



2020

GUIDE TO LOCAL FARMS & FOOD

PLEASE CALL
VENDORS
OR VISIT
WEBSITE. Many
have changed
hours and
services due
to pandemic.

markets • festivals • seafood • eateries • retail



GET IN THE GUIDE

Do you grow or harvest food from land or sea?

Do you buy local food for your business?

Do you manage a Farmers' Market on Cape Cod?

Do you fall outside of these categories but believe in supporting and aligning yourself with the Cape Cod Buy Local movement?

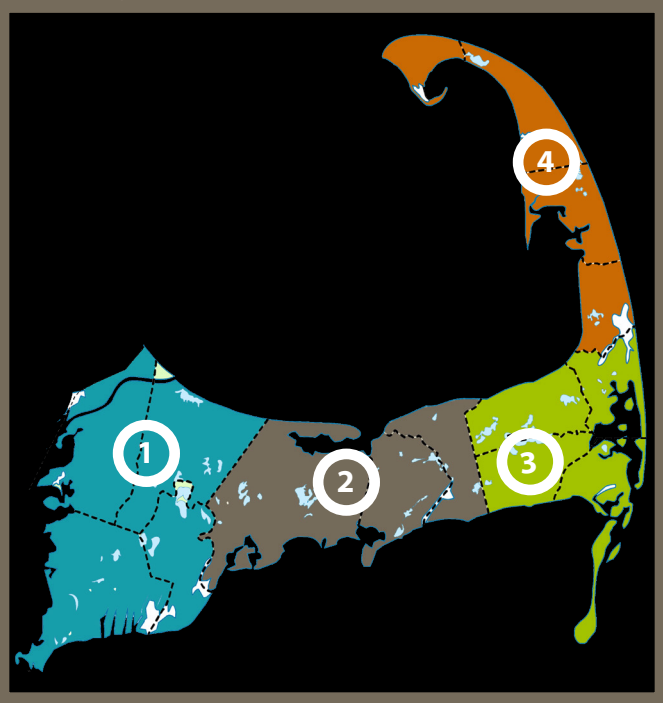
As a Buy Fresh Buy Local Cape Cod Member or Supporter, you'll be part of a growing local community that believes in supporting and encouraging cooperation among Cape Cod's farms, working waters, businesses and citizens. For info on how to become a member of Buy Fresh Buy Local Cape Cod, contact us at **BFBLCC@barnstablecounty.org** or **www.buyfreshbuylocalcapecod.org**.

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REGIONS OF CAPE COD



Cape Cod is shaped roughly like the arm of someone flexing a bicep. It is divided into four regions: from west to east, or from the “shoulder” to the “hand”.

- 1** Upper Cape:
Bourne, Falmouth, Sandwich, Mashpee
- 2** Mid Cape:
Barnstable, Yarmouth, Dennis
- 3** Lower Cape:
Harwich, Brewster, Chatham, Orleans
- 4** Outer Cape:
Eastham, Wellfleet, Truro, Provincetown

With over 100 Buy Fresh Buy Local members throughout our region, you are sure to find fresh products and local artisan foods no matter where you find yourself on the Cape.


BUY FRESH BUY LOCAL CAPE COD

Our mission is simple: connect people on the Cape with locally-grown land and sea products. Through outreach, advertising and point of purchase materials, BFBL 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.




FOOD ACCESS


SNAP/ EBT access has been expanding! Look for the  symbol next to vendors who accept SNAP EBT.


JOIN THE MOVEMENT

Sign up for the email newsletter on our website at www.buyfreshbuylocalcapecod.org

Find us on Social Media

 /buyfreshbuylocalcapecod

 @buyfreshcapecod

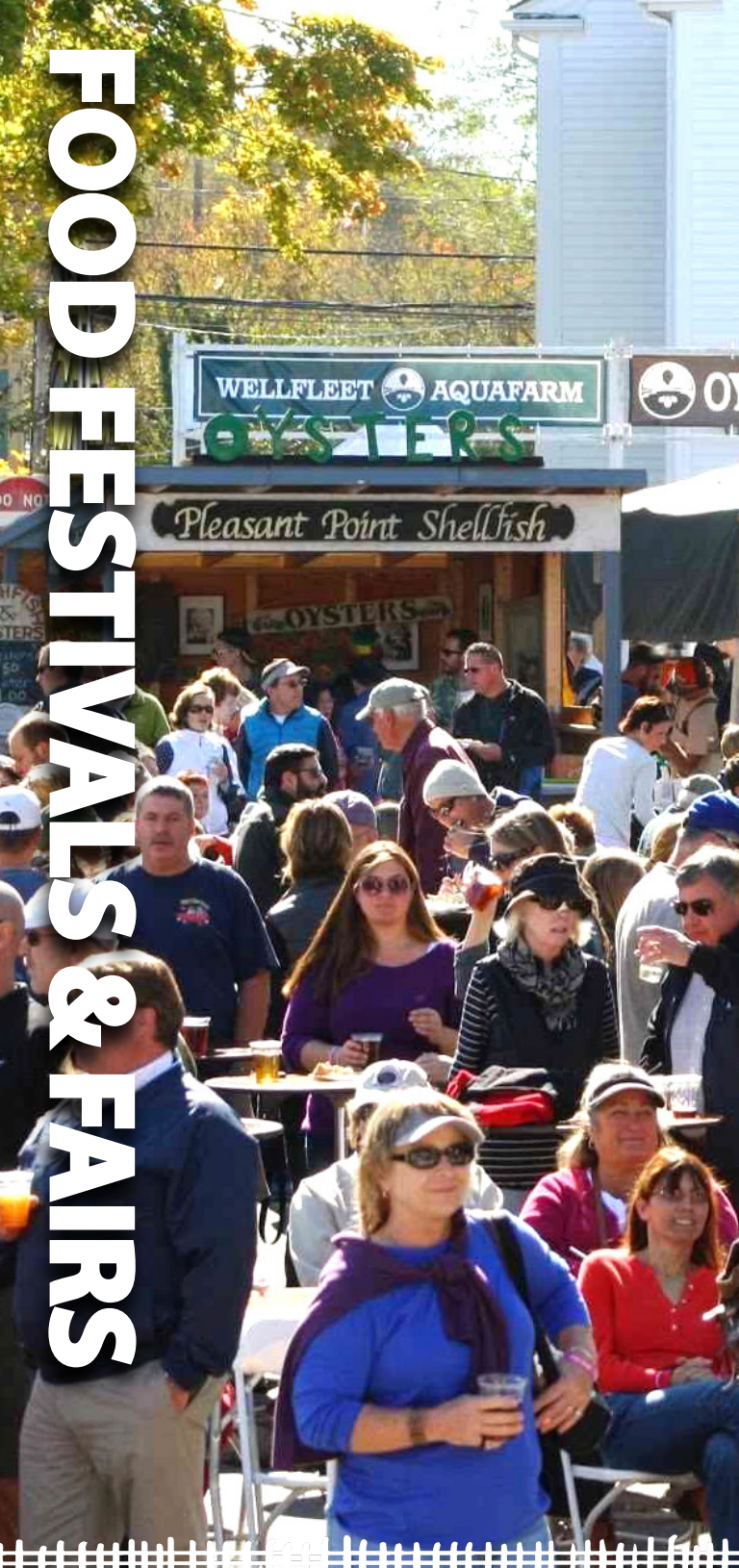
 @ccextension

Help spread the word with our BFBL Cape Cod bumper stickers, magnets, and more!

Become a Member! 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. Visit our website for details.

FOOD FESTIVALS & FAIRS



MID CAPE

HARVEST FESTIVAL

STAY TUNED FOR UPDATES

1220 Nathan Ellis Highway Route 151, East Falmouth

www.capecodfairgrounds.com

Celebrate the local harvest with old-fashioned family fun for all ages! Visit with farmers, animals, and enjoy tasty treats and homegrown activities.

LOWER CAPE

EASTHAM TURNIP FESTIVAL

STAY TUNED FOR UPDATES

Nauset Regional High School

100 Cable Rd., Eastham

Nov. 21st

www.easthamlibrary.org

All kinds of turnip fun - cook-off, tastings, turnip bowling, shucking contest, arts & crafts, market, music, and more!

OUTER CAPE

TRURO AGRICULTURAL FAIR

STAY TUNED FOR UPDATES

Veteran's Field off Truro Center Rd., Truro

Sept. 6th

www.sustainablecape.org

Celebrating Agriculture, Aquaculture, Fishing and Farming, the Truro Agricultural Fair offers a delicious variety of locally harvested foods from land and sea.

2020 FARMERS' MARKETS

UPPER CAPE

Falmouth Farmers' Market

Marine Park, Scranton Ave.

May - October

Thursdays, Noon - 6pm

www.falmouthfarmersmarket.org



Sandwich Farmers' Market

Wing School, 33 Water St.

6/30 - 10/13

Tuesdays, 10am - 1pm

Pre-Ordering Available Soon

www.sandwichfarmersmarket.com



MID CAPE

Bass River Farmers' Market

311 Old Main St., S. Yarmouth

6/11 - 9/12

Thursdays & Saturdays, 9am - 1:30pm

www.bassriverfarmersmarket.org



Cape Cod Beer Farmers' Market

Updates Coming Soon

Fridays, 3pm - 6pm

Osterville Farmers' Market

Virtual Farmers' Market

Order from vendors at

www.ostervillemuseum.org



LOWER CAPE

Brewster Farmers' Market

Pre-order Only

Curbside Pick-Up Farmers Market

Order at

www.brewsterhistoricalsociety.org/farmers-market

Chatham Farmers' Market

1652 Main St., Chatham

6/2 - 10/20

Tuesdays, 3pm-6:30pm

Pre-Ordering Available

FB/chathamfarmersmarketcapecod



Harwich Farmers' Market

Brooks Academy Museum, 80 Parallel St.

6/11 - 10/1

Thursdays, 3pm-6pm

www.harwichfarmersmarket.com

Orleans Farmers' Market

Summer- 21 Old Colony Way, Orleans

May - November

Saturdays, 8am - Noon

Winter- Nauset Middle School Cafeteria

70 Route 28, Orleans



OUTER CAPE

Provincetown Farmers' Market

Ryder St. (next to Town Hall)

6/13 - 10/31

Saturdays, 9am-3pm



Truro Farmers' Market

Truro Central School, 317 Route 6

6/22 - 8/31

Mondays, 8am - Noon



Wellfleet Farmers' Market

Congregational Church, 200 Main Street

5/13 - 10/7

Wednesdays, 8am - Noon

Pre-Ordering Available

FB/WellfleetFarmersMarket



THANK YOU FOR
PRACTICING
SOCIAL DISTANCING



Look for these symbols
for HIP and SNAP
vendors!



FARMS & STANDS

Connect with the rich farming and agricultural heritage of Cape Cod. These farms are creating authentic experiences by cultivating fresh, healthy food in our communities. Support them and support a strong future for agriculture on Cape

Upper Cape

ATTAQUIN ACRES

Product(s): vegetables, herbs, fruit, flowers

36 Meetinghouse Road, Mashpee

May - August; 7 days a week 9 AM - 5 PM

508-356-6326; attaquinacres@aol.com

[fb/attaquinacrescapecod](https://www.facebook.com/attaquinacrescapecod)

A family owned and operated greenhouse and nursery since 1996. We specialize in geraniums and plant everything by hand and with love. It shows in our product and on the faces of our happy customers! We offer planting services and Gift Certificates. Find us on Facebook, Instagram, and in the heart of Mashpee.

BAY END FARM

Product(s): vegetables, herbs, flowers, baked goods, prepared foods

200 Bournedale Road, Buzzards Bay

Tues, Thur, Fri, 11AM - 6PM

Wed, 12:30 PM – 6PM,

Sat, 10 AM – 4 PM

617-212-8315; kofi@bayendfarm.com

www.bayendfarm.com

Founded in 1906, certified organic since 2001, we have been providing organic produce to families, markets, and restaurants for almost 20 years. Our CSA runs for 20 weeks and includes a bag of seasonal certified organic vegetables and herbs from mid-June to mid-October.

THE BLUEBERRY BOG

Product(s): PYO blueberries

92 Spring Hill Rd., East Sandwich

Open daily during the season, 8:30AM-3:30PM

413-727-2697

Family owned and operated since 1984. Pick Your Own (PYO) blueberries! Starting late July – Aug. Call us at #413-727-2697 to confirm the stand is open!

BOGSIDE FARM

Product(s): vegetables, herbs

1009 County Road, Cataumet

Open mid June-late September;

Mon-Sat 10 AM- 6 PM

Sun 10 AM- 5PM

508-563-2386; bogsidefarm@gmail.com

The Leone Family has been in business for over 30 years, specializing in tomatoes, field grown veggies, corn, and fresh cut flowers (to name a few!). Open daily throughout the growing season.

BRICK KILN FARM

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

254 Brick Kiln Road, East Falmouth

774-238-1565

www.254brickkilnfarm.com

Greenhouse and garden shop. Growers of fine annuals, perennials, vegetable and herb plants, especially heirloom and Italian varieties. Awarded Cape Cod Life Silver Medal for Upper Cape Garden Shop.

CAPE COD WINERY

Product(s): wine

4 Ox Bow Road, East Falmouth

508-457-5592; info@capecodwinery.com

www.capecodwinery.com

Our wines will bring you that tranquil Cape Cod feeling! Call us for seasonal tours and don't forget, our online shop is open year round and we can ship our products directly to you.

COONAMESSETT FARM

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

277 Hatchville Road, East Falmouth

508-563-2560; cfarm@capecod.net

www.coonamessettfarm.com

Farm + store 9AM - 5PM, Café Wed - Sun 8AM - 2PM; later Buffets. Open daily spring, summer; check days until Christmas. PYO pass (\$10) membership (\$69). 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 Cranberry Valley Eggs.

CROW FARM

Product(s): Bedding plants, strawberries, "pick-your-own" apples and pumpkins

192 Route 6A, Sandwich

April - Early July: Bedding plants and strawberries available at farm stand, 7 days a week, 9AM - 5PM

July - August: CLOSED

September - October: Pick-your-own apples and pumpkins, weekends only, 10AM-4PM

508-888-0690

www.crowfarmcapecod.com

Our fourth-generation family farm has new plans for 2020! We are changing our hours to devote more time to the orchards and family. We will continue to sell bedding plants and strawberries. Come fall we'll have pick-your-own apples, as well as pumpkins and we will be introducing a Corn Maze for the 2020 season. Check our facebook page for Fall activities and crop schedule. We accept SNAP / HIP.

DASILVA FARMS

Product(s): eggs, meat (pork, chicken, duck and turkey), vegetables, canned items

104 Rear Brick Kiln Road (off DaSilva Way), Teaticket

Open 7 days, 9 AM - 6 PM, May - August

508-548-1248; dasilvafarms02536@gmail.com

We sell chickens for harvesting of eggs and meat; turkeys, ducks, and pigs. We practice organic methods in all that we do. All of our animals are free range. What we don't sell is either pickled and preserved in a jar. We are open seasonally offering fresh eggs, seasonal vegetables, Chicken, pork, and Turkeys for Thanksgiving. See our Facebook page for more details on our meat CSA as well as what vegetables are offered seasonally.

FLUFFY BUTT FARM

Product(s): eggs (chicken, duck, turkey, quail), blueberries, blackberries, raspberries

Forestdale

567-233-2621; fluffybuttfarm@yahoo.com

fb/FluffyButtFarm

We are a small family farm raising rare breed chickens, duck, turkey and quail. We raise our hens with no medications and no added hormones. Our eggs are also from whole food fed free-range birds. As an added bonus our girls live out their full natural lives with us.

We do educational talks for all ages as well as consultations for families, schools and other programs looking to get their own birds. We rescue injured birds. Our biggest goal is to teach others about sustainable poultry practices and responsible ownership. Please email for more information for scheduling an educational talk. Find us at the Harwich, Brewster, and Orleans (summer and winter) farmers' markets.

PEACHTREE CIRCLE FARM

Product(s): vegetables, fruit, herbs, flowers, jams/ jellies and pickled items

Falmouth

508-328-3483; carriecrichter@gmail.com

www.peachtreecirclefarm.com

Peachtree Circle Farm is part of Salt Pond Areas Bird Sanctuaries land trust, and grows flowers, fruit and vegetables using sustainable growing practices. I sell fresh produce, and jams/jellies and pickled items year round at the Orleans Farmers Market and in summer at the Falmouth Farmers Market.



PETERSON SHEPHERDS

Product(s): lamb, wool products

200 West Falmouth Highway, Falmouth

petersonshepherds@gmail.com

www.petersonshepherds.org/

We provide USDA certified, pastured lamb that is raised humanely and without antibiotics or hormones. We also sell a variety of climate beneficial wool products. Please visit our website to see current product availability. Contact us via email or on our website.

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, Jack in the Bean Stalk, Clement Market, and Milton and Hingham Fruit Centers.

SOARES FLOWER GARDEN NURSERY & LANDSCAPE

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

1021 Sandwich Road, E. Falmouth

508-548-5288; soaresfgn@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.



SPROUT FARM

Product(s): vegetables, fruit, herbs, flowers

97 Quinaquisset Ave, Mashpee

Farmstand open May – Christmas,

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 FARMS

Product(s): heirloom tomatoes

508-274-9328; stellafarms@comcast.net

[fb/stellafarms1](https://www.facebook.com/stellafarms1)

A small family run farm specializing in heirloom and beefsteak tomatoes. We supply some of the finest restaurants. You can also find us at Ring Brothers in Dennis. We are committed to using sustainable and organic growing methods. No synthetic herbicides, fungicides, or pesticides are used.

THE SUNNY FARM

Product(s): vegetables, herbs, flowers, potted plants

508-648-0740

[fb\ TheSunnyFarm](https://www.facebook.com/TheSunnyFarm)

The Sunny Farm is a family operated diverse market garden farm that specializes in growing premium specialty cut flowers and peppers. Peppers of all kinds; mostly chili peppers. If you have a favorite pepper or a favorite flower and want us to grow them for you, we would love to hear from you. We use organic growing practices to grow our products in a sustainable manner.

TENOFUS FARM

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

36 Solomon Joseph Rd, Bournedale

508-733-2387

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

TINA'S TERRIFIC PLANTS

Product(s): vegetables, herbs, orchids, dahlias, lilies

64 Carol Ave, E. Falmouth

508-540-5006

Growing varieties of heirloom vegetable plants and unique herbs, flowers, bulbs and orchids. Contract grow plants for chefs & horticulturists.

TONY ANDREWS FARM

394 Old Meetinghouse Road, East Falmouth

Open 7 days, 10 AM – 6 PM

508-548-4717; tonyandrewsfarm@comcast.net

Open since 1935, we offer the freshest fruits and vegetables, along with memorable experiences. During a visit you can pick your own strawberries, peas, corn, tomatoes, pumpkins and sunflowers. We look forward to accommodating groups, community outings and enthusiastic individuals here at the beautiful pond side picnic area with wonderful hay rides.

Mid Cape

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, and field vegetables. Cape Abilities is a nonprofit organization that serves people with disabilities across Cape Cod and employs people with disabilities who work in all aspects of farm management.

CAPE COD ORGANIC FARM

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

3675 Main Street, Barnstable

Open Mon-Fri, 10 AM - 5 PM;

Sat & Sun, 10 AM - 4 PM

508-362-3573

www.capecodorganicfarm.org

Baystate Certified organic farm providing fruit, vegetables, pork, bacon, hot dogs, sausages, herb flats, flowers & plants. Find us at our farm stand in Barnstable and at the Orleans, Wellfleet and Truro Farmers' Markets. We accept SNAP/HIP.

E & T FARMS

Product(s): vegetable, eggs, honey
85 Lombard Ave, W. Barnstable
Mon–Fri, 10AM – 4 PM
Sunday 10 AM - 4PM *call first
508-362-8370; ed@eandtfarmsinc.com
www.eandtfarmsinc.com

We are a hydroponic farm and raise our mixed greens and basil year round. We also raise saltwater shrimp. Please visit our website for ordering info. We have chickens that give us great farm fresh eggs. During the outside growing season we offer a wide variety of veggies. We accept SNAP/HIP.

EDIBLE LANDSCAPES

Product(s): perennial, edible, and medicinal herb plants
415 Cedar Street, W. Barnstable
Find us at local Farmers' Markets and by appointment.
774-994-0333; ediblelandscapescc@gmail.com
www.ediblelandscapes.net

We delivery high quality edible gardening services from basic raised-bed culinary herb gardens to an entire edible ecosystem. We also sell chemical-free edible/ useful landscape plants. There are many perennial edible, medicinal, useful (attractive to pollinators) plants that we have available for sale. Visit our website for more info!

HART FARM NURSERY & GARDEN CENTER

Product(s): vegetable, herbs, annual, perennial
21 Upper County Road, Dennisport
Open 7 days, 8 – 5 PM, March – Christmas;
508-394-2693
www.hartfarmnursery.com

We are 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.

HIDDEN ACRES FARM

Product(s): raw goat milk, vegetables, fruit, herbs, eggs
120 Upper County Road, Dennisport
508-776-2221; hiddenacresfarmcapecod@gmail.com
fb/Hiddenacresfarmcapecod

We sell fresh produce and farm animals (chickens, sheep, goats, rabbits). Yarn and wool are available as well as homemade lip balms and calendula oil. Find us at our farmstead and at the Harwich Farmers' Market.

CAPE COD FARMERS MARKETS & MORE

HOKUM ROCK BLUEBERRY FARM

CLOSED FOR 2020 SEASON

www.hokumrockfarm.com

The farm will remain closed for the 2020 harvest season. Follow owners and Stephen Spear & photographer Janice Riley chronicle a year in the life of their blueberry farm in their award-winning book Out In Blue Fields. Find the book at local bookstores and on their website <https://www.hokumrockfarm.com/book.html>

HOMESTEAD FARMS

Product(s): vegetables, fruit, herbs, eggs, flowers
2110 Main Street, W. Barnstable
508-360-6167; oldhomesteadfarms@gmail.com

You'll be sure to find a wide variety of popular and hard to find vegetables, fruit and flowers. We cater only to walk in customers to ensure what you buy is the freshest available. From our farm to your family.

LITTLE RIVER BEEWORKS

Product(s): honey, beeswax
Cotuit
508-292-3549; littleriverbeeworks@comcast.net
www.littleriverbeeworks.com

Family-owned and operated, our hives live on local bogs. We offer raw wildflower honey and 100% pure beeswax candles. A clean renewable fuel, and our candles emit the sweet, natural fragrance of the wildflowers and cranberry blossoms of Cape Cod. Look for us at the Osterville Farmer's Market, LoveLocal festivals and special holiday events.

MATT'S ORGANIC GARDENS

Product(s): vegetable plants, fruit plants, herbs
36 Upper County Road, Dennisport
508-367-7913
fb/mattsorganicgardens2

Matt's Organic Gardens is your local source for organically grown herbs, fruits and vegetable starts. We also offer organically grown produce throughout the year. Produce includes greens, lettuces, tomatoes, eggplants, peppers, basil, squashes and cucumbers.

NOT ENOUGH ACRES FARM

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

We offer fresh Certified Naturally Grown produce year-round.

SABATIA FLOWER FARM

Product(s): lilies, flowers

125 Oak Street, W. Barnstable

1965 Main Street, Marstons Mills

508-221-2523; sabatiaflowerfarm@comcast.net

www.sabatiaflowerfarm.com

Sabatia Flower Farm offers you the highest quality Oriental and Hybrid lilies, as well as a variety of seasonal cut flowers including dahlias, zinnias and sunflowers grown locally on our farms in Barnstable. Flower stand: April-Early November Monday-Sunday 8am to dusk.

SEAWIND MEADOWS

Product(s): Highland Heritage beef, pork, eggs

SeawindMeadows@gmail.com

www.seawindmeadows.com

Our small family-run farm humanely raises all natural Highland heritage beef, which is all grass fed and finished on grass. There is neither corn nor added hormones or antibiotics. Our lean, tender, and flavorful heritage beef is dry aged and USDA processed. We also raise eggs from our state certified flock. You can find us year round at the Orleans Farmers Market and in season at Truro and the Wellfleet Farmers Markets, as well as Cape Abilities Farm.

TUCKERNUCK FARM

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

89 Fisk Street, W. Dennis

Open daily, 8 AM – sunset,

mid-May – October;

508-364-5821; tuckernuckfarm@yahoo.com

Small family farm raising pure bred sheep, heritage chickens and heirloom vegetables. Our specialty is lettuce. See us at our stand and at farmers' markets.

Lower Cape

BETHANY SEASONS

Product(s): vegetables, herb plants

50 Boulder Road, Brewster

508-896-5647; vtortora@capecod.net

Heirloom vegetable plants; specializing in tomatoes, and herbs. A list is sent to potential customers who can order and then pick up on a date of their choosing. Plants are also available at the Orleans and Wellfleet farmers markets. Although Bethany Seasons is not a certified organic farm, plants are grown following the standards of the Northeast Organic Farming Association (NOFA).

CAPE COD LAVENDER FARM

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

1/2 mile off Weston Woods Road, Harwich

Open Mon-Sun, 10 AM - 5 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.

CHATHAM BARS INN FARM

Product(s): vegetables, flowers, herbs, plants

3034 Main St., Brewster

508-241-5561

www.chathambarsinn.com

Located a short drive from the resort, our 8 acre farm produces the freshest seasonal greens and vegetables which drives our culinary creativity through our restaurants resort wide. The farm stand is open to the public during the growing season, offering the freshest produce available on Cape Cod.



CHECKERBERRY FARM

Product(s): vegetables, herbs, eggs, garlic, wool products, farm themed quilts and clothing
Orleans

508-237-9492

www.checkerberrymarket.com

Find us at the Orleans (summer & winter), and Truro farmers' markets. Call us to make an appointment to visit the farm!

DRY SWAMP BOG FARM

Product(s): vegetables, fruit, herbs, blueberries, cranberries, asparagus and rhubarb, fire wood
24 Great Oak Road, Orleans

508-255-1081; info@dsbfarm.com

www.dsbfarm.com

We are a small organic farm operating since 1979. Blueberries, cranberries and a variety of produce from asparagus to zucchini is available. CSA is available, see our website and CSA page. Find us at our farm stand and at the Orleans Farmers' Market.



CAPE COD
FARMERS
MARKETS
& MORE

ELDRIDGE 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

[fb/eldredgefarm](https://www.facebook.com/eldredgefarm)

We are dedicated to building a sustainable biodynamic ag-system which includes the soil, plants, animals and humans and provides for our customers exceptional products and services. The 17 acre farm is an agricultural producer directly engaged in the production of ag-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, 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; Ginkgo trees a specialty; "feed the chicks"!



HALYCON FARM

Product(s): vegetables, flowers, herbs

3915 Main Street, Brewster

www.halcyoncapecod.com

fb/ halcyoncapecod ; @halcyonfarm

Halcyon Farm is a one-acre organic, diversified vegetable operation located in Brewster. We market our specialty produce direct to the consumer. We strive to be good stewards of the land by maintaining and enhancing soil, water and air quality through sustainable farming practices. We also have a Farmstay Bed and Breakfast on site in our antique farmhouse.

HERRING RIVER/ STEPHANIE'S GARDENS

Product(s): herbs, flowers, fresh bouquets, plants

Find us at the Orleans Farmers' Market, and seasonally at the flower cart at Whimsy, 121 Route 28, West Harwich

508-432-8777; justgardening@comcast.net

www.stephaniefostercapcod.net/wp

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

IN THE WEEDS FLOWER FARM

Product(s): flowers, plants, seedlings

392 Main Street, Brewster

Self-serve farm stand; call to order

774-212-2428

fb/intheweedsflowerfarm

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

PLEASANT LAKE FARM

Product(s): vegetables, herbs, flowers, beef, pork

2 Birch Drive, Harwich

508-432-1992; 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 info.

SEA TURTLE FARM

Product(s): herbs, flowers

Orleans Farmer's Market

774-216-9771; mkochcc@comcast.net

Garden to Table: Sea Turtle Farm grows flowers - lovely bouquets and sweet arrangements that will make your heart smile.

TUCK-A-WAY FARM

Product(s): strawberries, vegetables, fruit, herbs, honey, maple syrup, eggs

2 Barkely Way, Harwich

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

508-430-1400; mjcolemanr@comcast.net

www.tuckawayfarmofharwich.com

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

TUPPER FARM

Product(s): cranberries, organically grown

774-836-7822; tupperralph@aol.com

Our cranberry farm is located in Brewster, producing early and late varieties of organically grown cranberries for farmers markets, restaurants, and food stores. Our cranberries have the Commonwealth Quality seal. Find us at Friends Market, Windfall Market, Orleans Farmers Market and Cape Abilities Farm.

TURTLE BOG FARM

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

298 Great Fields Road, Brewster

Farm stand, in-season; Orleans Farmers' Market

774-722-3715; turtletale@gmail.com

We grow vegetables, fruits and herbs without commercial fertilizers or pesticides. We have a small flock of free-range chickens for eggs. In-season we stock our small roadside stand with our fresh produce, eggs and plants.

WORK'N THE DIRT FARM

Product(s): vegetables, fruit, jam, jelly, small flowers, wreaths, hand-crafted items

**411 Main Street, Brewster, Orleans Farmers Market
508-246-3228**

deeschofield@gmail.com

We grow a variety of vegetables and harvest wild and cultivated fruit. Pesticides are not applied to any of our products. Bird houses and hand made items prepared. Products crafted by three generations.

Outer Cape

DAVE'S GREENS

Product(s): vegetables, herbs, eggs

617-959-4923; davesgreens@gmail.com

We are a family farm growing a wide variety of vegetables for sale at markets, through our CSA, and wholesale. We grow flowers, plants, hanging baskets, and vegetable plants for your garden and home. We're at the Truro, Wellfleet, and Orleans farmers' markets. We accept SNAP/HIP.

HILLSIDE FARM

Product(s): vegetables, chickens

508-241-2587; andrew@hillsidepoultrycapecod.com

fb/hillsidepoultrycapecod

A 7th generation family farm. Our farmstand market sells freshly baked breads, dairy products, jellies & jams, and in-season fruits. Call us to pre-order chickens and pick-up at Truro, Wellfleet or Ptown farmers' market.



LONGNOOK MEADOWS FARM

Product(s): vegetables, apples, asparagus, peaches, flowers

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. Products are available on our farm stand and local restaurants.

PURE JOY FARM / CAPE COD HUMMUS

Product(s): vegetables, herbs, hummus, body care

508-274-4715; debbie@purejoyfarm.com

www.purejoyfarm.com

We are a small farm in Truro. We use best natural farming practices with reverence for the earth and are nurse approved. New on the farm this year are baby goats. We will be experimenting with goat milk to enhance our CBD product line, and Debbie the nurse yogi will be hosting goat yoga. Find us at the Truro, Wellfleet, and Provincetown farmers' markets.



ROUTE 6 FARM

Product(s): vegetables, herbs, seedlings

Orleans Farmers' Market

508-237-9847; janerainey@verizon.net

We are a small family farm located on Rt 6 in Eastham.

We offer a variety of herbs and vegetables from asparagus, rhubarb, lots of lettuce, pea shoots, to tomatoes, potatoes, cucumbers, squash and peppers. All are grown organically. We also accept SNAP, WIC and HIP!

WELLFLEET CHICK COOP & FARM

Product(s): eggs, vegetables, herbs, live layer pullets

508-349-1327; wellfleetchickcoop@comcast.net

fb/WellfleetChickKoop

We specialize in heritage & endangered layer hens that produce RIGHTEOUS EGGS. We also offer fresh fowl, heirloom & Italian vegetables, micro-batch hot sauce; MA artisan cheese guild purveyor; feed co-op (organic non-gmo & soy free vermont feed). Inquire about our Spring and Winter Cheese & Egg CSA Programs. Visit us at the Wellfleet or Orleans (winter) markets or at farm by appointment only. We accept SNAP.

LOCAL SEAFOOD



The sea has provided food and a way of life to Cape Cod for centuries. Purchasing local seafood supports fishing families, working waterfronts, and our heritage. Many of the markets in this guide have been in business for generations and will be happy to tell you about what fish and shellfish are seasonally available.

Upper Cape

EAST WIND LOBSTER & GRILLE

Product(s): fish, shellfish, seafood
2 Main Street, Buzzards Bay
508-759-1857

www.eastwindlobsterandgrille.com

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

FISHERMEN'S VIEW SEAFOOD MARKET & RESTAURANT

Product(s): fish, shellfish, seafood
20 Freezer Rd, Sandwich
508-591-0088

www.fishermensview.com

A boat-to-table seafood market, restaurant, and wholesale complex. With a focus on fresh, locally sourced seafood coupled with stunning views of the canal and marina, enjoy a truly unique dining experience and glimpse of modern fishing.

LOBSTER TRAP

Product(s): fish, shellfish, seafood
290 Shore Road, Bourne
Open Mon – Fri, 8:30 AM – 4:30 PM
508-759-6400; jenny@lobstertrap.net
www.lobstertrap.net

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.

SALTY LOU'S LIVE LOBSTER

Product(s): lobster and sea scallops

392 Route 6A, E. Sandwich

508-888-4148; saltylous@gmail.com

Fresh local lobsters from your local fisherman straight to you!

Mid Cape

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. Barnstable Sea Farms 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.

COTUIT OYSTER CO., INC.

Product(s): shellfish

26 Little River Road, Cotuit

Retail/Wholesale

508-428-6747; info@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.

NAKED OYSTER BISTRO AND RAW BAR

Product(s): fish, shellfish, seafood

410 Main Street Hyannis

508-778-6500; info@nakedoyster.com

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 local farmers to bring the best products of the season from the farm to your table at the Naked Oyster, often within hours.

THE OYSTER COMPANY RAW BAR & GRILLE

Product(s): fish, shellfish, seafood

202 Depot Street, Dennisport

508-398-4600; theoystercompany@comcast.net

www.theoystercompany.com

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

Lower Cape

CHATHAM SHELLFISH COMPANY

Product(s): oysters

West Chatham

www.chathamoysters.com

The Chatham Shellfish Co. 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.

Outer Cape

CAPE TIP SEAFOODS

Product(s): fish, shellfish, seafood

capetip@capetipseafood.com

Orleans Market 508-255-7221

Truro Market 508-487-2164

www.capetipseafood.com

A stable of over 30 local fishermen including our own F/V Donna Marie supply Cape Tip Seafood Markets, Cape Tip Wholesale Seafood & Captain's Choice restaurant with the freshest local seafood on Cape Cod!

HATCH'S FISH & PRODUCE

Product(s): fish, shellfish, seafood, produce

310 Main Street, Wellfleet

508-349-2810 (fish market), 508-349-6734 (produce)

mail@hatchsfishmarket.com

www.hatchsfishmarket.com

We have been providing the freshest and widest variety of local fish, lobsters, shellfish, and produce for over 60 years. We carefully hand select our seafood from local "day boats" so that we have the very best seafood to offer. We offer fresh produce and homemade items.



MAC'S SEAFOOD CAPE COD

Product(s): fish, shellfish, seafood

info@macsseafood.com

www.macsseafood.com/

Mac's Seafood Markets and Restaurants provide our community with super-fresh fish and shellfish, house-smoked seafood and our famous soups and patés, along with a great selection of salads, cooked lobsters, meat, cheese and produce. Mac's strives to source from a local and sustainable catch. We have year-round markets and restaurants in Provincetown, Eastham, Chatham and Dennis, and seasonal locations in Wellfleet. Check our website for details.

THE MERMAID MENU

Product(s): oysters, littlenecks, butter clams

Maple Ct, Provincetown

617-962-3315

www.themermaidmenu.com

Local seafarm; sea glass and pottery pieces

SILVACHUTERS SEA FARM

Product(s): oysters, clams

Maple Ct, Provincetown

508-498-4927; silvachuters@gmail.com

Local firefighter operated business growing oysters and clams. Contact Mike for aquaculture tours, education activities, and info on our sister business, HoneyPot Hives.

WELLFLEET SHELLFISH CO.

Product(s): oysters, clams, scallops, seafood

137 Holmes Rd., Eastham

Open 7 days, 10AM – 5PM

508-255-5300; sales@wellfleetshell.com

www.wellfleetshell.com

Wellfleet Shellfish Company is a HACCP, FDA, and MRAG Americas certified shellfish and seafood wholesale company based in Eastham. We buy our products direct from local fishing families and support sustainable harvests from the purest Class A Waters. Local sourcing means no middleman mark-ups for our customers and product that gets straight to market. The business is open to the public for bulk retail sales—people can stop by downstairs anytime Mon-Sun 10am to 5pm. We are hoping to add a dedicated retail space but for now people are welcome to come in and buy bulk retail (i.e. 50 oysters, not 12).





EATERIES & CATERING

Close proximity to natural bounty defines Cape Cod cuisine, and local offerings are nearly as common at food trucks as they are at fine restaurants.

The chefs and owners of these businesses want to bring the freshest, best-tasting local food to your plate.

Upper Cape

EAST WIND LOBSTER & GRILLE

Product(s): fish, shellfish, seafood

2 Main Street, Buzzards Bay

508-759-1857

www.eastwindlobsterandgrille.com

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

FISHERMEN'S VIEW SEAFOOD MARKET & RESTAURANT

Product(s): fish, shellfish, seafood

20 Freezer Rd, Sandwich

508-591-0088

www.fishermensview.com

A boat-to-table seafood market, restaurant, and wholesale complex. With a focus on fresh, locally sourced seafood coupled with stunning views of the canal and marina, enjoy a truly unique dining experience and glimpse of modern fishing.

CHAPOQUOIT GRILL

410 West Falmouth Hwy, W. Falmouth

508-540-7794 ; info@chapoquoitgrill.com

www.chapoquoitgrill.com

Fresh, local ingredients, and seasonal dishes. Everything from scratch. Bread and desserts baked on premises. Wood-fired pizzas and Mediterranean staples.

LOBSTER TRAP

Product(s): fish, shellfish, seafood

290 Shore Road, Bourne

Open Mon – Fri, 8:30 AM – 4:30 PM

508-759-6400; jenny@lobstertrap.net

www.lobstertrap.net

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.

PIE IN THE SKY

10 Water Street, Woods Hole

Open Year Round,

Mon-Sun, 5AM-10PM

508-540-5475; hq@piecoffee.com

www.piecoffee.com

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. We also offer our freshly roasted coffee by the pound in whole beans or ground, loaves of bread and baguettes, homemade granola, and other essentials to stock your pantry. Taste the goodness that's been "Baked in the Hole since 1982."

QUICKS HOLE

29 Railroad Ave, Woods Hole (Tavern)

6 Luscombe Ave, Woods Hole (Taqueria)

Tavern Open Year Round;

Taqueria open May-Sept.

508-495-0048 (Tavern); 508-495-0792 (Taqueria)

quickshole@gmail.com

www.quicksholewickedfresh.com

Open year round the Quicks Hole Tavern is open for lunch and dinner seven days a week all year long. Come try our Pig Candy, a braised pork shoulder with maple and cayenne garnished with celery sprouts. Next door, the original restaurant Quicks Hole Taqueria is open in the season (May – September) with lobster tacos, wicked fresh salads, from scratch soups and more. The Quicks Hole Taqueria offers Cape Cod beer and a delightful wine list with water views from the outdoor deck.

CAPE COD
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& MORE

Mid Cape

CAPTAIN FROSTY'S

219 Route 6A, Dennis

Open 11 AM, 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

We are a locally owned and operated diversified food service company. Our professional staff has 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.

CRISP FLATBREAD, INC.

791 Main St., Osterville

Open Monday - Saturday 11:30 AM,

Sunday Brunch 11 AM

508-681-0922

www.crispflatbread.com

Crisp Flatbread, Inc. serves fresh wood-fired pizza and homemade pastas prepared with seasonal local ingredients. Crisp is sophisticated yet fun, with an eclectic selection of beer and wine, and features an outdoor bar and patio, two fire pits and outdoor table tennis. Check out Crisp Too at 770 Main St.!



FIDDLESTIX FOOD TROLLEY

774-314-STIX (7849);

heidi@fiddlestixtrolley.com

www.fiddlestix.com

A mobile food trolley serving gourmet grub!

Our menu is an ever changing selection of local and seasonal food. Check our website to find out where we will be serving up our goods (we're usually at the local festivals) or give us a call to book for weddings, business meetings, parties, or any type of gathering!

FIN

800 Main Street, Dennis

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

508-385-2096; info@fincepecod.com

www.fincepecod.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.

NAKED OYSTER BISTRO AND RAW BAR

410 Main Street, Hyannis

508-778-6500; info@nakedoyster.com

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.

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.

CAPE COD
FARMERS
MARKETS
& MORE

PIZZA BARBONE

390 Main Street, Hyannis

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

508-957-2377; jason@pizzabarbone.com

www.pizzabarbone.com

Our pizza is baked in a handcrafted oven, which was built from scratch by third generation oven-makers out of rock and ash from Mt. Vesuvius and covered in hand painted glass tiles before being shipped from Naples, Italy. We are dedicated to using only fresh seasonal ingredients and making as much of our product from scratch. We make every bite of pasta, spoon of gelato and splash of dressing and sauce all in house down to the vegetables we grow on our rooftop garden all the way to the non-GMO “00” flour we import from Italy to make our pastas and dough with.

SPOON AND SEED

12A Thorton Drive, Hyannis

774-470-4634

www.spoonandseed.com

Spoon and Seed is a farm to table inspired restaurant serving classic American breakfast and lunches with a worldly touch. Open Tuesday-Sunday



Lower Cape

BISTRO ON MAIN

593 Main Street, Chatham

Open 5:30, 7 days, May 1 – October

Call for off-season hours

508-945-5033; viningsbistro@aol.com

www.bistroonmainchatham.com

With a focus on eclectic flavors, local seafood, seasonal vegetables, cheese, and grass fed ground beef, Chef Timothy O'Brien strives to bring you the best of our local flavors.

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.

KARMA FOODS & WELLNESS

2628 Main Street, Brewster

508-896-8804

www.karmafoodsandwellness.com

Karma Foods and Wellness is a one-stop resource for anyone who desires to live a healthy life through food, exercise, and mental well-being to create a strong mind, body, and spirit connection.

KATE'S SEAFOOD

284 Paines Creek Road, Brewster

508-896-9517

www.liamsandkates.com/kates-home

We have been serving local seafood and ice cream to Cape cod since 1986! Come on down for outdoor seating. Just down the street from Paines creek beach, watch the best sunset on Cape Cod while enjoying fresh, seasonal seafood, salads, tempura vegetables and local meats and produce.



THE OPTIMAL KITCHEN

Heather Bailey, CNC

P.O. Box 1165, E. Orleans

Orleans Farmers Market, The Wellfleet Farmer's Market,
The Fresh Collective

774-216-9553

theoptimalkitchen@comcast.net

www.theoptimalkitchen.com

We are a nutrition consulting, catering, and natural foods company dedicated to helping clients discover what foods are best and how to incorporate them into everyday diets. In addition to culinary education and workshops, we sell healthy prepared foods at several lower and outer Cape farmers' markets. Specializing in Vegan, Gluten Free and Farm to Table foods. At the Optimal Kitchen it is our mission to teach you that "Good Health Starts with Good Food."

SUNBIRD

85 Rt 6A, Orleans

info@birdinthesun.com

www.birdinthesun.com

Serving yummy seasonal food on the fly year round! We create signature dishes that focus on fresh local ingredients. Flock to our food truck oasis off Rt.6 in Wellfleet or at our new brick-and-mortar Sunbird Kitchen in Orleans. Check our website for updated hours.

Outer Cape

CERALDI

15 Kendrick Avenue, Wellfleet

508-237-9811; mdceraldi@gmail.com

www.ceraldicapecod.com

Ceraldi offers a unique seven course prix-fixe culinary experience in an intimate waterfront setting in Wellfleet. Chef Michael Ceraldi and team prepare dinner based on what ingredients are available from local farms and fisheries, as well as locally foraged ingredients. It truly is a taste of time and place!

CAPTAIN'S CHOICE

4 Highland Rd, North Truro

508-487-5800; kristi@captainschoicetruro.com

www.captainschoicetruro.com/

We are a casual restaurant offering the freshest seafood options, ribs, chicken wings and more in a comfortable relaxed setting. Captain's is a great place for lunch, dinner, cocktails or take out. Our partnership with Cape Tip Seafood ensures you get the best the ocean has to offer.

COSMOS CATERING

43 Race Point Road, Provincetown

info@cosmoscatering.com

www.cosmoscatering.com

We are a full-service catering company. We customize menus and create events tailored to your individual culinary and budgeting requirement. Everything 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.

MAC'S SEAFOOD CAPE COD

info@macsseafood.com

www.macsseafood.com

Mac's Seafood Markets and Restaurants provide our community with fresh fish and shellfish, house-smoked seafood and our famous soups and patés, along with a great selection of salads, cooked lobsters, meat, cheese and produce. Mac's strives to source from a local and sustainable catch. We have year-round markets and restaurants in Provincetown, Eastham, Chatham and Dennis, and seasonal locations in Wellfleet. Check our website for details.

THE OUTER CREPE

Provincetown

508-246-2178; outercrepe@gmail.com

Sweet and savory traditional French crepes, every Saturday at the Orleans Farmers Market. We also cater private parties.

PILGRIM HOUSE LANDING BISTRO & BAR

336 Commercial Street, Provincetown

508-487-6424

www.pilgrimhousetown.com

Savor our acclaimed craft cocktails, outstanding wines, and feast on dinner at the Landing. We are pleased to feature globally inspired cuisine in partnership with a number of local producers.

VAN RENSSLAER'S RESTAURANT & RAW BAR

1019 State Highway, Route 6, South Wellfleet

Open April-October

508-349-2127; info@vanrensselaers.com

www.vanrensselaers.com

Local seafood, Wellfleet shellfish and lobster prepared in a number of ways. Abundant salad bar, gluten free and vegan choices, beef, chicken & duck. Dinner at 4 pm. Early dining special 'til 5:30. Breakfast 8 am - Noon (daily in season). Casual, air conditioned or outdoor dining. Grab a seat at the bar - fun cocktails, local brews, nice wines.



FEEL LIKE SHARING?

Eating your way through Cape Cod's famous farm-fresh flavors? Don't keep it all to yourself; share your culinary finds and tasty adventures with us through social media!

Use the **#buyfreshbuylocalcapecod** hashtag to join a global conversation about Cape Cod's farm fresh land and sea food.



f /buyfreshbuylocalcapecod

t @buyfreshcapecod

B&Bs & INNS



Cape Cod accommodations offer a unique and personalized travel experience with a touch of local flavor. The inns and B&Bs listed here offer gracious hospitality combined with local knowledge, home-cooked food, and ambiance.

Mid Cape

SHADY HOLLOW INN

370 Main Street, South Dennis

508-694-7343; shadyhollowinn@gmail.com

www.shadyhollowinn.com

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 small, intimate inn is tastefully decorated and has comfortably elegant rooms designed for guests to enjoy. We operate as a "green" Inn and use natural cleaning and laundry products, recycle and compost, as well as grow our own organic vegetables, herbs, and berries. 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.

Lower Cape

BLUEFISH BED & BREAKFAST

102 Parallel Street, Harwich

508-430-9995; info@bluefishbnb.com

www.bluefishbnb.com

Our chef owned and operated three room B&B features ever changing seasonally, locally sourced, organic full gourmet breakfast. Many of our ingredients are organically grown in our own garden or sourced from Cape Cod and New England farms. We are centrally located in the historic district of Harwich with easy access to all of the splendors the Cape has to offer. Top rated on tripadvisor.com. Now open for our 11th season we look forward to having you, your family and friends as our guests. 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.

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. We use the finest seasonal ingredients from local farmers and fishermen, to create a unique dining experience that is an innovative representation of local traditions and cuisine.

Outer Cape

PILGRIM HOUSE

336 Commercial Street, Provincetown

508-487-6424

www.pilgrimhousetown.com

Pilgrim House is Cape Cod's gathering place for foodies, art enthusiasts and conscious travelers who desire a high level of service and comfort.

The staff and the owners' commitment to preserving the environment and supporting Provincetown's history and artistic heritage is felt throughout all aspects of the property—Zen-like outdoor patio, garden and herb wall, vibrant artwork that graces the walls, firm focus on local, farm-to-table cuisine, a robust environmental initiative that includes electric car charging stations, rooftop solar panels and comfortable rooms designed to meet all needs. At Pilgrim House, every detail has been thoughtfully planned.

"The three great elemental sounds in nature are the sound of rain, the sound of wind in a primeval wood, and the sound of outer ocean on a beach. I have heard them all, and of the three elemental voices, that of ocean is the most awesome, beautiful and varied."

~ Henry Beston, *The Outermost House: A Year of Life On The Great Beach of Cape Cod*

The rugged beauty of Cape Cod, like the ocean, will sweep you off your feet. The maritime environment and fertile landscapes are ripe with distinctive edible bounty thanks to our ocean waters and salty sea air. Our offerings are like no other—from sweet lavender and golden honey to pastured poultry and briny oysters—around every corner you'll find locally grown treasures.

Upper Cape

BOOTSTRAP FARM CLUB

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

We connect food enthusiasts in Bourne and surrounding areas with farm-fresh food and garden products. We source quality farm products from Cape Cod and neighboring areas and bring those goods to our members. We strive to expand the types of products that are available locally, specifically working to source sustainably grown, heirloom, and uncommon varieties in addition to everyday favorites. We offer both Certified Organic and sustainably grown products and work to have a zero waste model. In addition to fresh local produce we've got sustainably raised and certified organic beef, pork, chicken, lamb, boar, Cornish game hens, eggs, produce, pasta, sauce, herbs, cheeses, snacks and vegan/GF items. Open year-round Thursday through Saturdays. See website for hours as they change.

CAPE COD COFFEE

348 Main Street, Mashpee
48 Market Street, Mashpee Commons
Barnstable Municipal Airport, Hyannis
508-477-2400; info@capecodcoffee.com
www.capecodcoffee.com

Freshly roasted in Mashpee. We take considerable care in selecting the highest quality coffee beans from 14 countries and tailor each of our roasts to bring out the best aspects of our coffees. We work with sustainable farms that are Fair Trade and Rainforest Alliance certified. We offer our coffees wholesale to restaurants, resorts, enterprises, offices and cafes. Please visit us for a tasting and tour at our 348 Main Street location or visit our cafe in the Mashpee Commons and at the Barnstable Municipal Airport.

RORY'S MARKET & KITCHEN

32 Market Street, Mashpee Commons
774-361-6075
640 Main Street, Dennis Port
508-760-3043
www.loverorys.com

We are an independent organic and specialty market offering the highest quality food, drinks and body care, and we're especially committed to great customer service.

SCENIC ROOTS

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

349 Route 6A, E. Sandwich

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.

WILD HARBOR GENERAL STORE

200 Old Main Road, N. Falmouth

508-563-2011

fb/wildharborgegeneralstore

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.

Mid Cape

CAPE COD BEER

1336 Phinney's Lane, Hyannis

Open weekdays 10 AM – 6 PM,

Saturdays 11 AM – 4 PM

508-790-4200; info@capecodbeer.com

www.capecodbeer.com

Cape Cod Beer is a true Cape microbrewery. Visit us for a tour and/or tasting! FREE Tours/ Mini Presentations are held once a day weekly at 11 AM. On Saturdays you can purchase tickets for our Full Guided Brewery Tour at 11 AM to get a behind the scenes look into how Cape Cod Beer operates! Check out our gift shop where you can find a wide selection of items MADE ON CAPE COD!

CAPE COD
FARMERS
MARKETS
& MORE

HONEYPOT HIVES

617-962-3315; honeypothives@gmail.com

fb/honeypothives

Honey, wax, propolis, pollen, honey dust, workshops, demonstrations. We like to partner with people to create value-added products, like honey gelato, honey pearls, and candied pollen. Barter, cash, and credit cards accepted.

THE LOCAL JUICE

539 South St. Hyannis

508-775-5552; cheers@thelocaljuice.com

www.thelocaljuice.com

The Local Juice is a 100% organic cold-pressed juice company using locally sourced produce. We are a company driven by a passion to promote a sustainable lifestyle that is locally driven and nutritionally mindful. We strive to empower, inspire and educate consumers by connecting them to their local food source and community and by raising their awareness on how to make healthy and delicious choices...one juice at a time.

MATT'S ORGANIC GARDENS

36 Upper County Road, Dennisport

508-367-7913

fb/mattsorganicgardens2

Matt's Organic Gardens is your local source for organically grown herbs, fruits and vegetable starts. We also offer organically grown produce throughout the year. Follow us on Facebook to keep up to date. Produce includes greens, lettuces, tomatoes, eggplants, peppers, basil, squashes and cucumbers.



RING BROS. MARKETPLACE

485 Route 134, South Dennis

Open 7 days, 8 AM – 8 PM

508-394-2244

www.ringbrosmarketplace.com

Ring Bros. Marketplace brings together six independently locally owned businesses: Chatham Fish & Lobster offers fresh fish, shellfish & lobster; Dark Horse Beef & Deli offers beef, chicken, cheese & deli products along with sandwiches; Portside Liquors carries a large selection of wines, craft brews & top shelf liquors. Hissho Sushi offers sushi prepared daily; Nata's Noodles, along with Montilio's Bakery, offer fresh made pasta, gourmet foods & desserts; Ring's Market specializes in fresh produce, dairy, specialty items, flowers, housewares & fresh juices; Spinner's Pizza & Burritos prepares gourmet pizzas and fresh burritos.

SMITHFIELD MARKETS

Barnstable Market: 3220 Main Street, Barnstable

www.barnstablemarket.com

Fancy's Market: 699 Main Street, Osterville

www.fancysmarket.com

Peterson's Market: 918 Route 6A, Yarmouth Port

www.petersonsmarket.com

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

Lower Cape

CAPE COD CRANBERRY HARVEST

774-209-0038; capecodjelly@gmail.com

www.cranberryharvest.com

We have 32 homemade cranberry based jellies. 100% homemade using local cranberries and other products. Visit our website to buy or find a retail location.

CHATHAM JAM & JELLY SHOP

16 Seaquanset Road (and Route 28), Chatham

508-945-3052, jamlady28@hotmail.com

fb/ ChathamJamandJelly

www.chathamjamandjelly.com

Cooking local fruits into jams, jellies, marmalades, relishes, chutneys and no-sugar-added jams for over 30 years! We make over 120 varieties. Check out our Facebook, online store and wholesale options.

CROCKER NURSERIES

1132 Long Pond Road, Brewster

508-896-5060, crockernurseries@gmail.com

www.crockernurseries.com

Family owned and operated for over 40 years as a plant grower and garden center. We grow just under 50,000 pots of annuals and perennials every year on our 7 acre property. We also have a large selection of trees, shrubs and all gardening supplies. Open year-round!

FRIENDS' MARKETPLACE

57 Main Street, Orleans

Open Daily

508-255-0963; brian@friendsmarketplace.net

www.friendsmarketplace.net

We are a family owned grocery store and garden center. In addition to everyday and artisanal grocery items, we offer local & organic produce, a full-service butcher shop, delicious chef-prepared foods, a deli featuring gourmet salads & sandwiches, an in-store bakery, and an incredible selection of wine and beer. In our garden center you will find a wide variety of flowers, plants, and shrubs to make your living space beautiful! We are open year-round.

NAUSET FARMS

199 Main Street, East Orleans

nausetfarms@gmail.com

www.nausetfarms.com

Cape's Premier Gourmet Market! Morning & afternoon sandwiches, fresh local produce, fresh baked goods, artisanal cheese, full service butcher shop, prepared foods, beer & wine, seafood & lobsters, delicatessen, catering for all occasions.

NEWFARM

225 Cranberry Highway

Orleans, MA 02653

508-255-0205; Lindsay@NewFarmStore.com

www.newfarmstore.com

We are a family-owned retail store specializing in high-quality supplies, knowledge, and inspiration for people interested in growing or producing food year-round. Whether you want to grow herbs in a window box or create an indoor hydroponic system, we offer all of the products and support you will need. We also offer supplies for homebrewing, cheese and wine making, and beekeeping.

PLANT WORK SHOP

Oracle Square 82 Rt. 6A, Orleans

info@plantworkshop.co

www.plantworkshop.co

We are a studio featuring workshops and classes alongside a thoughtfully curated garden and kitchen shop. Products include a botanical collection of salves, oils, and candles, as well as naturally dyed linens. Much of the collection includes plants and flowers from Milisa's garden or sourced from local farmers. Year-round workshops cover topics from gardening and natural dyes to herbal medicine and plant-based self-care.

SNOWY OWL COFFEE ROASTERS

2624 Main Street, Brewster

483 Main Street, Chatham

www.socoffee.co

We offer the finest selection of freshly roasted and prepared coffees to our guests. Coffee is our passion and we supplement this offering with specialty teas, freshly squeezed orange juices, freshly baked pastries, and other local bites. We believe in environmental and social stewardship, and we use local and organic products.

THE LOCAL SCOOP

Open All Year-Round!

34 Cranberry Highway, Orleans

508-255-0101; thelocalscoopcapecod@gmail.com

[fb/ TheLocalScoopCapeCod](https://www.facebook.com/TheLocalScoopCapeCod)

We use a Certified Organic Base for all of our homemade ice cream and frozen yogurt. Great Vegan, Gluten Free, and Sugar Free choices abound. Custom Ice Cream Cakes add fun to all of your celebrations. Find us in the "Pop Mobile" at festivals with our handmade "Cape Cod Pops" inspired by the local food scene, as well as our "21 and Over" Pops. Bite Into Summer– It's Wicked Good.

Outer Cape

BAYBERRY GARDENS

Product(s): vegetables, fruit, herbs, perennials, annuals

250 Route 6, Truro

508-349-6764; bayberrygardens@gmail.com

www.bayberrygardens.com

Bayberry Gardens is a full fledged, bustling-at-the-seams plants nursery. Stock up on a healthy array of vegetable & herb starts, asparagus, rhubarb & strawberry plants, fruit trees, ornamental trees & shrubs, native plants, unique annuals, hard-to-find perennials (including woodlanders), and more. We carry organic seeds, soils & fertilizers, and when available, organic veggie & herb starts. Bayberry remains a haven for plant lovers at the end of Cape Cod.

CHEQUESSETT CHOCOLATE

8 Highland Road, Truro

774-538-6249; chequesettchocolate@gmail.com

www.chequesettchocolate.com

We carefully handcraft our chocolate in small batches from fine-flavor, sustainably grown cacao beans at our workshop on Cape Cod. Blending high quality cacao with many locally grown ingredients, we create chocolate that is both exceptional in taste and wholesomely decadent. You can watch the production process from our year round café.

FAR LAND PROVISIONS

150 Bradford Street, Provincetown

508-487-0045

www.farlandprovisions.com

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

FARMER FRIENDS HOT SAUCE

Wellfleet

farmerfriends17@gmail.com

www.farmerfriendshotsauce.com

Farmer Friends Hot Sauce is a collaboration between Farmer Victoria from Wellfleet Chick Koop and Farmer Jess Drake from Truro. We combine our pepper harvests to bring you a small batch hot sauce. Each batch is unique and crop dependent. These are not formula hot sauces! It's so good it will make you howl like a hound dog! Available at Truro Vineyards, Wellfleet Farmers Market and other food events. See full list of events and location on our website.

HATCH'S FISH & PRODUCE

310 Main Street, Wellfleet

508-349-2810 (fish market), 508-349-6734 (produce)

mail@hatchsfishmarket.com

www.hatchsfishmarket.com

We have been providing the freshest and widest variety of local fish, lobsters, shellfish, and produce. We carry more than 50 varieties of fruits and vegetables. We offer homemade items such as salsas, sauces, 100% fruit popsicles, smoked fish, pates and chowder base. We also carry local bread, pies and cookies, flowers and herbs!

LOLA'S LOCAL FOOD LAB

Cape Cod Farmers Markets and select specialty stores. Check our website for location info.

kim@lolaslocalfoodlab.com

www.lolaslocalfoodlab.com

Lola's hand-crafted Shrub Drinking Vinegars have been featured in the "Boston Globe" & "Edible Cape Cod." Lola also makes Spice So Nice—including Universal Magic Dust and Chequessett Char—letting you shine in the kitchen, and don't miss her candied jalapenos! Lola is proud to use and promote whole foods & ingredients that reflect our shared values of sourcing locally and responsibly.

SHOAL HOPE CIDERWORKS

978-758-7860; rob@shoalhopeciderworks.com

www.shoalhopeciderworks.com

We are a Provincetown-based producer of craft hard cider. Our ingredients include Massachusetts grown apples and Cape Cod cranberries, and cranberry bog honey. Visit our website for location info.

WELLFLEET SEA SALT COMPANY

508-214-1801; orderswssc@gmail.com

www.wellfleetsaltco.com

Wellfleet Sea Salt Company makes an all-natural, eco-friendly sea salt using repurposed oyster floats. We aim to capture the unique flavors of Cape Cod in every crystal. There's a dash of Cape Cod in every bite!



**SEE IT. LOVE IT.
SHARE IT!**

Eating your way through Cape Cod's famous farm-fresh flavors? Don't keep it all to yourself; share your culinary finds and tasty adventures with us through social media!

Use the **#buyfreshbuylocalcapecod** hashtag to join a global conversation about Cape Cod's farm fresh land and sea food.



f /buyfreshbuylocalcapecod

t @buyfreshcapecod

FRIENDS & SUPPORTERS



Buy Fresh Buy Local Cape Cod would not be possible without the support provided by various organizations and programs dedicated to supporting our farms and the local food movement. The efforts of our friends and supporters will help generate public awareness and demand for locally grown products and preserve our agricultural traditions.

THE ABBEY GROUP

802-373-6458

scott@abbeygroup.net

www.abbeygroup.net

The Abbey Group is a New England based food service management company providing businesses and school cafeterias with contracted management services. The philosophy of The Abbey Group is to promote food services that demonstrate the highest in quality, promotion of local and regional foods and freshly harvested seafood from the Gulf of Maine. We promote healthy choices from foods with minimal ingredients and pride ourselves for scratch cooking whenever possible.

BARNSTABLE COUNTY BEEKEEPERS ASSOCIATION

www.barnstablebeekeepers.org

There are more than 300 beekeepers in Barnstable County! Purchase local Cape Cod honey at a local farmers' market or at the Honey House during the Barnstable County Fair. BCBA also offers Bee School for those interested in beekeeping. For more information visit our website.

CAPE COD CULINARY INCUBATOR

www.ckc3.org

The Commercial Kitchen Coop of Cape Cod, Inc., doing business as the Cape Cod Culinary Incubator, was founded to pursue a mission of economic development via education, community, and providing shared-use commercial kitchen facilities. Our vision is to empower culinary entrepreneurship across Cape Cod.

COUPONS4CAPECOD

PO Box 896 East Orleans, MA 02643

508-821-0109 ; 508-477-2400

Cindy@coupons4capecod.com

www.coupons4capecod.com/

Coupons4CapeCod.com is a website designed to help promote our local Cape businesses, especially during the off season. Locally owned and operated, our website puts the best deals on the Cape all in one place. We offer coupons to allow consumers easier access to deals and savings to our local companies, helping both our businesses, as well as deals for our local consumers. Shop Local – Grow Local!

EDIBLE CAPE COD

508-280-5938

www.ediblecapecod.com

Edible Cape Cod's goal 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.

FARMING FALMOUTH

PO Box 2322, Teaticket

farmingfalmouth@gmail.com

www.farmingfalmouth.org

Farming Falmouth is a group of local agrarian-minded folks who want to celebrate the agricultural heritage of our town and bring people closer to how and where their food is grown. Our outreach and education programs aim to inspire adults and children alike to dig into a deeper understanding of food and farming.

LOVELIVELOCAL

539 South St. Hyannis, MA 02601

hello@lovelivelocal.com

www.lovelivelocal.com

Love Live Local is a Cape Cod organization dedicated to community advocacy and educating consumers on the importance of shopping local. Our mission is to foster an economically sustainable, creative and exciting future for the Cape and help all those who love this place participate in keeping it special. We achieve this through collaboration with small local businesses and organizations, producing community events, publishing annual publications, sharing digital communications and representing local brands and makers in our retail store.

MASHPEE CHAMBER OF COMMERCE

5 North Market Street

Mashpee, MA 02649

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.

SUSTAINABLE CAPE – CENTER FOR AGRICULTURAL PRESERVATION

8 Truro Center Road, Box 988

Truro, MA 02666

info@sustainablecape.org

www.sustainablecape.org

Sustainable CAPE's mission is to celebrate local food while teaching about the health of our bodies, community, and environment. We demonstrate the direct link between local food, sustainable health and wellness, and the importance of preserving the fragile land and water resources that directly enable our local harvest. Our goal is to educate, empowering individuals to become agents of change – thereby creating a decidedly more delicious, healthy and sustainable world."

STEPHEN HEMBERGER & ELLEN McCABE, Cotuit, MA

STACEY KELLIHER, Norwood, MA

JAMIE SOUZA, Waquoit, MA

LALLIE LLOYD & DAVID MILLER, Cotuit, MA

DEE SHIFFLETT, Centerville, MA

WOMENS CLUB OF CHATHAM, Chatham, MA

Thank you to the following people for providing the images in this guide: Bay End Farm, Sky Freyss-Cole, and all of the Buy Fresh Buy Local Cape Cod members.

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.

HARVEST

CALENDAR

	JANUARY	FEBRUARY	MARCH	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER
Dairy, cheese and eggs												
Honey												
Maple syrup												
Meat and poultry												
Fruits												
Apples												
Blueberries												
Cantaloupes												
Cranberries												
Peaches												
Pears												
Raspberries												
Strawberries												
Watermelon												
Vegetables												
Arugula												
Asparagus												
Beans, green												
Beets												
Bok Choy												
Broccoli												
Cabbage												
Carrots												
Cauliflower												
Celery												
Chard												
Corn-on-the-cob												
Cucumbers												
Eggplant												
Garlic												
Leeks												
Lettuce & greens, salad												
Mung beans												
Mushrooms, shiitake												
Onions												
Peas, green and snap												
Peppers												
Potatoes, baking												
Potatoes, new												
Pumpkins												
Radishes												
Scallions												
Spinach												
Sprouts												
Squash, summer & zucchini												
Squash, winter												
Tomatoes												
Tomatoes, cherry												
Turnips												
Aquaculture												
Barramundi												
Hard shell clams												
American oyster												
Bay scallops												
Various trout species												
Plants												
Bedding plants												
Cut flowers												
Herbs												
Forestry products & fiber												
Cordwood												
Lumber												
Wool												



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/massgrown

Buy Fresh Buy Local Cape Cod

Cape Cod Cooperative Extension

P.O. Box 367

Barnstable, MA 02630

508-375-6882

bfbllcc@barnstablecounty.org

www.BuyFreshBuyLocalCapeCod.org

