



# THE COLORFUL WORLD OF CAPE COD FARMS



A Buy Fresh Buy Local Cape Cod story  
Artwork by Sarah Conrad - Ferm



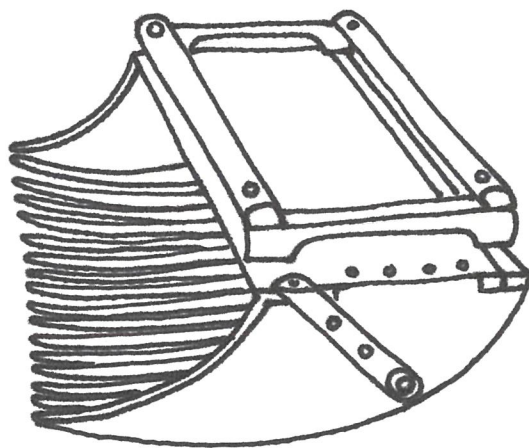
When people around the world think about Cape Cod they often picture sandy beaches vacations, which you can definitely find here, but did you know that Cape Cod also has many land and sea farms that are tucked into neighborhoods and main streets all across the Cape?

In fact, Cape Cod has a long agricultural history. Cape Cod is the traditional and ancestral land of the Wampanoag Tribe who lived on, farmed, and stewarded the land from time immemorial. Some of the foods grown included corn, beans, squash, cranberries, and melons; just to name a few. They also fished, harvested, and hunted for other local foods.

Farming was vital to the Pilgrims and other European colonists, who grew crops in large fields and in home gardens. They also fished, hunted, harvested, and kept livestock.

Over time, Cape Cod became a well-known farming area. Some specialized local products became historically notable and world-renowned including wool, cranberries, strawberries, sea salt, root vegetables, and the fisheries. Many of these local foods and products are still associated with Cape Cod and its towns today. For example, Falmouth has a Strawberry Festival every year to celebrate the significance of the strawberry industry in this region. Wellfleet has an Oyster Fest and Harwich has a Cranberry Festival. Eastham even has its own turnip and Turnip Festival!

So enjoy the beautiful, sandy beaches, but don't forget to also appreciate all of the local foods and flavors grown right here! Visit our local farms and farmers markets, and remember to thank a farmer for keeping Cape Cod's agricultural history alive.



**Let's meet some of our Cape Cod farmer friends!**

Farmer Marta grows so many flavorful fruits and vegetables at her farm. I excitedly wait for her yummy strawberries to ripen every June! And, my family loves picking pumpkins from her farm every Halloween.



**Aquaculture farmer Nancy grows the clams and oysters that we make into seafood stews, clam cakes, and clam chowders.**





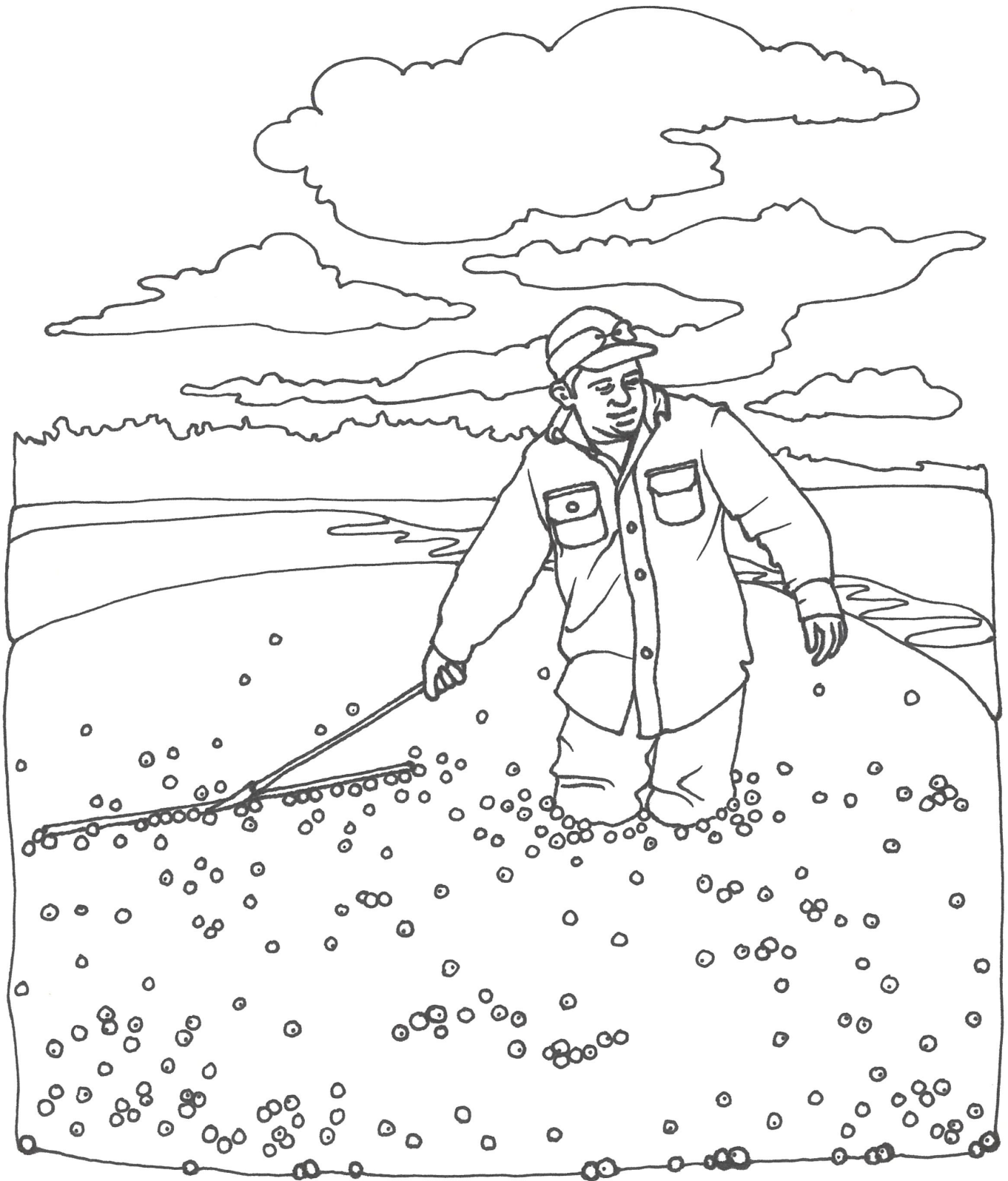
Every morning we make breakfast with eggs that Farmer Gretel's chickens laid. Sometimes we also buy her duck eggs because they bake the fluffiest cakes.



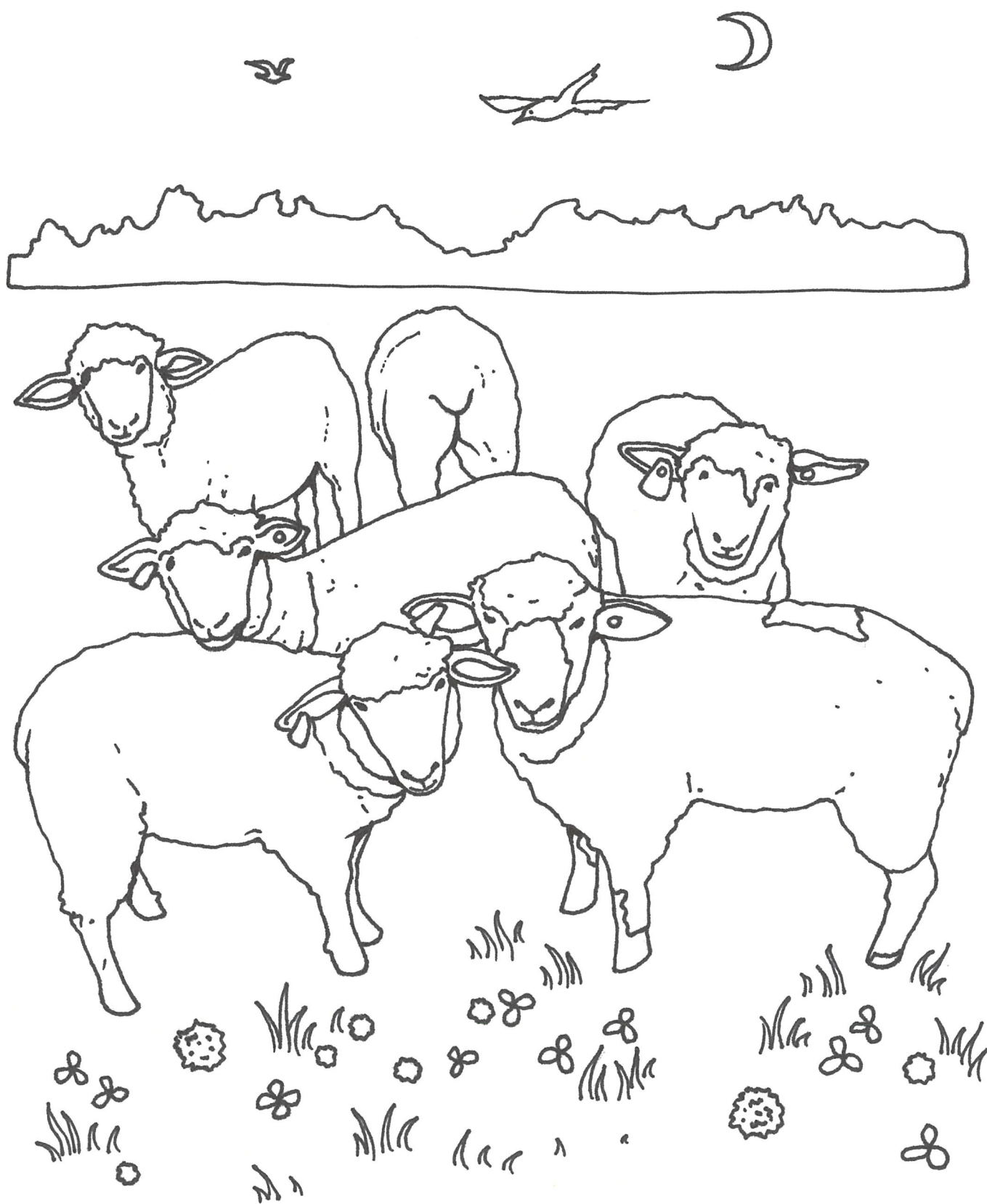
**In July and August we visit Farmer Steve's blueberry bushes and pick buckets of berries to make blueberry muffins, pies, and pancakes.**



In the fall we watch Farmer John flood his cranberry bog and harvest the cranberries that go into our juices, cakes, and in the cranberry sauce on our Thanksgiving table!



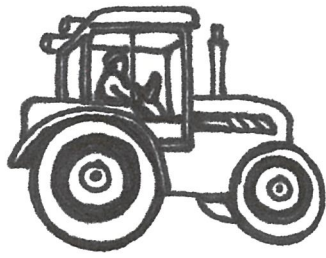
Farmer Al's sheep produce the wool that we weave into cozy socks, sweaters, and blankets to keep us warm all winter long.



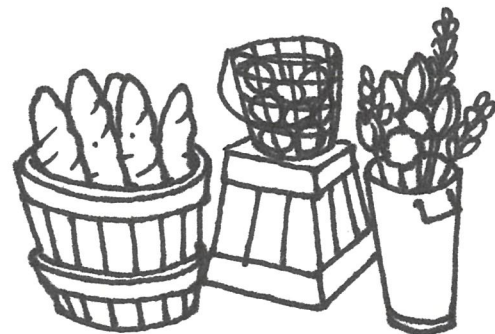
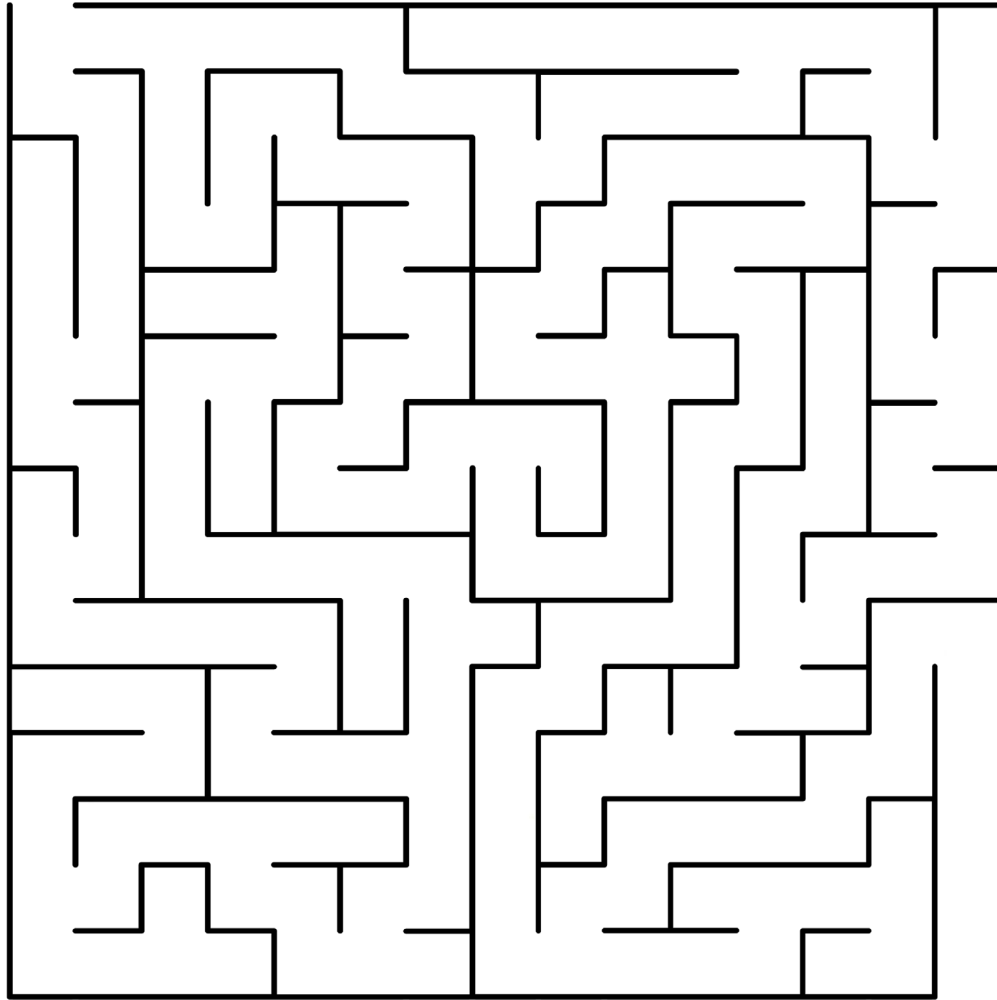


Anytime we need fruits, vegetables, seafood, eggs, and wool we just visit all of our farmer friends at their farms and at the weekly farmers' market to stock up on more fresh, local foods.





**Help the farmer  
get to the market!**





## About Buy Fresh Buy Local Cape Cod

Buy Fresh Buy Local Cape Cod (BFBL) is a program of the Cape Cod Cooperative Extension, which is an community education department of the Barnstable County Government. The mission of BFBL is to promote land and sea food growers and producers across Cape Cod, and to educate the public on the many reasons they should buy and eat fresh, local foods.

Learn more at [buyfreshbuylocalcapecod.org](http://buyfreshbuylocalcapecod.org). You can also follow us on social media at [Facebook.com/buyfreshbuylocalcapecod](https://www.facebook.com/buyfreshbuylocalcapecod) or on Instagram [@buyfreshbuylocalcapecod](https://www.instagram.com/buyfreshbuylocalcapecod).



## About the Artist

Sarah Conrad-Ferm is a local artist who washed ashore in Yarmouth Port in 2020. She grew up on Long Island in New York. A graduate of The Cooper Union, her illustrations have been used in children's books, magazines and as book covers. She is primarily a realist painter and has been painting scenes of Cape Cod's beaches, fishing piers and marshes. You can find her and her art at the Hyannis HyArts Shanties in the summertime. She also wrote a book chronicling her days with her two young boys during COVID written as daily letters called *Always and Still Here*.

To see more of her work, you can visit her website - <http://sarah-conradferm.squarespace.com> or find her on Instagram - [@sarahconradfermart](https://www.instagram.com/sarahconradfermart)

