

locally grown

2015

farm products guide

Western Massachusetts' Pioneer Valley

a free publication of

CISA

community
involved in sustaining
agriculture





Next Barn Over Farm, Hadley
Jason Threlfall photo

Cover: Atlas Farm, Deerfield
Soulful Life Photography photo

- 1 Welcome**
- 4 Farm Product Seasonality Calendar**
- 5 2015 Local Hero Awards**
- 8 Farm Festivals and On-Farm Events**
- 9 Map of the Pioneer Valley**
- 10 Local Hero Farms by Town**
- 53 Pick-Your-Own Fruit Farms**
- 54 Local Hero Landscape & Garden Centers**
- 56 Local Hero Retailers by Town**
- 64 Local Hero Restaurants by Town**
- 74 Local Hero Specialty Producers**
- 78 Local Hero Wholesalers & Distributors**
- 80 Local Hero Dining Services**
- 84 Farmers' Markets**
- 86 Index of Farms (by business name)**
- 87 Index of Landscape & Garden Centers (by business name)**
- 87 Index of Retailers (by business name)**
- 87 Index of Restaurants (by business name)**
- 87 Index of Specialty Producers (by business name)**



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CISA is an equal opportunity employer.

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!

Mount Warner Vineyards, Hadley
CISA photo

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.

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Pomeroy's Vegetable Farm, East Longmeadow

Jason Threlfall photo

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](https://www.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.

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.

Carrie Baker and Harvey Hill
with Meghan Arquin and
Rob Lynch of Riverland
Farm, Sunderland

Jason Threlfall
photo



FARM PRODUCT SEASONALITY CALENDAR

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Apples	●	●	●	●				●	●	●	●	●
Asparagus					●	●						
Beets	●	●	●	●	●	●	●	●	●	●	●	●
Blueberries							●	●				
Broccoli						●	●	●	●	●	●	
Brussels sprouts									●	●	●	●
Cabbage	●	●	●	●		●	●	●	●	●	●	●
Carrots	●	●	●	●	●	●	●	●	●	●	●	●
Cauliflower							●	●	●	●	●	
Celeriac	●	●	●	●					●	●	●	●
Cordwood	●	●	●	●	●	●	●	●	●	●	●	●
Corn-on-the-cob							●	●	●	●		
Cucumbers						●	●	●	●	●		
Dairy, cheese, eggs	●	●	●	●	●	●	●	●	●	●	●	●
Eggplant							●	●	●	●		
Garlic	●	●					●	●	●	●	●	●
Grains	●	●	●	●	●	●	●	●	●	●	●	●
Green beans							●	●	●	●		
Greens	●	●	●	●	●	●	●	●	●	●	●	●
Honey	●	●	●	●	●	●	●	●	●	●	●	●
Leeks							●	●	●	●	●	
Lettuce	●	●	●	●	●	●	●	●	●	●	●	●
Lumber	●	●	●	●	●	●	●	●	●	●	●	●
Maple syrup	●	●	●	●	●	●	●	●	●	●	●	●
Meat, poultry, & fish	●	●	●	●	●	●	●	●	●	●	●	●
Melons							●	●	●			
Mushrooms	●	●	●	●	●	●	●	●	●	●	●	●
Onions	●	●	●	●	●	●	●	●	●	●	●	●
Parsnips	●	●	●	●						●	●	●
Peaches							●	●	●			
Pears								●	●	●	●	●
Peas, green and snap						●	●					
Peppers							●	●	●	●		
Plums								●	●	●		
Potatoes	●	●	●	●	●	●	●	●	●	●	●	●
Pumpkins									●	●	●	
Radishes	●	●	●	●	●	●	●	●	●	●	●	●
Raspberries						●	●	●	●			
Scallions						●	●	●	●	●	●	
Spinach	●	●	●	●	●	●	●	●	●	●	●	●
Sprouts	●	●	●	●	●	●	●	●	●	●	●	●
Squash, summer and zucchini						●	●	●	●	●		
Squash, winter	●	●	●						●	●	●	●
Strawberries						●	●	●	●			
Sweet potatoes	●	●	●					●	●	●	●	●
Tomatoes						●	●	●	●	●		
Turnips	●	●	●	●	●	●	●	●	●	●	●	●
Wool	●	●	●	●	●	●	●	●	●	●	●	●

- readily available
- limited availability

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.

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!

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.

An innovator like her father, Karen has adapted to changing times by expanding the store's offerings ...

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



Karen Randall

Randall's Farm & Greenhouse photo

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.

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'

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

markets, Enterprise launched a CSA program in 2008. The CSA has since become the farm's major focus, and now serves 800 households with pickup locations in Northampton, Springfield, and Boston as well as at the farm.

Enterprise 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.



Dave Jackson with sons Asa, Cal, and Beckett

Anna Pearlman photo, courtesy of Whole Foods

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.

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

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

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.



Kristin Barry, Shelly Risinger, and their children Brycen and Cobyn at the Northampton Winter Farmers’ Market

Jason Threlfall photo

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

Cummington Fairgrounds, Cummington

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! wgbj.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

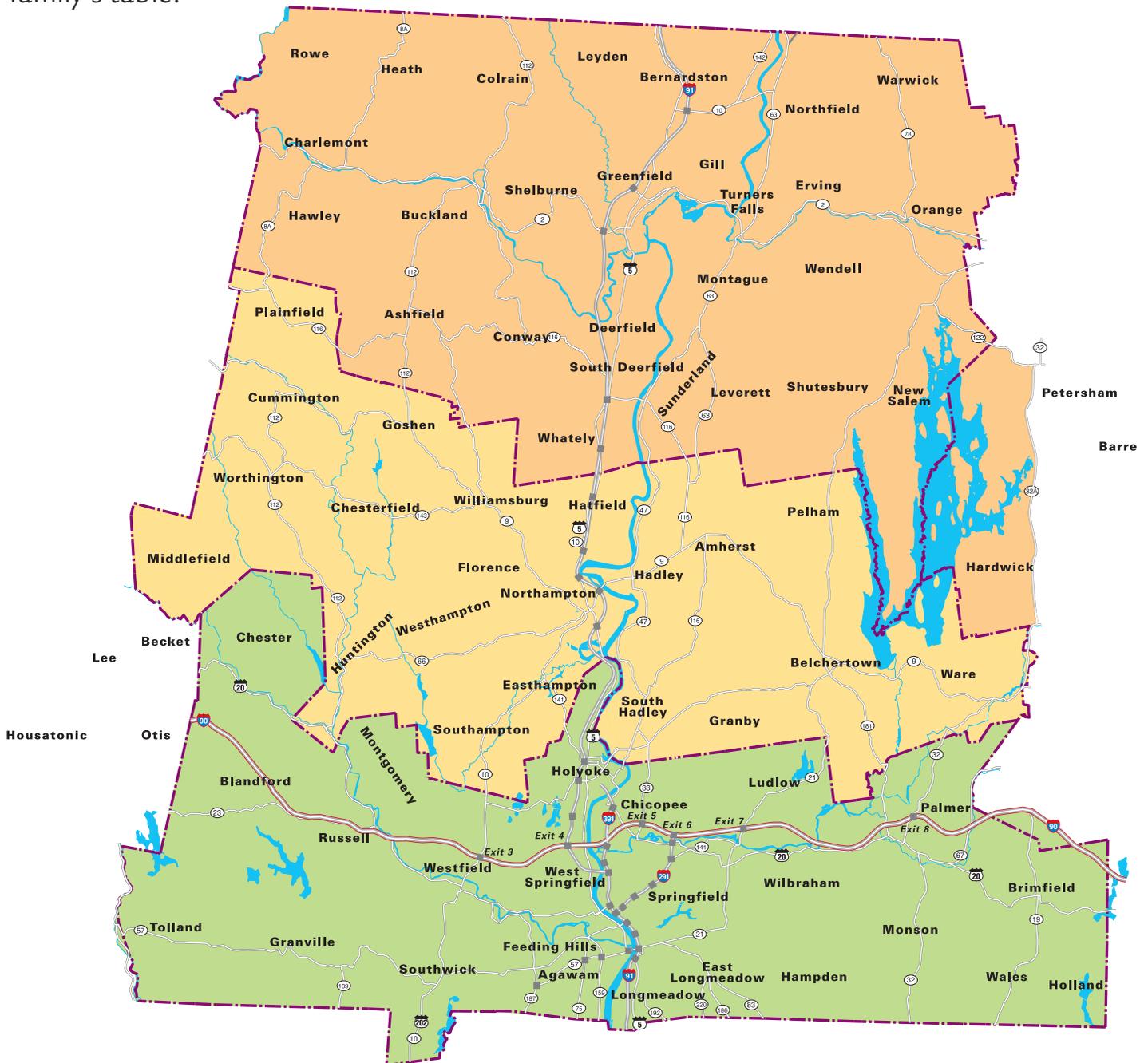
Farm tour at Next Barn Over Farm, Hadley Jason Threlfall photo



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!

- FRANKLIN COUNTY
- HAMPSHIRE COUNTY
- HAMPDEN COUNTY





LOCAL HERO FARM LISTINGS BY TOWN

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–Friday 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

E. Cecchi Farms, Feeding Hills
CISA photo

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 Russellville 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 · simplegiftsfarmcsa.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.



YOUR AD HERE

Get in front of more than 60,000 Valley consumers who place a priority on buying locally!

Advertise in CISA's 2016 Farm Products Guide:



- ✓ A comprehensive guide to local food and agricultural products;
- ✓ 60,000 copies published each May;
- ✓ Distributed via newspaper and direct mail throughout **Franklin, Hampshire, and Hampden Counties**;
- ✓ Available at **more than 300** farm stands, farmers' markets, restaurants, food retailers, Chambers of Commerce, and visitor information centers all over the Valley;
- ✓ Used as a reference by consumers all year long!

FOR DETAILS, RATES, AND AD APPROVAL
Visit buylocalfood.org/advertise, or contact Alexis Schneeflock at 413-665-7100 or alexis@buylocalfood.org.

LOCAL HERO FARM LISTINGS BY TOWN

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.

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(413) 648-9311
www.heronshillfarmerssupply.com

A family owned business with over 80 years of combined service to the valley.

*When you have put your garden to bed,
come and experience
our garden of artful delights.*

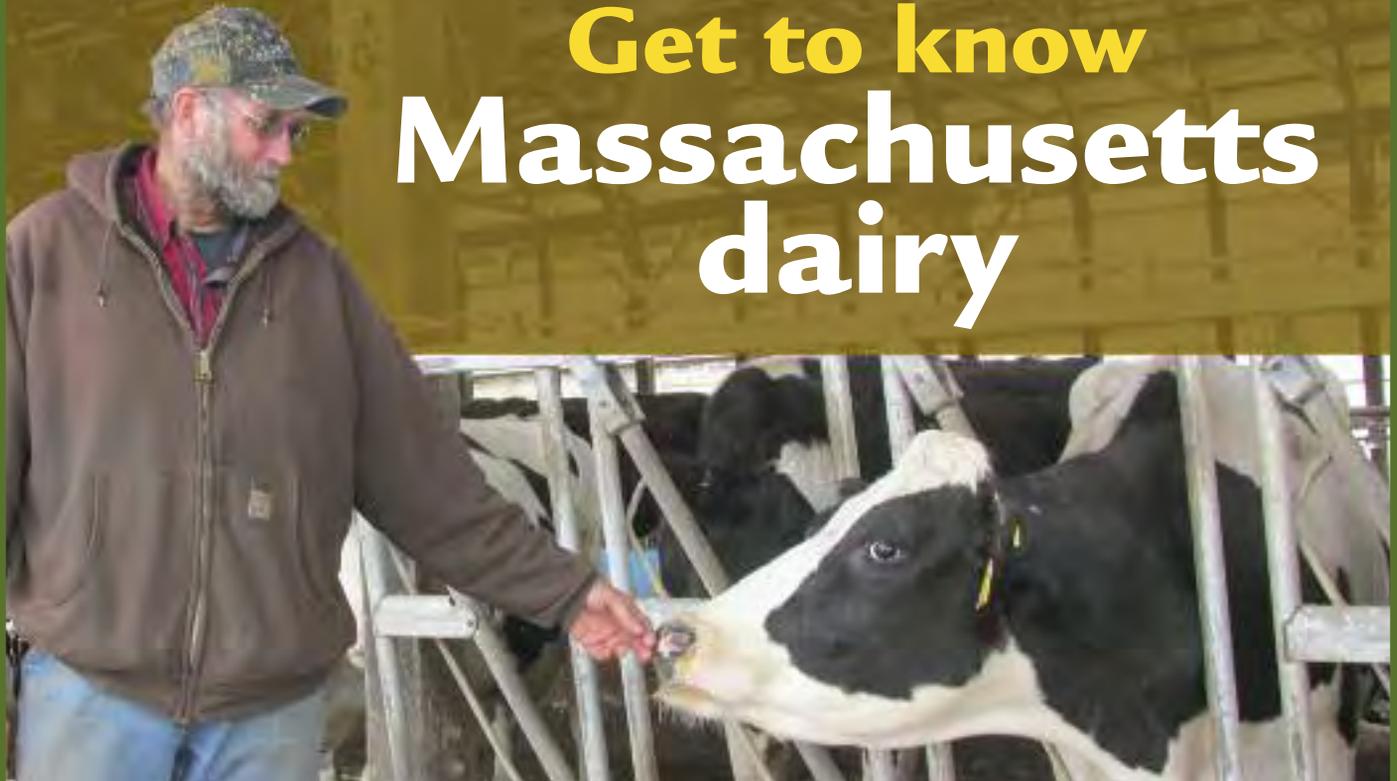
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Photo: March 22, 2015

Get to know Massachusetts dairy



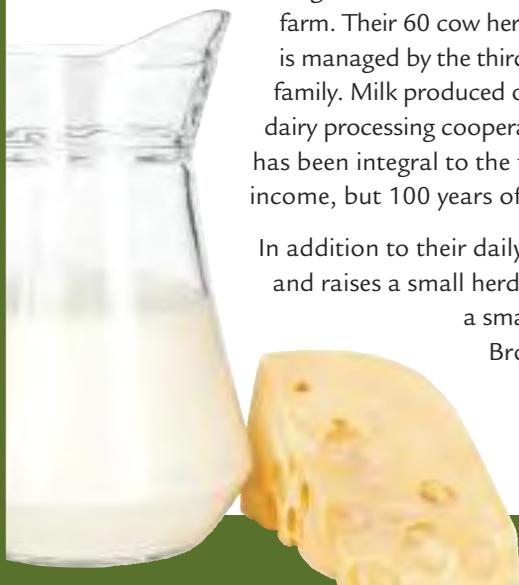
Chip Hager of Hager Brothers Farm, Colrain
CISA photo

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.

LOCAL HERO FARM LISTINGS BY TOWN

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.



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Southwick, MA
(413) 569-2307

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Easthampton, MA
(413) 203-5180

Tim Viles
1 Sugarloaf St.
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Taste the View, Quonquot Farm, Whately Soulful Life Photography

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

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CISA community
involved in sustaining
agriculture

LOCAL HERO FARM LISTINGS BY TOWN

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 • ellsworths@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,

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Marge's Mustard

Eastern-European Beet

Fishmonger's Fusion Cocktail Sauce

Chef Ralph's Cranberry (seasonal)

Saw Mill Site Farm

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www.horseradishdirect.com • sawmillsitefarm@comcast.net • 413/665-3005 • Terry Grinnan, proprietor

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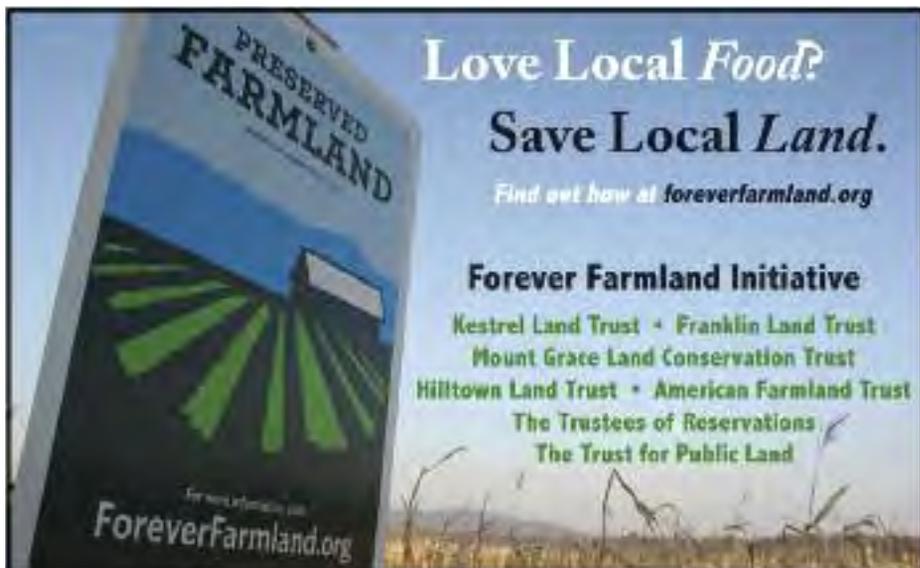
Farmacy Gardens

275 Jackson Street, Belchertown
774-254-1871 • farmacygardens.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.



LOCAL HERO FARM LISTINGS BY TOWN

Shattuck's Sugarhouse

34 Kopec Avenue, Belchertown

413-323-7639

[facebook.com/shattuckssugarhouse](https://www.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](https://www.facebook.com/edenpondfarm).





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- Regulatory Concerns
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- Wetlands
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- Equine Issues
- Ag Commissions
- Sustainable Agriculture



Franklin County
Lenny Roberts
413.522.1425



Hampden County
Leon Ripley
413.357.8829



Hampshire County
Paul Jekanowski
413.549.0930

Join at www.MFBB.net or become a friend at friendsoflocalfarmers.net

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, cukes, 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

CISA Community Members are 600 strong and growing!

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.



Become a CISA Community Member today!
buylocalfood.org/membership

Amherst Saturday Farmers' Market
Jason Threlfall photo



LOCAL HERO FARM LISTINGS BY TOWN

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

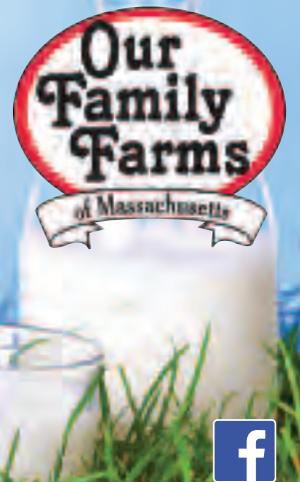
adults. Programs include a local seed bank, summer camps, overnight school programs, family and small group farm activities, workshops for adults, and other informative and fun events. We sell lamb, pork, maple syrup, eggs, seeds, mushrooms, and honey.

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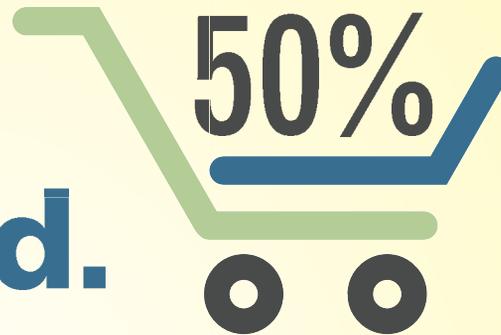
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Baystate  Health

baystatehealth.org

LOCAL HERO FARM LISTINGS BY TOWN

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.

CHICOPEE

McKinstry's Market Garden, Inc.

753 Montgomery Street, Chicopee
413-536-2043

Specializing in sweet corn, tomatoes, fresh fruit, and other vegetables. Farm stand open May–October.

Paul Bunyan's Farm & Nursery, Inc.

161 Slate Road, Chicopee
413-594-2144 • paulbunyanfarm.com

For nearly 35 years, cut-your-own Christmas trees have been grown on this farm. We are open September–December. In September, beautiful mums, pumpkins, cornstalks, scarecrows, and much more fill our rustic barn. Tree-tagging early is encouraged. Come November, pre-cut trees, wreaths, hand-made bows, decorated baskets, unique gifts, and lots more are available. Kid and adult friendly. Come see us!

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

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and individuals
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Pioneer Valley
for more
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NORTHAMPTON, MA 01060

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.



Pioneer Valley Local First
www.PVLocalFirst.org

The Pioneer Valley is blessed with great beauty and a vibrant local, living economy of independently owned businesses, sustainable farms, caring communities and social innovation. PV Local First is dedicated to protect and strengthen this rich and diverse area. Our mission is to encourage people to **Think Local First** so that we **Buy and Bank Local First**. We also work to raise awareness about sustainability and strategic economic development for the benefit of all.

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.



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LOCAL HERO FARM LISTINGS BY TOWN

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

Boydén 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](https://www.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.



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Strengthening local farms.

Strengthening our communities.



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By connecting farmers, neighbors and communities, CISA sustains local agriculture and enhances the long-term health of our communities. At PeoplesBank, we share that passion and are proud to lend our support.

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LOCAL HERO FARM LISTINGS BY TOWN

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.

CUMMINGTON

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

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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



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LOCAL HERO FARM LISTINGS BY TOWN

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

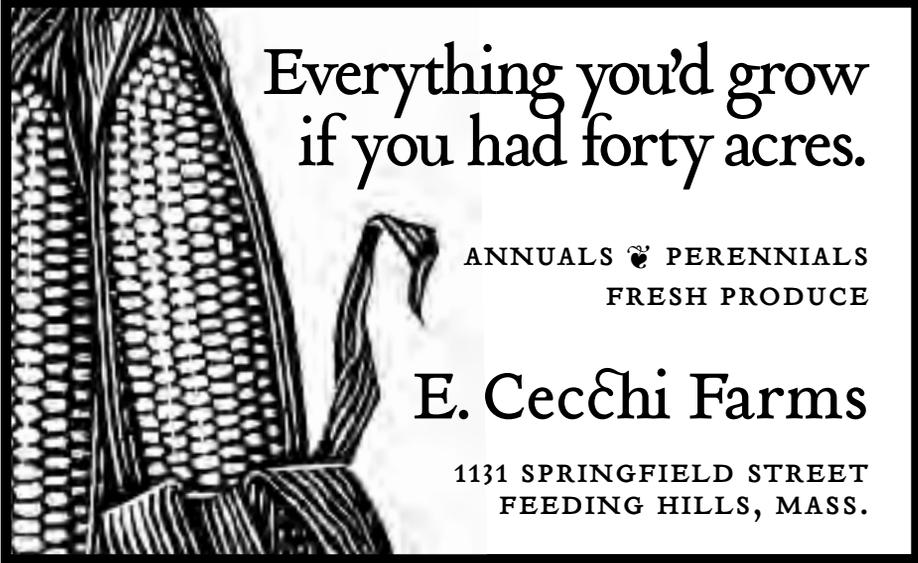
vegetables, flowers, eggs, camp wood, and maple products. Our vegetables are grown on-site and picked daily. We are open May-November, seven days a week.

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.



Everything you'd grow
if you had forty acres.

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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.

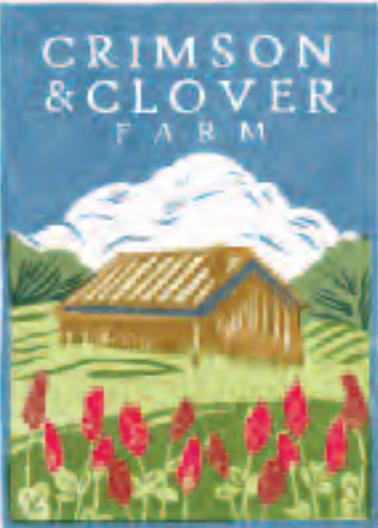
Ravenwold Greenhouses

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



WEEKLY SHARES
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413-570-0337 215 SPRING ST
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crimsonandcloverfarm.com



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LOCAL HERO FARM LISTINGS BY TOWN

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

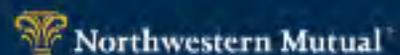
413-588-7638 • hilltowngrazers.com

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

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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.



LOCAL HERO FARM LISTINGS BY TOWN

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



Gran-Val Scoop, Granville

CISA photo

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.

Kleeberg's Sugar House

343 Adams Road, Greenfield

413-834-4333

We tap 2,500 trees in Bernardston, Deerfield, and Greenfield. Open to the public. Please call ahead to schedule your visit or order syrup. Find us on Facebook!

Martin's Farm

Compost and Mulch

341 Plain Road, Greenfield

413-774-5631

martinsfarmcompost.com

Organic compost sales, approved for organic farming by Baystate Certifiers. Great for all your organic gardening and farming needs. Small and large quantities available; delivery available or pick up at the farm. Visit our website for hours.

Rainbow Harvest Farms

Adams Road, Greenfield

413-475-3392

rainbowharvestfarms.com

Rainbow Harvest Farms is an ecologically managed, chemical-free, vegetable, fruit, and mushroom farm in Greenfield. We attend the Greenfield Farmers' Market weekly from May–October. Produce can also be purchased wholesale by

contacting David via phone or emailing rainbowharvestfarms@gmail.com.

Tanstaaf 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

barstowlongviewfarm.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 Sunnysbrook 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

Devine Farms

Bedding plants, geraniums,
hanging baskets, cemetery
boxes and cut flowers

Twig and Christmas wreaths

Corn stalks, hay, baled straw,
compost and manure

56 Knightly Street, Hadley · (413) 549-6953

LOCAL HERO FARM LISTINGS BY TOWN

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.



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The Village Commons • 9 College St • South Hadley, MA
(413) 534-7307 • www.odysseymbks.com

Pick Your Own Strawberries

Already Picked and Wholesale
Tasty Strawberries
June 10th to July 5th, 7 a.m. to 7 p.m.
Route 47, North Hadley, MA

Lakeside Strawberries

**\$2.00 off a \$15.00
Purchase of Strawberries**





Providing Local Vegetables and Fruit
to Colleges, Schools, Supermarkets, and
Roadside Stands
GAP and HACCP Certified

Joe Czajkowski Farm

413.237.2615
86 Comins Road, Hadley, MA 01035

North Hadley Sugar Shack

181 River Drive, Hadley

413-585-8820

www.northhadleysugarshack.com

We serve our sugarin' 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.

Twenty Acre Farm and Greenhouses
 351 River Drive (Route 47), Hadley, MA 01035 413-549-5708



Our greenhouses are open mid-March to mid-June. Come explore the wide selection of bedding plants, vegetable plants, hanging baskets, combination pots, and geraniums. (Retail/Wholesale)

Our vegetables are sold from July to November. (Wholesale only)

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.

LOCAL HERO FARM LISTINGS BY TOWN

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 ornamentals.

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,



STILLMAN QUALITY MEATS

"Our meat is truly unique, raised and processed on our family farm"

Butcher CSA ♦ Poultry CSA
Egg CSA ♦ Breakfast CSA ♦ Offal CSA ♦ Grind CSA

Hey local farmers, we are now accepting appointments for poultry processing!

3674 Greenwich Rd, Hatfield, MA 01037 • 413.477.0345 • www.MSATCSA.com



SideHill Farm

Grass-fed Yogurt, fresh from the farm!

Local • Grass-fed • Certified Organic Pasture • Happy Cows

BE A LOCAL HERO

www.sidehillfarm.net

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 beefer 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!



E. Cecchi Farms, Feeding Hills
CISA photo

LOCAL HERO FARM LISTINGS BY TOWN

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.

Taste The Difference

- Berkshire Grown
- Farm Fresh
- 20% More Calcium
- 17% More Protein
- No Artificial rBST Hormones



**Best Quality
Best Taste
Naturally**



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



Randall's Grown
 Hanging Baskets
 Annuals
 Perennials
 Vegetable Plants

Our Own Elsie's Creamery
 Homemade Ice Cream

Locally Grown
 Fruits and Vegetables

Homestyle Bakery and Deli

Fall Corn Maze
 Pumpkin Picking

The Best Fresh
 631 Center Street, Rte 21 Mass Pike Exit 7
 Ludlow, Ma. 413-589-7071
 www.randallsfarm.net

OPEN DAILY YEAR ROUND



BLUE HEAVEN
 BLUEBERRY FARM
 & RASPBERRIES

246 Skyline Trail
 Middlefield, MA
 Joe and Donna Pease

OPEN TUES-SUN, 9-4 • CLOSED MONDAY
 (413) 623-8846

LOCAL HERO FARM LISTINGS BY TOWN

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!

Proud to Support
**Community Involved in
Sustaining Agriculture**

**ES EASTHAMPTON
SAVINGS BANK**
Your Bank. Your Future.

100 Front Street, Suite 100, Pittsfield, MA
banksib.com | 413.527.4111

Member FDIC

This advertisement features a central logo for Easthampton Savings Bank with the tagline 'Your Bank. Your Future.' Above the logo, the text reads 'Proud to Support Community Involved in Sustaining Agriculture'. Below the logo, contact information for the bank is provided, including the address '100 Front Street, Suite 100, Pittsfield, MA', the website 'banksib.com', and the phone number '413.527.4111'. The FDIC membership logo is also present.

Goshen Stone Co.

Offering quality landscaping stone
for walls, patios, walks, hearths, steps,
ponds, birdbaths and more!

71 Berkshire Trail (Route 9)
P.O. Box 332 • Goshen, MA 01032

413.268.7171 • 413.268.3530 (fax)
www.goshenstone.com

This advertisement for Goshen Stone Co. features a large, bold title at the top. Below the title, a red headline reads 'Offering quality landscaping stone' followed by a list of applications: 'for walls, patios, walks, hearths, steps, ponds, birdbaths and more!'. The contact information, including the address '71 Berkshire Trail (Route 9), P.O. Box 332 • Goshen, MA 01032', the phone number '413.268.7171 • 413.268.3530 (fax)', and the website 'www.goshenstone.com', is listed at the bottom. A small photograph in the bottom right corner shows a person working with stone.

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! Onestophow!

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'nai 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.



Toward Harmony
Tai Chi & Qigong

Relax. Let Go. Discover Your Energy.
A Gentle Yet Powerful Approach to Better Health.

Try a class for free Visit us online: www.towardharmony.com
16 Center St. #527, Northampton, MA 01060 413-586-8880

LOCAL HERO FARM LISTINGS BY TOWN



Chicoine Family Farm, Easthampton
CISA photo

Rock Ridge Farm

Two Main Street, Northfield
413-498-5520

Quality farm stand featuring field-grown perennials, bedding and vegetable plants, hanging baskets, shrubs, and seasonal produce. PYO cut flowers and all your favorite fall decorations, compost, bark mulch, loam, firewood, worm castings, and straw. New: Christmas trees, wreaths, and more. Season runs April–December. Wholesale accounts welcome; gift certificates available year-round.

South Wind Farm

664 Miller Falls Road, Northfield
413-829-4881

A diversified livestock farm raising cattle, pigs, and chickens. Our raw milk and beef come from cows rotationally grazed during the warm months and fed hay in the winter. The dairy herd receives some certified organic grain. The pigs and chickens forage outdoors and eat organic grain. We strive to heal the land to reap a nutrient-dense harvest to feed our family and community for generations.

Trillium Farm

82 Gulf Road, Northfield
413-512-0798

We grow vegetables and cut flowers on our farm and also produce maple syrup.

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.

Totally grass-fed cattle. Variety of cuts, sausages, and specialty items available at the farm and at Ashfield and Florence farmers' markets. Animal Welfare Approved farm and slaughter. Farm opens for visits, educational opportunities, and tours of historic surrounding area including Franklin Land Trust property. Call ahead.

RUSSELL

Cream of the Crop Farm

601 Blandford Road, Russell
413-297-6037

gerald@creamofthecropfarm.net

Our farm store is open daily 7am–7pm, on the honor system, except Sundays. We sell raw milk from our 30 Jerseys. We also plan to sell cheese, butter, and yogurt made in our creamery right here on the farm. Other products include grass-fed beef, pastured pork, pasture-raised turkey, veal, lamb, eggs from chickens on pasture, ice cream, maple syrup, honey, and more. Contact us to schedule a farm tour!

Moss Hill Farm

222 Upper Moss Hill Road, Russell
413-862-3815 • mosshillfarm.org

We are a family-owned farm, growing the freshest chemical-free garden produce and Christmas trees on 350 hilltop acres with scenic views, woodland paths, and waterfalls. Stop by to select and pick your own!

SHELBURNE

Apex Orchards

153 Peckville Road, Shelburne
413-625-2744 • apexorchards.com

We have been providing the Valley with the finest farm products since 1828. We have a great selection of apples, peaches, nectarines, apricots, plums, pluots, pears, Asian pears, table grapes, quince, and kiwi, as well as cider vinegar and honey. Our farm offers PYO apples in the fall with one of the best views in the state. Open August–April 9am–5pm daily.

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.

SOUTH 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.



ATLAS FARM
CERTIFIED ORGANIC PRODUCE

visit us at our
FARM STORE
on Routes 5&10 in South Deerfield
OPEN YEAR ROUND

- ♦ OUR OWN ORGANIC PRODUCE
- ♦ ARTISAN BREAD & CHEESES ♦ LOCAL MEAT ♦ EGGS
- ♦ MILK ♦ HONEY ♦ MAPLE SYRUP ♦ BUTTER
- ♦ PICKLES ♦ LOCALLY MADE CRAFTS & MORE!

Visit www.ATLASFARM.com for more details
and for information about our MARKET SHARE PROGRAM

LOCAL HERO FARM LISTINGS BY TOWN

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/McCraysFarm

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

HOT COFFEE CIDER DONUTS

BASHISTA ORCHARDS & Cider Mill

A Family Farm Since 1926
160 East St., Southampton, MA • (413) 527-9091

Store Baked: Pies, Muffins, Bread, Sweet Breads, Cookies www.gotcider.net

Pierogi - 8 kinds & Meat Pies
Sweet Cider & Cider Donuts

We Grow Over 40 Varieties of Apples & Pears plus Sweet and Tart Cherries, Peaches & Plums

LOCAL MAPLE SYRUP & HONEY

Open Year Round • Hours: Open 7 Days 8am til 6pm



Calabrese Farms, Southwick

CISA photo

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, ornamentals, 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,

LOCAL HERO FARM LISTINGS BY TOWN

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 planters, 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.

SPRINGFIELD

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!

SUNDERLAND

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.

WE GROW CORN. WE GROW FOOD. WE GROW FUN!

FOR
HAYRIDES . PUMPKIN PICKING
POTATO CANNON . GREAT FOOD
GAMES . PRIZES . PETTING ZOO
AND 8 ACRES OF AMUSEMENT

VISIT
MIKE'S MAZE
-AT WARREN FARM-



WEEKENDS & HOLIDAYS SEPT - OCT 10AM - 5PM
BIRTHDAY PARTIES AND GROUPS BY APPT.
24 S MAIN ST SUNDERLAND, MA
617 685 3381 MIKESMAZE.COM

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

Chase Hill Farm

"Taste the goodness of our land..."



 follow us on Facebook!

Artisan Cheese, Raw Milk, Beef & Veal
from Organic Certified 100% pasture-Fed cows



Hettie Belle FARM

LOCAL, GRASS-FED & ORGANICALLY RAISED MEAT & POULTRY

Grass-Fed Beef & Lamb • Organic Pork, Chicken & Duck

Holiday Turkeys and Geese

HETTIEBELLEFARM.COM 978.544.6241

LOCAL HERO FARM LISTINGS BY TOWN

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.

WESTFIELD

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

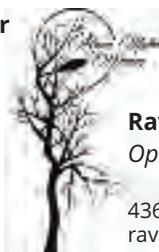
Based in Westfield, New England Apiaries and Billy C's Raw Honey provides pollination services and produces local



Kosinski Farms

Open for wholesale June–October
Open for retail April–November

336 Russellville Road, Westfield
kosinskifarms.com



Raven Hollow Winery
Open all year

436 Russellville Road, Westfield
ravenhollowwinery.com



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.

Farm grown & milled custom cut lumber and handcrafted items from our own Sawmill & Woodshop.

CATERING

Variety of home-style meals, sides and desserts.

Address: 126 Mormon Hollow Rd.
Wendell, Ma. 01379

Phone: 978-544-3806

Email: diemandfarmstore@gmail.com

Website: thediemandfarm.com

LIKE Us on Facebook for updates on What's Cooking.

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

yellowstonehousefarmcsa.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 • intervale5@comcast.net

intervalefamilyfarm.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.



Wheat at Upinngil Farm, Gill

Jason Threlfall photo

OUTLOOK FARM

Our Farm Market is your destination for everything LOCAL.

- Fresh Native Vegetables**
- Berries & Sweet Corn**
- Fresh & All Natural Pork**
- Homemade Sausages**
- Roasting Pigs & Catered BBQ's**
- Delicatessen & Summer Salads**
- Maple Syrup • Cheeses • Honey**
- Homemade Pies & Cookies**
- Ice Cream Shak**
- Breakfast & Lunch**

It's all good.

Rte. 66 Westhampton • Daily 6:30 AM-7 PM
529-9388 • www.outlookfarm.com

Facebook us at Outlook Farm Market

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.



Our CSA runs for 22 weeks (June 8 - November 7)
 Members receive a weekly share and free access to the largest pick-your-own garden in the Pioneer Valley.

Springfield · Northampton · At The Farm in Whately

EnterpriseFarmCSA.com

We grow a large variety of vegetables, picked fresh all day long!
 Specializing in quality sweet corn.



golonka FARM

8 State Road (Rtes. 5 & 10), Whately • 247-3256
 Open 7 Days, mid-June through October
www.golonkafarm.com

Your Source for the Best Local Berries and Berry Plants.



Berry Hotline 665-2650



STRAWBERRIES RASPBERRIES BLACKBERRIES BLUEBERRIES RIBES

Nourse Farms has been serving the Pioneer Valley for over 80 years. We are always happy to have visitors! Call the Berry Hotline for picking hours and availability.

- **Pick-Your-Own.** Come visit Mr. Strawberry! Enjoy picking raspberries, strawberries, and blueberries.
- **Visit our Farmstand.** Open every day from mid June and July
- **Plan a Farm Tour.** Farm tours available by appointment. See the greenhouses and field production.
- **Reserve Plants Early for Best Selection.** Berry plants available from mid April thru May. Call for free catalog.

NOURSE
 The Best Local Berries Since 1932
www.noursefarms.com | (413) 665-2658
 41 River Road, Whately, Massachusetts

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



Ginger harvest at Old Friends Farm, Amherst
Old Friends Farm photo

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.

QUONQUONT

F A R M & O R C H A R D

Pick your own blueberries, peaches and apples in season.

Our historic farm is available for weddings and other special events.

www.quonquont.com ♦ 9 North Street, Whately, MA ♦ 575-4680

WORTHINGTON

Justamere Tree Farm

248 Patterson Road, Worthington

413-238-5902

welch@justameretreefarm.com

justameretreefarm.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!



Natural Roots, Conway

CISA photo

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 newsletter 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.



Meadowbrook Farm, East Longmeadow
Jason Threlfall photo

KEY

-  = Berries which may include strawberries, blueberries, raspberries, and blackberries
-  = Orchard fruit which may include apples, peaches, and cherries

Apex Orchards, Shelburne 
 Art's Farm, East Longmeadow 
 Atkins Farms, Amherst 
 Atlas Farm, South Deerfield 
 Bare Roots, West Chesterfield 
 Bashista Orchards, Southampton 
 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 

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



Andrew's Greenhouse, Amherst
Rachel Chandler-Worth photo

LOCAL HERO LANDSCAPE & GARDEN CENTERS

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.



Dickinson Farm and Greenhouse, Granby

CISA photo



Broadfork
PERMACULTURE

Edible Landscapes & Ecological Design
www.broadfork.coop 413-367-6631

- Design Consultations
- Vegetable Gardens
- Fruit and Nut Trees
- Native Flowers
- Stonework



Discover New England Native Plants at Nasami Farm

NEW ENGLAND
WILD FLOWER SOCIETY
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

Ray's Family Farm, Southwick
CISA photo



AC's Main Street Market, Springfield
CISA photo

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 • thisweeksbx.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 thisweeksbx.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

MAKE A LOCAL WOOL RUG
WITH FELTMAKER CHRIS WHITE
SEPTEMBER 12 - 13
CALL OR GO ONLINE TO REGISTER

NEW ENGLAND FELTING SUPPLY
84 COTTAGE STREET, EASTHAMPTON, MA 01027
413-527-1188 / FELTINGSUPPLY.COM

Atkins Farms

We specialize in growing quality apples, peaches and pears.

With over 120 years of history growing fruit, you can depend on Atkins Farms to have the best quality, best tasting apples, peaches and pears. With more than 20 varieties of home-grown apples harvested, you can be sure to find your favorite.

Howard Atkins looks over the fine apples outside his farm stand. Circa 1960's

Atkins Is Rich in History, Dedicated to Quality and Customer Service.

COME SEE THE DIFFERENCE. Our experienced and friendly staff are committed to excellent customer service.

FARM FRESH PRODUCE
COUNTRY SCRATCH BAKERY
DELICATESSEN & TAKE OUT
FULL SERVICE BUTCHER SHOP
FRESH SEAFOOD
GIFT DEPARTMENT
SAVORY SUPPERS KITCHEN
FULL SERVICE FLORIST
FRUIT & GIFT BASKETS

SPECIALTY FOODS
HOMEMADE FUDGE
SPECIALTY CHEESES
ICE CREAM SHOP
FRESH SUSHI BAR
LOCAL BEER & WINE

Atkins Farms Country Market's Apple Display. Today

We are proud to offer one of the largest selections of locally grown produce and fine specialty foods in the valley.
Shop with us, and be a local hero too!

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

LOCAL HERO RETAILERS

Farm, Green Meadow Farm, Warger Farms, Wendolowski Farm, Ryan Brothers, Shelburne Honey Company, Pasiecznik Farm, Spatcher Farm, Muka's, Butynski Farm, and more than 63 others! Open Monday–Saturday 7am–8pm (September–May) and 7am–9pm (June–August).

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.

Greenfield Farmers Cooperative Exchange

269 High Street, Greenfield

413-773-9639

greenfieldfarmerscoop.com

Locally owned cooperative with more than 700 members representing diverse farming enterprises. Our retail store offers thousands of local, regional, and national products for farms, homes, gardens, pets, and livestock. Open Monday–Friday 8am–6pm; Saturday 8am–5pm.

HADLEY

Barstow's Dairy Store and Bakery at Longview Farm

172 Hockanum Road, Hadley

413-586-2142

barstowlongviewfarm.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.



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.



327 Russell Street (Rte 9) Hadley, MA
(413) 586-9932
Open daily 8am to 10pm



@wfmhadley

**Mapleline Farm Home Delivery/
Rao's Coffee Roasting Co.**
305 Russell Street (Route 9), Hadley
413-548-9107

maplelinefarm.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

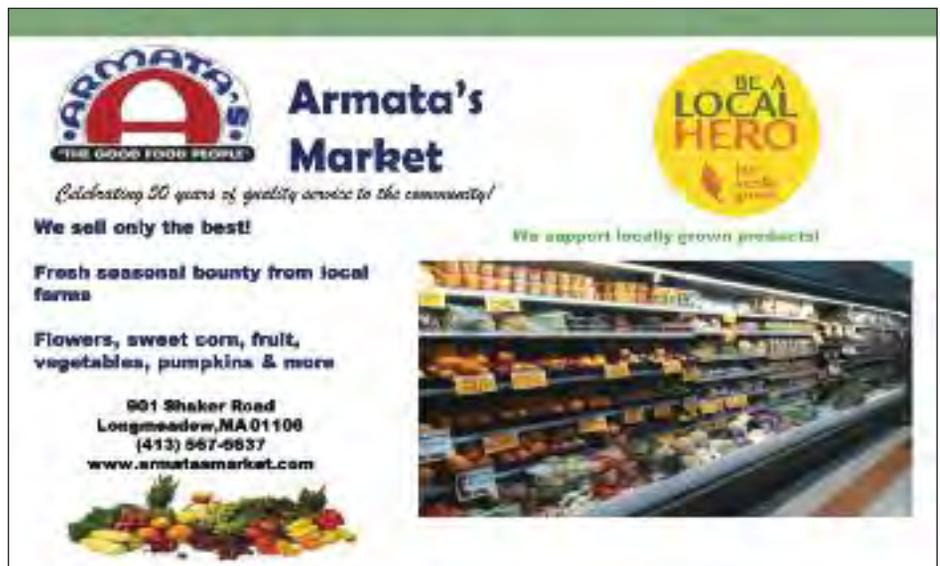
milk, honey, maple syrup, a farm-style bakery, a deli, Elsie's Creamery homemade ice cream, a corn maze, and pumpkin picking in season.

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.



LOCAL HERO RETAILERS

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.

ORANGE

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.



Our Farmers, Our Food, Our Store
Find the freshest of locally sourced produce, dairy, meat, grains and groceries, along with quality regionally made products, at a fair and affordable price.
Everyone is welcome to shop, in our beautiful, sun-filled market in downtown Orange.
Close to home at
12 N. Main Street, Orange, MA
Ample parking and easy access.
Quabbin Harvest is cooperatively owned, local business that fosters our regional economy, community and the natural environment.
www.QuabbinHarvest.Coop



Small batch. Super premium.
For those who know the difference!

Bart's™
HOMEMADE

rBST-free dairy • non-GMO pure cane sugar

Quality, local ingredients, and a generations-old recipe with care, passion and local flavor blended into every batch. Indulge yourself today!

—Barbara, Gary & Crew

BartsHomemade.com

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.



McCusker’s Market, Shelburne Falls

Rachel Chandler-Worth photo

FRANKLIN COMMUNITY CO-OP
Green Fields Market • McCusker’s Market

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.

<p>Green Fields Market 144 Main St, Greenfield Mon-Sat 8-8 Sun 9-6 (413) 773-9567</p> <p> Two blocks from the Energy Park</p>	<p>McCusker’s Market 3 State St, Shelburne Falls Open Daily 7 a.m. to 8 p.m. (413) 625-9411</p> <p>Across the street from the Bridge of Flowers</p>
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www.franklincommunity.coop

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

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.

Big Y

**Proud To Sponsor
CISA**

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BE A LOCAL HERO
buy locally grown



Park Hill Orchard, Easthampton
CISA photo

Want to use **this?**



Jason Threlfall photo

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

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



The Gill Tavern, Gill
Robin Sidel photo

LOCAL HERO RESTAURANTS BY TOWN

Look for the leaf icon  to find the restaurants that meet CISA's highest standard for local purchasing.

AMHERST

30Boltwood

at The Lord Jeffery Inn

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 Cows 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

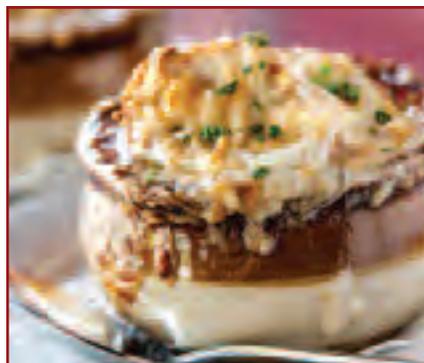
Champney’s Restaurant & Tavern at the Deerfield Inn is open seven days a week from noon on. Comfy and casual with fireplaces, 12 draught beers, a great dining bar, and porch dining in season, we celebrate our area growers, producers, brewers, and foragers with menus that change with the seasons. We are 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.



*exceptional hospitality
inspired tavern dining*

Our seasonally driven menus reflect the local New England landscape. Handcrafted traditional favorites, and new and unique dishes feature fresh ingredients from our area farmers and foragers.

Experience our casual tavern ambiance. Our 18-seat bar features 12 beers on tap, plus exceptional wines and unique cocktails.



Champney’s Restaurant & Tavern
413.772.3087 champneysrestaurant.com
The Deerfield Inn
413.774.5587 deerfieldinn.com
81 Old Main Street Deerfield, MA 01342

GATHER AT A NEW ENGLAND TABLE • OPEN 7 DAYS FOR LUNCH, DINNER, DRINKS • SUNDAY BRUNCH

Follow us! CISA is on Twitter @CISastaff

LOCAL HERO RESTAURANTS

My Main Squeeze

48 Shaker Road, East Longmeadow
413-525-2533 • mymainsqueezejbar.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 handmade 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

Café and coffee roaster featuring daily specials for breakfast, brunch, lunch, and dinner. Prepared fresh daily using local ingredients whenever possible. Vegetarian, vegan, and gluten-free options. Outdoor garden seating available.

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.



AUTHENTIC LOCAL FOOD & DRINK AT THE MONTAGUE BOOKMILL
WITH OUTDOOR SEATING OVERLOOKING THE SAWMILL RIVER

440 GREENFIELD ROAD, MONTAGUE, MA 01351 • THEALVAHSTONE.COM

HWH A Howard Wein Hospitality Venture



Healthy living starts here

Classic Kitchens & Baths

www.classic-kitchens.com
20 Colrain St, Greenfield
413-774-4714

LOCAL HERO RESTAURANTS

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.



The Alvah Stone, Montague

CISA photo

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 • thelaughtingtomato.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.

Local

16 Main Street, Northampton

413-586-5857 • localnorthampton.com

Voted "Best Burger in MA" by *USA Today*, and "Best Burger" by *Masslive.com* and *The Advocate*. This family-owned restaurant offers beef, veggie, and turkey burgers, fried pickles, beer battered onion rings, Captain Crunch chicken, milkshakes, and more. Everything is homemade, never frozen. We use local meats, produce, and products whenever possible. Open Sunday–Thursday 11:30am–10pm; Friday–Saturday 11:30am–3am.

Northampton Brewery

11 Brewster Court, Northampton

413-584-9903 • northamptonbrewery.com

The Valley's original brewpub, serving

an eclectic menu featuring a new twist on traditional pub favorites. Monday–Saturday 11:30am–1am; Sunday noon–1am.

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.

Sam's Pizzeria and Café

235 Main Street, Northampton

413-587-2677 • samspizzeria.com

Delicious fresh gourmet pizza and salads

with an emphasis on local ingredients. We feature live music, sandwiches, grinders, soups, beer and wine, a full espresso bar, and homemade desserts. We also offer many gluten-free options including pizza, sandwiches, and dessert. Catering available and a drop off point for local CSA shares. Open Sunday–Thursday 11am–10pm; Friday–Saturday until 3am.

Spoletto

1 Bridge Street, Northampton

413-586-6313 • spoletorestaurants.com

Serving contemporary Italian food, Spoleto has an intimate and vibrant atmosphere. Daily specials and menu items use local ingredients as available from local farms. Come enjoy our new menu with exciting drinks, a great wine list, and excellent food. Serving dinner daily, open Monday–Thursday 4:30–10pm, Friday–Saturday 4:30–11pm, and Sunday 4:30–9pm. Reservations accepted every day.

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.

local roots, strong communities

our delicious breakfast and lunch are locally sourced, Massachusetts non-GMO wraps, Vermont and New Hampshire eggs and dairy, and all our meats are humanely raised on family farms.



48 No. Pleasant St, Amherst • worksbakerycafe.com

LOCAL HERO RESTAURANTS

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.

West End Pub

16 State Street, Shelburne Falls
413-625-6216 • westendpubinfo.com

An intimate upscale pub located in a historic building on the Deerfield River with a widely varied menu. We feature many local items including local beef, maple syrup, produce, ciders, kim-chee, goat cheese, eggs, beers, and liquors.

We serve lunch and dinner daily (except Mondays) in a riverfront dining room with fabulous river and mountain views adjacent to the world-famous Bridge of Flowers.

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

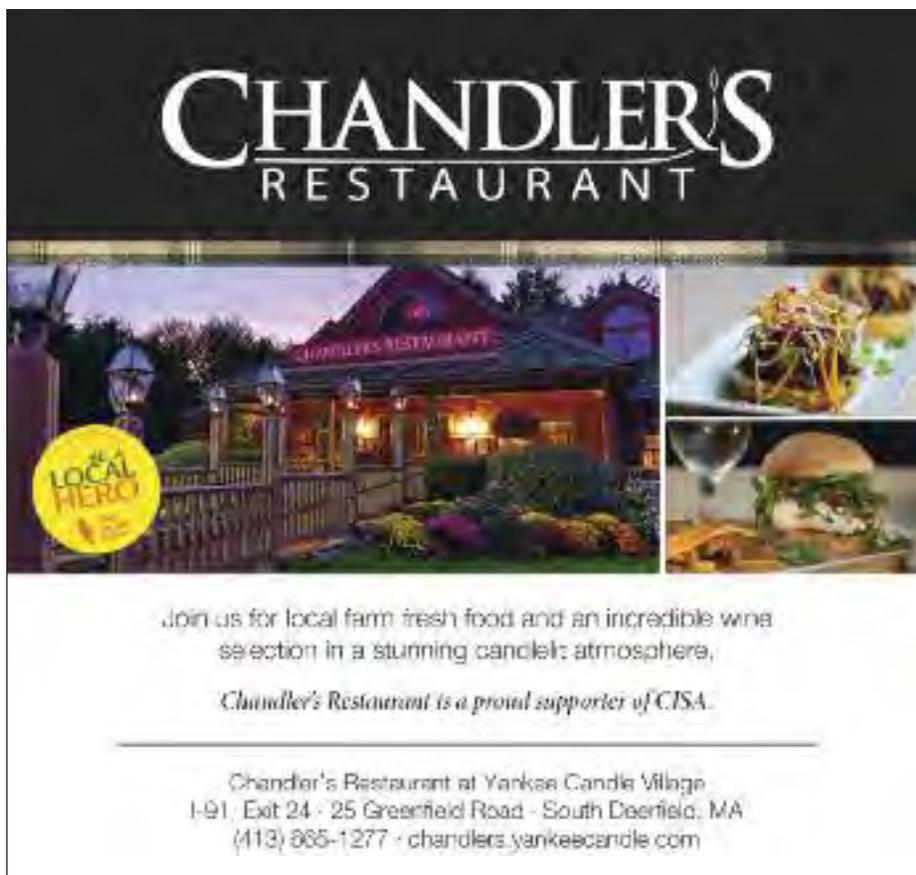
felixfamilyristorante.com

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



CHANDLER'S
RESTAURANT

Join us for local farm fresh food and an incredible wine selection in a stunning candlelit atmosphere.

Chandler's Restaurant is a proud supporter of CISA.

Chandler's Restaurant at Yankee Candle Village
I-91, Exit 24 • 25 Greenfield Road • South Deerfield, MA
(413) 665-1277 • chandlers.yankeecandle.com

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!

SUNDERLAND

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.

Honeycomb
CISA photo

LOCAL HERO RESTAURANTS

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.

Lattitude Restaurant

1338 Memorial Avenue,
West Springfield • 413-241-8888
lattitude1338.com

Lattitude 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.



Bottega Cucina, West Springfield

CISA photo

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.

WHATELY

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.



For a quote, call 413-585-5292

STRONGEST MEDIA REACH IN THE PIONEER VALLEY

COMMUNITY AD CISA



LOCAL HERO SPECIALTY PRODUCERS

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

Artifact Cider Project is a micro-cidery based in Springfield, Massachusetts. Combining classic cidemaking 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

Forest Products Associates, Greenfield

CISA photo

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 • mitierratortillas.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 • buymotheronline.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 buymotheronline.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.



Real Pickles, Greenfield

Jason Threlfall photo

Greater Quabbin



Food Alliance

The Food Alliance is a regional, cross-sector network that connects people and resources within our food systems in the North Quabbin and beyond. The Alliance is coordinated and fiscally sponsored by Mount Grace Land Conservation Trust in Athol, MA.

- MEET & NETWORK at our bi-annual forum
- CONNECT & SHARE on our listserv
- LEARN & STAY INFORMED on our website



www.mountgrace.org

Join Now!

quabbinfoodalliance.wordpress.com

www.facebook.com/quabbinfoodalliance

**Protecting our local farms.
Strengthening our local food systems.**

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



Local Hero specialty producer gift basket CISA photo



Richardson's Candy Kitchen, Deerfield CISA photo

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
richardsonscandy.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.

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Conway, MA 01341

800-634-5557

www.oescoinc.com



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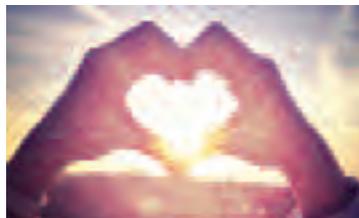
Exciting recipes (each box makes 2-4 batches) plus Jamline number included.

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Florence Bank

florencebank.com

Member FDIC / Member DIF



Bree-Z-Knoll Farm, Leyden
CISA photo

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



Golonka Farm, Whately
CISA photo

LOCAL HERO WHOLESALERS & DISTRIBUTORS

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.

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Hatfield, MA



Joe Czajkowski Farm, Hadley
CISA photo

Szawlowski 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.

Partners with local growers for over 40 years



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Butter • Eggs • Cheese

Locally owned and operated

Wholesale Distribution • Trucking
2012 CISA Local Hero Award Recipient
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1315 Federal Street
Belchertown, MA 01007



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

Amherst Wednesday Market

CISA photo

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

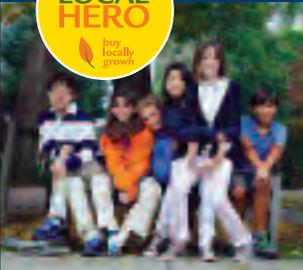
759 Chestnut Street, Springfield
413-794-4267

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



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LOCAL HERO DINING SERVICES

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

Supporting Local Food Systems



413-772-3122

John Ward • John@solarstoreofgreenfield.com

Claire Chang • Claire@solarstoreofgreenfield.com

2 Fiske Ave, Greenfield, MA • solarstoreofgreenfield.com

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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
northamptonnsurvival.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.

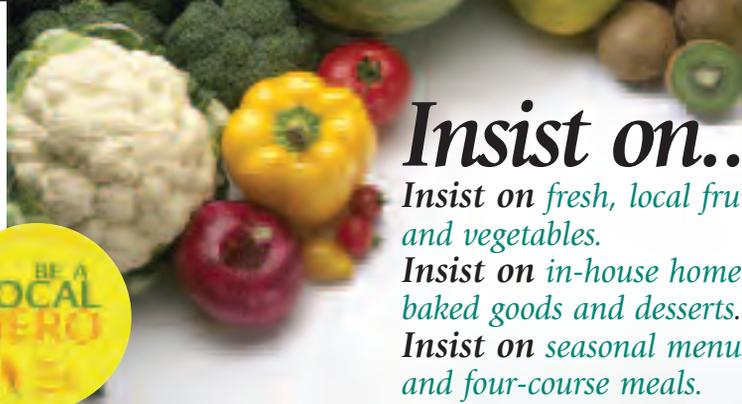
Rockridge Retirement Community

25 and 37 Coles Meadow Road, Northampton • 413-586-2902
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.

WEEKLY LIVESTOCK AUCTION
All Buyers & Sellers Welcome
Sale every Tuesday
Consignments start at 9am
Sale begins at 12 noon
Northampton Co-op Auction
353 Long Plain Road
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(413) 665-8774
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Hay and Grain

Insist on...
Insist on fresh, local fruits and vegetables.
Insist on in-house homemade baked goods and desserts.
Insist on seasonal menus and four-course meals.

Rockridge Retirement Community is proud to support CISA, our local farmers and agriculture. We take pride in every meal we serve.

Insist on Rockridge.
Offering Independent and Assisted Living, affordable Residential Care, and the Gardens Neighborhood for Memory Support

Rockridge
A Deaconess Abundant Life Community, a not-for-profit organization

25 and 37 Coles Meadow Road • Northampton, MA 01060
413-586-2902 • www.rockridgema.org





The Kitchen Garden, Sunderland
CISA photo

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
(Northfield Coffee and Books)
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



Volunteers distributing produce through CISA's Senior FarmShare program, Mason Square Senior Center, Springfield

CISA photo

HAMPSHIRE 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 Thornes 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

WINTER FARMERS' MARKETS

Amherst*

Amherst Regional Middle School
170 Chestnut Street
Saturday 10am–2pm
December 5 to March 26
(except January 16)

Greenfield*

Location TBD
1st Saturday of the month, 10am–1pm
November 7 to March 5
(plus November 21)

Northampton*

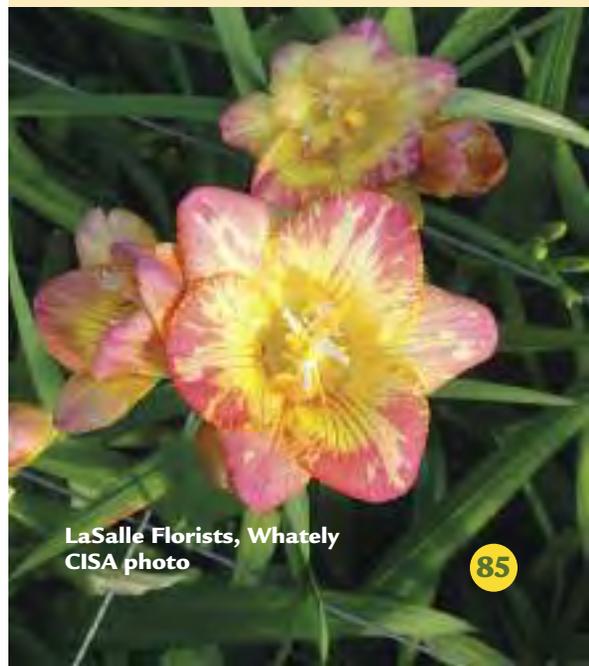
Smith Vocational and Agricultural High School
80 Locust Street
Saturday 9am–2pm
November 14 to April 30
(no market December 26)

Springfield* Old Monkey House in Forest Park

302 Sumner Avenue
2nd and 4th Saturday of the month, 10am–2pm
November 14 to April 23

Wilbraham Winter Market

Gardens of Wilbraham
2301 Boston Road
2nd and 4th Saturday of the month, 10am–2pm
November 14 to April 23



LaSalle Florists, Whately
CISA photo

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Orchard in bloom, Bear Swamp Orchard, Ashfield

CISA photo

Sawmill Farm	30	Wilder Brook Farm	22	The Old Creamery Co-op	56
Sawyer Farm	52	Wilder Hill Gardens	26	Provisions	60
Seeds of Solidarity Farm	42	Winter Moon Roots	35	Quabbin Harvest	60
Sentinel Farm	17	Winterberry Farm	24	Randall's Farm & Greenhouse	59
Shattuck's Sugarhouse	18	Yang Farm	44	River Valley Market	60
Shinglebrook Farm	43	Yellow Stonehouse Farm	49	Serio's Market	60
Shoestring Farm	24			Squash, Inc.	78
Sidehill Farm	37			State Street Fruit Store	60
Simple Gifts Farm	11			Sutter Meats	60
Sixteen Acres Garden Center	46			This Week's Box/ Bay State Fish Share	56
Small Ones Farm	12			Valley Green Feast	60
Smiarowski Farm Stand and Creamery	46			Whole Foods Market	59
Songline Emu Farm	30			The Williamsburg Market	62
South Wind Farm	42				
Steady Lane Farm	14				
Stillman's Quality Meats, LLC	36				
Stockbridge Farm	44				
Stone Soup Farm	35				
Stonegate Farm	26				
Stony Creek Farm	40				
Summit Farm	18				
Sunrise Farms	24				
Sunset Farm	12				
Sweet Morning Farm	39				
Sweethaven Farm	16				
Sweetwater Farm	42				
Szawlowski Potato Farms, Inc.	79				
Tanstaaff Farm	33				
Teddy C. Smiarowski Farm	37				
Thomas Farm	46				
Trillium Farm	42				
Twenty Acre Farm and Greenhouses	35				
Twin Maples Farm	51				
Twin Oaks Farm	79				
Upinngil Farm	30				
Valley View Farm	37				
Vollinger Farm	30				
W & W Farms	51				
Walnut Hill Farm	19				
Wandering Brook Farm	33				
Warm Colors Apiary	44				
Warner Farm	46				
West Granville Blueberries	32				
Wheel-View Farm	43				
White House Farm	45				
Whitney Acres Farm	16				
Wild Rose Farm	30				

LANDSCAPE & GARDEN CENTERS

Broadfork Permaculture: Edible Landscapes and Ecological Design	54
Hadley Garden Center	54
Megan's Valley Garden & Landscape Supply	54
New England Wild Flower Society at Nasami Farm	54

RETAILERS

AC's Main Street Market	62
All Things Local Coop Market	56
Armata's Market	59
Atkins Farms Country Market	56
Barstow's Dairy Store and Bakery at Longview Farm	58
Big E's Supermarket	56
Big Y World Class Market: Amherst	56
Big Y World Class Market: Greenfield	57
Big Y World Class Market: Northampton	59
Big Y World Class Market: Southampton	62
Cooper's Corner	57
Cornucopia Foods	59
Elmer's Store	56
Foster's Supermarket	57
Fresh Acres Market	62
Green Fields Market	58
Greenfield Farmers Cooperative Exchange	58
Hager's Farm Market	61
Keystone Market	61
Leverett Village Co-op	59
Maple Farm Foods	58
Mapleline Farm Home Delivery/Rao's Coffee Roasting Co.	59
McCusker's Market	61
Millstone Farm Market	62
New England Felting Supply	56
North Hadley Market	59

RESTAURANTS

 = Meets CISA's highest standard for local purchasing.

30 Boltwood at The Lord Jeffery Inn	64
Alice's Kitchen	65
Alina's Ristorante	67
 The Alvah Stone	67
Auntie Cathie's Kitchen	72
Beets & Barley Catering	67
 Bistro Les Gras	68
The Black Sheep Deli	64
Blue Heron Restaurant & Catering	71
Bottega Cucina	72
Bread and Butter	64
BridgeSide Grille	71
Bub's BBQ	71
Bueno Y Sano	68
Buon Appetito Ristorante	72
Center Square Grill	65
 Champney's Restaurant & Tavern at the Deerfield Inn	65
Chandler's Restaurant	70
Chez Albert	64
Coco & The Cellar Bar	66
 Cup and Top Café	66
The Dirty Truth	68
Dobra Tea	68
Eastside Grill	68
Esselon Café	67
The Farm Table at Kringle Candle	65
Felix's Family Ristorante	70

Fitzwilly's Restaurant	68	Small Oven Bakery	66
 Five Eyed Fox	71	Spoletto	69
 The Gill Tavern	66	Sylvester's Restaurant	69
GoBerry: Amherst	64	Taylor's Tavern & Restaurant	66
GoBerry: Northampton	68	A Touch of Garlic	71
Great Wall Chinese Restaurant	66	Wagon Wheel Restaurant	66
Hearty Eats	70	West End Pub	70
Henion Bakery	64	The Whately Inn	72
High Horse Brewing	64	Wheelhouse Farm Truck	65
Hillside Pizza: Bernardston	65	Woodstar Café	69

SPECIALTY PRODUCERS

Hope & Olive	66	Appalachian Naturals	74
Hungry Ghost Bread	68	Artifact Cider	74
The Hush and Proper	66	Artisan Beverage Cooperative/Green River Ambrosia Meadery	74
Jake's	68	Black Birch Vineyard	76
Johnny's Tavern	64	Blake Orchard Juicery	76
Lattitude Restaurant	72	Forest Products Associates	74
The Laughing Tomato Mobile Wood Fired Pizza	69	Lashway Lumber, Inc.	74
Local	69	Maple Valley Ice Cream	74
Lone Wolf	65	Mi Tierra Tortillas	74
 Magpie	66	Mother's Inc.	74
Market Place Bistro	70	Pioneer Valley Vinegar Works	76
Max's Tavern	71	Ponders Hollow Custom Wood, Flooring and Millwork	76
Mi Tierra Restaurant	67	Real Pickles	74
MRKT Farm to Table	70	Relish the Harvest	75
My Main Squeeze	66	Richardson's Candy Kitchen	76
Northampton Brewery	69	Stoneman Brewery LLC	75
The Passionate Pear Catering Co.	66	Tornado Firestarters LLC	75
Paul and Elizabeth's Restaurant	69		
Roadhouse Café	65		
Roberto's Restaurant	69		
Sam's Pizzeria and Café	69		



A BOUNTIFUL OPPORTUNITY:

CISA members can join UMassFive!

People join UMassFive College Credit Union because they know their best interests come first. **We offer all the same convenient products and services as any bank. The difference is that we are a not-for-profit financial cooperative looking to help everyday people.**

UMassFive also offers a **zero-interest Farm Share Loan** which gives our members the ability to finance an individual share at any local CSA (Community Supported Agriculture) farm and spread their payments over six months. The Farm Share Loan makes expenses easier to manage for both the farmer and the share-holder so that both can benefit from the rewards of excellent local agriculture. To join UMassFive, visit www.umassfive.coop.

As a local financial cooperative, we put people before profits.



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blooming

with

local color!



River Valley Market

Your locally grown food co-op

supports local farmers and food producers like Old Friends Farm in Amherst, MA, which provides our shoppers with Certified Organic food and flowers. We're proud of our partnerships with growers like Old Friends. Together, we contribute to a healthy local economy and a healthy community.



We purchased \$3,707,889 in local products in 2014.

Stop by and see what our local farmers brought in TODAY!

330 North King Street, just south of I-91 exit 21 Northampton, MA • (413) 584-2665

<http://rivervalleymarket.coop>

Open 7 days a week from 8 am to 9 pm. Membership is not required. Everyone is welcome.



SALUTE TO [REDACTED] MASSACHUSETTS AGRICULTURE

Massachusetts agriculture – from apple orchards to cranberry bogs – provides a \$13 billion boost to the state economy. And with over 500,000 acres of farmland, as well as the bountiful Atlantic Ocean, Massachusetts ag businesses celebrate a diversity that is second to none.

Farm Credit East is proud to work with agricultural businesses throughout the state, and we are committed to helping young people get involved in agriculture through our FarmStart[®] and GenerationNext programs. Thanks to our competitive rates and ag-specific financial services, Massachusetts producers have turned to Farm Credit East for support for nearly 100 years. *How can we help you?*

*Farm loans / Country Home loans / Tax services
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