



CAPE COD
BUY FRESH
BUY LOCAL
www.BuyFreshBuyLocalCapeCod.org

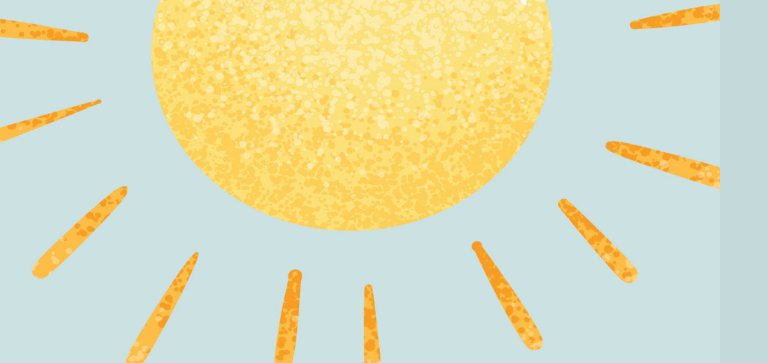


2024

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**GUIDE TO
LOCAL
FARMS &
FOOD**






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

**Do you buy local food
for your business?**

**BFBL is a FREE
program to promote
Cape businesses.**

**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 150 Buy Fresh Buy Local members throughout Cape Cod, you are sure to find fresh products and local artisan foods no matter where you find yourself.

BUY FRESH BUY LOCAL CAPE COD

Our mission is simple: connect people on the Cape with locally-grown land and sea products. Through outreach, advertising and point of purchase materials, BFBLLCC makes it easy for consumers to find and buy fresh, local food from farmers they can know and trust.

When you buy local food, you vote with your food dollar. This ensures that family farms in your community will continue to thrive and that healthy, flavorful, plentiful food will be available for future generations.



FOOD ACCESS



SNAP/EBT and HIP access is expanding!

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

JOIN THE MOVEMENT

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

Find us on Social Media



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



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

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

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

FOOD FESTIVALS & FAIRS



UPPER CAPE

FALMOUTH STRAWBERRY FESTIVAL

St. Barnabas' Episcopal Church in Falmouth
91 Main St. (Across from the Village Green)
Typically June, date TBD - check website

MID CAPE

BARNSTABLE COUNTY FAIR

1220 Nathan Ellis Highway Route 151,
East Falmouth
July 22nd - 28th

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.

OUTER CAPE

WELLFLEET OYSTERFEST

Wellfleet, MA
Oct 19th & 20th

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.

TASTE OF TURNIP DAY

Eastham location & date TBD, check website
www.easthamturnipfestival.com

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.

SUNSET MARKET & BAR - A SEASONAL SERIES

Mary Heaton Vorse House, Provincetown MA
Thursday Evenings: May 23, July 18, & Sept. 12

Local farmers sell their wares, Provincetown chefs prepare the fare! Sustainable CAPE & The Provincetown Arts Society invite you to SHOP freshly-sourced local fare. GATHER with farmers and fishermen. SAMPLE the local bounty prepared by 3 talented chefs. SIP delicious craft cocktails made with farm-fresh ingredients & herbs. Tickets and info at www.sustainablecape.org.

FARMERS MARKETS

A close-up, slightly blurred photograph of a farmers market stall. In the foreground, several small blue plastic containers are filled with bright red raspberries. Behind them, large bunches of fresh green leafy vegetables, possibly spinach or chard, are displayed. In the background, a hand is visible reaching towards a bunch of radishes with green tops. A small white tag with some text is attached to one of the radish bunches. The overall scene is colorful and suggests a fresh, local food market.

Farmers' markets play an important role in providing fresh, local products to the community. Most Cape 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 sign up necessary! Look for SNAP and HIP icons at markets.

UPPER CAPE

FALMOUTH FARMERS MARKET

Marine Park, Scranton Ave., Falmouth

5/30 - 10/17

Thursdays, 12pm - 5pm

Holiday Market on Tuesday, 11/26, 10am - 2pm

falmouthfarmersmarket@gmail.com

www.falmouthfarmersmarket.com

Facebook.com/FalmouthFarmersMarket



Local food in a waterfront setting. Offering local produce, fresh eggs, meat, bread, baked goods, preserves, flowers, coffee, lunch options, and more. We accept SNAP, HIP, WIC, and Senior Coupons. The Holiday Market is the last market of the year.

NEW! MASHPEE FARMERS MARKET

Naukabout Beer Garden (across from the library)

4 Job's Fishing Rd., Mashpee

Memorial Day - Columbus Day

Sundays, 11am - 3pm

(774) 205-4634; info@mashpeefarmers.com

www.mashpeefarmersmarket.com

We have farmers, seafood producers, makers, and more! Conveniently located across the library in the Mashpee Commons: we are at the Naukabout Beer Garden. There is programming for the whole family, including a kids' POP club, food demos, a wellness area, games, and other special events throughout the season. Look for our Cape Cod Christmas Market after Thanksgiving and in early December. More information about the Christmas Market can be found at www.capecodchristmasmarket.com.

SANDWICH FARMERS MARKET **NEW LOCATION AND HOURS!**



Sagamore Inn Grounds
1131 Sandwich Rd. (Route 6A), Bourne
6/18 - 10/15

Tuesdays, 9am - 12pm

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

6/13 - 9/7

Thursdays and Saturdays, 9am - 1pm

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

Early June - Mid September

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

CHATHAM FARMERS MARKET

Our Lady of Grace Catholic Church

60 Meetinghouse Rd. (Rt. 137 & Rt. 28), South Chatham

5/14 - 10/22

Tuesdays, 3pm - 6pm

508-247-7268

chathamfarmersmarket@hotmail.com

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

Instagram: @chathamfarmersmarket

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



HARWICH FARMERS MARKET

Brooks Academy Museum

80 Parallel St., Harwich

Early June - Mid October

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 30!

YEAR-ROUND - Saturdays

Inside at 44 Main Street, Orleans, from Dec. - April

December to April: 10am - 12pm Noon

Outside at 19 Old Colony Way, from May - Labor Day

May to Labor Day: 8am - 12pm Noon

September to November: 9am - 12pm Noon

Regenerative Agriculture Gathering in October

Artisan and Farmers at December markets

www.orleansfarmersmarket.com

Facebook & Instagram: @OrleansFarmersMarket

We support Organic & Regenerative Agriculture.

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; bonuses for WIC & Senior Coupons. We accept weekly donations to help local soup kitchens & food assistance groups.



OUTER CAPE

PROVINCETOWN EDUCATIONAL FARMERS MARKET

Ryders Street, Provincetown

5/18 - 10/26 (excluding June 29th)

Saturdays, 9am - 1pm

SustainableCAPE.org

Facebook & Instagram: @sustainablecape

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., Truro

6/3- 8/26

Mondays, 8am - 12pm

www.sustainablecape.org

Facebook & Instagram: @sustainablecape

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

Mid May - Mid October

Wednesdays, 8am - 12pm 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

Arrange pick-ups through website or contact

www.wellfleetshellfishermen.org/

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. We welcome SNAP/EBT customers!

THE BLUEBERRY BOG

Product: pick-your-own blueberries

92 Spring Hill Rd., East Sandwich

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

Closed on Tuesdays

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;

Mon., Wed., Thurs. Fri., & Sat. from 10am- 5pm;

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!).

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. Winner of 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:

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

508-989-2595

ccflowertruck.com

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 partner with local businesses for our pop-up locations and can also be found at the winter and summer Falmouth Farmers Market!

CAPE COD WINERY

Product: wine

4 Ox Bow Road, East Falmouth

508-457-5592; info@capecodwinery.com

capecodwinery.com

Visit our small vineyard located right off of Rt. 28 in East Falmouth. We are open regular hours April-December and offer pop up openings January-March. Visit our wine bar where we offer our wines by the glass as well as wine flights and we have our food truck, Mermaid Kitchen, open seasonally as well. Our wines will bring you that tranquil Cape Cod feeling, especially our flagship Mermaid Water Rosé! Enjoy a glass, or wine flight, amongst our vineyard. Don't forget that our online shop is open year round and we can ship our products directly to you.

COONAMESSETT FARM



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

277 Hatchville Road, East Falmouth

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!

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, CSA memberships

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.)

<https://gopal.farm>

Facebook & Instagram: [@gopalfarmcapecod](https://www.facebook.com/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!



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; jennysblossoms@gmail.com

www.jennyedibles.com

Facebook.com/Jenny'sEdibles&Blossoms

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

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 offer a Winter Tulip Club CSA during January, February & March.** 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

During season open 7 days a week, 9am - 5pm

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 & for hay rides. Join us for PYO strawberries & peas in June, PYO corn & sunflowers in July, Corn & Tomato Festival in August, PYO apples & squash in September. Kids' carnivals every weekend throughout October, weather permitting.

BEACON GARDENS AT OSTERVILLE

Product(s): vegetables, local honey, pasta, meats, pies, trees, shrubs, annuals and perennial plants

182 Osterville/ West Barnstable Rd.

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

Facebook & Instagram: @beacongardens

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, fresh meats from Savenors Butcher Shop and many more items from other local vendors.

CAPE ABILITIES FARM



Product(s): tomatoes, leafy greens, vegetables, herbs, flowers, farm boxes, CSA 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, strawberries, cut-your-own flowers and herbs CSA, 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. We also have a cut-your-own flowers and herbs CSA membership. 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)

Edible and Ecological gardening and landscaping services. Consult, Design, Install, Maintain. Permaculture-inspired landscaping, native/pollinator gardens, kitchen gardens, raised beds, garden fencing, rain gardens. We are farmers for hire, to help you "have your yard and eat it too!"

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.

HALLETT FARM

Product(s): flowers, fruits, vegetables, herbs, microgreens, handcrafted soaps, lotions, bath & body products, and handwoven items.

4803 Falmouth Road (Route 28), Cotuit (Barnstable)

Open by appointment only

508-332-8147

Call or text me to schedule an appointment.

Facebook & Instagram: [@hallettfarm](https://www.instagram.com/hallettfarm)

Hallett Farm, a one woman show, offers chemical free goodness! Grown using organic practices, I offer produce, flowers, herbs, and microgreens (whatever is left after the rabbits and insects munch). Year-round products include handmade soaps, lotions, and bath & body products. Products are made with all natural essential oils (NOT fragrance oil) or left naturally unscented. Handwoven items are available all year long. Soaps and handwoven crafts can be mailed to you, or as a gift to a special someone! Look for my small group basic gardening and beginner weaving classes. I look forward to meeting you!

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., West 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 Chatham, 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

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, Beacon Gardens, Cahoon Museum of American Art, Canterbury Market, Cape Abilities Farm, Cotuit Fresh Market, Chatham Bars Inn Farm, Gift Collection, Heritage Museum & Gift Shop, Love Local Collective, Spa at Sea Street, Titcombs Bookshop.

LOVE FARMS

Product(s): vegetables, herbs, eggs

621 Main St. (Route 28), West Dennis

Cash only self-serve farm stand, open 24/7

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

10 acres in West Dennis, opened in 2020 by Dylan Leary. We grow nutritionally-dense produce using sustainable practices. In the summer of 2025 we plan to expand to include a farm-to-table restaurant. Our self-serve farm stand recently moved to 39 Indian Pond Road off of Trotting Park Road. Cash only. Call Coco at 508-694-3064 for eggs on demand and info on produce.

MATT'S ORGANIC GARDENS

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

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): Grassfed beef, chicken & duck eggs

Dennis, MA

SeawindMeadows@gmail.com

www.seawindmeadows.com

Facebook.com/SeawindMeadows

Proud to be your Cape Cod grass-fed & grass-finished beef producer since 2006. Our family-only operated farm raises Scottish Highland heritage breed and Shorthorn cattle. Heritage breed cattle take more time to develop resulting in a rich flavorful lean beef. Our farm is devoted to Highland genetic breed preservation selling breeding stock across the country to further livestock genetic diversity. Our hens consist of brown, light, and green/blue egg layers creating a beautiful rainbow in each dozen! Seawind products can be purchased at Orleans Farmers Market (Saturdays, year-round) and Truro Farmers Market (Mondays, summer season). Our beef can also be found at Cape Abilities Farmstand on 6A in Dennis and Orleans Whole Food Store.

TUCKERNUCK FARM

**Product(s): vegetables, eggs, wool & wool products,
Christmas wreaths and decorations seasonally**

89 Fisk Street, West Dennis

508-364-5821; tuckernuckfarm@yahoo.com

Facebook & Instagram: [@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. Dine at the farm with our seasonal farm-to-table dinners where guests are seated at outdoor tables surrounded by the farm's fruits, vegetables and flowers with twinkling lights, booked through Eventbrite.com.

Tomato Festival at Chatham Bars Inn Farm

This fun family festival will highlight our beloved crop - the tomato! Enjoy tomato tastings, small plates, tomato-inspired cocktails, lawn games and live music. Meet our farm crew and learn more about tomatoes – a perfect way to spend the afternoon with family and friends.

Fall Frolic & Pumpkin Patch at Chatham Bars Inn Farm

Join us for a celebration of the fall season and a day of family fun on the farm! Enjoy hot apple cider, select your perfect pumpkin, listen to live music, indulge in seasonal favorites and spend time with family and friends while walking the eight beautiful acres of the Chatham Bars Inn Farm in Brewster.



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.

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

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"!

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

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, and at the Wellfleet Farmers Market on Wednesdays from 8am - 12pm. 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.

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.

THYME AFTER THYME

Product(s): healing salves, pain relief oils, natural fragrances & bug repellents, facial oils, body butters
508-247-7268; thymeafterthyme@msn.org
thymeafterthyme.org

We are a small herb business that started on Cape Cod over 35 years ago! Our products are not tested on animals, and they are made from natural, pure plant oils. We either grow and harvest our own, or we know the farmer that the ingredients came from. We dry, soak, hand blend, and pour our ancient remedies and recipes, which have been passed down for generations. You can find us at the Chatham Farmers Market.

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.

DIRT FARM

Product(s): greens, microgreens, root vegetables, tomatoes, edible flowers, floral arrangements

South Orleans

774-238-6410; info@dirtfarm.co

Speciality grown greens and produce-- straight from the field, grown in the sun!

DOG PATCH FARM

Product(s): organically grown vegetables, flowers, and herbs

50 Bridge Road, South Orleans

thedogpatchcc@gmail.com

A small farm in Orleans run by Krystle and Ryan, selling only the highest quality, organically grown produce.

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.

ROUTE 6 FARM

Product(s): vegetables, herbs, seedlings

508-237-9847; janerainey@verizon.net

We are a small family farm located on Route 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.

WELLFLEET CHICK KOOP & FARM

Product(s): 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.



LOCAL SEAFOOD

The sea has provided Cape Codders with nourishment and a way of life for centuries. When you purchase local seafood you support fishing families, working waterfronts, and a long maritime heritage. 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.

FALMOUTH FISH MARKET

Product(s): fresh fish, seafood, live lobsters, fried seafood platters, take out, stuffed quahogs, shrimp

157 Teaticket Highway, East Falmouth

Mon. - Sat. from 9am -5:30pm, Fri. 9am -6pm

Closed on Sundays

508-540-0045; orders@LobstersLive.com

lobsterslive.com

Facebook.com/FalmouthFishMarket

We opened our store in 1988 and have been shipping lobsters and seafood since 1990. Our mission has always been to provide the finest quality seafood anywhere on Earth! We provide seafood to many well-known restaurants and Cape Cod country clubs, and have been featured on Food TV's *Historic Dinner Trains* and in Boston's *Chronicle*.

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.

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

We sell fresh seafood. Also available wholesale. Contact us.



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](https://www.facebook.com/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 SEAFOOD

Cape Cod Fishing Family offering our Fresh Catch direct from Our Boats To Your Table.

Product: Fresh day boat sea scallops, surf clams, mussels, and more

2715 Main St., South Chatham

508-737-6189; info@midnightourseafood.com

www.midnightourseafood.com

Facebook & Instagram: @fvmidnightoursallops

We offer day boat sea scallops, surf clams, mussels and more harvested aboard F/V Midnight Our and F/V Nemesis. Pickup days, locations, and times vary as the weather allows.

We post pickup information on our website and Facebook weekly. We ship seafood nationwide. Please sign up for up-to-date pickup information emails on our website.

Come meet the crew – see the boat, and pickup some local seafood.

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.

Instagram: @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)

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

5-acre tidal sea farm in Provincetown
617-962-3315

www.mermaidmenu.com

Oysters! Ask for them by name at Big Rock in Harwich or The Canteen in Provincetown. Tours, sea pottery +sea glass, yoga, pop-up plein air classes, educational workshops, 4-H club, and farmstand.

THE SCALLOP TRUCK

Product: Day boat 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; Falmouth Farmers Market on Thursdays. Be sure to check their social media to learn about their winter markets and new locations!

SILVACHUTERS SEA FARM

Product(s): Oysters, clams

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, Honey-pot Hives.

WELLFLEET SHELLFISH CO.

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

137 Holmes Road., 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 retail sales, call-ahead & online ordering is encouraged. Check out our website for more details!

VICTORY FISHERIES

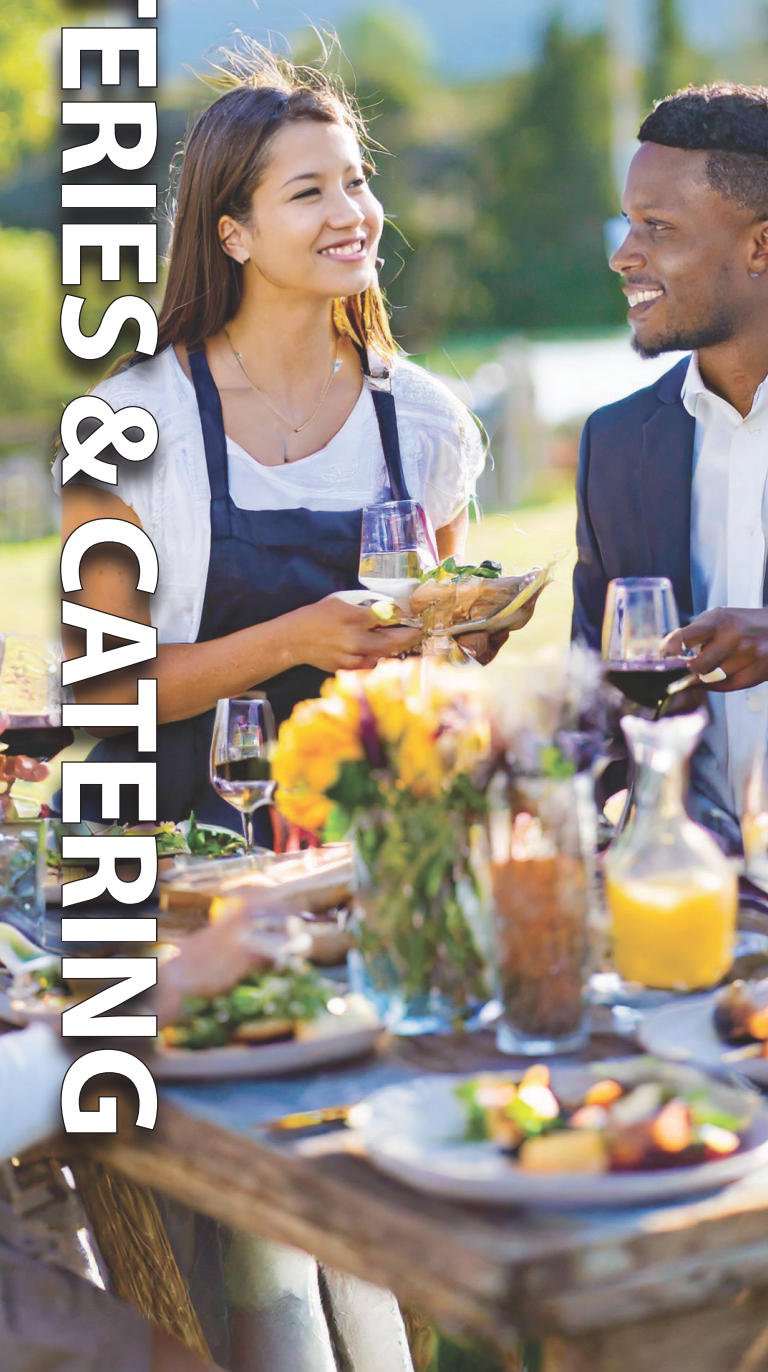
Product: The Original Provincetown Oyster

46 Franklin Street, 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.

MID CAPE

CAPTAIN FROSTY'S

219 Route 6A, Dennis

Opens at 11:30am, May – October

508-385-8548

www.captainfrosty.com

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

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@fincepecod.com

www.fincepecod.com

Fin is a chef-owned restaurant featuring the best in seafood and local ingredients.

HARVEST GALLERY

776 Main Street, Dennis

Open Wednesdays - Sundays at 4pm

508-385-2444

www.harvestgallery.co

Located in the center of Dennis Village along scenic Route 6A, next to the Cape Cod Center for the Arts. Harvest features small plates made from scratch, a craft cocktail bar, live music and is available as an event venue!

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

12 Thorton Drive, Hyannis

Tuesdays - Sundays

Open Wed. - Sun. 8am - 2pm

Online ordering, first come first serve

www.spoonandseed.com

Culinary classics like Eggs Benedict shine bright using fresh local farm eggs, hand whipped hollandaise, house smoked pork loin and fresh baked grilled challah bread. The "Hash Smash" is Spoon and Seed's one of kind spin on corned beef hash, that's smashed on top of grilled sourdough, pepper and onion scapece, provolone, honey-dijon, and two over easy farm eggs. The cheesy grit bowls and veggie bowls balance the menu with exciting variety. A classic chef's technique and attention to detail fills the menu. Fresh Take and bake dinners always available in the display case easy dinner decisions. The hibiscus iced tea and local roasted coffee has been a Cape Cod standard since opening in 2015.

THE 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](#)

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

VIERA ON MAIN

593 Main Street, Chatham

Opens seasonally, in April

Call for off-season hours

508-945-5033

www.vieraonmain.com

Instagram: [@vieraonmain](#)

Owner and chef Ben comes from a long line of Cape Cod scallop fishermen, going back generations. We use fresh, locally-sourced ingredients to support our community and to bring customers the best seasonal flavors of Cape Cod!

CAPE COD CHEF ON CALL

P.O. Box 1108, West 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.



CHATHAM BARS INN RESTAURANTS

297 Shore Road, Chatham

Open Year-Round

508-945-0096

www.chathambarsinn.com

Facebook, Instagram, LinkedIn: @ChathamBarsInn

Open year-round, STARS features stunning ocean views with farm-to-table fare while The Sacred Cod focuses on Cape Cod charm and sophistication with classic cuisine. Popular seasonal dining at the Beach House Grill offers a beachfront location and classic seaside favorites or enjoy the Veranda with breathtaking views throughout the day. The lively Bayview Terrace is perfect for afternoon drinks with live music and dozens of Adirondack chairs facing the ocean. The Inn also offers private clambakes held on the beach with chefs on hand to prepare a delicious meal followed by a private bonfire. Restaurants are open to the public as well as guests, hours and menus are featured on the website.

THE OPTIMAL KITCHEN

Heather Bailey, CNC

P.O. Box 1165, East 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. 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

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.



VAN RENSSELAER'S RESTAURANT & RAW BAR

1019 State Highway, Route 6, South Wellfleet

Open mid April - October

508-349-2127

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.



SPREAD THE WORD!

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

Use hashtag #buyfreshbuylocalcapecod

 /buyfreshbuylocalcapecod

 @buyfreshbuylocalcapecod



REASONS TO BUY LOCAL



**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**



Massachusetts- Availability

JANUARY
FEBRUARY
MARCH
APRIL

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

MAY JUNE JULY AUGUST SEPTEMBER OCTOBER NOVEMBER DECEMBER

A vertical collage of various fruits and vegetables. At the top is a slice of watermelon. Below it is a whole green pear. Then a cluster of red raspberries. Two bright orange carrots are prominently displayed in the center. Below the carrots is a head of yellow cauliflower. Underneath the cauliflower is a head of green cabbage. At the bottom is a bowl filled with red and yellow potatoes, and a single red tomato is visible in the lower right corner.

ARTISAN FOODS & RETAIL

A man and a woman are sitting on a sandy beach, looking at each other and smiling. The woman, on the left, has curly grey hair and wears glasses, a beige cardigan, and white pants. The man, on the right, has short grey hair and wears a blue and white striped button-down shirt and grey shorts. Both are holding and eating ice cream cones. The background is a soft-focus view of the ocean and sky.

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

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. New farmers market on Sundays at the Beer Garden in the Mashpee Commons!

RORY'S MARKET & KITCHEN

640 Main Street, Dennisport

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, East 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

Product(s): Vegetable and herb plants, fruit bearing shrubs, flowering annuals and perennials, pollinator and native plants.

1021 Sandwich Road, E. Falmouth

508-548-5288; soaresfgn@gmail.com

www.soaresflowergardennursery.com

At family owned Soares Flower Garden Nursery we are pleased to offer an outstanding selection of vegetable plants, herbs, and fruit bearing shrubs; along with our fine perennials, uncommon and old fashioned favorite annuals, hanging baskets, pollinator and native plants, hydrangeas, and gardening advice. Voted best garden center on the Upper Cape.

WILD HARBOR GENERAL STORE

200 Old Main Road, North Falmouth

508-563-2011

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

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

MID CAPE

CAPE COD BEER

1336 Phinney's Lane, Hyannis

508-790-4200; info@capecodbeer.com

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: Artisan sourdough boules, custom scored designs, subscription service, 'Sourdough Made Simple' Classes.

Based in: South Yarmouth

thebreadshare@gmail.com

www.thebreadshare.com

Facebook & Instagram: @thebreadshare

The Bread Share is a Community Supported Bakery (CSB) offering fresh, handmade sourdough breads weekly. All breads are baked just before pick up and feature unique scored/stenciled designs. Much like a CSA, the purchase of shares helps the bakery cover production expenses upfront while providing members with the freshest goods at a consistent rate. Members may purchase monthly shares to receive one boule per week at a reduced price. Supporting a microbakery connects you to your food in a way that traditional shopping cannot replicate. Applications for membership can be found at www.thebreadshare.com.

*Now offering Sourdough Made Simple Classes-enjoy a fun night out, or in, while learning all the steps to making your own sourdough bread. This hands on, condensed class will not only provide you with the necessary knowledge, but also includes all the tools, starter, and two loaves to bring home and continue your sourdough journey. Stay up to date on our latest offerings and baking content by following us on our social media pages.

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.



ACK GIOIA - CHEESE MAKERS

302 Underpass Road, Brewster

Open seasonally from May - October

Friday 10am - 3pm, Saturday 10am - 2pm

774-323-0686; info@ACKgioia@comcast.net

Wholesale: ackgioia@comcast.net

ackgioia.com

A mother-daughter team specializing in producing fresh, handmade artisan mozzarella, burrata, and stracciatella cheese. We also sell curated crackers, olive oils, fresh-baked focaccia, dried pasta, sauces, charcuterie boxes to-go, and Nantucket honey from "Bee Happy Honey Company." We serve breakfast and lunch daily with a selection of delicious sandwiches and salads using only the highest quality meats, cheeses, and bread. Every sandwich is made to order. We offer a large outdoor deck for dining, and well-curated selection of beers and wines.

CAPE ROOTS MARKET & CAFE

557 Main Street, Unit 101, Harwichport

Open every day from 7am, hours may change seasonally

Cafe open 7am - 6pm, deli open 9am - 6pm

774-209-3673

www.capecodrootsmarket.com

We connect customers with over 35 local growers, makers, and purveyors on Cape and around Massachusetts. We offer organic, gluten free, dairy free, and vegan options on our menu of prepared foods. From home cooked comfort food to health options, we provide a variety of products that will satisfy your craving.

CHATHAM JAM & JELLY SHOP

16 Seaquanset Road (and Route 28), Chatham

508-945-3052, jamlady28@hotmail.com

[fb/ ChathamJamandJelly](https://www.facebook.com/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](https://www.instagram.com/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

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" homemade Ice Cream, Chocolate Dipped Bars and Fruit Pops using locally sourced ingredients from Cape Cod farmers, food artisans and friends. . You can find us at the Truro and Orleans Farmers markets making homemade crepes and selling ice cream. Also find our ice cream and Cape Cod Pops at specialty local shops across Cape Cod - check out website for locations. "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.

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

CHEQUESSETT CHOCOLATE

8 Highland Road, North Truro

774-538-6249; hello@chequesettchocolate.com

www.chequesettchocolate.com

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

FAR LAND PROVISIONS

150 Bradford Street, Provincetown

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.

HONEYPOT HIVES

Provincetown

617-962-3315; honey pothives@gmail.com

www.honey pothives.com

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

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.



FRIENDS & SUPPORTERS

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

THE ABBEY GROUP

**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.

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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.





*The best tasting food
is harvested close to home.*

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

