

# CAPE COD FOOD + FARMS RESOURCE GUIDE

Buying local in response to Covid-19



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

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

A decorative graphic on the right side of the banner featuring two red tomatoes with green stems and a sprig of green basil leaves on the left side.



## Keep Cape Cod fed! Support our local farmers, fishermen and food during Covid-19



Buying local has never been more important – for both your health and our local farmers and business owners! Many farmers, markets, retailers and restaurants have adapted their businesses to prioritize the safety of the community during the crisis.

SNAP and the Healthy Incentive Program continues to support food insecure communities. Farmers who participate in either HIP or SNAP want you to know they are here for you and are working to make their food available to you. As the growing season progresses, more farm stands that accept SNAP and/or HIP will be opening to serve clients.

Look for these symbols for SNAP  and HIP 

*This guide will be updated as more info becomes available. [Are you offering local product during this time? Click here.](#)*

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# Farmers' Markets

## Upper Cape

### Osterville Farmers Market

<https://ostervillemuseum.org>

Continuing virtual market, see website for complete list of our farmers and vendors who are shipping, offering curbside pick-up, or delivering to doorsteps with contact-free options. Many are offering special Easter options.

### Waquoit Spring Farmers Market

Canceled

## Lower Cape

### Brewster Historical Society Farmers Market

[www.brewsterhistoricalsociety.org/farmers-market](http://www.brewsterhistoricalsociety.org/farmers-market)

Due to limited supply of Weekly Produce Boxes orders will be filled on a first-come-first-serve basis. Only 1 week may be ordered at a time. Delivered to Brewster, Harwich, Dennis, Orleans & Eastham only. Resuming orders on 4/8 for delivery on 4/15. IF YOU HAVE PRODUCE OR PRODUCT you would like to place in the boxes contact Sadie for details.

### Orleans Winter Farmers Market

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

Indoor market has ended. Currently making plans for the outdoor market. More info as it becomes available.



# Get A CSA

## Upper Cape

### **BAY END FARM**

200 Bournedale Road, Buzzards Bay  
617-212-8315; [kofi@bayendfarm.com](mailto:kofi@bayendfarm.com)

### **COONAMESSETT FARM**

277 Hatchville Road, East Falmouth  
508-563-2560; [cfarm@capecod.net](mailto:cfarm@capecod.net)  
[www.coonamessettfarm.com](http://www.coonamessettfarm.com)

Offers a variety of CSA options for pick up at Farm and they will be accepting SNAP soon.

## Mid Cape

### **CAPE ABILITES FARM**

458 Main Street, Route 6A, Dennis  
508-385-2538

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

Now accepting sign-ups for the Salad Club CSA.

### **CAPE COD ORGANIC FARM**

3675 Main Street, Barnstable  
508-362-3573

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

May 27- September 30 for pick up at Farm

### **TUCKERNUCK FARM**

W. Dennis

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

Salad Club CSA May- Sept. Call or text 508-364-5821. Vegetable starts available.

## Lower Cape

### **DRY SWAMP BOG FARM**

24 Great Oak Road, Orleans  
508-255-1081; [info@dsbfarm.com](mailto:info@dsbfarm.com)

Contact them for CSA details

### **PLANT WORK SHOP**

Oracle Square 82 Rt. 6A, Orleans  
[info@plantworkshop.co](mailto:info@plantworkshop.co)

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

Offering a new flower & herb CSA

## Outer Cape

### **WELLFLEET CHICK COOP & FARM**

508-349-1327; [wellfleetchickcoop@comcast.net](mailto:wellfleetchickcoop@comcast.net)

Offering an Eggs & Cheese CSA beginning in May



# Order Local Specialty Products Online

[Nobska Farms](#) Spicy sauces, salsas, jelly and chocolates.

[Cape Cod Cranberry Harvest](#) Sweet and savory preserves. Order online or call to arrange a pick up.

[Chatham Jam & Jelly](#) Sweet and savory preserves.

[Great Cape Herbs](#) Herbs, teas, tinctures.

[Cape Cod Lavender Farm](#) Farm is open. Order online or call to arrange a pick up.

[Chequessett Chocolate](#) Our own bean to bar chocolatier and other sweet treats. Continuing online sales as well as beginning home delivery from Provincetown to Orelans. They are featuring a special "Buoy You Up Box" full of sweet treats.

[Cape Cod Coffee Roasting](#) and shipping coffee.

[Snowy Owl Coffee](#) Roasting and shipping coffee. They've posted new guides for brewing the best cup at home!

[Shoal Ciderworks](#) Can't ship cider but can purchase other products.



# Direct to Consumer Purchasing

## Upper Cape

### **Boot Strap Farm**

**1 Scraggy Neck Ext. on Rt 28A, Cataumet**  
**508-696-4911; [susan@bootstrapfarm.com](mailto:susan@bootstrapfarm.com)**

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

Offering curbside delivery for members. Public shopping is also available, currently for Tuesday, Friday & Saturday pick up. Order online, with car delivery at store. Please visit our website for the latest public shopping hours.

### **DaSilva Farm Farm**

**104 Rear Brick Kiln Road (off DaSilva Way), Teaticket**  
**508-548-1248; [dasilvafarms02536@gmail.com](mailto:dasilvafarms02536@gmail.com)**

Stand is open, they also have fresh eggs.

### **Fluffy Butt Farm**

**Forestdale**

**567-233-2621; [fluffybuttfarm@yahoo.com](mailto:fluffybuttfarm@yahoo.com)**  
**Eggs from chicken, quail, turkey and duck.**

### **Cape Cod Winery**

**4 Ox Bow Road, East Falmouth**

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

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

Curbside pick up on Saturdays. Making local deliveries to Upper & Mid-Capeas well as taking online orders for shipping.

### **Stella Farms**

Small specialty business growing heirloom tomatoes for garden centers and then in the fields for farmers markets and restaurants. They will be growing plants for sale in the greenhouses at Country Gardens. Plants will also be available at Scenic Roots in Sandwich and New Farm in Orleans. After that we will be going into the fields for the season. We are hopeful that people will need more plants.

### **Rory's Market & Kitchen**

**32 Market Street, Mashpee Commons 774-361-6075**

**640 Main Street, Dennis Port 508-760-3043**

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

Curbside delivery, special shopping hours and some limited delivery at both locations.

### **Wild Harbor General Store**

**200 Old Main Road, N. Falmouth**

**508-563-2011**

Open for business.



# Direct to Consumer Purchasing

## Mid Cape

**E&T Farm**



**85 Lombard Ave, W. Barnstable**

**508-362-8370; [ed@eandtfarmsinc.com](mailto:ed@eandtfarmsinc.com)**

Micro greens, greens, honey. Contact Ed at (508) 362-8370 to arrange pick-up.

**Seawind Meadows**

**Dennis**

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

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

Contact online to order beef and eggs and for information about pick up at Pop up markets.

**Tuckernuck Farm**

**W. Dennis**

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

Call or text 508-364-5821 for pick-up. Vegetable starts available.

**Fancy's Market**

**699 Main Street, Osterville**

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

Open for business

**Rory's Market & Kitchen**

**32 Market Street, Mashpee Commons 774-361-6075**

**640 Main Street, Dennis Port 508-760-3043**

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

Curbside delivery, special shopping hours and some limited delivery at both locations.

**Ring Bros. Marketplace**

**485 Route 134, South Dennis**

**Open 7 days, 8 AM – 8 PM**

**508-394-2244**

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

Open for business

**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)**

New retail hours. Beer to-go only. Curbside pick up also available.



# Direct to Consumer Purchasing

## Lower Cape

### **Cape Cod Lavender Farm**

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

**508-432-8397; [cynthia@capecodlavenderfarm.com](mailto:cynthia@capecodlavenderfarm.com)**

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

Farm is open. Order online or call to arrange a pick up.

### **Chatham Shellfish Company**

**West Chatham**

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

Offering delivery to Chatham, Harwich and Brewster. Shipping to other Cape Cod towns or nationwide.

### **NewFarm**

**225 Cranberry Highway**

**Orleans, MA 02653**

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

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

Offering curbside service Mon-Sat from 9-5 during the COVID-19 crisis. Give us a call and let us know what you are looking for and when you will be stopping by and we will have your items ready for you!

### **Friends' Marketplace**

**57 Main Street, Orleans**

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

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

Shop online with curbside pick up or delivery.

### **Nauset Farms Market**

**199 Main Street, East Orleans**

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

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

Open and has daily takeout specials.



# Direct to Consumer Purchasing

## Outer Cape

### Dave's Greens



#### Truro

**617- 959-4923; davesgreens@gmail.com**

Working on plans for delivery or curbside pick up

### Hillside Poultry

#### Truro

**508-241-2587; andrew@hillsidepoultrycapecod.com**

**<https://hillsidepoultry.org>**

Shop online for local chicken with pick up appointment or delivery.

### Wellfleet Chick Coop

**508-349-1327; wellfleetchickcoop@comcast.net**

Pre-order to schedule appointment for curbside pick up of eggs and cheese only.



# Garden Plants & Nurseries

## Upper Cape

### **Sabatia Flower Farm**

**125 Oak Street, W. Barnstable**

**1965 Main Street, Marstons Mills**

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

Open for the season.

### **Scenic Roots**

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

**508-888-0044;**

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

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

Offering curbside service.

### **Soares Flower Garden Nursery & Landscape**

**1021 Sandwich Road, E. Falmouth**

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

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

Curbside service, personal plant shoppers.

### **Sprout Farm**

**97 Quinaquisset Ave, Mashpee**

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

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

Selling bagged soil while waiting for plants.

## Lower Cape

### **Crocker Nurseries**

**1132 Long Pond Road, Brewster**

**508-896-5060, [crockernurseries@gmail.com](mailto:crockernurseries@gmail.com)**

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

Order vegetable starts and herbs online for pick up or delivery. Perennials / annuals soon.

### **NewFarm**

**225 Cranberry Highway**

**Orleans, MA 02653**

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

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

Offering curbside pick up service.

## Outer Cape

### **Bayberry Gardens**

**250 Route 6, Truro**

**508-349-6764; [bayberrygardens@gmail.com](mailto:bayberrygardens@gmail.com)**

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

Offering curbside pick up and some delivery.



# Restaurants and Food Service

## 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)

### East Wind Lobster & Grille

2 Main Street, Buzzards Bay

508-759-1857

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

### Pie In The Sky

10 Water Street, Woods Hole

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

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

### Quicks Hole Tavern & Taqueria

Woods Hole

508-495-0048 (Tavern); 508-495-0792 (Taqueria) [quickshole@gmail.com](mailto:quickshole@gmail.com)

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

## Mid Cape

### The Casual Gourmet

31 Richardson Road, Centerville

508-775-4946

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

### Crisp Flatbread

791 Main St., Osterville

508-681-0922

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

### Pizza Barbone

390 Main Street, Hyannis

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

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

### Spoon & Seed

12A Thorton Drive, Hyannis

774-470-4634

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



# Restaurants and Food Service

## Lower Cape

**The Optimal Kitchen**

**E. Orleans**

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

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

**Sunbird**

**85 Rt 6A, Orleans**

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

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

**[Cape Cod Culinary Incubator](#) is compiling business support resources and other links for restaurants and other food service industries.**



# Seafood: Direct to Consumer Online & Pick-Up

## Upper Cape

### Cataumet Fish

1360 Rt 28 A, Cataumet

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

Partnering with Stomping Grounds Grille in Buzzard's Bay preparing heat-and-serve seafood meals. Entrée menus change reflecting what's fresh, visit their website for updates. Call 508-564-5956 to order.

### Falmouth Fish Market

157 Teaticket Hwy, Teaticket

<https://www.freshfishcapecod.com>

The market is open. You can call 508-540-0045 to place an order for curbside pick-up. See their menu for fresh fish, seafood offerings, and prepared meals.

## Mid Cape

### Cape Fish and Lobster

626 West Main Street, Hyannis

<https://capefishandlobster.com/>

Selling live lobsters, fresh fish and seafood.

Market is open Mon-Friday 9:00am-4pm, Saturday 9:00am-6pm

Call 508-771-1122 to place an order for curbside pickup

### Cotuit Oyster Company

26 Little River Rd, Cotuit

<https://www.cotuitoystercompany.com/>

Fresh shellfish farmed in Cotuit Bay. Pre-order and pay for oysters and other merchandise online for curbside pick-up.

### Osterville Fish

2952 Falmouth Rd, Osterville

<http://ostervillefish.net>

The market is open. You can also call 508-420-0500 to place an order for curbside pick-up. They are also offering prepared food for take-out. They are working on putting online ordering on their website in the coming days, check for updates.



# Seafood: Direct to Consumer Online & Pick-Up

## Lower Cape

### Cape Tip Seafoods

#### Orleans and Provincetown

<https://www.capetipseafood.com/>

Local seafood including scallops, lobster, haddock, cod, sole, swordfish, halibut, salmon, snapper, cooked lobsters to go. Stuffed clams chowders available at two locations with contact free transactions.

Orleans Seafoods, 18 Old Colony Way, Orleans

508-255-7221

Retail open, 7 days 10:00am-6pm

also curbside pickup

### Chatham Shellfish Co.

#### 393 Barn Hill Rd, Chatham

<https://www.chathamoysters.com/>

Chatham Oysters and mussels are available all the time, steamers and razor clams by request. We are open for retail business but hours vary based on orders. Currently all orders are fulfilled curbside and by appointment only. Orders can be placed on our website or by sending an email to [sales@chathamshellfish.com](mailto:sales@chathamshellfish.com).

### Mac's Seafood

<https://www.macsseafood.com/news>

See website for various locations. They offer local home delivery from the Mac's fish markets from Harwich to Ptown, and takeout and curbside pick-up from the restaurants.

#### Mac's Chatham Fish & Lobster

Call 508-945-1173 to order. See their website for daily menu and beer and wine take out.

### Nauset Fish & Lobster Pool Market

#### 38 MA-6A, Orleans

<https://www.nausetfishandlobsterpool.com/>

The market is open. You can also call 508-255-1019 to place an order for curbside pick-up. They carry beer & wine and other groceries. Sir Crickets Fish & Chips is also offering take-out call 508-255-4453 to order.



# Seafood: Direct to Consumer Online & Pick-Up

## Outer Cape

### Cape Tip Seafoods

#### Orleans and Provincetown

<https://www.capetipseafood.com/>

Local seafood including scallops, lobster, haddock, cod, sole, swordfish, halibut, salmon, snapper, cooked lobsters to go. Stuffed clams chowders available at two locations with contact free transactions.

45 A Court St, Provincetown

508-487-0259

curbside pickup and delivery, Tuesdays-Saturdays 8:30am-4pm

### Holbrook Oyster

<https://www.facebook.com/HolbrookOyster/>

Oysters, littlenecks and scallops at wholesale prices. Offers local home delivery while maintaining social distancing measures. Deliveries on Tuesday & Friday to the lower Cape. If you live farther they are happy to meet you in Orleans. To place an order, message them on FB or call Zack at (774) 722-1788. Cash or PayPal payment.

### Mac's Seafood

<https://www.macsseafood.com/news>

See website for various locations. They offer local home delivery from the Mac's fish markets from Harwich to Ptown, and takeout and curbside pick-up from the restaurants.

### Mac's Fish House in Provincetown

Call 508-487-6227 to order.

See the menu online. You can now add beer & wine to a takeout order.

### Mac's Chatham Fish & Lobster

Call 508-945-1173 to order. See their website for daily menu and beer and wine take out.

### Wellfleet Shellfish Co.

#### 137 Holmes Rd, Eastham

<https://wellfleetshell.com/>

Currently buying and selling from over 65 shellfish farmers, local small boats, and individual harvesters from all over Cape Cod and the MA coast. Call them 508-255-5300 to order and arrange pick-up or visit website. Product includes wild clams, farmed clams, razor clams, blood clams, surf clams, steamers, scallop meats, lobsters (offshore), wild picked oysters, wild dragged oysters, farmed oysters.

### Wellfleet SPAT

<https://wellfleetspat.org/>

The producers of the Wellfleet OysterFest is offering to donate Wellfleet shellfish to anyone on Cape Cod who is serving prepared food to those in need. It must be a commercially licensed kitchen, and the shellfish must be cooked. If you would like a shellfish donation, please contact gisele@wellfleetspat.org.



**Are you selling local product with delivery  
and / or pick-up options?**

**Let us know! We want to promote your business!**

**Contact Kim Shkapich at [kimberly.shkapich@barnstablecounty.org](mailto:kimberly.shkapich@barnstablecounty.org)**

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.

**Buy Fresh Buy Local Cape Cod**  
**Cape Cod Cooperative Extension P.O. Box 367 Barnstable, MA 02630**  
**508-375-6882**  
**[bfbfcc@barnstablecounty.org](mailto:bfbfcc@barnstablecounty.org)**  
**[www.BuyFreshBuyLocalCapeCod.org](http://www.BuyFreshBuyLocalCapeCod.org)**

