

SEACOAST HARVEST

2023 Local Food Guide



Your guide to the farms, farmers' markets,
CSAs, and farm stands of Rockingham,
Strafford, and York Counties

ABOUT Us

Seacoast Eat Local is a registered 501(c)3 nonprofit organization founded in 2006. We cultivate a thriving food economy by building bridges between regional food producers and consumers. Our vision is that the Seacoast Region will have a vibrant, diverse community of successful farms and food producers and ever expanding access for consumers.

In dedication to this mission, we operate four primary programs: Farmers' Markets, the Seacoast Harvest Local Food Guide, SNAP/EBT and incentives services, and consumer education programs. Learn more about our organization, programs, and how to get involved at seacoasteatlocal.org.

Seacoast Harvest is produced and published annually in May by Seacoast Eat Local.

2023 Project Lead: Liz Joseph

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Cover photo by Caitlyn Winders, winner of our 2023 photo contest!

Want to list in Seacoast Harvest?
Email us at media@seacoasteatlocal.org



WELCOME



Welcome to Seacoast Harvest, your go-to guide for finding local food in the Seacoast of Maine and New Hampshire! Whether you're a seasoned local food enthusiast or just starting out, we're here to help you discover the abundance and diversity of food grown, raised, and harvested in our region.

Complete with a directory of over 150 farms, fisheries, and farmers' markets in the Seacoast, it is my hope that this magazine, as well as the expanded online guide (seacoastharvest.org), will be your portal to discovering the rich and varied world of local food and agriculture in our region.

In addition, Seacoast Harvest can help you find farms and markets that:

- Accept SNAP benefits
- Welcome visitors for events and agritourism
- Offer CSAs for the products you are looking for
- Sell online and/or at on-site farm stands
- Open for seasonal PYO (pick-your-own), and more!

In our seventeenth year of publishing Seacoast Harvest, I still marvel at the prolific harvest sourced from the fields and waters of our small corner of the globe. From salty oysters to specialty hot peppers, fresh ginger to milled corn flour, heirloom vegetables to pasture raised meat, mouth-watering fruit to earthy mushrooms—our local foodshed is, excuse the pun, jam-packed.

I hope that Seacoast Harvest will inspire you to explore our amazing world of local food and to become an active and engaged participant in our local food system. Doing so means that by eating delicious and nutritious food, you are also directly supporting our local economy, healthy communities, and a flourishing environment. I can't think of a better recipe for success.

In food and community,

Shawn Menard, Executive Director

PS — Like what you see here? Please share Seacoast Harvest with your friends, family, and neighbors! Bring them along to a Farmers' Market or a CSA pick-up, and be sure to stay connected with us through our website and social media.

Did you know? **This guide is also online!**

On seacoastharvest.org you can:

- ✓ Explore an interactive map
- ✓ Read expanded farm profiles
- ✓ Search for local food by products, organic certification, PYO, CSA, SNAP, and more!

seacoastharvest.org

Scan this QR code using the camera on your mobile device to go directly to Seacoast Harvest online



Scan me



@seacoasteatlocal

OUR TEAM



Caroline Beaton, Communication Coordinator

Caroline curates our social media channels, e-newsletter, blog, website, and other resources. Her work aims to ensure that our message is meaningful and resonates with our audience.

caroline@seacoateatlocal.org



Celeste Gingras, Education Programs Manager

Celeste leads our education programming which includes work with schools and youth groups, hands-on workshops for all ages, and community Mobile Market pop-up events. In her work, she aims to directly create more connections between eaters and food producers.

celeste@seacoateatlocal.org



Ali Fleming, Market Assistant

Ali operates the Seacoast Eat Local booth at our Farmers' Markets. In this role, she answers questions and provides resources to consumers while also supporting the needs of other market staff, vendors, guests, and volunteers.

ali@seacoateatlocal.org



Ian Lupica, Market Coordinator

Ian manages our summer farmers' markets in Durham, Dover, Exeter, and Portsmouth as well as winter markets in Stratham and Rollinsford. One of the things he enjoys the most is building relationships with our vendors, customers, musicians, volunteers, and other market guests.

ian@seacoateatlocal.org



Shawn Menard, Executive Director

Shawn has a background in management of Food Co-ops and now enjoys his role as the Director of Seacoast Eat Local. He oversees all operational aspects of the organization as well as fundraising, finance, personnel, marketing, and organizational development.

shawn@seacoateatlocal.org



Morgan Morani, Community Engagement Programs Manager

Morgan oversees our Farmers' Market and SNAP programs. She works closely with farmers and market operators to increase their customers while also making sure all customers have opportunities to purchase fresh healthy local food.

morgan@seacoateatlocal.org

Board of Directors

A group of volunteers serve as our board of directors. Our board is responsible for providing strategic direction of the organization and working with the Executive Director to ensure financial resources are in place to support our work. Board members serve three-year terms and are accepted on a rolling basis.

Learn more about our board members at seacoateatlocal.org/our-board

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LEAD SPONSORS



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Wendell L. Daughless Hospital

Bringing
world class
care closer
to home.

wdhospital.org



EMERY FARM

MARKET & Café

Open daily 8:00 am – 6:00 pm
147 Piscataqua Rd, Durham, NH 03824 • Emeryfarm.com



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FARMCREDITEAST.COM
800.562.2235



www.ci.durham.nh.us/boc_agricultural



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Fall Squash & Pumpkins
Sunflower Festival
Corn Maze
Horse-Drawn Wagon & Sleigh Rides

info@coppalhousefarm.com
603.659.3572
www.nhecornmaze.com
www.nhsunflower.com

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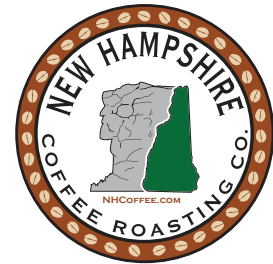


wentworthgreenhouses.com

WINNIPESAUKEE CHOCOLATES



winnepesaukeechocolates.com



nhcoffee.com



seacoastnhpermaculture.org



mrfoxcomposting.com



[instagram.com/45marketstreetbakery](https://www.instagram.com/45marketstreetbakery)



lasolastaqueria.com



Newburyport Bank
JOURNEY WELL

newburyportbank.com



GREAT WORKS
REGIONAL LAND TRUST

gwrlt.org



kitterycommunitymarket.com

SEED SPONSORS

Ann and Tom Parziale
Fat Peach Farm

McDougal Orchards
Saltbox Farm

Interested in sponsoring Seacoast Harvest? Please visit seacoasteatlocal.org/become-a-sponsor

SNAP & LOCAL FOOD

Seacoast Eat Local provides services for farmers' markets and farm stands to accept Supplemental Nutrition Assistance Program (SNAP) benefits. By allowing SNAP recipients to use their federal benefits at farmers' markets and farm stands, Seacoast Eat Local hopes to create affordable year-round access to local foods. The goal of the program is to not only improve access to fresh foods and in turn improve nutrition and health, but also to invigorate the local economy and the Seacoast region's agricultural community.

Find out if you qualify and apply for SNAP by visiting
nhsnap.org or
maine.gov/mymaineconnection

How To Use SNAP At Farmers' Markets

1. Go to your farmers' market information/SNAP tent.
2. Swipe your EBT card.
3. Get tokens and coupons to spend at the farmers' markets.

When you swipe your EBT card, the funds are matched with Granite State Market Match/Maine Harvest Bucks coupons that can be used to purchase fruits and vegetables!



Scan me

Learn more about using SNAP to buy local food
seacoasteatlocal.org/snap

FARMERS' MARKETS



SUMMER MARKETS

SUMMER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY		SUNDAY
Durham 2:30-6:00	September Harvest Market* (Somersworth) 11:30-2:30	Dover 2:30-6:00 Derry 3:00-7:00 Hampton Falls 2:00-6:00 Wells 1:30-5:00	Exeter 2:30-6:00 North Berwick 3:00-6:00	Candia 9:00-12:00 Portsmouth 8:00-12:00 Kennebunk 8:00-12:30	Saco 8:00-12:00 Sanford 8:00-12:00 Gateway York 9:00-1:00	Kittery 10:00-2:00 Salem 10:00-2:00
South Berwick 3:00-6:00	* Only in the month of September					

WINTER MARKETS

WINTER 2023-2024

MONDAY - FRIDAY	SATURDAY	SUNDAY
NO WEEKDAY MARKETS	Stratham 10:00-2:00 Rollinsford 10:00-2:00	Berwick 10:00-1:00 Tri-town 10:00-2:00 Salem 10:00-1:00

Please note: some markets occur on a rotating schedule versus every week (i.e. every 3rd Saturday). See the following pages for full market details.

FARMERS' MARKETS

SUMMER MARKETS

Candia Farmers' Market **SNAP**

Every 3rd Saturday 9AM-12PM,
June-October
Smyth Public Library, 55 High Street
candiafarmersmarket.org

Derry HomeGrown Farm & Artisan Market

Wednesdays 3PM-7PM, June-September
Downtown Derry, 1 West Broadway
derryhomegrown.org

Exeter Farmers' Market **SNAP**

Thursdays 2:30PM-6PM, May-October
Swasey Parkway, Downtown Exeter
seacoasteatlocal.org/exeter

Hampton Falls Farmers' Market **SNAP**

Wednesdays 2-6PM, June-October
Town Common, Rte 1 & Rte 88
facebook.com/hamptonfallsfarmersmarket

Portsmouth Farmers' Market **SNAP**

Saturdays 8AM-12PM, May-November
City Hall Parking Lot, 1 Junkins Avenue
seacoasteatlocal.org/portsmouth

Salem NH Farmers' Market **SNAP**

Sundays 10AM-2PM, May-October
Tuscan Village, 10 Via Toscana
salemnhfarmersmarket.org

Dover Farmers' Market **SNAP**

Wednesdays 2:30PM-6PM, June-October
Check website for location
seacoasteatlocal.org/dover

Durham Farmers' Market **SNAP**

Mondays 2:30PM-6PM, June-October
Downtown Mini Park, 66 Main Street
seacoasteatlocal.org/durham

September Harvest Market (Somersworth)

Tuesdays 11:30AM-2:30PM, September
Next Level Church Parking Lot, 436 Route 108
septemberharvest.org

Kennebunk Farmers' Market **SNAP**

Saturdays 8AM-12:30PM, May-November
Garden Street Municipal Lot, 1 Garden Street
kennebunkfarmersmarket.com

Using SNAP to Buy Local Food



Markets listed with **SNAP** accept SNAP/EBT. Many of these markets participate in the Granite State Market Match program in New Hampshire or the Maine Harvest Bucks program in Maine. These programs are part of the National Nutrition Incentive Network and provide incentives for SNAP/EBT customers to receive matching coupons to spend on fruits and vegetables at farmers' markets. Learn more at seacoasteatlocal.org/SNAP

Vouchers for Veterans



The mission of Vouchers for Veterans is to show recognition and gratitude to Veterans living in New Hampshire and Maine by providing them with vouchers to purchase food at local farmers' markets. Vouchers for Veterans is available at a variety of summer farmers' markets annually in the month of September, as well as a variety of winter markets in the months of January-April. Veterans may redeem \$20 each week at any market they choose. For more information and a complete schedule of all markets that participate visit vouchersforveterans.org

FARMERS' MARKETS

MAY 2022–NOV. 2022

Kittery Community Market **SNAP**

Sundays 10AM-2PM, June 4–November 19
Post Office Square, 10 Shapleigh Road
kitterycommunitymarket.com

North Berwick Farmers' Market **SNAP**

Thursdays 3PM–6PM, June–September
Mill Field behind bank, 8 Main Street
tritownfarmersmarkets.com

Saco Farmers' Market

Saturdays 8AM–12PM, May 13–October 28
Saco Valley Shopping Center, Scamman Street
sacofarmersmarket.com

Sanford Farmers' Market **SNAP**

Saturdays 8AM–12PM, May–November
Central Park, 919 Main Street
sanfordfarmersmarket.org

South Berwick Farmers' Market **SNAP**

Mondays 3PM–6PM, June–September
Central Elementary School, 197 Main Street
tritownfarmersmarkets.com

Wells Farmers' Market **SNAP**

Wednesdays 1:30PM–5PM,
June–September
Wells Library, 1434 Post Road
tritownfarmersmarkets.com

Gateway York Farmers' Market

Saturdays 9AM–1PM, May 27–October 7
York Chamber of Commerce, 1 Stonewall Lane
gatewaytomaine.org/farmers-market

WINTER MARKETS _____ NOV. 2022–APRIL 2023

Salem NH Farmers' Market **SNAP**

Sundays 10AM–1PM, November–April
Labelle Winery, 14 Route 111, Derry
salemnhfarmersmarket.org

Stratham Winter Farmers' Market **SNAP**

1 Saturday a month 10AM–2PM,
November–April
Cooperative Middle School, 100 Academic Way
seacoasteatlocal.org/stratham

Rollinsford Winter Farmers' Market **SNAP**

1 Saturday a month 10AM–2PM,
November–April
Wentworth Greenhouses, 141 Rollins Road
seacoasteatlocal.org/rollinsford

Berwick Winter Farmers' Market **SNAP**

2nd Sunday of the month 10AM–1PM,
November–April
Berwick Town Hall, 11 Sullivan Street
berwickwinterfarmersmarket.com

Tri-Town Winter Farmers' Market **SNAP**

Sundays 10AM–2PM, November–April
Central Elementary School, 197 Main Street,
South Berwick
tritownfarmersmarkets.com

LISTING CRITERIA

All farms listed in *Seacoast Harvest* must produce food that they've grown, raised, or harvested themselves and be located in the Seacoast (Rockingham, Strafford or York counties).

Listings are submitted directly by the farmers and producers on an annual basis. Seacoast Eat Local is not responsible for errors or omissions. Seasonal changes are part of farming. Please call farms directly to confirm hours and product availability.

You can also visit Seacoast Harvest online for up-to-date information by scanning this QR code with the camera on your mobile device.



ROCKINGHAM COUNTY, NH

BRENTWOOD

Brookvale Mercantile

Brenda & Scott Barthelemy

470A Route 125

brookvalepinesfarm.com

Raw milk, fresh made baked goods, chicken pot pie, eggs, pork, beef, raw maple milk, raw milk yogurt



Dunk's Mushroom Products & Foraging, LLC

William (Dunk) Dunkerley

313 Route 125

dunksmushrooms.com

Mushrooms



Meadow's Mirth Farm

Josh Jennings

287 South Road

meadowsmirth.com

A wide variety of vegetables including carrots, beets, tomatoes, and greens



Stout Oak Farm

Kate & Jeff Donald

83 Middle Road

stoutoakfarm.com

Baby greens, carrots, tomatoes, lettuce, kale, micro-greens, zucchini, cucumbers, cabbage, herbs



CANDIA

Back to Nature Farm

Richard Ascolillo & Danielle Gomes

613 High Street

bit.ly/backtonaturefarm

Chicken eggs, quail eggs, whole quail, tomatoes, eggplants, peppers, cabbage, broccoli, radishes, basil



Candia Vineyards

Bob Dabrowski

702 High Street

Wine, grapes, peaches, horseradish



Charmingfare Farm

John Pyteraf

774 High Street (Route 27)

visitthefarm.com

Beef, pork, lamb, turkey, chicken, eggs, hay, compost



Jack's Honey

The Kuhn Family

67 Baker Road

jackshoney.com

Honey, comb honey, creamed honey, honey sticks, bee pollen, beeswax lip balm, beeswax candles, beeswax, catnip, gift baskets



CHESTER

Field to Fork Farm

Patrick & Daniela Connelly

522 Haverhill Road

fieldtoforkfarm.com

Grass fed beef by the cut, ground beef, stew meat, beef bones



Folsom's Sugar House

Brian & Sue Folsom

130 Candia Road

folsomsugarhouse.com

Pure NH maple syrup, cream, candy and sugar, maple BBQ sauce, pancake mixes, maple mustard and peppers



DEERFIELD

Anderson's Mini-Maples

Steve Anderson

47 Nottingham Road

Maple syrup, maple candy, maple coated pecans, dinner plate dahlias

DERRY

Appolo Vineyards

Mike & Faith Appolo

49 Lawrence Road

appolovineyards.com

Wines with NH grown and locally sourced grapes



EAST KINGSTON

Little Pond Farm, LLC

Keri Marshall & Peter Mahar

47 Depot Road

Blueberries



EPPING

Inkwell Farm

John Bennett & Jean Calaci

106 Hedding Road

inkwellfarm.com

Blueberries



Farm Stand/Store: farm sells their products and products of other local producers at their farm in either a staffed or self service structure. Check with the farm for hours and seasonality.



CSA (Community Supported Agriculture): customers pay a deposit up front in exchange for a share of the farm's harvest on a recurring basis.



Online Store: this indicates a farm sells their products on their own website.



PYO (Pick-your-own): you may visit this farm seasonally to pick the products right out of the field or growing site. Contact the farm for hours and availability.



Agritourism: this farm welcomes visitors for seasonal events, workshops, and tours. Note that some farms require calling ahead.



New! : this farm opened within the last year!

ORGANIC:

these farms offer products that are certified organic. Note that some farms may be certified in one product (i.e. meat) and not another (veggies).

SNAP:

This farm accepts SNAP/EBT benefits for payment at their farm.

Riverslea Farm

Jeff & Liz Conrad

362 North River Road

riversleafarm.com

USDA cuts of lamb, goat, washable lambskins, yarn, knit goods, roving



White Gate Farm

Susan McGeough

119 Prescott Road

whitegatefarmnh.org

Pears, peaches, vegetables, meat, eggs, maple syrup, honey



FREMONT

Flying M Farm

Leanne Miner

63 South Road

flyingmfarmnh.com

Eggs, poultry, rabbit



GREENLAND

Great Bay Farm/Breezy Hill Creamery

Allen Smith, Erick & Leah Lafferty

166 Newton Road

facebook.com/greatbayfarm

Beef, milk, cheese



Kellie Brook Farm

Tim & Kellie Rocha

1024 Portsmouth Avenue

kelliebrookfarm.com

Pork, turkey, frozen prepared meals



HAMPSTEAD

Sweet Baby Vineyard

Lewis & Stacey Eaton

260 Stage Road

sweetbabyvineyard.com

Wine



FARMS

HAMPTON

Hurd Farm

Steve Hurd
11 Old Stage Road
hurdfarm.com
Beef, pork, chicken, turkey, eggs



HAMPTON FALLS

Applecrest Farm Orchards

The Wagner Family
133 Exeter Road (Route 88)
applecrest.com
Strawberries, blueberries, raspberries,
peaches, apples, pumpkins, vegetables,
apple cider, cider donuts, pies



Jesta Farm

Sue Veilleux
190 Drinkwater Road
Raw Nubian goat milk, pastured meat
chickens, chicken eggs



Watterson Farm, LLC

Lauren Belliveau
132 Drinkwater Road
wattersonfarm.com
Chicken, duck, turkey



KENSINGTON

Crows' Feat Farm

The Crows' Feat Farm Cooperative
178-180 Drinkwater Road
crowsfeatfarm.org
A wide variety of vegetables, fruits,
flowers, honey



Hidden Brook Farm

Chris & Holly Batchelder
facebook.com/
batcheldershiddenbrookfarm
7 Pine Lane
Eggs, pork, beef, raspberries, blueberries



KINGSTON

Coombs Farm

Phil & Karen Coombs
4 Little River Road
coombsfarm.com
Grass-fed milk and beef, pasture based
pork, chicken, seasonal turkey



Wild Fern Farm

Liz Willey
35 Powwow River Road
wildfernfarmnh.com
Baby greens, lettuce, kale, herbs,
tomatoes, fresh ginger, celery, radicchio,
scallions, cucumbers



LONDONDERRY

Oliver Merrill & Sons, LLC

Robert & Kenneth Merrill
569 Mammoth Road
facebook.com/olivermerrillandsons
Apples, pears, peaches, eggs, other fruits
and vegetables seasonally



Sunnycrest Farm

Daniel & Kelley Hicks
59 High Range Road
sunnycrestfarmnh.com
Fresh baked goods, homemade apple
cider, doughnuts



Victory Aquaponics

Gavin & Ross Williams
17 Brewster Road
victoryaquaponicsnh.com
Aquaponic lettuce, harvested and
bunched as whole heads with roots
included



NEWFIELDS

Squamscott Vineyard & Winery

Bill Meserve & Bob Elliott
70 Route 108
blueheronwines.com
Handcrafted 100% estate grown dry red,
white, and rosé wines



Vernon Family Farm

Jeremiah & Nicole Vernon
301 Piscassic Road
vernonfamilyfarm.com
Chicken, beef, lamb, pork, veggies,
rotisserie chicken, pot pies, soup, chicken
bone broth, chicken mac 'n cheese





Exeter Hospital and its affiliated organizations – Core Physicians and Rockingham Visiting Nurse Association & Hospice provide healthcare services that are innovative, progressive and focused on quality and the well-being of the communities in the greater New Hampshire Seacoast.



EXETER HEALTH RESOURCES

The Art of Wellness

Exeter Hospital | Core Physicians | Rockingham VNA & Hospice

exeterhospital.com | 603-580-6668

NORTH HAMPTON

Governor Dale Farm Produce

Josh Andrews
182 Post Road
[instagram.com/govdalefarmproduce](https://www.instagram.com/govdalefarmproduce)
Strawberries, tomatoes, mixed salad and bunching greens, potatoes, carrots, peas, Chinese broccoli, winter squash, radish, onions



Hobbs Farm at Throwback Brewery

Annette Lee & Nicole Carrier
7 Hobbs Road
[throwbackbrewery.com](https://www.throwbackbrewery.com)
Berries, tomatoes, herbs, eggs, pumpkins, cucumbers, greens, pork, flowers



NORTHWOOD

Short Creek Farm

Jeff Backer & Dave Viola
[shortcreek.farm](https://www.shortcreek.farm)
Salami, sausage, bacon



Sugarmomma's Maple Farm

Debra Locke
[facebook.com/sugarmommasmplefarm](https://www.facebook.com/sugarmommasmplefarm)
Maple syrup, candy, cream, nuts, sugar, popcorn and ice cream



NOTTINGHAM

Stone Wall Farm

Charlie Reid
97 McCrillis Road
Garlic, tomatoes, fingerling potatoes, cukes, herbs, flowers, Sungold cherry tomatoes, heirloom tomatoes, winter squashes, husk cherries

ORGANIC

SANDOWN

Zorvino Vineyards

Jim & Cheryl Zanello
226 Main Street
[zorvino.com](https://www.zorvino.com)
Wine, hard seltzer, sparkling wine



SOUTH HAMPTON

Heron Pond Farm

Greg Balog & Andre Cantelmo
290 Main Avenue
[heronpondfarm.com](https://www.heronpondfarm.com)
Heirloom tomatoes, salad mixes, corn, potatoes, carrots, beets, green beans, zucchini, summer squash, herbs



STRATHAM

Barker's Farm, LLC

Edie & Forrest Barker
216 Portsmouth Avenue
[barkersfarm.com](https://www.barkersfarm.com)
Tomatoes, corn, cucumbers, squash, beans, strawberries, potatoes, onions, melons, flowers



Big Scott's Local Grown, LLC

Scott Williams
9 Depot Road
[facebook.com/bigsscotslocalgrown](https://www.facebook.com/bigsscotslocalgrown)
Microgreens including salad mix, smoothie mix, leek, snow pea, radish, lettuce mix, spicy mustard

Blueberry Bay Farm, LLC

Ron & Lois Laurence
38 Depot Road
[blueberrybayfarm.com](https://www.blueberrybayfarm.com)
Blueberries, strawberries, raspberries, blackberries, garlic, lettuce, flowers, peaches, cherries, vegetables



Saltbox Farm

Peter Goodrich
321 Portsmouth Avenue
seacoastharvest.org/farm/saltbox-farm
Blueberries, raspberries, flowers, sunflowers, cutting flowers, peonies, vegetables, bakery products made on premises



Saltonstall Farm

Kyle & Sophie Saltonstall
61 Stratham Heights Road
[saltonstallfarm.com](https://www.saltonstallfarm.com)
Strawberries, raspberries, melons



Wake Robin Farm

Robert, Marsha & Abigail Wiggin
52 Union Road
[wakerobinfarm.wordpress.com](https://www.wakerobinfarm.wordpress.com)
Eggs, tomatoes, watermelon, corn, greens, carrots, herbs, flowers



STRAFFORD COUNTY (NH)

BARRINGTON

Brasen Hill Farm, LLC

Eleanor Kane & Theo Weigand, owners
Amy and Kyle Forsyth, operators
71 Warren Road
brasenhillfarm.com

Eggs, grassfed beef, grassfed lamb,
pastured chicken, pastured pork,
vegetables, herbs, honey



CDR Farm

Deborah & Craig Rogers
68 Greenhill Road
Eggs, chicken, duck, catnip, herbs, wild
blueberries, maple syrup, poultry coops



Determination Farms

Carla Robidas
36 Weeks Lane
determinationfarms.com
A wide variety of vegetables including
greens, snowpeas, green beans, broccoli,
cabbage, carrots, garlic, cucumbers,
tomatoes, peppers



Living Land Permaculture Homestead

Steve Diamond & Amy Antonucci
livinglandpermaculture.com
Eggs, Dominique chicken pullets, Indian
Runner ducks, Nigerian Dwarf goats



Picaro Farms

Mike Vandercook
bit.ly/picarofarms
Fresh mushrooms, dried mushrooms,
medicinal mushroom extracts, mushroom
seasoning salts, prepared frozen foods



DOVER

Greenleaf Farms Littlest Herb and Flower Shop

24 Littleworth Road
facebook.com/greenleaffarmsdovernh
Herbal teas, infused-vinegar, salsa, flower
arrangements, soap, salves, seasonal
(living/dried) wreaths



DURHAM

Emery Farm

Holly Philbrick, Brad Towle
& Jameson Small
147 Piscataqua Road
emeryfarm.com
Cider donuts, honey, eggs, strawberries,
blueberries, tomatoes, peppers,
peaches



Tecce Farm

Chet Tecce
240 Mast Road
teccefarm.com
Sweet corn, tomatoes, cherry tomatoes,
peppers, eggplant, zucchini, summer
squash, cucumbers, pumpkins



5 Reasons to Eat Local Food

01. Healthy Communities

02. Food Access for All

03. Climate Action

04. Care for the Environment

05. Strong local economies

What's your Why?

FARMINGTON

Butternut Farm, LLC

Giff & Mae Burnap
195 Meaderboro Road
butternutfarm.net
Hard cider, strawberries, raspberries,
cherries, blueberries, peaches, nectarines,
apples



Clyde Farm

Jimi Tutor & Kristen Klenow
63 Meetinghouse Hill Road
clydefarm.com
Market vegetables, whole chicken,
Thanksgiving turkeys, 100% grass fed
lamb and beef, forest raised pork



Lazy Gardens Farm

Ronald & Angela Squires
1093 Meaderboro Road
Eggs, lettuce, tomatoes, cherry tomatoes,
cukes, kale, peppers (regular and hot),
beans, summer, winter squash



LEE

Blue Bell Greenhouse

Karen Jensen
105 North River Road
bluebellgreenhouse.com
Winter veggies, annuals, perennials,
herbs, veggie starts, hanging baskets,
mums, summer and winter cut flowers



Coppal House Farm

John & Carol Hutton
118 N River Road (Rt. 155)
nhcornmaze.com
Lamb, pork, sunflower oil, eggs,
asparagus, sunflowers, pumpkins, gourds,
squash



DeMeritt Hill Farm

Meg Wilson
20 Orchard Way
demeritthillfarm.com
Blueberries, peaches, apples, apple cider,
baked goods



Hickory Nut Farm

Donna-Lee Woods
22 York Lane
hickorynutfarm.com
Goat milk cheeses



Misty Meadows Herbal Center & Botanical Sanctuary

Wendy Snow Fogg
183 Wednesday Hill Road
mistymeadows.org
Bulk herbs, salves, lotions and creams,
hair and skin care, herb teas, dip and
dressing mixes



Pinewoods Yankee Farm

Tina Fottler Sawtelle & Erick Sawtelle
93 North River Road
bit.ly/pinewoodsyankeefarm
Beef, flowers, compost, hay

The Hollister Family Farm

Jeff Hollister & Stephanie Hollister
thehollisterfamilyfarm.com
Tomatoes, squash, peppers, eggplant,
cucumbers, basil, onions, greens,
seedlings, honey



Tuckaway Farm

Chuck, Laurel, Dorn & Sarah Cox
4 Captain Smith Emerson Road
facebook.com/tuckawayfarmnh
Eggs, asparagus, blueberries, elderberries,
rhubarb, peppers, tomatoes, lamb, stone-
milled cornmeal and flour



MADBURY

Card Farm

Michael Card
356 Route 108
cardfarmnh.wordpress.com
Asparagus, salad greens, tomatoes, garlic,
onions, seasonal fruit, flowers



Fat Peach Farm

Jennifer Wilhelm & Micum Davis
181 Drew Road
fatpeachfarm.com
Maple syrup, garlic, onions, shallots, root
vegetables, green beans, kale, cut flowers



MILTON

McKenzie's Farm

Brett, Annie & Jock McKenzie
71 Northeast Pond Road
mckenziefarm.com
Fruit, vegetables, maple syrup, honey,
meat, cider doughnuts, corn, apples,
strawberries



MILTON MILLS

Branch Hill Farm

Carl Siemon Family Charitable Trust
307 Applebee Road
branchhillfarm.org
Tomatoes, herbs, cucumbers, maple
syrup, honey, meat, micro-greens, plant
seedlings, carrots, hay



East Coast Aquaponics

Daniel DeBiasi & Stephen Ziadeh
Romaine lettuce, salad mix, bok choy,
Swiss chard, mustard greens

Tiny Hill Farm

Larissa Mullen & Art Haeussler
38 Willey Road
tinyhillfarm.com
Goat milk, eggs, soap, Nigerian Dwarf
dairy goats, pasture raised, heritage breed
poultry



NEW DURHAM

Diamond B Farm

Meghan Bickford
62 Main Street
bickfordsdiamondbfarm.com
Beef, pork, chicken, turkey, eggs



Miller Farm

Rich Leonard
51 Miller Road
facebook.com/miller.farm.9
Maple syrup, peaches, blueberries



ROCHESTER

Baby Greens Farm

Jared Green
10 Towle Lane
babygreensfarm.com
Micro-greens, herbs, eggs, dried spices,
tomatoes, lettuce, spinach, cucumbers



Nerdy Turnip Farm

Samantha & Caleb Monohon
123 Franklin Street
nerdyturnipfarm.com
Vegetables, fruit



Parsell Farm

Lisa Hernandez Parsell & Fermin
Hernandez
677 Pickering Road
parsellfarm.com
Strawberries, corn, cucumbers, onions,
potatoes, pumpkins, squash, tomatoes,
assorted vegetables



Sanborn Hope Farm

Joseph & Charlene Sanborn
36 Peaslee Road
Grass fed beef, pasture pork, tomatoes,
cucumbers, Swiss Chard, peppers, hot
peppers, pumpkins



Shagbark Farm

J. Griewank & J. Wakefield
Greens, honey, tomatoes, sweet peppers,
carrots, assorted squash, rhubarb, catnip
toys, berries

FAMILY FRIENDLY FARMS

Farms are great places for exploration, hands-on learning, and quality family time. They can also be an interactive way for children to learn about food, nutrition, and science! There are fun activities for every season:

- Open farm days
- Visiting farm animals
- Apple & pumpkin picking
- Maple syrup open houses
- Berry & fruit picking
- Corn mazes
- Hay rides and sleigh rides
- Cider pressing
- Family picnics
- Felting and sheep shearing
- Cut-your-own Christmas tree
- Farm festivals

Always check to make sure that a farm is open to the public, and pay attention to the hours of operation before you go to visit! If you can't make it to a farm or farm stand you can bring your kids shopping with you to the farmers market. Let them pick one or two items that they would like to try or cook at home, or let them ask the farmer for their favorite recipe. Remember to stay positive, be open to new tastes and flavors as a family, and let everyone be involved.

Talon's Organic Gardens

Dave & Pam Talon
19 Janet Street
bit.ly/talonsorganicgardens
Starter plants in the spring, vegetables,
herbs, flowers



Ten Rod Farm

Matt & Gretchen Scruton
195 Ten Rod Road
tenrodfarm.com
Pumpkins, squash, veggies, eggs, livestock
hay (round bales only)

ROLLINSFORD

Brandmoore Farm

Philip & Rebecca Brand
70 Sligo Road
brandmoorefarm.com
Eggs, pork, beef, tomatoes, onions, garlic



STRAFFORD

Berrybogg Farm

Anne Lake, Mike & Julie Butterfield
650 Province Road
berryboggfarm.com
Nine varieties of highbush blueberries,
honey, local maple syrup, assorted
vegetables



East Wind Farm

Eric & Becky Sideman
120 Perry Road
eastwindfarm.wordpress.com
Tomatoes, sheep, lamb, wool



Knife & Plow, LLC

John Herrmann
1344 Parker Mountain Road
bit.ly/knifeandplow
Fresh produce and herbs, pickles, pesto,
aioli, frozen meals, freeze dried soups,
herbs, and veggies



Trippy Acres

Melissa & Jonathan Tripp
trippyacresfarm.com
Eggs, duck, chicken, turkey, rabbit, pork



YORK COUNTY (ME)

ACTON

Blueberry Hill Farm

Keven & Darlene Ham
231 Blueberry Hill Farm Road
blueberryhillfarm.us
Highbush blueberries



Kelly Orchards

Art & Jill Kelly
82 Sanborn Road
kellyorchards.com
Blueberries, peaches, plums, apples, pears,
apple cider, hard cider



ALFRED

Three Charm Farm, LLC

Ingrid Claesson & Edward Sabatini
12 Olde Farnham Road
threecharmfarm.net
Fresh feta, plain chevre, marinated chevre
with garlic, rosemary, peppercorns, plain
yogurt



Wolf Pine Farm

Amy Sprague & Tom Harms
259 Mouse Lane
wolfpinefarm.com
Fall and winter vegetables, chicken, pork



ARUNDEL

Frinklepod Farm

Flora Brown & Noah Wentworth
244 Log Cabin Road
frinklepodfarm.com
Tomatoes, strawberries, greens, corn,
fresh herbs, flowers



BERWICK

Hackmatack Bison Farm

Conor Guptill
538 School Street
hackmatackfarm.com
Bison meat, Mangalitsa pork



Orange Circle Farm

Jeff Benton
184 Blackberry Hill Road
orangecirclefarm.com
Tomatoes, lettuce, carrots, snap peas,
green beans, onions, beets, bok choy,
onions, sweet peppers



BUXTON

Estes Blueberry Farm

Donald & Gwen Estes
158 Waterman Road
estesberryfarm.com
Blueberries, pumpkins, honey, lavender



Snell Family Farm INC

John Snell, Ramona Snell & Carolyn Snell
1000 River Road
snellfamilyfarm.com
Vegetables, apples, seed garlic, greenhouse seedlings, hanging baskets, potted perennials



CAPE NEDDICK

Simply Grown Farm

Karen McElmurry & Michael Goslin
460 Mountain Road
facebook.com/simplygrownfarm
Vegetables, flowers



EAST WATERBORO

Eden Acres Family Farm

Ali & Bryan Quincannon
255 Ossipee Hill Road
edenacresfarm.com
Apples, cider, vinegar



ELIOT

Backyard Garlic

Rebecca Hennessy & Margaret Witham
backyardgarlic.farm
Garlic



Bondgarden Farm

Paul & Helen Goransson
255 Depot Road
bondgarden.net
Beef, turkeys, pork, hay



Sandy Hill Farm

Bill Widi
sandyhillmaine.com
Fruits, veggies, flowers



Shilo Farm

Amylyn & Jonas Zev Amberger
88 Beech Road
shilo-farm.com
Eggs, elderberry, tulsi, calendula, dried flowers, medicinal herbs



KENNEBUNKPORT

Ewe & I Farm

Deb Georgitis
286 Arundel Road
instagram.com/eweandifarm
Lamb (freezer cuts), maple syrup, honey, edible flowers, fresh herbs, sheep and alpaca fiber, hand spun yarns



LEBANON

Berry Best Farm

John & Chris Bozak
33 Colburn Way
berrybestfarm.com
Blueberries, raspberries, peaches, jams



Big Tree Herb Farm

Gail Henderson
84 Upper Barley Road
bigtreeherbfarm.com
Medicinal and culinary herbs, duck eggs



Maple Moon Farm, LLC

Frank Ferrucci & Jennifer Schultz
289 Chick Road
maplemoonfarm.com
Maple syrup, free range-organic chicken eggs, organic blueberries, raspberries, blackberries



Prospect Hill Winery & Vineyard

Richard & Anita Carle
318 Orrills Hill Road
prospecthillwines.com
Wine



Spiritwind Farm, LLC

Kathy Ossinger, Brian & Briana Edmonson
57 Spiritwind Farm Road
spiritwindfarmllc.com
Eggs, seasonal vegetables, seasonal goat cheese and milk, goat milk soaps and moisturizers



LIMERICK

Libby & Son U-Picks

The Libby Family
86 Sawyer Mountain Road
libbysonupicks.com
Apples, blueberries, peaches, raspberries, plums



PYO: PICK-YOUR-OWN

At PYO farms you can harvest your own fruits and vegetables, often at a cost savings, while enjoying the farm surroundings. These farms are a great way to buy large quantities for preserving, including strawberries for jam, apples for sauce, tomatoes for canning, and more. Always call ahead before heading out to the farm as picking conditions can vary depending on weather and ripeness.

LIMINGTON

Rare Berry Farm

David Sliman & Mary Lawrence
535 Cape Road
rareberryfarm.com
Jams



LYMAN

Brookridge Boilers

Richard & Suzanne Guillemette
2144 Alfred Road
facebook.com/
brookridgeboilersmaplesyrup
Pure Maine maple syrup and maple products



NEWFIELD

Hilltop Boilers Maple Syrup

Michael & Jen Bryant
159 Elm Street
hilltopboilersmaplesyrup.com
Maple syrup, maple fudge, maple candy, maple baked beans, maple lip balm, all things maple!



NORTH BERWICK

Riverside Farm Stand & Greenhouse

Dave & Lorraine Tuttle
323 Elm Street
riversidefarmstand.com
Sweet corn, tomatoes, potatoes, asparagus, salad greens, carrots, beets, spinach, raw honey, chicken pot pies



PARSONSFIELD

Meadowfall Farm & Forage

Alisha Langerman & Evan O'Day-Senior
180 Shore Acres Road
meadowfallfarm.com
Wild mushrooms, fiddleheads, salad greens, rainbow carrots and beets, homemade jam, scones



SOUTH BERWICK

Baer's Best Farm

Charley & Carol Baer
39 Pond Road
baersbest.com
New England dry beans including Jacob's cattle, Yellow eye, Marfax, and others



Phil's Crispy Greens

Philip Sutton
14 Great Hill Road
philscrispygreens.com
Fresh ginger, black garlic, micro-greens, finishing salts



Three Sisters Farm

Maggie & Ben O'Brien
8 Earl's Road
bit.ly/threesistersfarm
Sweet corn, tomatoes, peppers, broccoli, kale, lettuce, carrots, garlic, eggplant

ORGANIC

SPRINGVALE

McDougal Orchards

Ellen, Jack, Matt & Polly McAdam
201 Hanson Ridge Road
mcdougalorchards.com
Apples, peaches, nectarines, plums, pears, fall raspberries, sweet and sour cherries, pumpkins, winter squashes



Mousam Valley Mushrooms

Emily Sharood Dickinson
21B Blanchard Road
mousamvalleymushrooms.com
Fresh specialty mushrooms

Rivard Farm

Gerard & Theresa Rivard
110 Blanchard Road
facebook.com/farmrivard
Blueberries, raspberries



Two Toad Farm

Jordan Pike & Marybeth Stocking
twotoadfarm.com
Vegetables, eggs, pork, cow cheese, yogurt, seedlings, lamb, herbs, hay



Egg Float Test for Freshness

Fill a bowl with cold water. Place a few eggs in it. If they sink to the bottom and lay on their sides, they are very fresh. If they are a few weeks old they will stand on one end at the bottom of the bowl and are still good to eat. If they float to the surface, they are no longer fresh and should be disposed of. Floating = Spoiled!

WATERBORO

Girard Farm

Joshua Girard
 385 Main Street
 girardfarm.com
 Eggs, tomatoes, cucumbers, zucchini,
 peas, lettuce, greens



WELLS

Spiller Farm

Anna & Bill Spiller
 85 Spiller Farm Lane
 spillerfarm.com
 Strawberries, raspberries, blueberries,
 apples, vegetables, pumpkins



WEST NEWFIELD

Harris Turkey Farm, LLC

Chase & Jason Harris
 267 Bridge Street
 harristurkeyfarm.com
 Broad breasted white turkeys, turkey
 pot pies, turkey chili, turkey soup,
 cheesecakes



YORK

Martha's Garden, LLC

Martha Fenn King
 Herbs, cut flower bouquets, buckets of
 flowers



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SEAFOOD

DOVER, NH

Virgin Oyster Company, LLC

Brian Gennaco
19 Tuttle Lane
virginoyster.com
Oysters

DURHAM, NH

Fox Point Oysters

Laura Brown
Little Bay, near Cedar Point
foxpointoysters.com
Oysters



KITTERY, ME

New England Fishmongers

New England Fishmongers
Captain Tim Rider & Kayla Cox
57 State Road
newenglandfishmongers.com
Sea Scallops, haddock, cod, pollock, fish
chowder, scallop chowder

PORTSMOUTH, NH

The Daily Haul

James Hayward, Heidi Marquis,
& Jolyn Hayward
1 Peirce Island Road
thedailyhaul.com
Haddock, lobsters, cod, salmon, halibut,
swordfish, mussels and steamers,
oysters, sea scallops, flounder



SEABROOK, NH

Yankee Fishermen's Cooperative

Private Cooperative of Local Fishermen
725 Ocean Boulevard
yankee-coop.com
Lobster, shellfish, assorted ground fish



Cooking Locally Caught Fish

The rule of thumb is to bake fish for 10 minutes for every one inch of fillet thickness, at 400 degrees. Dab all sides down with a paper towel. Even the slightest bit of moisture will prevent the fish from getting a crispy, golden-brown crust you definitely want.

Freezing Local Seafood

Local scallops can be frozen directly on a cookie sheet and then placed in serving size freezer bags. White fish and squid are best frozen in a salt water solution. Place a serving size in a freezer bag, add saltwater solution and lay flat in the freezer.

AVAILABILITY OF NH SEAFOOD	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
BLUEFIN TUNA												
BLUEFISH												
COD												
DOGFISH												
FLOUNDERS												
HADDOCK												
HAKE												
HERRING												
JONAH/PEEKYTOE CRAB												
LOBSTER												
MACKEREL												
MONKFISH												
NATIVE SHRIMP												
POLLOCK												
SKATE												
SCALLOPS												
SMELT												
SQUID												

CHART KEY:



REGIONAL



LOCAL

SEACOAST EAT LOCAL GET INVOLVED

We'd love to have you join us!



VOLUNTEER

at a Farmers' Market



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to support our mission



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our programs



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our social channels



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markets, events, & more!

Did you know?

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is the best way to keep in touch
with us. Subscribe today!



Scan to learn more!



@seacoasteatlocal

SEACOAST EAT LOCAL'S 2022



YEAR-AT-A-GLANCE





GROWING & CONNECTING A STRONG GRANITE STATE

Gleaning: the act of
rescuing food that
would otherwise go
to waste



Thanks to those who donated food to Gather in 2022:

Bakie Farm Initiative, Barker's Farm, Beach Pea Bakery, Butternut Farm, Emery Farm, Gov. Dale Farm, Great Bay Farm, Greenlaw Gardens, Kingman Farm at UNH, Kittery Land Trust, LeMay Family Goodworks, M&R Harvest, McKenzie's Farm, Meadowbrook Farm, Meadows Mirth, Peters Farm, Phil's Farm, Portsmouth Community Garden, Riverside Farm Stand, Saltonstall Farm, Seacoast Eat Local, Seaport Fish, Three Rivers Farmers Alliance, Tuckaway Farm, Windroc Farm, Woodman Horticultural Research Farm at UNH, and several anonymous donors.



NH Gleans is a group of gleaners across NH who work together to share best practices for gleaning our great state.

Want to volunteer or donate a crop?
More information at: www.nhgleans.org
NH Gleans is a program of Gather.

gather
FOR A HUNGER-FREE COMMUNITY

210 West Rd #3
Portsmouth, NH 03801
info@gathernh.org

SEACOAST AREA



Use our interactive map at
seacoastharvest.org/map
or scan the QR Code



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SEASONAL AVAILABILITY



	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec
Fruit												
apples	■	■	■	■	■	■		●	●	●	■	■
blueberries							●	●	●	■	■	■
cantaloupes & melons								●	●			
peaches							●	●	●			
pears								●	●			
raspberries							●	●	●			
rhubarb					●	●	●					
strawberries						●	●					
watermelon								●	●	●		
Vegetables												
asparagus					●	●	●					
beans, dry	■	■	■	■	■	■	■	■	■	●	●	■
beans, green							●	●	●			
beets	■	■	■	■	■	●	●	●	●	●	■	■
broccoli							●	●	●	●	●	■
Brussels sprouts										●	●	●
cabbage	■	■	■	■	■		●	●	●	●	■	■
carrots	■	■	■	■	■	●	●	●	●	●	●	■
corn							●	●	●			
cucumbers							●	●	●	●		
eggplant							●	●	●			
fresh herbs	▲	▲	▲	▲	▲	▲	●	●	●	▲	▲	▲
garlic	■	■	■	■	■		●	●	●	■	■	■
greens	▲	▲	▲	▲	▲	●	●	●	●	●	▲	▲
kale & collards		▲	▲	▲	▲		●	●	●	●	●	▲
leeks			▲	▲	▲	▲			●	●	●	▲
lettuce		▲	▲	▲	▲	●	●		●	●		
onions	■	■	■	■	■	●	●	●	●	●	■	■
parsnips	■	■	●	●	●				●	■	■	■
peas						●	●	●				
peppers							●	●	●	●		
potatoes	■	■	■	■	■	■	●	●	●	●	■	■
pumpkins & winter squash	■	■	■	■	■				●	●	■	■
radishes	▲	▲	▲	▲	▲	●	●	●	●	●	▲	▲
shallots	■	■	■	■	■				●	■	■	■
spinach		▲	▲	▲	▲	●	●		●	▲	▲	▲
summer squash & zucchini							●	●	●			
Swiss chard		▲	▲	▲	▲	●	●	●	●	●	▲	▲
tomatoes						▲	▲	●	●	▲		
turnips	■	■	■	■	■	●	●	●	●	●	■	■

Available year-round: meat and poultry, eggs, milk, cheese, honey, maple syrup, wine, seafood
 ● fresh ■ storage ▲ greenhouse or extended season

www.seacoastharvest.org

Shopping with SNAP/EBT?



GET DISCOUNTS ON FRESH FRUITS & VEGETABLES WITH SNAP/EBT AT PARTICIPATING FARMERS' MARKETS, FARMS, AND GROCERY STORES*

HOW TO USE AN EBT CARD AT A FARMERS' MARKET



1. VISIT

the farmers' market
manager tent



2. SWIPE

your EBT card



3. GET

market tokens and
Granite State Market
Match coupons



4. SHOP

Use your tokens and coupons
to buy eligible foods

*For every \$1 spent on your EBT card at farmers' markets you will receive a \$1 in fruit and vegetable coupons. At farms and grocery stores, shop and get 50% off fresh fruits and vegetables.