

— 2022 —  
**GUIDE TO LOCAL  
FARMS & FOOD**

**GROWERS • FARMS • SEAFOOD  
MARKETS • ARTISAN FOODS  
RESTAURANTS • GROCERS  
BREWERIES • AND MORE!**



**CAPE COD**  
**BUY FRESH**  
**BUY LOCAL**®

[www.BuyFreshBuyLocalCapeCod.org](http://www.BuyFreshBuyLocalCapeCod.org)




# Get in the GUIDE

Do you grow or harvest  
food from the land or  
sea?

Do you buy local food  
for your business?

Do you manage a  
Farmers' Market on  
Cape Cod?

**For info on how to become a member  
of BFBLLCC, contact us at  
[BFBLLCC@barnstablecounty.org](mailto:BFBLLCC@barnstablecounty.org) or  
[www.buyfreshbuylocalcapecod.com](http://www.buyfreshbuylocalcapecod.com)**



Be part of a growing local  
community that believes in  
supporting and encouraging  
cooperation among Cape  
Cod's farms, working waters,  
businesses, and citizens as a  
member or supporter of  
Buy Fresh Buy Local Cape  
Cod.

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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 Cape Cod, you are sure to find fresh products and local artisan foods no matter where you find yourself.



# 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, BFBLLCC 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 and HIP access is expanding!

Look for the  &  symbols next to vendors who accept SNAP EBT and HIP

## JOIN THE MOVEMENT

Sign up for the email newsletter on at [www.buyfreshbuylocalcapecod.org](http://www.buyfreshbuylocalcapecod.org).

### Find us on Social Media



/buyfreshbuylocalcapecod



@buyfreshcapecod



@ccextension

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

Become a Supporter! Supporters are individuals, organizations or businesses who want to help the BFBLL Cape Cod program achieve its mission.

# FOOD FESTIVALS & FAIRS





While local festivals and fairs continue to be impacted by the pandemic, some 2022 events are pushing forward with Covid-conscious measures in place. Please refer to the events' websites for up-to-date information.

## MID CAPE

### BARNSTABLE COUNTY FAIR

1220 Nathan Ellis Highway Route 151,  
East Falmouth  
*July 18th - 24th*

[www.capecodfairgrounds.com](http://www.capecodfairgrounds.com)

Every day at the Barnstable County Fair is filled with something new to do: animals, fun foods, rides, and famous acts. Check the website for updates and events.

## LOWER CAPE

### TASTE OF TURNIP DAY

Location TBD - Eastham  
*Saturday, Nov. 19th*

[www.easthamlibrary.org](http://www.easthamlibrary.org)

Turnip-themed events and activities to celebrate the town of Eastham's prized root vegetable - The Eastham Turnip- organized by Eastham Public Library staff. Local eateries will feature turnip fare on daily special menus.

## OUTER CAPE

### TRURO AGRICULTURAL FAIR

Veteran's Field off Truro Center Rd., Truro  
*DATE TBD*

[www.sustainablecape.org](http://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.

### WELLFLEET OYSTERFEST

Wellfleet, MA  
*Oct 15th & 16th*

[www.wellfleetspat.org](http://www.wellfleetspat.org)

A weekend full of hometown flavor! Shucking competitions, local cuisine, arts and crafts, educational programs, cooking demonstrations, children's activities, walking tours, and live music.



# FARMERS' MARKETS



Farmers' markets play an important, safe role in providing fresh, local products to the community. Markets keep up-to-date with Covid safety protocols. Most markets accept credit, debit, and SNAP/EBT cards. Many are also part of the Healthy Incentives Program (HIP), which automatically puts money back on Massachusetts residents' SNAP/EBT cards when they buy local fruits and veggies from HIP farm vendors- no SNAP/EBT user sign up necessary! Look for SNAP and HIP icons at markets.

## UPPER CAPE

### FALMOUTH FARMERS' MARKET



Marine Park, Scranton Ave., Falmouth

5/26 - 10/6

Thursdays, 12pm - 5pm

Holiday Market on Tuesday, 11/22, 11am - 3pm

[falmouthfarmersmarket@gmail.com](mailto:falmouthfarmersmarket@gmail.com)

[www.falmouthfarmersmarket.com](http://www.falmouthfarmersmarket.com)

[fb/FalmouthFarmersMarket](https://fb.com/FalmouthFarmersMarket)

Local food in a waterfront setting. Offerings local produce, fresh eggs, meat, bread, baked goods, preserves, flowers, coffee, lunch options, and more. SNAP, WIC, and Senior Coupons accepted.

The Holiday Market is the last market of the year.

### SANDWICH FARMERS' MARKET ON HISTORIC RTE 130



Wing School, 33 Water St., Sandwich

6/21 - 10/11

Tuesdays, 10am - 1pm

Special May Market on 5/14 from 10am - 1pm

Winter market Nov. - April, 2nd Saturday of month

508-496-9209, [allnaturalbeef@comcast.net](mailto:allnaturalbeef@comcast.net)

[www.sandwichfarmersmarket.com](http://www.sandwichfarmersmarket.com)

The Sandwich Farmers' Market gives local farmers and vendors a place to come together and celebrate the good, hard, honest work done by our neighbors. We offer produce, flowers, herbs, meats, fish, wood-fired pizza, wine, cheese, baked goods, breads, dog treats, pastas, soaps and bath products, pies, jams, jellies, honey, olive oil and much more! Please join us. Interested in volunteering? Visit our website.



## **BOOTSTRAP FARM CLUB'S MOBILE MARKET**



**Various locations throughout year, check website  
Naukabout Brewery - 17 Lake Ave, Mashpee  
on Saturdays, 11am - 3pm**

**508-292-4080, [food@bootstrapfarm.com](mailto:food@bootstrapfarm.com)**

**[www.bootstrapfarm.club](http://www.bootstrapfarm.club)**

Bootstrap Farm Club connects food enthusiasts in Cataumet and the surrounding area with farm-fresh products. The farmstand brings a fabulous assortment of fresh produce, locally prepared items, meats, cheeses, dairy, vegan, and gluten-free items to our partner locations. Offerings vary week to week; visit the website to see current offerings. Also check the website for added locations and times. We accept SNAP!

## **MID CAPE**

### **BASS RIVER FARMERS' MARKET**



**311 Old Main St., South Yarmouth**

**Thursdays, 6/16 - 9/8**

**Saturdays, 6/18 - 9/10**

**9am - 1:30pm**

**[www.bassriverfarmersmarket.org](http://www.bassriverfarmersmarket.org)**

Our market offers vegetables, fruit, eggs, herbs, fin-fish, shellfish, lobsters, sauces, pickles, jams, baked goods, dog treats, syrup, soaps, and flowers. They also have crafts-- coastal decor, clothing, pottery, photos, jewelry, wood crafts, candles, and so much more!

### **BARNSTABLE SHELLFISH FARMERS' MARKET**

**Barnstable County Court Complex Parking Lot**

**3195 Main St., Barnstable**

**Pre-order Sundays - Wednesdays**

**Pickup on Saturdays, 10am - 12pm**

**Check website for schedule & location updates**

**[fb/BarnstableShellfishFarmersMarket](https://fb/BarnstableShellfishFarmersMarket)**

**[www.barnstablesheffishfarmersmarket.com](http://www.barnstablesheffishfarmersmarket.com)**

We connect the local community directly to Barnstable's fishermen and their fresh shellfish. Visit our website to meet the shellfishermen, pre-order your shellfish, and for pickup date information. Pre-ordering is required! Please bring a cooler or container to transport your shellfish home.



## **OSTERVILLE FARMERS' MARKET**



**Osterville Historical Museum,**

**155 West Bay Rd., Osterville**

**6/17 - 9/16; Fridays, 9am - 1pm**

**Fall Harvest Farm-to-Table Dinner, Sept., more TBD**

**fb/ostervillefarmersmarket**

**www.ostervillefarmersmarket.org**

The Osterville Farmers' Market features a variety of local specialties and the best of sea and land. Look for samples throughout the market and special events highlighted each week-- Follow us on FaceBook the latest details. We offer produce, eggs, meats, smoked fish, flowers, soaps, sauces, jams, baked goods, and so much more all in one place! Plenty of free parking, plus free museum admission during the Farmers' Market.

## **LOWER CAPE**

## **BREWSTER HISTORICAL SOCIETY FARMERS' MARKET**



**Windmill Village, 51 Drummer Boy Road, Brewster**

**6/1 - 9/7; Wednesdays, 3pm - 6pm**

**Offering curbside pick up orders**

**508-896-9521**

**farmersmarket@brewsterhistoricalsociety.org**

**www.brewsterhistoricalsociety.org/farmers-market**

Check out Cape Cod's locally grown produce and goodies! Our market is offering curbside pickup again in 2022: two order sizes available. Ordering for curbside pickup begins on May 18.

## **CHATHAM FARMERS' MARKET**



**Next to Local Color Art Gallery & Ocean State Job Lot**

**1652 Main St., Chatham**

**5/17 - October**

**Tuesdays, 3pm - 6pm**

**508-247-7268**

**chathamfarmersmarket@hotmail.com**

**fb/chathamfarmersmarketcapecod**

**Instagram: @chathamfarmersmarket**

Our Market is filled to the brim with local farmers and vendors. We showcase the best regional and artisan-made food and goods. Come eat up the local flavor!

## **HARWICH FARMERS' MARKET**

**Brooks Academy Museum**

**80 Parallel St., Harwich**

**6/30 - 10/6**

**Thursdays, 3pm - 6pm**

**harwichfarmersmarket@gmail.com**

**www.harwichfarmersmarket.com**

The Market is held on the picturesque grounds of the historic Brooks Academy. This year will have a rotating schedule of vendors and farmstands. We offer local produce, flowers, herbs, cheeses, baked goods, so much more! The Brooks Academy Museum is open during the market. Sponsored by the Harwich Agricultural Commission, Harwich Historical Society, Cape & Island Farm Bureau.



## **TRURO EDUCATIONAL FARMERS' MARKET**

**20 Truro Center Rd.**

**6/13 - 9/12**

**Mondays, 8am - 12pm (closed on 9/5)**

**Fridays, 5am - Saturday 5pm**

**www.sustainablecape.org**

Our mission is to educate the consumer about the many benefits local food has to health and to the environment. The market connects and benefits every socio-economic level, striving to be accessible to all. We offer fruits & vegetables, lobster, meats, baked goods, wine, salt, ice cream, crepes, and more. We offer a weekly \$10 bonus for fruits and vegetables for SNAP/EBT, HIP, WIC, Senior Discount Coupons, and Project Gratitude.



## **ORLEANS FARMERS' MARKET**

**YEAR-ROUND - Saturdays**

**19 Old Colony Way, Orleans**

**January to April: 10am - 12 noon (inside location TBA)**

**May to Labor Day: 8am - 12 noon**

**September to December: 9am - 12 noon**

***Regenerative Agriculture Gathering in October***

***Artisan and Farmers at December markets***

**www.orleansfarmersmarket.com**

**fb/OrleansFarmersMarket; Insta: @orleansfarmersmarket**

With 40 vending spaces and music, you are sure to have a good time & find a large assortment of local products. The market accepts cash, WIC, EBT/SNAP/HIP, credit, debit, Venmo. Weekly \$10 bonuses for SNAP & Veterans programs; matching bonuses for WIC & Senior Coupons. We accept donations to help local soup kitchens & food assistance groups. We support Regenerative Agriculture.





## OUTER CAPE

### PROVINCETOWN FARMERS' MARKET



Ryders Street, Provincetown

5/21 - 10/29

Saturdays, 9am - 1pm (excluding June 25th)

Wed. 5am – Thurs. 5pm

[ShopLocalFood.org](http://ShopLocalFood.org) and [SustainableCAPE.org](http://SustainableCAPE.org)  
[fb/ptownfarmersmarket](https://fb/ptownfarmersmarket)

**Instagram: @ptownfarmersmarket**

A Farmers' Market in the Heart of P-town! Browse and shop for fresh-picked fruits and vegetables, seafood, meats, baked goods, honey, plants, flowers, and more. Weekly \$10 bonus for EBT/SNAP, WIC, Senior Discount Coupons, & Project Gratitude. HIP Authorized Retailer.

### WELLFLEET FARMERS' MARKET



Congregational Church

200 Main Street, Wellfleet

5/11 - 10/5

Wednesdays, 8am - 12 noon

[www.wellfleetfarmersmarket.com](http://www.wellfleetfarmersmarket.com)

[fb/WellfleetFarmersMarket](https://fb/WellfleetFarmersMarket)

**Instagram: @WellfleetFarmersMarket**

Join us on Wednesdays at our home in the grove at the Congregational Church for live music, coffee and baked goods, local produce, mushrooms, eggs, honey, meat, cut flowers, herbs, and more! We accept SNAP, HIP, WIC, Senior Discount Coupons, and debit/ATM cards. We recommend visiting our information booth at the market for updates on HIP & WIC vendors.

### WELLFLEET SHELLFISHERMEN'S FARMERS' MARKET

Wellfleet Town Pier, 255 Commercial St., Wellfleet

Pre-order shellfish on website

Pickups Saturdays, 12 – 2pm

[www.wellfleetshellfishermen.org/](http://www.wellfleetshellfishermen.org/)

[fb/WellfleetShellfishFarmersMarket](https://fb/WellfleetShellfishFarmersMarket)

Buy direct from local growers! Pre-order fresh Wellfleet Shellfish online for cash-free pickup. Our mission is to protect the character and tradition of Wellfleet's historic shellfish industry by supporting the long-term viability of our wild harvesters and independent aquaculture farmers. Sign up for our newsletter!





# FARMS & STANDS

Connect with Cape Cod's historied farming and agricultural heritage. These farms create safe, authentic experiences and provide fresh, healthy, locally-grown and produced foods. By supporting our farming families you help to sustain our community and a strong agricultural future for Cape Cod. Taste the local flavor of Cape Cod grown!

## UPPER CAPE

### ATTAQUIN ACRES

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

**36 Meetinghouse Road, Mashpee**

**May - August; 7 days a week, 9am - 5pm**

**508-356-6326; [attaquinacres@aol.com](mailto:attaquinacres@aol.com)**

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

**Instagram: [@Attaquinacres](https://www.instagram.com/Attaquinacres)**

A family-owned and operated greenhouse and nursery since 1996. We 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. #wickedawesomeplants

### BAY END FARM

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

**200 Bournedale Road, Buzzards Bay**

**Farmstand open spring - mid October**

**Tues. - Fri., 11am - 6pm; Sat., 10am - 4pm**

**Closed Sundays and Mondays**

**617-212-8315; [erin@bayendfarm.com](mailto:erin@bayendfarm.com)**

**[www.bayendfarm.com](http://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):** Pick-your-own blueberries

**92 Spring Hill Rd., East Sandwich**

**Open daily during the season, 8:30am - 3:30pm**

**413-727-2697**

**[www.theblueberrybog.com](http://www.theblueberrybog.com) - new website!**

Family owned and operated since 1984. Pick your own blueberries! Starting mid-July to August. Call us at 413-727-2697 to confirm stand is open! Visit our website!



### **BOGSIDE FARM**

**Product(s):** vegetables, herbs, and cut flowers

**1009 County Road, Cataumet**

**Open mid June - late September;**

**Mon - Sat, 10am- 6pm; Sun 10am- 5pm**

**774-392-1147; 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!). We are open daily throughout the growing season.

### **BRICK KILN FARM**

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

**254 Brick Kiln Road, East Falmouth**

**774-238-1565**

**[www.254brickkilnfarm.com](http://www.254brickkilnfarm.com)**

We are a greenhouse and garden shop that grows fine annuals, perennials, vegetable and herb plants, especially heirloom and Italian varieties. We won the Cape Cod Life Silver Medal for Upper Cape Garden Shop!

### **CAPE COD FLOWER TRUCK**

**Product(s):** flowers, microgreens, raw honey, eggs, grow kits, succulent pumpkins, holiday greens

**Mobile, locally-grown flowers and farmstand**

**North Falmouth - follow on social media for locations**

**508-989-2595; oconnellcapecod@gmail.com**

**Facebook & Instagram: @capecodflowertruck**

We are a mobile flower truck selling our sustainably grown flowers (in mason jars), organic microgreens, local RAW honey, free-range eggs, and Grow-Your-Own microgreens kits. We also have seasonal succulent pumpkins and holiday greens. We often partner with local businesses for our pop-up locations a few times a week. Follow us on Facebook and Instagram to find a pop-up location near you!

### **CAPE COD WINERY**

**Product(s):** wine

**4 Ox Bow Road, East Falmouth**

**508-457-5592; info@capecodwinery.com**

**[www.capecodwinery.com](http://www.capecodwinery.com)**

Our wines will bring you that tranquil Cape Cod feeling! Come visit our wine bar. Enjoy a glass, or wine flight, amongst our vineyard. Don't forget that our online shop is open year-round. We can ship our products directly to you.



## COONAMESSETT FARM



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

**277 Hatchville Road, East Falmouth**

**Open daily from 9am - 5pm**

**farm@coonamessett.net**

**www.coonamessettfarm.com**

The farm store and café is open daily from April until Christmas. We are a membership only pick-your-own farm. Produce and cheese CSAs available to members. Visit our farmstand for membership info and for vegetables, berries, herbs, flowers, eggs, plants, jam, honey, soap, cheese, meat, oysters, alpaca clothing, turkeys, pies, trees, wreaths. We host parties, weddings, and catering. We have educational events. Our farm animals include alpacas, sheep, goats, donkeys, chickens!

## 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):** *Corn maze!* PYO apples and pumpkins; wholesale tomatoes, sweet corn, and bedding plants

**192 Route 6A, Sandwich**

**508-888-0690**

**www.crowfarmcapecod.com**

**fb/crowfarmcapecod.com**

We were founded in 1916. From April – July we will have wholesale bedding plants, tomatoes and sweet corn. This fall, come do our corn maze while you pick your own apples and pumpkins (starting in mid-September). Please check Facebook, our website, or call for times and dates for the pick-your-own events, or to inquire about wholesale products. The farmstand will not be open as we are focusing on wholesale, pick your own (PYO), and the corn maze.



## **DASILVA FARMS**

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

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

**Open daily, 9am - 6pm (May - August)**

**508-548-1248; [dasilvafarms02536@gmail.com](mailto:dasilvafarms02536@gmail.com)**

We sell chickens for egg harvesting and for meat; also 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 pickled and preserved in jars.

We are open seasonally: offering fresh eggs, seasonal vegetables, chicken, pork, pot pies. We have turkeys for Thanksgiving. See our Facebook page for more details on our meat CSA, as well as what vegetables are offered seasonally.

## **GOPAL FARM CAPE COD**

**Product(s):** vegetables, fruit, herbs, CSA membership

**40 Country Farm Rd., Forestdale**

**Farmstand: daily, 9am - 5pm (mid-June-1st week Nov.)**

**[jack@gopal.farm](mailto:jack@gopal.farm)**

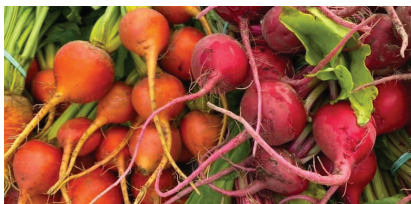
**<https://gopal.farm>**

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

We are a 223-acre Ag-conserved farm focused on regenerative practices, ethical treatment of animals, and supporting the local community with fresh produce.

We are 8 min. off Rte. 6 in Forestdale (Sandwich). We are the largest piece of arable farmland on Cape Cod. We specialize in Indian Heirloom cultivation. We grow 100+ varieties of gourmet and beloved American standards.

Now in year 3, we are expanding to 50 acres of cultivation (up from 25 acres). While we are not certified yet, we adhere to organic practices (no chemicals, pesticides, or GMO seeds). Our farm stand is self-serve, *cash only*, and is open 7 days per week, 9am-5pm (mid-June to 1st week of Nov.). We host pick-your-own, hay-rides, and other events throughout the season! This year we are excited to start our local CSA (sign up on our website). Lots of fresh veggies every week for the whole family to enjoy!





### **PARIAH DOG FARM**

**Product(s):** vegetables, fruit, herbs, eggs, maple, syrup, honey, sea salt

**Saturdays & Sundays, 12pm - 7pm**

**279 Trotting Park Road, E. Falmouth**

**508-560-2722; [pariahdogfarm@gmail.com](mailto:pariahdogfarm@gmail.com)**

**Instagram: [@pariahdogfarm](https://www.instagram.com/pariahdogfarm)**

Providing sustainable, organically grown food to the Cape Cod community at our Farmstand, open Saturdays & Sundays 12pm – 7 pm. You can also find us at the Falmouth Farmers' Market. We also offer a CSA program.

### **PEACHTREE CIRCLE FARM**

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

**Falmouth**

**508-328-3483; [carriecrichter@gmail.com](mailto:carriecrichter@gmail.com)**

**[www.peachtreecirclefarm.com](http://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

**119 Woods Hole Road, Falmouth**

**[petersonshepherds@gmail.com](mailto:petersonshepherds@gmail.com)**

**[www.petersonshepherds.org/](http://www.petersonshepherds.org/)**

We provide USDA certified, pastured lamb that is raised humanely and without antibiotics or added hormones. We also sell a variety of climate beneficial wool products. Please visit our website to see current product availability. Local pick-up required for all meat products, nationwide shipping available for dry goods/wool products.



## **P.J. CRANBERRIES**

**Product(s):** cranberries

**P.O. Box 417, Sandwich**

**508-367-9951**

**[www.pjcranberries.com](http://www.pjcranberries.com)**

We are a family run cranberry bog that sells direct to the public and to farmstands, jam and pie companies, and consumers. Fresh picked, hand-sorted cranberries direct from Cape Cod bogs. Find us at Windfall Market, Coonamesset Farm, Scenic Roots, Petersons, Fancy's, Guaranteed Fresh, Jack in the Bean Stalk, Clement Market, Milton and Hingham Fruit Centers, and at select Market Basket stores.

## **RIECK FAMILY FARM AND HATCHERY**

**Product(s):** Chicken and Quail eggs, produce, seedling starts, cut flowers, soaps

**East Sandwich**

**[rieckfamilyfarmandhatchery@gmail.com](mailto:rieckfamilyfarmandhatchery@gmail.com)**

**[fb/RieckFamilyFarmandHatchery](#)**

We are active duty USCG veterans who run a small family farm and hatchery, we raise quail and chickens with some small crop farming. We strive for sustainability and natural grown food. We are NPIP certified and dedicated to improving lives through a true connection with nature.

We have a seasonal farmstand selling eggs, chicks, excess produce, seedling starts, cut flowers, soaps, and more.

## **SPROUT FARM**

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

**97 Quinaquisset Ave, Mashpee**

**Farmstand open May – Thanksgiving**

**774-392-3168; [sproutes@comcast.net](mailto:sproutes@comcast.net)**

**[www.sproutfarm.net](http://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 farmstand.

## **STELLA FARMS**

**Product(s):** heirloom tomatoes

**508-274-9328; [stellafarms@comcast.net](mailto: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.



### **THE SUNNY FARM**

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

**508-648-0740**

**fb/TheSunnyFarm**

We are a family-operated diverse market garden farm that specializes in growing premium specialty cut flowers and peppers. Peppers of all kinds. 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, sustainable growing practices.

### **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. A sow to finish operation.

### **TINA'S TERRIFIC PLANTS**

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

**64 Carol Ave, E. Falmouth**

**508-540-5006**

**[www.tinasterrificplants.com](http://www.tinasterrificplants.com)**

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

### **TONY ANDREWS FARM**

**Product(s):** vegetables, fruit, PYO, pumpkins, eggs, plants, honey, hay, compost, flowers, herbs, sunflower & corn mazes, hay rides, Christmas trees

**394 Old Meetinghouse Road, East Falmouth**

**Open 7 days, 10am – 6pm**

**Kids' Fest - Oct. weekends; 11/3: carnival, rides, food**

**508-548-4717; [tonyandrewsfarm@comcast.net](mailto:tonyandrewsfarm@comcast.net)**

Since 1935 we offer the freshest fruits & vegetables along with memorable experiences. Pick your own (PYO) strawberries, peas, corn, tomatoes, herbs, & pumpkins. Seasonal PYO flowers: tulips, zinnias, gladiolus, snapdragons, asters, & sunflowers. We accommodate groups and individuals at the beautiful pond-side picnic area & hay rides. Join us for: PYO strawberries & peas in June, PYO corn & sunflowers in July, Corn & Tomato Festival in Aug., PYO apples & squash in Sept., kids' weekends in Oct., kiddie carnival- rides & food Nov. 3rd.



## MID CAPE

### BEACON GARDENS AT OSTERVILLE

**Product(s):** vegetables, greens, flowers, bedding plants, nursery products, specialty items, meats

**182 Osterville/ West Barnstable Rd**

**774-361-6619; customerservice@beacongardens.com**

**[www.beacongardens.com](http://www.beacongardens.com)**

Beacon Gardens is a community-oriented garden center, nursery, and farmstand that aims to provide our customers with the highest level of service and only the finest products. Shrubs, plants, trees, pottery, houseplants, fresh local produce, and fresh meats from Savenors Butchery.

### CAPE ABILITIES FARM



**Product(s):** tomatoes, leafy greens, vegetables, herbs, flowers, farm boxes, annuals & perennials

**458 Main Street, Route 6A, Dennis**

**Open Year-Round: 7 days/week, 10am - 5pm**

**508-385-2538**

**[www.capeabilitiesfarm.org](http://www.capeabilitiesfarm.org)**

Cape Abilities Farm grows vegetables, flowers, and opportunities. Cape Abilities is a nonprofit that serves people with disabilities across Cape Cod and employs people with disabilities who work in all aspects of farm management. We strive to cultivate a diverse and inclusive community for people of all abilities. Our feature edible crops: tomatoes, lettuce, cucumbers, and herbs.

### CAPE COD ORGANIC FARM



**Product(s):** vegetables, fruits, herbs, flowers, beach grass, pork

**3675 Main Street, Barnstable**

**Open Mon-Fri, 10am - 5pm;**

**Sat & Sun, 10am - 4pm**

**508-362-3573**

**[www.capecodorganicfarm.org](http://www.capecodorganicfarm.org)**

**[fb/CapeCodOrganicFarm](https://fb.com/CapeCodOrganicFarm)**

Baystate Certified organic farm providing fruit, vegetables, herb flats, flowers, plants, and pork. Check our website for information on our community supported agricultural membership program (CSA) and for product updates. Cape Cod Organic Farm has been a grower and installer of Cape American Beach Grass for over 25 years. The native grasses are used in land restoration and are also sold wholesale and retail. You can find our food at



Cape Cod farmers' markets, our own farmstand, or by joining our CSA. We accept SNAP/HIP.

### **EDIBLE LANDSCAPES**

**Product(s)/ Services:** organic gardening and landscaping services, hard-to-find perennial edible plants

**774-994-0333; ediblelandscapescc@gmail.com**

**www.ediblelandscapes.net**

**fb/ediblelandscapescapecod**

**Instagram: @ediblelandscapes**

We delivery high-quality, organic gardening and landscaping services: from basic raised-bed culinary herb gardens to an entire edible ecosystem. We also sell chemical-free edible and useful landscape plants. Visit our website and social media accounts for more info!

### **FRESH FROM THE VINE**

**Product(s):** cranberries

**300 Route 28, W. Yarmouth**

**freshfromthevines@gmail.com**

**fb/ WilsonCranberryCompany**

We're a local, family owned cranberry bog selling fresh cranberries from our farm. You will see our stand at the red, vintage bus on Route 28 during the fall months.

### **HART FARM NURSERY & GARDEN CENTER**

**Product(s):** vegetables, herbs, annual, perennial

**21 Upper County Road, Dennisport**

**508-394-2693**

**www.hartfarmnursery.com**

We are one of Cape Cod's most complete garden centers. The farmstand continues each year with homegrown and locally grown fresh-picked fruits and vegetables.



### **HARVEST MOON FARMS**

**Product(s):** vegetables, fruit, herbs, eggs, flowers, honey, firewood, specialty goods

**2199 Main St., Barnstable**

**508-744-7254 ; [info@harvestmoonfarms.net](mailto:info@harvestmoonfarms.net)**

**[www.harvestmoonfarms.net](http://www.harvestmoonfarms.net)**

Harvest Moon is certified organic, low-till farm, producing nutritionally-dense vegetables and eggs by mimicking nature. Subscribe to our newsletter through our website to get up to date information on what is happening on the farm. WIC and Senior Coupons accepted. We will be attending the Osterville and Orleans farmers' markets. The farmstand is open late April through November; spring hours are Saturday & Sunday from 10am - 5pm, then starting the end of May will be the regular hours: Thursday - Sunday 10am - 5pm.

### **HIDDEN ACRES FARM**

**Product(s):** raw goat milk, vegetables, fruit, herbs, eggs, yarn and wool, lip balms, calendula oil

**120 Upper County Road, Dennisport**

**508-776-2221; [hiddenacresfarmcapecod@gmail.com](mailto:hiddenacresfarmcapecod@gmail.com)**

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

We sell fresh vegetables, herbs, fruit, eggs, and raw goat milk. Our farm animals include chickens, sheep, goats, and 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. We can accept Venmo payments.

### **HOKUM ROCK BLUEBERRY FARM**

**Product(s):** blueberries

**Hokum Rock Road & Route 134, East Dennis**

**Open July-late August**

**Check website/call for days**

**508-385-2768**

**[www.hokumrockfarm.com](http://www.hokumrockfarm.com)**

We are a pick your own blueberry farm! We have 1.5 of our beautiful 18 acres under cultivation, and we cultivate several varieties. There is parking and the field is handicap accessible. We provide picking trays, containers, water, shade, chairs, and bathroom. Cash & checks only. Please visit our website for schedule and more info.



### **LITTLE RIVER BEEWORKS**

**Product(s): honey, beeswax**

**508-292-3549; [littleriverbeeworks@comcast.net](mailto:littleriverbeeworks@comcast.net)**

**[www.littleriverbeeworks.com](http://www.littleriverbeeworks.com)**

Family-owned and operated, our hives live on local bogs. We offer raw wildflower honey and 100% pure beeswax candles. Our candles and honey are available at several local venues: Barnstable Pottery (Barnstable), Beacon Gardens (Osterville), Cahoon Museum of American Art (Cotuit), Canterbury Market (Sandwich), Cape Abilities Farm (Dennis), Cotuit Fresh Market (Cotuit), Chatham Bars Inn Farm (Brewster), Gift Collection (Marstons Mills), Heritage Museum & Gift Shop (Sandwich), LoveLocal Collective (Hyannis), Spa at Sea Street (Hyannis), Titcombs Bookshop (E. Sandwich).

### **MATT'S ORGANIC GARDENS**

**Product(s): vegetable plants, fruit plants, herbs**

**36 Upper County Road, Dennisport**

**508-367-7913**

**[fb/mattsorganicgardens2](https://www.facebook.com/mattsorganicgardens2)**

We are 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 produce year-round.

### **SABATIA FLOWER FARM**

**Product(s): lilies, flowers**

**125 Oak Street, W. Barnstable**

**1965 Main Street, Marstons Mills**

**April - early November**

**Open daily from 8am - dusk**

**508-221-2523; [sabatiaflowerfarm@comcast.net](mailto:sabatiaflowerfarm@comcast.net)**

**[www.sabatiaflowerfarm.com](http://www.sabatiaflowerfarm.com)**

We offer the highest quality Oriental and Hybrid lilies; as well as seasonal cut flowers including dahlias, zinnias, and sunflowers grown locally on our farms. Flowerstands open April - early Nov., Mondays - Sundays: 8am to dusk.

## SEAWIND MEADOWS

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

**SeawindMeadows@gmail.com**

**[www.seawindmeadows.com](http://www.seawindmeadows.com)**

Our family-run farm humanely raises Highland heritage beef, which is all grass-fed and finished on grass. No corn or added hormones or antibiotics. Our flavorful heritage beef is dry-aged and USDA processed. We also have eggs. You can find us year-round at the Orleans' Farmers Market and in season at the Truro Farmers' Market, as well as Cape Abilities Farmstand in Dennis.

## TUCKERNUCK FARM

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

**89 Fisk Street, W. Dennis**

**508-364-5821; [tuckernuckfarm@yahoo.com](mailto:tuckernuckfarm@yahoo.com)**

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

We are a small family farm raising purebred sheep, heritage chickens, and heirloom vegetables. Our specialty is lettuce. Come find us at our stand and at farmers' markets.

## LOWER CAPE

### ART FARM

**Product(s): vegetables, plants, cut flowers, art, and home decor**

**499 Harwich Road, Brewster**

**Farm stand, open daily 9am - 5pm**

**508-470-0260; [artfarm@capecodstar.com](mailto:artfarm@capecodstar.com)**

**[www.capecodstar.com/ArtFarm](http://www.capecodstar.com/ArtFarm)**

Art Farm is a farm stand with a different take on things. We sell beautiful and yummy things from cut flowers to vegetables, plants, art and home décor.





## BETHANY SEASONS

**Product(s):** vegetables, herb plants

**50 Boulder Road, Brewster**

**508-240-4672; 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 Wellfleet Farmers' Market. Although Bethany Seasons is not a certified organic farm, plants are grown following the standards of the Northeast Organic Farming Association (NOFA). We don't accept credit cards, only checks and Venmo, thank you.

## BILTMORE WOOL BARN



**Product(s):** 100% Alpaca yarn, Bluefaced Leicester wool, hand roving

**98 Slough Rd., Brewster**

**508-385-6114; kmmas@msn.com**

Biltmore Wool Barn is a small Alpaca farm. We process Alpaca and sheep wool into hand roving for spinners and felters. We also send our wool to mills to be spun into yarn which is hand dyed by Kathleen Mealey. She is an avid knitter lending her talent to other knitters.

Find us at the Saturday Orleans Farmers' Market with yarn and eggs. (We accept SNAP/EBT for eggs!) or by appointment at the farm. We do not offer farm tours.

## CAPE COD LAVENDER FARM

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

**1/2 mile off Weston Woods Road, Harwich**

**Mon. - Sat., 10am - 4pm; Sundays 12pm - 4pm**

**508-432-8397; cynthia@capecodlavenderfarm.com**

**[www.capecodlavenderfarm.com](http://www.capecodlavenderfarm.com)**

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

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, fruits, herbs, cut flowers, nursery plants, and local provisions

**3034 Main St., Brewster**

**508-241-9115**

**[www.chathambarsinnfarmstand.com](http://www.chathambarsinnfarmstand.com)**

**Facebook & Instagram: @ChathamBarsInnFarm**

Our 8-acre farm produces the freshest seasonal greens and vegetables, available to the public in our farmstand, as well as the resort restaurants. Visitors to the farm will find farm-grown vegetables, seasonal produce from partnering farms, nursery plants, fresh-cut flowers, farm honey, and locally sourced provisions. Enjoy a truly alfresco dining experience with your family and friends during our summer series of farm-to-table dinners, booked through Eventsbrite.com.

### CHECKERBERRY FARM



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

**46 Tar Kiln Road, Orleans**

**508-237-9492; [gretel.norgeot@gmail.com](mailto:gretel.norgeot@gmail.com)**

**<https://dtafinder.dtadash.ehs.mass.gov/hip/>**

Growing a large assortment of Organic vegetables, herbs, and flowers using Natural Regenerative Processes. Accepting cash, EBT/SNAP, HIP, Credit, Debit, Venmo.

### DRY SWAMP BOG FARM

**Product(s):** vegetables, fruit, herbs, blueberries, cranberries, asparagus and rhubarb, firewood

**24 Great Oak Road, Orleans**

**508-255-1081; [info@dsbfarm.com](mailto:info@dsbfarm.com)**

**[www.dsbfarm.com](http://www.dsbfarm.com)**

We are a small, organic farm operating since 1979. Blueberries, cranberries, and a variety of fresh produce from asparagus to zucchini are available. Our community supported agriculture (CSA) membership is available; see our website and CSA page for details. Come find us at our farm stand and at the Orleans Farmers' Market.





### **ELDREDGE FARM**

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

**24 Eldredge Farm Cartway, Brewster**

**Mondays – Fridays, 8am - 4pm**

**508-760-2696; [eldredgefarmcsa@gmail.com](mailto:eldredgefarmcsa@gmail.com)**

**[fb/eldredgefarm](#)**

We are dedicated to building a sustainable, biodynamic ag-system that includes the soil, plants, animals, and humans. We provide our customers with 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](mailto:ginkgo@greatcape.com)**

**[www.greatcape.com](http://www.greatcape.com)**

Old-fashioned herbal apothecary and organic medicinal herb farm; organic espresso cafe; beautiful gardens to wander. Ginkgo trees are our specialty. "Feed the chicks"!

### **STEPHANIE'S GARDENS**

**Product(s):** Flowers, wreaths, lavender products, catnip sachets, lavender sachets

**Available at the Orleans Farmers' Market and**

**The Flower cart at Whimsy, 121 Rte 28, West Harwich**

**508-432-8777; [justgardening@comcast.net](mailto:justgardening@comcast.net)**

**<http://stephaniefostercapecod.net>**

Fresh flower bouquets arranged and grown from seed, hydrangea wreaths, lavender sachets, oil, sprays, and super catnip. Special occasions, small wedding orders welcome.

### **IN THE WEEDS FLOWER FARM**

**Product(s):** flowers, plants, seedlings

**392 Main Street, Brewster**

**Self-serve farmstand**

**774-212-2428 - call to order**

**[fb/intheweedsflowerfarm](#)**

We sell wholesale and retail cut flower. We are also a tomato grower. We specialize in hydrangeas, pussy willows, zinnias, tomatoes, and cucumbers.

### **PLEASANT LAKE FARM**

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

**2 Birch Drive, Harwich**

**508-432-1992; [info@pleasantlakefarm.com](mailto:info@pleasantlakefarm.com)**

**[www.pleasantlakefarm.com](http://www.pleasantlakefarm.com)**

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

We are a certified-organic vegetable farm specializing in garlic, snap peas, beans, tomato, root crops, and more.

We offer naturally-raised, USDA certified, pastured beef, heritage pork, and farm fresh eggs. You can find us at the Chatham Farmers' Market on Tuesdays from 3pm - 6pm from May 17th - Oct. 25th, and at the Wellfleet Farmers' Market on Wednesdays from 8am - 12pm from May 11th - Oct. 5th. Please check our website and follow us on Facebook for the latest updates.

### **OCEAN SEED SKY**

**Product(s):** Flowers - both fresh & dried, grown using regenerative farming methods; upcycled natural fiber produce bags

**Orleans Farmer's Market**

**774-216-9771; [mkochcc@comcast.net](mailto:mkochcc@comcast.net)**

Garden to Table: Ocean Seed Sky grows flowers for lovely bouquets, sweet arrangements, and dried flower & seasonal wreaths that will make your heart smile.

### **TUCK-A-WAY FARM**

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

**2 Barkely Way, Harwich**

**Late May - Thanksgiving**

**Open daily, 8:30am-6pm**

**508-430-1400; [mjcolemansr@comcast.net](mailto:mjcolemansr@comcast.net)**

**[www.tuckawayfarmofharwich.com](http://www.tuckawayfarmofharwich.com)**

We are growers and suppliers of local fruit and vegetables, herbs, honey, eggs, and maple syrup. You can find us either at our farmstand or at the Harwich and Chatham Farmers' Markets.





## **TUPPER FARM**

**Product(s): organically-grown cranberries**

**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 Whole Foods, 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, honey, candles, lip balm**

**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. Birdhouses and hand-made items prepared. Products crafted by three generations. We also have bees and sell honey and related products such as candles, lip balm, and cuticle cream.

## **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 Provincetown farmers' markets. We accept SNAP and HIP.

## HILLSIDE FARM

**Product(s):** vegetables, chickens

**508-241-2587; hillsidepoultry@gmail.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 Provincetown farmers' market.

## LONGNOOK MEADOWS FARM

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

**12 Longnook Road, Truro**

**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**

Pure Joy Farm is a small Cape Cod farm tucked into the woods of Truro. We grow vegetables with organic methods and sell our produce at farmers' markets across the lower and outer Cape. We also offer hand-crafted CBD oil body care using organic methods and ingredients.

## ROUTE 6 FARM

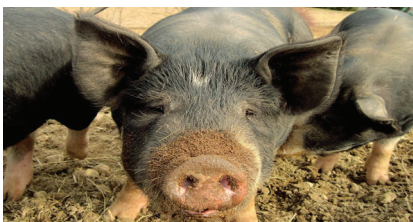


**Product(s):** vegetables, herbs, seedlings

**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 organic. We also accept SNAP, WIC, and HIP!





## WELLFLEET CHICK KOOP & FARM

**Product(s):** Seasonal CSAs, vegetables, herbs, micro-batch Farmer Friends hot sauce, seasonal FOWL (duck, young roosters, & stew hens), vegetable starts, live layer pullets

**Contact us:** [farm@WellfleetChickKoop.com](mailto:farm@WellfleetChickKoop.com)

**[www.wellfleetchickkoop.com](http://www.wellfleetchickkoop.com)**

**On social media:** [@WChickKoop](https://www.instagram.com/WChickKoop)

We specialize in heritage & endangered layer hens that produce RIGHTEOUS EGGS. MA artisan cheese purveyor & feed co-op (organic Green Mountain, Vermont feed). Inquire about our CSA Programs: spring (May - October) and winter (November - April). Visit us at the Wellfleet Farmers Market or at the farm by appointment only.



## SPREAD THE WORD!

Eating your way through Cape Cod's farm-fresh flavors? Don't keep it to yourself! Share your culinary adventures on social media and help others also discover tasty, fresh, local foods.

Use hashtag [#buyfreshbuylocalcapecod](https://www.instagram.com/#buyfreshbuylocalcapecod).

 [/buyfreshbuylocalcapecod](https://www.facebook.com/buyfreshbuylocalcapecod)

 [@buyfreshcapecod](https://www.twitter.com/buyfreshcapecod)



# LOCAL SEAFOOD



The sea has provided Cape Codders with food and a way of life for centuries. When you purchase local seafood, you support fishing families, working waterfronts, and a long maritime heritage. Many of the markets in this guide have been in business for generations. These fishers and growers are more than happy to talk about their fish and shellfish. They will share with you ways to prepare the seafood and what is available seasonally.

## UPPER CAPE

### EAST WIND LOBSTER & GRILLE

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

**2 Main Street, Buzzards Bay**

**508-759-1857**

**[www.eastwindlobsterandgrille.com](http://www.eastwindlobsterandgrille.com)**

**Facebook, Twitter, Instagram: @eastwindlobsterandgrille**

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; [inquiries@fishermensview.com](mailto:inquiries@fishermensview.com)**

**[www.fishermensview.com](http://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 a glimpse of modern fishing.

### LOBSTER TRAP KITCHEN, BAR, MARKET

**Product(s):** fish market, restaurant, and bar

**290 Shore Road, Bourne**

**Market is open daily at 10am**

**Restaurant is open daily at 11am**

**508-759-7600; [jenny@lobstertrap.net](mailto:jenny@lobstertrap.net)**

**[www.lobstertrap.net](http://www.lobstertrap.net)**

Our mission is to bring you the true Cape Cod experience. We pride ourselves on serving elevated cuisine in a fun and casual environment for everyone.

## **THE FISHERMAN'S PANTRY**

**Product(s):** fish, shellfish, kelp + seaweed products

**95 Palmer Ave, Falmouth**

**617-406-9265; [info@woodenislandwild.com](mailto:info@woodenislandwild.com)**

**[www.woodenislandwild.com/thefishermanspantry](http://www.woodenislandwild.com/thefishermanspantry)**

**Facebook, Twitter, Instagram: @woodenislandwild**

Wood Island Wild's new retail location in Falmouth Village. The shop is owned and operated by a bicoastal fishing family: we direct market wild salmon and finfish that we catch in Alaska. We also carry seasonal, locally-caught scallops and carry many other sea-related, wild, sustainable local and regional provisions. Stop in and stock up on nutrient-dense, responsibly harvested, and lovingly processed foods.

## **SALTY LOU'S LIVE LOBSTER**

**Product(s):** lobster and sea scallops

**392 Route 6A, E. Sandwich**

**508-888-4148; [saltylous@gmail.com](mailto:saltylous@gmail.com)**

Fresh local lobsters from your local fisherman straight to you!

## **MID CAPE**

## **BARNSTABLE SEA FARMS**

**Product(s):** Oysters

**98 Governors Way, Barnstable**

**508-566-7686**

**[www.barnstableseafarms.net](http://www.barnstableseafarms.net)**

We are a family owned shellfish farm providing fresh oysters 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):** Oysters, littleneck clams

**26 Little River Road, Cotuit**

**Retail/Wholesale**

**508-428-6747; [info@cotuitoystercompany.com](mailto:info@cotuitoystercompany.com)**

**[www.cotuitoystercompany.com](http://www.cotuitoystercompany.com)**

We grow and sell oysters & littleneck clams harvested from our farm in Cotuit Bay. We sell oysters ranging from petite to our X-Large for pick up. In addition to un-shucked oysters, we offer our Mini Raw Bar to go. If you are unable to do a pick up at our facility, oysters can be ordered and shipped to your home. Please visit our website to place your order.



## THE OYSTER COMPANY RAW BAR & GRILLE

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

**202 Depot Street, Dennisport**

**508-398-4600; [theoystercompany@comcast.net](mailto:theoystercompany@comcast.net)**

**[www.theoystercompany.com](http://www.theoystercompany.com)**

**Follow us on Facebook**

A full-service restaurant featuring fresh local seafood. We also operate our own oyster farm.

## LOWER CAPE

### CHATHAM SHELLFISH COMPANY

**Product(s):** oysters

**393 Barn Hill Rd., Chatham**

**[orders@chathamshellfish.com](mailto:orders@chathamshellfish.com)**

**[www.chathamoysters.com](http://www.chathamoysters.com)**

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

Farming oysters and sourcing Chatham's finest shellfish since 1976! We are open for retail at our facility on Oyster River at the Barn Hill Landing Shanties. Hours may vary depending on the season. We carry our own farm-raised Chatham oysters, littlenecks, wild steamers, and mussels, as well as shucking knives and Chatham Bars Inn made cocktail sauce and mignonette. Pre-orders can be made online or by email. Farm tours and tastings are also available. We ship nationwide.

### MIDNIGHT OUR

**Product(s):** shellfish

**2715 Main St., S. Chatham**

**508-737-6189**

**[info@midnightourseafood.com](mailto:info@midnightourseafood.com)**

**[www.midnightourseafood.com](http://www.midnightourseafood.com)**

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

Fresh Day Boat Scallops picked up directly from the Boat. Please text to reserve your scallops. We will reach out to coordinate pickup. Pickup Days and times vary based on the boat landing time. Scallops are landed multiple times a week as the weather allows. Come meet the crew-- See the boat and pickup dinner.



## OUTER CAPE

### CAPE TIP SEAFOODS

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

**capetip@capetipseafood.com**

**Orleans: 508-255-722; Truro: 508-487-2164**

**[www.capetipseafood.com](http://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, and Captain's Choice restaurants with the freshest local seafood on Cape Cod!

### F/V ISABEL & LILEE

**Product(s): shucked sea scallops**

**PO Box 1993, Wellfleet**

**508-237-7133; seascallops349@gmail.com**

**<https://fvisabelandlilee.com>**

We are a local fishing boat offering fresh sea scallops straight from the boat. Currently customers can order online, see FB for details and pick up information. Soon we will offer a local delivery option.

### HATCH'S FISH & PRODUCE

**Product(s): fish, shellfish, seafood, smoked seafood, produce, honey, eggs, baked goods, popsicles**

**310 Main Street, Wellfleet**

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

**mail@hatchsfishmarket.com**

**[www.hatchsfishmarket.com](http://www.hatchsfishmarket.com)**

Located in Wellfleet, Hatch's is a locally owned and family operated business that has been providing the freshest and widest variety of 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 carry more than 50 varieties of fruits and vegetables, much of which is organic and locally-grown. We offer many homemade items such as: smoked fish and pâté, smoked scallops, chowder base, pesto, fruit salsa, tomato salsa, and 100% fresh fruit popsicles. We also carry many other local items: breads, pies, cookies, corn, honey, eggs, flowers, and we offer a selection of dry goods. Come visit us for a great one-stop shopping experience!

### MAC'S SEAFOOD CAPE COD

**Product(s): fish, shellfish, smoked fish, salads, meats**  
**Year-Round**

**Mac's Fish House Restaurant & Seafood Market,  
Provincetown: 508-487-6227**

**Mac's Market & Kitchen, Eastham: 508-255-6900**

**Mac's Chatham Fish & Lobster Restaurant & Seafood**



**Market, Chatham: 508-945-1178**

**Chatham Fish & Lobster Seafood Market at Ring Bros.,  
South Dennis: 508-394-1181**

### **Seasonal**

**Mac's Shack Restaurant, Wellfleet: 508-349-6333**

**Mac's on the Pier Restaurant & Seafood Market, Wellfleet  
508-349-0404; info@macsseafood.com**

**[www.macsseafood.com/](http://www.macsseafood.com/)**

Mac's provides our communities with super-fresh fish and shellfish, house-smoked seafood, and our famous soups and pâtés, along with a great selection of salads, cooked lobsters, meat, cheese, and produce. Mac's strives to source from a local and sustainable catch. Check our website for details.

### **THE MERMAID MENU**

**Product(s): oysters**

**Maple Ct, Provincetown**

**617-962-3315**

**[www.mermaidmenu.com](http://www.mermaidmenu.com)**

Tidal sea farm on the flats of Provincetown. A short walk from the West End Parking Lot. Female owned and operated. Contact Kalliope for aquaculture tours, sea glass, and sea pottery.

### **SILVACHUTERS SEA FARM**

**Product(s): oysters, clams**

**Maple Ct, Provincetown**

**508-498-4927; silvachuters@gmail.com**

**[www.silvachuters.com](http://www.silvachuters.com)**

A local firefighter-operated business growing oysters and clams. Contact Mike for aquaculture tours, educational activities, and info on our sister business, Honey-pot Hives.

### **WELLFLEET SHELLFISH CO.**

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

**137 Holmes Rd., Eastham**

**508-255-5300; sales@wellfleetshell.com**

**[www.wellfleetshell.com](http://www.wellfleetshell.com)**

Connecting seafood lovers to our network of harvesters and small boat fisheries for over 25 years. Wellfleet Shellfish Co. is a seafood packing, processing, and wholesale distribution company based in Eastham. We purchase directly from local aquaculturists and fishing families while supporting sustainable harvests and ocean-to-table traceability. See how easy it can be to have the daily catch delivered directly to your door. Free next-day delivery is offered Monday - Thursday. The business is also open to the public for bulk retail sales, call-ahead & online ordering is encouraged. Check out our website for more details!

A close-up, high-angle photograph of a wooden table laden with fresh produce and flowers. In the center is a large, light-green leafy vegetable, possibly a cabbage or lettuce head. To its left is a bunch of green onions tied with a blue rubber band. In the foreground, a large, bright yellow sunflower with a dark brown center is prominent. To the right of the sunflower is a small blue mesh basket filled with green peas. Next to the peas is a whole red tomato and a small white onion. In the background, a white plate with a folded white napkin and a silver fork is visible. The scene is brightly lit, suggesting natural daylight. The text "EATERIES & CATERING" is overlaid on the left side of the image in a large, white, sans-serif font.

# EATERIES & CATERING



Our close proximity to natural bounty defines Cape Cod cuisine. Incorporating local products into cuisine is nearly as common at food trucks as it is at fine restaurants. The chefs and owners of these businesses want to bring the freshest, best tasting local food to your plate.

## UPPER CAPE

### CHAPOQUOIT GRILL

**410 West Falmouth Hwy, W. Falmouth**  
**508-540-7794 ; [info@chapoquoitgrill.com](mailto:info@chapoquoitgrill.com)**  
**[www.chapoquoitgrill.com](http://www.chapoquoitgrill.com)**

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

### EAST WIND LOBSTER & GRILLE

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

**[www.eastwindlobsterandgrille.com](http://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](http://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, enjoy a truly unique dining experience and glimpse of modern fishing.

### LOBSTER TRAP KITCHEN, BAR, MARKET

**Product(s): fish market, restaurant, and bar**  
**290 Shore Road, Bourne**  
**Open Daily: Market at 10am; Restaurant at 11am**  
**508-759-6400; [jenny@lobstertrap.net](mailto:jenny@lobstertrap.net)**

**[www.lobstertrap.net](http://www.lobstertrap.net)**

Our mission is to provide you with the true Cape Cod experience. We pride ourselves on serving elevated cuisine in a fun and casual environment that the whole family can enjoy!

## **PIE IN THE SKY**

**10 Water Street, Woods Hole**

**Open Year Round,**

**Mon-Sun, 5am-10pm**

**508-540-5475; [hq@piecoffee.com](mailto:hq@piecoffee.com)**

**[www.piecoffee.com](http://www.piecoffee.com)**

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 shoreside picnic to lunch at the office. We also offer our freshly roasted coffee by the pound ground or as whole beans. We also offer loaves of bread, baguettes, homemade granola, and other essentials to stock your pantry.

## **QUICKS HOLE**

**Tavern Open Year Round**

**29 Railroad Ave, Woods Hole (Tavern)**

**508-495-0048**

**Taqueria open May - September**

**6 Luscombe Ave, Woods Hole (Taqueria)**

**508-495-0792; [quickshole@woodsholeco.com](mailto:quickshole@woodsholeco.com)**

**[www.quicksholetavern.com](http://www.quicksholetavern.com)**

Open year-round the Quicks Hole Tavern is open for lunch and dinner seven days a week all year long. Come try our famous "Pig Candy," a caramelized pork belly garnished with a seasonal salsa. 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**

**Opens at 11:30am, May – October**

**508-385-8548**

**[www.captainfrosty.com](http://www.captainfrosty.com)**

**Facebook and Instagram: @captainfrostys**

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](http://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**

**508-681-0922**

**[www.crispflatbread.com](http://www.crispflatbread.com)**

Crisp Flatbread, Inc. serves fresh wood-fired pizza and homemade pastas that are 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);**

**[Fiddlestixtrolley@gmail.com](mailto:Fiddlestixtrolley@gmail.com)**

**[www.fiddlestix.com](http://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**

**Tuesdays – Sundays, 5pm - Close;**

**Open 7 nights per week in July and August**

**508-385-2096; [info@fincapecod.com](mailto:info@fincapecod.com)**

**[www.fincepecod.com](http://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**

**Wednesdays - Sundays, 5pm - Midnight**

**508-385-2444**

**[www.harvestgallerywinebar.com](http://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](mailto:info@nakedoyster.com)**

**[www.nakedoyster.com](http://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**

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

**202 Depot Street, Dennisport**

**508-398-4600; [theoystercompany@comcast.net](mailto:theoystercompany@comcast.net)**

**[www.theoystercompany.com](http://www.theoystercompany.com)**

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





## **PIZZA BARBONE**

**390 Main Street, Hyannis**

**508-957-2377; [jason@pizzabarbone.com](mailto:jason@pizzabarbone.com)**

**[www.pizzabarbone.com](http://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 in-house; down to the vegetables we grow on our rooftop garden, all the way to the non-GMO "00" flour that we import from Italy to make our pastas and dough.

## **SPOON AND SEED**

**12A Thorton Drive, Hyannis**

**Tuesdays - Sundays**

**774-470-4634**

**[www.spoonandseed.com](http://www.spoonandseed.com)**

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

## **UNDERGROUND BAKERY**

**780 Main Street, Dennis**

**Open Year-Round**

**Tuesday - Saturday, 8am - 2pm**

**(summer hours may be expanded)**

**508-385-4700; [info@theundergroundbakery.com](mailto:info@theundergroundbakery.com)**

**<http://theundergroundbakery.com>**

**Facebook and Instagram: [@undergroundbakery](#)**

The Underground Bakery, located in Dennis Village, uses local products whenever available. House-cured and smoked meats and cheeses - Scratch baking daily - Weekly specials & homemade soups - Also featuring products from local artists and craftspeople.



## LOWER CAPE

### THE ART OF THE MEAL -LAND AND SEA CULINARY SERVICES /GRECIAN INSPIRED CUISINE

**575-779-9956; [theartofthemeal@gmail.com](mailto:theartofthemeal@gmail.com)**

**[www.theartofthemeal.com](http://www.theartofthemeal.com)**

We offer farm-fresh ingredients, local seafood, and meats to make delicious and healthy meals; all with Grecian and Caribbean-inspired recipes. We offer weekly specials, local favorites, and the latest sensations. How about sweet and savory hand pies and cupcakes with a Mediterranean twist? Please visit our website for online product orders, catering menus, and weekly specials. Meal plans for home or onboard. We will also provide your home or yacht with daily groceries and meals. We will cook to order and package for your family and guests' enjoyment. We also offer cooking classes for kids and adults! Classes, events, delivery, and pick-up daily from our Chatham commercial kitchen.

### BISTRO ON MAIN

**593 Main Street, Chatham**

**Opens at 5:30pm, 7 days per week, from May 1 – October**

**Call for off-season hours**

**508-945-5033; [viningsbistro@aol.com](mailto:viningsbistro@aol.com)**

**[www.bistroonmainchatham.com](http://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](mailto:info@capecodchefoncall.com)**

**[www.capecodchefoncall.com](http://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.





## **CHATHAM BARS INN RESTAURANTS**

**297 Shore Road, Chatham**

**Open Year-Round**

**508-945-0096**

**[www.chathambarsinn.com](http://www.chathambarsinn.com)**

**Facebook, Insta, Twitter, LinkedIn: @ChathamBarsInn**

Open year-round, STARS features stunning ocean views and modern coastally-inspired cuisine while Sacred Cod Tavern pays homage to the region's finest fisheries, farms, and foragers. Seasonal favorites include the Cape's most coveted tables on the Veranda with captivating ocean views and New England style European coastal cuisine, the Beach House Grill with a beachfront location and classic seaside favorites, and the open-air Bayview Terrace with Latin street food specialties, handcrafted cocktails, live music, and firepits. Restaurants are open to the public as well as guests, hours and menus are featured on the website.

## **FARE AND JUST KITCHEN**

**2628 Main Street, Brewster**

**Thursdays - Sundays, 12pm - 7pm**

**508-896-8804; [fareandjust@gmail.com](mailto:fareandjust@gmail.com)**

**[www.fareandjustkitchen.com](http://www.fareandjustkitchen.com)**

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

Fare and Just Kitchen is a unique takeout cafe offering 100% plant-based, gluten-free, and peanut-free cuisine. Open for lunch and dinner Thursdays through Sundays 12pm - 7pm.

## **KATE'S SEAFOOD**

**284 Paines Creek Road, Brewster**

**508-896-9517**

**[www.liamsandkates.com/kates-home](http://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, local meats and produce.



## **THE OPTIMAL KITCHEN**

**Heather Bailey, CNC**

**P.O. Box 1165, E. Orleans**

**774-216-9553; [theoptimalkitchen@comcast.net](mailto:theoptimalkitchen@comcast.net)**

**[www.theoptimalkitchen.com](http://www.theoptimalkitchen.com)**

**Follow us on Facebook and Instagram**

The Optimal Kitchen is a nutrition consulting, catering, and natural foods company. Visit our website for information on weekly meal plans, what's at the market, and the wide range of services we offer. Join us every Saturday at the year-round Orleans Farmer's Market. You can also find our soups, salads, and muffins all week long at Snowy Owl Coffee Roasters, with locations throughout the Cape. Follow us on Facebook and Instagram to get our most recent updates and information on where you can find us and our products.

## **SUNBiRD CAFE + PROVISIONS**

**85 Rt 6A, Orleans**

**[info@sunbirdcapecod.com](mailto:info@sunbirdcapecod.com)**

**online ordering: [www.sunbirdprovisions.com](http://www.sunbirdprovisions.com)**

**[www.sunbirdcapecod.com](http://www.sunbirdcapecod.com)**

Serving yummy seasonal food on-the-fly year round! We create signature dishes that focus on fresh local ingredients. Flock to our cafe in Orleans for take-out and provisions to stock your pantry, or order online at [sunbirdprovisions.com](http://sunbirdprovisions.com). Check our website for updated hours.

## **OUTER CAPE**

### **CAPTAIN'S CHOICE**

**4 Highland Rd, North Truro**

**508-487-5800; [kristi@captainschoicetruro.com](mailto:kristi@captainschoicetruro.com)**

**[www.captainschoicetruro.com/](http://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 takeout. Our partnership with Cape Tip Seafood ensures you get the best the ocean has to offer.

### **CERALDI**

**15 Kendrick Avenue, Wellfleet**

**508-237-9811; [mdceraldi@gmail.com](mailto:mdceraldi@gmail.com)**

**[www.ceraldicapecod.com](http://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!



## **COSMOS CATERING and COSMOS TO-GO**

**43 Race Point Road, Provincetown**

**info@cosmoscatering.com**

**www.cosmoscatering.com**

Offering sandwiches and more in a comfortable outdoor setting. We are on the way to Race Point Beach and many National Seashore bike paths. We customize menus and create events tailored to your culinary and budgeting requirement. Everything we do is guided by our passion for food, our commitment to working with local vendors and a reverence for the outer Cape, the place we call home.

## **MAC'S SEAFOOD CAPE COD**

**info@macsseafood.com**

**www.macsseafood.com**

Our markets and restaurants provide the community with fresh fish and shellfish, house-smoked seafood, along with salads, 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 CRÊPE**

**Provincetown**

**508-246-2178; outercrepe@gmail.com**

This season we will only cater private parties featuring our sweet and savory traditional French crêpes. The crêpe bar can be set up inside or anywhere outside, weather permitting.

## **PILGRIM HOUSE LANDING BISTRO & BAR**

**336 Commercial Street, Provincetown**

**508-487-6424**

**www.pilgrimhouseptown.com**

Savor our acclaimed craft cocktails, wines, and feast on dinner at the Landing. We 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 that are prepared in a number of ways. We also have an abundant salad bar, gluten-free and vegan choices, beef, chicken, and duck.

# ARTISAN FOODS & RETAIL





## UPPER CAPE

### BOOTSTRAP FARM CLUB



**1 Scraggy Neck Ext. on Rte. 28A, Cataumet**  
**Open Tuesdays - Saturdays, year-round**  
**508-292-4080 ; [food@bootstrapfarm.com](mailto:food@bootstrapfarm.com)**  
**[www.bootstrapfarm.com](http://www.bootstrapfarm.com)**

Cataumet retail store is open to the public year-round, connecting local food enthusiasts with organic and sustainable farm-fresh food. Fresh, local meat, produce, and dairy arrive throughout the week. We have gluten-free, dairy-free, and vegan options; as well as Eileen Blake's Pies and seasonal garden items. We accept SNAP/EBT. Our **Mobile Farm Stand** changes weekly and includes a selection of local meats, dairy, produce, and pantry items. Come shop our weekly offerings, or order online and we'll bring your order to you! SNAP/EBT accepted. For hours and details see our website.

### CAPE COD COFFEE

**508-477-2400; [info@capecodcoffee.com](mailto:info@capecodcoffee.com)**  
**[www.capecodcoffee.com](http://www.capecodcoffee.com)**  
**[fb/capecodcoffeecafe](https://www.facebook.com/capecodcoffeecafe)**

#### **Cape Cod Coffee Roasting Facility**

**10 Evergreen Circle (Route 130), Mashpee**

Come check out our brand new roasting facility! Our new facility is home to our coffee roasting and cafe, as well as a full kitchen and bar. Open year-round, we have plenty of indoor and outdoor seating including fire-pits, live music, and outdoor activities. Be sure to check out our full bar, with 16 local beers on tap, wine and cocktails.

#### **Cape Cod Coffee Cafe**

**53 Market Street in the Mashpee Commons**

Full-service breakfast and lunch in the heart of Mashpee! With our full bar, you can pair your brunch with one of our many mimosas, including a mimosa flight or our cotton candy mimosa made with locally spun cotton candy. Open year-round, 7-days a week.



## **THE FISHERMAN'S PANTRY**

**Product(s):** fish, shellfish, kelp + seaweed products, specialty foods, sea salt, decor, art, gifts, beverages

**95 Palmer Ave, Falmouth**

**617-406-9265; [info@woodenlandwild.com](mailto:info@woodenlandwild.com)**

**[www.woodenlandwild.com/thefishermanspantry](http://www.woodenlandwild.com/thefishermanspantry)**

**Facebook, Twitter, Instagram: [@woodenlandwild](#)**

Wood Island Wild's new retail location in Falmouth Village. The shop is owned and operated by a bicoastal fishing family: we direct market wild salmon and finfish that we catch in Alaska. We also carry locally-caught, seasonal scallops and carry many other sea-related, wild, sustainable local and regional provisions. Stop in and stock up on nutrient-dense, responsibly harvested, and lovingly processed foods.

## **NAUKABOUT BREWERY & TAPROOM**

**13 Lake Ave, Mashpee**

**Open Tuesday - Sunday, see hours on website**

**Brewery: 508-444-9822; [info@naukabout.com](mailto:info@naukabout.com)**

**Wholesale contact: 508-999-2337;**

**[sales@naukabout.com](mailto:sales@naukabout.com)**

**<http://naukabout.com/brewery>**

**Facebook: [/Naukabout](#); Insta: [@naukabout\\_brewery](#)**

Stop on by for brews, tunes, & tasty eats! Our goal is to provide a variety of experiences across our 8,000 sqft. patio and taproom, so everyone can find a place to kick, relax, and unwind with family and friends. Live music, backyard games, family events, movie nights, themed music nights, food truck pop-ups, sporting events, paint & sips-- our goal is to host everyone: from our house-made rootbeer for kids; to small-batch New England IPAs for craft-lovers; to tasty fruit beers for folks looking for something tropical...there is something for everyone on the menu.

## **RORY'S MARKET & KITCHEN**

**32 Market Street, Mashpee Commons**

**774-361-6075**

**640 Main Street, Dennis Port**

**508-760-3043**

**[www.loverorys.com](http://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):** local seasonal produce, herb/veggie starts, annuals, perennials, hanging baskets, shrubs, grasses, hard goods. *Don't forget us for fall & Christmas.*

**349 Route 6A, E. Sandwich**

**508-888-0044; [scenicrootsgardencenter@gmail.com](mailto:scenicrootsgardencenter@gmail.com)**

**[www.scenicrootsgardencenter.com](http://www.scenicrootsgardencenter.com)**

Est.1986, second-generation garden center on historic 6A. We grow onsite and buy local, support local. We pride ourselves on educating. Your success is our success.

## SOARES FLOWER GARDEN NURSERY & LANDSCAPE

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

**1021 Sandwich Road, E. Falmouth**

**508-548-5288; [soaresfgn@gmail.com](mailto:soaresfgn@gmail.com)**

**[www.soaresflowergardennursery.com](http://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.

## WILD HARBOR GENERAL STORE

**200 Old Main Road, North Falmouth**

**508-563-2011**

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

We are a family owned and operated old general store. We pump gas and we sell: local pizza, honey, pasta, coffee; as well as organic & gluten-free foods, fresh produce & breads, home-baked cookies, organic meats & eggs, gifts, Blue Rhino, beverages (beer, wine, and seltzers)-- and so much more! We are located just off the bike path in the heart of historic North Falmouth Village.

## MID CAPE

### CAPE COD BEER

**1336 Phinney's Lane, Hyannis**

**508-790-4200; [info@capecodbeer.com](mailto:info@capecodbeer.com)**

**[www.capecodbeer.com](http://www.capecodbeer.com)**

Please visit our website for current hours and information! Cape Cod's original craft beer - fresh beer on draught and in cans from Plymouth to Provincetown! The brewery is open year-round for pints on site and beer to go! In the warmer months we open our outdoor beer garden where guests can enjoy delicious food from local food trucks and live music from local musicians every weekend! #DrinkLocal

## THE LOCAL JUICE

**539 South St. Hyannis**

**508-775-5552; [cheers@thelocaljuice.com](mailto:cheers@thelocaljuice.com)**

**[www.thelocaljuice.com](http://www.thelocaljuice.com)**

The Local Juice is a 100% organic cold-pressed juice company using locally sourced produce. 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.

## RING BROS. MARKETPLACE

**485 Route 134, South Dennis**

**Open 7 days per week**

**508-394-2244**

**[www.ringbrosmarketplace.com](http://www.ringbrosmarketplace.com)**

Ring Bros. Marketplace brings together a group of independent, locally-owned businesses including Chatham Fish & Lobster, Dark Horse Beef & Deli, Hissho Sushi, Montilio's Bakery, Nata's Noodles, Portside Liquors, Ring Bros. Markets, and Spinners Pizza & Burritos. You'll find everything from carefully curated groceries, the highest quality meats, local seafood, chef-prepared foods & desserts, craft beers and incomparable wines, sushi prepared daily, a juice bar, a flower shoppe, and a gift & housewares department.

## SMITHFIELD MARKETS

**Barnstable Market: 3220 Main Street, Barnstable**

**[www.barnstablemarket.com](http://www.barnstablemarket.com)**

**Fancy's Market: 699 Main Street, Osterville**

**[www.fancysmarket.com](http://www.fancysmarket.com)**

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

**[www.petersonsmarket.com](http://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

**33 Rocky Way, Harwich**

**774-209-0038; [capecodjelly@gmail.com](mailto:capecodjelly@gmail.com)**

**[www.cranberryharvest.com](http://www.cranberryharvest.com)**

We have 32 homemade cranberry based jellies! 100% homemade using local cranberries and other products. Visit our website to find a retail location or to place an order online and have it shipped directly to you. We also offer curbside delivery, please text or email to schedule for pickup.

### CHATHAM JAM & JELLY SHOP

**16 Seaquanset Road (and Route 28), Chatham**

**508-945-3052, [jamlady28@hotmail.com](mailto:jamlady28@hotmail.com)**

**fb/ [ChathamJamandJelly](#)**

**[www.chathamjamandjelly.com](http://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](mailto:crockernurseries@gmail.com)**

**[www.crockernurseries.com](http://www.crockernurseries.com)**

Family owned and operated. 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!

### DELICIOUS LIVING NUTRITION LOCAL FOOD COOPERATIVE

**82 Cranberry Highway - Unit 1, Orleans**

**Contact: Nicole Cormier, RD, LDN**

**508-813-9282, [nicole@deliciouslivingnutrition.com](mailto:nicole@deliciouslivingnutrition.com)**

**[www.DeliciousLivingNutrition.com](http://www.DeliciousLivingNutrition.com)**

**Instagram: [@deliciousliving](#)**

We offer nutrition therapy, a dietetic internship with a focus on agriculture, foraging classes, produce deliveries to chefs, catering using all local ingredients, farmers' market tours, local food consulting, and education pop-up dinners.

## **FRIENDS' MARKETPLACE**

**57 Main Street, Orleans**

**508-255-0963; [brian@friendsmarketplace.net](mailto:brian@friendsmarketplace.net)**

**[www.friendsmarketplace.net](http://www.friendsmarketplace.net)**

We offer local & organic produce, a full-service butcher shop, chef-prepared foods, gourmet salads & sandwiches, bakery goods, wine and beer. In our garden center you will find flowers, plants, and shrubs! We are open year-round.

## **GREEN ROAD REFILL - EARTH FRIENDLY SHOPPING**

**#22 Foster Square, 2655 Main St., Brewster**

**774-216-1409**

**[www.greenroadrefill.com](http://www.greenroadrefill.com)**

Shop green and local! Find Sally Sud Shed at Orleans and Falmouth farmers' markets and festivals, or visit our new shop in Brewster to reduce your plastic footprint! Refill over 40 plant based products, shop zero waste goods for home and body, discover many locally made and fair trade gifts and soy candles by Tarraza.

## **THE LOCAL SCOOP**

**Serving Joy With a Dash of Incredible (Local) Taste!**

**Open May - December**

**34 Cranberry Highway (Rte. 6A), Orleans**

**508-255-0101**

**[www.thelocalscoopcapecod.com](http://www.thelocalscoopcapecod.com)**

**Facebook: [@thelocalscoopcapecod](https://www.facebook.com/thelocalscoopcapecod)**

**Twitter: [@\\_thelocalscoop](https://twitter.com/_thelocalscoop)**

**Instagram: [@thelocalscoop](https://www.instagram.com/thelocalscoop)**

Homemade ice cream, frozen yogurt, soft serve ice cream, crepes, smoothies, frappes, Cape Cod Pops, ice cream cakes, and lots of options for vegans. We create "farm to scoop" flavors, inspired by what is grown locally, and showcasing other Cape Cod food artisans. "A Local Delight In Every Bite."

## **NAUSET FARMS**

**199 Main Street, East Orleans**

**[nausetfarms@gmail.com](mailto:nausetfarms@gmail.com)**

**[www.nausetfarms.com](http://www.nausetfarms.com)**

A gourmet market! Morning & afternoon sandwiches, fresh local produce, baked goods, cheeses, full service butcher shop, prepared foods, beer & wine, seafood & lobsters, delicatessen, catering for all occasions.



## **NEWFARM**

**180 Rt. 6a, Orleans**

**508-255-0205; [Lindsay@NewFarmStore.com](mailto:Lindsay@NewFarmStore.com)**

**[www.newfarmstore.com](http://www.newfarmstore.com)**

We are a 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 winemaking, and beekeeping.

## **SNOWY OWL COFFEE ROASTERS**

**2624 Main Street, Brewster**

**483 Main Street, Chatham**

**161 Route 6a, Sandwich Coming Soon!**

**[www.socoffee.co](http://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.

## **OUTER CAPE**

### **BAYBERRY GARDENS**

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

**250 Route 6, Truro**

**508-349-6764**

**[www.bayberrygardens.com](http://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, 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!

## **PLANT WORK SHOP**

**PO Box 468, Eastham**

**info@plantworkshop.co**

**www.plantworkshop.co**

Owner Milisa Moses is a gardener, natural dyer, and writer living on Cape Cod. She works with plants from her garden, from flower-farmer friends, and from properly foraged, natural materials to create color, art, medicine, and more in her home studio. We look forward to teaching workshops again later this year and popping up at farmers' markets with our harvest.

## **CHEQUESSETT CHOCOLATE**

**8 Highland Road, North Truro**

**774-538-6249; hello@chequesettchocolate.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.

## **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**

**Contact us for retail or wholesale sales:**

**farm@WellfleetChickKoop.com**

**For more info: [www.wellfleetchickkoop.com](http://www.wellfleetchickkoop.com)**

Farmer Friends Hot Sauce is a collaboration between Farmer Victoria from Wellfleet Chick Koop and Farmer Jess Drake Cook 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 the Wellfleet Farmers' Market; In Truro - Atlantic Spice Company, Salty Marsh, and Truro Vineyards. In Eastham at Hollybrook Oysters. See full list of events and location on our website: [www.wellfleetchickkoop.com](http://www.wellfleetchickkoop.com).



## **HATCH'S FISH & PRODUCE**

**Product(s): fish, shellfish, seafood, produce, honey, eggs**

**310 Main Street, Wellfleet**

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

**mail@hatchsfishmarket.com**

**www.hatchsfishmarket.com**

Located in Wellfleet, we are locally owned and family operated business that provides the freshest and widest variety of fish, lobsters, shellfish, and produce for over 60 years. We carefully hand-select our seafood from local "day boats" so we have the very best seafood to offer. We carry more than 50 varieties of fruits and vegetables, much of which is organic and locally-grown. We offer many homemade items such as: smoked fish & pâté, smoked scallops, chowder base, pesto, fruit salsa, tomato salsa, and 100% fresh fruit popsicles. We also carry many other local items: breads, pies, cookies, honey, eggs, flowers, and a selection of dry goods. Come visit us for a great one-stop shopping experience!

## **HONEYPOT HIVES**

**Provincetown**

**617-962-3315; honeypothives@gmail.com**

**www.honeypothives.com**

**fb/honeypothives**

Honey, wax, propolis, pollen, honey dust, workshops, and 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.

## **TWO GOATS SCHOOL OF CHEESEMAKING**

**Eastham**

**508-237-2124, twogoatscheese@gmail.com**

**twogoatsschoolofcheesemaking.com**

**fb/twogoatscreamery**

Two Goats School is a traveling cheese school that offers cheesemaking workshops to foodies, chefs and sustainable dreamers alike. We partner with community kitchens, educational farms, sustainable food businesses and personal homes to provide educational opportunities to all. In a typical 3 hour workshop you will learn the basics of making a fabulous range of semi-soft and hard cheeses. Call us to book a cheesemaking workshop. And check us out on Facebook and Instagram.

# 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](http://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](http://www.barnstablebeekeepers.org)**

BCBA offers educational resources and Bee School for those interested in beekeeping. Our annual Bee School is held each winter beginning in January as a one-time event. Our membership currently stands at 375 beekeeping families across the Cape. Honey will continue to be available at Farmers Markets as supplies last. For more information visit our website.

### **CAPE COD CULINARY INCUBATOR**

**[www.ckc3.org](http://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/](http://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](http://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, MA 02356**

**[farmingfalmouth@gmail.com](mailto:farmingfalmouth@gmail.com)**

**[www.farmingfalmouth.org](http://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.

## **LOVE LIVE LOCAL**

**539 South St. Hyannis, MA 02601**

**[hello@lovelivelocal.com](mailto:hello@lovelivelocal.com)**

**[www.lovelivelocal.com](http://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](http://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 & EDUCATION**

**8 Truro Center Road, Box 988**

**Truro, MA 02666**

**[info@sustainablecape.org](mailto:info@sustainablecape.org)**

**[www.sustainablecape.org](http://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.

## **SUPPORTERS OF BUY FRESH BUY LOCAL CAPE COD**

**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

**DAVID & MAY CROCKER**, W. Barnstable, MA

*Thank you to the following people for providing the images in this guide: the Osterville Farmers' Market, Chatham Bars Inn Farm and Restaurants, Wellfleet Chick Koop, Cape Cod Beer, Canva, Sabatia Flower Farm, Tuckernuck Farm, Cape Cod Cooperative Extension staff, 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.*



# 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](http://www.mass.gov/massgrown)

## Buy Fresh Buy Local Cape Cod

### Cape Cod Cooperative Extension

P.O. Box 367

Barnstable, MA 02630

508-375-6695

[bfbfcc@barnstablecounty.org](mailto:bfbfcc@barnstablecounty.org)

[www.BuyFreshBuyLocalCapeCod.org](http://www.BuyFreshBuyLocalCapeCod.org)

