

CAPE COD FOOD + FARMS RESOURCE GUIDE

Buying local in response to Covid-19

Updated 5/4/20



CAPE COD

BUY FRESH

BUY LOCAL®

www.BuyFreshBuyLocalCapeCod.org



Keep Cape Cod fed! Support our local farmers, fishermen and food during Covid-19



Buying local has never been more important – for both your health and our local farmers and business owners! Many farmers, markets, retailers and restaurants have adapted their businesses to prioritize the safety of the community during the crisis.

SNAP and the Healthy Incentive Program continues to support food insecure communities. Farmers who participate in either HIP or SNAP want you to know they are here for you and are working to make their food available to you. As the growing season progresses, more farm stands that accept SNAP and/or HIP will be opening to serve clients.

Look for these symbols for SNAP  and HIP 

This guide will be updated as more info becomes available. [Are you offering local product during this time? Click here.](#)

Jump to Our Menu...

[Farmers' Markets](#)

[Get a CSA](#)

[Order Local Specialty Products Online](#)

[Direct to Consumer Purchasing](#)

[Garden Plants & Nurseries](#)

[Restaurants & Food Service](#)

[Seafood: Direct to Consumer Online & Pick-Up](#)



Farmers' Markets

Upper Cape

Osterville Farmers Market

<https://ostervilemuseum.org>

Continuing virtual market, see website for complete list of our farmers and vendors who are shipping, offering curbside pick-up, or delivering to doorsteps with contact-free options. Many are offering special Easter options.

Lower Cape

Brewster Historical Society Farmers Market

www.brewsterhistoricalsociety.org/farmers-market

Due to limited supply of Weekly Produce Boxes orders will be filled on a first-come-first-serve basis. Only 1 week may be ordered at a time. Delivered to Brewster, Harwich, Dennis, Orleans & Eastham only. Resuming orders on 4/8 for delivery on 4/15. IF YOU HAVE PRODUCE OR PRODUCT you would like to place in the boxes contact Sadie for details.

Orleans Winter Farmers Market

www.orleansfarmersmarket.com

Indoor market has ended. Currently making plans for the outdoor market. More info as it becomes available.

Wellfleet Farmers Market

www.wellfleetfarmersmarket.com

Open Wednesday, May 13 8am-Noon, with no contact shopping.

[See their facebook page](#) or [this link](#) for social distancing and safety measures being adopted, and information regarding online payment methods accepted by individual vendors which you can set-up before your visit.



Get A CSA

Upper Cape

BAY END FARM

200 Bournedale Road, Buzzards Bay
617-212-8315; kofi@bayendfarm.com

COONAMESSETT FARM

277 Hatchville Road, East Falmouth
508-563-2560; cfarm@capecod.net
www.coonamessettfarm.com

Offers a variety of CSA options for pick up at Farm.

PARIAH DOG FARM

279 Trotting Park Road, Teaticket
info@pariahdogfarm.com
www.pariahdogfarm.com

Contact them for CSA details. Vegetables, fruit, herbs, eggs, maple syrup, sea salt and honey.

Mid Cape

CAPE ABILITES FARM

458 Main Street, Route 6A, Dennis
508-385-2538
www.capeabilities.org

Now accepting sign-ups for the Salad Club CSA.

CAPE COD ORGANIC FARM

3675 Main Street, Barnstable
508-362-3573
www.capecodorganicfarm.org

May 27- September 30 for pick up at Farm

TUCKERNUCK FARM

W. Dennis

508-364-5821; tuckernuckfarm@yahoo.com

Salad Club CSA May- Sept. Call or text 508-364-5821.

Vegetable starts available.

Lower Cape

DRY SWAMP BOG FARM

24 Great Oak Road, Orleans
508-255-1081; info@dsbfarm.com
Contact them for CSA details

PLANT WORK SHOP

Oracle Square 82 Rt. 6A, Orleans
info@plantworkshop.co
www.plantworkshop.co

Offering a new flower & herb CSA

Outer Cape

WELLFLEET CHICK COOP & FARM

508-349-1327;
wellfleetchickcoop@comcast.net

Offering an Eggs & Cheese CSA beginning in May



Order Local Specialty Products Online

[Nobska Farms](#) Spicy sauces, salsas, jelly and chocolates.

[Cape Cod Cranberry Harvest](#) Sweet and savory preserves. Order online or call to arrange a pick up. Now offering curbside pickup. Get a free jar with every order.

[Chatham Jam & Jelly](#) Sweet and savory preserves.

[Great Cape Herbs](#) Herbs, teas, tinctures.

[Cape Cod Lavender Farm](#) Farm is open. Order online or call to arrange a pick up.

[Chequessett Chocolate](#) Our own bean to bar chocolatier and other sweet treats. Continuing online sales as well as beginning home delivery from Provincetown to Orelans. They are featuring a special "Buoy You Up Box" full of sweet treats.

[Cape Cod Coffee Roasting](#) and shipping coffee.

[Snowy Owl Coffee](#) Roasting and shipping coffee. They've posted new guides for brewing the best cup at home! Want to to brighten the days of some essential workers on Cape Cod by sponsoring a care package of coffee? Beginning this week, they will begin accepting orders for brewed coffee packages to be delivered to several locations serving workers on the "front lines."

[Shoal Ciderworks](#) Can't ship cider but can purchase other products.



Direct to Consumer Purchasing

Upper Cape

Boot Strap Farm

1 Scraggy Neck Ext. on Rt 28A, Cataumet
508-696-4911; susan@bootstrapfarm.com

www.bootstrapfarm.com

Offering curbside delivery for members. Public shopping is also available, currently for Tuesday, Friday & Saturday pick up. Order online, with car delivery at store. Visit our website for the latest public shopping hours.

Coonamessett Farm

277 Hatchville Road, East Falmouth
508-563-2560; cfarm@capecod.net

www.coonamessettfarm.com

Open Wednesdays through Sundays 9 am to 5 pm. We are now taking SNAP! Expanded grocery section including produce, cheese, and meats. Also have take-home meals, fresh and frozen, by Buffalo Jump.



DaSilva Farm Farm

104 Rear Brick Kiln Road (off DaSilva Way), Teaticket
508-548-1248; dasilvafarms02536@gmail.com

Stand is open, they also have fresh eggs.

Fluffy Butt Farm

Forestdale

567-233-2621; fluffybuttfarm@yahoo.com

Eggs from chicken, quail, turkey and duck. Message them on FB to order.

Pariah Dog Farm

279 Trotting Park Rd, Teaticket

www.pariahdogfarm.com

Farmstand is open Sat & Sun Noon - 7pm. Vegetables, fruit, herbs, eggs, maple syrup, sea salt and honey.

Stella Farms

508-274-9328

Stella Farms is now in the greenhouse growing 40 varieties of tomatoes for sale at Country Gardens, Scenic Roots, and New Farm: they each will have their own protocols for filling orders.

Rory's Market & Kitchen

32 Market Street, Mashpee Commons 774-361-6075

www.loverorys.com

Curbside delivery, special shopping hours and some limited delivery at both locations.

Cape Cod Winery

4 Ox Bow Road, East Falmouth

508-457-5592; info@capecodwinery.com

www.capecodwinery.com

Curbside pick up on Saturdays. Making local deliveries as well as taking online orders for shipping.



Direct to Consumer Purchasing

Upper Cape

[Wild Harbor General Store](#)

200 Old Main Road, N. Falmouth

508-563-2011

Open for business.

Mid Cape

E&T Farm



85 Lombard Ave, W. Barnstable

508-362-8370; ed@eandtfarmsinc.com

Micro greens, greens, honey, shrimp. Contact Ed at (508) 362-8370 to arrange pick-up.

Seawind Meadows

Dennis

SeawindMeadows@gmail.com

www.seawindmeadows.com

Contact online to order beef and eggs and for information about pick up at Pop up markets.

Tuckernuck Farm

W. Dennis

508-364-5821; tuckernuckfarm@yahoo.com

Call or text 508-364-5821 for pick-up. Vegetable starts available.

Fancy's Market

699 Main Street, Osterville

www.fancysmarket.com

Open for business

Rory's Market & Kitchen

32 Market Street, Mashpee Commons 774-361-6075

640 Main Street, Dennis Port 508-760-3043

www.loverorys.com

Curbside delivery, special shopping hours and some limited delivery at both locations.

Ring Bros. Marketplace

485 Route 134, South Dennis

Open 7 days, 8 AM – 8 PM

508-394-2244

www.ringbrosmarketplace.com

Open for business

Cape Cod Beer

1336 Phinney's Lane, Hyannis

508-790-4200; info@capecodbeer.com

www.capecodbeer.com

New retail hours. Beer to-go only. Curbside pick up also available.



Direct to Consumer Purchasing

Lower Cape

Cape Cod Lavender Farm

1/2 mile off Weston Woods Road, Harwich

508-432-8397; cynthia@capecodlavenderfarm.com

www.capecodlavenderfarm.com

Farm is open. Order online or call to arrange a pick up.

Chatham Shellfish Company

West Chatham

www.chathamoysters.com

Offering delivery to Chatham, Harwich and Brewster. Shipping to other Cape Cod towns or nationwide.

[Pleasant Lake Farm](#)

2 Birch Dr, Harwich

774-722-2319

Farm is open with veggies, garlic, eggs, beef and pork. Text or call 774-722-2319 to arrange.

NewFarm

225 Cranberry Highway

Orleans, MA 02653

508-255-0205; Lindsay@NewFarmStore.com

www.newfarmstore.com

Offering curbside service Mon-Sat from 9-5 during the COVID-19 crisis. Give us a call and let us know what you are looking for and when you will be stopping by and we will have your items ready for you!

Friends' Marketplace

57 Main Street, Orleans

508-255-0963; brian@friendsmarketplace.net

www.friendsmarketplace.net

Shop online with curbside pick up or delivery.

Nauset Farms Market

199 Main Street, East Orleans

nausetfarms@gmail.com

www.nausetfarms.com

Open and has daily takeout specials.



Direct to Consumer Purchasing

Outer Cape

[Dave's Greens](#)



41 Holsbery Rd, Truro

617- 959-4923; davesgreens@gmail.com

Farm stand open selling veggies and plants. Use venmo David-DeWitt-27 or email directly for instructions for picking up products.

Hillside Poultry

Truro

508-241-2587; andrew@hillsidepoultrycapecod.com

<https://hillsidepoultry.org>

Shop online for local chicken with pick up appointment or delivery.

[Longnook Meadows Farm](#)

12 Long Nook Rd , Truro

(781) 856-0513

Will reopen mid May, we will open our farm stand with our own produce. This will be mainly Arugula, lettuce and greens.

[Wellfleet Chick Coop](#)

508-349-1327; wellfleetchickcoop@comcast.net

Pre-order to schedule appointment for curbside pick up of eggs and cheese only.



Garden Plants & Nurseries

Upper Cape

[Sabatia Flower Farm](#)

125 Oak Street, W. Barnstable
1965 Main Street, Marstons Mills
508-221-2523; sabatiaflowerfarm@comcast.net
Open for the season.

Scenic Roots

349 Route 6A, E. Sandwich
508-888-0044;
scenicrootsgardencenter@gmail.com
www.scenicrootsgardencenter.com
Offering curbside service. Selling Crow Farm plants!

[Stella Farms](#)

508-274-9328
Growing heirloom tomatoes for garden centers and then in the fields for farmers markets and restaurants. Stella Farms is now in the greenhouse growing 40 varieties of tomatoes for sale at Country Gardens, Scenic Roots, and New Farm: they each will have their own protocols for filling orders.

Soares Flower Garden Nursery & Landscape

1021 Sandwich Road, E. Falmouth
508-548-5288; soaresfgn@gmail.com
www.soaresflowergardennursery.com
Curbside service, personal plant shoppers.

Sprout Farm

97 Quinaquisset Ave, Mashpee
774-392-3168; sproutes@comcast.net
www.sproutfarm.net
Selling bagged soil while waiting for plants.

Mid Cape

Matt's Organic Gardens

36 Upper County Road, Dennis Port
508-367-7913
www.mattsorganicgardens.com
Plants! Vegetable, herbs, fruits, tomatoes. Curbside pickup only, order online at website.

Lower Cape

Bethany Seasons

Brewster
508-648-6416
Tomato Plants are sold in gallon pots and are \$6 each., ready for pickup in around mid May at our location in Brewster. To order call 508-648-6416.

Crocker Nurseries

1132 Long Pond Road, Brewster
508-896-5060, crockernurseries@gmail.com
www.crockernurseries.com
Order vegetable starts and herbs online for pick up or delivery. Perennials / annuals soon.

NewFarm

225 Cranberry Highway
Orleans, MA 02653
508-255-0205; Lindsay@NewFarmStore.com
www.newfarmstore.com
Offering curbside pick up service.

Outer Cape

Bayberry Gardens

250 Route 6, Truro
508-349-6764; bayberrygardens@gmail.com
www.bayberrygardens.com
Offering curbside pick up and some delivery.



Restaurants and Food Service

Upper Cape

Chapoquoit Grill

410 West Falmouth Hwy, W. Falmouth
508-540-7794 ; info@chapoquoitgrill.com
www.chapoquoitgrill.com

East Wind Lobster & Grille

2 Main Street, Buzzards Bay
508-759-1857
www.eastwindlobsterandgrille.com

Fishermens View Restaurant and Market

20 Freezer Rd., Sandwich
508-591-0088
www.fishermensview.com

Lobster Trap Restaurant

290 Shore Rd., Bourne
508-759-7600
<http://www.toasttab.com/lobster-trap-bourne>

Pie In The Sky

10 Water Street, Woods Hole
508-540-5475; hq@piecoffee.com
www.piecoffee.com

Quicks Hole Tavern & Taqueria

Woods Hole
508-495-0048 (Tavern); 508-495-0792 (Taqueria) quickshole@gmail.com
www.quicksholewickedfresh.com

Mid Cape

The Casual Gourmet

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

Crisp Flatbread

791 Main St., Osterville
508-681-0922
www.crispflatbread.com

(Cont.)



Restaurants and Food Service

Mid Cape (Cont.)

Pizza Barbone

390 Main Street, Hyannis

508-957-2377; jason@pizzabarbone.com

www.pizzabarbone.com

Spoon & Seed

12A Thorton Drive, Hyannis

774-470-4634

www.spoonandseed.com

Lower Cape

The Local Scoop

34 Cranberry Highway, Orleans

508-255-0101

www.thelocalscoopcapecod.com

"Open for Art", starting April 15th: A drive by Art Exhibit, which will showcase uplifting, joyful displays to brighten your day. Truro Children's Community Garden mushroom exhibit will kick off our program. The shop and our food trucks (The Scoop Mobile / The Pop Mobile) plan to reopen mid May. We are reconstructing our store from "self service" to "we serve you". Home delivery/take out/curb side pick up also in the works. The exact timing will coincide with COVID-19 safety measures.

The Optimal Kitchen

E. Orleans

774-216-9553 ; theoptimalkitchen@comcast.net

www.theoptimalkitchen.com

Sunbird

85 Rt 6A, Orleans

info@birdinthesun.com

www.birdinthesun.com

[Cape Cod Culinary Incubator](#) is compiling business support resources and other links for restaurants and other food service industries.



Seafood: Direct to Consumer Online & Pick-Up

Upper Cape

Cataumet Fish

1360 Rt 28 A, Cataumet

www.cataumetfish.com/

Partnering with Stomping Grounds Grille in Buzzard's Bay preparing heat-and-serve seafood meals. Entrée menus change reflecting what's fresh, visit their website for updates. Call 508-564-5956 to order.

Falmouth Fish Market

157 Teaticket Hwy, Teaticket

<https://www.freshfishcapecod.com>

The market is open. You can call 508-540-0045 to place an order for curbside pick-up. See their menu for fresh fish, seafood offerings, and prepared meals.

Mid Cape

Barnstable SeaFarms

We've got oysters by appointment! Cash, check, Venmo or Paypal; \$15/doz.

Contact Jared 508-566-7686

Cape Fish and Lobster

626 West Main Street, Hyannis

<https://capefishandlobster.com/>

Selling live lobsters, fresh fish and seafood.

Market is open Mon-Friday 9:00am-4pm, Saturday 9:00am-6pm

Call 508-771-1122 to place an order for curbside pickup

Cotuit Oyster Company

26 Little River Rd, Cotuit

<https://www.cotuitoystercompany.com/>

Fresh shellfish farmed in Cotuit Bay. Pre-order and pay for oysters and other merchandise online for curbside pick-up.

East Dennis Oyster Compnay

484 Center Street, Dennis

<http://www.dennisoysters.com>

Open for non-contact curbside pick up of oysters. Call 508-398-3123. East Dennis Oyster Farm and The Cape House at William Raveis RE have teamed up to cosponsor our fisherman friend Bob to create Clam Chowder Starter Kits for safe curbside pickup in Dennis. For \$15 you get 12-14 chowder size quahogs, 6 potatoes and 1 large onion. Call/text 508-451-3124 for information on ordering, payment, and pickup. 100% of proceeds go to Bob.

Osterville Fish

2952 Falmouth Rd, Osterville

<http://ostervillefish.net>

The market is open. You can also call 508-420-0500 to place an order for curbside pick-up. They are also offering prepared food for take-out. They are working on putting online ordering on their website in the coming days, check for updates.



Seafood: Direct to Consumer Online & Pick-Up

Lower Cape

Cape Tip Seafoods

Orleans and Provincetown

<https://www.capetipseafood.com/>

Local seafood including scallops, lobster, haddock, cod, sole, swordfish, halibut, salmon, snapper, cooked lobsters to go. Stuffed clams chowders available at two locations with contact free transactions.

Orleans Seafoods, 18 Old Colony Way, Orleans

508-255-7221

Retail open, 7 days 10:00am-6pm

also curbside pickup

Chatham Shellfish Co.

393 Barn Hill Rd, Chatham

<https://www.chathamoysters.com/>

Chatham Oysters and mussels are available all the time, steamers and razor clams by request. We are open for retail business but hours vary based on orders. Currently all orders are fulfilled curbside and by appointment only. Orders can be placed on our website or by sending an email to sales@chathamshellfish.com.

Mac's Seafood

<https://www.macsseafood.com/news>

See website for various locations. They offer local home delivery from the Mac's fish markets from Harwich to Ptown, and takeout and curbside pick-up from the restaurants.

Mac's Chatham Fish & Lobster

Call 508-945-1173 to order. See their website for daily menu and beer and wine take out.

Nauset Fish & Lobster Pool Market

38 MA-6A, Orleans

<https://www.nausetfishandlobsterpool.com/>

The market is open. You can also call 508-255-1019 to place an order for curbside pick-up. They carry beer & wine and other groceries. Sir Crickets Fish & Chips is also offering take-out call 508-255-4453 to order.



Seafood: Direct to Consumer Online & Pick-Up

Outer Cape

Cape Tip Seafoods

Orleans and Provincetown

<https://www.capetipseafood.com/>

Local seafood including scallops, lobster, haddock, cod, sole, swordfish, halibut, salmon, snapper, cooked lobsters to go. Stuffed clams chowders available at two locations with contact free transactions.

45 A Court St, Provincetown

508-487-0259

curbside pickup and delivery, Tuesdays-Saturdays 8:30am-4pm

Holbrook Oyster

<https://www.facebook.com/HolbrookOyster/>

Oysters, littlenecks and scallops at wholesale prices. Offers local home delivery while maintaining social distancing measures. Deliveries on Tuesday & Friday to the lower Cape. If you live farther they are happy to meet you in Orleans. To place an order, message them on FB or call Zack at (774) 722-1788. Cash or PayPal payment.

Mac's Seafood

<https://www.macsseafood.com/news>

See website for various locations. They offer local home delivery from the Mac's fish markets from Harwich to Ptown, and takeout and curbside pick-up from the restaurants.

Mac's Fish House in Provincetown

Call 508-487-6227 to order.

See the menu online. You can now add beer & wine to a takeout order.

Mac's Chatham Fish & Lobster

Call 508-945-1173 to order. See their website for daily menu and beer and wine take out.

Wellfleet Shellfish Co.

137 Holmes Rd, Eastham

<https://wellfleetshell.com/>

Currently buying and selling from over 65 shellfish farmers, local small boats, and individual harvesters from all over Cape Cod and the MA coast. Call them 508-255-5300 to order and arrange pick-up or visit website.

Product includes wild clams, farmed clams, razor clams, blood clams, surf clams, steamers, scallop meats, lobsters (offshore), wild picked oysters, wild dragged oysters, farmed oysters.

Wellfleet SPAT

<https://wellfleetpat.org/>

The producers of the Wellfleet OysterFest is offering to donate Wellfleet shellfish to anyone on Cape Cod who is serving prepared food to those in need. It must be a commercially licensed kitchen, and the shellfish must be cooked. If you would like a shellfish donation, please contact gisele@wellfleetpat.org.



**Are you selling local product with delivery
and / or pick-up options?**

Let us know! We want to promote your business!

Contact Kim Shkapich at kimberly.shkapich@barnstablecounty.org

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.

**Buy Fresh Buy Local Cape Cod
Cape Cod Cooperative Extension P.O. Box 367 Barnstable, MA 02630
508-375-6882
bfbfcc@barnstablecounty.org
www.BuyFreshBuyLocalCapeCod.org**

