

NH Lakes Region

Local Food Guide





Introduction

A Letter From UNH Cooperative Extension

Dear Readers,

Welcome to the newest edition of the Lakes Region Local Food Guide! In 2013, the first-ever edition was published and exceeded our expectations. We printed 7,500 copies and distributed them around the Lakes Region. So positive was the feedback that we decided to update to this next edition. You will find this latest edition chock-full of new farm listings, as well as updates to existing listings. Also included is information about community gardens in the Lakes Region and listings for farms that grow and sell vegetable and herb plants.

We hope that you enjoy this new edition! It has truly been a community-wide effort. From donations to fund this project, and hands to distribute the copies around the Lakes Region, many individuals have helped to make this latest edition possible.

We would also like to thank our donors, as without their help, this publication would not have come to fruition. Not only did we receive the support from local businesses and organizations, but also from individuals who feel strongly about the accessibility of local food in our communities here in the Lakes Region of New Hampshire.

Agriculture is thriving in Belknap County, and while the number of farms in the Lakes Region continues to increase, according to the most recent USDA Agriculture Census, so too does the demand for local food here in the Lakes Region. Thank you for once again supporting this important publication!

Enjoy your local farms!

Kind Regards,

Kelly G. McAdam
 Food & Agriculture Field Specialist
 UNH Cooperative Extension, Belknap County

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A Few Notes

This publication is produced by UNH Cooperative Extension.
 Address: 64 Court Street, Laconia, NH 03246.
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While considerable effort has been made to ensure the accuracy of the listings throughout this publication, the Lakes Region Local Food Guide and UNH Cooperative Extension cannot be held responsible for any errors or omissions.

Cover Photo: Little hands work to lift a heavy bag of apples on a beautiful fall day at Stonybrook Farm in Gilford, NH.

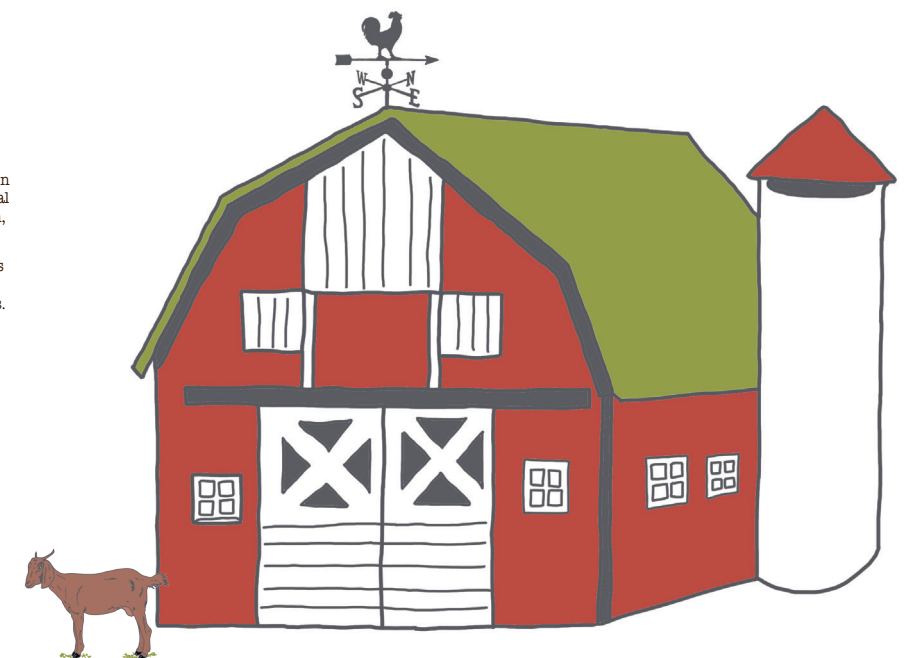
Back Cover Photo: Belknap and Gunstock Mountains watch over Winnepesaukee Woods Farm in Gilford, NH on a perfect August day.

Design, Layout, Photography, and Illustrations by
 Nicole Hogan, Creative Marketing Guru

Special thanks for photo contributions by: Randy and Sue Bullerwell of the Laconia Outdoor Thursday market for photos of local Chefs Kevin Halligan, Leslie Judice on page 15; and Sunflower Natural Food Store for photos on pages 17-19.

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Farm Listings



Aisling Farm

170 Browns Ridge Road
Ossipee, NH 03864
Phone: (603) 539-4472
Contact: Cheryl Lang
Email:
aislingfarm1@gmail.com
Products: Maple Syrup, Eggs,
Apple Cider, Rhubarb
Where: At farm by request
only (call or email ahead)
Season: Year-round. Rhubarb
through most of the summer.
We have free-range chickens.
Rabbits and lambs available.

Alice's Garden Herbals

199 College Road
Center Harbor, NH 03226
Phone: (603) 707-1976
Contact:
Diane Brennan Hulse
Email: agh@metrocast.net
Products: Medicinal Herbs,
Specialty Herb-Based Teas
Where: At farm by request
only (call or email ahead),
pick-your-own
Season: Spring, Summer, Fall.
A lovely herb farm providing
organically grown herbs
for medicinal use; specialty
beverage teas and
herb-infused products for
body and soul.

Arbutus Hill Farm

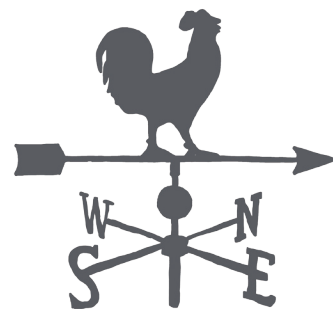
150 Arbutus Hill Road
Meredith, NH 03253
Phone: (603) 681-9921
Contact: Jennifer Mayo
Web: www.ladyfarmer.com
Email:
jennifer@ladyfarmer.com
Products: Vegetables, Beef,
Poultry, Herbs
Where: pick-your-own,
online store,
Farmers' Markets (Laconia
Farmers' Market Association,
New Hampton Stone Garden
Farmers' Market)
Season: Year-round.
We also offer pork, turkey, and
garlic. Firewood also available.

Beans & Greens Farm

245 Intervale Road
Gilford, NH 03249
Phone: (603) 293-2853
Contact: Andrew Howe
Web:
www.beansandgreensfarm.com
Email:
beansandgreensfarm@msn.com
Products: Vegetables, Small
Fruit, Honey, Maple Syrup,
Eggs, Meats
Where: Farmstand, Summer
& Winter CSA (which begins
after Oct. 31)
Season & Hours:
Year-round, 9 am–6 pm,
May 1–Oct. 31
Credit/debit cards accepted
Meats all hormone and
antibiotic free. Beef is grass
fed only. Low pesticide
use on all products—some
organically produced.

Bly Farm

620 Center Street, Route 28
Wolfeboro, NH 03894
Phone: (603) 569-1411
Contact: Vince Blandini
Email: blyfarm@comcast.net
Products: Vegetables, Small
Fruit, Maple Syrup, Eggs,
Pumpkins
Where: Farmstand
Season & Hours: Spring,
Summer, Fall, 9 am–5 pm.
We also offer jams, jellies,
home-baked pies, homemade
ice cream, bedding plants,
herbs, perennials, mums, and
honey.



Booty Family Farm LLC

610 Mt. Israel Road
Center Sandwich, NH 03227
Phone: (860) 227-0397
Contact: Stephen Bartlett
Web: Follow us on Facebook
at Booty Family Farm.
Email:
Bartlett1978@gmail.com
Products: Vegetables, Small
Fruit, Maple Syrup, Certified
Organic Produce
Where: Farmstand, Farmers'
Markets (Sandwich Farmers',
Tamworth Farmers')
Season: Year-round

Broadview Farm

37 March Road
Sanbornton, NH 03269
Phone: (603) 286-9423
Contact: Sharon McKay
Web: www.broadviewfarm.com
Email:
broadviewfarm@hotmail.com
Products: Vegetables, Honey
Where: Farmstand
Season & Hours: Summer,
Fall, seasonally, 10 am–6 pm



Carriage Hill Honey

5 Carriage Lane
Wolfeboro, NH 03894
Phone: (603) 569-6342
Contact: Fred Martin
Email:
carriagehillhoney@metrocast.net
Products: Honey, 100%
Beeswax Candles
Where: Farmers' Markets
(Wolfeboro Area Farmers'
Market, Tilton Winter
Farmers' Market)
Season: Year-round

The Community School Farm

1164 Bunker Hill Road
South Tamworth, NH 03883
Phone: (603) 323-7000
Contact:
Hannah Fleischmann
Web:
www.communityschoolnh.org
Email:
farm@communityschoolnh.org
Products: Vegetables,
Herbs, Flowers
Where: June to November
CSA, Farmstand, Farmers'
Markets (Tamworth Farmers'
Market),
Season & Hours: Spring,
Summer, Fall, 9 am–5 pm
Part of a nonprofit day
school serving students in
grades 6–12.

Cormier's Sugarhouse

1303 Mount Major Highway
Alton, NH 03810
Phone: (603) 875-7631
Contact:
Denis & Judeann Cormier
Web:
www.cormierssugarhouse.com
Email: c_egang@yahoo.com
Products: Maple Syrup,
Maple Cream/Butter, Maple
Candy, Maple Fudge, Maple
Cotton Candy
Where: Home, online store
Season & Hours: Year-round,
open daily, 9 am–5 pm, after
hours available.
We give tours to the public
during the sugaring season.
Member of the NH Maple
Producers Association.

Cracked Pine Farm and Bakery

Browns Ridge Road
Ossipee, NH 03864
Phone: (603) 539-5603
Contact:
Brenda & Mark Lush
Email:
crookedpinefarm@hotmail.com
Products: Vegetables, Eggs,
Beef, Poultry, Pork,
and Lamb
Where: At farm by request
only (call or email ahead),
Farmers' Markets (Wolfeboro
Area Farmers' Market)
Season: Year-round
Credit/debit cards accepted
We have a variety of baked
goods: breads, rolls, pies,
cookies, quick breads, and
some gluten-free desserts, all
made to order.

Currier Hill Creamery

97 Currier Hill Road
Gilmanton, NH 03237
Phone: (603) 267-8960
Contact: Shirley Malek
Email: tmalek@msn.com
Products: Vegetables, Raw
Milk, Cheese, Eggs
Where: Farmers' Markets
(Laconia Main Street Outdoor
Marketplace)
Season: Spring, Summer, Fall.
Raw goats milk, goat cheeses,
sheep cheese, and eggs

DeVylder Farm

563 Pleasant Valley Road
Wolfeboro, NH 03864
Phone: (603) 569-4110
Products: pick-your-own
Apples
Season & Hours: open daily,
9 am–5 pm

Duane Family Farm

122 Suncook Valley Road
Barnstead, NH 03218
Phone: (603) 435-6867
Contact: Rick Duane
Web: duanefamilyfarm.com
Products: Vegetables, Small
Fruit, Tree Fruit, Maple
Syrup, Apple Cider
Where: Farmstand
Season & Hours: Spring,
Summer, Fall, open daily
10 am–6 pm
Credit/debit cards accepted

Ellis Farm

9 Weston Road
Belmont, NH 03220
Phone: (603) 630-2387
Contact: Jessica Ellis-Hopkins
Email:
behold.peace.kindness@gmail.com
Products: Beef
Where: At farm by request
only (call or email ahead)
Season: Year-round

Farm by the River

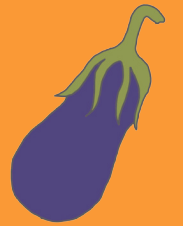
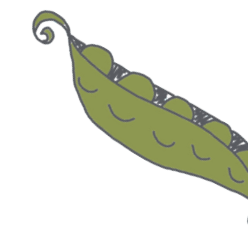
158 Province Lake Road
Effingham, NH 03882
Phone: (603) 539-7245 or
(603) 986-1504
Contact: William Klotz
Web:
www.thefarmbytheriver.com
Email:
klotzfbtr64@gmail.com
Products:
Raspberries, Lamb
Where: Summer & Winter
CSA, pick-your-own,
by request
Season: Summer Weekends,
Friday–Sunday

Fillion Maple Farm

336 Middle Route
Gilmanton, NH 03237
Phone: (603) 267-6494
Contact: Jeff Fillion
Email:
jfillion@metrocast.net
Products: Maple Syrup
Where: Farmstand
(call or email ahead)
Season: Year-round
Credit/debit cards accepted
We boil during the season daily.

Five Acre Farm

85 White Oak Road
Center Barnstead, NH
03225
Phone: (603) 776-5750 or
(603) 731-5921
Contact:
Jessica Hebert Pearson
Email:
fiveacrefarm.nh@gmail.com
Products: Eggs, Livestock
available seasonally:
Organically raised
Heritage-breed meat;
Beef, Pork, Chicken, Turkey,
Quail, Rabbit
Where: At farm by request
only (call or email ahead)
Season: Year-round



What Is a CSA?

Community Supported
Agriculture (CSA) is a
business model for selling
farm products direct to
the consumer. For a fee,
the consumer purchases
shares of farm products,
usually during the winter
months, for the promise
of a consistent supply of
food for a specified period
during the growing season.
Products traditionally
have included fruits and
vegetables, and many
farms now include meats,
eggs, and even fish from
local seacoast fisheries
as options in their CSA
shares. CSA arrangements
vary from farm to
farm, and many farms
offer delivery or pick-up
locations that are located
off the farm to provide
convenience for their
customers.



Farm Listings

Gilmanton Winery & Vineyard

528 Meadow Pond Road
Gilmanton, NH 03237
Phone: (603) 267-8251
Contact: Marshall Bishop
Web: www.gilmantonwinery.com
Email: gilmantonwinery@gmail.com
Products: Wine
Where: At the winery
Season & Hours: Year-round, Thursday–Sunday, 11 am–5 pm
Credit/debit cards accepted
We serve Sunday brunches from 9:30 am to 1:30 pm and dinner once per month. RSVP please. Check website for details.



Gitch's Funny Farm

206 Currier Road
Hill, NH 03243
Phone: (603) 934-8146
Contact: Doreen Gitschier
Web: www.gitchsfunnyfarm.com
Email: doreen@gitchsfunnyfarm.com
Products: Vegetables, Eggs, Poultry, Herbs, Pork, Rabbit
Where: At farm by request only (call or email ahead), Farmers' Markets (Bristol: Newfound Farmers' Market)
Season & Hours: Year-round, by appointment or chance. Credit/debit cards accepted

The Goat Path

348 Pinnacle Hill Road
New Hampton, NH 03256
Phone: (603) 744-0107
Contact: Valerie Fraser
Email: vafraser@metrocast.net
Products: Raw Milk, Cheese, Eggs
Where: At farm by request only (call or email ahead)
Season & Hours: Year-round, by appointment
The Goat Path: Giving the right care to your animals naturally

Heritage Farm Pancake House

15 Parker Hill Road
Sanbornton, 03269
Phone: (603) 524-5400
Contact: Matt & Rachel Swain
Web: www.heritagefarm.net
Products: Vegetables, Maple Syrup, Raw Milk, Eggs, Beef
Where: Farmstand, Restaurant
Season & Hours: Year-round, Wednesday–Saturday 8 am–12 pm, Summer: Monday–Saturday 8 am–2 pm
Credit/debit cards accepted
Home-cooked, family-style pancake breakfast; petting farm; kids playground and horse-drawn wagon and sleigh rides.



Hermit Woods Winery

72 Main Street
Meredith, NH 03253
Phone: (603) 253-7968
Contact: Bob Manley
Web: www.hermitwoods.com
Email: bob@hermitwoods.com
Products: Wine
Where: Winery, online store
Season & Hours: Year-round; Call or visit website for hours. Credit/debit cards accepted
We make a wide variety of traditional and non-traditional grape and fruit wines and meads. We offer wine tastings and tours.

Huckins Farm

52 Magoon Road
New Hampton, NH 03256
Phone: (603) 630-8720
Contact: Matty Huckins
Web: www.huckinsfarm.net
Email: mattyhuckins@live.com
Products: Raw Milk, Eggs, Raw Cream, Raw Yogurt, Hard and Soft Cheese
Where: Farmstand, Farmers' Markets, Summer CSA
Season & Hours: Year-round, 8 am–8 pm
A humane-certified farm, Grade A milk, grass-fed Jersey and Guernsey cows

Just Maple @ Green Acres Farm

475 School Street
Tilton, NH 03276
Phone: (603) 520-2373
Contact: Barbara Proulx
Web: www.justmaple.com
Email: barbara@justmaple.com
Products: Maple Syrup
Where: Farmstand, Online
Season & Hours: Year-round, 10 am–6 pm, Tuesday–Sunday, Credit/debit cards accepted
We produce maple candy, maple cream, and maple sugars.

KREBS Farm

315 Upper Bay Road
Sanbornton, NH 03269
Phone: (603) 556-9249
Contact: Ralph Rathjen
Web: www.KREBSFarm.com
Email: info@KREBSFarm.com
Products: Vegetables, Small Fruit, Tree Fruit, Maple Syrup, Herbs
Where: Farmstand
Season & Hours: Spring, Summer, Fall, 8 am–5 pm, daily
We also offer blueberries and fabulous views of Lake Winnisquam.

Meredith Center Dairy

269 Chemung Road
Meredith, NH 03253
Phone: (603) 279-4098
Web: www.thecowsandme.com
Products: Raw Milk, Pasteurized Milk, Eggs
Where: Farmers' Markets (Laconia Main Street Outdoor Marketplace)
Season & Hours: Year-round, by appointment
Grade A raw milk, dairy

Minglewood Farm

129 Lane Road
Laconia, NH 03246
Phone: (603) 528-8560 or (603) 998-2309
Contact: Karen Barker
Web: www.minglewoodfarm.co.nf
Email: minglewoodfarm@myfairpoint.net
Products: Vegetables, Small Fruit, Tree Fruit, Eggs, Herbs
Where: At farm by request only (call or email ahead)
Season: Year-round
Organic growing practices, following permaculture principles

Moore Farm

15 Moore Farm Lane
Alton, NH 03809
Phone: (603) 859-0464
Contact: Kimberly Moore
Web: moorefarmherbs.com
Email: kimmoore_wp@tds.net
Products: Vegetables, Honey, Raw Milk, Beef, Herbs
Where: Farmstand, pick-your-own, online store
Season & Hours: Year-round, open daily, 9 am–7 pm
We have Certified Herbalists on staff and a great little gift shop that is your one-stop shop!

Moulton Farm

18 Quarry Road
Meredith, NH 03253
Phone: (603) 279-3915
Contact: John Moulton
Web: www.moultonfarm.com
Email: moultonfarm@metrocast.net
Products: Vegetables, Small Fruit, Tree Fruit, Pasteurized Milk, Cheese
Where: Farmstand, online store, Summer CSA
Season & Hours: Year-round, open at 8 am
Credit/debit cards accepted
We are a 65-acre fruit and vegetable farm and garden center operating a full-service market and commercial kitchen.

Murphys Berries

79 Upper Bay Road
Sanbornton, NH 03269
Phone: (603) 524-3457
Contact: Thomas Murphy
Email: temslm@metrocast.net
Products: Small Fruit
Where: Farmstand, pick-your-own
Season & Hours: Summer, 7 am–7 pm

New Hampshire Mushroom Company, LLC

153 Gardner Hill Road
Tamworth, NH 03886
Phone: (603) 323-0097 or (603) 581-4092
Contact: Dennis Chesley
Web: www.nhmushrooms.com
Email: dennis@nhmushrooms.com
Products: Gourmet Organic Mushrooms
Where: At farm by request only (call or email ahead)
Farmers' Markets (Tilton Winter, Tamworth, Concord Summer Market, Rollinsford, Exeter).
Season & Hours: Year-round, 9 am–5 pm, closed Saturdays & Tuesdays, tours every Sunday at noon.
We grow several species of gourmet organic mushrooms indoors year-round. We offer fresh and dried wild varieties.

Norland Berries

164 North Barnstead Road
Barnstead, NH 03225
Phone: (781) 710-6111
Contact: James Norris
Web: www.norlandberries.com
Email: JNorris2731@comcast.net
Products: Small Fruit, Honey
Where: Farmstand, Farmers' Markets, pick-your-own
Season & Hours: Summer, 7 am–7 pm

No-View Farm

645 Browns Ridge Road
Wolfeboro, NH 03864
Phone: (603) 539-7838
Contact: Lawreen Strauch
Web: www.no-viewfarm.com
Email: noviewfarm@yahoo.com
Products: Naturally Raised Chicken (whole, halves and parts), Fresh Thanksgiving Turkeys (whole, halves, and parts), Custom-Cut Pork (halves and wholes), Grass-Fed Beef (mixed quarters, halves and whole)
Where: Farmstand, by request only (call or email ahead), Farmers' Markets (Wolfeboro Area Farmers' Market)
Season & Hours: Summer, Fall, Winter, by appointment
No-View Farm is a small family-run farm producing naturally and humanely raised and locally grown meats and poultry.

The Olde Ways at Mustard Seed Farm

288 Haines Hill Road
Wolfeboro, NH 03894
Phone: (603) 569-4529
Contact: Dina Farrell
Web: Find us on Facebook.
Email: mustardseedfrm@yahoo.com
Products: Vegetables, Raw Milk, Eggs, Meats, Herbs, Baked Goods
Where: Farmstand, Summer & Winter CSA
Season & Hours: Year-round, open daily 9 am–5 pm
We also sell raw yogurt and butter, aged cheese, and herbal products. We have pork and beef available for the freezer.

Petal Pushers Farm

2635 Parade Road
Laconia, NH 03246
Phone: (603) 524-7253
Contact: Pat & Patty Gianunzio
Web: www.petalpushersfarm.com
Email: info@petalpushersfarm.com
Products: Vegetable and Herb Plants
Where: Garden Center
Season & Hours: Spring, Summer, Fall, Monday–Saturday 9 am–5 pm, Sunday 10 am–3 pm
Credit/debit cards accepted
We have a wide variety of annuals, perennials, trees and shrubs; several varieties of mulch, and much more!
Our retail store carries many products made in New Hampshire.

Demystifying the Organic Label



Organic, local, non-GMO, heirloom, open-pollinated, naturally raised, free-range, grass-fed. It is difficult to keep marketing labels straight these days when purchasing food. The word "organic" is a labeling term regulated by the US Department of Agriculture (USDA). By definition, organic means that the food or other agricultural product has been produced through methods that integrate cultural, biological, and mechanical practices that foster cycling of resources, promote ecological balance, and conserve biodiversity.

Organic growers embrace practices that are in balance with the natural environment and are required to build and improve the soil. For an operation to become certified organic, they must be approved by a qualified certifying agency such as the NH Department of Agriculture, Markets & Food, or the Maine Organic Farming and Gardeners Association (MOFGA). Certification usually involves a site visit and inspection by the certifying agency, review of all farm plans, and close monitoring of farming practices. However, while many farms may not carry the organic certification, they may still use organic growing practices. Purchasing directly from the farm is the best way to learn more about the growing practices used to produce your food.

Farm Listings



Pick Your Own at 275 Morrill St.

275 Morrill Street
Gilford, NH, 03249
Phone: (603) 528-4316
Contact: Gary Doucette
Email:
gdoucett@metrocast.net
Products: Apples
Where: pick-your-own
Season & Hours: Fall,
Weekdays 2 pm–5 pm,
Weekends 10 am–5 pm
McIntosh, Cortland, Macoun,
and Red Delicious Apples

Picnic Rock Farms LLC

85 Daniel Webster Highway
Meredith, NH 03253
Phone: (603) 520-0624
Contact: Ward Bird
Web:
www.picnicrockfarms.com
Email:
info@picnicrockfarms.com
Products: Vegetables, Fruit,
Dairy, Meats, Baked Goods
Where: Farmstand, Farmers'
Markets (Laconia Main Street
Outdoor Marketplace, New
Hampton),
Summer CSA
Season & Hours: Spring,
Summer, Fall, 9 am–6 pm
Credit/debit cards accepted
Oldest established roadside
vegetable market in the
state of New Hampshire.
Established as Longridge
Farm by Marshall S. Hodson
in 1935.



Pork Hill Farm

45 Pork Hill Road
Ossipee, NH 03864
Phone: (603) 539-5999
Contact: Paul Swegel and
Katie Doyle Smith
Web: www.porkhillfarm.com
Email:
porkhillfarm@gmail.com
Products: Vegetables, Herbs,
Plants
Where: We deliver wholesale
orders throughout Carroll
County, Spring, Summer, Fall
and Winter CSA pickups at
the farm in Ossipee, and the
Conway area
Season: Year-round
Credit/debit cards accepted

Red Manse Farm

5 Pittsfield Road
Loudon, NH 03307
Phone: (603) 435-9943
Contact: Earl Tuson
Web: www.redmansefarm.com
Email: earl@redmansefarm.com
Products: Vegetables, Tree
Fruit, Maple Syrup, Shiitake
Mushrooms
Where: Farmstand, Farmers'
Markets (Seacoast Eat Local
Winter Market), Summer &
Winter CSA
Season & Hours: Year-round,
Thursday–Sunday, 10 am–6 pm
Certified organic produce,
retail and wholesale. Bulk
quantities available for home
processing and storage. CSA
pickup at Sunflower Natural
Foods (Laconia), Moore
Farm Country Store (Alton),
Susty's Café (Northwood),
and Natural Choice Market
(Hooksett)

Red Fox Farm

159 Joe Jones Road
Gilmanton, NH 03237
Phone: (603) 267-1271
Contact: Daryl Hoitt
Web: www.redfoxfarm.org
Email: redfoxfarm9@gamil.com
Products: Maple Syrup, Eggs,
Herbs, Vegetables, Herb Plants
Where: At farm by request
only (call or email ahead),
Farmers Markets (Concord
Saturday Market, Laconia
Main Street Outdoor
Marketplace).
Season: Year-round
Herbs and traditional
tinctures and tonics,
speciality old-fashioned
pickles and relishes, low/no-
sugar fruit spreads.

The Remick Farm

58 Cleveland Hill Road
Tamworth, NH 03886
Phone: (603) 323-7591
Contact: Karen Sulewski
Web: www.remickmuseum.org
Email:
ksulewski@remickmuseum.org
Products: Vegetables, Honey,
Maple Syrup, Eggs, Beef
Where: Farmstand
Season & Hours: Year-round,
Monday–Friday, 9 am–5
pm, Saturdays, 9 am–4 pm
(Summer)
Credit/debit cards accepted
Museum gift store has a full
line of gifts from local artists,
farm-raised beef, eggs, honey
& maple syrup.

The Sandwich Creamery

130 Hannah Road
North Sandwich, NH 03259
Phone: (603) 284-6675
Contact: Tom Merriman
Web:
www.sandwichcreamery.com
Email:
sandwichcreamery@aol.com
Products: Cheese, Ice Cream
Where: Farmstand, online store
Season & Hours: Year-round,
9 am–10 pm, daily

Shepherd's Hut Market

637 A Morrill Street
Gilford, NH 03249
Phone: (603) 393-4696
Contact: Joyce Keyser
Email: jekeyser@metrocast.net
Products: Freezer Lamb,
Vegetables, Honey, Maple
Syrup, Eggs
Where: Farmstand, Farmers'
Markets (Laconia Main Street
Outdoor Marketplace, Gilford
Farmers' Market)
Season & Hours:
May–Sept., Tuesday,
Wednesday, Friday 1 pm–5
pm, or by appointment.
Freezer lamb and eggs year-
round at the farmhouse.
Educational programs and
needle felting workshops

Smith Orchard

184 Leavitt Road
Belmont, NH 03220
Phone: (603) 387-1514
Contact: Rob Richter
Web: www.smithorchard.com
Email: wmc@metrocast.net
Products: Tree Fruit, Honey,
Apple Cider
Where: Farmstand,
pick-your-own
Season & Hours:
Fall, 9 am–5 pm
Credit/debit cards accepted
Apple picking in a traditional
New England orchard

Song Away Farm

563 Old Shaker Road
Loudon, NH 03307
Phone: (603) 731-0405
Contact: Steve Doyon
Web:
www.songawayfarm.com
Email:
songawayfarm@comcast.net
Products: Eggs, Rabbit Meat
Where: At farm by request
only (call or email ahead)
Season: Year-round
All of our meat is hormone
and antibiotic free.

Spider Web Gardens

252 Middle Road
(US Route 109A)
Tuftonboro, NH 03816
Phone: (603) 569-5056
Contact: Annette Cram
Web:
www.spiderwebgardens.com
Email:
spiderwebgardens@netwebc.com
Products: Vegetables, Cut
Flowers, Pumpkins, Plants
Where: Farmstand, Summer CSA
Season & Hours: Year-round,
Spring, 8 am–6 pm,
Summer, 8 am–5 pm,
Fall and Winter, 8 am–4 pm
Credit/debit cards accepted
200-acre farm and garden
center. Ten acres of vegetable
and cut flower gardens.
Perennials, trees, shrubs,
potted, bedding & annual
plants and supplies

Stanton Brook Farm

69 and 77 Mount Israel Road
Sandwich, NH 03227
Phone: (603) 284-6168
Contact: Kirke Read
Web: StantonBrookFarm.com
Email:
Info@StantonBrookFarm.com
Products: Vegetables, Small
Fruit, Maple Syrup, Herbs,
Cut Flowers
Where: Farmstand, Farmers'
Markets (Sandwich Farmers'
Market)
Season & Hours: Summer, Fall
Monday–Friday 9 am–7 pm,
Saturday & Sunday 1 pm–7 pm
Credit/debit cards accepted
Kiko Goats: Goat meat and
breeding stock for sale.

Sticks & Stones Farm

107 White Oak Road
P.O. Box 186
Center Barnstead, NH 03225
Phone: (603) 776-8989
Contact: Guy Comtois
Web:
www.sticksandstonesfarm.net
Email: stikston@gmail.com
Products: Hydroponic
Vegetables & Herbs, Pasture-
Raised Poultry and Pork, Grass-
Fed Beef
Where: Farmstand, Summer CSA
Season & Hours: Summer, Fall,
Thursday–Saturday,
10 am–5 pm,
Sundays, 12 am–5 pm
Our animals are pasture raised.
We do not give them any growth
hormones or antibiotics.

Still Seeking Farm, LLC

317 Loon Pond Road
Gilmanton, NH 03237
Phone: (603) 267-5326
Contact: Keith and Michelle
Descoteaux
Web:
www.stillseekingfarmllc.com
Email: sssfarmllc@yahoo.com
Products: Vegetables, Small
Fruit, Jams, Maple Syrup, Eggs
Where: At farm by request
only (call or email ahead),
Farmers' Markets (Laconia
Farmers' Market Association,
Laconia Main Street Outdoor
Marketplace, Nottingham
Farmers' Market), Summer
CSA
Season & Hours: Year-round,
closed Mondays; call ahead
Credit/debit cards accepted
We grow nutrient-dense
vegetables.

Stonybrook Farm

128 Glidden Road
Gilford, NH 03249
Phone: (603) 293-4300
Contact: Brenda Stowe
Web: stonybrookfarmnh.com
Email:
brenda.petvet@gmail.com
Products: Small Fruit, Tree
Fruit, Maple Syrup,
Apple Cider
Where: Farmstand,
pick-your-own
Season & Hours: Summer &
Fall, open Daily July 15–
Oct. 27, 9 am–5 pm.
Picturesque farm overlooking
Lake Winnepesaukee.
Haywagon rides into orchard.
Fall farmstand: mums,
pumpkins, homemade apple
cake, maple products

SunnyHill Gardens

81 College Road
Center Harbor, NH 03226
Phone: (603) 279-8477
Contact: Eloise & Bart
Coudert
Email:
eloisebart@metrocast.net
Products: Vegetables, Small
Fruit, Tree Fruit
Where: At farm by request
only, pick-your-own
Season & Hours: Summer,
by appointment
All produce is organically
grown. Bring your own baskets
for berry picking.



Food Safety

Keeping food safe will maintain
the freshness and quality of
your food.

- * Go directly home from the
farm or farmers' market and
avoid side trips.

- * Eggs, meat, and poultry
need to be kept cold and
refrigerated at 40°F or below
once you get home.

- * Consider using a cooler with
clean ice blocks to get your
purchases home safely.

- * It is important to
store meat and poultry in
the coldest part of the
refrigerator and eggs in their
original carton on a shelf, not
in the door.

- * Use or freeze fresh whole
meat, steaks, and chops
within 3 to 5 days and
poultry within 1 to 2 days.

- * If fruit and vegetables are
placed on refrigerator shelves,
store meats and poultry on
pans and plates below produce
to prevent meat juices from
dripping on them.

- * Wash fruit and vegetables
thoroughly before you use
them, NOT when you bring
them home! Fresh produce has
a natural protective coating
that helps keep in moisture
and freshness. Washing
produce before storage
causes it to spoil faster.



Farm Listings

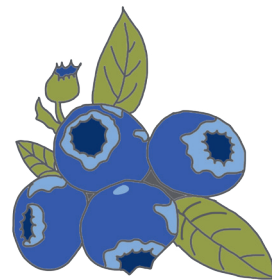


Surowiec Farm

53 Perley Hill Road
Sanbornton, NH 03894
Phone: (603) 286-4069
Contact: Katie & Stephen Surowiec
Web: www.surowiecfarm.com
Email: info@surowiecfarm.com
Products: Vegetables, Small Fruit, Tree Fruit, Herbs, Bedding, Plants, Pork
Where: Farmstand, Farmers' Markets (Concord Farmers' Market, Laconia Outdoor Marketplace, Cole Gardens Winter Market, Tilton Winter Market), pick-your-own, Summer & Fall CSA
Season & Hours: Spring, Summer, Fall, Mid-May–December, check website for days and hours open.
Credit/debit cards accepted

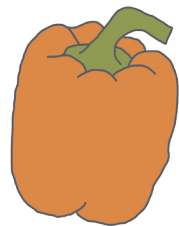
Taylor Brown Wild Blueberry Co.

305 Prospect Mountain Road
Alton, NH 03809
Phone: (603) 776-4570 or (603) 776-0432
Contact: Patti Taylor-Rogers
Products: Wild Blueberries
Where: At farm by request (call ahead)
Season: Summer, Fall, Winter. Harvest is in August.



Top of the Hill Farm

50 Martin Hill Road
Wolfeboro, NH 03225
Phone: (603) 569-3137 or (603) 817-0620
Contact: Alan Fredrickson
Email: topofthehillfarm@metrocast.net
Products: Vegetables, Beef, Pork, Lamb, Cut Flowers
Where: At farm by request only (call or email ahead), Farmers' Market (Wolfeboro Area Farmers' Market, Seacost Eat Local Winter Markets–Dover/Exeter)
Season: Year-round.
We specialize in raising top-quality, grass-fed and grain-finished natural beef.



Twillingate Farm

604 Meadow Pond Road
Gilmanton, NH 03237
Phone: (603) 267-1115
Contact: Janice Mistler
Web: TwillingateFarm.webs.com
Email: jmistler@metrocast.net
Products: Vegetables, Raw Milk, Cheese, Eggs, Goat Milk Soap, Fudge, Yogurt
Where: Farmstand, At farm by request only (call or email ahead), Farmers' Markets (Laconia Main Street Outdoor Marketplace)
Season & Hours: Year-round, 8 am–6 pm

Veggies Galore & More

501 North Barnstead Road
Center Barnstead, NH 03864
Phone: (603) 387-7539
Contact: Joanne Locke
Email: veggiesgalore@metrocast.net
Products: Vegetables, Small Fruit, Maple Syrup, Eggs, Strawberries
Where: Farmstand, pick-your-own
Season & Hours: Summer, Fall, June 15–Sept. 30, 9 am–6 pm
Credit/debit cards accepted
We also offer homemade bread and pickles and handmade quilts.

White Gates Farm LLC

2153 Cleveland Hill Road
Tamworth, NH, 03886
Phone: (603) 662-7538 or (603) 986-1115
Contact: Hank, Heather, and Reid Letarte
Web: www.whitegates-farm.com
Email: whitegatesfarm@gmail.com
Products: Vegetables, Maple Syrup, Beef, Poultry, Pork
Where: Farmstand self-serve, Farmers' Markets (Tamworth Summer and Winter Markets, Winchester Winter Market at Mahoney's Garden Center in Winchester, MA)
Season & Hours: Year-round, daily 9 am–6 pm
Credit/debit cards accepted
We specialize in educating the consumer about the health and sustainability benefits of local foods. Half and whole pigs and cows available.



Windy Fields Farm

Route 16 Ossipee
Ossipee, NH 03864
Phone: (603) 651-5877
Contact: Chris Delisle
Web: Find us on Facebook.
Email: windyfieldfarm@gmail.com, windyfieldsfarmllc@yahoo.com
Products: Vegetables, Small Fruit, Maple Syrup, Herbs
Season & Hours: Year-round, Tuesday–Saturday
Windy Fields Farm sells salsa, pickles, bread, seasonal culinary choices, pot pies, sandwiches, salads, and ice cream.

Winnepesaukee Woods Farm

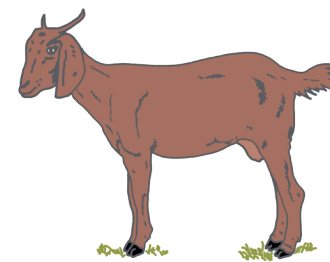
316 Woodlands Road
Alton Bay, NH 03810
Phone: (603) 855-2093
Contact: Aaron Lichtenberg
Web: www.winniwoodsfarm.com
Email: woodlandsfarmer@gmail.com
Products: Vegetables, Small Fruit, Maple Syrup, Pasturized Eggs, Beef and Pork from Top of Hill Farm, Herbs
Where: Summer & Fall CSA pickup locations in Alton, Gilmanton, Gilford, and Laconia; Farmers' Markets (Laconia Outdoor Marketplace); online store; Farm Tours by request only (call/email to schedule)
Season: Spring, Summer, Fall
Credit/debit cards and payment schedules accepted.
Our small-scale vegetable farm is located in Gilford, committed to sustainable farming practices, and happy to support the Local Food Guide. Enter coupon code: LFGDISCO and get 10% off your CSA share!

Winona Glen Farm LLC

67 Cedar Lane
New Hampton, NH 03256
Phone: (603) 279-0671
Contact: Jess Storey
Email: jepstorey@gmail.com
Products: Raw Milk, Eggs, Goat Milk Soap
Where: Farmers' Market (New Hampton-Stone Gardens Farmers Market)
Season & Hours: Year-round, call ahead.
We have a small herd of Nigerian Dwarf goats—a friendly petite dairy goat. Please call for directions, GPS is not accurate.

Woodshed Roasting Company

116 Hounsell Avenue #5
Laconia, NH 03246
Phone: (603) 737-2000
Contact: Brad Fitzgerald
Web: www.woodshedroast.com
Email: sales@woodshedroast.com
Products: Coffee
Where: Store, Farmers' Markets (Laconia Main Street Outdoor Marketplace, Tilton Winter Farmers' Market), online store
Season & Hours: Year-round, Monday–Friday 8 am–5pm
Credit/debit cards accepted
Roasters of specialty coffee, fair trade, organic, rainforest alliance



Wotton Farm

30 Circuit Road
Ossipee, NH 03864
Phone: (603) 539-8134
Contact: Joel & Kathey Wotton
Email: wottonfarm@gmail.com
Products: Vegetables, Honey, Maple Syrup, Raw Cow's Milk (both whole and skim), Cream, Plain Yogurt, Skim Milk Yogurt, Greek-Style Yogurt, Vanilla-Honey Yogurt, Lemon Yogurt, Hard Cheeses, Flavored Butters (Jalapeno, Cinnamon/Honey, Garlic, Orange-Honey, Chocolate, and Herb Butter) Eggs, Chicken, Lamb, Pork, Beef, Herbs and seasonal vegetables, starter plants.
Where: Farmstand, Farmers' Markets (Wolfeboro Area Farmers' Market)
Season & Hours: Year-round, 8 am–8 pm
Credit/debit cards accepted
We also sell starter plants.

Young Maple Ridge Sugarhouse

301 Wing Road
North Sandwich, NH 03259
Phone: (603) 662-9934
Contact: Brad Streeter
Web: www.youngmapleridgesugarhouse.com
Email: ymaplersh@yahoo.com
Products: Maple Syrup, Maple Candy, Cream, Granulated Sugar
Where: Farmers' Market (North Conway Farmers' Market), Online store
Season & Hours: Year-round, call ahead.
Credit/debit cards accepted
Demonstrations during the month of March. Open NH Maple Weekend 10-3.



Buying Quality Plants

While planning your garden for spring, you might consider purchasing seedlings, or transplants. Many vegetable plants that have lengthy maturity dates are perfect candidates for either starting indoors or purchasing transplants from your local greenhouse or garden center. Tomatoes, peppers, pumpkins, cucumbers, and squash are just a few examples. Setting these plants out in the garden as transplants can mean the difference between a short harvest window and a full harvest.

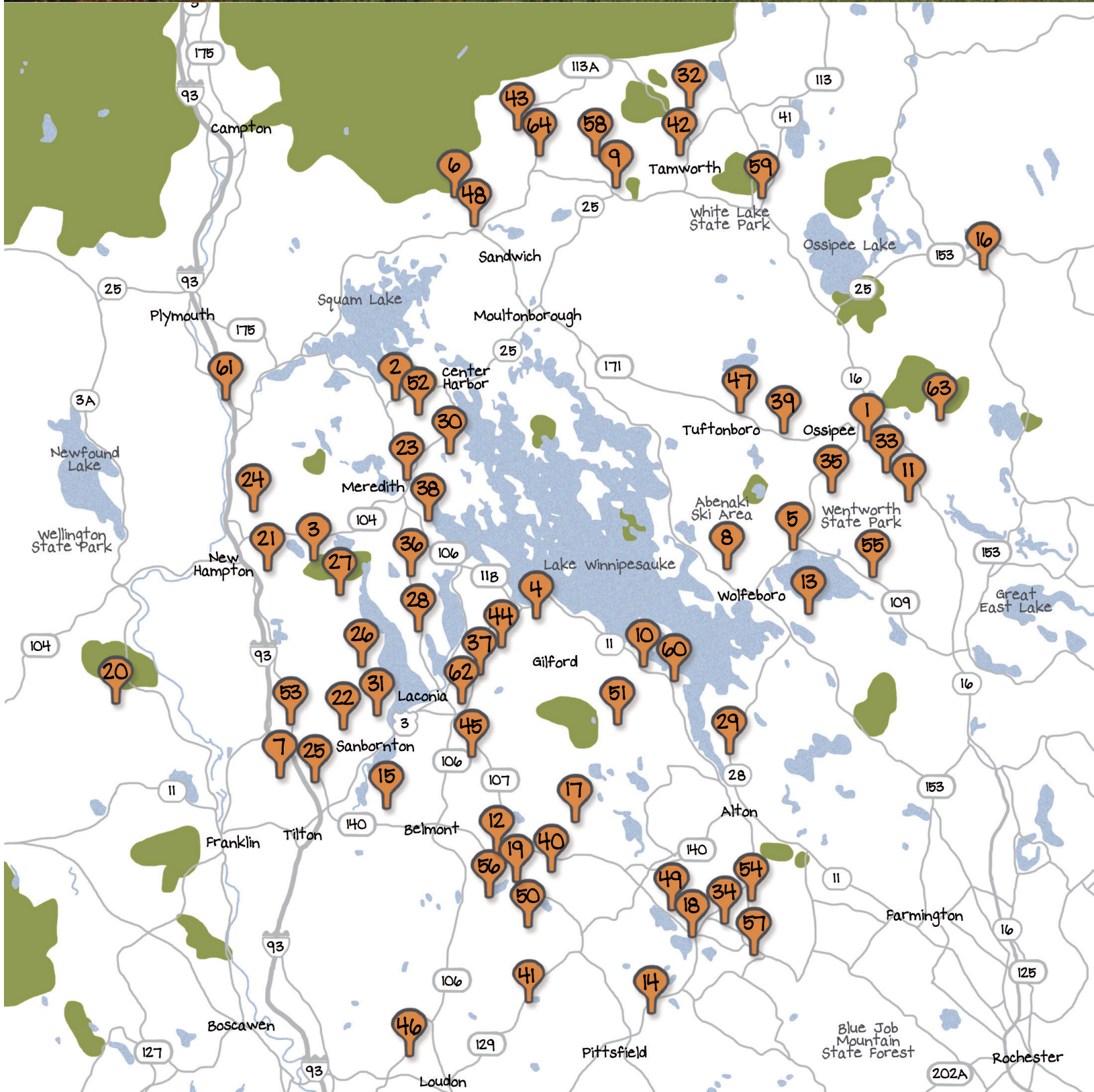
When purchasing your plants, here are a few tips to follow to make sure you are getting quality plants that will have the best success in your garden:

- * Purchase from a local greenhouse or garden center that either grows their own plants or purchases from a local grower.
- * Be sure the plants are dark green, with no lesions or spots or discoloration on the leaves.
- * Check for bugs! It does happen that bugs travel from greenhouse to greenhouse. Be sure to check the leaves, including the underside, as well as the growing tips. Insects that are commonly found on transplants include aphids, white flies, and thrips.
- * Be sure the potting soil is moist before you put your plants in the car to take them home. Do not purchase plants that are wilted.





Map of Farms



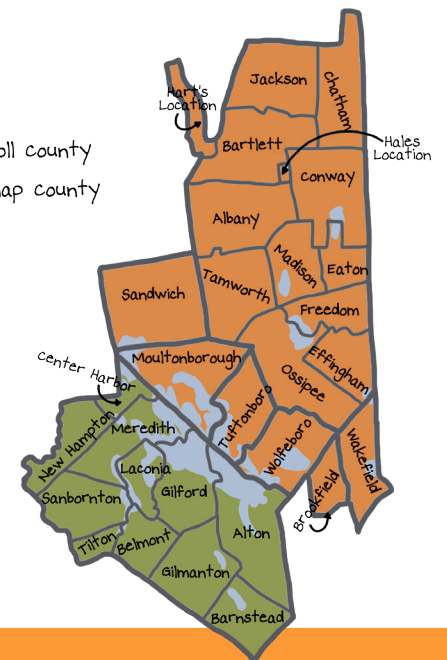
Alphabetical Farm Listings

Find the corresponding number plotted on the map to the left to locate each farm.

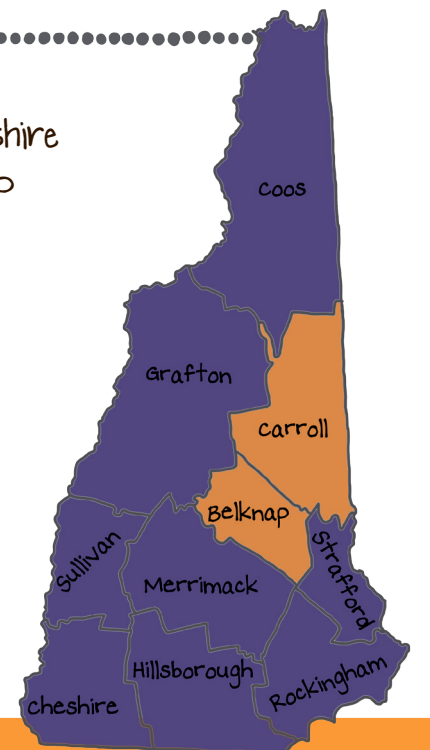
- | | | |
|----------------------------------|---|-------------------------------------|
| 1. Aisling Farm | 23. Hermit Woods Winery | 45. Smith Orchard |
| 2. Alice's Garden Herbs | 24. Huckins Farm | 46. Song Away Farm |
| 3. Arbutus Hill Farm | 25. Just Maple @ Green Acres Farm | 47. Spider Web Gardens |
| 4. Beans & Greens Farm | 26. KREBS Farm | 48. Stanton Brook Farm |
| 5. Bly Farm | 27. Meredith Center Dairy | 49. Sticks & Stones Farm |
| 6. Booty Family Farm LLC | 28. Minglewood Farm | 50. Still Seeking Farm, LLC |
| 7. Broadview Farm | 29. Moore Farm | 51. Stonybrook Farm |
| 8. Carriage Hill Honey | 30. Moulton Farm | 52. SunnyHill Gardens |
| 9. The Community School Farm | 31. Murphys Berries | 53. Surowiec Farm |
| 10. Cormier's Sugarhouse | 32. New Hampshire Mushroom Company, LLC | 54. Taylor Brown Wild Blueberry Co. |
| 11. Crooked Pine Farm and Bakery | 33. NO-VIEW FARM | 55. Top of the Hill Farm |
| 12. Currier Hill Creamery | 34. Norland Berries | 56. Twillingate Farm |
| 13. DeVlyder Farm | 35. The Olde Ways at Mustard Seed Farm | 57. Veggies Galore & More |
| 14. Duane Family Farm | 36. Petal Pushers Farm | 58. White Gates Farm LLC |
| 15. Ellis Farm | 37. Pick Your Own at 275 Morrill St | 59. Windy Fields Farm |
| 16. Farm by the River | 38. Picnic Rock Farms LLC | 60. Winnepesaukee Woods Farm |
| 17. Fillion Maple Farm | 39. Pork Hill Farm | 61. Winona Glen Farm LLC |
| 18. Five Acre Farm | 40. Red Fox Farm | 62. Woodshed Roasting Company |
| 19. Gilmanton Winery & Vineyard | 41. Red Manse Farm | 63. Wotton Farm |
| 20. Gitch's Funny Farm | 42. The Remick Farm | 64. Young Maple Ridge Sugarhouse |
| 21. The Goat Path | 43. The Sandwich Creamery | |
| 22. Heritage Farm Pancake House | 44. Shepherd's Hut Market | |

Belknap & Carroll County Towns

Carroll county
Belknap county



New Hampshire County Map



Farmers' Markets



Farmers' markets are a series of events in which a group of farmers gather in a public space to sell the products they produce. Here in the Lakes Region of New Hampshire, you can now find both summer and winter farmers' markets, as the support for locally produced food grows. Visitors to a farmers' market benefit by not only purchasing healthy, local products, but also by meeting the farmer who grows food.

Belmont Farmers' Market

Belmont Mill, Mill Street
Belmont, New Hampshire
Sundays: June 28, July 26,
Aug. 30, September 20 (2015),
9:30 am–12:30 pm
Rain or shine.
Phone: (603) 539-2440
Email: events@belmontnh.org

Effingham/Ossipee Farmers' Market

755 Route 16
Ossipee, New Hampshire
Saturdays, 10 am–2 pm
Vegetables, flowers, plants, dairy,
maple, baked goods, meat, craft
Rain or shine.
Phone: (603) 539-2440
Email: mountaingrainery@gmail.com

Franklin Farmers' Market

Franklin Regional Hospital
Franklin, New Hampshire
Tuesdays, July–Sept.,
3 pm–6 pm
Vegetables, fruits, flowers, plants,
dairy, maple, baked goods, meat.
SNAP/EBT accepted.
Phone: (603) 934-2060
ext. 8369
Web: www.lrglh.org
Email: mlee@lrglh.org

Gilford Farmers' Market

Benjamin Rowe Farm House
88 Belknap Mountain Road
Gilford, New Hampshire
Saturdays, June–Sept.,
9 am–12 pm

Gilmanton Farmers' Market

Gilmanton Year-Round Library
Gilmanton, New Hampshire
Wednesdays, 1 pm–5 pm
Organic vegetables, organic meats,
breads, cheeses, baked goods,
handmade crafts, homemade soaps,
and art work
Email: pommedefrite@hotmail.com

Laconia Farmers' Market Association

Beacon Street East
City Hall parking lot
Laconia, New Hampshire
Saturdays, June–Sept.,
8 am–12 pm
Vegetables, fruits, baked goods,
flowers, plants, maple, meats, dairy,
dog treats, Adirondack chairs, body
products, crafts.
EBT/SNAP accepted. Rain or shine.
Phone: (603) 267-5326
Web:
www.laconiafarmersmarket.com
Email:
laconiafarmersmarket@yahoo.com

Laconia Main Street Outdoor Marketplace

Municipal parking lot between
Main and Pleasant Streets
Laconia, New Hampshire
Thursdays, June–Sept., 3 pm–6 pm
Vegetables, fruits, flowers, plants,
dairy, maple, baked goods, meat,
coffee, crafts.
Phone: (603) 528-8541
Email: rsbmoose@yahoo.com



New Hampton, Stone Gardens Farmers' Market

1012 Straits Road
New Hampton, New Hampshire
Mondays, June–Sept., 3 pm–6 pm
Produce, meats, eggs, seafood,
plants, wine.

Open Air Market New Hampton

Winona Road,
Bottom of Dana Hill Road
New Hampton, New Hampshire
First Saturday of each month,
June–Oct., 9 am–2 pm
Phone: (603) 968-9530
Find us on Facebook.

Ossipee Farmers' Market

15 Moultonville Road
Ossipee, New Hampshire
Saturdays, beginning July,
10 am–1 pm
Produce, meat, cheese, baked goods,
crafts, soaps. Rain or shine.
Phone: (603) 539-7200
Email:
director@ossipeemainstreet.org



Sandwich Farmers' Market

Corner House Inn parking lot
Center Sandwich, New Hampshire
Saturdays, 9 am–11:30 am
Sandwich Church parking lot, Church
Street, Wednesdays, 4 pm–6:30 pm
Vegetables, meats, baked goods,
burritos.
Phone: (603) 287-7163
Email: bootyfamilyfarm@gmail.com

Tamworth Farmers' Market

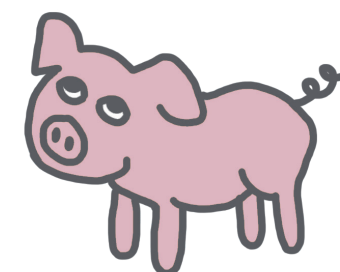
Unitarian Church parking lot
Tamworth Village, New Hampshire
Saturdays, Year-round
Summer, 9 am–12 pm,
Winter, 10 am–1 pm
Vegetables, fruit, flowers, plants,
dairy, maple, baked goods, meat,
honey, fish, crafts.
SNAP/EBT accepted.
Artisan demonstrations and music.
Rain or shine.
Phone: (603) 323-2368 ext. 2392
Email:
tamworthfarmersmarket@sunnyfield.us

Tilton Farmers' Market

Tanger Outlet Center
120 Laconia Road (exit 20 off I-93)
Tilton, New Hampshire
Fridays, July–Sept., 3 pm–7 pm
Vegetables, fruits, dairy, maple,
baked goods, meat, fish, coffee,
pasta, salsa, jams, jellies, beer, wine,
popcorn, flours, flatbread crackers,
soaps, body care, crafts. Live music.
Rain or shine.
Phone: (603) 496-1718
Web:
www.tiltonfarmersmarket.com
Email: joconnornh@yahoo.com

Wolfeboro Area Farmers' Market

Clark Park, 233 Main Street
Wolfeboro, New Hampshire
Thursdays, June–Oct.,
12:30 pm–4:30 pm
Vegetables, fruits, flowers, plants,
dairy, maple, baked goods, meat,
fish, honey, mead. SNAP/EBT
accepted. Educational demos and
music, occasionally. Rain or shine.
Phone: (603) 569-5856
Web:
wolfeboroareafarmersmarket.com
Email: wottonfarm@gmail.com



WINTER MARKETS



Ossipee Farmers' Market

755 Route 16
Ossipee, New Hampshire
Saturdays, Nov.–Mar., 10 am–2 pm.
Vegetables, flowers, plants, cheese,
maple, baked goods, meat, fish,
mushrooms, crafts.
Phone: (603) 539-2440

Tilton Winter Farmers' Market

67 East Main Street, Route 3,
AutoServ Building
Tilton, New Hampshire
Saturdays, Dec.–Mar., 10 am–2 pm
Vegetables, fruits, flowers, plants,
dairy, maple, baked goods, meat, fish,
coffee, tea, wine, beer, mushrooms,
jams, jellies, baked beans, pasta,
soups, gluten-free vegan, candy, dog
treats, body care, worms, crafts. Live
music, non-profit information.
Phone: (603) 496-1718
Web: tiltonwinterfarmersmarket.com
Email: joconnornh@yahoo.com



What's in Season



Local Agriculture Initiatives

	June		July		August		September		October	
	1-15	16-30	1-15	16-31	1-15	16-31	1-15	16-30	1-15	16-31
Fruits										
Apples										
Blueberries										
Melons										
Peaches										
Pears										
Raspberries										
Rhubarb										
Strawberries										
Vegetables										
Asparagus										
Beans (snap)										
Beans (shell)										
Beets										
Beet Greens										
Broccoli										
Brussels Sprouts										
Cabbage										
Cabbage (Chinese)										
Carrots										
Cauliflower										
Celery										
Corn										
Cucumbers										
Eggplant										
Lettuce										
Onions										
Peas										
Peppers										
Potatoes										
Pumpkins										
Salad Greens										
Scallions										
Spinach										
Summer Squash										
Swiss Chard										
Tomatoes										
Turnips/Rutabagas										
Winter Squash										

Barnstead Farmers and Gardeners Network

The Barnstead Farmers and Gardeners Network is a group of volunteers committed to promoting local agriculture in both farms and home gardens. We accomplish this through local events open to the public and educational workshops for the beginning and experienced home gardener.

Annual Events & Workshops

Barnstead Open Farm Day

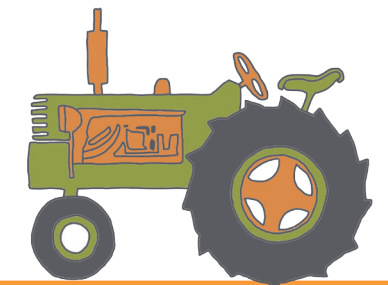
Our local farms are open to visits from the public for the day. This event, which takes place each July, showcases our varied and unique farms. A map and list of participating farms will be available prior to the event each year.

Gardening & Preserving Your Harvest Workshop Series

Evening educational sessions are held periodically throughout the year at the Oscar Foss Memorial Library in Barnstead.

Keep in Touch

For more information about these events, as well as other activities sponsored by Barnstead Farmers & Gardeners Network, please visit their Facebook page at www.facebook.com/thebarnsteadfarmersandgardenersnetwork.



Lakes Region Food Network: Creating a Vibrant & Resilient Community Food System

The Lakes Region Food Network is a grassroots group working to create a more vibrant and resilient community food system. Our efforts grew out of two community conversations, one in 2011 and a second in 2012. A report entitled "What's on Your Plate?" was produced, based on the concerns and ideas shared by the participants at these two events. Seven issue areas were identified: system change, education and skill development, economy, health and safety, security, affordability and access, and environment and energy. Our focus is on sharing information and facilitating networking among the diverse people and groups who are addressing one or more of these aspects of the food system, because we believe that working together has a greater impact than working alone. Monthly meetings take place on the second Tuesday of each month, from 2 pm to 4 pm, at the UNH Cooperative Extension office in Laconia. Visit our website at www.lrfn.org for a link to the report, or for more information about LRFN. Or, contact Karen at Karenbarker@lrfn.org or (603) 528-8560.



Farm Fresh Recipes

Broccoli Salad

Original recipe by Sunflower Natural Foods, Laconia



Ingredients:
 2 heads of broccoli, chopped
 ½ cup onion, diced
 ¼ cup sunflower seeds or cashews
 1 cup raisins or dried cranberries
 ½ lb. bacon, cooked and crumbled (optional)
 1 cup mayonnaise (or Veganise)
 ¼ cup sugar or ¼ cup honey
 3 Tbsp. apple cider vinegar

Directions:
 In a medium-sized bowl, mix mayonnaise, sugar or honey, and vinegar thoroughly. This will be your dressing.
 In a large bowl, toss the rest of the ingredients, then pour mayo dressing over and mix thoroughly. If you put the salad in the refrigerator for 4 hours, the broccoli will soften and taste cooked even though it is raw.
 If you prefer extra crunch, reserve the sunflower seeds and cashews and put them on the salad just before serving.

Vegan Chocolate Cream Pie

Recipe by Heather Poiré
 Courtesy of Sunflower Natural Foods, Laconia



Ingredients:
Crust
 18 dates, pitted
 ¼ cup raw unsalted almonds
Filling
 2 ripe organic avocados
 ⅔ cup Grade B NH maple syrup
 ½ cup almond milk
 ½ cup raw cacao
Whipped Cream Topping
 2 cans full fat organic coconut milk, chilled
 4 Tbsp. vegan powdered sugar (optional)
 1 tsp. pure vanilla extract

Directions:
 The night before, place cans of coconut milk in the fridge and the beaters and mixing bowl that you will use for the coconut whipped cream in the freezer.
Crust: In a food processor, grind pitted dates and almonds until mixture holds shape when squeezed in the palm of your hand. Place the date/almond mixture into a pie plate lined with parchment and firmly press down, working the mixture up the sides of the pie plate.
Filling: In the processor, add all ingredients and process until smooth and creamy—about 3 minutes. Scrape down sides about halfway through, if needed. Evenly spread the chocolate pudding into the pie crust. Place in fridge.
Whipped Cream Topping: Very carefully, remove the 2 cans of coconut milk from the fridge and open. With a spoon, scoop out the cream that has risen to the top, being careful not to take on any of the liquid bottom layer. Place cream from both cans in a freezer-chilled mixing bowl and whip on high for 2–4 minutes. Add powdered sugar (if using) and vanilla extract. Whip 1 minute.
 To finish, remove the pie from the fridge and pile on the coconut whipped cream, spreading evenly over the chocolate layer.
 Drizzle with pure NH maple syrup and sprinkle with maple sugar or chocolate, if desired. Cover pie with plastic wrap and allow to sit in the fridge for at least 2 hours, overnight is best.

Cream of Rabbit Soup

Recipe by Song Away Farm, Loudon, NH
 Adapted from Food Network Kitchens



Ingredients:
 ½ cup unsalted butter
 1 Spanish onion, chopped
 2 stalks celery, chopped
 3 medium carrots, chopped
 2 cloves garlic minced
 ½ cup plus 1 tablespoon flour
 8 cups chicken broth
 Dried parsley to taste
 Dried thyme to taste
 Dried tarragon to taste
 1 bay leaf
 2 cups cooked, diced rabbit meat
 ½ cup heavy cream
 2 ½ tsp. dry sherry
 1 Tbsp. kosher salt
 ½ cup pearl barley or brown rice
 Freshly ground black pepper to taste
 2 Tbsp. chopped flat-leaf parsley

Directions:
 Boil a 3+ lb. rabbit in 8 cups of chicken broth until cooked, debone as needed.
 Melt the butter in a large soup pot over medium heat. Add the onion, garlic, celery, and carrots and cook, covered, stirring occasionally, until soft. Add the flour and cook, stirring with a wooden spoon, for 2 minutes more.
 Pour in the broth and bring to a boil while whisking constantly. Add the parsley, thyme, tarragon and bay leaf to the soup. Lower the heat and simmer for 15 minutes.
 Stir in the rabbit and bring to a boil. Remove from the heat.
 Whisk the heavy cream, sherry, and salt into the soup and season with pepper to taste.
 At this point we transfer the soup to a crockpot on low and have it ready for supper. But you can divide among soup bowls, sprinkle the top of each soup with the chopped parsley and serve immediately.
 More delicious recipes can be found at:
<http://www.songawayfarm.com/rabbit-recipes.html>

Fall Salad With Maple Vinaigrette

Recipe by Winnepesaukee Woods Farm, Alton Bay, NH



Ingredients:
 1 small winter squash, peeled, seeded, and diced
 2 Tbsp. olive oil
 Salt and freshly ground black pepper
 Mixed baby greens
 Arugula
 Tomato
 ½ cup chopped salted and roasted pistachios
 1 cup chopped apples
 ½ cup crumbled feta
 ½ small shallot, minced
 2 Tbsp. red wine vinegar
 1 Tbsp. maple syrup
 1 tsp. dijon mustard
 3 Tbsp. olive oil

Directions:
 Preheat the oven to 400°F. Place the squash on a sheet tray and drizzle with the oil. Season with salt and pepper and toss. Roast for 30 minutes. Allow to cool. Make the maple vinaigrette: In a glass jar with a tight-fitting lid, combine the shallot, vinegar, maple syrup, dijon, olive oil, and salt and pepper. Shake to combine; taste and adjust seasoning. After the squash has cooled, combine all ingredients in a large serving bowl. Drizzle with dressing.

Sausage and Kale Baked Pasta

Recipe by Winnepesaukee Woods Farm, Alton Bay, NH



Ingredients:
 1 lb. spicy Italian sausage, loose
 2 medium onions, julienned
 1 to 2 bunches kale, chopped
 4 cloves garlic, smashed
 ½ cup finely grated parmesan cheese
 1 lb. penne (or other small noodle)
 ½ half and half or cream
 1 pint cherry tomatoes, halved
 1 cup grated soft cheese
 Coarse sea salt and ground pepper
 ½ cup finely grated parmesan cheese
 Add other spices if desired

Directions:
 Preheat oven to 350° F. Cook noodles 2 minutes undercooked. While noodles are cooking, brown sausage in a large pot. Add onions, stir until golden brown. Add garlic, kale, and cream to pot, season with salt and pepper, cover and saute on medium until just tender (5 minutes). Remove from heat. Add noodles, tomatoes, and soft cheese, toss well. Pour into a baking dish and top with parmesan. Bake until golden brown, approximately 30 minutes.

Tomato Soup

Original recipe by Sunflower Natural Foods, Laconia



Ingredients:
 2 large tomatoes
 ¼ cup canola (or other cooking) oil
 Sea salt, to taste
 1 stalk celery, diced
 1 small carrot, diced
 1 yellow onion, diced
 2 cloves garlic, minced
 2 ¼ cups veggie broth
 2 Tbsp. butter
 ¼ cup fresh basil leaves, chopped

Directions:
 Preheat oven to 450 degrees.
 Cut the tomatoes in large chunks and spread onto a baking sheet. Sprinkle the tomatoes with sea salt and drizzle with 1/4 cup of oil. Roast tomatoes in oven until caramelized (about 15 minutes).
 While they roast, heat the remaining oil in a medium saucepan over medium-low heat. Add celery, carrot, onion, and garlic, and cook until softened (about 10 minutes).
 Add roasted tomatoes, veggie broth, and butter to saucepan and simmer until vegetables are very tender (about 15–20 minutes).
 Add basil, puree in a blender until smooth. Enjoy!



Smoothies

Original recipe by Natural Roots Synergy Cafe, Gilford, NH

Blood Sugar Blaster

Ingredients:
 ½ cup swiss chard
 ½ apple
 ½ banana
 ¼ cup pumpkin seeds
 10 walnuts
 2 tsp. cinnamon
 1 ½ cups water

Directions:
 Place all ingredients into blender and puree until smooth.

Inflamma-Tone

Ingredients:
 2 big handfuls of spinach
 ½ cup blueberries
 ½ cup pineapple in chunks
 1 tsp. maca powder
 1 ½ cups water

Directions:
 Place all ingredients into blender and puree until smooth.



Curried Kale With Lamb Chops

Recipe by Winnepesaukee Woods Farm, Alton Bay, NH



Ingredients:
 1 onion
 4 cloves garlic, minced
 2-4 lamb chops
 2 bay leaves
 1 cup dry garbanzo beans (or other dried bean)
 6 cups water
 2 Tbsp. curry powder
 Salt and pepper
 1 bunch of kale

Directions:
 Soak beans over night and simmer until al dente. Brown lamb chops. Remove from pan and add onion. Caramelize onion by cooking on low until lightly browned. Add garlic, saute for 2 minutes and add the lamb, bay leaves, chickpeas/beans, curry, salt, pepper, and water into pot. Simmer on medium low for -2 hours. Add water as necessary. Chop kale and simmer in the stew until the leaves are soft. Serve with basmati rice.

Farm Products Index



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The Community School Farm
KREBS Farm
NH Mushroom Company, LLC
Pork Hill Farm
Red Fox Farm

Pick-Your-Own Farms

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Moore Farm
Murphys Berries
Norland Berries
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Smith Orchard
Stonybrook Farm
SunnyHill Gardens
Surowiec Farm
Veggies Galore & More

Online Store

Arbutus Hill Farm
Cormier's Sugarhouse
Hermit Woods Winery
Just Maple
Moore Farm
Moulton Farm
Sandwich Creamery
Winnepesaukee Woods Farm
Woodshed Roasting Company

CSA Farms

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Moulton Farm
NH Mushroom Company, LLC
The Olde Ways at Mustard Seed Farm
Picnic Rock Farm
Pork Hill Farm
Red Manse Farm
Spider Web Gardens
Sticks and Stones Farms
Still Seeking Farm, LLC
Surowiec Farm
White Gates Farm
Winnepesaukee Woods Farm

Apple Cider

Duane Family Farm
Smith Orchard
Stonybrook Farm

Farmstands

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Bly Farm
Booty Family Farm LLC
Broadview Farm
The Community School Farm
Duane Family Farm
Heritage Farm
Hermit Woods Winery
Huckins Farm
Just Maple
KREBS Farm
Moore Farm
Moulton Farm
Murphys Berries
NH Mushroom Company, LLC
No View Farm
Norland Berries
The Olde Way at Mustard Seed Farm
Picnic Rock Farm
Red Manse Farm
The Remick Farm
The Sandwich Creamery
Shepherd's Hut Market
Smith Orchard
Spider Web Gardens
Stanton Brook Farm
Sticks and Stones Farm
Stonybrook Farm
Surowiec Farm
Twillingate Farm
Veggies Galore & More
White Gates Farm, LLC
Wotton Farm

Tree Fruit-Apples, Peaches, Plums

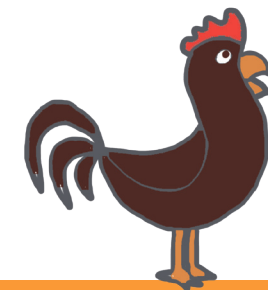
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Moulton Farm
Picnic Rock Farm
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Red Manse Farm
Smith Orchard
Stonybrook Farm
SunnyHill Gardens
Surowiec Farm

Small Fruit-Raspberries, Blueberries, Strawberries, Wild Blueberries

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Duane Family Farm
Farm by the River
KREBS Farm
Minglewood Farm
Moulton Farm
Murphys Berries
Norland Berries
Picnic Rock Farm
Stanton Brook Farm
Sticks and Stones Farm
Still Seeking Farm
SunnyHill Gardens
Stonybrook Farm
Surowiec Farm
Taylor Brown Wild Blueberry Co.
Winnepesaukee Woods Farm
Windy Fields Farm
Veggies Galore & More

Dairy-Raw & Pasteurized Cows or Goat's Milk, Cheese, Cream, Yogurt, Ice Cream

The Goat Path
Heritage Farm
Huckins Farm
Meredith Center Dairy
Moore Farm
Moulton Farm
The Olde Ways at Mustard Seed Farm
Picnic Rock Farm
Surowiec Farm
Twillingate Farm
Winona Glen Farm
Wotton Farm



Meats-Beef, Pork, Poultry, Goat, Lamb, Rabbit

Aisling Farm
Arbutus Hill Farm
Beans and Greens
Crooked Pine Farm
Ellis Farm
Farm by the River
Five Acre Farm
Gitch's Funny Farm
Heritage Farm
Moore Farm
No View Farm
The Olde Ways at Mustard Seed Farm
Picnic Rock Farm
The Remick Farm
Shepherd's Hut Market
Song Away Farm
Sticks and Stones Farm
Surowiec Farm
Top of the Hill Farm
White Gates Farm
Winnepesaukee Woods Farm
Wotton Farm

Eggs

Beans and Greens Farm
Bly Farm
Crooked Pine Farm
Currier Hill Creamery
Five Acre Farm
Gitch's Funny Farm
The Goat Path
Heritage Farm
Huckins Farm
Meredith Center Dairy
Minglewood Farm
The Olde Ways at Mustard Seed Farm
The Remick Farm
Red Fox Farm
Shepherd's Hut Market
Still Seeking Farm, LLC
Twillingate Farm
Veggies Galore and More
Winnepesaukee Woods Farm
Winona Glen Farm

Vegetables

Arbutus Hill Farm
Beans and Greens
Bly Farm
Booty Family Farm, LLC
Broadview Farm
The Community School Farm
Crooked Pine Farm
Currier Hill Creamery
Duane Family Farm
Gitch's Funny Farm
Heritage Farm
KREBS Farm
Minglewood Farm
Moore Farm
Moulton Farm
The Olde Ways at Mustard Seed Farm
Picnic Rock Farm
Pork Hill Farm
Red Manse Farm
The Remick Farm
Shepherd's Hut Market
Spider Web Gardens
Stanton Brook Farm
Sticks and Stones Farm
Still Seeking Farm, LLC
SunnyHill Gardens
Surowiec Farm
Top of the Hill Farm
Twillingate Farm
Veggies Galore and More
White Gates Farm
Windy Fields Farm
Winnepesaukee Woods Farm
Wotton Farm

Maple Products

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Bly Farm
Booty Family Farm, LLC
Cormier's Sugarhouse
Duane Family Farm
Fillion Maple Farm
Heritage Farm Pancake House
Just Maple
KREBS Farm
Red Fox Farm
Red Manse Farm
The Remick Farm
Shepherd's Hut Market
Stanton Brook Farm
Still Seeking Farm, LLC
Stonybrook Farm
Veggies Galore and More
White Gates Farm
Windy Fields Farm
Winnepesaukee Woods Farm
Wotton Farm
Young Maple Ridge Sugarhouse

Mushrooms

New Hampshire Mushroom Company, LLC
Red Manse Farm

Herbs

Alice's Garden Herbals
Arbutus Hill Farm
The Community School Farm
Gitch's Funny Farm
KREBS Farm
Minglewood Farm
Moore Farm
The Olde Ways at Mustard Seed Farm
Pork Hill Farm
Red Fox Farm
Stanton Brook Farm
Sticks and Stones Farm
Surowiec Farm
Windy Fields Farm
Winnepesaukee Woods Farm

Wine

Gilmanton Winery and Vineyard
Hermit Woods Winery

Meats

Hermit Woods Winery

Coffee/Tea

Alice's Garden Herbals
Woodshed Roasting Company

Plants

Beans & Greens Farm
Bly Farm
The Community School Farm
Moulton Farm
The Olde Ways at Mustard Seed Farm
Pet al Pushers Farm
Picnic Rock Farms
Pork Hill Farm
Red Fox Farm
Red Manse Farm
Spider Web Gardens
Sticks & Stones Farm
Surowiec Farm
Wotton Farm



Spotlight On Community Gardens

A community garden can mean many different things. It can be a common area shared by multiple individuals or families, a youth or school garden, a demonstration garden, or a garden that is maintained to supply a food pantry.

The Lakes Region is home to several community gardens, including those in Laconia, Sanbornton, and Ashland. Each project has its own mission, and for some it is about supplying local food pantries or teaching and recruiting home gardeners.

The Belknap County Master Gardeners have created a demonstration garden at the Huckins Farm on Magoon Road in New Hampton. The purpose of this garden is to grow and demonstrate new vegetable varieties that are suitable for families to grow. The public is invited for a day or evening each year to view the garden. Call the Belknap County Extension Office at (603) 527-5475 for information on this event, including dates and times.

For more information about starting a community garden in your area or to see an interactive list of community gardens in New Hampshire, visit <http://extension.unh.edu/Gardens-Landscapes/StartingMaintaining-Community-Garden>.



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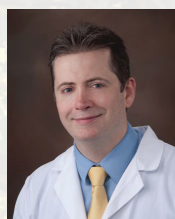


Sunflower Natural Foods
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Contact Kelly McAdam at UNH Cooperative Extension if you are interested in helping this Guide grow!
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Special Thanks

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www.lakesregionchamber.org

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