

CAPE COD  
**BUY FRESH  
BUY LOCAL**

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

Guide to Local

**2025**

**Farms & Food**



## 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

Buy Fresh Buy Local (BFBLLC) members are dotted throughout Cape Cod so you are sure to find fresh, local products no matter where you are on the Cape.

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# 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 21st - 27th*

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

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

## OUTER CAPE

### WELLFLEET OYSTERFEST

Wellfleet, MA

*Oct 18th & 19th*

*Arts and crafts applications due April 1st*

*Makers market due by April 30th*

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

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

### TASTE OF TURNIP DAY

Eastham location & date TBD, check website

[www.easthamturnipfestival.com](http://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 feature turnip fare on daily special menus.

## THROUGHOUT THE CAPE

### Holiday Markets (Thanksgiving and Christmas)

**Check each farmers markets' social media accounts and websites for event dates and updated details.**

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

Almost all of the farmers markets host special, pop-up harvest and holiday markets in the fall, especially around the holidays.

# FARMERS MARKETS

Most Cape markets accept credit, debit, SNAP/EBT cards, WIC coupons, and often senior and veteran coupons as well. Many are also part of the Healthy Incentives Program (HIP), which automatically puts money back on Massachusetts residents' SNAP/EBT cards when buying local fruits and veggies from HIP vendors- no sign up necessary! Look for SNAP, HIP, and WIC icons displayed at your local farm stands and farmers markets. We also list them below.

## UPPER CAPE

**NEW MARKET STARTING THIS 2025 SEASON!**

### CANAL REGION FARMERS MARKET

**Buzzards Bay Park - 90 Main St., Buzzards Bay**

**In collaboration with the Canal Concert Series**

*June 26 - August 28*

**Thursdays, 3pm - 7pm**

More details coming soon, stay tuned!

### FALMOUTH FARMERS MARKET



**Summer market:** Marine Park, Scranton Ave., Falmouth

*May 22 - October 23*

**Thursdays, 11am - 3pm**

**Winter market:** St. Barnabas' Church

**91 Main St., Falmouth**

*Winter Market from January - March*

**Sundays, 12pm - 3pm**

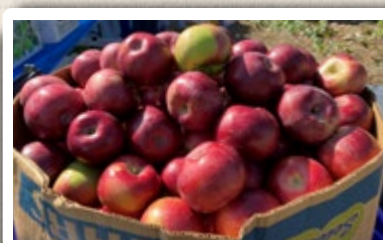
**Holiday Market on Tuesday before Thanksgiving**

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

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

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



### **MASHPEE FARMERS MARKET**

**Naukabout Beer Garden (across from the library)**

**4 Job's Fishing Rd., Mashpee**

**Memorial Day - Columbus Day**

**Sundays, 11am - 3pm**

**Follow social media accounts for special themed markets**

**Also follow for Thanksgiving and Christmas markets**

**(774) 205-4634; [info@mashpeefarmers.com](mailto:info@mashpeefarmers.com)**

**[www.mashpeefarmersmarket.com](http://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. Quiet shopping from 11am - 12pm. 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](http://www.capecodchristmasmarket.com).

### **SANDWICH - BOURNE FARMERS MARKET**

**Sagamore Inn - Behind building, tent in back**

**1131 Sandwich Rd. (Route 6A), on Sandwich/Bourne line**

**June 17th - October 14th**

**Tuesdays, 10am - 2pm**

**Thanksgiving Harvest Market on Nov. 25th**

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

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

The Sandwich Farmers Market gives local farmers and vendors a place to come together and celebrate the good, hard, honest work done by our neighbors. We offer produce, flowers, herbs, meats, fish, 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**

**Typically mid June - early September**

**Thursdays and Saturdays, 9am - 1pm**

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

Our market offers vegetables, fruit, eggs, herbs, fin-fish, shellfish, lobsters, sauces, pickles, jams, baked goods, dog treats, syrup, soaps, and flowers. They also have



crafts, coastal decor, clothing, pottery, photos, jewelry, wood crafts, candles, and so much more!

### **BARNSTABLE SHELLFISH FARMERS MARKET**

**Pick Ups at Barnstable County Court Parking Lot**

**3195 Main St., Barnstable**

**[Facebook.com/BarnstableShellfishFarmersMarket](https://Facebook.com/BarnstableShellfishFarmersMarket)**

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

**Follow social media and website for pop-up events**

**[Facebook.com/ostervillefarmersmarket](https://Facebook.com/ostervillefarmersmarket)**

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

### **CHATHAM FARMERS MARKET**

**Our Lady of Grace Catholic Church**

**60 Meetinghouse Rd. (Rt. 137), South Chatham**

**May 20th - October 14th**

**Tuesdays, 3pm - 6pm**

**774-722-7961**

**[chathamfarmersmarket@hotmail.com](mailto:chathamfarmersmarket@hotmail.com)**

**[Facebook.com/chathamfarmersmarketcapecod](https://Facebook.com/chathamfarmersmarketcapecod)**

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

This is our 15th year gathering farmers, fishermen, and the community! We incubate many young farmers and new businesses. 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!



## LOWER CAPE

### 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](http://www.orleansfarmersmarket.com)

**Facebook & Instagram: @OrleansFarmersMarket**

**ORLEANS FARMERS MARKET CONTINUED...**

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

**NEW MARKET STARTING THIS 2025 SEASON!**

### EASTHAM FARMERS MARKET

**Details coming soon!**

**Check the Town of Eastham website for updates, dates, day of week, times, location, and more details.**

[Eastham-ma.gov](http://Eastham-ma.gov); [Facebook.com/TownofEastham](https://Facebook.com/TownofEastham)

### PROVINCETOWN EDUCATIONAL FARMERS MARKET

**Ryders Street, Provincetown**

*Typically mid-May to late-October*

**Saturdays, 9am - 1pm**

[SustainableCAPE.org](http://SustainableCAPE.org)

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**

*Early June - late August*

**Mondays, 8am - 12pm**

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

**First Congregational Church**

**200 Main Street, Wellfleet**

*May 21st - October 15th*

**Wednesdays, 8am - 12pm**

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

**Facebook & Instagram: @WellfleetFarmersMarket**

Join us on Wednesdays in our home at the grove

behind the First Congregational Church. Enjoy fresh

produce, pastured meats, local seafood, mushrooms,

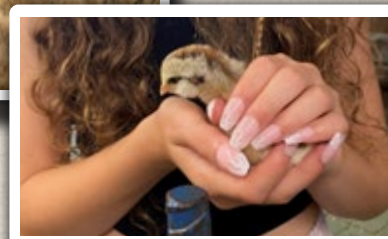
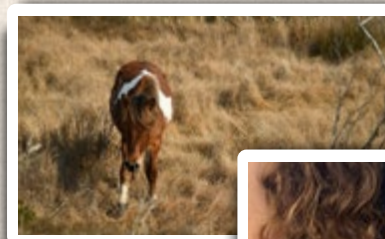
coffee, pasta, baked goods, eggs, honey, cut flowers,

herbs, live music 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.



# FARMS & FARM STANDS



There are over 320 farms spread across Cape Cod! They are scattered in and across all 15 towns of the Cape. The most delicious, freshest, and nutritious way to eat local flavors is by purchasing locally grown and made products directly from those who have grown and created them. Know your local farmer and food producer and Buy Local!

## UPPER CAPE

### 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](mailto:erin@bayendfarm.com)**

**[www.bayendfarm.com](http://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](http://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;**

**Sundays open 10am - 2pm; closed on Tuesdays**

**774-392-1147; [bogsidefarm@gmail.com](mailto:bogsidefarm@gmail.com)**

The Leone Family has been in business for over 35 years, specializing in tomatoes, field grown veggies, corn, and fresh cut flowers (to name a few!).

## 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**

**508-899-2595**

**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!

## COONAMESSETT FARM



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

**277 Hatchville Road, East Falmouth**

**Open daily from 9am - 5pm; April - Christmas**

**Check website for off-season open days and times**

**farm@coonamessett.net**

**coonamessettfarm.com**

The farm store and café are open daily from April until Christmas. We are a membership pick-your-own farm, but day passes are available. 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, alpaca clothing, turkeys, pies, trees, wreaths. We host parties, weddings, and other private events. We offer educational tours for children and adults. Our farm animals include alpacas, sheep, goats, donkeys, chickens, rabbits, and a tortoise.

## SPREAD THE WORD!

No gatekeeping. Don't keep your favorite farms, farmers markets, eateries, stores, and treats to yourself! Share your culinary adventures on social media and to encourage others to do their own.

Use hashtag #buyfreshbuylocalcapecod

 /buyfreshbuylocalcapecod

 @buyfreshbuylocalcapecod

## CROW FARM

**Product(s): FALL - Corn maze! PYO apples and pumpkins; Summer - 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. Call or visit our website for wholesale purchases. The farm stand will not be open as we are focusing on wholesale, pick your own (PYO), and the corn maze. In the fall, bring your family to our corn maze and pick your own apples and pumpkins (starting in mid-September). Please check Facebook, our website, or call for times and dates for fall pick-your-own events.

## DASILVA FARMS

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

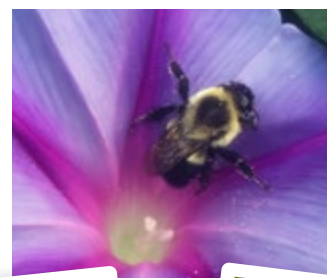
**104 Rear Brick Kiln Road (off DaSilva Way), Teaticket**

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

**508-548-1248; dasilvafarms02536@gmail.com**

**Follow DaSilva Farms Teaticket on Facebook**

We sell chickens for egg harvesting and for meat; also turkeys and ducks. Visit our Facebook page for monthly CSA sign ups from May - August. The first CSA begins in May 2025 and sign ups fill up quickly. 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.



### FOX HILL FARM

**Products:** Cut flowers available Spring - Fall; Fresh Produce available from late Summer - Fall;  
**Seasonal offerings include:** cut flowers, pumpkins (carving, sugar, and oriental varieties), tomatoes, winter squash

**Stay connected with us!**

**Farm manager:** Shane Chambers

**660-441-4500; [foxhillfarmcapecod@gmail.com](mailto:foxhillfarmcapecod@gmail.com)**

**[Facebook.com/FoxHillFarm](https://www.facebook.com/FoxHillFarm);**

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

Fox Hill Farm is entering its first season of production, specializing in cut flowers and pumpkins with a focus on wholesale markets. In the future, we plan to expand with a farm stand and a you-pick experience for our community. We look forward to growing with you!

### PARIAH DOG FARM

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

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

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

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

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

Providing sustainable, organically grown food to the Cape Cod community at our farm stand. You can also find us at the Falmouth Farmers Market. Check out our CSA program.

### PEACHTREE CIRCLE FARM

**Product(s):** organically grown garlic, vegetables, fruit, herbs, flowers, pickles, pickled vegetables, cider, teas, jams and jellies, vinegars, salsa, pie filling, beeswax products

**881 Palmer Ave., Falmouth**

**Find us at the Falmouth Farmers Market**

**Also shop online, we do curbside pick ups, see website**

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

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

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

Peachtree Circle Farm is part of Salt Pond Areas Bird Sanctuaries land trust, and grows flowers, fruit and vegetables using organic, sustainable growing practices. We are committed to promoting health, sustainability, and community for our collective futures. Visit our website to place online orders, see recipes, and to get our newsletter.

### PETERSON SHEPHERDS

**Product(s):** lamb, wool products

**119 Woods Hole Road, Falmouth**

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

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

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

### STELLA FARMS

**Product(s):** wholesale heirloom tomatoes

**508-274-9328**

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**

**[TheSunnyFarmInfo@thesunnyfarm.com](mailto:TheSunnyFarmInfo@thesunnyfarm.com)**

**[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, free range pigs with no hormones or antibiotics. A sow to finish operation. You can now find us at the Falmouth Farmers' Market on Thursdays!



### TONY ANDREWS FARM

**Product(s):** fresh fruit & vegetables, eggs, jams, jellies, a variety of flowers, local honey, whipped honey, plants  
**Fall:** pick-your-own, hay rides, corn maze, vendors, kids' activities

394 Old Meetinghouse Road, East Falmouth

Open 7 days per week, 10am – 5pm (weather permitting)

508-388-7576; [tonyandrewsfarm@comcast.net](mailto:tonyandrewsfarm@comcast.net)

[www.tonyandrews-farm.com](http://www.tonyandrews-farm.com)

Facebook & Instagram: Tony Andrews Farm

**Kids Fest every weekend in October!**

Since 1935 we offer the freshest fruits and vegetables, strawberries, peas, rhubarb, corn, tomatoes, cucumbers, eggplants, zucchini, summer squash, herbs, pumpkins, and more.

Pick-your-own (PYO) starts the first week of June. We also offer PYO flowers seasonally such as: tulips, zinnias, gladiolus, snap dragons, and sunflowers.

We accommodate for groups and individuals for birthday parties and any celebrations you have in mind at the beautiful picnic area by the pond, all of course weather permitting.

Celebrate Fall at Kids Fest, every weekend in October. Join us for fun autumn family activities and treats!

## MID CAPE

### CAPE ABILITIES FARM



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

458 Main Street, Route 6A, Dennis

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

508-385-2538

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

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

### CAPE COD ORGANIC FARM

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



3675 Main Street, Barnstable

Open Mon-Fri, 10am - 5pm; Sat & Sun, 10am - 4pm

508-362-3573

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

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 offer a cut-your-own flower bouquet program that we offer to individuals and groups. 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 and HIP.

### FRESH FROM THE VINE

**Product:** cranberries

300 Route 28, W. Yarmouth

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

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

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!

### HIDDEN ACRES FARM

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

**120 Upper County Road, Dennis Port**

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

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

We sell fresh vegetables, herbs, fruit, eggs, and raw goat milk. Our farm animals include chickens, sheep, goats, and rabbits. Yarn and wool are available, as well as homemade lip balms and calendula oil. Find us at our farmstead and at the Harwich Farmers market. We can accept Venmo payments.

### LOVE FARMS

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

**621 Main St. (Route 28), West Dennis**

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

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

10 acres in West Dennis, opened in 2020 by Dylan Leary. We grow nutritionally-dense produce using sustainable practices. We are currently under construction on a farm to table restaurant, farm store, and event center. Our self-serve farm stand recently moved to 39 Indian Pond Road off Trotting Park Road. Cash only.

### NOT ENOUGH ACRES FARM - NEW OWNERS!

#### THE DENNIS CONSERVATION LAND TRUST

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

**107 Sesuit Neck Road, East Dennis**

**Self-serve farm stand**

**508- 694-7812; [info@dennisconservationlandtrust.org](mailto:info@dennisconservationlandtrust.org)**

**[dennisconservationlandtrust.org](https://www.dennisconservationlandtrust.org)**

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

Since its founding in 1988, the Dennis Conservation Land Trust (DCLT) has acquired ownership of 446 acres of diverse land types including uplands, wetlands, and beachfront. DCLT also holds perpetual conservation restrictions on another 229 acres of land. This 4.2 acre farm is situated between Sesuit Creek and 75 acres of land the DCLT is also protecting. Previous long-time owners, Jeff and Beth Deck, worked with DCLT to conserve the property and to ensure the land will be used for community education efforts. This farming lot creates the perfect venue for environmental study and stewardship.



### 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](mailto:sabatiaflowerfarm@comcast.net)**

**[www.sabatiaflowerfarm.com](http://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 eggs, and duck eggs

**Dennis, MA**

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

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

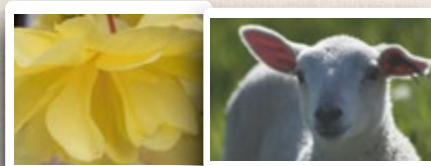
**Product(s):** vegetables, eggs, wool & wool products, Christmas wreaths and decorations seasonally

**89 Fisk Street, West Dennis**

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

### 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, eggs

**98 Slough Rd., Brewster**

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

Biltmore Wool Barn is a small Alpaca farm. We process Alpaca and sheep wool into hand roving for spinners and felters. We also send our wool to mills to be spun into yarn which is hand dyed by Kathleen Mealey. She is an avid knitter lending her talent to other knitters. Find us at the Orleans and Wellfleet Farmers Markets with yarn and eggs (we accept SNAP/EBT for eggs!). Or visit us by appointment at the farm. We do not offer farm tours.

### 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, or in our glass greenhouses, 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.

### DIRT FARM

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

**South Orleans**

**774-238-6410; info@dirtyfarm.co**

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

### DOG PATCH FARM

**& SUNDOG'S ECOLOGICAL LANDSCAPES**

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

**50 Bridge Road, South Orleans**

**thedogpatchcc@gmail.com**

**Facebook & Instagram: @DogPatchFarm**

Sustainable farm dedicated to growing vibrant chemical-free flowers and veggies with care for the land and community. Rooted in eco-friendly practices, we believe in nourishing both people and our ecosystem. Available for wholesale floral sales and at the Orleans Farmer's Market. Find us on Facebook and Instagram!

### ELDREDGE FARM

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

**24 Eldredge Farm Cartway, Brewster**

**Mondays – Fridays, 8am - 4pm**

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

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

We are dedicated to building a sustainable, biodynamic ag-system that includes the soil, plants, animals, and humans. We provide our customers with exceptional products and services. The 17-acre farm is an agricultural producer directly engaged in the production of ag-products, including crops; livestock; forestry products; horticultural stock (greenhouse and potted plants); compost production; and upland and wetland habitat protection.

### GREAT CAPE HERBS

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

**2624 Main Street, Brewster**

**508-896-5900; [ginkgo@greatcape.com](mailto:ginkgo@greatcape.com)**

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

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

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

### 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](mailto:intheweedsflowerfarm@hotmail.com)**

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

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

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

### PLEASANT LAKE FARM

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

**2 Birch Drive, Harwich**

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

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

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



We are a certified-organic vegetable farm specializing in garlic, snap peas, beans, tomato, root crops, and more. We offer naturally-raised, USDA certified, pastured beef, heritage pork, and farm fresh eggs. You can find us at the Chatham Farmers Market on Tuesdays from 3pm - 6pm, and at the Wellfleet Farmers Market on Wednesdays from 8am - 12pm. Please check our website and follow us on Facebook for the latest updates. We accept SNAP (EBT)!

### SEA TURTLE FARM

**Product(s):** Flowers - both fresh & dried, botanical gifts.

**Pop-ups at the Orleans Farmers' Market, the Brewster Book Store, and other local events. Upon request.**

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

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

Just picked flowers and bulbs, annuals and perennials in lovely bouquets, straight bunches or sweet arrangements. Dried flower wreaths, hand-stitched sachets, and other botanical creations. We grow organically using regenerative methods to attract pollinators and build soil.

### STEPHANIE'S FLOWER CART

**Product(s):** homegrown pesticide-free heirloom flowers, fresh bouquets every day, ripe tomatoes, small bouquets of edible herbs, fresh lavender, wreaths, party arrangements

**84 Main Street (Route 28), corner of Mansion Street, by Terri's Hair Affair in West Harwich, mid-April to mid-November**

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

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

**[Facebook/Stephanie'sFlowerCart](https://www.facebook.com/StephaniesFlowerCart)**

Small farm with locally grown flowers, artistically arranged in unusual containers to pick-up and go by Master Gardner, Stephanie Foster. Vine-ripened tomatoes and fresh herbs offered when there are extra. Hydrangea wreaths in a good year. Orleans Farmers Market vendor for 15 years. Downsized to a colorful flower cart at age 83. Cash or venmo accepted or a love note in lieu of stealing. Special occasions or small weddings a specialty.

### THYME AFTER THYME

**Product(s):** healing salves, pain relief oils, natural fragrances & bug repellents, facial oils, body butters  
**508-247-7268; [thymeafterthyme@msn.org](mailto:thymeafterthyme@msn.org)  
[thymeafterthyme.org](http://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](mailto:mjcolemansr@comcast.net)**

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

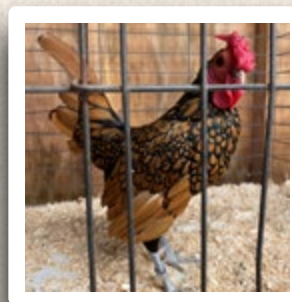
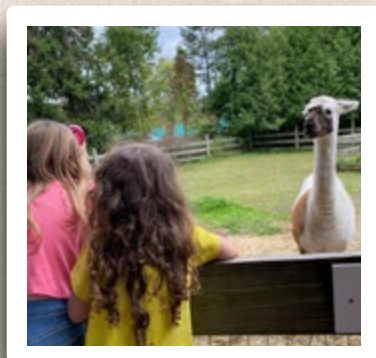
We are growers and suppliers of local fruit and vegetables, herbs, honey, eggs, and maple syrup. You can find us either at our farm stand or at the Harwich and Chatham Farmers markets.

### TUPPER FARM

**Product: Certified organic cranberries**

**774-836-7822; [tupperralph@aol.com](mailto: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](mailto: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](mailto: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.

### DOWN HOME FARM

**Product(s):** fresh cut flowers, bouquets, herbs, greens, tomatoes, root vegetables, onions, leeks, garlic, beans, squash, peppers, gourds, eggplant

**8 Depot Road, farm stand at the end of Truro Center Rd.**

**Self serve, cash farm stand**

**We are also at Wellfleet, Truro, and Provincetown Farmers Markets**

**Instagram: @DownHomeFarmTruro**

Down Home Farm is a fixture of the lower and outer Cape communities. You can find this family-owned operation at the Truro, Wellfleet, and Provincetown farmers markets. The beautiful fresh cut flowers arrangements and delicious produce will catch your eye from across the market. Their flowers and produce are also often feature at local restaurants.

### HILLSIDE POULTRY FARM

**Product(s):** chicken, pork, lamb, and beef

**508-241-2587; hillsidepoultry@gmail.com**

**hillsidefresh.net**

7th generation farming with two brothers, Mike and Drew Locke, on their family's pasture hillside farm. Practicing regenerative agriculture and rotational grazing on the bayside in truro ma. Call or email to pre-order our meat products for pick up at the Truro, Provincetown, or Orleans farmers market.

### HILLSIDE FARM STAND

**Product(s):** Fresh fruit, local vegetables, and meat products

**300 Route 6, Truro**

**774-538-7153; hillsidefarmstand@gmail.com**

**Facebook.com/hillsidefarm**

Our farm stand market sells freshly baked bread, dairy products, jellies & jams, and in-season fruits. Along with products, our family grows seasonal vegetables and pasture-raised meats. Open May-September and a pop-up during Thanksgiving Week for turkeys and your holiday essentials.

### LONGNOOK MEADOWS FARM

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

**12 Longnook Road, Truro**

**508-349-9738**

**www.longnookmeadowsfarm.com**

**Instagram: @longnookmeadowsfarm**

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.

### SKETCHY GREENHOUSE

**Product(s):** microgreens, salad greens, wild foraged goods: blueberries, beach plums, cranberries

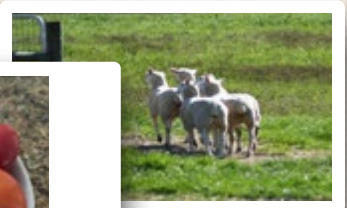
**Farm stand at the end of Holsbery Road, Truro**

**You can also find Arin at the Orleans, Wellfleet, Truro, and Provincetown Farmers Markets**

**508-221-4432; sketchygreenhouse@gmail.com**

**Facebook and Instagram: @sketchygreenhouse**

Sketchy greenhouse is a small farm and wild foraged berries operation in Orleans. Arin organically grows microgreens, salads greens, which are available for weekly delivery in the Orleans and Lower Cape area. Contact Arin for more information. You can also pick up greens at his farm stand or at farmers markets throughout the Lower and Outer Cape. Seasonally, Arin forages wild blueberries, beach plums, and cranberries. He is passionate about providing healthy, naturally grown, affordable food for his community.



## 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](mailto:farm@WellfleetChickKoop.com)

**www.wellfleetchickkoop.com**

**On social media:** @WChickKoop

We specialize in heritage & endangered layer hens that produce RIGHTEOUS EGGS. Wellfleet Chick Koop is a Massachusetts artisan cheese purveyor and 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 and Truro Farmers Market, or at the farm by appointment only.

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

**For info on how to become a member  
of BFBLLCC contact Tara at  
[tara.racine@capecod.gov](mailto:tara.racine@capecod.gov) or  
[www.buyfreshbuylocalcapecod.com](http://www.buyfreshbuylocalcapecod.com)**

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

|                                                                                                                                                                 |                                                                                                                                                                                 |                                                                                                                                  |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|
|  <h1>REASONS<br/>TO<br/>BUY<br/>LOCAL</h1>                                      |                                                                                                                                                                                 |                                               |
| <p><b>Picked at peak<br/>quality &amp; sold soon<br/>after harvested</b></p>  | <p><b>Tastes and<br/>looks<br/>BETTER!</b></p>                                               |                                                                                                                                  |
| <p><b>Supports<br/>local<br/>families<br/>and<br/>businesses</b></p>         | <p><b>You'll know<br/>where your<br/>food came<br/>from, know<br/>your farmer</b></p>       | <p><b>Preserves<br/>open<br/>spaces</b></p>  |
| <p><b>Invests back into<br/>the community,<br/>creates more jobs</b></p>    | <p><b>It's better<br/>for the environment,<br/>has a lighter carbon<br/>footprint</b></p>  |                                                                                                                                  |
| <p><b>Promotes genetic<br/>diversity &amp; a more<br/>disaster-resistant<br/>local food system</b></p>                                                          |                                                                                                                                                                                 |                                             |



# CENTERS, + FARM STORES NURSERIES, GARDEN

Do you enjoy growing fruits, vegetables, herbs, and beautiful flowers at home? Visit one of Cape Cod's many amazing nurseries and garden centers to pick up plant starts, soils, and all the gardening supplies you need. Many of nurseries also offer seasonal and Christmas decorations, have expert-lead workshops, provide other services, host seasonal activities, and sell local products in their stores.

## UPPER CAPE

### ATTAQUIN ACRES

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

**36 Meetinghouse Road, Mashpee**

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

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

**[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 have the Cape's best geraniums. We offer planting services and gift certificates. Find us on Facebook, Instagram, and in the heart of Mashpee. #wickedawesomeplants

### JENNY'S EDIBLES & BLOOMS

**Product(s):** organic vegetable, 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](mailto:jennysblossoms@gmail.com)**

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

**[Facebook.com/JennysEdibles&Blossoms](https://www.facebook.com/JennysEdibles&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.

### **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](mailto:sproutes@comcast.net)**

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

**Facebook.com/sproutfarmmashpee**

**Instagram: @sproutfarmstand**

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

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

**Product(s): vegetables plants, herb plants, orchids, dahlias, lilies**

**64 Carol Ave, East Falmouth**

**508-540-5006**

Growing varieties of heirloom vegetable plants and unique herbs, flowers, bulbs, and orchids. Contact grow plants for chefs and horticulturists. Call Tina for more information.

### **SCENIC ROOTS**

**Product(s): locally grown seasonal fruits and vegetables.**

**Honey, salts, chocolates, granola, cheeses , meats**

**and other locally made artisanal foods. Herb/veggie plants, annuals, perennials, natives/pollinators, shrubs, houseplants, organic fertilizers and hard goods. Fall & Christmas.**

**349 Route 6A, East Sandwich**

**508-888-0044**

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

**Facebook & Instagram: @scenicrootsgardencenter**

A year-round garden center sourcing a locally grown seasonal farm stand. We buy local, support local.



### **SOARES FLOWER GARDEN NURSERY**

**Product(s): Cut flowers, vegetable and herb plants, fruit bearing shrubs, flowering annuals and perennials, pollinator and native plants**

**1021 Sandwich Road, E. Falmouth**

**March 20th - October 31st**

**Monday - Saturday 9am - 5:30pm, Sunday 9am - 5pm**

**After July 4th: Open seven days per week, 9am - 5pm**

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

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

### **MID CAPE**

#### **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@beaongardens.com](mailto:customerservice@beaongardens.com)**

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

**Facebook & Instagram: @beaongardens**

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 Savanors Butcher Shop and many more items from other local vendors.

#### **EDIBLE LANDSCAPES**

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

**774-994-0333; [ediblelandscapescc@gmail.com](mailto:ediblelandscapescc@gmail.com)**

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

**Facebook.com/ediblelandscapescapecod**

**Instagram: @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!"

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

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

**21 Upper County Road, Dennis Port**

**Open 8am - 5pm**

**508-394-2693**

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

**Facebook & Instagram: @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.

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

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

**36 Upper County Road, Dennis Port**

**508-367-7913**

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

[Facebook.com/mattsorganicgardens2](https://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.

## **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**

[Facebook.com/allardfarm](https://Facebook.com/allardfarm)

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.

### **CROCKER NURSERIES**

**1132 Long Pond Road, Brewster**

**508-896-5060, crockernurseries@gmail.com**

[www.crockernurseries.com](http://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!

### **CAPE COD LAVENDER FARM**

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

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

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

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

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

**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.

### **THE FARM**

**Product(s):** over 25,000 perennials, annuals, organic seeds, specializing in Japanese Maple trees, hydrangea, rhododendron, fruit trees, rose bushes, organic herbs, flowers, vegetable seedlings, potted herbs, hanging baskets, patio planters

**40 Rock Harbor Rd., Orleans**

**Open early April - Holidays**

**Open hours vary seasonally, see website for updates**

**508-737-4605 or 508-240-1222**

[sassyrichardson@hotmail.com](mailto:sassyrichardson@hotmail.com)

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

[Facebook.com/Flowersforsale](https://Facebook.com/Flowersforsale)

The Farm is Rooted at Rock Harbor Road. The Farm is a family owned and operated 10-acre farm in Orleans. We specialize in Japanese Maple trees, but also offer thousands of perennials, annuals, vegetable starts, organic herbs, fruit trees, flower bushes, and more. We would love to help you find the perfect addition to your garden or landscape. Come talk to us, we'll find the right plants for your project.

## **OUTER CAPE**

### **BAYBERRY GARDENS**

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

**250 Route 6, Truro**

**508-349-6764**

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

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

# 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

### 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](mailto:orders@LobstersLive.com)**

**[lobsterslive.com](http://lobsterslive.com)**

**[Facebook.com/FalmouthFishMarket](https://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](mailto:inquiries@fishermensview.com)**

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

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

### LOBSTER TRAP KITCHEN, BAR, MARKET

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

**290 Shore Road, Bourne**

**Restaurant and fish market are open year-round**

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

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

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

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

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

**392 Route 6A, East Sandwich**

**508-888-4148; saltylous@gmail.com**

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

Fresh local lobsters from your local fishermen straight to you!

## **MID CAPE**

### **BARNSTABLE SEA FARMS**

**Product(s): Oysters**

**98 Governors Way, Barnstable**

**508-566-7686**

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

We are a family owned shellfish farm providing fresh oysters to the best restaurants and caterers on Cape Cod. Barnstable Sea Farms is a HACCP certified facility with an interstate shipping license. Retail sales are encouraged with a day or so notice because we harvest to order to ensure freshness. We also do raw bars for special occasions.

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

We grow and sell oysters & littleneck clams harvested from our farm in Cotuit Bay. We sell oysters ranging from petite to our X-Large for pick up. 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](http://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): Local and wild-caught fresh and frozen seafood and specialty products, including monkfish, skate wings, and cheeks; mackerel, a variety of tunas, black sea bass, tautog, sea and bay scallops, dogfish, fluke, hake, fish stock, monkfish burgers, Chatham clam pies, and smoked fish.**

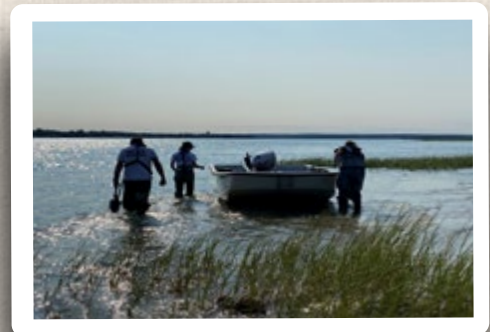
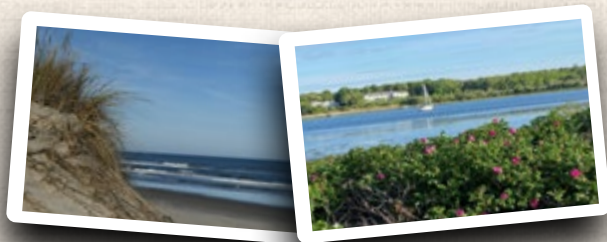
**95 Commerce Park South, Bay 7 & 8, Chatham**

**508-958-1846; info@chathamharvesters.com**

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

**Facebook & Instagram: @ChathamHarvesters**

Chatham Harvesters is a fishermen-owned-and-operated seafood cooperative reconnecting our fish-loving community with what is local and abundant through farmers markets, a fish share membership program with 10 pickup sites, and grocers like Camp Abilities Farm and Nauset Farms. See the website for the most up-to-date information, or follow on social media @ChathamHarvesters



## CHATHAM SHELLFISH COMPANY

### Product: Oysters

393 Barn Hill Rd., Chatham

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

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

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

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

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

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

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](mailto:rockharborshellfish@gmail.com)**

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

**Facebook.com/Rock Harbor Shellfish Co.**

**Instagram: [@rock\\_harbor\\_shellfish\\_co](https://www.instagram.com/rock_harbor_shellfish_co)**

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

## OUTER CAPE

## CAPE TIP SEAFOODS

**Product(s): Fish, shellfish, seafood, wholesale seafood**

**Seafood market: 300 US 6, Truro**

**Truro: 508-487-2164**

**Open daily, 10am - 6pm**

**Wholesale: 45-A Court Street, Provincetown**

**Orleans: 508-255-722**

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

**Facebook & Instagram: [@capetip\\_seafoods](https://www.facebook.com/capetip_seafoods)**

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

Located in Wellfleet, Hatch's is a locally owned and family operated business that has been providing the freshest and widest variety of fish, lobsters, shellfish, and produce for over 60 years. We carefully hand-select our seafood from local "day boats" so that we have the very best seafood to offer. We carry more than 50 varieties of fruits and vegetables, much of which is organic and locally-grown. We offer many homemade items such as: smoked fish and pâté, smoked scallops, chowder base, pesto, fruit salsa, tomato salsa, and 100% fresh fruit popsicles. We also carry many other local items: breads, pies, cookies, corn (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

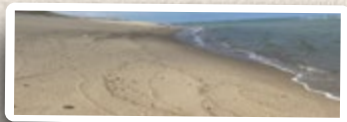
**Product: Day boat sea scallops**

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

**thescalloptruckcapecod.com**

**Facebook & Instagram: @thescalloptruck**

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, HoneyPot 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**

**Veteran Owned and Operated.** 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 briny 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. Hablo Español - 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](mailto:info@chapoquoitgrill.com)**  
**[www.chapoquoitgrill.com](http://www.chapoquoitgrill.com)**

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

### THE BUFFALO JUMP

**Located at Coonamessett Farm**  
**277 Hatchville Rd., East Falmouth**  
**[www.thebuffalojumpfalmouth.com](http://www.thebuffalojumpfalmouth.com)**

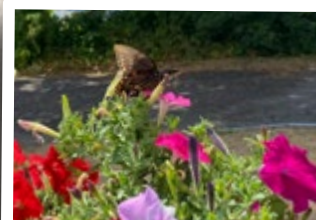
We use hyper-local ingredients and wood fire cooking right at the farm. Breakfast and lunch is 5 days per week from April to December. Themed, seasonal, pop-up dinners throughout the season. We currently work with our sister bakery, Peck O'Dirt. Both of our to go foods are also available at the Coonamessett farm store.

### EAST WIND LOBSTER & GRILLE

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

**[www.eastwindlobsterandgrille.com](http://www.eastwindlobsterandgrille.com)**  
**Facebook, Twitter, Instagram: [@eastwindlobsterandgrille](https://www.facebook.com/eastwindlobsterandgrille)**

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



### PIE IN THE SKY

**10 Water Street, Woods Hole**

**Open Year Round,**

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

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

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

We feature a delicious assortment of handmade croissants, pies, cookies, popovers, and breads-- all baked from scratch on the premises. Our coffees, espresso, and cocoa drinks are made from freshly ground, 100% Organic & Fair Trade Dean's Beans that we roast ourselves. Our hearty, made-to-order sandwiches, together with our homemade soups, quiche, and salads make the perfect addition to any adventure, from a shoreside picnic to lunch at the office. We also offer our freshly roasted coffee by the pound ground or as whole beans. We also offer loaves of bread, baguettes, homemade granola, and other essentials to stock your pantry.

### MID CAPE

#### CAPTAIN FROSTY'S

**219 Route 6A, Dennis**

**Opens at 11:30am, May – October**

**508-385-8548**

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

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

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

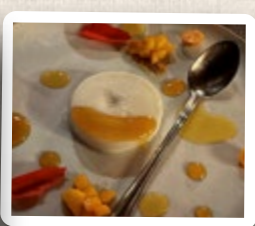
#### CASUAL GOURMET

**31 Richardson Road, Centerville**

**508-775-4946**

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

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



### CRISP FLATBREAD, INC.

**791 Main St., Osterville**

**508-681-0922**

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

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

### FIDDLESTIX FOOD TROLLEY

**774-314-STIX (7849); [fiddlestixtrolley@gmail.com](mailto:fiddlestixtrolley@gmail.com)**

**[www.fiddlestixtrolley.com](http://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 Seasonally**

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

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

Fin is a chef-owned fine dining seafood restaurant offering a culinary journey like no other. We focus on fresh, locally-sourced seafood. Each dish is a masterpiece of flavor and presentation. Join us in our charming, antique captain's home or on our outdoor patio. On weekends and for takeaway we offer original Lobster Doughnuts- a unique delight you won't find anywhere else! Owner and Executive Chef, Mike Scarduzio, has extensive training under Michelin Starred Chefs in Fresh and Asian cuisine. He graduated from Culinary Institute of America in Hyde Park, NY, and has pursued additional training in Boston, Europe, and Manhattan, NYC restaurants. The Front of House is run by Kallie Scarduzio. Mike and Kallie take pride in using local ingredients from fish to farm. They traveled to over 25 countries in Europe and Asia for dish inspiration. The menu changes each season, which keeps it fresh and exciting for guests.

### JP'S TWISTED BBQ & GRILLE

Find our trailer out front at Barnstable Brewing  
485 Main St., Hyannis  
Barnstable Brewing hours: Wed. - Sun., 12pm - 6:15pm  
Last call 45 min. prior to Barnstable Brewing Closing  
Follow on social media for other pop-up locations  
774-994-4492; [info@jpstbbq.com](mailto:info@jpstbbq.com)  
[www.jpstbbq.com](http://www.jpstbbq.com)

Facebook & Instagram: @JP'sTwistedBBQ

We love BBQ but we do so much more! Check out our daily themed specials and menus. Enjoy a meal to remember. JP's Twisted BBQ also caters. Some favorites are lobster and seafood bakes, whole pig roasts, delicious southern and cajun dishes, pull pork sandwiches, and so much more. The possibilities are endless- from house ramen to grilled meats.

### NAKED OYSTER BISTRO AND RAW BAR

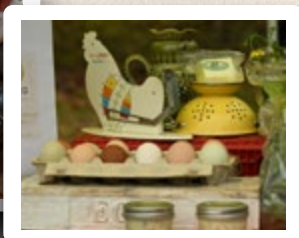
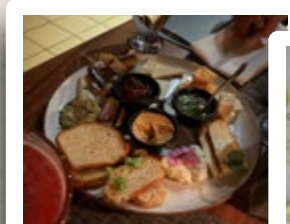
410 Main Street, Hyannis  
508-778-6500; [info@nakedoyster.com](mailto:info@nakedoyster.com)  
[www.nakedoyster.com](http://www.nakedoyster.com)

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

### PIZZA BARBONE

390 Main Street, Hyannis  
508-957-2377; [jason@pizzabarbone.com](mailto:jason@pizzabarbone.com)  
[www.pizzabarbone.com](http://www.pizzabarbone.com)

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



### THE QUICHE CART

Osterville, see description for other locations  
310-467-0957, [thequichecart@thequichecart.com](mailto:thequichecart@thequichecart.com)  
[www.thequichecart.com](http://www.thequichecart.com) - Order online!  
Facebook & Instagram: @thequichecart

"Where each and every pie is individually adored." Danny is the co-creator and co-owner of Baby Blues BBQ, and Kim is a 3-time Emmy nominated decorator. We believe that food is more than just fuel for the body. We also support local farmers by following a farm to fork philosophy, which also reducing carbon footprints and promotes sustainability. No matter how big or small your gathering, we can cater for you! Enjoy yummy quiches, pies, and other dishes. Order online and schedule a delivery. You can also find us at many local farmers markets including Chatham, Falmouth, Osterville. We are also at The Brown Jug in Sandwich and Beacon Gardens in Osterville.

### UNDERGROUND BAKERY

780 Main Street, Dennis  
Open Year-Round  
Tuesday - Saturday, 8am - 2pm  
(summer hours may be expanded)  
508-385-4700; [info@theundergroundbakery.com](mailto:info@theundergroundbakery.com)  
<http://theundergroundbakery.com>  
Facebook and Instagram: @undergroundbakery

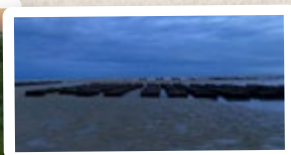
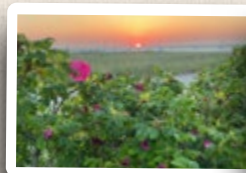
The Underground Bakery, located in Dennis Village, uses local products whenever available. House-cured and smoked meats and cheeses - Scratch baking daily - Weekly specials & homemade soups - Also featuring products from local artists and craftspeople.

### LOWER CAPE

#### CAPE COD CHEF ON CALL

P.O. Box 1108, West Chatham  
508-896-1400; [info@capecodchefoncall.com](mailto:info@capecodchefoncall.com)  
[www.capecodchefoncall.com](http://www.capecodchefoncall.com)

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



## CHATHAM BARS INN RESTAURANTS

297 Shore Road, Chatham

Open Year-Round

508-945-0096

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

Facebook, 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.

## OUTER CAPE

### THE OPTIMAL KITCHEN

Heather Bailey, CNC

P.O. Box 1165, East Orleans

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

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

Follow us on Facebook and Instagram

The Optimal Kitchen is a 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](mailto:info@sunbirdcapecod.com)

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

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

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

## CAPTAIN'S CHOICE

4 Highland Rd, North Truro

Open seasonally, reopens for season in April

Open every day for dinner, 4pm - 9pm

Live music, 3pm - 5pm

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

[www.captainschoicetruro.com/](http://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](mailto:mdceraldi@gmail.com)

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

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

## COSMOS CATERING and COSMOS TO-GO

43 Race Point Road, Provincetown

508-487-9008; [info@cosmoscatering.com](mailto:info@cosmoscatering.com)

[www.cosmoscatering.com](http://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.

## VAN RENSSELAER'S RESTAURANT & RAW BAR

1019 State Highway, Route 6, South Wellfleet

Open mid April - October

508-349-2127

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

Local seafood, Wellfleet shellfish, and lobster that are prepared in a number of ways. We also have an abundant salad bar, gluten-free and vegan choices, beef, chicken, and duck.



# ARTISAN FOODS & RETAIL



## UPPER CAPE

### BOOTSTRAP FARM CLUB



**1 Scraggy Neck Ext. on Rte. 28A, Cataumet**

**Open mid- April until mid- January**

**Thursdays - Sundays, 10am - 6pm**

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

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

**Facebook & Instagram: @BootstrapFarmClub**

Offering farm-fresh Certified Organic, Certified Naturally Grown and sustainable produce, dairy, beef, pork, chicken, duck and lamb, The Bootstrap Farm Club connects farmers with the local community. Located in Cataumet, on Rte 28A, just 10 mins from the Bourne Bridge, this local food hub sources clean, local products from farms in MA & RI. Open from April to January, fresh, seasonal local crops arrive multiple times weekly. Fresh baked pies, cookies and pot pies from Eileen Blake are a favorite, along with local eggs, Crescent Ridge milk and Auntie Dalie's pasta. Prepared and pantry items include salt-free, sugar-free, gluten-free and vegan options, along with clean, healthy, local offerings. Order online for same day pick-up, or shop our retail store or Mobile Farm Stand in Wareham and Falmouth. Visit our website for a schedule. SNAP/EBT Accepted.

### CAPE COD COFFEE

**508-477-2400; [info@capecodcoffee.com](mailto:info@capecodcoffee.com)**

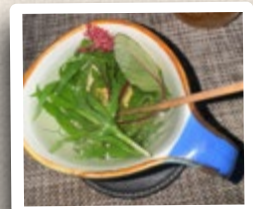
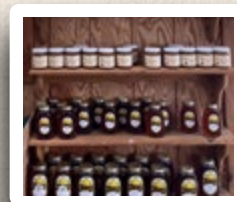
**[www.capecodcoffee.com](http://www.capecodcoffee.com)**

**[Facebook.com/capecodcoffeecafe](https://www.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.

### **CAPE COD WINERY**

#### **4 Ox Bow Road, East Falmouth**

**508-457-5592; [info@capecodwinery.com](mailto:info@capecodwinery.com)**

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

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

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. The Mermaid Kitchen food truck is open seasonally. 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-- we ship directly to you.

### **NAUKABOUT BREWERY & TAPROOM**

#### **13 Lake Ave, Mashpee**

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

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

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

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

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

**Facebook: [/Naukabout](https://www.facebook.com/Naukabout); Insta: [@naukabout\\_brewery](https://www.instagram.com/naukabout_brewery)**

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

### **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](mailto:info@capecodbeer.com)**

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

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

### **THE GLASS JAR - A REFILLABLE MARKET**

**Product(s):**Flours, sugars, rice, granola, pasta, nuts, dried fruit, spices, honey, oils and vinegars, maple syrup, loose leaf teas, coffees, snack mixes, candy, baking products

**1588 Route 6A (Players Plaza), East Dennis, MA**

**Open Year-Round, Wednesday-Saturday 10am - 6pm**

**Sunday 10am - 4pm, extended summer hours**

**508-694-3053, [GlassJarMarket@gmail.com](mailto:GlassJarMarket@gmail.com)**

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

**Facebook: [GlassJarMarket](https://www.facebook.com/GlassJarMarket), Instagram: [theglassjarmarket](https://www.instagram.com/theglassjarmarket)**

We are Cape Cod's first refillable food market! We offer over 230 food products for refilling along with sustainable gifts from local vendors. Bring any clean, dry and sealable container (glass jar, ziploc bag, tupperware) and refill with us to avoid bringing home more packaging that ends up in our landfills. Our mission is providing affordable food to the community while reducing single use packaging!

### RING BROS. MARKETPLACE

485 Route 134, South Dennis

Open 7 days per week

508-394-2244

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

Ring Bros. Marketplace brings together a group of independent, locally-owned businesses including Chatham Fish & Lobster, Dark Horse Beef & Deli, Hisho 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.

### RORY'S MARKET & KITCHEN

640 Main Street, Dennisport

508-760-3043

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

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

### SWEET ROOTS BAKERY

**Product(s): From-scratch baked goods highlighting homegrown produce: savory focaccia and sweet zucchini breads, carrot cake, rhubarb and fruit pies, seasonal jams, scones, cupcakes, tarts, and cookies.**

**Bass River S. Yarmouth & Provincetown Farmers Markets  
Year-round private commissions, seasonal markets**

[sweet.roots.cc@gmail.com](mailto:sweet.roots.cc@gmail.com)

**Social media: Instagram - @sweet.roots.cc**

**Facebook - Sweet Roots Bakery, South Yarmouth**

We are an owner-operated residential bakery, featuring our own garden grown produce and other locally sourced and seasonal forward ingredients. Cape Cod born and raised, we value self-sustaining and environmentally conscious efforts in both our growing and baking practices. Our seasonal treats are small-batch, baked fresh for farmers markets, and packaged in eco-friendly wrapping. Commissions are fully customizable, made to order and available year-round. We nurture and hand-tend a pesticide free, organic-matter based garden. Our bakery is designed to showcase homegrown and local ingredients by promoting sustainable (and delicious!) lifestyles while supporting other small businesses on Cape Cod. Baking harvests into sustainable treats for you to enjoy!

### SMITHFIELD MARKETS

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

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

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

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

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

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

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

### THREE FINS COFFEE ROASTERS

**581 Main St. (Route 28), West Dennis**

**251 Crowell Rd., Chatham - NEW 2nd LOCATION!**

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

**Facebook, X, Instagram: @threefinscoffee**

Three Fins is a small batch specialty coffee roaster and bean-to-bar craft chocolate maker. They offer 2 unique locations: their signature coffee roastery in West Dennis and combined coffeehouse and Cacao Factory in Chatham. Both locations are open year-round serving quality espresso drinks, freshly baked pastries, hand-crafted chocolate and local made goodies, along with gluten-free options. Additionally, they offer seasonal tastings and classes at the Cacao Factory in Chatham.

## LOWER CAPE

### CAPE COD CRANBERRY HARVEST

**33 Rocky Way, Harwich**

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

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

We have 32 homemade cranberry based jellies! 100% homemade using local cranberries and other products. Visit our website to 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](mailto:info@ACKgioia@comcast.net)

Wholesale: [ackgioia@comcast.net](mailto:ackgioia@comcast.net)

[ackgioia.com](http://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](http://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.

### DELICIOUS LIVING NUTRITION LOCAL FOOD COOPERATIVE

82 Cranberry Highway - Unit 1, Orleans

Contact: Nicole Cormier, RD, LDN

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

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

Instagram: [@deliciousliving](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](http://www.friendsmarketplace.net)

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

### GREEN ROAD REFILL - EARTH FRIENDLY SHOPPING

#22 Foster Square, 2655 Main St., Brewster

774-216-1409

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

Shop green and local! Find Sally Sud Shed at 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.

### GUSTARE GOURMET

400 Main St., Unit 6, Chatham

Open Thursday - Monday, 10am - 5pm

508-945-4505

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

Gustare Gourmet is proud to continue to support Buy Fresh Buy Local initiatives. Visit Gustare in Chatham to discover artisanal extra-virgin olive oil (EVOO), aged balsamic vinegar, and to buy gourmet gifts from around the world!

### SNOWY OWL COFFEE ROASTERS

Coffee House: 774-323-0605; 2624 Main Street, Brewster

Open Year-Round: Monday - Friday from 6:30am - 5pm;

Saturday & Sunday from 7:30am - 5pm

Espresso Bar: 508-348-5321; 483 Main Street, Chatham

Open Seasonally

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

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

Facebook: [Snowy Own Coffee Roasters](https://www.facebook.com/SnowyOwnCoffeeRoasters)

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

## THE LOCAL SCOOP

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

508-255-0101

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

Facebook: @thelocalscoopcapecod

Instagram: @thelocalscope

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](mailto:nausetfarms@gmail.com)

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

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

## OUTER CAPE

### FAR LAND PROVISIONS

150 Bradford Street, Provincetown

Open year-round!

508-487-0045

[www.farlandprovisions.com](http://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](mailto:farm@WellfleetChickKoop.com)

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

Farmer Friends Hot Sauce is a collaboration between Farmer Victoria from Wellfleet Chick Koop and Farmer Jess Drake Cook from Truro. We combine our pepper harvests to bring you a small-batch hot sauce. Each batch is unique and crop dependent. These are not formula hot sauces! It's so good it will make you howl like a hound dog!



### HONEYPOT HIVES

Provincetown

617-962-3315; [honeypothives@gmail.com](mailto:honeypothives@gmail.com)

[www.honeypothives.com](http://www.honeypothives.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](mailto:twogoatscheese@gmail.com)

[twogoatsschoolofcheesemaking.com](http://twogoatsschoolofcheesemaking.com)

[Facebook.com/twogoatscreamery](https://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](http://twogoatsschoolofcheesemaking.com) to sign up or view our current offerings.



# FRIENDS & SUPPORTERS

## BARNSTABLE COUNTY BEEKEEPERS ASSOCIATION

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

## CAPE COD CULINARY INCUBATOR

[capeculinary.org](http://capeculinary.org)

[info@capeculinary.org](mailto:info@capeculinary.org)

The Cape Cod Culinary Incubator is a membership based 501c3 organization providing resources for food entrepreneurs looking to start food businesses on Cape Cod. CCCI operates the Lee Hill Kitchen, a shared-use commercial kitchen located in the rear of KAM Appliances in Hyannis. In addition CCCI hosts two food makers markets each year. For additional information, please visit our website or email us.

## EDIBLE CAPE COD

508-280-5938

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

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

## FARMING FALMOUTH

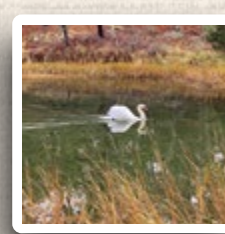
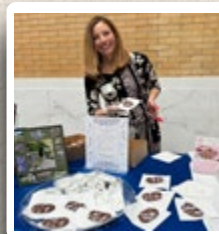
P.O. Box 2322, Teaticket, MA 02356

[info@farmingfalmouth.org](mailto:info@farmingfalmouth.org)

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

Facebook & Instagram: [@farmingfalmouth](https://www.facebook.com/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](mailto:mpalumbo@mashpeechamber.com)

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

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

## LOVE LIVE LOCAL

539 South St. Hyannis, MA 02601

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

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

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

## SUSTAINABLE CAPE – CENTER FOR AGRICULTURAL PRESERVATION & EDUCATION

8 Truro Center Road, Box 988, Truro

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

*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.*





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

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



FOOD ACCESS





SNAP/EBT and HIP access is expanding! Look for the  &  symbols next to vendors who accept SNAP EBT and HIP.

## JOIN THE MOVEMENT

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

Find us on Social Media

 /buyfreshbuylocalcapecod

 @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.



**Buy Fresh Buy Local Cape Cod**  
Cape Cod Cooperative Extension  
P.O. Box 367  
Barnstable, MA 02630  
508-375-6695  
[tara.racine@capecod.gov](mailto:tara.racine@capecod.gov)  
[www.BuyFreshBuyLocalCapeCod.org](http://www.BuyFreshBuyLocalCapeCod.org)

