



2023

GUIDE TO LOCAL FARMS & FOOD

**Growers • Markets • Seafood
Artisan Food • Restaurants
Grocers • And More!**




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 BFBLCC contact Tara at
tara.racine@capecod.gov or
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, BFBLC 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.

Find us on Social Media



/buyfreshbuylocalcapecod



@buyfreshbuylocalcapecod

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

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

FOOD FESTIVALS & FAIRS

A top-down view of a wooden table laden with various food items, including waffles, pastries, fruit, and flowers, with people's hands visible around the table. The table is set with several plates and bowls containing food. There are waffles topped with cream and berries, a large round cake decorated with raspberries, a bowl of fruit (grapes, blueberries, raspberries), a bowl of cherry tomatoes, a bowl of lemons, and a bowl of pink flowers. There are also several small cups of coffee or tea. The table is surrounded by people, with their hands visible reaching for food or holding cups. The overall atmosphere is warm and inviting, suggesting a social gathering or a food festival.

Please refer to events' websites for the most up-to-date information.

MID CAPE

BARNSTABLE COUNTY FAIR

1220 Nathan Ellis Highway Route 151,

East Falmouth

July 17th - 23rd

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. updates on events.

LOWER CAPE

TASTE OF TURNIP DAY

Location TBD - Eastham

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

Facebook & Instagram: @SustainableCAPE

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 14th & 15th

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. 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

NEW! BUZZARDS BAY FARMERS MARKET

Canal St., Buzzards Bay

Wednesdays, 12pm - 7pm

April - September

(508) 345-9179; inebriart@yahoo.com

www.inebri-art.com/#/buzzards-bay-farmers-market/

Located along the beautiful Cape Cod Canal, this market will be the perfect destination for a mid-week break. Come join us and explore the freshest locally sourced produce, baked goods, artisan crafts, and more.

FALMOUTH FARMERS MARKET



NEW! WINTER MARKET - SEE FACEBOOK FOR INFO!

Marine Park, Scranton Ave., Falmouth

5/25 - 10/5

Thursdays, 12pm - 5pm

Holiday Market on Tuesday, 11/21, 11am - 3pm

falmouthfarmersmarket@gmail.com

www.falmouthfarmersmarket.com

[Facebook.com/FalmouthFarmersMarket](https://www.facebook.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. The

SANDWICH FARMERS MARKET ON HISTORIC RTE 130



Wing School, 33 Water St., Sandwich

6/20 - 10/10

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

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, woodfired 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.

MID CAPE

BASS RIVER FARMERS MARKET



311 Old Main St., South Yarmouth

6/15 - 9/9

Thursdays and Saturdays, 9am - 1:30pm

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

Facebook.com/BarnstableShellfishFarmersMarket

www.barnstableshellfishfarmersmarket.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

6/16 - 9/15

Fridays, 9am - 1pm

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

[Facebook.com/ostervillefarmersmarket](https://www.facebook.com/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

6/7 - 9/6

Wednesdays, 3pm - 6pm

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.



CHATHAM FARMERS MARKET

Our Lady of Grace Catholic Church Chatham

Route 137 (Route 28), South Chatham

5/16 - 10/24

Tuesdays, 3pm - 6pm

508-247-7268

chathamfarmersmarket@hotmail.com

[Facebook.com/chathamfarmersmarketcapecod](https://www.facebook.com/chathamfarmersmarketcapecod)

[Instagram: @chathamfarmersmarket](https://www.instagram.com/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

6/29 - 10/5

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.

ORLEANS FARMERS MARKET

CELEBRATING YEAR 28!

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

Facebook & Instagram: @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

5/20 - 10/28

Saturdays, 9am - 1pm (excluding June 24th)

SustainableCAPE.org

Facebook & Instagram: @ptownfarmersmarket

A Farmers Market in the Heart of P-town! Browse, meet others and shop for heirloom fruits and vegetables, fresh seafood, pasture-raised meats, baked goods, honey, plants, flowers, and more. Weekly \$10 bonus for EBT/SNAP, WIC, Senior Discount Coupons, Project Gratitude for U.S. veterans,



& Produce Prescriptions in collaboration with Outer Cape Health Services. Sustainable CAPE is an HIP Authorized Retailer for all produce vendors at market.

TRURO EDUCATIONAL FARMERS MARKET

20 Truro Center Rd.

6/12 - 9/11

Mondays, 8am - 12pm (closed on 9/4)

www.sustainablecape.org

On the banks of the Pamet River, Sustainable CAPE's Truro market offers our farmers' a beautiful field to sell freshly-harvested produce, flowers, honey, pastured meats, local seafood including LOBSTAH, cheese, eggs, pasta, bagels, food trucks and more. Children's art exhibits educate customers; music fills the air. Nutrition Incentive programs include: Weekly \$10 bonus for EBT/SNAP, WIC, Senior Discount Coupons, Project Gratitude for U.S. veterans, & Produce Prescriptions in collaboration with Outer Cape Health Services. Sustainable CAPE is an HIP Authorized Retailer for all produce vendors at market.



WELLFLEET FARMERS MARKET

Congregational Church

200 Main Street, Wellfleet

5/10 - 10/4

Wednesdays, 8am - 12 noon

www.wellfleetfarmersmarket.com

Facebook & 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/

[Facebook.com/WellfleetShellfishFarmersMarket](https://www.facebook.com/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 & FARM 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

[Facebook.com/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): organic vegetables, herbs, flowers, baked goods, prepared foods, organic and conventional fruit

200 Bournedale Road, Buzzards Bay

Farm stand open spring - mid October

Tues. - Fri., 11am - 5pm; Sat., 10am - 4pm

Closed Sundays and Mondays

617-212-8315; erin@bayendfarm.com

www.bayendfarm.com

Founded in 1906 and certified organic since 2001, we have been providing organic produce to families and restaurants for almost 20 years. Our farm stand is open early June to mid-October and offers organic vegetables, herbs, flowers, baked goods, cheeses, prepared foods, and seasonal, conventional corn and fruit. Our CSA runs for 20 weeks from early June to mid-October.

THE BLUEBERRY BOG

Product: 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

Family owned and operated since 1984. Pick your own blueberries! Starting mid-July to late-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;

Open Mon, Wed, Thurs, Fri, Sat: 10am - 5pm

Sundays from 10am - 2pm; Closed on Tuesdays

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 throughout the growing season!

BRICK KILN FARM

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

254 Brick Kiln Road, East Falmouth

774-238-1565; info@mvseasalt.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

Locally Grown Flowers and Microgreens

Product(s): farm-to-vase, flower arrangements, organic microgreens, local raw honey, eggs, microgreen grow kits, seasonal farm products

Follow us to find a pop-up location near you:

508-989-2595

ccflowertruck.com

Facebook & Instagram: [@capecodflowertruck](https://www.facebook.com/capecodflowertruck)

We are a mobile flower truck based out of North Falmouth selling our sustainably grown flowers in painted 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: wine

4 Ox Bow Road, East Falmouth

508-457-5592; info@capecodwinery.com

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

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 farm stand 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: 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 and bedding plants

192 Route 6A, Sandwich

508-888-0690

www.crowfarmcapecod.com

Facebook.com/crowfarmcapecod.com

We were founded in 1916. From April – July we will have wholesale bedding plants and tomatoes. 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 farm stand will not be open as we are focusing on wholesale, pick your own (PYO), and the corn maze.

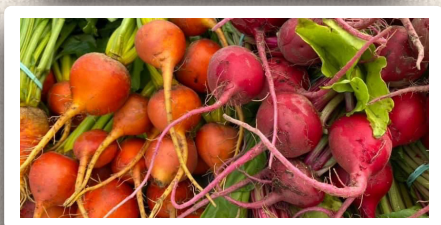
DASILVA FARMS

Product(s): eggs, meat (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

We sell chickens for egg harvesting and for meat; also turkeys and ducks. 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, and 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, Indian heirloom produce

40 Country Farm Rd., Forestdale

Farm mstand: daily, 9am - 5pm

(mid-June until 1st week Nov.)

Shane@gopal.farm; 660-441-4500

<https://gopal.farm>

Facebook & Instagram: @gopalfarmcapecod

We are a 233-acre agriculture-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 4, we are growing 30 acres and are looking to connect with more locals through farm events and seminars. We can host your next event! We hope to be certified Organic by the 2023 growing season. We adhere to organic practices such as no chemicals, pesticides, or GMO seeds. Our farm stand is self-serve, cash only, and is open 7 days per week from 9am to 5pm (mid-June until 1st week of November). We host pick-your-owns, hay-rides, and other events throughout the season. In 2023 we will be having pick-your-own strawberries, sweet corn, tomatoes, and our largest crop-- pumpkins! This year, we are expanding our local CSA (sign up on our website). Make sure to stop by and visit our farm, grab some vegetables, and see the biggest farm on Cape Cod!

HALLETT FARM

Product(s): vegetables, fruits, herbs, microgreens, and flowers

4803 Falmouth Road, Cotuit

Open Sunday & Tuesdays, 3pm - 6pm

Call to arrange another pick-up time

In front of the Polar Cave ice cream cone (22 Falmouth Rd., Mashpee)

Fridays - Saturdays, 6pm - 8pm

508-332-8147 (call or text)

TheHallettFarm@gmail.com

www.hallettfarm.com

Facebook & Instagram: @hallettfarm

Hallett Farm, a one woman show, grows and sells chemical free (organic, but not formally organically certified) fruits, vegetables, herbs, flowers, and microgreens. Check out my website and/or Instagram to see what I am harvesting!

JENNY'S EDIBLES & BLOOMS

Product(s): organic veggie, herb & flower starts; specialty cut flowers, floral CSA; willow farm

225 Sandwich Rd., E. Falmouth

Open greenhouse sales May & June

Thursday - Sunday, 9 am to 4pm

508-388-3822; jennysblooms@gmail.com

www.jennyedibles.com

[Facebook.com/Jenny'sEdibles&Blooms](https://www.facebook.com/Jenny'sEdibles&Blooms)

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

We are passionate growers, striving to highlight the seasons with sustainable horticulture, nourishing our crops from seed to bloom. We offer unique, heirloom, high quality, organically grown edibles and ornamentals. Our veggie, herb, and flower starts are available at our open greenhouse sales in May and June. Crops are also donated to be grown in local school gardens and for our community service center. We devote the rest of the calendar year to our specialty cut flower farm offering seasonal bunches, CSA bouquets, arrangements, events, and experiences. We have a growing willow farm with 15 different species of willow, sold as cuttings. From curly to heirloom, to more traditional pussy willow. Weavers, crafters, gardeners, and floral designers are limited only by their imaginations.

PARIAH DOG FARM

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

Saturdays & Sundays, 12pm - 7pm

279 Trotting Park Road, E. Falmouth

pariahdogfarm@gmail.com

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

Providing sustainable, organically grown food to the Cape Cod community at our Farm stand, 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

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

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.

SPROUT FARM

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

97 Quinaquisset Ave, Mashpee

Farm stand open May – Thanksgiving

774-392-3168; sproutes@comcast.net

www.sproutfarm.net

At our spring garden shop we sell annuals, perennials, potted herbs and vegetables. Late spring sees the first homegrown crops in the farm stand.

STELLA FARMS

Product(s): heirloom tomatoes

508-274-9328

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

A small family run farm specializing in heirloom and beefsteak tomatoes. We supply some of the finest restaurants. You can also find us at Ring Brothers in Dennis. We are committed to using sustainable and organic growing methods.

THE SUNNY FARM

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

508-648-0740

[Facebook.com/TheSunnyFarm](https://www.facebook.com/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

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' Carnival: October weekends

508-548-4717; 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' carnivals on weekends throughout Oct., weather permitting, ends on Oct. 31st.



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
beacongardens.com**

Beacon Gardens is a community-oriented garden center, nursery, and farm stand 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

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

Facebook.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 farm stand, or by joining our CSA. We accept SNAP/ HIP.

EDIBLE LANDSCAPES

Products & Services: organic gardening and landscaping services, hard-to-find perennial edible plants

774-994-0333; ediblelandscapescc@gmail.com

www.ediblelandscapes.net

Facebook.com/ediblelandscapescapecod

Instagram: [@ediblelandscapes](https://www.instagram.com/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: cranberries

300 Route 28, W. Yarmouth

freshfromthevines@gmail.com

[Facebook.com/ WilsonCranberryCompany](https://Facebook.com/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

Facebook.com/HartFarmNursery

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

HARVEST MOON FARMS

Product(s): vegetables, fruit, herbs, eggs, flowers, honey, firewood, specialty goods, and gift items

2211 Main St., Barnstable

508-744-7254 ; info@harvestmoonfarms.net

www.harvestmoonfarms.net

Harvest Moon is certified organic, low-till farm, producing nutritionally-dense vegetables and fruit, flowers, and eggs. Our farm stand also carries many locally made products and gift items. 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. Check our website for days and hours of operation for our farm stand.

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

[Facebook.com/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: blueberries

Hokum Rock Road & Route 134, East Dennis

Open mid July - late August

Check website/call for days

508-385-2768

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. Open mid July - late August. 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

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

[Facebook.com/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.

SABATIA FLOWER FARM

Products: 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

www.sabatiaflowerfarm.com

We offer the highest quality seasonal cut flowers including dahlias, zinnias, and sunflowers grown locally on our farms. Flower stands open April - early Nov., Mondays - Sundays: 8am to dusk.

SEAWIND MEADOWS

Product(s): Highland Heritage beef, eggs

SeawindMeadows@gmail.com

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 Farm in Dennis.

TUCKERNUCK FARM

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

89 Fisk Street, W. Dennis

508-364-5821; tuckernuckfarm@yahoo.com

[Facebook.com/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

ALLARD FARM

Product(s): vegetables, fruit, plant starts, herb plants, perennials, hydrangeas, seasoned hardwood, nursery stock, Christmas trees, Summer Solstice Celebration

82 Eldridge Road, Brewster

508-896-8306; allard_john@ymail.com

Family owned and operated garden center & farm stand.

Open by May 1st thru October, selling nursery stock, perennials, annuals, herbs and veggie plants with farm fresh vegetables in season. Great Product! Great Prices! Great Location! Association (NOFA). We do **not** accept credit cards; only checks and Venmo, thank you.

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 do **not** 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; kammas@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

Facebook & Instagram: @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

Facebook & Instagram: @ChathamBarsInnFarm

Our 8-acre farm produces the freshest seasonal greens and vegetables, available to the public in our farm stand, 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

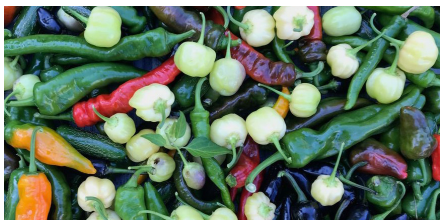
Product(s): Organic vegetables, herbs, flowers

46 Tar Kiln Road, Orleans

508-237-9492; gretel.norgeot@gmail.com

<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.



DOG PATCH FARM



Product(s): Vegetables, flowers, microgreens

Orleans Farmers Market, Saturdays - More markets to come! Visit our Instagram & Facebook for updates.

thedogpatchcc@gmail.com

[Facebook.com/dogpatchfarmcc](https://www.facebook.com/dogpatchfarmcc)

Instagram: @dog_patch_farm

We can be found at the Orleans Farmers Market on Saturdays, and are branching out to more markets this year! Our bouquets can also be specially ordered for small events, and our produce and microgreens are available for restaurants and stores in the area. We practice all natural methods, meaning absolutely no pesticides or herbicides, even organic ones. We strive to create a healthy ecosystem for all our beneficial creatures. Our small farm is located at the Putnam Farm Conservation Area in Orleans.

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

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

[Facebook.com/eldredgefarm](https://www.facebook.com/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

greatcapeherbsassociation@gmail.com

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

<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): field-grown cut flowers; daily bouquet arrangements; fresh eggs: chicken & duck, turkey seasonally; vegetables and fruits, bagged chicken manure, greens, cemetery baskets, Christmas wreaths, holiday arrangements.

392 Main Street, Brewster

Self-serve farm stand

774-212-2428 - call to order

intheweedsflowerfarm@hotmail.com

www.intheweedsflowerfarm.com

[Facebook.com/intheweedsflowerfarm](https://www.facebook.com/intheweedsflowerfarm)

A local flower farm with a roadside self-service farm stand on Route 6A in West Brewster. Specializing in field-grown cut flowers arranged in bouquets daily. Also, fresh eggs: chicken and duck, turkey in the spring. Vegetables and fruits include: yellow summer squash, potatoes, zucchini, tomatoes, blueberries, garlic, gourds, pumpkins, cucumbers, onions, and more. Bagged chicken manure available on order. Also, greens, cemetery baskets, Christmas arrangements of the holidays.





PLEASANT LAKE FARM

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

2 Birch Drive, Harwich

508-432-1992; info@pleasantlakefarm.com

www.pleasantlakefarm.com

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 16th - Oct. 24th, and at the Wellfleet Farmers Market on Wednesdays from 8am - 12pm from May 10th - Oct. 4th. 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

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

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 farm stand or at the Harwich and Chatham Farmers markets.

TUPPER FARM

Product: certified organic cranberries

774-836-7822; tupperralph@aol.com

Our cranberry farm is located in Brewster, producing early and late varieties of certified organic 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

508-241-0456; 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

[Facebook.com/hillsidepoultrycapecod](https://www.facebook.com/hillsidepoultrycapecod)

A 7th generation family farm. Our farm stand 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

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.

A collection of various wooden buoys and floats hanging on a dark wooden wall. The buoys are in different colors: yellow, orange, red, green, and white. Some are plain, while others have patterns or text. They are tied with ropes and hang at different angles.

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

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

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

Restaurant and fish market are open year-round

508-759-7600; jenny@lobstertrap.net

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

617-406-9265; info@woodenwild.com

www.woodenwild.com/thefishermanspantry

Facebook, Twitter, Instagram: [@woodenwild](https://www.instagram.com/woodenwild)

Wooden Island Wild is owned and operated by a bicoastal fishing family who direct market their wild salmon and finfish caught in Alaska. They also carry locally-caught Cape Cod scallops and many other sea-related, wild, sustainable provisions. Find them at Cape-wide farmers markets to stock up on nutrient-dense, responsibly harvested foods from the sea!

SALTY LOU'S LIVE LOBSTER

Product(s): Lobster and sea scallops

392 Route 6A, E. Sandwich

508-888-4148; saltylous@gmail.com

Fresh local lobsters from your local fisherman straight to you!

MID CAPE

BARNSTABLE SEA FARMS

Product: Oysters

98 Governors Way, Barnstable

508-566-7686

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.

BIG ROCK OYSTER COMPANY

Products: Fresh seafood, clams, lobsters, oysters, fin-fish

501 Depot Street, Harwich

Open daily, year-round from 10am - 4pm

774-408-7951; bigrockoyster@gmail.com

www.bigrockoyster.com

Fresh seafood and wholesale



COTUIT OYSTER CO., INC.

Product(s): Oysters, littleneck clams

26 Little River Road, Cotuit

Retail/Wholesale

508-428-6747; info@cotuitoystercompany.com

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. 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

www.theoystercompany.com

Follow us on Facebook

The Oyster Company Raw Bar & Grille has operated its farm to table restaurant since 2005. Our Quivet Neck Oysters are grown in Cape Cod Bay in Dennis. Come for our half-priced oysters daily until 6:30pm. This restaurant is operated by chef, owner, and oyster farmer Greg Burns.

LOWER CAPE

CHATHAM HARVESTERS COOPERATIVE

Product(s): flash frozen seafood, shellfish, seafood CSA, smoked mackerel, sea scallops, monkfish chowder, Chatham clam pies, dogfish fillets, hake fillets, skate wings, fish cakes, "shark bites," mackerel fillets

1842 Main St., Chatham

508-958-1846; info@chathamharvesters.com

www.chathamharvesters.com

Facebook & Instagram: [chathamharvesters](#)

Fishermen-owned-and-operated seafood business reconnecting our fish loving communities to locally abundant and healthy seafood. Find us at several seasonal farmers markets, membership pickup sites, and more. See our website for the most up-to-date locations and pop-ups. Our products are also at Cape Abilities Farm, 458 Main St. in Dennis, which is open daily from 10am - 5pm.

CHATHAM SHELLFISH COMPANY

Product: Oysters

393 Barn Hill Rd., Chatham

orders@chathamshellfish.com

www.chathamshellfish.com

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. Visit the website for retail store hours and to arrange order pick ups.

MIDNIGHT OUR

Product: FRESH day boat sea scallops

2715 Main St., S. Chatham

508-737-6189; info@midnightourseafood.com

www.midnightourseafood.com

Facebook.com/midnightour

Offering FRESH day boat sea scallops direct from our boat. We are a local fishing family that sells our catch at multiple locations on Cape Cod. We also ship nationwide. We post pickup information on our website and Facebook. Pickup days and times vary as the weather allows. Sign up for up to date pickup information emails on our website. Come meet the crew-- see the boat and pickup fresh local scallops.

ROCK HARBOR SHELLFISH CO.

Product: Scallops

14 Lockwood Lane, Orleans

508-237-4781; rockharborshellfish@gmail.com

www.rockharborshellfish.com

[Facebook.com/Rock Harbor Shellfish Co.](https://Facebook.com/RockHarborShellfishCo.)

[@rock_harbor_shellfish_co](https://Instagram.com/@rock_harbor_shellfish_co)

Rock Harbor Shellfish Co. is a commercial shellfishing company based in Orleans. We fish for quahogs, oysters, and scallops. We sell our sea scallops directly to customers out of our refrigerated truck. You can find us at the Harwich Farmers Market on Thursdays from 3pm - 6pm during the spring, summer, and fall seasons.

OUTER CAPE

CAPE TIP SEAFOODS

Product(s): Fish, shellfish, seafood

capetip@capetipseafood.com

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

www.capetipseafood.com

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

F/V ISABEL & LILEE

Product: Shucked sea scallops

P.O. 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, lobsters, produce (conventional, local organic, & organic); homemade items: smoked fish and smoked fish pâté, pesto, salsa, fruit salsa, hummus, popsicles

310 Main Street, Wellfleet

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

mail@hatchsfishmarket.com

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 (locally when in season), local and organic eggs, 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

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: Oysters

Maple Ct, Provincetown
617-962-3315

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.

THE SCALLOP TRUCK

Product: Dayboat sea scallops

774-994-2929; thescalloptruck@gmail.com
thescalloptruckcapecod.com

Facebook & Instagram: [@thescalloptruck](https://www.facebook.com/thescalloptruck)

A small, family owned and operated business from Eastham, MA selling fresh, day boat sea scallops caught by their fishing vessel, Outlaw. You can find their scallops in the summertime at the following locations: T-Time parking lot in Eastham on Saturdays; Sandwich Farmers Market on Tuesdays; Osterville Farmers Market on Fridays; Fairhaven Farmers Market on Sundays. Be sure to check their social media to learn about their winter markets and new locations!

SILVACHUTERS SEA FARM

Product(s): Oysters, clams

Maple Ct, Provincetown

508-498-4927; silvachuters@gmail.com

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, Honeypot Hives.

WELLFLEET SHELLFISH CO.

Product(s): Oysters, clams, scallops, lobster, seafood

137 Holmes Rd., Eastham

508-255-5300; sales@wellfleetshell.com

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!

VICTORY FISHERIES

Product: The Original Provincetown Oyster

46 Franklin St., Provincetown

508-246-4009

We produce the original Provincetown Oyster. We have operated this original shellfish farm since 1989 and moved from little neck clams to introducing the first shellfish farm in Provincetown to commercially grow oysters. We pride ourselves in not being the largest producer but in being the best in quality, appearance, and taste. Grown in sandy substrate, the shells have a clean white appearance and a briney taste. From seed to serving they are cared for! They can be exclusively bought retail from Cape Tip Seafoods in Provincetown or served at select Provincetown restaurants. - Owner, Alex Brown



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

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

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

FISHERMEN'S VIEW SEAFOOD MARKET & RESTAURANT

Product(s): fish, shellfish, seafood

20 Freezer Rd, Sandwich

508-591-0088

www.fishermensview.com

A boat-to-table seafood market, restaurant, and wholesale complex. With a focus on fresh, locally sourced seafood coupled with stunning views of the canal, 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

Restaurant & fish market: open daily and year-round

508-759-6400; jenny@lobstertrap.net

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

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

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

Facebook and Instagram: @captainfrostys

Featuring fresh Atlantic Cod in their fish & chips, local clams lightly fried, day-boat scallops, and other favorites like clam cakes & hand-cut onion rings-- always made fresh daily!
Open for lunch and dinner.

CASUAL GOURMET

31 Richardson Road, Centerville

508-775-4946

www.thecasualgourmet.com

We are a locally owned and operated diversified food service company. Our professional staff has more than 70 years of combined event planning experience and will help our clients with everything from a continental breakfast for ten to a society wedding for 300.

CRISP FLATBREAD, INC.

791 Main St., Osterville

508-681-0922

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

www.fiddlestixtrolley.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@finapecod.com

www.finapecod.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

Located in the center of Dennis Village along scenic Route 6A, next to the Cape Cod Center for the Arts, Harvest features Cape Cod Contemporary Art while offering a locavore-minded gourmet bar-style menu.

NAKED OYSTER BISTRO AND RAW BAR

410 Main Street, Hyannis

508-778-6500; info@nakedoyster.com

www.nakedoyster.com

We are committed to offering classically prepared dishes utilizing fresh and local products. Chef Florence and her culinary team work closely with farmers on Cape Cod to bring the best products of the season from the farm to your table at the Naked Oyster, often within hours.

THE OYSTER COMPANY RAW BAR & GRILLE

Product(s): fish, shellfish, seafood

202 Depot Street, Dennisport

508-398-4600; theoystercompany@comcast.net

www.theoystercompany.com

We have operated this farm to table restaurant since 2005, by chef, owner, and oyster farmer Greg Burns. Our Quivet Neck Oysters are grown in Cape Cod Bay in Dennis. We feature half-priced oysters daily until 6:30pm.



PIZZA BARBONE

390 Main Street, Hyannis

508-957-2377; jason@pizzabarbone.com

www.pizzabarbone.com

Our pizza is baked in a handcrafted oven, which was built from scratch by third-generation oven makers out of rock and ash from Mt. Vesuvius, and covered in hand-painted glass tiles before being shipped from Naples, Italy. We are dedicated to using only fresh, seasonal ingredients, and making as much of our product from scratch. We make every bite of pasta, spoon of gelato, and splash of dressing and sauce 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

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

<http://theundergroundbakery.com>

Facebook and Instagram: [@undergroundbakery](https://www.facebook.com/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

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

www.bistroonmainchatham.com

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

CAPE COD CHEF ON CALL

P.O. Box 1108, W. Chatham

508-896-1400; info@capecodchefoncall.com

www.capecodchefoncall.com

Private Chef service cooks in your home using local produce (seasonal) and quality organic meats from local meat purveyors. Dinner parties, rehearsal dinners, weddings, family reunions, backyard grill.

FARE AND JUST KITCHEN

2628 Main Street, Brewster

Thursdays - Sundays, 12pm - 7pm

508-896-8804; fareandjust@gmail.com

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.

CHATHAM BARS INN RESTAURANTS

297 Shore Road, Chatham

Open Year-Round

508-945-0096

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.

KATE'S SEAFOOD

284 Paines Creek Road, Brewster

508-896-9517

www.liamsandkates.com/kates-home

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

THE OPTIMAL KITCHEN

Heather Bailey, CNC

P.O. Box 1165, E. Orleans

774-216-9553; theoptimalkitchen@comcast.net

www.theoptimalkitchen.com

Follow us on Facebook and Instagram

The Optimal Kitchen is a Nutritional Consulting and Plant Based food company dedicated to supporting local food systems and improving the health of our community. We offer a variety of plant based soups, salads, baked goods and more, which you can purchase directly from us every Saturday at The Orleans Farmers Market. We also offer a weekly curated CSA of our prepared foods available for pick up on Thursdays in Chatham or Orleans. You will also find our products in a few local shops. Follow us on Instagram and Facebook to learn more about us and where you can find our products. Good Health Starts with Good Food.

SUNBiRD CAFE + PROVISIONS

85 Rt 6A, Orleans

info@sunbirdcapecod.com

online ordering: www.sunbirdprovisions.com

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. Check our website for updated hours.

OUTER CAPE

CAPTAIN'S CHOICE

4 Highland Rd, North Truro

508-487-5800; kristi@captainschoicetruro.com

www.captainschoicetruro.com/

A casual spot just off Route 6 in North Truro that features all the Cape Cod favorites, made with the absolute freshest seafood from their partner, Cape Tip Seafood. Stop by for an afternoon cocktail, dine in, or grab takeout. And on select days, enjoy live music on the outdoor patio.

CERALDI

15 Kendrick Avenue, Wellfleet

508-237-9811; mdceraldi@gmail.com

www.ceraldicapecod.com

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

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.

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.





REASONS TO BUY LOCAL



**APPR
GROW**

**Picked at peak
quality & sold soon
after harvested**



**Tastes and
looks
BETTER!**



**Supports
local
families
and
businesses**



**You'll know
where your
food came
from, know
your farmer**



**Preserves
open
spaces**



**Invests back into
the community,
creates more jobs**



**It's better
for the environment,
has a lighter carbon
footprint**



**Promotes genetic
diversity & a more
disaster-resistant
local food system**



APPROXIMATELY WHEN WILL THESE MASSACHUSETTS GROWN PRODUCTS START TO APPEAR AT THE MARKET?



Look for these symbols
for **HIP** & **SNAP** vendors!



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
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
www.capecodcoffee.com
Facebook.com/capecodcoffeecafe

Cape Cod Coffee Roasting Facility

10 Evergreen Circle (Route 130), Mashpee

Here there is a buzz, and it is not just from the coffee. Cape Cod Coffee is a contemporary family-friendly restaurant, offering something for everyone. The menu is perfect for sharing and has all of your favs. Our custom Fire Stone oven enhances the natural flavors of our quality ingredients, giving our pizza and sandwiches that amazing, authentic taste. Wings, nachos & mac n' cheese all taste best with a local draft or seasonal cocktail. So many options, always something to satisfy you. At Cape Cod Coffee, it's not just about food and drink, it is about the experience you can't get anywhere else.

Cape Cod Coffee Cafe

53 Market Street in the Mashpee Commons

Cape Cod Coffee was built out of our passion for great coffee. We wanted a place to showcase and share our exceptional product that would become a community meeting place. CCC @ Mashpee Commons is warm, bright, and welcoming. It is the perfect spot to enjoy food and cocktails with your favs. Expect all the traditional breakfast and lunch classics made fresh and exciting with a subtle west coast flare. Wholesome, authentic food and drinks (from our full bar) always served by dedicated friendly staff...we have it all.

NAUKABOUT BREWERY & TAPROOM

13 Lake Ave, Mashpee

Open Tuesday - Sunday, see hours on website

Brewery: 508-444-9822; info@naukabout.com

Wholesale contact: 508-999-2337;

sales@naukabout.com

<http://naukabout.com/brewery>

Facebook: /Naukabout; Insta: [@naukabout_brewery](https://www.instagram.com/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

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 plants, starts, annuals, perennials, hanging baskets, shrubs, houseplants, organic and hardgoods. Fall and Christmas too.

349 Route 6A, E. Sandwich

508-888-0044; scenicrootsgardencenter@gmail.com

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): Vegetable and herb plants, small fruit plants, flowering annuals and perennials, pollinator plants.

1021 Sandwich Road, E. Falmouth

508-548-5288; soaresfgn@gmail.com

www.soaresflowergardennursery.com

Soares Flower Garden Nursery is pleased to offer the finest selection of new varieties along with unusual and old-fashioned annuals, perennials, unique shrubs, and trees for your own garden paradise.

WILD HARBOR GENERAL STORE

200 Old Main Road, North Falmouth

508-563-2011

[Facebook.com/wildharborgegeneralstore](https://www.facebook.com/wildharborgegeneralstore)

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

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 BREAD SHARE

Products: Community supported bakery-- bread memberships, sourdough breads, artisan boules, sandwich loaves

Based in South Yarmouth

Membership pickup hours:

Mondays, Wednesdays, Fridays: 4pm - 5pm *

***days & times are occasionally flexible & subject to change**

thebreadshare@gmail.com

www.thebreadshare.ecwid.com

Facebook & Instagram: @thebreadshare

The Bread Share is a Community Supported Bakery (CSB) offering fresh, handmade sourdough breads weekly. All breads are baked just hours before pickup and feature unique scored/stenciled designs. Much like a CSA, the purchase of shares helps the bakery cover production expenses upfront while providing customers with the freshest goods at a consistent rate. Memberships can be purchased for one month, three months, six months, or one year and include a choice of artisan boule or sandwich loaf to be picked up each week. Members will also enjoy specially curated extras from other local small businesses. Being a member has other benefits like knowing your baker and exactly what is in your baked goods, being first to try the bakery's new recipes and seasonal items, and connects you to your food in a way that traditional shopping can't replicate. Applications for membership can be found at www.thebreadshare.ecwid.com. Stay up to date on our latest offerings and baking content by following @thebreadshare on Instagram or Facebook.

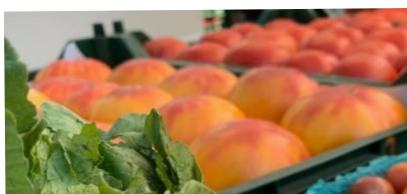
THE LOCAL JUICE

539 South St. Hyannis

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

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

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

Fancy's Market: 699 Main Street, Osterville

www.fancysmarket.com

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

www.petersonsmarket.com

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

THREE FINS COFFEE ROASTERS

581 Main St. (Route 28), West Dennis

Open daily from 7am to 5pm

508-619-3372

www.threefinscoffee.com

Facebook & Instagram: @threefinscoffee

We are a small batch specialty coffee roaster dealing in top grade beans from around the globe. We source Fair Trade coffee from small farms, small lots, and women owned farms. Our roastery is located inside our coffeehouse where we prepare specialty coffee drinks, offer quality teas, freshly baked pastries, and local products. Our farm-fresh milk is delivered weekly in glass bottles. We support many local initiatives and wholesale to cafes, restaurants, and specialty retail shops.



LOWER CAPE

CAPE COD CRANBERRY HARVEST

33 Rocky Way, Harwich

774-209-0038; capecodjelly@gmail.com

www.cranberryharvest.com

We have 32 homemade cranberry based jellies! 100% homemade using local cranberries and other products. Visit our website to place an order online for local pickup or to have it shipped directly to you. 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

fb/ ChathamJamandJelly

www.chathamjamandjelly.com

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

CROCKER NURSERIES

1132 Long Pond Road, Brewster

508-896-5060, crockernurseries@gmail.com

www.crockernurseries.com

Family owned and operated. We grow over 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

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

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

Shop green and local! Find Sally Sud Shed at farmers markets and festivals, around the Cape or visit our store on Main Street in Brewster to reduce your plastic footprint! Refill over 40 plant based products, shop zero waste goods for your 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

508-255-0101

www.thelocalscoopcapecod.com

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

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

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

We create "Farm to Scoop" Cape Cod Ice Cream and Cape Cod Pops using locally sourced, Cape Cod ingredients. You can find our delicious goodies at the Truro Farmers Market and at special local summertime events. We also sell our Pops wholesale. "A Local Delight In Every Bite."

NAUSET FARMS

199 Main Street, East Orleans

nausetfarms@gmail.com

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

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

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

Bayberry Gardens is a full-fledged, bustling-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!

CHEQUESSETT CHOCOLATE

8 Highland Road, North Truro

774-538-6249; hello@chequessettchocolate.com

www.chequessettchocolate.com

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

FAR LAND PROVISIONS

150 Bradford Street, Provincetown

Open year-round!

508-487-0045

www.farlandprovisions.com

Open year round. Breakfast and lunch sandwiches made to order. Prepared foods and meals, scratch bakery, groceries, beer, wine and spirits.

FARMER FRIENDS HOT SAUCE

Wellfleet

Contact us for retail or wholesale sales:

farm@WellfleetChickKoop.com

For more info: 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 at Atlantic Spice Company, Salty Farm Stand and Truro Vineyards. In Eastham at Hollybrook Oysters. See full list of events and locations on our website: www.wellfleetchickkoop.com.

HONEYPOT HIVES

Provincetown

617-962-3315; honeylothives@gmail.com

www.honeylothives.com

Facebook.com/honeylothives

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

Facebook.com/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. We are happy to offer 3 day cheesemaking workshops for the person looking to get elbow deep in curds and whey. By the end of the workshop you will have tried your hand at 8-12 different cheese! Go to **twogoatsschoolofcheesemaking.com** to sign up or view our current offerings. Call us to book a cheesemaking workshop. And check us out on Facebook and Instagram.

FRIENDS & SUPPORTERS

A man wearing a dark t-shirt, dark pants, and a baseball cap is kneeling in a vast field of pink flowers. He is looking down at the flowers. The field is filled with many small, pink, bell-shaped flowers. In the background, there is a body of water and a line of trees under a clear sky.

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

**215-840-7938; MCarney@abbeygroup.net
www.abbeygroup.net**

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

BARNSTABLE COUNTY BEEKEEPERS ASSOCIATION

www.barnstablebeekeepers.org

BCBA offers educational resources and Bee School for those interested in beekeeping. 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

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

P.O. Box 896 East Orleans, MA 02643

508-821-0109 ; 508-477-2400

Cindy@coupons4capecod.com

www.coupons4capecod.com/

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

EDIBLE CAPE COD

508-280-5938

www.ediblecapecod.com

Edible Cape Cod's goal is to be a resource that makes eating, growing and enjoying our local abundance an everyday pleasure. Both our magazine and our website act as our contribution to the growing movement throughout this country that is encouraging people to eat more locally-grown and locally-produced foods.

FARMING FALMOUTH

P.O. Box 2322, Teaticket, MA 02356

info@farmingfalmouth.org

www.farmingfalmouth.org

Facebook & Instagram: @farmingfalmouth

Farming Falmouth is a 501 (c) 3 non-profit on a mission to strengthen our local food system. We work to preserve farmland and housing for farmers. Our volunteers are growing an orchard, building community gardens, gleaning from local farms and growing food for donation to our local food pantry. Outreach and education programs aim to inspire the community to dig into a deeper understanding of food and farming. Join us! Visit our website to learn more.

MASHPEE CHAMBER OF COMMERCE

5 North Market Street

Mashpee, MA 02649

508-477-0792; mpalumbo@mashpeechamber.com

www.mashpeechamber.com

The Mashpee Chamber is proud to be one of the area's most active proponents of local business. We work very closely with our community leaders to promote the town and the business community to ensure the success of everyone's visit or venture.

LOVE LIVE LOCAL

539 South St. Hyannis, MA 02601

hello@lovelivelocal.com

www.lovelivelocal.com

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

SUSTAINABLE CAPE – CENTER FOR AGRICULTURAL PRESERVATION & EDUCATION

8 Truro Center Road, Box 988, Truro

www.sustainablecape.org

Facebook & Instagram: @SustainableCAPE

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. We run school gardens, farmers' markets and local food access programs, including Produce Prescription programs with doctor's offices. Our goal is to educate, empowering individuals to become agents of change – thereby creating a decidedly more delicious, healthy and sustainable world.

THANK YOU FOR CONTINUED SUPPORT FROM:

Stephen Hemberger

Ellen McCabe

Photographs used in guide were provided by CCCE staff, Wellfleet Chick Koop, Tony Andrews Farm, Cape Cod Beer, Cap Abilities Farm, Chatham Bars Inn Farm

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.



Become a BFBL Member



Be part of Buy Fresh Buy Local
Cape Cod's community of local
land and sea farms, farmers
markets, and specialty producers.



It's all FREE!

There's no cost to
be a member &
participate in this
County program



You'll be
included in the
annual guide



We'll promote you in
newsletters & on
social media



We'll give you FREE
marketing & point-of-
sale materials

Look inside this guide
for more info on how &
why to become a
member!

Buy Fresh Buy Local Cape Cod

Cape Cod Cooperative Extension

P.O. Box 367

Barnstable, MA 02630

508-375-6695

bfbfcc@capecod.gov

www.BuyFreshBuyLocalCapeCod.org

