

FRESH, LOCALLY GROWN FOOD

Buy Fresh, Buy Local: Information on The Internet

SEMAP Web Site: (Southeastern Massachusetts Agriculture Partnership)

Cape Cod Farm Stand Finder:

<http://www.farmfresh.org/food/farmstands.php?zip=02601>

Cape Cod Farm Finder:

<http://www.farmfresh.org/food/farms.php?zip=02601>

Community Supported Agriculture (CSA) on Cape Cod MA:

<http://www.farmfresh.org/food/csa.php?zip=02601&show=10&sortby=closeness>

Farmers Markets On Cape Cod Map:

<http://www.farmfresh.org/food/farmersmarkets.php?zip=02601&open=1>

Pick Your Own on Cape Cod Map:

<http://www.farmfresh.org/food/pickyourown.php?zip=02601>

Southeastern MA Harvest Calendar:

Know When Vegetables, Fruits, and Herbs are Available For Local Farms

<http://www.farmfresh.org/learn/harvestcalendar.php?zip=02601>

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Cape Cod Buy Fresh, Buy Local Web Site:

<http://www.buyfreshbuylocalcapecod.org/>

Farmers' Market

Hyannis/Mid Cape Farmers Market at 4 C's

Farmers' market operated as Hyannis/Mid Cape Farmer's Market in Hyannis. Sells a variety of produce and other natural products. Open from mid-June through early September on Wednesdays, from 8:00a.m-12:00p.m. Customers can pay with cash, WIC or seniors' coupons. Check for 2010 dates/times.

Hyannis/Mid-Cape Farmer's Market

232 Main St.

Hyannis

(508) 432-3557

http://www.farmfresh.org/food/farmersmarkets_details.php?market=95

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Farmers' Market

Osterville Farmers' Market

Sells fresh produce from Massachusetts. We encourage organic but we don't require that it be certified organic. We sell fruits, vegetables, breads, smoked fish, granolas. We don't allow vendors to partake in the market unless they have all of the proper permits and licenses from the Town of Barnstable that are required. This year the market will be open from June 4-October 1st every Friday, from 9:00 a.m.-2:00 p.m.

Osterville Farmers' Market

“Healthy and Happy Eating For All” Program Sites: Mid-Cape Cod Region

155 West Bay Road
Osterville
(508) 428-5861
info@ostervillefarmersmarket.org
www.ostervillemuseum.org

Farmers' Market

Winter Farmer's Market

A winter farmers' market is being held on Saturday, February 6, 2010. Sells produce, meat, shellfish, breads, smoked fish, baked goods, granola, cheese, eggs, pesto, jam and jellies, lavender, soaps and lotions, handcrafted items. The market will be open on the first and third Saturdays of each month, from 10 a.m. to 2 p.m.

Open to Everyone.

Liberty Hall in Marstons Mills, MA
2150 Main St.
Marstons Mills
mmfm@greatcapebaking.com

Locally-Produced Foods: CSA/Farm Stand/Fish/Seafood

Cape Abilities Farm

Opens on May 3, 2010 (the week before Mother's Day.) Plants available for Mother's Day. Closes at the end of November. All produce is organic. We have 5 green houses in Dennis, and another farm in Marstons Mills where we grow outside. Fresh hydroponic tomatoes (nearly year-round), beans, broccoli, carrots, cauliflower, eggplant, kale, parsnips, peppers, pumpkins, radishes, rutabagas, snap-peas, acorn, squash, butternut squash, summer squash, Eastham white turnips, other variety of turnips, zucchini, greens (year-round) and field vegetables. Purple turnips, mixed greens and arugula through the winter! We sell other produce from local farmers, and are very selective of that produce. Consumers can buy the produce on Rt.6A in Dennis. Market pricing. Market opens at 10am, closes at 6pm, all week. We have a salad club, where people pick up produce once a week that is pre-bagged. \$216-\$306 for 18 weeks of salad, picked up once a week. Nonprofit organization employing adults with disabilities.

Cape Abilities Farm
458 Main Street
Dennis
(508) 778-5040
farm@CapeAbilities.org
www.capeabilities.org

Locally-Produced Foods: CSA/Farm Stand/Fish/Seafood

Hawks Wing Farm

Hawk's Wing Farm is a local family-owned Cape Cod CSA farm and orchard that seeks member-supported contributions to support the farms efforts to raise naturally grown, organic fruit and vegetables. We do not sell wholesale, we sell at farmer's markets, and we

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sell on the farm. We sell at Mashpee, Osterville, and Bass River's farmer's markets. 8 varieties of apples, 2 varieties of peaches, and we grow all varieties of vegetables.

Hawks Wing Farm

41 Hawks Wing Road

Yarmouth

(508) 280-8798

billy@hawkswingfarm.com

<http://www.hawkswingfarm.com>

Locally-Produced Foods: CSA/Farm Stand/Fish/Seafood

Buy Fresh Buy Local

"Buy Fresh Buy Local is a program of FoodRoutes Network, a national non-profit organization that provides technical support to community-based groups that are working to strengthen regional markets for locally-grown foods. The local Cape Cod chapter was started in summer 2008 and is administered by the Cape Cod Cooperative Extension with help from Southeastern Massachusetts Agricultural Partnership (SEMAP). Program activities are guided by a Committee comprised of local land and sea farmers, restaurant owners, individuals and County Extension staff. Funding and support is provided by the Cape Cod Economic Development Council, Massachusetts Department of Agricultural Resources, the Cape Cod Cooperative Extension, and SEMAP."

Barnstable County, MA Cooperative Extension

Deeds and Probate Building

Railroad Avenue

Barnstable

(508) 375-6954

jgunnard@barnstablecounty.org

www.buyfreshbuylocalcapecod.org