

CAPE COD BUY FRESH BUY LOCAL®

2013 LOCAL FOOD GUIDE

FARMS ♦ FARMERS' MARKETS

FARM STANDS ♦ PICK-YOUR-OWN

SEAFOOD ♦ RETAIL MARKETS

RESTAURANTS ♦ CATERERS ♦ INNS

B&Bs ♦ PRODUCTS & MORE!



BuyFreshBuyLocalCapeCod.org

Buy Fresh Buy Local Cape Cod
is a program of Barnstable County's
Cape Cod Cooperative Extension.



The best tasting food is



harvested close to home!

At Buy Fresh Buy Local Cape Cod our mission is simple: connect people on the Cape with locally-grown farm and sea products.

The Buy Fresh Buy Local campaign is connecting consumers in communities throughout the country to the freshest, most delicious, locally-grown and produced foods available. Through outreach, advertising and point of purchase materials, Buy Fresh Buy Local makes it easy for consumers to find and buy fresh, local food from farmers they can know and trust.

When you buy local food, you vote with your food dollar. This ensures that family farms in your community will continue to thrive and that healthy, flavorful, plentiful food will be available for future generations.

JOIN THE MOVEMENT!

- Sign up for the email newsletter on our website. Invite your friends to do the same!
- Follow us on Facebook.
- Help spread the word with our stylish Buy Fresh Buy Local Cape Cod bumper stickers, magnets, reusable grocery bags, and more!
- Become a Member! Any Cape business that grows, serves, or sells Barnstable County-grown products is eligible to join. Visit our website for details and an application.
- Become a Supporter! Supporters are individuals, organizations or businesses who want to help the BFBL Cape Cod program achieve its mission of connecting people on the Cape with locally-grown farm and sea products.

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Buy Fresh Buy Local Cape Cod
is your connection to
Cape Cod's freshest from land and sea!





Farms & Farmstands

BAY END FARM

Product(s): vegetables, herbs

200 Bournedale Road, Buzzards Bay

Open mid-June – mid-October; Wed, 1:30 PM – 5:30 PM,
Sat, 10 AM – 2 PM

617-212-8315; kofi@bayendfarm.com

www.bayendfarm.com

Originally founded in 1906, certified organic since 2001, we have been providing fresh organic produce to families, farmers markets, and restaurants around the Boston and Cape Cod communities for the past 12 years. Our CSA runs for 20 weeks starting in mid-June and continues through the end of October. Each week our customers receive a bag of fresh-picked, seasonal, certified organic vegetables and herbs, and a bouquet of organically raised flowers. Each bag is estimated to supply a family of four for a week.

BAYBERRY GARDENS

Product(s): vegetables, fruit, herbs, eggs, perennial and annual flowers, rhubarb, asparagus

250 Route 6, Truro

Open 7 days a week, 8 AM – 5 PM

508-349-6764; bayberrygardens@gmail.com

Bayberry Gardens Nursery & Landscaping (since 1977) is a family owned/run, full-fledged, bursting at the seams with plants nursery.

BETHANY SEASONS

Product(s): vegetables, herbs

50 Boulder Road, Brewster

508-896-5647; vtortora@capecod.net

Heirloom vegetable plants; specializing in tomatoes, endangered food plant varieties, and herbs. A list is sent to potential customers who can order and then pick up (or we deliver) on a date of their choosing. Although Bethany Seasons is not certified, plants are grown following the standards of the Northeast Organic Farming Association (NOFA).

BORDERBAY JUNCTION FARM

Product(s): lamb

120 Button Wood Lane, W. Barnstable

508-375-0300; borderbayfarm@verizon.net

www.borderbayjunctionfarm.com

Naturally raised lamb, custom cuts whole or 1/2 lamb only.
Available by special order.

BRICK KILN FARM

Product(s): vegetables, herbs, flowering plants, perennials

254 Brick Kiln Road, Falmouth

774-238-1565; capeterra@comcast.net

Greenhouse and garden shop. Growers of fine annuals, perennials, vegetable and herb plants, especially heirloom and Italian varieties.

CAPE ABILITIES FARM

Product(s): Award-winning tomatoes, salad greens, seasonal vegetables, herbs, flowers & plants

458 Main Street, Route 6A, Dennis

Open May – December

508-385-2538

www.capeabilities.org

Fresh tomatoes, lettuce, cucumbers, squash, and field vegetables. Cape Abilities is a nonprofit organization that serves people with disabilities across Cape Cod; Cape Abilities Farm employs people with disabilities who work in all aspects of farm management.

CAPE COD LAVENDER FARM

Product(s): Fresh lavender, lavender plants and lavender products

1/2 mile off Weston Woods Road, Harwich

Open Mon-Sat, 10 AM - 5 PM; Sun, 12 PM - 4 PM

508-432-8397; cynthia@capecodlavenderfarm.com

www.capecodlavenderfarm.com

Cape Cod Lavender Farm, located ½ mile off Weston Woods Road in Harwich, MA. The Farm offers fresh lavender (in season), lavender plants and many different lavender products.





CAPE COD ORGANIC FARM

Product(s): vegetables, fruits, herbs, flowers, eggs, pork

3675 Main Street, Barnstable

Open Mon-Fri, 9:30 AM - 5:30 PM;

Sat & Sun, 9:30 AM - 4:30 PM

508-362-3573

www.capecodorganicfarm.org

NOFA-certified organic farm. We specialize in growing organic fruits and vegetables, cut flowers, herbs, and native grasses used in land restoration. We also raise laying chickens for eggs and Heritage Breed Pigs for pork. You can find our food at Farmers Markets in Cape Cod, as well as at our own Farmstand and by joining our CSA.

CAPE COD WINERY

Product(s): wine, wine jams, wine jellies, Massachusetts cheese

681 Sandwich Road, East Falmouth

508-457-5592

www.capecodwinery.com

Vineyard producing Merlot, Pinot Grigio and Cabernet Franc.

Offering wine tasting May – December, weekends 11-4.

Visit our retail shop at 681 Sandwich Road in East Falmouth.

CEDAR SPRING HERB FARM

Product(s): vegetables, fruits, herbs, herbal products

159 Long Pond Drive, Harwich

508-430-HERB; donna@cedarspringherbfarm.com

www.cedarspringherbfarm.com

Nestled on seven acres of Cape Cod, our grounds include wetlands, a white cedar swamp and uplands providing an optimum environment for a unique blend of plant communities. We have taken what nature has provided and developed a unique facility for the study, preparation and utilization of herbs as food and medicine. As a result, we offer a complete selection of organic, chemical free solutions for your personal “over the counter” wellness, bath, and body care needs.

CHECKERBERRY FARM

Product(s): vegetables, eggs, garlic

46 Tar Kiln Road, Orleans

508-237-9492

www.checkerberryfarm.com

Local, non-certified organic veggies, fresh eggs, honey, compost, seedlings and plants. Find us at the Orleans Farmers' Market.

COBWEBB FARM

Product(s): vegetables, flowers, pumpkins, gourds, Christmas trees

1525 Osterville-W. Barnstable Road, W. Barnstable

508-420-3633

www.cobwebbfarm.com

Flowers July – September by chance; Pumpkins, gourds, wagon rides, cider & popcorn mid-September – October 31; Christmas trees weekends in December.

COONAMESSETT FARM

Product(s): vegetables, berries, herbs, flowers, eggs

277 Hatchville Road, East Falmouth

Retail shop, CSA, local grocery stores and restaurants

508-563-2560; cfarm@capecod.net

www.coonamesettfarm.com

Farm, store 9-5, Café 9-3; later Buffets. Open daily spring, summer; check days until Christmas. PYO pass (\$8) membership (\$60). Vegetables, berries, herbs, flowers, eggs; plants; jam, honey, soap; groceries; cheese; meat; oysters; alpaca clothing; gifts, turkeys, pies, trees, wreaths. CSAs. Parties, weddings, catering; events; education. Alpacas, sheep, goats, donkeys, chickens, more!

CRANBERRY VALLEY EGGS

Product(s): eggs

1006 County Road, Cataumet

508-563-1297; cranberryvalleyeggs@gmail.com

mesh5.com/eggs

We sell the freshest eggs on Cape Cod because our chickens are completely free range. This provides our eggs with an incredibly tasty quality that you won't find in store bought eggs. Treat yourself to delightfully delicious eggs. Treat yourself to Cranberry Valley Eggs.





CROOKED FARM

Product(s): vegetables, fruit, herbs, eggs
89 West Road, Orleans
508-237-9446; thecrookedfarm@gmail.com
Find us on Facebook

Crooked Farm (named for somewhat crooked structures) is a small, all natural, sustainable farm. We have a small fruit patch with blueberries (NFS) strawberries, currants, and now a much larger veggie area and a few awesome egg layers.

CROW FARM

Product(s): vegetables, fruit, herbs, bedding plants
192 Route 6A, Sandwich
Open Mon–Sat, 9 AM – 5 PM; May – Christmas
774-313-0829; pcrow61@gmail.com
www.crowfarm.net

Fourth generation family farm, growing a wide variety of fruits and vegetables, as well as bedding plants. We also have Christmas trees and wreaths after Thanksgiving. Find us at the Mid-Cape Farmers' Market.

DASILVA FARMS

Product(s): vegetables, fruit, herbs, eggs, meat
104 Rear Brick Kiln Road, Teaticket
Fri, Sat, Sun, 10 AM – 6 PM, beginning March 1
508-548-1248; dasilvafarms02536@gmail.com

DaSilva Farms raises and sells chickens for harvesting of eggs and meat. In 2013 we plan to offer fresh pork. We grow a small amount of vegetables for our preserving of pickles and relishes. We also carry feed and grain for all animals, with a free local delivery service. We are also forming canning classes for folks who want to can their own harvest.

DAVE'S GREENS

Product(s): vegetables, herbs, eggs

2 Truro Center Road, Truro

Open 7 days, 9 AM – 4 PM

508-349-5522; truroagfair@gmail.com

Find us on Facebook

Dave's Greens is a small family farm. We grow a wide variety of vegetables for sale at our farm stand, farmers' market and wholesale to local restaurants. In addition to produce, we grow perennials, annuals, bedding plants, hanging baskets, and vegetable plants for your garden and home.

D & D ENTERPRISES

Product(s): honey

P.O. Box 808

508-888-2304; beekeepr@gmail.com

We produce local honey and beeswax products. Find us at Crow Farm, Route 6A, Sandwich, May through December.

DRY SWAMP BOG FARM

Product(s): vegetables, fruit, herbs, blueberries, cranberries, asparagus and rhubarb, Cape Cod fire wood (Black Locust)

22 Great Oak Road, Orleans

508-255-1081; info@dsbfarm.com

www.dsbfarm.com

Dry Swamp Bog Farm is a small organic farm in East Orleans (Massachusetts) operating since 1979. Offers in season blueberries, cranberries and produce from asparagus to zucchini including a variety of herbs; firewood is also available. Find us at our farm stand at 22 Great Oak Road, Orleans and at the Orleans farmers' market.

E & T FARMS

Product(s): vegetable, eggs, honey

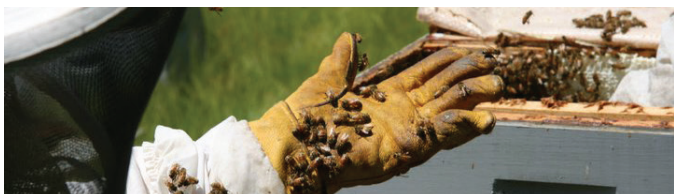
85 Lombard Ave, W. Barnstable

Mon–Fri, 8:30 AM – 4 PM

508-362-8370; ed@eandtfarmsinc.com

www.eandtfarmsinc.com

We are an aquaponic farm that has used our fish to raise our veggies inside year round along with plantings outside.



ELDREDGE FARM

Product(s): vegetables, perennials, sunflowers, chicken, turkey, eggs

24 Eldredge Farm Cartway, Brewster

Mon–Fri, 8 AM – 4 PM

508-760-2696; eldredgefarmcsa@gmail.com

www.eldredgefarm.com

Eldredge Farm is dedicated to building a profitable and sustainable biodynamic agricultural system which includes the soil, plants, animals and humans and provides for our customers exceptional products and services. Eldredge Farm & Nursery, which comprises approximately 17 acres, is an agricultural producer directly engaged in the production of agricultural products, including crops, livestock, forestry products, horticultural stock (greenhouse and potted plants), compost production, and upland and wetland habitat protection.



GREAT CAPE HERBS

Product(s): vegetables, fruit, herbs, eggs, hops, day lilies

2624 Main Street, Brewster

508-896-5900; ginkgo@greatcape.com

www.greatcape.com

Old-fashioned herbal apothecary and organic medicinal herb farm; organic espresso cafe; beautiful gardens to wander; “feed the chicks”!

HALYCON FARM

Product(s): vegetables, fruit, herbs, eggs, micro-greens, shoots

3915 Main Street, Brewster

Open Tue-Fri, 1 PM – 6 PM

805-540-4103

Find us on Facebook

Halcyon Farm is a one-acre organic, diversified vegetable operation located in Brewster, Cape Cod. We market our specialty produce direct to the consumer by way of farmers’ markets, CSA and our road-side farm stand. We strive to be good stewards of the land by maintaining and enhancing soil, water and air quality through sustainable farming practices. Find us at the Orleans Farmers’ Market, Wellfleet Farmers’ Market, Phoenix Fruit and the Halcyon Farm Stand.



HAMBLIN FARMS

Product(s): eggs, dairy goats
330 Blacksmith Shop Road, West Falmouth
508-457-0558; hfarms4803@aol.com

Registered purebred LaMancha dairy goats—kids, yearlings, milkers. Also buck service in the fall. CAE Negative herd.

HART FARM NURSERY & GARDEN CENTER

Product(s): vegetable, herbs, annuals, perennials, nursery stock
21 Upper County Road, Dennisport
Open 7 days, 8 AM – 5 PM, March – Christmas;
Farm Stand open June 1 – Thanksgiving
508-394-2693
www.hartfarmnursery.com

Hart Farm has grown from its 1947 roadside stand, into one of Cape Cod’s most complete garden centers. The farm stand continues each year with homegrown and locally grown fresh picked fruits and vegetables. Great reputation over many years.

HAWK’S WING FARM, ORCHARD AND PETTING BARN

Product(s): vegetables, fruit, herbs, eggs
41 Hawk’s Wing Road, South Yarmouth
Open 7 days, 9 AM – 6 PM
508-280-8798; hawkswingfarm@gmail.com
www.hawkswingfarm.com

Cape Cod’s largest Natural Grown Farmstand Store: pik ur own orchard, with peaches, pears and apples/raw cider starting in August, pik ur own strawberries in June AND September/ petting barn-mini horses, ducks, goats/goat cheese, arugula, all veggies, head lettuce, herbs, SWEET CORN, blueberries, happy hen natural pastured eggs, snap peas, shell peas, cukes, zucchini, summer squash, Romaine, Simpson lettuce, Arugula, tomatoes, Mesclun mix, curly Kale and Duck eggs. Bring the kids, relax in the shade on the front porch, play with the mini horses, ducks and goats and chickens.

HEMEON'S FARM

Product(s): vegetables, fruit, herbs
186 Off Bank Street, Harwich Port
508-432-3947

We sell hydrangeas, fruit of most kinds, Cape turnips, vegetables, grapes, raspberries, blueberries. Find us at the Harwich Farmers' Market, Thursdays, June – October, 3:00-6:00.

HERRING RIVER GARDENS

Product(s): herbs, flowers, fresh bouquets, plants
Find us at the Orleans Farmers' Market, Sat, 8 AM – Noon
508-432-8777; justgardening@comcast.net
www.stephaniefostercapecod.com

Fresh flower bouquets grown from seed, dried hydrangea wreaths, sachets, botanical cards.

HILLSIDE FARM

Product(s): vegetables, herbs, chickens, tomato and pepper plants
300 Route 6, Truro
Open 7 days, 10 AM - 7 PM; Memorial Day - Columbus Day
508-349-1652; hillsidepoultry@gmail.com

A 7th generation family farm providing the freshest grown vegetables and pastured chickens. Our farmstand market also sells freshly baked breads, dairy products, jellies & jams, and in-season fruits.

IN THE WEEDS FLOWER FARM

Product(s): flowers, plants, seedlings
392 Main Street, Brewster
Self-serve farm stand; call to order
508-385-6961

Wholesale/retail cut flower and tomato grower specializing in hydrangeas, pussy willows, zinnias and tomatoes, cucumbers.



P.J. CRANBERRIES

Product(s): cranberries

P.O. Box 417, Sandwich

508-367-9951

www.pjcranberries.com

We are a family run cranberry bog that sells direct to the public and to farm stands, jam and pie companies, and consumers. Fresh picked, hand sorted cranberries direct from Cape Cod bogs. Find us at Crow Farm, Windfall Market, Coonamesset Farm, Petersons, Fancy's, Guaranteed Fresh, Wilson Farm, and more!

LONGNOOK MEADOWS FARM

Product(s): apples, asparagus, peaches, flowers, vegetables, raw honey, soil amendment based on biochar & worm tailings

12 Longnook Road, Truro

Open 7 days, daylight hours

508-349-9738

www.longnookmeadowsfarm.com

We provide locally grown fresh organic produce: herbs, fruits and vegetables, raw honey and soil amendments. Our products are available on our farm stand and through local restaurants. Find us on [Facebook.com/LongnookFarm](https://www.facebook.com/LongnookFarm).

MATT'S ORGANIC GARDENS

Product(s): vegetables, herbs

36 Upper County Road, Dennisport

508-364-5129

Founded in 1992, Matt's Organic Garden is a 3-acre farm run by Jack Stacy, growing all types and varieties of vegetable and culinary herb sets. Please call for more information. Find us at the Orleans Farmers' Market.

MISS SCARLETT'S BLUE RIBBON FARM

Product(s): vegetables, fruit, herbs, eggs, meat

555 Route 6A, Yarmouth Port

Open May – December, Tue – Sun, 10 AM – 5 PM;

Orleans, Osterville & Harwich Farmers' Markets

508-420-9748; missscarlett@comcast.net

www.missscarlettsblueribbonfarm.com

We provide fresh chicken monthly, heritage turkeys at Thanksgiving and Christmas, and heritage Berkshire hogs 1/2 or whole through our meat CSA. All of this makes us one of the largest growers/producers on Cape Cod of poultry, pork, posies, produce.

NOT ENOUGH ACRES FARM

Product(s): vegetables, eggs, sheep products year round
107 Sesuit Neck Road, Dennis
Open all day, 7 days, year-round; farmers' markets
508-737-3446

Grower of year-round vegetables, eggs and sheep products.

PLEASANT LAKE FARM

Product(s): vegetables, herbs, flowers, beef, pork
2 Birch Drive, Harwich
508-878-6658; info@pleasantlakefarm.com
www.pleasantlakefarm.com

Certified Organic...snap peas, beans, summer & winter squash, lettuce, field greens, cutting flowers, root crops & more. Beef and pork available. Contact us for more information.

PURE JOY FARM

Product(s): vegetables, fruit, herbs, eggs
23 Old Bridge Road, Truro
774-271-1162; purejoyfarm@gmail.com
www.purejoyfarm.wordpress.com

We are a small farm located in the hills of Truro, Massachusetts on Cape Cod. We use organic and holistic practices to put good food on your table and bring us all closer together. We offer a delicious and nutritious diversity of products available through our weekly CSA or at the Wellfleet Farmer's Market. Join our CSA to ensure your diet is full of a healthful array of vegetables, fruit, and eggs, or supplement your weekly stock at the farmers' market.





SATUCKET FARM

Product(s): vegetables, fruit, herbs, flowers
76 Harwich Road, Brewster
508-896-5540; satucketfarm@comcast.net
www.satucketfarm.com

Satucket Farm is an open air farm stand filled with local fruits, vegetables, berries and sweet native corn. Locally baked fruit pies, muffins, breads and much more. Family owned and operated for 16 years.

SEAWIND MEADOWS

Product(s): Highland Beef, Pork, Eggs
P.O. Box 910, Dennis
508-776-7150; SeawindMeadows@gmail.com

Our small family run Dennis farm humanely and respectfully raises all natural highland beef which is all grass fed and finished on grass and barley during the last three months. There is neither corn in the diet nor added hormones or antibiotics. Dry aged and USDA processed, our lean, tender and flavorful beef is an active participant in a study underway with the University of Missouri on lipids and the unique health benefits of highland beef. We also raise all natural pork from our stock that originated from a 2006 and 2008 pig scramble wins by a niece and a daughter at the Fryeburg Fair! Also, eggs from our state certified flock. You can find us, in season, at the Harwich Farmers Market (Thursday 3-6), Orleans Farmers Market (Saturday mornings).

SOARES FLOWER GARDEN NURSERY & LANDSCAPE

1021 Sandwich Road, E. Falmouth
Product(s): vegetables, fruit, herbs, eggs
508-566-5442; mtscapecod@gmail.com
www.soaresflowergardennursery.com

Soares Flower Garden Nursery is pleased to offer the finest selection of new varieties along with unusual and old-fashioned annuals, perennials, unique shrubs and trees for your own garden paradise.

SOUTH SHORE YMCA/CAMP BURGESS

Product(s): vegetables, fruit, herbs, eggs
508-428-2571, ext. 118; tlaidlaw@ssymca.org
www.campburgessandhayward.com

Supported by help from campers, students, and community volunteers, the farm at South Shore YMCA's Camp Burgess produces fresh vegetables, herbs, berries, and eggs for the Sandwich Farmers' Market, the camp's dining hall, and local food pantries. Programs at the farm focus on youth development, healthy living, and social responsibility in addition to aligning with state academic frameworks. Find us at the Sandwich Farmers' Market on Tuesdays, May through October and every other Sunday, November through March.

SPROUT FARM

Product(s): vegetables, fruit, herbs, flowers
91 Quinaquisset Ave, Mashpee
Farmstand open May 1 – Christmas, Mon – Sat, 9 AM – 5 PM
(9 AM – 6 PM during summer), Sun 9 AM – 4 PM
774-392-3168; sproutes@comcast.net
www.sproutfarm.net

At our spring garden shop we sell annuals, perennials, potted herbs and vegetables. Late spring sees the first homegrown crops in the farm stand. These continue until the third frost. We end the year with Christmas trees, wreaths and garlands.

STELLA'S ORGANIC HEIRLOOMS

Product(s): vegetables, fruit, herbs, flowers
4 Orchard Way, Sandwich
508-274-9328; mjmstella@comcast.net

Stella's Organic Heirlooms is a small family venture growing and specializing in organic heirloom tomatoes, as well as herbs, seasonal vegetables, and fresh cut flowers grown in Sandwich. Find us at the Chatham, Bass River, Harwich and Osterville Farmers' Markets.



SWAN RIVER FARM

Product(s): vegetables, herbs
122 Upper County Road, Dennis Port
Orleans Farmers' Market, Sat, 8 AM – 12 PM
508-694-6589; pfossel@gmail.com

We offer a wide variety of fresh, organic produce.



TENOFUS FARM

Product(s): roaster pigs, cooker rentals, meat, compost, freezer pigs, piglets

7 Solomon Joseph Rd, Bournedale

508-733-2387; tenofusfarm@gmail.com

www.tenofusfarm.com

Farming since 1975, family run for three generations. Raising local pigs with no hormones or antibiotics, free ranged. Sow to finish operation.

THE CASUAL GOAT FAMILY FARM

Product(s): vegetables, fruit, herbs, eggs (duck and chicken), meat (rabbit), alpine and Lamancha dairy goat stock, Flemish Giant breeding stock, goat's milk products

58 Cross Road, East Falmouth

774-836-2401; thecasualgoat@gmail.com

www.thecasualgoat.com

The Casual Goat is a small, family run farm with seasonal vegetables, fruits and herbs, year round rabbit breeding (for meat or breeding stock), year round duck and chicken eggs and seasonal breeding of registered Alpine and Lamancha Dairy Goats. We will also be offering goat's milk products in the winter of 2013.

TINA'S TERRIFIC PLANTS

Product(s): vegetables, herbs, orchids, dahlias, lilies, other perennials and interesting annuals

64 Carol Ave, E. Falmouth

508-540-5006; tina@plaid.who.edu

Growing many varieties of heirloom vegetable plants and many unique herbs, flowers, perennials, bulbs and orchids. Contract grow plants for chefs & other horticulturists. Find me Saturdays at the Waquoit Farmers' Market and Thursdays at the Falmouth Farmers' Market.

TONY ANDREWS FARM

394 Old Meetinghouse Road, East Falmouth

Open 7 days, 10 AM – 6 PM

508-548-4717; tonyandrewsfarm@comcast.net

www.tonyandrewsfarmstand.com

In 1935 Tony Andrews Farm began to serve the community of Falmouth, as well as neighboring towns and villages, by offering the freshest fruits and vegetables, along with many memorable experiences. A trip to Tony Andrews Farm is truly a unique and memorable experience. Being the leader in fresh produce, during a visit you can pick your own strawberries, peas, corn, tomatoes, pumpkins and sunflowers. We look forward to accommodating eager school groups, Scout groups, community outings and enthusiastic individuals here at the beautiful pond side picnic area with wonderful hay rides.

TUCK-A-WAY FARM

Product(s): vegetables, fruit, herbs

Barley & Depot Street, North Harwich

Open daily, 8:30 AM – 6 PM, late-May – Thanksgiving

508-430-1400; m.j.coleman.sr@comcast.net

Find us on Facebook

Growers and suppliers of local produce at our stand or at the Harwich and Chatham Farmers' Markets.

TUCKERNUCK FARM

Product(s): vegetables, eggs, wool & wool products

89 Fisk Street, W. Dennis

Open daily, 8 AM – sunset, mid-May – October; farmers' markets

508-364-5821; tuckernuckfarm@yahoo.com

Small family farm raising pure bred sheep, heritage chickens and heirloom vegetables. Our specialty is lettuce.



TUPPER FARM

Product(s): cranberries

Orleans Farmers' Market; Windfall Market

774-836-7822; tupperralph@aol.com

Small cranberry farm producing early and late varieties of cranberries for farmers' markets, restaurants and food stores.

UNCLE EDGAR'S FARM

Product(s): heirloom vegetables, handcrafted chocolates, beach dog biscuits
Orleans
508-255-1643;
uncleedgarsfarm@yahoo.com



Find us at the Mid-Cape
Farmers Market, Harwich
Farmers' Market and Orleans
Farmers' Market

WOO'S WORMS AND GARDEN PRODUCTS

10 Sherman Road, S. Orleans (by appointment)
Product(s): vegetables, herbs, worms
508-240-1014; woofish@yahoo.com
www.woosworms.com

Woo's Worms provides vegetable and perennial plants, specializing in tomatoes of over 70 varieties. Worm products including composting worms, worm castings, fertilizer, and worm castings liquid tea fertilizer. Tomatoes and other vegetables at harvest time.



Farmers' Markets

BASS RIVER FARMERS' MARKET

Old Main Street, S. Yarmouth
Thursdays, 9 AM – 1:30 PM, 5/23/13 – 9/26/2013
508-394-1565; carlene@bassriverfarmersmarket.org
www.bassriverfarmersmarket.org

Our mission is to create a strong viable market for local farmers and producers to promote and sell their locally grown, raised and/or produced products while providing residents and visitors convenient access and education concerning food, sustainable agriculture, and aquaculture.

CHATHAM FARMERS' MARKET

1652 Main Street (Local Color & Ocean State Job Lot), Chatham
Tuesdays, 3 PM – 6:30 PM, 5/21/13 – 10/21/13
508-247-7268; chathamfarmersmarket@hotmail.com
Find us on Facebook

DENNIS FARMERS' AND ARTISANS' MARKET

Cape Cod Chat House, 593 Route 6A, Dennis
Saturdays, 10 AM – 2:30 PM, 6/29/13 – 9/28/13
john@capecodchathouse.com
www.capecodchathouse.com

We feature local farmers and artisans. Live music each week.

FALMOUTH FARMERS' MARKET

Peg Noonan Park, Main Street, Falmouth
Thursdays, 12 PM – 6 PM, 5/23/13 – 10/10/13
falmouthfarmersmarket@gmail.com
www.falmouthfarmersmarket.org

Falmouth Farmers' Market is a volunteer-run market in the heart of Falmouth. It supports regional farmers and food-makers, and provides our community with access to seasonal produce and local food, as well as information on sustainable farming, fishing and aquaculture. Our market has a well-rounded selection of fruits and vegetables, eggs, cheese, fish, meat, bread and baked goods, pickles, preserves, flowers, seasonal hand-made chocolates, fresh lemonade, and more. WIC, Senior coupons, SNAP certified.

GREEN HARVEST ORGANIC FARMERS' MARKET & ARTISANS FAIR

Barnstable County Fairgrounds, Main Entrance Parking Lot,
Route 151, East Falmouth/Mashpee line
(GPS - 1220 Nathan Ellis Hwy, East Falmouth)
Tue, Noon – 4 PM, 6/4/13 – 10/15/13;
Sun, Noon – 3 PM, 10/20/13 – 12/15/13
774-392-0843; greenharvest@comcast.net
Find us on Facebook

Local, organic & sustainably grown veggies, greens & fruits; herb & flowering plants; farm-fresh eggs; grass-fed meats; antibiotic-free milk cheeses; wild-picked local berry jellies & jams; local raw honey; hot organic soups, sandwiches & pastas; organic olive oils & vinegars; organic baked goods (gluten-free); granola snacks for the kids; organic/fair trade coffees; organic pizzas; local oysters; green and solar energy options. Artisans will be with us the full season this year! Handcrafted soaps with fresh-picked botanicals, plants & herbs; organic skin care oils & herbal toners; varied handcrafted jewelry using natural crystal, fused & dichroic glass; fabric & knitted wares; handpainted greeting cards & stationery. More to come! Bring the doggies!! Come support your LOCAL farmers, artisans and vendors! SHOP LOCAL and BE FRESH!

HARWICH FARMERS' MARKET

Brooks Academy Museum

80 Parallel Street, Harwich

Every Thursday, 3 PM – 6 PM, 6/13/13 – 10/10/13

508-432-8089; harwichhistoricalsociety@verizon.net

www.harwichfarmersmarket.org

The Harwich Farmers' Market is located on the picturesque grounds of Brooks Academy, a former schoolhouse now home to the Harwich Historical Society. Museum exhibits are open during the market. Sponsored by the Harwich Agricultural Commission and the Harwich Historical Society.

MID-CAPE FARMERS' MARKET

468 Main Street, Hyannis

Wednesdays, 2 PM – 6 PM, 6/5/13 – 10/23/13

stephenfarrar@comcast.net

www.midcapefarmersmarket.com

Our new location is on the lawn of the First Baptist Church, at the corner of High School Road, next to Kandy Korner. Locally grown vegetables, fruit, eggs, flowers and seedlings; locally produced cheese, sea salt, honey, baked goods, bread, jams, and soaps will be available this year along with grass fed beef, pork, lamb and poultry. The Mid-Cape Farmers Market will be sponsored again this year by Emerald Physicians, and will be accepting WIC and Senior Coupons through the Massachusetts Agricultural Department program.

ORLEANS FARMERS' MARKET

21 Old Colony Way, Orleans

Sat, 8 AM – Noon, 5/11/13 – 11/16/13; Wed, 4 PM – 7 PM, July and August

www.orleansfarmersmarket.com

The Orleans Farmers' Market is the oldest market on the Cape. Started in 1994, 2013 is the 20th season for the market. New this year is the EBT/SNAP program. The market is open every week, rain or shine. In the case of severe weather we will post the closing on the website.

OSTERVILLE FARMERS' MARKET

Osterville Museum, 155 West Bay Road, Osterville

Fridays, 9 AM – 1 PM, 6/14/13 – 9/20/13

jwilliams@ostervillemuseum.org

www.ostervillefarmersmarket.org



SANDWICH FARMERS' MARKET ON HISTORIC RTE 6A

Route 6A Village Green (MapQuest 164 Route 6A) , Sandwich
Tuesdays, 9 AM – 1 PM, 5/14/13
617-347-5192; loricaron3@aol.com
www.sandwichfarmersmarket.com

The Sandwich Farmers' Market on historic Route 6A on the Village Green offering produce, flowers, herbs, local meats, lobster, wood fired pizza, wine, baked goods, breads, soaps, and bath products, pies, cookies, jams, jellies, music and much more! Please join us.

TRURO FARMERS' MARKET

Veteran's Park, Truro Center Road, Truro
Mon, 8 AM – 12 PM, 6/17/13 – 9/30/13
617-959-4923; truroagfair@gmail.com
www.sustainablecape.org

Our mission is to educate the consumer about the many benefits of local food to our health and the environment. Direct access to Barnstable County's local harvest and harvesters will enhance and enrich the community by offering community-led education as well as a venue to sell products grown, raised, or caught on Cape Cod by participating vendors. The market connects and benefits every socio-economic level, striving to be accessible to all.

WELLFLEET FARMERS' MARKET

Wellfleet Preservation Hall, 335 Main Street, Wellfleet
Wed, 8 AM – 1 PM, 5/15/13 – 10/16/13, special market
November 27
508-648-1445; elspeth.hay@gmail.com
www.wellfleetfarmersmarket.com

Join us on Wednesdays, 8 AM -1 PM, on the green behind Preservation Hall in Wellfleet for live music, coffee and baked goods, local fruits, veggies, eggs, honey, meat, sea salt, cut flowers, herbs, sandwiches, and more! We accept SNAP and debit/ATM cards.

WEST DENNIS FARMERS' MARKET

Hummingbird Garden Center, 621 Main Street
Mon, 9 AM – 1 PM, 6/17/13 – 9/2/13
508-360-7161; hummingbirdgardens1@gmail.com

The West Dennis Farmers' Market's mission is to provide the residents and guests of West Dennis an open air community based market offering fresh locally grown produce and flowers along with locally baked goods, meats, cheeses and other related farm products.



Seafood

AQUACULTURAL RESEARCH CORPORATION

Product(s): fish/shellfish; wholesale distribution only
508-385-3933; rak.arc@gmail.com, gah.arc@gmail.com

Aquacultural Research Corp. (ARC) is a shellfish production facility. Its hatchery supplies hard clam, oyster, and other species of shellfish to local farmers for grow out to market size. Seed is also sold to municipalities for propagation programs to enhance the wild and recreational fishery. ARC is a licensed wholesale shellfish dealer shipping nationally.

BARNSTABLE SEA FARMS

Product(s): shellfish – oysters, littlenecks
98 Governors Way, Barnstable
508-280-4125
www.barnstableseafarms.net

We are a family owned shellfish farm providing fresh oysters and littlenecks to the best restaurants and caterers on Cape Cod, also shipping to New York and Boston weekly. Barnstable Seafarms is a HACCP certified facility with an Interstate Shipping License. Retail sales are encouraged with a day or so notice because we harvest to order to ensure freshness. We also do raw bars for special occasions.

CAPE COD FISH SHARE

Product(s): fish, delivery
508-470-6004; dave@capecodfishshare.com
www.capecodfishshare.com

Sweet, wonderful fish that's fresh, healthy, local and convenient! The Cape Cod Fish Share gives you all the above and more. We invite you to participate! This community-supported fishery program has standards that are second-to-none, making fresh, local, healthy and sustainable easy!



CHATHAM FISH & LOBSTER., INC.

Product(s): fish and seafood

1291 Main Street, Chatham; 48 Route 134, South Dennis
508-432-7180; roxanec.cfl@comcast.net
www.chathamfishandlobster.com

Under the same ownership since 1981 Chatham Fish & Lobster Co., Inc. has been providing the freshest, highest quality seafood to Cape visitors, residents and restaurants. Visit our fish markets in Chatham and Dennis and our restaurant/marketplace located next to our Chatham market offering gluten free fried seafood. Our HACCP certified plant is located in South Chatham for local wholesale delivery.

CHATHAM SHELLFISH COMPANY

Product(s): oyster farmer,

West Chatham

508-737-2147

www.chathamoysters.com

The Chatham Shellfish Co. operates on Oyster Pond in Chatham, MA on its current lease site which has been in production for more than 30 years. Chatham Oysters are cultivated using modern aquaculture techniques and are marketed exclusively for “half-shell” markets both locally and nationally.



COTUIT OYSTER CO., INC.

Product(s): shellfish

26 Little River Road, Cotuit

Retail/Wholesale

508-428-6747; chris@cotuitoystercompany.com

www.cotuitoystercompany.com

We are fully licensed for both retail and wholesale business. We grow and sell our own product harvested directly from Cotuit Bay.

EASTWIND SEAFOODS INC

Product(s): lobster and seafood

2 Main Street, Buzzards Bay

508-759-1857; debbi.eastwind@verizon.net

www.eastwindlobster.com

Visit our restaurant, enjoy fresh seafood from our market or enjoy a catered New England Clambake at your location.



HATCH'S FISH & PRODUCE

310 Main Street, Wellfleet

Open every day, 9 AM – 7 PM

508-349-6734; hatchesproduce@earthlink.net

www.hatchsfishmarket.com

A locally owned and family operated business, specializing in fresh fruits and vegetables, fish and shellfish, many of which are local and organic. We offer homemade pesto, salsa, fruit popsicles, smoked fish, pates and chowder base. We carry local bread, pies and cookies, corn, flowers, herbs as well as a selection of dry goods.

LOBSTER TRAP

Product(s): lobster & seafood; shipping

290 Shore Road, Bourne

Open Mon – Fri, 8:30 AM – 4:30 PM

508-759-6400; nwagner@lobstertrap.com

www.lobstertrap.com

Lobster Trap ships locally and internationally wholesale and ships retail orders of live lobster & fresh seafood nationwide. Give the gift of Cape Cod seafood to your friends and family.

MAC'S SEAFOOD

95 Commercial Street, Wellfleet

508-214-3290; info@macsseafood.com

www.macsseafood.com

We've been buying fresh seafood directly from Cape Cod fishing families since before buying local was in style. We still believe there is no match for our local catch. That's what inspires our ultra-high standards of quality, traceability, and sustainability. Visit our markets in Wellfleet, Truro, and Eastham; and our two restaurants in Wellfleet. Catering services are also available. Visit our website for details.

NAKED OYSTER BISTRO AND RAW BAR

410 Main Street Hyannis

508-778-6500; nakedoyster@sbcglobal.net

www.nakedoyster.com

We are committed to offering classically prepared dishes utilizing fresh and local products. Chef Florence and her culinary team work closely with farmers on Cape Cod to bring the best products of the season from the farm to your table at the Naked Oyster, often within hours.

SALTY LOU'S LIVE LOBSTER

Product(s): lobster and eggs

392 Route 6A, E. Sandwich

Open Sat and Sun, 10 AM – 6 PM, Mid-June – August

617-347-5192; loricaron3@aol.com

Fresh local lobsters from your local fisherman straight to you!

THE OYSTER COMPANY RAW BAR & GRILLE

202 Depot Street, Dennisport

Open Mon – Thurs, 4 PM – close; Fri – Sun, 12 PM – close

508-398-4600; theoystercompany@comcast.net

www.theoystercompany.com

Full service restaurant featuring fresh local seafood. We also operate our own oyster farm.

WASHBURN ISLAND OYSTERS

158 Seapit Road, East Falmouth

Product(s): oysters

774-255-1376; info@washburnislandoysters.com

www.washburnislandoysters.com

Located between the finger of Seapit Peninsula in East Falmouth, Cape Cod and the pine-shaded bluffs of Washburn Island, which is part of a state park in Waquoit Bay, our 22.8-acre oyster farm is ideally suited for aquaculture. Fed by nutrient-laden, fresh water from the Moonakis and Little Rivers and the salt water tides from Vineyard Sound, Seapit River creates the perfect chemistry for growing succulent, hearty oysters.

Washburn Island Oysters is a HACCP-approved shellfish wholesaler, dealer and seed propagator and is on the Interstate Shellfish Shippers List. Contact us for a taste of our oysters, or to schedule a farm visit.



Restaurants & Caterers

CAPE COD CHEF ON CALL

P.O. Box 1108, W. Chatham
508-896-1400; info@capecodchefoncall.com
www.capecodchefoncall.com

Private Chef service cooks in your home using local produce (seasonal) and quality organic meats from local meat purveyors. Dinner parties, rehearsal dinners, weddings, family reunions, backyard grill.

CAPTAIN FROSTY'S

219 Route 6A, Dennis
Open 11 AM – Close, April – September
508-385-8548; matt@captainfrosty.com
www.captainfrosty.com

Featuring fresh Chatham Cod in their fish & chips, local clams lightly fried & day-boat scallops, premium lobster salad, and other favorites such as clam cakes, hand-cut onion rings and more. Open for lunch and dinner.

CASUAL GOURMET

31 Richardson Road, Centerville
508-775-4946
www.thecasualgourmet.com

The Casual Gourmet is a locally owned and operated diversified food service company. Our professional staff possesses more than 70 years of combined event planning experience and will help our clients with everything from a continental breakfast for ten to a society wedding for 300.



COSMOS CATERING

43 Race Point Road

508-487-9008; laura@cosmoscatering.com

www.cosmoscatering.com

Cosmos Catering is a full-service catering company. We customize menus and create unique events tailored to your individual culinary and budgeting requirement. Everything we do is guided by our passion for food, our commitment to working with local vendors and a reverence for the outer Cape, the place we call home.

EASTWIND SEAFOODS INC

2 Main Street, Buzzards Bay

508-759-1857; debby.eastwind@verizon.net

www.eastwindlobster.com

Visit our restaurant, enjoy fresh seafood from our market or enjoy a catered New England Clambake at your location.

FARM MAID FOODS

141 Bradford Street, Provincetown

630-234-2994; katiereed@farmmaidfoods.com

Farm Maid Foods is based in Provincetown at the 141 Bradford Natural Market. Serving up raw, vegan and vegetarian fare daily featuring fresh, local organic ingredients and gluten-free offerings. Raw food classes and catering available.

FIN

800 Main Street, Dennis

Open Tue – Sun, 5 PM – Close; 7 nights in July and August

508-385-2096; info@fincapcod.com

www.fincapcod.com

Fin is a chef owned restaurant featuring the best in seafood and local ingredients.

HARVEST GALLERY WINE BAR

776 Main Street, Dennis

Open Wed-Sun, 5 PM – Midnight

508-385-2444

www.harvestgallerywinebar.com

Located in the center of Dennis Village along scenic Route 6A, next to the Cape Cod Center for the Arts, Harvest features Cape Cod Contemporary Art while offering a locavore-minded gourmet bar-style menu.



QUICKS HOLE

6 Luscombe Ave, Woods Hole

Open Mon – Sun, 11 AM – 10 PM, May – October

508-495-0792; quickshole@gmail.com

www.quicksholewickedfresh.com

Quicks Hole is the only farm-to-table restaurant in Woods Hole with lobster tacos, wicked fresh salads, from scratch soups and more! Enjoy Cape Cod Beer or our housemade Sangria from the water-view deck.

MAC'S PARTIES AND PROVISIONS

95 Commercial Street, Wellfleet

508-214-3290; catering@macsseafood.com

www.macsseafood.com

You might already know Mac's for our super-fresh seafood and our dedication to sourcing the best of what's in season locally. We love good food. And at Mac's Parties & Provisions, we know it's the secret to every really great party. Let us help you put together a menu that's just right for yours —whether it's a backyard barbecue or a more formal feast. Plus, our event planning expertise makes everything—rentals, flowers, music, cakes, photography—a breeze.

MARKET TO MARKET

221 Edgewater Drive West, East Falmouth

508-524-1535; codcakes@aol.com

Personal chef

NAKED OYSTER BISTRO AND RAW BAR

410 Main Street, Hyannis

508-778-6500; nakedoyster@sbcglobal.net

www.nakedoyster.com

We are committed to offering classically prepared dishes utilizing fresh and local products. Chef Florence and her culinary team work closely with farmers on Cape Cod to bring the best products of the season from the farm to your table at the Naked Oyster, often within hours.

PIE IN THE SKY

10 Water Street, Woods Hole
508-540-5475; etgura@aol.com
www.woodshole.com/pie

Located in historic Woods Hole, Pie in the Sky Bakery & Internet Café is open 7 days a week, 364 days a year, from at least 5 AM –10 PM. We feature a delicious assortment of handmade croissants, pies, cookies, popovers, and breads, all baked from scratch on the premises. Our coffees, espresso, and cocoa drinks are made from freshly ground, 100% Organic & Fair Trade Dean's Beans that we roast ourselves. Our hearty, made to order sandwiches together with our homemade soups, quiche, and salads make the perfect addition to any adventure, from a shore side picnic to lunch at the office. So, next time you're in Woods Hole, come enjoy the view from our courtyard garden. Check out the wide selection of Local Art in our cozy dining room. Surf the web with our Free Internet Access, and taste the goodness that's been "Baked in the Hole since 1982."

RED PHEASANT INN

905 Route 6A, Dennis
508-385-2133
www.redpheasantinn.com

Creative and classic cuisine in the charm of a 200-year-old Cape barn. Comfort food under \$20.

SOL

15 Kendrick Ave, Wellfleet
Open Wed – Mon, 5 PM – 10 PM
508-349-2424
Find us on Facebook @ [Facebook.com/solwellfleet](https://www.facebook.com/solwellfleet)

Sol is a 40 seat bayside restaurant dedicated to Cape Cod's local food paths.



THE ART OF THE MEAL-GRECIAN INSPIRED CUISINE

305-389-6202; theartofthemeal@gmail.com

www.theartofthemeal.com

Grecian inspired cuisine with farm fresh Ingredients. We offer weekly specials, local favorites and the latest sensations of sweet and savory cupcakes with a Mediterrean twist. Please visit our website for online product orders, catering menus and weekly specials. Please check out our summer schedule for kids and adult Greek Cooking Classes too. It's always a Greek Festival with us! Products from the Heart. "KALI ARESTI." Find us at the Wellfleet Farmers' Market on Wednesdays and at the Harwich Farmers' Market on Thursdays. Classes, Events, Delivery and Pick-up Daily from our Chatham Commercial Kitchen- Local Organic Lamb

THE BEE-HIVE TAVERN

406 Route 6A, East Sandwich

Open Mon – Sat, Noon – 9 PM; Sunday 9 AM – 9 PM

508-833-1184; thebuzz@thebeehivetavern.com

www.thebeehivetavern.com

The Bee-Hive Tavern is a "smart casual" restaurant serving lunch and dinner daily, plus breakfast on Sunday. In addition to the cozy intimate bar with widescreen TV, the New England Tavern style full service restaurant has extensive menus and daily specials. The smart choice for fresh "Bee-Hive made" cuisine with local ownership, ingredients and musicians.

THE BURRITO PLACE

420 East Falmouth Highway

Open Mon – Thurs, 11 AM – 9 PM; Fri – Sun, 11 AM – 10 PM

508-444-8666; buckrog16@yahoo.com

www.the-burrito-place.com

We are dedicated to serving fresh, quick, affordable food to our customers. Everything is delicious because it's cooked daily on-site. We feature homemade hot and mild salsas... and yes, we serve more choices than just burritos.

THE OYSTER COMPANY RAW BAR & GRILLE





202 Depot Street, Dennisport

Open Mon – Thurs, 4 PM – close; Fri – Sun, Noon – close

508-398-4600; theoystercompany@comcast.net

www.theoystercompany.com

Full service restaurant featuring fresh local seafood. We also operate our own oyster farm.

VAN RENSSELAER'S RESTAURANT & RAW BAR

1019 State Highway, Route 6, South Wellfleet

Open April-October

508-349-2127; info@vanrensselaers.com

www.vanrensselaers.com

Van Rensselaer's Restaurant & Raw Bar features fresh, local seafood, shellfish and lobster prepared in a number of ways. We are a Cape & Islands Green Level 1 verified business.



*Inns &
B&Bs*

BLUEFISH BED & BREAKFAST

102 Parallel Street, Harwich

508-430-9995; info@bluefishbnb.com

www.bluefishbnb.com

Chef owned and operated three room B&B featuring ever changing seasonally, locally sourced, organic full breakfast. Many of our ingredients are organically grown in our own garden or sourced from Cape Cod and New England farms. We would love to begin our ninth season by happily announcing that we are offering open seats at our breakfast table when available that can be booked on Urbanspoon. Please follow us on Facebook for more information, photos and guest comments and check the 'noted from the Innkeeper' column on the home page of our website. Please join us by reservation only when available.

CHATHAM BARS INN

297 Shore Road, Chatham

508-945-0096; exeooffice@chathambarsinn.com

www.chathambarsinn.com

Our various restaurants offer a variety of dining experiences built off of classic New England cuisine. Whether it be the elegant STARS restaurant with panoramic ocean views; the Beach House Grill on the sands of CBI's private beach; or the Sacred Cod Tavern which is cozy and comfortable—all featuring the freshest seafood from the Chatham Fish Pier and extraordinary local produce.

SHADY HOLLOW INN

370 Main Street, South Dennis

508-694-7343; shadyhollowinn@gmail.com

www.shadyhollowinn.com

Find us on Facebook

Be our guest in a historic Cape Cod sea captain's home, built in 1839 in the classic Georgian architectural style of the nineteenth century. Located in the historic village of South Dennis, our bed and breakfast has been lovingly restored to its original character. Our small, intimate inn is tastefully decorated and has comfortably elegant rooms designed for guests to enjoy. Throughout the Shady Hollow Inn you will find Mission style furnishings, complemented by charming hooked rugs, and local artwork. We operate as a "green" Inn and use natural cleaning and laundry products, recycle and compost, as well as grow our own organic vegetables. The Inn is situated on an acre of land with beautiful gardens and breezy spots overlooking the hollow and grounds. Each morning our chef prepares a full multi-course breakfast using the freshest, and when possible, locally grown, organic ingredients. In the summer, many of our herbs, greens and berries are harvested from our garden.





Retail & Products

CAPE COD BEER

1336 Phinney's Lane, Hyannis

Open weekdays 10 AM – 6 PM; Sat, 11 AM – 3 PM

508-790-4200; info@capecodbeer.com

www.capecodbeer.com

Cape Cod Beer is the Cape's only microbrewery. Visit us for a tour and/or tasting. Check out our gift shop where you can find homebrew supplies and a wide selection of items MADE ON CAPE COD!

CAPE COD SALTWORKS SEA SALT

508-255-1643; info@capecodsaltworks.com

www.capecodsaltworks.com

Cape Cod Saltworks Sea Salt TM proudly produces a pure sea salt, harvested from the waters of Cape Cod in a way that recaptures tradition and delights the tastebuds. The unique flavor of this 100% natural Cape Cod sea salt echoes the briny tang of a summer's day at the beach. No processing, no additives, and no anticaking agents...just pure sea salt!

FAR LAND PROVISIONS

150 Bradford Street, Provincetown

508-487-0045; jim@farlandprovisions.com

www.farlandprovisions.com

Open year round. Deli, scratch bakery, grocery, prepared foods (scratch), beer, wine, spirits, catering. Seasonal local produce, fish and poultry sold and used in products as available.

HATCH'S FISH & PRODUCE

310 Main Street, Wellfleet

Open every day, 9 AM – 7 PM

508-349-6734; hatchesproduce@earthlink.net

www.hatchsfishmarket.com

A locally owned and family operated business, specializing in fresh fruits and vegetables, fish and shellfish, many of which are local and organic. We offer homemade pesto, salsa, fruit popsicles, smoked fish, pates and chowder base. We carry local bread, pies and cookies, corn, flowers, herbs as well as a selection of dry goods.

NAUSET FARMS

199 Main Street, East Orleans

Summer Hours: Every day, 6:30 AM – 8 PM

Winter Hours: Mon-Thurs, 7 AM – 6:30 PM; Fri & Sat, 7 AM – 7 PM

774-316-4127; nausetfarms@gmail.com

The mission of Nauset Farms is to set the standard for high quality, high value products with a local market appeal.

Local Organic Produce, “Barn Baked” Bakery, Espresso Shop, Specialty Pies & Cakes, Butcher Shop, Live Lobsters, Fish Market, “Scoop your own” Shrimp, Fresh-Cut Flowers, Fresh Bread Baked Daily.

SCENIC ROOTS

Product(s): vegetables, herbs, perennials, annuals, hanging baskets, mums

349 Route 6A, E. Sandwich

Open Mon – Sat, 8:30 AM – 5:30 PM; Sun, 10 AM – 4 PM

508-888-0044; scenicrootsgardencenter@gmail.com

www.scenicrootsgardencenter.com

Family owned and operated retail garden center. We grow our own annuals, perennials, hanging baskets, mums and veggie/herb starters.

SEASIDE KITCHEN & GARDEN

203 Beach Road, Orleans

jfhitch@verizon.net

Home baked goods: muffins, breads, cookies, etc. Find us at the Orleans Farmers’ Market.

SMITHFIELD MARKETS

Barnstable Market: 3220 Main Street, Barnstable; Open 7 AM – 9 PM

Fancy’s Market: 699 Main Street, Osterville; Open 7 AM – 8 PM

Peterson’s Market: 918 Route 6A, Yarmouth Port; Open 7 AM – 9 PM

508-428-0137; fancysmarket@aol.com

www.smithfieldmarkets.com

Three family owned and operated markets featuring local and organic produce, butcher shops, full service deli, groceries, and fine wine and beers.





WELLFLEET SEA SALT COMPANY

508-240-4892; hope@wellfleetseasaltcompany.com
www.wellfleetseasaltcompany.com

Wellfleet Sea Salt Company makes an all-natural, eco-friendly sea salt using repurposed oyster floats. Owned and operated by two college students, we aim to capture the unique flavors of Cape Cod in every crystal. There’s a dash of Cape Cod in every bite!

WILD HARBOR GENERAL STORE

200 Old Main Road, N. Falmouth
508-563-2011; flynray@aol.com
www.wildharborgeneralstore.com

We’re an 1840s general store located in historic N. Falmouth Village. Deli meats and cheeses, produce, baked goods, fine foods, beer and wine. Local products include jams and jellies, honey, Chad’s Quahogs, Cape Cod Beer, local cards and gifts.



CAPE COD COFFEE ROASTERS

348 Main Street, Mashpee
Open Mon-Fri, 9 AM – 4:30; Sat, 9 AM – 2:30 PM
508-477-2400; info@capecodroasters.com
www.CapeCodRoasters.com

Since 1970, we have been roasting coffee that brews into a flavorful, aromatic and clear tasting cup. Cape Cod Coffee supplies wholesale coffee to restaurants, offices and cafés. Full retail and tours at our roasting facility on Route 130 in Mashpee.

EDIBLE CAPE COD

P.O. Box 515, Cummaquid
508-375-9883; info@ediblecapecod.com
www.ediblecapecod.com

Edible Cape Cod is a free seasonal magazine published May, July, September and December available through our advertisers. The goal of this magazine and web site is to be a resource that makes eating, growing and enjoying our local abundance an everyday pleasure. Both our magazine and our website act as our contribution to the growing movement throughout this country that is encouraging people to eat more locally-grown and locally-produced foods. By eating locally, we help sustain the small family farms that grow these foods, we enjoy food that is fresher and healthier for us and we help reduce the cost on the environment—and in dollars—of transporting foods over long distances.

MASHPEE CHAMBER OF COMMERCE

17 Joy Street, P.O. Box 1245, Mashpee
508-477-0792; mpalumbo@mashpeechamber.com
www.mashpeechamber.com

The Mashpee Chamber is proud to be one of the area's most active proponents of local business. We work very closely with our community leaders to promote the town and the business community to ensure the success of everyone's visit or venture.

JANET BUCKLEY

Westerly, RI

JACQUELINE HIRTLE

Quincy, MA

MAUREEN O'ROURKE & ADAM GORDON

Fairfield, CT

*Be sure to visit BuyFreshBuyLocalCapeCod.org
for more details about our program
and a list of news and events!*



Buy Fresh Buy Local Cape Cod is a program of Cape Cod Cooperative Extension, the education department for Barnstable County.

The mission of Cape Cod Cooperative Extension is to improve the health and well-being of youth, families, and communities; conserve and enhance natural and marine resources; and strengthen agriculture and food systems. Extension links the Massachusetts land grant university with a larger community of people to address issues of fundamental importance to the people of Barnstable County.

Educational programs focus on agriculture, marine resources, horticulture, aquaculture, natural resources, water quality, recycling, household hazardous waste, nutrition, food safety, youth development, and environmental education issues facing the county.

The Extension staff serve as a direct link with the University of Massachusetts and the Woods Hole Oceanographic Institution-Sea Grant programs, where new research findings are translated into practical applications to be shared with people and community officials through workshops, conferences, field demonstrations, technical assistance, newspaper articles, radio, television, and the internet.

10 Good Reasons to Buy Locally Grown



1 Locally grown food tastes and looks better.

Crops marketed close to home are picked at their peak and usually sold within 24 hours of harvesting. Food imported from far away must travel on trucks or planes and then it is stored in warehouses.



2 Local food supports local families.

The wholesale prices that farmers get for their products are usually very low, sometimes not more than the cost of producing them. Local farmers who sell directly to consumers cut out the middleman and can get full retail price for their food—which helps farm families be able to afford to continue farming their land.



3 Local food builds trust.

With all the issues related to food safety and homeland security, there's an assurance that comes from looking a farmer in the eye at the farmers' market, or driving by the fields where your food comes from.



4 Local food builds community.

When you buy direct from a farmer, you're engaging in a time-honored connection between eater and grower and you're supporting a local business. Getting to know folks who grow your food helps you know more about the place you live. In many cases, it gives you access to a place where you can go to enjoy nature and the seasons, and to learn more about how food grows.



5 Local food preserves open space.

When farmers get paid more for their products from nearby shoppers, they're less likely to sell farmland for development.



6 Local food keeps taxes down.

According to several studies, farms contribute more in taxes than they require in services, whereas most residential development contributes less in taxes than the cost of required services.



7 Local food benefits the environment and wildlife.

Massachusetts farmers are leaders in the use of environmentally sound growing practices. Our farms encompass a patchwork of fields, meadows, woods, streams, and ponds that provide essential habitat for wildlife.



8 Local food makes a lighter carbon footprint.

On average our food travels 1,500 miles from farm to plate. Moreover, each calorie of food produced requires an average of 10 calories of fossil-fuel inputs from travel, refrigeration and processing. Purchasing locally-grown food is a simple way to address the increasing expense of fossil fuels and the adverse effects of global warming from increased carbon emissions.



9 Local food preserves genetic diversity.

In industrial agriculture, plants are bred for their ability to ripen uniformly, withstand harvesting, survive packing and last a long time on the shelf, so there are only a few varieties in large-scale production. This leaves our food supply vulnerable to disease or disaster. Smaller local farms, in contrast, often grow many different varieties to provide a longer season, an array of colors, and the best flavors.



10 Local food is an investment in our future.

When you buy locally grown food, you're helping to preserve the strength and character of our community for our children and grandchildren.



Massachusetts Department of Agricultural Resources
www.mass.gov/massgrowing



Buy Fresh Buy Local Cape Cod

Cape Cod Cooperative Extension

P.O. Box 367

Barnstable, MA 02630

508-375-6697

bfbfcc@barnstablecounty.org

www.BuyFreshBuyLocalCapeCod.org

