



EAT LOCAL FOR THE HOLIDAYS!

Everything you need for a delectable holiday meal is available right here on Cape Cod!

The centerpiece of so many holidays is the meal, and what better time to appreciate the gift of local agriculture? The benefits of purchasing local food stretch beyond the great taste it adds to the meal to supporting the local economy, sustainability, and the environment. Add those to your list of things to celebrate this holiday season!

Vegetables

CAPE ABILITIES	tomatoes, butterhead lettuce
CAPE COD ORGANIC FARM	potatoes, butternut squash, Eastham turnips, sweet potatoes, brussels sprouts, cabbage, sage, mesclun greens, arugula, kale, herbs, flowers
CHECKERBERRY FARM	garlic
COONAMESSETT FARM	salad mix, rum pumpkin pies, groceries
E&T FARMS	mixed greens, honey
MATT'S ORGANIC GARDEN	kale, butternut squash
NOT ENOUGH ACRES	potatoes, white turnips, parsnips, Kohlrabi, arugula, ovation blend greens
PLEASANT LAKE FARM	butternut squash, carrots, garlic

Meats

SEAWIND MEADOWS	beef brisket, pork loin chops
CAPE COD ORGANIC FARM	pork, turkeys
BORDERBAY JUNCTION FARM	lamb
MISS SCARLETT'S	turkey, chicken, duck, goose, lamb

Seafood

BARNSTABLE SEA FARMS	oysters, raw bars
EASTWIND LOBSTER	lobster, seafood, fish

Extras

BRICK KILN FARM	centerpieces
CAPE COD SALTWORKS	sea salt
IN THE WEEDS FLOWER FARM	wreaths, greens, flowers
PJ CRANBERRIES	cranberries
WELLFLEET SEA SALT	sea salt

Fill the gaps at the farmers' market!

ORLEANS 11/17
 GREEN HARVEST 11/18, 12/2, 12/9, 12/16
 FALMOUTH 11/20 & 12/1

Visit
BUYFRESHBUYLOCALCAPECOD.ORG
 for a full list of members &
 their contact information.



Be sure to check with vendors
 directly for availability!

