no antibiotics, hormones, nor GMOs. We also produce maple syrup products, apples, and cider. Please call ahead for hours and availability.

SOUTHERN DEERFIELD

Atlas Farm
218 Greenfield Road, South Deerfield
413-397-3587 • atlasfarm.com
We grow high quality, certified organic vegetables, herbs, flowers, and fruit for wholesale, farmers’ markets, and our new retail farm store on Routes 5 & 10 in South Deerfield. Sign up for our market share program for all the benefits of a CSA share with even greater flexibility and savings! Our store is open seven days a week year-round; check our website for hours.

Roaming Farm, LLC
80 South Mill River Road, South Deerfield
413-665-6334 • roamingfarm.com
We raise Highland cattle, a heritage breed known for lean meat with a gourmet taste, and sell natural, pasture-fed beef with no added hormones or unnecessary antibiotics. Our cows are born and raised here on our family farm and spend their lives in a humane, natural habitat, roaming through varied terrain in the heart of the Pioneer Valley. Prices and hours are on our website or Facebook.
Stockbridge Farm
18 Stockbridge Road, South Deerfield
413-665-6918 • stockbridgeherbs.com
Welcome to Stockbridge Farm, home of the flavor experts! We specialize in cooking with herbs, flowers, and vegetables to help others learn how to enjoy and use the delicious flavors of our local Pioneer Valley farms and gardens. We have presented a variety of culinary herbal topics at conferences, events, and meetings in New England and are happy to create a program for your club or organization.

Warm Colors Apiary
Two South Mill River Road, South Deerfield • 413-665-4513
warmcolorsapiary.com
Warm Colors produces and sells Massachusetts honey and beeswax candles, all produced using non-chemical methods. Join us for our Annual Honey Festival on September 19. Free admission: a family-friendly day of food, education, and celebration of the honeybee. Visit our website for details.

SOUTH HADLEY

Carl Popielarz Pig Farm
128 Willimansett Street, South Hadley
413-536-1252
We are the fourth generation running this small family-owned farm that has been operating for more than 85 years. We raise pigs that are available year-round. In addition we offer lamb, turkeys, and fresh eggs. All of our animals are hormone- and antibiotic-free. For more information, please call 413-626-9763 or email popielarzpigfarm@comcast.net.

Lukasik Family Farm
188 Pearl Street, South Hadley
413-534-5697
A family farm for more than 100 years, we recently welcomed our fifth generation. Our poultry is all naturally raised, processed, and packaged on the farm for your table. Products include chicken, hens, eggs, turkey, sausage, pheasant, partridge, and quail. We take orders for all holidays, and offer monthly farm shares of poultry, vegetables, and fruit from July through December. Inquire for details.

McCray’s Farm and Country Creamery
55 Alvord Street, South Hadley
413-533-0775
facebook.com/McCrays.Farm
Whether you’re stopping in for a gallon of our own bottled milk, having a family day, or celebrating your child’s birthday party here, we have something for the whole family! We offer mini-golf, hayrides, and a free petting zoo. Inside the creamery you can enjoy lunch and homemade ice cream. Visit in the fall for our haunted and pumpkin hayrides as well as Truckfest. Find our milk in local stores.

Yang Farm
128 Willimansett Street, South Hadley
413-426-8164 • beeyaj@ymail.com
farmfresh.org/food/farm.php?farm=3725
We are a small family farm that grows flowers and vegetables. All of our flowers are specialty cut. The variety of crops we grow includes squash, peppers, cucumbers, cabbage, cilantro, scallions, corn, mint, and more. Our farm growing season runs from June through October. Come see us at area farmers’ markets, visit our webpage for details. For more information, please call or email Bee Yang.

SOUTHAMPTON

Bashista Orchards
160 East Street, Southampton
413-527-9091 • gotcider.net
A family farm since 1926, we grow more than 40 varieties of apples, pears, peaches, and plums. We make a fine apple cider from a blend of ripe apples that are slow pressed in our mill. Come for the fresh fruit and vegetables, store-baked pies and breads, and awesome cider donuts! We also offer local maple syrup, honey, dairy products, and free-range eggs. Open daily 8am–6pm, year-round.

Birdhaven Blueberry Farm
55 Gunn Road, Southampton
802-777-9049
birdhavenblueberryfarm@gmail.com
We offer PYO blueberries and flowers, as well as raspberries, currants, Asian pears, apples, and silvopasture-raised holiday turkeys. We also have jams, jellies, pies, and other value-added products. Educational workshops offered on local farming, art, and culture. We strive to be a community resource for Southampton and the Valley. Check us out on Facebook or email us for upcoming workshops and information.

The Bitty Red Barn
160 Valley Road, Southampton
413-203-5299
A husband and wife farming effort
dedicated to providing consumers with fresh, locally grown and harvested fruits and vegetables, select herbs, and organically produced eggs using sustainable/ethical agricultural methods. Open May–October. Availability of some products may be limited. Please call in advance. Customized gift baskets and gift certificates also available.

Roundhill Orchards
1 Douglas Road, Southampton
413-562-4985
Roundhill Orchard is a Century Family Farm, raising small fruits (strawberries, summer and fall raspberries, and blueberries), tree fruits (peaches, plums, pears, and apples) as well as honey from our bees. Pick-your-own is available; please call for details. School groups welcome; please arrange times in advance.

White House Farm
40 Miller Avenue, Southampton
413-527-8107 • whitehousefarmma.com
A fourth-generation farm, we offer a wide variety of plants including perennials, herbs, annuals, and vegetables. Shallots and seven varieties of garlic are also available from July on. We provide unique, seasonal floral arrangements for weddings, special occasions, and market sales. Peak wedding season is July through September. Open May–October.

SOUTHWICK

Blossoming Acres
249 College Highway, Southwick
413-569-3663 • blossomingacres.com
Blossoming Acres grows a full line of vegetables, bedding plants, and cut flowers. Our farm stand, in a beautiful old post and beam barn, is open daily March 8–December 24. Our bakery specializes in pies and breads. From May to October we are also at farmers’ markets in Pittsfield and Longmeadow.

Calabrese Farms
257 Feeding Hills Road, Southwick
413-569-6417
Early season: bedding plants, hangers, geraniums, and perennials. Summer season: our own corn, strawberries, blueberries, peaches, tomatoes, melons, and much more. Fall: mums, ornaments, pumpkins, cabbage, and squash. Visit our farm stand April–October. CSA shares available mid-May to mid-October; sign-ups for the 2016 season begin in September.

Coward Farm
150 College Highway, Southwick
413-569-6724 • cowardfarm.com
We are a family-owned farm open seasonally. Visit us in the spring to check out our annuals, perennials, vegetable plants, and shrubs. In the fall we sell our own mums, pumpkins, and gourds. In the Christmas season we offer choose-and-cut and precut Christmas trees and our own wreaths, kissing balls, and holiday arrangements. Our country primitive barn offers unique items for your decorating needs.

Flynn Farm
49 Mortvining Road, Southwick
413-569-0420
Organically run family farm. Visit our Boutique Barn to find heirloom seedlings, late-season vegetables, hay, bread and baked goods to order, and a resale shop offering Hart’s seeds, vintage cowboy boots, chic clothing, and other cool things. Open 9am–3pm on weekends May–November; closed August. Our FarmKidsMade Camp runs mid-June through July. Noka’s Hayrides are offered in October.

Johnson Brook Farms, LLC
292 College Highway, Southwick
413-519-7915
johnsonbrookfarmsllc@gmail.com
A small family farm located in the center of Southwick. Visit our farm stand for asparagus in May and strawberries in June. We also wholesale strawberries and pumpkins.

Meadow View Farms, LLC
120 College Highway, Southwick
413-569-0814 • meadowviewfarmsouthwick.com
Our farm’s retail greenhouse has grown into a unique destination for garden lovers. We proudly offer our customers a great selection of quality annuals, vegetable and herb plants, perennials,
and ornamental grasses from late April through June. From September to
Halloween we offer mums, pumpkins, a two-mile corn maze, fall fun, and
more. Cash or checks (with ID) only; no credit/debit cards. Find us on Facebook.

Ray’s Family Farm
723 College Highway, Southwick
413-569-1876
Owned and operated by the Brzoska
family for more than thirty years. Known for beautiful flowers, hanging
baskets, and plants, as well as fantastic produce, including the most luscious
melons, tomatoes, sweet onions, peppers, cucumbers, pickles, squash, and much
more. Our farm stand is open daily from April 1 through December 24. Hours vary by season.

Gardening the Community
256 Hancock Street, Springfield
413-538-5822
gardeningthecommunity.org
Gardening the Community (GTC) is a youth-led food justice and urban
agriculture organization based in Springfield. We grow organic fruits and
vegetables on empty lots and organize for a healthy and equitable local food system.
We sell at our Hancock Street farm stand and the Mason Square Farmers’ Market, and run an affordable CSA program called GTC EATS! We grow community, youth leadership, and just food.

Sixteen Acres Garden Center
1359 Wilbraham Road, Springfield
413-783-5883 • 16acresgardencenter.com
Providing an extensive selection of top quality plants and products for over 50 years, with exceptional service. Our
nursery is brimming with flowering plants, annuals, perennials, trees, shrubs, roses, pond plants, and much more. You can always get advice about plant care from our many horticulturalists. We offer a full-service florist along with landscape design and installation services. We grow our own; open daily!

SUDDERLAND

The Kitchen Garden
131 South Silver Lane, Sunderland
413-387-5163 • kitchengardenfarm.com
We grow organic specialty vegetables on 25 acres. Our goal is to provide the highest quality, best tasting, and most
beautiful produce to our community. We sell at farmers’ markets in Northampton
and Springfield and to the best restaurants and stores in the Valley, Boston, and NYC. In September we host Chilifest, our annual farm festival celebrating all things spicy, including our farm-fresh sriracha.

Laurenitis Farm
475 Amherst Road, Sunderland
413-665-2038 • laurenitisfarm.com
Our policy is to give gardeners a choice, and show people that gardening can be exciting. We offer more than 100 tomato
varieties! Our peppers include sweets and hots like ghost pepper and devil’s
tongue. Our herb selection is expanding with more medicinal herbs and hops, as
is our house and terrarium plant selection. Come see our wide variety of perennials,
annuals, planters, and beautiful hanging baskets. Visit us on Facebook!

Little Brook Farm
334 Russell Street, Sunderland
413-665-3802 • littlebrookfarm.com
Our small family farm practices sustainable agriculture. Sheep and border collies are at the heart of the farm, but diversification
is key to our philosophy. We offer lean, healthy, grass-fed lamb, pastured pork,
free-range chicken and turkeys, duck and chicken eggs, fleece, yarn, roving,
and blankets. We also offer farm camps, workshops, herding demonstrations,
and birthday parties.

Riverland Farm
206 River Road, Sunderland
413-687-5781 • riverlandfarm.com
We offer high quality certified organic fruit, vegetables, flowers, and herbs
through our CSA memberships. The regular CSA season starts the first week in June and ends in early November with
on-farm pickups Tuesday, Thursday, or Saturday. We also offer winter shares. Visit our website for details.

Smiarowski Farm Stand
and Creamery
320 River Road, Sunderland
413-665-3830
Teddy C. welcomes you to visit his farm stand. Retail and wholesale: farm-fresh vegetables, fruit, flowers, annuals, hanging
baskets, planters, and more. He produces his own fall mums, pumpkins, and
gourds, and is open in December with Christmas trees, local wreaths, and
holiday decor. The farm stand also serves soft-serve ice cream, frozen
yogurt, and Polish food. Open early May through November.

Thomas Farm
64 Hadley Road, Sunderland
413-665-7109
thomasfarms2000@aol.com
A family farm with a range of products from vegetable starts, hanging plants, and flowers in spring to a full line of
vegetables fresh daily at our Sunderland farm stand. We have fresh eggs daily
from our free-range hens and our own fresh goat cheese in late spring. Open
dusk to dawn. From July 1 to October, you can also find our produce at The
Village Green Greenhouse and Ice Cream on Route 9 in Haydenville.

Warner Farm
159 Old Amherst Road, Sunderland
413-665-8331 • warnerfarm.com
Warner Farm is one of the longest running family farms in New England and the
home of Mike’s Maze, an eight-acre corn maze that attracts more than 8,000
visitors to the farm each year. You can find our produce at farmers’ markets in
Amherst and Winchester or join our
CSA. Our farm stand is open daily
May–August on Old Amherst Road
in Sunderland. Mike’s Maze is open
10am–5pm on weekends in September
and October.
WARE

**Popeye Hill Farm**
70 Coffey Hill Road, Ware
413-222-1899
farmfresh.org/food/farm.php?farm=3738

A family-run farm where we love our animals and implement biodynamic farming practices. We sell meat from our pastured Duroc pigs, grass-fed beef, rabbits, and free-range poultry. Our farm store has eggs, cord wood, hay, honey, and maple syrup. We also have quality alpacas and angora rabbits and their fiber products. We offer boarding/training of horses. Visit our website for farmers’ markets we attend.

WARWICK

**Chase Hill Farm**
74 Chase Hill Road, Warwick
978-544-6327 • chasehillfarm.com

We are an organic certified 100% pasture-based dairy farm producing raw milk, artisan cheese, beef, and veal from our Normande cows raised exclusively on grass. We sell pork from pastured whey-fed pigs and eggs from pastured chickens fed organic grain. We sell at the farm, Amherst Farmers’ Market, area stores, and the Garlic & Arts Festival. We also grill our own cheeseburgers every Saturday in Amherst and at Garlic & Arts!

**Hettie Belle Farm**
28 Winchester Road, Warwick
978-544-6241 • hettiebellefarm.com

We raise organically-fed chickens, turkeys, ducks, geese, and pork on pasture as well as 100% grass-fed beef and lamb. Our product is available through our meat CSA with distribution sites in Greenfield, Florence, Warwick, Brattleboro, and Keene. Holiday turkeys and geese sold individually. Meat and poultry with a guarantee from our family to yours!

WENDELL

**Diemand Farm**
126 Mormon Hollow Road, Wendell
978-544-3806 • thediemandfarm.com

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 available: turkey, chicken, eggs, pork, grass-fed beef, and lamb. From our woodshop, hand-turned wooden bowls, toolboxes, trellises, and more. Available by pre-order: native custom-cut lumber, baby chicks, and started pullets.

**WEST SPRINGFIELD**

**Gooseberry Farms**
201 Gooseberry Road, West Springfield
413-739-7985
Our farm is the oldest farm left in town. We offer a wide variety of farm-fresh vegetables and fruits all spring and summer long. We also have ice cream, Easter flowers, spring flowers, vegetable plants, herbs, perennials, and a full line of fall décor: pumpkins, mums, corn stalks, Indian corn, and more. Come visit us for all of your holiday needs, from Christmas wreaths to cemetery logs.

**New Lands Farm**
334 Birnie Avenue, West Springfield
413-262-3978 • newlandsfarm.org
New Lands Farm is a multicultural community farm. The farmers have rich cultural backgrounds rooted in subsistence agriculture and come from countries including Burundi, Bhutan, Kenya, Somalia, and Vietnam. We grow New England produce along with a variety of African and Asian ethnic vegetables such as mchicha (callaloo), long beans, bitter melon, and jilo eggplant for our CSA and local markets.

**Kosinski Farms**
336/440 Russellville Road, Westfield
413-562-4643 or 413-572-4344
kosinskifarms.com
A 150-acre wholesale and retail farm stand operation based on sustainable agricultural practices. Plants, fruit and vegetables, seasonal decorations, maple syrup, pickles, jams and jellies, local gifts, and homemade baked goods. Hayrides and corn maze. Wholesale products include blueberries, sweet corn, pumpkins, peaches, and apples. Open April–November.

**New England Apiaries & Billy C’s Raw Honey**
53 Elizabeth Avenue, Westfield
413-454-8403
Based in Westfield, New England Apiaries and Billy C’s Raw Honey provides pollination services and produces local honey.

**DIEMAND FARM**
Farm Fresh Eggs, Turkey, Chicken, Beef, Lamb, Pork and More.
Family Owned Since 1936.

**Come see what’s cooking.**
Pick up our famous chicken, turkey, & gluten-free potpies or a variety of home-style fresh & frozen meals, soups & desserts. We also offer our own rich turkey or chicken bone broth.

Want something special? Call ahead & we can make it for you.
raw honey. The business started as a hobby with one hive in 2005, and evolved into a commercial operation with more than 500 hives today. While sales are limited to wholesale, you can find Billy C’s Raw Honey at numerous locations throughout western Massachusetts.

**Yellow Stonehouse Farm**
354 Root Road, Westfield
413-562-2164
yellowstonehousefarmscsa.com
Yellow Stonehouse Farm is a 54-acre property located near the Westfield/Southampton town line. The Manhan River divides the farm creating a beautiful environment for growing vegetables and flowers while living harmoniously with the wildlife. Using organic farming practices, we cultivate five to six acres of vegetables and flowers for our CSA shareholders, ranging over the entire growing season.

**WESTHAMPTON**

**Bridgmont Farm**
61 Chesterfield Road, Westhampton
413-527-6193 • bridgmontfarm.com
A family farm more than 225 years old. Our grass-fed beef is certified hormone- and antibiotic-free and is humanely processed. We also raise meat goats and hay. We work with our family to produce maple syrup and compost, and run a small custom sawmill. Our beef, maple products, and compost are offered at our farm store; give us a call to make sure we are close by to assist you.

**Intervale Farm**
106 South Road, Westhampton
413-527-5440 • intervenefamilyfarm.com
A family-owned farm growing geraniums, bedding plants, herb and vegetable plants, produce, eggs, cut flowers, fall mums, and pumpkins. Yarn from our flock of sheep. Flowers for special occasions as well as a CSA. Open May 1–November 30.

**Mayval Farm**
149 Easthampton Road, Westhampton
413-527-6274 • mayvalfarm.com
At our farm stand you will find: pasteurized, cream-on-top white and chocolate milk, fresh cheeses, and skyr all processed on the farm from our own Grade A whole milk. We also sell maple syrup, maple cream, farm-grown beef, free-range eggs, and compost. Maple syrup is produced traditionally with a wood-fired evaporator. Beef is 100% naturally raised—no hormones nor antibiotics.

**Mycoterra Farm**
248 Northwest Road, Westhampton
413-320-9789 • mycoterrafarm.com
Mycoterra Farm produces a variety of gourmet and exotic mushrooms year-round including: shiitake, oyster, lion’s mane, enokitake, nameko, reishi, maitake, and turkey tail. Mushroom growing products for the home grower are also available. Our mushroom CSA offers full-pound and half-pound shares for 20 weeks from June through October. Pickup is available at each of the farmers’ markets we attend.

**Outlook Farm**
136 Main Road,
Westhampton
413-529-9388
outlookfarm.com
Outlook Farm is a full-time farm with orchards and gardens, a butcher shop, and a country store/restaurant. We grow apples, peaches, cherries, pears, and plums. Fresh apple cider. PYO apples in September and October with hayrides. We grow and sell all types of vegetables. Bakery features fresh homemade pies. Wholesale to local markets and schools. GAP-certified.

**Join us!** Become a CISA community member at buylocalfood.org/membership
WHATELY

Bear Path Farm
134 Webber Road, Whately
413-665-2894 • bearpathfarm.com
Renowned throughout the Pioneer Valley as a supplier of quality compost for farms, home gardeners, and landscape professionals. We also produce tasty peaches and crunchy apples—available at our roadside stand from mid-August to October.

Enterprise Farm
72 River Road, Whately
413-665-8608 • enterprisefarmcsa.com
Choose from our full-season or fall-only CSA share options. Our family-friendly shares feature our own farm-grown organic vegetables, free access to our large pick-your-own garden, and fruit from local farms. Please visit our website for the most up-to-date information.

Golonka Farm
6 State Road, Whately
413-247-3256 • golonkafarm.com
Our produce stand offers a diverse selection of crops. We take great pride in our produce, picked fresh all day long from our fields. Open daily from mid-June through October 31. Find us online.

LaSalle Florists
23 LaSalle Drive, Whately
413-665-2653 • lasalleflorist.com
Beautiful cut flowers from our fields and greenhouses year-round. Bedding plants April–June. Full-service retail flower shop at the farm. Open year-round Monday–Saturday; also Sundays in May and December.

Nourse Farms
41 River Road, Whately
413-665-2658 • noursefarms.com
We are a premier grower of the best berries and berry plants. Blessed with very fertile, well-drained soils that provide an excellent environment for production, our farming operation now encompasses 700 acres in Hatfield, Montague, Northfield, South Deerfield, and Whately. We have been producing superior quality berries and plants for more than 80 years.
Quonquont Farm
9 North Street, Whately
413-575-4680 • quonquont.com
Explore our orchards and pick your own blueberries, peaches, and apples in season or purchase fresh fruit and cider at our farm stand. Orchard is open mid-July to October. Our renovated barn with catering kitchen accommodates up to 200 for weddings and other events, May–October. Call for details, hours, and availability.

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

WILBRAHAM
Merrick Farm
651 Main Street, Wilbraham
413-596-3559, 860-417-8198
merrickfarmwilbraham.com
We offer seasonal vegetables and herbs, including squash, tomatoes, peppers, eggplant, greens, broccoli, basil, pumpkins, and more. We pride ourselves on our corn—truly the best! As the next generation of Merrick family farmers, we are growing new varieties and flowers this year. We respect the land and grow responsibly and sustainably. Our farm stand is open daily 1-6pm from June to early November.

WILLIAMSBURG
Dufresne’s Sugar House
113 Goshen Road, Williamsburg
413-268-7509 • sugarmaker@msn.com
berkshiremaple.com
We have “over 100 years of sugaring experience … boiled down for you” to produce 100% pure maple products! All grades of our syrup have a very special, complex flavor that we believe comes from the particular mountain on which our trees reside. We ship countrywide to upscale, independent restaurants and bakeries whose owners, chefs, and patrons want to know who produces their food and where. Hours by appointment; please call.

J.O.E.’s Farm
5 Main Street, Williamsburg
Growing exclusively for the Northampton Brewery! By offering local and sustainably grown produce, the Brewery menu is consistent with our ecologically friendly values. From J.O.E.’s Farm our produce travels only 10 miles; is biodiverse, varied, and interesting; and is fresh, nutritionally dense, and sustainably grown with zero pesticides.

Paul’s Sugar House
28 Goshen Road (Route 9), Williamsburg
413-695-3461 (Paul)
413-320-2597 (Serena)
Award-winning maple products available all year: syrup, candy, maple cream, and sugar. Wholesale and retail. Visit our Christmas shop during November and December for fresh-made wreaths, roping, and locally cut trees. We feature locally crafted gifts from more than 50 artisans and crafters and, of course, our own maple products.

Twin Maples Farm
106 South Street, Williamsburg
413-268-7925 • farmin_on@yahoo.com
Second-generation farm producing a wide range of vegetables, flowers, and berries. Farm-raised pork, beef, chicken, lamb, and more; all feed produced on-farm. Selling pigs, ear corn, and ground corn. Maple products from wood-fired evaporator. Homemade baked goods, artisan breads, and jams. Find our products on-farm and at the Florence and Northampton farmers’ markets. Vegetable, meat, and syrup CSA shares available.

Eat smart! Search “buy local food” in the Apple or Android app stores to find local on your smartphone
**WORTHINGTON**

**Justamere Tree Farm**  
248 Patterson Road, Worthington  
413-238-5902  
welch@justamereetreefarm.com  
justamereetreefarm.com  
Full line of maple products: syrup, candy, cream, and sugar. Visit us from May to November on the Town Common at the Amherst Farmers’ Market or at the Northampton Tuesday Market.

**Kinne Brook Farm**  
481 Kinne Brook Road, Worthington  
413-238-8001 • kinnebrookfarm.com  
Our family raises grass-fed and -finished Highland cattle. We sell beef in bulk and by the cut, as well as organically fed and pastured pork. We also sell eggs and make and sell organically fertilized hay with our neighbors on our collective hay fields. Certified as Animal Welfare Approved for both our beef and our eggs. Call/email to set up a visit to our farm stand and to make sure we’re around!

**Sawyer Farm**  
19 Sawyer Road, Worthington  
413-238-0173  
A year-round, full-diet, horse-powered CSA. We provide vegetables, meat, bread, and much more. Members pick up every Friday of the year and take home as much as they want for fresh eating and preserving. Contact us for availability and details. New England grows great food year-round—eat like a local!
Pick-Your-Own Fruit Farms

From the time that strawberries ripen in June until the last apple is picked in the fall, many local farms open their fields to you for pick-your-own crops!

The season is short for many of these crops, so check our seasonality chart on page 4, connect with CISA on Facebook and Twitter, or sign up for our enewsletter at buylocalfood.org to stay in the loop!

Berries and orchard fruit are just the beginning—find details about these farms and other farms offering pick-your-own crops like flowers, rhubarb, and vegetables at buylocalfood.org/farmguide.

Apex Orchards, Shelburne
Art’s Farm, East Longmeadow
Atkins Farms, Amherst
Atlas Farm, South Deerfield
Bare Roots, West Chesterfield
Bashista Orchards, Southhampton
Bear Swamp Orchard, Ashfield
The Benson Place, Heath
Birdhaven Blueberry Farm, Southampton
Blue Heaven Blueberry and Raspberry Farm, Middlefield
Bug Hill Farm, Ashfield
Clarkdale Fruit Farms, Deerfield
Cook’s Farm Orchard, Brimfield
Couch Brook Farm, Bernardston
Dickinson Farm, Granby
Echo Hill Orchards & Winery, Monson
Kenburn Orchards, Shelburne
Kosinski Farms, Westfield
Lakeside PYO Strawberries, Hadley

Meadowbrook Farm, East Longmeadow
Maple Corner Farm, Granville
Mountain Pasture Farm, Becket
New Salem Preserves, New Salem
Nourse Farms, Whately
Outlook Farm, Westhampton
Park Hill Orchard, Easthampton
Pine Hill Orchards, Colrain
Quonquont Farm, Whately
Red Fire Farm, Montague
Roundhill Orchards, Southhampton
Sapowsky Farms, Granby
Sentinel Farm, Belchertown
Teddy C. Smiarowski Farm, Hatfield
Upinngil Farm, Gill
Walnut Hill Farm, Blandford
Wandering Brook Farm, Greenfield
Warner Farm, Sunderland
West Granville Blueberries, Granville
Wilder Hill Gardens, Conway

KEY

Berries which may include strawberries, blueberries, raspberries, and blackberries
Orchard fruit which may include apples, peaches, and cherries
Broadfork Permaculture: Edible Landscapes and Ecological Design
Montague
413-367-6631 • broadfork.coop
We provide edible landscapes and ecological design for backyard gardeners, including annual beds, native plant gardens, fruit trees, and water management. We work with your goals and budget to create a landscape where you can feel at home. Serving Franklin and Hampshire Counties. For an initial consultation, call now or visit our website.

Hadley Garden Center
285 Russell Street, Hadley
413-584-1423
hadleygardencenter.com
Locally owned and operated garden center serving the Valley since 1963, offering trees, shrubs, annuals, perennials, herbs, fruit trees, organic vegetable starts, seeds, bulbs, houseplants, pots, organic fertilizers, natural pest controls, growing supplies, tools, mulches, bird food and feeders, Christmas trees, and decorations. Our knowledgeable staff offers expert advice. Open year-round.

Megan’s Valley Garden & Landscape Supply
8 Mill Valley Road, Hadley
413-582-1263 • megansvalley.com
Megan’s Valley Garden & Landscape Supply is a woman-owned business. You can find many varieties of bark mulch and colored landscaping stone, rich loam and compost, granite benches, bird baths, and statuary. We also carry both vegetable and flowering plants, specialty log boxes, hanging plants, colorful mums, vegetables and fruit, as well as pumpkins, Christmas trees, and wreaths in season.

New England Wild Flower Society at Nasami Farm
128 North Street, Whately
413-397-9922 • newenglandwild.org
Native plant nursery of New England Wild Flower Society. Offering hundreds of native plant species, including perennials, trees, shrubs, vines, and ferns. We start many of our plants from seed we collect locally. Open for retail sales on weekends, 10am–5pm, from late-April through mid-October.
Discover New England Native Plants at Nasami Farm

Choose from an extraordinary selection of hard-to-find and edible species for beautiful, sustainable gardens.

Plant CSA shares available. Check our website for details.

Open weekends, 10 a.m. - 5 p.m.  April 25- October 18

128 North Street, Whately, MA • 413-397-9922 • www.newenglandwild.org/nasami

Brookfield Farm, Amherst
CISA photo

Find it! Search online for local food and farms at buylocalfood.org/farmguide
LOCAL HERO RETAILERS BY TOWN

AMHERST

All Things Local Coop Market
104 North Pleasant Street, Amherst
413-253-2667 • allthingslocal.coop
All Things Local is a cooperative marketplace for locally produced goods in the Pioneer Valley, committed to promoting agriculture and resilient communities. The market offers groceries, including fresh fruit and vegetables, milk, eggs, bread, frozen meat, and prepared foods, as well as specialty food products, a wide variety of locally designed and produced art, ceramics, woolens, jewelry, and more.

Atkins Farms Country Market
1150 West Street, Amherst
413-253-9528 • atkinsfarms.com
We are a unique country market where old-time customer service with a smile is an everyday treat. Atkins offers high quality locally grown produce including our own apples, peaches, and pears, as well as specialty foods, fresh from scratch baked goods, a delicatessen, fresh meats and seafood, local beers and wines, and much more. Open daily 7am–7pm (fall/winter) or 7am–8pm (spring/summer).

Big Y World Class Market
175 University Drive, Amherst
413-789-0600 • bigy.com
Big Y is a locally owned family business supporting farms and orchards throughout the Pioneer Valley. Our markets carry a full variety of products from around the corner and around the world. Big Y World Class Market Amherst is proud to support CISA!

ASHFIELD

Elmer’s Store
396 Main Street, Ashfield
413-628-4003 • elmersstore.com
Elmer’s serves grand, local, organic breakfast and lunch seven days a week with the same standards in dinner every Friday night. Our little grocery sells local produce and meats and our coffee counter serves locally roasted coffee. We cater parties and weddings and really do just about everything you might be looking for. Yankee Magazine said we have the best pancakes in New England. And we do.

BONDSVILLE

This Week’s Box/Bay State Fish Share
P.O. Box 783, Bondsville
844-346-3474 • thisweeksbox.com
baystatefishshare.com
Want to support your local food system but have limited time? Let This Week’s Box and the Bay State Fish Share help! We deliver the freshest seafood, produce, fruits, eggs, and meats directly to your home. We apply the share concept to home delivery to create the predictable demand so important to local producers. Find out more at thisweeksbox.com and baystatefishshare.com.

CUMMINGTON

The Old Creamery Co-op
445 Berkshire Trail, Cummington
413-634-5560 • oldcreamery.coop
A community-owned cooperative supporting 100 local producers. Our deli, bakery, and store feature local fruit, vegetables, cheeses, wines, grocery items, local arts and crafts, and Bart’s Homemade ice cream. Open year-round: Monday–Friday 7am–7:30pm; Saturday 7:30am–7:30pm; & Sunday 9am–7:30pm.

EASTHAMPTON

Big E’s Supermarket
11 Union Street, Easthampton
413-527-2125 • bigessupermarket.com
A locally owned and operated grocery store. We support, purchase, and sell a full variety of local farm products and produce throughout the growing season. Open Monday–Saturday 7am–9:30pm; Sunday 8am–7pm.

New England Felting Supply
84 Cottage Street • Easthampton
413-527-1188 • feltingsupply.com
Did you know the Pioneer Valley is home to the country’s first and only store dedicated specifically to the wool, supplies, and classes for handmade felt? Collaborations with shepherds, artisans, and the public are constantly growing as a result of the NEFS Local Wools Program that offers our visitors year-round access to quality fiber.
Please visit to see what it’s all about.
Open Tuesday–Saturday 10am–5pm.

FLORENCE

Cooper’s Corner
31 Main Street, Florence
413-586-1684
statestreetfruit.com/coopers_corner
We’ve been in Florence since the 1940s, first as Cooper’s Dairy and now Cooper’s Corner. The only reason we’re called a convenience store is because we are so darn convenient. Lots of Local Hero products including maple syrup, honey, salsa, cheese, salad dressings, ice cream, and now a vastly expanded fresh produce section with more local vegetables and fruits. Open every day of the year.

GREENFIELD

Big Y World Class Market
275 Mohawk Trail, Route 2, Greenfield
413-789-0600 • bigy.com
Big Y is a locally owned family business supporting farms and orchards throughout the Pioneer Valley. Our markets carry a full variety of products from around the corner and around the world. Big Y World Class Market Greenfield is proud to support CISA!

Foster’s Supermarket
70 Allen Street, Greenfield
413-773-9276 • fosterssupermarket.com
Family-owned and supporting local farmers since 1941, including Gill Greenery, Nourse Farms, Smiarowski

Like us! Follow CISA on Facebook at facebook.com/buylocalfood.org
Green Fields Market
144 Main Street, Greenfield
413-773-9567 • franklincommunity.coop
We sell quality goods to promote health and build a sustainable local economy. Cooperatively owned by our 2,200 member households, we support locally grown and produced products as well as fair trade, organic, minimally packaged products, and special dietary items like vegan and gluten-free. We’ve supported local producers since 1977. Please consider becoming a member/owner! Open Monday–Saturday 8am–8pm; Sunday 9am–6pm.

HADLEY
Barstow’s Dairy Store and Bakery at Longview Farm
172 Hockanum Road, Hadley
413-586-2142
barstowslongviewfarm.com
The Barstow family welcomes you to our scenic dairy farm and store. We offer breakfast and lunch—sandwiches, soups, salads and a large selection of baked goods available daily to eat in or take away. Stop in for local groceries—milk, eggs, beef, cheese, coffee, ice cream, maple, and our own prepared foods freezer section. Open year-round; hours posted on our website.

Maple Farm Foods
10 South Maple Street, Hadley
413-585-1117
Family-owned specialty market bringing you fresh top-quality foods from the local community and around the world. Enjoy our salad and hot bars for lunch or take home our prepared foods for dinner. Local produce in season. Our in-house butcher offers handmade sausage and fresh-cut meats. Halal and kosher products available. Stop in for ice cream. Open year-round Monday–Saturday 8:30am–9pm and Sunday 8:30am–8pm.

Meet Rachel, our Local Forager!

Rachel explores the Valley for delicious local products to bring to market.

For more than 30 years, Whole Foods Market in Hadley has championed local food and the people who create it.
Mapleline Farm Home Delivery/
Rao’s Coffee Roasting Co.
305 Russell Street (Route 9), Hadley
413-548-9107
maplinefarm.com/home-delivery.php
Mapleline Home Delivery Service is the way it used to be! We deliver our farm-fresh milk right to your door, along with many other grocery items. We offer local products that you know and love, and if getting them delivered to your door isn’t easy enough, you can have a standing weekly order or place an order online up until 6pm the night before your scheduled delivery day.

North Hadley Market
181 River Drive, Hadley
413-585-8820
northhadleysugarshack.com
The North Hadley Market is open daily year-round. We have a full Boar’s Head deli with made-to-order sandwiches, freshly made soups, and salads. Our bakery offers a variety of pies, cookies, muffins, and specialty items. We offer fruits and veggies, a wide variety of local gourmet foods, our own free-range meats, and a large assortment of our maple products. Browse our local beer and wine section too.

Whole Foods Market
372 Russell Street (Route 9), Hadley
413-586-9932 • wholefoods.com
Values matter at Whole Foods Market in Hadley. That’s why for more than 30 years we have worked with area farmers and food producers to bring our customers the widest selections of local foods in the Valley. From farm-fresh fruits and veggies to our 365 Everyday Value brand pantry staples, we are the largest all-natural, certified organic market in the area. Open daily 8am–10pm.

LEVERETT
Leverett Village Co-op
180 Rattlesnake Gutter Road, Leverett
413-367-9794
facebook.com/LeverettCoop
Serving the community for more than 20 years with a seasonal array of local and organic produce, store-baked breads and pastries, sandwiches, salads, pizza, and groceries, plus a great selection of beer and fine wines. Relax and gaze at the art on the walls while you sip a cup of local joe in our friendly and inviting “schmooze space.” Open 7am–7pm daily.

LONGMEADOW
Armata’s Market
901 Shaker Road, Longmeadow
413-567-5637 • armatasmarket.com
Here at Armata’s we take great pride in our work. We understand that memories are made from gathering friends and family in celebration over a savory meal. We are best known for our custom-cut high quality meats and farm-fresh produce, which are sure to make the perfect centerpiece for your family gathering. Our staff requires no less than the best for our family and yours.

LUDLOW
Randall’s Farm & Greenhouse
631 Center Street (Route 21), Ludlow
413-589-7071 • randallsfarm.net
The best fresh fruit, vegetables, flowers, and plants. Our own geraniums, hanging baskets, vegetable plants, and specialty container plants available. We offer locally grown fruit and vegetables, local milk, honey, maple syrup, a farm-style bakery, a deli, Elsie’s Creamery homemade ice cream, a corn maze, and pumpkin picking in season.

NORTHAMPTON
Big Y World Class Market
136 North King Street, Northampton
413-789-0600 • bigy.com
Big Y is a locally owned family business supporting farms and orchards throughout the Pioneer Valley. Our markets carry a full variety of products from around the corner and around the world. Big Y World Class Market Northampton is proud to support CISA!

Cornucopia Foods
150 Main Street (Thornes Marketplace), Northampton • 413-586-3800
cornucopiafoods.net
Cornucopia is what a natural food store should be: a place where you can find answers to your questions and where quality standards are strict so you don’t have to worry about reading labels. Cornucopia has been a locavore since 1980 and carries a high proportion of organic, fair-trade, and vegan foods. Try our own handmade, artisan chocolate. Open Monday–Wednesday 9am–8pm; Thursday–Saturday 9am–9pm; Sunday 11am–6pm.

Stay informed! Sign up for CISA’s monthly e-newsletter at buylocalfood.org
Provisions
30 Crafts Avenue, Northampton
413-727-3497 • provisionswine.com
Provisions... for Pantry and Cellar is western Massachusetts’ hottest new location for fine wines, craft beer, and specialty grocery. Featuring a best-in-the-Valley selection of fine cheese and charcuterie, dozens of local and imported ciders and meads, and more than 50 sake choices, each visit to Provisions is sure to excite your senses and your palate with something new and interesting!

River Valley Market
330 North King Street, Northampton
413-584-2665 • rivervalleymarket.coop
We showcase the fresh local harvest in our grocery selections: fresh beef, farm-made cheeses, fresh produce, heirloom apples, maple syrup, bulk grains and flours, milk, eggs, yogurt, and ice cream. Cooperatively owned and open to the public 8am–9pm daily. Located just south of I-91 exit 21.

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

State Street Fruit Store
51 State Street, Northampton
413-584-2301 • statestreetfruit.com
For more than 75 years, State Street Fruit Store has been selling “the best of the crop from wherever the crop is best!” That means you’ll find in-season fruits and vegetables from our fertile Valley, Our Family Farms milk, local eggs, maple products, salad dressings, and more. Open Sunday–Thursday 6:30am–9pm; Friday and Saturday 6:30am–10pm.

Sutter Meats
65 King Street, Northampton
413-727-3409 • suttermeats.com
We work directly with more than a dozen local farms to provide fresh, never frozen, pasture-raised meat to the Pioneer Valley. To honor the effort and care our farmers put into raising their livestock, we are committed to using the whole animal by serving not only fresh cuts of meat but also an assortment of sausages, charcuterie, deli meats, smoked meats, and stocks; all made in-house.

Valley Green Feast
P.O. Box 632, Northampton
413-588-8704 • valleygreenfeast.com
“The farmers’ market at your door.” Any week, every season. A local food delivery service that provides homes and businesses in the Pioneer Valley and Boston with fresh, local, and organic food. Order online or by phone for home delivery of fresh produce, grass-fed meat, dairy, eggs, baked goods, and much more.

Quabbin Harvest
12 North Main Street, Orange
978-544-6784 • QuabbinHarvest.coop
Quabbin Harvest is a beautiful, sun-filled grocery market where you can find the freshest of locally sourced produce, meat, and grains, and quality regionally-made products at a fair and affordable price.
Everyone is welcome to shop, and anyone can become a member-owner of this cooperatively owned, home-grown business that fosters community and supports the natural environment. Ample parking and easy access.

**SHELBURNE**

**Hager’s Farm Market**  
1232 Mohawk Trail, Shelburne  
413-625-6323 • hagersfarmmarket.net  
Your market for farm-fresh fruit and vegetables, grass-fed beef and pork, and pure maple syrup, all grown on our fifth-generation family farm and surrounding farms. Homemade bread, pies, and baked goods. Homestyle breakfast and lunch served daily. Save on fresh produce with our unique market share program. Enjoy a maple creemee in the summer, delicious peaches and apple picking in the fall! Open daily year-round.

**SHELBURNE FALLS**

**Keystone Market**  
42–44 Bridge Street, Shelburne Falls  
413-625-8400  
We are a locally owned full-service market with meat, deli, produce, and grocery departments to meet your needs. We work with local farms to bring you locally grown fruit and vegetables, eggs, milk, cider, maple syrup, and grass-fed local beef. We offer freshly made sandwiches, hot lunches, soup, and side salads. Party platters available upon request. Open Monday–Saturday 7am–7pm; Sunday 10am–5pm (6pm in summer).

**McCusker’s Market**  
3 State Street, Shelburne Falls  
413-625-9411 • franklincommunity.coop  
McCusker’s Market is part of the Franklin Community Cooperative, with a mission to sell quality goods that promote health and build a sustainable local economy. We offer breakfast sandwiches, soup, fair trade coffee, deli and grocery items, local and organic produce, and body care items. Located across from the Bridge of Flowers. Open daily 7am–8pm.

Tell us! Fill out our Farm Products Guide survey at buylocalfood.org

**McCusker’s Market, Shelburne Falls**  
Rachel Chandler-Worth photo

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**FRANKLIN COMMUNITY CO-OP**

Serving our community with deliciously healthy foods for 38 years!

The co-op is committed to having healthy food within everyone’s reach——check out our Food For All program where SNAP & WIC recipients can receive 10% off their purchases. Stop in for an application.

Two co-op store locations, everyone welcome, every day.

**Green Fields Market**  
144 Main St, Greenfield  
Mon-Sat 8-8  Sun 9-6  
(413) 773-9567

Two blocks from the Energy Park

**McCusker’s Market**  
3 State St, Shelburne Falls  
Open Daily 7 a.m. to 8 p.m.  
(413) 625-9411

Across the street from the Bridge of Flowers

www.franklincommunity.coop
### SOUTHAMPTON
**Big Y World Class Market**  
10 College Hwy, Southampton  
413-789-0600 • bigy.com  
Big Y is a locally owned family business supporting farms and orchards throughout the Pioneer Valley. Our markets carry a full variety of products from around the corner and around the world. Big Y World Class Market Southampton is proud to support CISA!

### SPRINGFIELD
**AC’s Main Street Market**  
487 Main Street, Springfield  
413-737-3086 • acmainstreetmarket.com  
A family-owned and operated market in Springfield’s South End. We carry a range of premium products, including a wide variety of seasonal and local produce and the finest quality Italian meats, artisan cheeses, fresh fruits, and specialty products. Deli and catering available. We also wholesale fresh produce to the finest dining establishments in the Pioneer Valley—delivering Monday to Saturday!

**Fresh Acres Market**  
1941 Wilbraham Road, Springfield  
413-783-9141 • freshacresmarket.com  
Fresh Acres is a locally owned family business supporting farms and orchards throughout the Pioneer Valley. Our markets carry a full variety of organic and conventional products from around the corner and around the world. Fresh Acres Market is proud to support CISA!

### SUNDERLAND
**Millstone Farm Market**  
24 South Main Street, Sunderland  
413-665-0543  
farmfresh.org/food/member.php?fn=219  
We are an old-fashioned, year-round, full-service butcher shop/deli with seafood, sandwiches, ready-to-eat foods, groceries, dairy, baked goods, and produce. We specialize in custom orders, bulk meat bundles, and local foods of all kinds when available, as well as natural, gluten-free, and organic choices. We carry a unique selection of candies, chocolates, and gifts. Open Monday–Saturday 7am–7pm; Sunday 7am–5pm.

### WILLIAMSBURG
**The Williamsburg Market**  
3 Main Street, Williamsburg  
413-268-3006 • thewilliamsburgmarket.com  
Serving our community since 1990. We are a full-service grocery store with meat, deli, produce, dairy, and grocery departments to meet all your needs. We carry local items including Appalachian Naturals, maple syrup, honey, and much more. In season we also carry local produce. Be a Local Hero, Buy Locally Grown®! Open Monday–Friday 8am–7pm; Saturday 8am–6pm; and Sunday 8am–5pm.
Join CISA’s Local Hero campaign and reap the benefits of being a Local Hero member!

FOR DETAILS, PLEASE CONTACT:

In Hampshire and Franklin Counties
Devon Whitney-Deal
413-665-7100 ext. 22 • devon@buylocalfood.org

In Hampden County
Kristen Wilmer
413-665-7100 ext. 12 • kristen@buylocalfood.org
Look for the leaf icon 🍃 to find the restaurants that meet CISA’s highest standard for local purchasing.

**AMHERST**

**30Boltwood**
30 Boltwood Avenue, Amherst
413-835-2011 • 30boltwood.com
Exceptional Amherst dining in a contemporary style. Inspired by contemporary wine country living, our full-service Amherst restaurant, 30Boltwood, provides an elegant and comfortable atmosphere that embraces the beauty of our natural surroundings. Our enticing menu emphasizes farm-to-table cuisine prepared with natural farm-fresh local ingredients.

**The Black Sheep Deli**
79 Main Street, Amherst
413-253-3442 • blacksheepdeli.com
Established in 1986, the Black Sheep is an Amherst gathering spot to enjoy fair trade organic coffee, lattes made with local milk, and free wireless. Every day our bakery prepares by hand all-butter croissants, Danish, cakes, and pastries. Black Sheep’s famous deli sandwiches feature our breads and baguettes. We offer catering, pick up, or delivery for your group events.

**Bread and Butter**
68 Cowls Road, Unit 102, Amherst
413-230-3123 • breadandbutteramherst.com
Truly good food, mindfully sourced, crafted with care. Bread and Butter embraces quality ingredients prepared with care and integrity. The menu offers a wide range of choices for every eater, from traditional staples such as fresh local eggs, bacon, and home fries, to chef specialties like duck confit hash, and house cured lox. Vegans and vegetarians will also delight in the menu offerings.

**Chez Albert**
178 North Pleasant Street, Amherst
413-253-3811 • chezalbert.net
A piece of Paris in the heart of Amherst. Seasonal French country cooking tapping locally farmed ingredients, cocktails, and artisanal wines. Open for dinner daily 5–9pm; lunch served Tuesday–Friday 11:30am–2pm. We have a great bar and seasonal patio dining. Check our website and Facebook for seasonal hours.

**GoBerry**
28 Amity Street, Amherst
413-256-6003 • go-berry.com
We are a locally owned and operated tart frozen yogurt destination. We serve non-fat soft-serve yogurt with an assortment of delicious toppings including fresh fruit. Hours vary by season—visit our website or call for details.

**Henion Bakery**
174 North Pleasant Street, Amherst
413-253-4909 • henionbakery.com
Barbara Kline and David Henion opened for business twenty years ago and are thankful for their place in the community. We make bread, cakes, pastries, cookies, and donuts from scratch using Cabot butter, Diemand eggs, Mapleline milk, and King Arthur flour. We serve Indigo coffee and squeeze fresh orange juice. Please stop by.

**High Horse Brewing**
24 North Pleasant Street, Amherst
413-230-3034 • highhorseamherst@gmail.com
Voted “Best Hamburger” in Yankee Magazine. We are proud to offer locally sourced ingredients, from local malt and hops used in some of our hand-crafted beers, to our amazing cheese platter made from New England artisan cheeses. In addition to sourcing locally, most everything is made from scratch, like our freshly baked brioche buns surrounding our award-winning in-house ground burgers.

**Johnny’s Tavern**
30 Boltwood Walk, Amherst
413-230-3818 • johnnystavernamherst.com
Our mission is to provide a truly unforgettable dining experience, and to have every guest who comes through our door leave impressed and excited to
return to our warm hospitality. Our team will be happy to assist you with the same standards you have come to know through our restaurant: excellent customer service, delicious food, professionalism, and hospitality.

**Lone Wolf**
63 Main Street, Amherst
413-256-4643 • thelonewolfamherst.com
A breakfast restaurant with a focus on Southwest vegan, vegetarian, and traditional cuisine. Full catering facility. Open for breakfast Monday–Friday 7am–2pm; Saturday and Sunday 7am–2:30pm.

**Wheelhouse Farm Truck**
20 Hulst Road, Amherst
508-446-2935 • wheelhousefarm.com
Wheelhouse Farm Truck is a local, farm-based food truck and caterer serving delicious, seasonally-inspired pocket sandwiches at farmers’ markets, farms, and private events.

**BELCHERTOWN**

**Roadhouse Café**
178 Federal Street, Belchertown
413-323-6175 • roadhousecafe.net
Voted “One of the Best Breakfast Restaurants across America” in the March 2009 *GQ* Magazine. We use organic ingredients to make delicious recipes from scratch, including super plate-size pancakes prepared with local farm-fresh ingredients. We’re also known for our organic breads, with 12 varieties made-in-house including apricot walnut, sun-dried tomato, and onion dill. Now serving lunch!

**BERNARDSTON**

**The Farm Table at Kringle Candle**
219 South Street, Bernardston
413-648-5200 • kringlefarmtable.com
Situated in an elegantly restored 1700s Colonial farmhouse, our restaurant is unlike any other. We specialize in innovative new American cuisine using the finest organically and sustainably produced ingredients from our own farm and local producers. We feature gluten-free options and offer a broad and diverse wine list. Please check our website for seasonal hours. Reservations suggested.

**Hillside Pizza**
77 Church Street, Bernardston
413-648-0500 • hillsidepizza.com
We buy and support local. Fresh, all natural, organic ingredients. Pizzas, salads, wraps, and more. We are involved with helping students from the Inspire School for Autism find employment; currently five students work within their abilities to help run the Bernardston restaurant.

Our pizza fundraising business has helped local civic groups raise more than $350,000. Contact us to learn more.

**CUMMINGTON**

**Alice’s Kitchen**
48 Trouble Street, Cummington
413-634-5659
aliceskitchenathoneyhill.com
Alice’s Kitchen at Honey Hill Homestead, a prepared foods delivery service, market garden, and native perennial pollinator nursery, is the culmination of a lifelong love of growing food, feeding people, and caring for our land. We offer delicious, nourishing, and beautiful foods prepared with love. Contact us at alice@aliceskitchenathoneyhill.com.

**DEERFIELD**

**Champney’s Restaurant & Tavern at the Deerfield Inn**
81 Old Main Street, Deerfield
413-772-3087
champneysrestaurant.com
Champney’s Restaurant & Tavern at the Deerfield Inn is open seven days a week from noon on. Comfy and casual with fireplaces, 12 draught beers, a great dining bar, and porch dining in season, we celebrate our area growers, producers, brewers, and foragers with menus that change with the seasons. We are eco-friendly and support sustainability and our local farmers. Come and gather at a New England table!

**EAST LONGMEADOW**

**Center Square Grill**
84 Center Street, East Longmeadow
413-525-0055 • centersquaregrill.com
Creative American grill, with hints of classically prepared French sauces, Latin-inspired fish dishes, and standard Italian repertoire. Small town feel ... big city taste. We use only the highest quality ingredients, from luscious local heirloom tomatoes to fresh “Hadley Grass” asparagus. Dining room and bar open Sunday 4–10pm; Monday–Wednesday 11:30am–10pm; Thursday–Saturday 11:30am–11pm.
My Main Squeeze
48 Shaker Road, East Longmeadow
413-525-2533 • mymainsqueezebar.com
My Main Squeeze is a vegetarian and gluten-free juice bar. We want our customers not only to eat great food but to feel great too. We serve healthy juices and smoothies that are made to order with no additives, preservatives, or added sugar. We also offer an assortment of salads and other treats, made fresh in the store daily.

The Passionate Pear Catering Co.
178 North Main Street, East Longmeadow • 413-525-3565 passionatepear.com
Chefs Debbie and Sherie operate a unique catering service that specializes in all your catering needs, offering fresh local ingredients, customized menus, and exceptional service. Debbie is Pastry Chef and Sherie is known for culinary diversity including her gluten-free dessert menu. Creating, preparing, and sharing delicious food is the passion that binds these two women together—let them share this with you!

EASTHAMPTON

Coco & The Cellar Bar
95 Main Street, Easthampton
413-203-5321 • cocoandthecellarbar.com facebook.com/cocofood
Seasons decide the menu. The food is prepared with respect for the ingredients as well as our visitors who make the restaurant a special place. Our chefs prepare food for the main floor at Coco and The Cellar Bar. The cocktail menu is unique, featuring craft cocktails that play off the light and thoughtful food. We want every sip and bite to be part of a memorable experience that brings you back!

The Hush and Proper
Pop Up Restaurant Group, Easthampton
413-687-5552 facebook.com/hushandproper hushandproper@gmail.com
The Hush and Proper was born out of the desire for a greater and more united restaurant scene in the Pioneer Valley. We would like to invite you to join us for a ‘pop-up’ dinner! We’re excited to cook together, to dine together, to laugh together, and to grow a community that we can all be proud of.

Small Oven Bakery
36 Union Street, Easthampton
413-527-1785 • smallovenbakes.com
Our quaint bakery specializes in naturally leavened artisan breads, classic French-style pastries, and special occasion cakes. Started in March 2014, we have blossomed into a café, lunch spot, and meeting place for the community. With a strong commitment to locally sourced food, we create a seasonally changing lunch and pastry menu. Stop in for a coffee, pastry, or your daily bread!

FLORENCE

Cup and Top Café
One North Main Street, Florence
413-585-0445 • cupandtop.com
Kids love the play space. Grownups love the homemade soups, sandwiches, baked goods, fair trade organic coffee, and tea. Many gluten-free and vegan options. We proudly serve organic and locally produced fare. Open daily in the heart of Florence.

Great Wall Chinese Restaurant
176 Pine Street, Florence
413-582-0399 • greatwall-florence.com
We proudly feature locally grown Asian vegetables in season. Try our gourmet menu for an authentic taste of China. Featuring dim sum on Saturdays.

GILL

The Gill Tavern
326 Main Road, Gill
413-863-9006 • thegilltavern.com
The Gill Tavern serves creative, seasonal fare sourced from local, New England farms and producers as well as from our own farm down the road. Delicious food and fine cocktails—come visit us. Open Wednesday–Sunday at 5pm for dinner and for Sunday brunch from 10am–2pm. Seasonal outdoor dining.

Wagon Wheel Restaurant
39 French King Highway (Route 2), Gill
413-863-8210 • wagonwheelgill.com
A country drive-in restaurant, we offer both indoor and outdoor seating. Serving breakfast, salads, grilled burgers, hot dogs, fresh fish, homemade soups, and chili, plus falafel, gyros, homemade ice cream, barbecue, Dean’s Beans coffee, and baked goods. One minute from Barton’s Cove, three minutes from I-91 exit 27 east on Route 2 (Mohawk Trail). Open year-round.

GREENFIELD

Hope & Olive
44 Hope Street, Greenfield
413-774-3150 • hopeandolive.com
Celebrating the bounty of locally grown vegetables, fruit, dairy, and meats. Interesting beers, eclectic wines, and fun cocktails. Come on by! Open for lunch Tuesday–Friday 11:30am–2:30pm; dinner Tuesday–Saturday 5–9pm; Sunday brunch 10am–2pm and dinner 5–8pm.

Magpie
21 Bank Row, Greenfield
413-475-3570 • magpiepizza.com
A trattoria and wood-fired pizzeria. Delicious Italian cuisine made with local farm produce. Fine wine and cocktails. Outdoor seating is available. Open Monday, Wednesday, Thursday, and Sunday 4–9pm; Friday and Saturday 4–10pm.

Taylor’s Tavern & Restaurant
238 Main Street, Greenfield
413-773-8313 taylorstavernandrestaurant.com
Locally owned, we offer a casual yet elegant dining experience at an affordable price. Homemade breakfast, lunch, and dinner dishes focus on local products, including fresh produce, seafood, and homemade burgers. Open for lunch and dinner Monday–Wednesday 11am–10pm and Thursday–Saturday 11am–11pm. Breakfast is served Saturday 8–11am and Sunday 8am–noon. Enter under the green awning (elevator access).
HADLEY

Alina’s Ristorante
96 Russell Street, Hadley
413-584-8000 • myalinas.com
Voted “Best in the Valley” in thirteen categories from 2013–2014, Alina’s offers a unique variety of plates to satisfy any appetite, and an award-winning drink list. Chef/owner Martin Amaya has crafted signature dishes to embrace local and seasonal produce. Come enjoy our many exquisite dishes imbued with local flavors of the Pioneer Valley and see what all the hype is about!

Esselon Café
99 Russell Street, Hadley
413-585-1515 • esselon.com

Hillside Pizza
173 Russell Street, Hadley
413-585-0003 • hillsidepizza.com
We buy and support local. Fresh, all natural, organic ingredients. Pizzas, salads, wraps, and more. Dine in, take out, or “Take & Bake.” We are open Wednesday–Saturday 11am–9pm; Sunday 12–8pm; or visit our other locations at 77 Church Street in Bernardston or 265 Greenfield Road in South Deerfield. Contact us to book your next pizza fundraiser—more than $350,000 raised for the local community so far.

Mi Tierra Restaurant
48 Russell Street, Hadley
413-587-9820 • mitierrahadley.com
We use locally grown, organic, non-GMO corn to bake our own tortillas, which are featured in our restaurant in the form of chips, tamales, tacos, enchiladas, quesadillas, and more. We are the only restaurant in New England baking our own tortillas from local corn. We support local farms and use local produce whenever possible, from the kitchen to the bar to the table. Come in and taste a piece of Mexico!

MONTAGUE

The Alvah Stone
440 Greenfield Road, Montague
413-367-5345 • thealvahstone.com
Housed in the historic Montague Mill building, The Alvah Stone offers authentic American food and drink in an atmosphere that’s both casual and modern. Come for creative, ingredient-focused food or a local brew at the bar. Serving lunch, dinner, and brunch, with outdoor seating available overlooking the Sawmill River.

NORTHAMPTON

Beets & Barley Catering
P.O. Box 1485, Northampton
413-341-6830 • beetsandbarley.com
A vegetarian catering company and weekly meal delivery service using the finest local and organic ingredients. We use farm-fresh produce to create seasonal meals that are nourishing to the body and soul. We specialize in creating delectable dishes for gluten-free, vegan, and other diets. You can find us and our food every week at the Northampton Tuesday Market and on our website.

Eat smart! Search “buy local food” in the Apple or Android app stores to find local on your smartphone
**Bistro Les Gras**  
25 West Street, Northampton  
413-320-4666 • bistrolesgras.com  
Serving classic farm-to-table food and boutique wines in a warm and inviting atmosphere. Our daily changing menu features house-made dishes that highlight the local ingredients we love. Open Wednesday through Saturday for dinner with an award-winning wine list.

**Bueno Y Sano**  
134 Main Street, Northampton  
413-586-7311 • buenoysano.com  
Bueno Y Sano opened in Amherst in 1995, founded by Bob Lowry (UMass ’93). Our recipes and menu are the result of ideas from staff members at the restaurant and some of Bob’s original ideas. Bueno Y Sano’s mission is to “make people happy.” This season we are featuring local ingredients, including eggs in breakfast burritos and pork in street-style tacos.

**The Dirty Truth**  
29 Main Street, Northampton  
413-585-5999 • dirtytruthbeerhall.com  
What began as an adventure in craft beer has evolved to reflect our collective culinary passions as well. Sourcing locally is important to us because we believe in integrity of flavor, and we believe in this community of friends and farms. We feel silly being called heroes, because we just feel lucky and spoiled to have access to such great food. Thank you to all of our friendly farms! Find us on Facebook.

**Dobra Tea**  
186 Main Street, Northampton  
413-727-3471 • dobrateama.com  
We are a family-owned Bohemian-style tearoom and teashop, serving light vegetarian fare and desserts in-house or to go. We import our teas ourselves from all over the world, serving them in a way that honors each country of origin, while making every effort to source our food and herbal teas as locally as possible. The world in your teacup, the Valley on your plate.

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

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

**GoBerry**  
80 Main Street, Northampton  
413-586-9290 • go-berry.com  
We are a locally owned and operated tart frozen yogurt destination. We serve non-fat soft-serve yogurt with an assortment of delicious toppings including fresh fruit. Hours vary by season—visit our website or call for details.

**Hungry Ghost Bread**  
62 State Street, Northampton  
413-582-9009 • hungryghostbread.com  
Retail bakery specializing in artisan breads made from local and organic grains, naturally leavened, shaped by hand and baked in a wood-fired oven. We also offer savory turnovers, sourdough pretzels, biscuits, granola, an assortment of cookies, and pastries. Whole pie pizza is available for takeout after 5pm Wednesday–Sunday. Open seven days: Sunday–Wednesday 9am–8pm, Thursday–Saturday to 9pm. Follow us on Facebook.

**Jake’s**  
17 King Street, Northampton  
413-584-9613  
jakesnorthampton@gmail.com  
Jake’s has been a Northampton community staple for more than 20 years, serving breakfast and lunch. Under new ownership, it is a priority to source produce, meat, and eggs from local farms. We take pride in cooking from scratch our daily-baked biscuits and muffins, signature hash du jour, jalapeño cheddar grits, and local organic eggs.
The Laughing Tomato
Mobile Wood Fired Pizza
Northampton
413-320-5987 • thelaughingtomato.com
A mobile wood-fired pizza company that crafts artisanal wood-fired pizza. We make our own dough and we work with a network of regional and local growers and producers to top our pizzas with the finest vegetables, meats, and cheeses our area has to offer. You can find us weekly at the Northampton Tuesday Farmers’ Market and other special events. Or, hire us to bring our oven to your special occasion.

Paul and Elizabeth’s Restaurant
150 Main Street (Thornes Marketplace), Northampton • 413-584-4832
paulandelizabeths.com
We are a family-run natural foods restaurant serving the Pioneer Valley and beyond since 1978. Our menu, specializing in vegetarian, fresh fish, homemade bread, soups, and desserts, incorporates local and organic ingredients that we use to highlight the seasons.

Roberto’s Restaurant
223 Pleasant Street, Northampton
413-584-0204
robertosnorthampton.com
Roberto’s is a classic New England-style pizza restaurant featuring more than pizza. Our pizzas are famously thin crusted. Big beautiful chop salads, Caesar salads, and Greek salads. Delicious pub-style food including macaroni and cheese and fresh seafood. Cioppino and fresh mussels, local goat cheese pizzas, pasta dishes, burgers, and more.

Sylvester’s Restaurant
111 Pleasant Street, Northampton
413-586-1418
sylvestersrestaurant.com
A favorite downtown Northampton destination for breakfast, lunch, and weekend brunch since 1983. Homemade breads, local organic eggs, fair trade organic coffee and local fruits and vegetables in season. Local organic egg omelets, pancakes, burgers, chicken, homemade soup, and beautiful fresh salads. Menus on our website. Located in the historic Sylvester Graham building.

Woodstar Café
60 Masonic Street, Northampton
413-585-9777 • woodstarcafe.com
An artisan bakery honoring traditional methods and pure ingredients. Offering handmade hearth breads, croissants, muffins, fine pastries, special occasion cakes, and more. We also offer delicious gluten-free and vegan baked goods. Our coffee, sandwiches, and salads are not to be missed. A growing portion of our produce comes from our own farm. Open daily with indoor/outdoor seating.
SHELBURNE FALLS

Hearty Eats
24 Bridge Street, Shelburne Falls
413-625-6460 • heartyeats.org
Hearty Eats brings dishes influenced by cultures around the world to Shelburne Falls. Here you will find a casual, counter service setting, where the food comes out fast and is affordable without compromising quality. We are proud to offer delicious food that is made fresh with local, organic ingredients and does not contain gluten, dairy, sugar, peanuts, GMOs or artificial ingredients.

SOUTH DEERFIELD

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

Hillside Pizza
265 Greenfield Road (Routes 5 & 10), South Deerfield • 413-665-5533
hillsidepizza.com
We buy and support local. Fresh, all natural, organic ingredients. Pizzas, salads, wraps, and more. Dine in, take out, or “Take & Bake.” Located in the Tibetan Plaza next to Magic Wings, open Wednesday noon–8pm, Thursday–Saturday 11am–8pm; Sunday noon–7pm. Also visit our restaurant at 77 Church Street in Bernardston with the same hours; or at 173 Russell Street in Hadley, open Wednesday–Saturday 11am–9pm; Sunday noon–8pm.

MRKT Farm to Table
6 Elm Street, South Deerfield
413-397-2190 • mrktrestaurant.com
Equipped with a passion for food and a knack for putting flavors together, Chef Josean Jimenez has delighted Pioneer Valley diners for over 15 years. MRKT uses local, organic, ethical, and natural ingredients. Our goal is to throw out all notions of what you think fine dining has come to mean. MRKT allows us to experiment with the farm to table concept and unique dining experiences in a casual setting.

SPRINGFIELD

Felix’s Family Ristorante
214 Dickinson Street, Springfield
413-739-7300
felixsfamilyristorante.com
Our restaurant was created with the love of food, tradition, and family. We give our customers a taste of life growing up in Italy. Our mission is to provide healthy, home-cooked meals made with the finest and freshest ingredients, with utmost care in preparation, for our customers for a modest price. Fresh ingredients go hand-in-hand with fine wine, so we welcome you to bring your favorite bottle.

Market Place Bistro
1341 Main Street, Springfield
413-733-0133
We offer a full catering service and daily comfort food specials—all made from scratch using farm-fresh ingredients. Come in and try one of our special “Bistro Sandwiches,” fresh soups or salads made with local produce, or...
delicious homemade dinners. We cater events of all sizes—weddings, birthdays, working lunches, and more. Located on the back street of Market Place. We buy local and so should you ... Cheers!

Max's Tavern
1000 West Columbus Avenue, Springfield · 413-746-6299
maxrestaurantgroup.com/tavern
Open daily for lunch and dinner, our innovative menu features contemporary American cuisine including some of Max’s favorite “Chop House” classics. Max offers full-service, custom catering, and is the exclusive caterer for all Basketball Hall of Fame special events. Our chefs use the finest locally grown ingredients and our staff sets the standard for excellence in service. Reservations by phone or online.

A Touch of Garlic
427 White Street, Springfield
413-739-0236
atouchofgarlicrestaurant.com
Serving authentic, creative Italian cuisine since 1993. Everything is fresh and cooked to order, from our homemade bread and sauces to our freshly butchered fish and meats to our desserts featuring homemade gelato. We are a local “mom-and-pop” committed to supporting other local businesses in our community. Dinner Tuesday–Thursday 5–9pm and Friday–Saturday 5–10pm. Perfect for private parties and casual gatherings!

SUDBERLAND

Blue Heron Restaurant & Catering
112 North Main Street, Sunderland
413-665-2102 · blueherondining.com
Award-winning Blue Heron Restaurant & Catering is owned and operated by Deborah Snow and Barbara White. Sourcing our ingredients from local and regional farms and pastures, we are committed to offering the very best of sustainably raised and organic products, and to the health of our community and planet. We offer private dining rooms, cooking classes, wine dinners, and full-service catering.

BridgeSide Grille
Route 116 Sunderland Center, Sunderland · 413-397-8101
bridgesidegrille.com
We use local products to create food and drink that is fresh, creative, and delicious. Great food and spirits steeped in “local color.” Serving lunch and dinner Tuesday–Friday 11:30am–9pm; Saturday breakfast, lunch and dinner 8am–9pm; Sunday brunch 8am–2pm. Closed Monday.

Bub’s BBQ
Route 116, Sunderland
413-548-9630 · bubsbbq.com
With indoor and outdoor country style dining, we feature fresh cucumber salad with tomatoes from Warner Farm and homemade coleslaw with Smiarowski Farm cabbage. Come in and try our smoked potatoes, dirty rice, corn salad, or vegetable soup. All dinners and sandwiches include our unlimited hot and cold bar with a bounty of great local produce. We have been proudly buying local for more than 30 years!

TURNERS FALLS

Five Eyed Fox
37 3rd Street, Turners Falls
413-863-5654 · ashley@fiveeyedfox.com
fiveeyedfox.com
A bright, open café by day and cozy, casual craft beer bar by night, we offer an inspired full café-style menu with a New England focus. We preserve the local bounty during the warmer months so that we can offer a creative, fun, and approachable menu of delicious local fare year-round.

Like us! Follow CISA on Facebook at facebook.com/buylocalfood.org
WEST SPRINGFIELD

Auntie Cathie’s Kitchen
217 Elm Street, West Springfield
413-788-0022 • auntiecathies.com
A dedicated gluten-free bakery and quaint vintage café serving breakfast, lunch, and dessert using fresh, local, organic ingredients. Meals are prepared to order, and we think you will always leave happy. We offer a complete menu that is gluten-free and allergy-friendly, with staff who know the importance of making your dining experience a real pleasure! Open Tuesday–Friday 8am–2pm; Saturday 9am–2pm.

Bottega Cucina
46 Morgan Road, West Springfield
413-732-2500 • bottega46.com
Old World Italian cuisine featuring local vegetables in season. We focus on freshness and quality ingredients and have a lengthy menu with soups, salads, panini sandwiches, flatbreads, pasta, beef, chicken, pork, and seafood entrées. We are also vegetarian, vegan, and food-allergy friendly. Open Monday–Saturday 11am–3pm and 4:30–10pm.

Latitude Restaurant
1338 Memorial Avenue,
West Springfield • 413-241-8888
latitude1338.com
Latitude has quickly become the place to see and be seen. During spring, summer, and fall, Chef Jeff uses local market highlights to create fantastic cuisine. From baby lettuces, Brussels sprouts, and bok choy to chili peppers, basil, and the sweetest tomatoes around, he uses his talents to cover all avenues and tastes. Come and try what everyone’s talking about.

WESTFIELD

Buon Appetito Ristorante
856 North Street, Westfield
413-568-0002
westfieldbuonappetito.com
Come join us for a glass of fine wine and authentic Italian food. Chef and owner Mino Giliberti is an experienced wine consultant with extensive knowledge of traditional Italian cuisine. All entrées are made from the finest ingredients, using produce from local farms and gardens and only fresh herbs. Conveniently located off Routes 91 & 90. Open for dining Wednesday–Sunday at 4pm; takeout available.

WHATELEY

The Whately Inn
193 Chestnut Plain Road, Whately
413-665-3044 • whatelyinn.com
“Eat greatly at the Whately!” The colonial styled Whately Inn nestles at the base of the Berkshire Mountains of western Massachusetts. Situated on a lovely tree-lined street in the heart of Whately, the Inn offers fine dining in a relaxed atmosphere. Open Monday–Saturday at 5pm and Sunday at 1pm.
We Care.

That’s why we use only environmentally-friendly, non-toxic, water-based inks.

Our Cerutti S4 flexographic press has the capacity to print 48 broadsheet or 96 tabloid pages with process color on all pages. In-line stitching and quarterfolding is available.

Products include broadsheets, tabloids and booklets printed on newsprint, 35 lb. and 45 lb. premium bright paper stock. We also offer full bindery services as well as inserting, ink-jet labeling and mail service.

Stay informed! Sign up for CISA’s monthly e-newsletter at buylocalfood.org
At least 25% of these Local Hero businesses’ products contain a minimum of 50% local ingredients.

Appalachian Naturals
P.O. Box 704, Goshen
413-559-0816 • appalachiannaturals.com
Since 2004 we have been committed to bridging the gap between local agriculture and the grocery aisle. Our products, which include dressings, dips, organic salsa, and barbecue sauces, are made locally using ingredients from local farms. Look for our products at farm stands, independent markets, and your local co-op, or purchase our products online.

Artifact Cider
270 Albany Street, Springfield
508-446-2935 • artifactcider.com
Combining classic cidermaking traditions with modern craft techniques, we use 100% Massachusetts-grown apples to produce inspired hard cider. Made for farmers, scientists, and everyone in between. Dig it.

Artisan Beverage Cooperative/ Green River Ambrosia Meadery
324 Wells Street, Greenfield
greenriverambrosia.com
Artisan Beverage Cooperative is a worker-owned merger of Green River Ambrosia Meadery and Katalyst Kombucha. We aim to make the finest fermented beverages while supporting local regenerative farms and apiaries. Green River Ambrosia meads and libations provide the taste of a season of hard work by our bee friends. Crafted with love and care, all products are sulfite- and gluten-free.

Forest Products Associates
75 Oak Hill Road, Greenfield
413-772-6833
forestproductsassociates.com
Family-owned and operated, we offer locally grown and harvested kiln-dried hardwoods, live edge slabs, and pine. Garlic available seasonally. Open Monday–Friday 8am–4pm; Saturday 8am–12pm.

Lashway Lumber, Inc.
22 Main Street, Williamsburg
413-268-7865 • lashwayusa.com
A classic sawmill that has flourished into a diverse forest-to-wood products business. Still rooted in custom sawmill work, our capabilities include custom kiln drying, woodlot management, and logging services. Our standards have never wavered; they have only deepened with time.

Maple Valley Ice Cream
102 Mill Valley Road, Hadley
413-588-4881 • maplevalleycreamery.com
Offering the only local ice cream that meets the CISA local ingredient criteria. Wholesale, retail, and institutional sales of farm-fresh ice cream. Remember, “If they say it’s local, ask to see their cows!”

Mi Tierra Tortillas
262 Oakland Street, Springfield
413-387-7140 • mit ierrattortillas.com
Fresh local tortillas. We bake them fresh from locally grown organic corn, water, and lime. Nothing more. Nothing less. You can taste the difference. We purchase our grain from local farmers. Find our products at local food co-ops, farmers’ markets, and grocers. GMO- and gluten-free. For a complete list of places you can buy our tortillas, visit our website.

Mother’s Inc.
17 Frankton Road, Shelburne Falls
413-625-2049 • buymothersonline.com
Mother’s Inc. produces all-natural jams, jellies, relishes, chutneys, peanut butter, pickles, and sauces. We use fresh local ingredients sourced from our own farm and surrounding farms. We sell wholesale to local markets and online at buymothersonline.com. Please call 413-768-8883 for wholesale inquiries.

Real Pickles
311 Wells Street, Greenfield
413-774-2600 • realpickles.com
We are a worker-owned cooperative producing raw, naturally fermented pickles from locally grown vegetables. Our 100% organic products include dill...
pickles, sauerkraut, garlic kraut, red cabbage, kimchi, beets, ginger carrots, and tomatillo hot sauce. Look for our products throughout the Pioneer Valley at natural food stores, independent grocers, and farm stands.

**Relish the Harvest**
190 Delaney Avenue, Chicopee
413-539-3591 • relishtheharvest.com
Local vegetables are the secret that makes our all-natural gourmet products taste fresh and healthy. Our products contain no artificial ingredients, added bacteria or additives, and are low in sodium. We produce two succulent relishes and a Hot Pepper Spread! Our Sweet Zucchini Relish is diabetic-friendly. Learn more by liking us on Facebook or visiting our website. Savor the taste of Relish the Harvest!

**Stoneman Brewery LLC**
20 Stetson Bros. Road, Colrain
413-624-5195 • growbeer.com
Stoneman Brewery is a small farm brewery located on our 74-acre farm in Colrain. Our beer is brewed with nearly 100% locally sourced ingredients from Valley Malt and Four Star Farms. We operate mainly as a beer CSA giving our members a wide variety of brews each month for a great price. Our vision is to create community around local beer by brewing our unique one-barrel batches.

**Tornado Firestarters LLC**
Monson • 413-219-7060
tornadofirestarters.com
Sustainable firestarters for campfires, BBQ grills, fireplaces, stoves, and smokers. Instant light and 10–20 minute burn starts any fire. Reduces need for kindling and won’t affect food taste. We use wood from tornado- and storm-damaged trees and help plant new ones. Private labeling is available. Sold locally at Big Y, Randall’s, Atkins, Graziano Gardens, Whole Foods, the Massachusetts building at the Big E, and more.

Tell us! Fill out our Farm Products Guide survey at buylocalfood.org
These Local Hero businesses offer select products that contain a minimum of 50% local ingredients.

Black Birch Vineyard
155 Glendale Road, Southampton
413-527-0164 • blackbirchvineyard.com
Perched on a sun-drenched hillside in the heart of the Pioneer Valley sits Black Birch Vineyard—home to our hand-pressed, signature wines. We hope you enjoy our distinctive local varietals born of our passion to produce notable New England wines.

Blake Orchard Juicery
757 Main Street, Wilbraham
844-798-1690 • blakeorchardjuicery.com
We handcraft raw juices, nut mylks, and cleanse packages that nourish your cells and improve vitality and your overall health. Made to order in intimate batches with local farm produce whenever available and 100% organic ingredients, our juices and nut mylks are unpasteurized, cold-pressed, and bottled in reusable glass bottles. Find us at area farmers’ markets or take advantage of our delivery service.

Pioneer Valley Vinegar Works
116 Pleasant Street, Suite 444, Easthampton • 413-575-0745
valleyvinegar.com
We offer more than 20 different infusions, using four different base vinegars. Our newest product line is The Apple Berry Collection, which is 100% locally sourced, including the cider vinegar itself. Flavors include Raspberry-Thyme, Blueberry-Basil and Blackberry-Sage. Try it as a healthy tonic and creative ingredient for all your personal recipes. Tasty and healthy!

Ponders Hollow Custom Wood, Flooring and Millwork
16 Ponders Hollow Road, Westfield
413-562-8730 • pondershollow.com
We offer local, affordable, custom wood accents designed especially for your home. The majority of our native lumber is sawed in western Massachusetts and manufactured at our Westfield plant. We keep it local!

Richardson’s Candy Kitchen
500 Greenfield Road (Routes 5 & 10), Deerfield • 413-772-0443
richardsonsclandy.com
High quality chocolates and specialty candies. We use rich local milk and cream in our caramel and famous fudges. Our very own Dixies were recently featured on the Food Network! Local maple products and strawberries (in season) dipped in our chocolate. In fall we feature caramel-covered local apples dipped in chocolate. Open 10am-5:30pm daily with extended hours during holidays.
Local, friendly & family-owned. Small, yet BIG.
OESCO, Inc. has everything for yard, farm, garden & orchard

Join us! Become a CISA community member at buylocalfood.org/membership

Pomona’s Universal Pectin
100% pure citrus pectin
Yes! – you can make jam & jelly from local fresh or frozen fruit using low amounts of any sweetener.

Jam-makers LOVE its versatility & economy!

Exciting recipes (each box makes 2–4 batches) plus Jamline number included.

Ask for “Pomona’s” at farm stands & stores or order from us.

WORKSTEAD INDUSTRIES
P.O. Box 1083, Greenfield, MA 01302 • 413–772–6816 • www.pomonpectin.com

Always here for you.

We care about you, your family and the community. It’s not a new feeling. It’s the way we’ve ALWAYS felt. That’s why we are proud to support CISA.

Florence Bank
florencebank.com

Member FDIC / Member DIF

Join us! Become a CISA community member at buylocalfood.org/membership
Businesses listed here sell to institutions and distributors; they do not sell directly to consumers. For a complete list of wholesale farms, please contact CISA at 413-665-7100 or devon@buylocalfood.org.

Australis Aquaculture
1 Australia Way, Turners Falls
413-863-2040 • thebetterfish.com
Taste barramundi—sweet, mild, and delicious! Raised locally in the Pioneer Valley in one of the world’s most sustainable indoor fish farms. High in omega-3s, with no mercury, hormones, nor antibiotics. Available at Whole Foods, BJ’s Wholesale Club, and under the Ahold brand at Stop & Shop in the frozen seafood section.

Harvest Farm of Whately
125 Long Plain Road, Whately
413-665-2030
harvestfarmofwhately.com
Vegetable, bedding, and herb plants. Crops: kale, collards, mustard greens, turnip tops, mint, Swiss chard, parsley, beets, tomatoes, and specialty eggplants. Wholesale only.

Joe Czajkowski Farm
86 Comins Road, Hadley
413-237-2615
We farm 300 acres, 100 of which are certified organic. This third-generation farm is run by Joe who says, “We love what we do.” We sold 27 different items to schools last year and are accustomed to meeting the needs of institutions. Orders are consolidated to make it easy for school buyers, meaning fewer gaps in orders. The farm is HAACP and GAP certified, state-licensed, and insured to sell to institutions.

Lazy Acres Farm
P.O. Box 158, Hadley
Farm location: 138 West Street
413-584-2487
A family farm for over 100 years. We offer summer squash (yellow and green), many varieties of sweet corn (bi-colored and white), winter squashes and pumpkins (mini, sugar, and face), organically grown heirloom grains (non-GMO) including rare varieties of wheat and milling corn. Old fashioned quality and service; honest prices.

Long Plain Farm
149 Christian Lane, Whately
413-575-2598 • shutkoski@yahoo.com
Long Plain Farm is a third-generation family-owned and -operated farm. We sell to colleges in the region and are accustomed to meeting the needs of institutional customers. We wholesale/retail many vegetables including onions, assorted peppers, asparagus, strawberries, carrots, sweet corn, pumpkins, tomatoes, cucumbers, seedless watermelons, and more. GAP and Commonwealth Quality certified.

Plainville Farm
135 Mount Warner Road, Hadley
413-237-2616
We are a third-generation family farm specializing in asparagus, green beans, pickling cucumbers, and broccoli in the spring and summer months. In the winter and fall we have all types of winter squash from butternut (whole and peeled) to more exotic varieties like bora-bora and delicata. We sell to large chain suppliers as well as small local farm stands.

Squash, Inc.
1315 Federal Street, Belchertown
413-256-8929 • squashinc.com
Year-round distributor of conventional and organic produce, butter, eggs, and cheese. We specialize in local produce distribution and trucking, and are proud recipients of CISA’s 2014 Local Hero Award.
Szawolski Potato Farms, Inc.
103 Main Street, Hatfield
413-247-9240 • swazpotato.com
A 103-year-old family farm that grows, packs, and ships locally grown white, russet, red, and gold potatoes. Open year-round Monday–Friday 8am–5pm.

Twin Oaks Farm
116 Stockbridge Street, Hadley
413-549-0016
We are a third- and fourth-generation family-owned and operated vegetable farm located in Hadley. We are primarily wholesale growers of beets, leeks, cabbage, bell peppers, eggplant, summer squash, zucchini, winter squash, Indian corn, mini-pumpkins, and swan gourds. We can accommodate large or small orders; please call to make arrangements. GAP and Commonwealth Quality certified.
LOCAL HERO DINING SERVICES

SCHOOLS

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

The Bement School
94 Old Main Street, Deerfield
413-774-4209 • bement.org
The Bement School, founded in 1925 and located in historic Deerfield, is a co-educational junior boarding and day school serving 220 students in kindergarten through grade nine. Bement’s rich secondary school preparatory curriculum motivates and challenges students. Bement is proud to be a Local Hero, preparing and serving locally grown food during our family style meals.

Bon Appétit Dining Services @ Hampshire College
893 West Street, Amherst
413-559-6200
hampshire.cafebonappetit.com
In pursuit of Hampshire’s 100% Local Food Challenge, Bon Appétit Dining Services at Hampshire College builds its menus around fresh local food, sourcing produce and dairy from over 15 local farms including produce, eggs, meat, honey, and maple syrup from the Hampshire College Farm. Bon Appétit operates Resident Dining and the Bridge Café, and caters weddings and events at Hampshire’s Red Barn.

Chicopee Public Schools
816 James Street, Chicopee
413-594-3453 • chicopeefresh.com
Our schools have always had a reputation for excellence when it comes to serving fresh, nutritious, and delicious food. Thanks to a Kendall Foundation grant, we have scaled up our Farm to School program and in the fall of 2014 launched a brand new initiative, ChicopeeFRESH. The program has already led to many new partnerships with local producers, with local ingredients served in school meals almost every day.

Deerfield Academy Dining
7 Boyden Lane, Deerfield • 413-774-1518
deerfield.edu/departments/administrative-departments/dining-hall
Deerfield Academy educates all its members on local and global impacts of personal and institutional choices, encouraging long-term thinking and modeling environmental best practices. Deerfield Academy Dining Services is committed to supporting the local economy’s health through menu design and local purchasing to foster greater sustainability in the community.

Eaglebrook School
271 Pine Nook Road, Deerfield
413-774-7411 • eaglebrook.org
An independent junior boarding/day school for boys in grades six to nine, situated on 800 acres overlooking the Deerfield River. Across the campus are signs of our commitment to sustainability: solar panels, recycling, geothermal heating and cooling, hydration stations, gardens, bees, and sheep. The commitment is reinforced in the classroom. Our dining service serves fresh local food with as much farm-to-table as possible.

Greenfield Community College Dining Services
1 College Drive, Greenfield
413-775-1177 • www.gcc.mass.edu/dining
GCC is a two year public community college that enrolls 2,500-3,000 students each semester. The school offers an extensive variety of foods and catering services to its campus and the local community, and the college cafeteria is open to the public. Normal hours of operation are Monday–Friday, 7:30am–
6pm during the fall/spring semesters and 7:30am–2pm during the summer months, except Friday when we close at noon.

**Northfield Mount Hermon School Dining Services**
1 Lamp Lighter Way, Gill
413-498-3277
nmhschool.org/student-life-residential-life/dining
NMH, a private boarding high school, offers an extensive variety of foods through our dining services, including ethnic food bars and vegetarian entrées. We use vegetables, syrup, and other products from our on-campus farm as well as local producers. It is our mission to provide healthy, local food to our students.

**Smith College Dining Services**
30 Belmont Avenue, Northampton
413-585-2311 • smith.edu/diningservices
Smith College Dining Services provides food and service to students, faculty, staff, and guests in eleven dining locations, the Campus Center Café, and the Smith College Conference Center. The Campus Center Café is open to the public Monday–Friday, 7:30am–11:30pm; Saturday and Sunday, 9:30am–11:30pm.

**UMass Amherst Dining Services**
699 North Pleasant Street, Amherst
413-545-2472 • umassdining.com
Our mission is to serve a variety of healthy, flavorful meals featuring local, regional, and world cuisine, in a sustainable and environmentally-conscious manner. We purchase 30% of our produce locally. Open to the public, we offer an all-you-care-to-eat residential dining program, retail dining program, and catering. Recently voted among the top two for “Best Campus Food” by *The Princeton Review*.

**HOSPITALS**

**Baystate Dining Services**
759 Chestnut Street, Springfield
413-794-4267
Baystate Health is proud to offer locally grown produce to employees, visitors,

**Whole Foods Market fundraiser for CISA, Enterprise Farm, Whately**
CISA photo

**The Bement School**

- Coeducational boarding and day school – kindergarten through grade 9
- Rigorous and supportive academic program • Daily fine arts and sports
- Morning transportation offered throughout the valley • Financial aid available

Call 413-774-4209 or visit Bement.org today!

94 OLD MAIN STREET, P.O. BOX 8 DEERFIELD, MASSACHUSETTS 01342 USA
and patients as part of our quality cuisine. We offer a wide variety of options including entrées, a full salad bar, deli, grill, and a cook-to-order sauté station. Our main cafeteria serves breakfast, lunch, and dinner from 5am–6pm daily.

Baystate Franklin Medical Center Café
164 High Street, Greenfield
413-733-2576 • baystatehealth.org/bfmc

We serve fresh local produce to our patients, visitors, and staff. During summer and fall we frequently offer local produce for sale in our café and lobby. The hospital is proud to be associated with CISA’s Local Hero program.

Baystate Mary Lane Hospital
85 South Street, Ware
413-967-2166

At Baystate Mary Lane Hospital we take pride in offering our employees, patients, and visitors fresh produce—including our healthy salad bar—from local farmers. We are open for breakfast, lunch, and dinner from 7am–7pm daily.

Cooley Dickinson Hospital Café
30 Locust Street, Northampton
413-582-2469 • cooley-dickinson.org

Whether you are a visitor or a patient at Cooley Dickinson, you will enjoy healthy meals made from locally sourced fruits, vegetables, and meats. Our chefs are proud to serve the region’s bounty. Breakfast options are available Monday–Friday 6:30am–2:30pm; lunch is served 11:30am–2:30pm. High quality, healthy meals give new meaning to hospital food. Hear the daily menu by calling us. Credit cards accepted.

Retirement Communities/Community Services

The Arbors at Greenfield
15 Meridian Street, Greenfield
413-774-4409 • arborsassistedliving.com

Many meals served at The Arbors include fresh produce from several local farms and local milk from Our Family Farms. We are committed to making the dining experience a delight for our residents.

Representing Valley residents for over 25 years

Etheredge & Steuer, P.C.
Attorneys specializing in farmland conservation, farm succession planning, wills and trusts, real estate, zoning, and business entity formation.

64 Gothic Street • Northampton, Massachusetts 01060
(413) 584-1600 • www.noholaw.com
experience at The Arbors as fresh and enjoyable as possible.

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

Loomis Communities—Applewood
1 Spencer Drive, Amherst
413-532-5325 • loomiscommunities.org
We are a not-for-profit organization that has provided senior living in the Valley for more than 100 years. We offer independent living with access to a full continuum of care including Live Well @ Loomis home care, assisted living, and skilled nursing care. We partner with Sodexo, which provides an exceptional dining experience for our residents using fresh ingredients and local produce.

Northampton Survival Center
265 Prospect Street, Northampton
413-586-6564 • northamptonsurvival.org
The NSC’s “Fresh & Local” program ensures that low-income residents of Hampshire County have access to the nutritious bounty of fruits and vegetables available in our area. We partner with dozens of local farms, gardeners, and growers to offer produce, eggs, local milk, plant starts, and volunteer trainers on topics such as how to grow and cook with fresh produce and how to plant a container garden.

Rockridge Retirement Community
25 and 37 Coles Meadow Road, Northampton • 413-586-2902 • www.rockridgema.org
This not-for-profit community offers independent living, assisted living, residential care, and the Gardens Neighborhood for Memory Support. We have cottages, apartments, and private suites on 11 acres. A wide range of personal care assistance is offered and staff is available 24 hours/day. Meals are homemade and nutritious, with fresh local fruit and vegetables, home-baked desserts, and more. In the summer, 70% of our food is sourced locally.

Find it! Search online for local food and farms at buylocalfood.org/farmguide
FARMERS’ MARKETS

FRANKLIN COUNTY

Ashfield
Ashfield Town Common
Saturday 9am–1pm
May 23 to October 3

Bernardston*
Bernardston United Church parking lot
Saturday 10am–1pm
May 30 to October 3

Conway
Field Memorial Library
Route 116 and Elm Street
Wednesday 4–7pm
June 3 to September 30

Greenfield*
Court Square
Next to Common and Town Hall
Saturday 8am–12:30pm
May 2 to October 31

Northfield*
Green Trees Gallery
105 Main Street (Routes 63 & 10)
Thursday 3–6pm
May 28 to October 1

Orange
The Armory parking lot
135 East Main Street
Thursday 3–6pm
May 14 to October 15

Shelburne Falls
Water Street and Main Street
Friday 2–6:30pm
May 22 to October 30

Shutesbury
In front of Shutesbury Town Hall
1 Cooleyville Road
Saturday 8:30am–12pm
May 23 to October TBD

Turners Falls*
Corner of Avenue A and 2nd Street
Next to Great Falls Discovery Center
Wednesday 2–6pm
May 6 to October 28

HAMPDEN COUNTY

Brimfield
Hitchcock Academy, 2 Brookfield Road
Saturday 9am–2pm
April 18 to November 21

Chicopee*
Off Chicopee Street, under I-391 overpass
Wednesday 10:30am–2:30pm
July 1 to September 2

Holyoke*
High Street in front of City Hall
Thursday 11am–3pm
May 7 to October 29

Longmeadow
Longmeadow Shops, 666 Bliss Road
Thursday 2–7pm
June 11 to October 29

Monson
First Church parking lot, 5 High Street
Thursday 3–6pm
May 21 to October 1

Palmer
The Yellow House
1479 North Main Street (Route 20)
Saturday 9am–2pm
May 16 to October 10

Springfield Cooperative
158 Avocado Street
Saturday 7–11am
May 2 to June 13

Springfield/Forest Park*
Forest Park, Cyr Arena parking lot
Tuesday 12:30–6pm
May 5 to October 27

Springfield/Mason Square*
Baystate Mason Square Neighborhood Health Center, 11 Wilbraham Road
Saturday 10am–2pm
July 4 to October 24

Three Rivers*
Hryniewicz Park, Springfield Street
Monday 1–5pm
May 18 to October 26

Westfield*
Church of the Atonement
36 Court Street
Thursday 12:30–6pm
June 4 to October 8

*As of the date of this publication, these farmers’ markets accept SNAP/food stamps.
HAMPSTEAD COUNTY

Amherst
Amherst Center
Spring Street parking lot
Saturday 8am–2pm
April 18 to November 21

Belchertown
Belchertown Town Common
Sunday 10–2pm
June 28 to October 4, closed September 20

Florence*
Florence Civic Center
90 Park Street
Wednesday 2–6pm
May 6 to October 28

Northampton
Saturday Market*
Gothic Street
Saturday 7am–1pm
May 2 to November 14

Northampton
Tuesday Market*
150 Main Street, pedestrian way behind Thones Marketplace
Tuesday 1:30–6:30pm
April 28 to November 10

South Hadley*
Town Common
Hadley Street at College Street
Thursday 1–6pm
June 4 to October 8

Ware
CVS at 104 West Street
Saturday 9am–1pm
June 6 to October 10

WORCESTER COUNTY

Athol*
Uptown Common
Saturday 9am–1pm
May 2 to October 31

Barre
Barre Common
Saturday 9am–12:30pm
May 9 to October 24

Hardwick
Hardwick Town Common
Sunday 11am–2pm
June 7 to October 25

West Brookfield
Town Common
Routes 9 and 67
Wednesday 3–6pm
June 3 to October 14

Like us! Follow CISA on Facebook at facebook.com/buylocalfood.org
**FARM PRODUCTS GUIDE INDEX**

Not sure where a particular Local Hero farm or business is located? Use this index, which is organized alphabetically by business name within each category, to find the page number of each business listing, or visit buylocalfood.org.

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