CAPE COD
BUY FRESH
BUY LOCAL

2020
GUIDE TO LOCAL FARMS & FOOD

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

www.buyfreshbuylocalcapecod.org
**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 Snap 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

Facebook: /buyfreshbuylocalcapecod
Twitter: @buyfreshcapecod
Instagram: @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.
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.

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
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Sept. 6th
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Celebrating Agriculture, Aquaculture, Fishing and Farming, the Truro Agricultural Fair offers a delicious variety of locally harvested foods from land and sea.

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.
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

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

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

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!
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; attaquinares@aol.com
fb/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 Bourne Dale 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- 5 PM
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.soaresflowergarden nursery.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
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
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.

CAPE ABILITES 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.
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.

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.
ELDREDGE FARM
Product(s): vegetables, perennials, sunflowers, chicken, turkey, eggs
24 Eldredge Farm Cartway, Brewster
Mon–Fri, 8 AM – 4 PM
508-760-2696; eldredgefarmcsa@gmail.com
fb/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”!

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.

CHECKERBERRY FARM
Product(s): vegetables, herbs, eggs, garlic, wool products, farm themed quilts and clothing
Orleans
508-237-9492
www.checkerberryfarm.com
Find us at the Orleans (summer & winter), and Truro farmers’ markets. Call us to make an appointment to visit the farm!
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.stephaniefostercapecod.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; mjcolemansr@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.

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 hotsauce; 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.

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.
LOCA L SE AFOOD

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.barnstablesea farms.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).
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)
quicks Hole@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.

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@fincapecod.com
www.fincapecod.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.

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.
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
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.

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.pilgrimhouseptown.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 RENSSELAER’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.

CAPE COD BUY FRESH BUY LOCAL
facebook: /buyfreshbuylocalcapecod
twitter: @buyfreshcapecod

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

CAPE COD 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!

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.

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
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.

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, busting-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; chequessettchocolate@gmail.com
www.chequessettchocolate.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.wellfleetsaltsco.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.

CAPE COD BUY FRESH BUY LOCAL
facebook.com/buyfreshbuylocalcapecod
twitter.com/buyfreshcapecod
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.
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Good Reasons to Buy Locally Grown

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.

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.

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 farmer’s market, or driving by the fields where your food comes from.

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.

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.

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.

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.

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.

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.

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 
bfblcc@barnstablecounty.org 
www.BuyFreshBuyLocalCapeCod.org