

# Local Food Guide

for Jefferson County

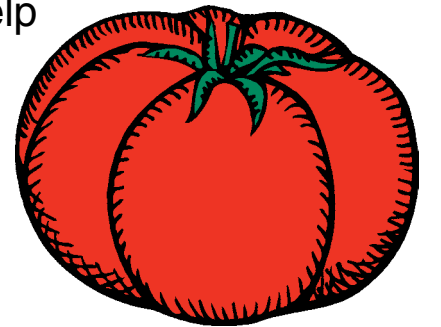
**FREE**



**Are you in the market for fresh, delicious food?**

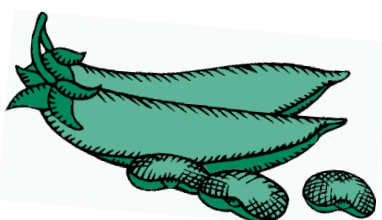
This guide points you to the freshest and best tasting food -- grown and produced by your neighbors.

Shop at the locations listed in this guide and help keep your food dollars circulating in our local economy!



## 2009 Jefferson County Farmers' Market Schedule

Market	Location	Day	Time	Dates	Notes
Monday Neighborhood Farmers' Market	203 North Hamilton Street Watertown	Monday	3:00 - 6:00 pm	July 6 - Oct. 5	WIC 60+ Food Stamps
Mobile Farmers' Market	Midtown Towers, Watertown North Co. Children's Clinic 238 Arsenal St. Watertown Curtis Apts., Watertown Skyline Apts., Watertown LeRay St. Apts., Watertown	Wednesday Wednesday Thursday Thursday Thursday	10:30 - 11:30 am 12:00 - 2:00 pm 11:00 - 12:00 pm 12:15 - 1:15 pm 1:45 - 2:45 pm	July 22 - Oct. 7 July 23 - Oct. 8	WIC 60+ Food Stamps
Jefferson Bulk Milk Market	Corner NYS Rte 3 and Old Rome State Road, Watertown	Friday	3:30 - 7:00 pm	July 3 - Sept. 4	WIC 60+
Saturday Farmers' Market	Watertown Fairgrounds	Saturday	9:00 - 2:00 pm	June 20 - Oct. 31	WIC 60+
Watertown Farmers' Market	Dulles State Office Bldg Washington Street	Wednesday	6:30 am - 3:00	May 27- Oct. 7	WIC 60+ Food Stamps
Carthage Farmers' Market	Multipurpose Use Pavillion Carthage	Friday	7:00 am - 2:00	May 29 - Oct. 30	WIC 60+
Family Farmers' Market at Stone Mills	Stone Mills Agricultural Museum, Lafargeville	Tuesday	4:00 - 8:00 pm	June 16 - Sept. 22	
Alexandria Bay Farmers' Market	Kinney Drugs - Rte 12 Alex Bay	Friday	9:00 am - 3:00	May 15 - Sept. 25	WIC 60+
Cape Vincent Farmers' Market	Village Green, Cape Vincent	Saturday	8:00 am - 2:00	June 27 - Oct. 10	
Clayton Farmers' Market	Frink Park, Clayton	Thursday	4:00 - 8:00 pm	June 25 - Sept. 17	
Valley Plaza Farmers' Market	Valley Plaza NYS Rte 12 DePauville	Friday Saturday Sunday	8:00 am - 4:00	June 5 - Sept. 6	



**WIC 60+** accepts Farmers' Market Nutrition Program Coupons  
(To find out more about receiving Farmers' Market Nutrition Program Coupons see page 4)

**Food Stamps** accepts Food Stamps  
some vendors accept **WIC checks**

**Local Food** Fresh to You - Fair to Farmers

# Local Farms & Stands

## Retail Stores

### Adams

**Holmdale Farm** **1**  
all natural pastured beef  
vacuum packed flash frozen  
Donald Holman  
15107 State Rte 178 Adams, NY  
phone: 232-4185  
holmdale@frontiernet.net  
\* please call ahead

**Sheland Farms** **2**  
beef and pork - *IPM*  
Doug Shelmidine  
12043 Co Rte 79  
Adams, NY  
phone: 846-5640  
dshel@frontiernet.net  
\* please call ahead

### Adams Center

**Almedan Produce** **3**  
fresh vegetables, herbs,  
meat rabbits  
Almeda Grandjean  
13501 Co. Rte 155  
Adams Center, NY  
phone: 583-5660  
\* roadside stand, please  
call ahead for meat

### Alexandria Bay

**Thornapple Farm** **4**  
lamb  
Rich & Monica LeClerc  
42810 Bailey Settlement Rd  
Alexandria Bay, NY  
rleclerc@wildblue.net  
\* please call ahead

### Antwerp

**Beartown Farms** **5**  
grass fed beef & lamb  
Gene & Veronica LaMothe  
37221 NYS Rte 11 Antwerp, NY  
phone: 287-9188  
www.beartownfarms.com  
\* please call ahead or email

### Belleville

**North Branch Farms** **6**  
fresh vegetables - *IPM*  
Jay & Kathryn Canzonier  
7781 Lake Rd. Belleville, NY  
phone: 846-5257  
www.northbranchfarms.com  
\* roadside stand, U-pick

### Cape Vincent

**Thousand Islands  
Goat Farm** **7**  
meat goats, goat meat (occasionally)  
Willard & Karen Stumpf  
3204 NYS 12E Cape Vincent, NY  
phone: 654-4839  
www.1000islandsgoatfarm.com  
\* sales from home, please call ahead

**Twelve Oaks Farm** **8**  
eggs, pork, garlic,  
rhubarb, free-range  
chickens, pastured pigs  
*organic - not certified*  
Dolores & Michael Bell  
6714 Gosier Rd Cape Vincent, NY  
phone: 654-3932  
\* sales from home, please call ahead

### Carthage

**Black River Valley Farms** **9**  
eggs  
Loren & Leonard Roggie  
Mike Lyndaker  
36537 NYS Rte 26 Carthage, NY  
phone: 493-0559  
\* sales from farm

**Garden Hill Farm** **10**  
fresh vegetables, herbs,  
berries, fresh cut and dried flowers,  
edible flowers, vegetable and  
herb plants, currants, gooseberries  
*organic - not certified*  
Maria Pilar Matiz-Mix  
32401 Rte 126 Carthage, NY  
phone: 493-9238  
gardenhillfarm@gmail.com  
\* sales from home, please call ahead

### Clayton

**McDowell Farm** **11**  
fresh vegetables, herbs, beef  
Wallace McDowell  
33442 Co Rte 4 Clayton, NY  
phone: 654-3358  
helen101374@yahoo.com  
\* roadside stand, sales from home

**RiverRat Ranch** **12**  
grass-fed beef -  
no growth hormones  
Harry & Eileen Slate  
10841 Northshore Road  
Grindstone Island (off Clayton, NY)  
phone: 686-2642  
\* sales from home, please call ahead

### Dexter

**Hickory Point Apiary** **13**  
honey  
Sheryl Crankshaw &  
John Van Orsdell  
15569 Cty Rte 59 Dexter, NY  
phone: 639-5081  
\* roadside stand - may call ahead for  
availability

### Evans Mills

**Best by Farr** **14**  
fresh vegetables,  
raspberries/strawberries  
Val & Richard Farr  
26809 Beckwith Rd. Evans Mills, NY  
phone: 629-4801  
rvfarr@verizon.net  
\* U-pick, sales from home

**Forbes Farm  
Milk Made Farm** **15**  
fresh vegetables, apples, eggs,  
beef, chicken, pork, goat products  
lamb, (no added hormones/antibiotics)  
goat's milk soaps/lotions  
Mark & Patty Forbes  
32491 Co Rte 46 Evans Mills, NY  
phone: 783-0836  
www.milkmadefarm.com  
\* sales from home, please call ahead

**Seaway Coldhardy  
Grapes and Vineyard** **16**  
fresh vegetables, grapes,  
berries - *IPM*  
grapevine nursery stock  
Duane A. Smith  
29250 Rte 11 Evans Mills, NY  
phone: 767-5202  
\* roadside stand, sales from home

### LaFargeville

**Baty Farm** **17**  
fresh vegetables  
*certified organic - NOFA-NY*  
Tim and Linda Baty  
30820 NYS Rte 180 LaFargeville  
phone: 658-2374  
timothy.baty@verizon.net  
\* roadside stand, sales from home

### Lorraine

**Big Brook Farm** **18**  
fresh vegetables, herbs, berries  
*organic - not certified*  
John Murdock & Kim Costello  
21056 Co Rte 93 Lorraine, NY  
phone: 232-3457  
Murddy@gmail.com  
\* sales from home

### Mannsville

**Grapesheep Ranch** **19**  
grapes, lamb, fleece,  
plants for natural dyeing  
*organic - not certified*  
Gary Sikes & Martha King  
14903 Cty Rte 91 Mannsville, NY  
phone: 232-3147  
\* sales from home, may call ahead

### Redwood

**Hunter's Farm** **20**  
fresh vegetables  
(sweet corn and pumpkins)  
Alan & Suzanne Hunter  
25603 NYS Rte 26 Redwood, NY  
phone: 482-9227  
ahunter@ridgeviewtel.us  
\* roadside stand, may call ahead

### Rodman

**Bearfoot Berry Farm** **21**  
berries (limited in 2009) - *IPM*  
Jim & Sue Gwise  
Co. Rte 69 Rodman, NY  
phone: 639-4103  
\* U-pick, please call ahead

**Lucki 7 Livestock Co.** **22**  
fresh vegetables, eggs, herbs,  
flowers, beef, pork, chicken  
*certified natural*  
Stephen Winkler  
20562 Co Rte 69 Rodman, NY  
phone: 232-5075  
www.lucki7livestock.com  
\* sales from home, customers may  
call ahead. (CSA)

**Schrader Farm** **23**  
fresh vegetables,  
herbs, flowers, lamb,  
wool fleece for spinning  
Janet Schrader  
22657 Williams Rd. Rodman, NY  
phone: 232-3786  
\* please call ahead for lamb (CSA)

### Theresa

**More Than Morgans** **24**  
fresh vegetables, herbs,  
flowers, eggs, chicken,  
lamb, pork, meat rabbits  
*certified organic - NOFA-NY*  
Holly Sakowich  
32649 Co Rte 194 Theresa, NY  
phone: 777-0742  
moremorgans@yahoo.com  
\* sales from home, please call  
ahead (CSA)

### Watertown

**Little m Farm** **25**  
fresh vegetables,  
elderberries, currants,  
oriental vegetables (limited),  
other NYS fruit in season  
Gail Millard  
16611 Co Rte 64 Watertown, NY  
phone: 788-2966  
littlem4@verizon.net  
\* roadside stand, may call ahead

**WindSwept  
Meadows Farm** **26**  
fresh vegetables, herbs,  
tree fruit, baked goods, jams,  
jelly, cut & u-pick flowers,  
berries, USDA inspected beef  
(flash frozen, vacuum packed),  
some vegetables available  
during winter months - *IPM*  
Delta & Tom Keeney  
17025 Co Rte 68 - Zoar Rd  
Watertown, NY  
phone: 788-1933  
\* roadside stand, may call ahead  
for availability. (CSA)

**Wyn-De-Elm Farm** **27**  
fresh vegetables, herbs,  
apples, berries, cut and  
dried flowers  
garden tours  
*organic - not certified*  
Kathleen Mereand  
20598 Rome State Rd  
Watertown, NY  
phone: 782-8339  
kmereand@yahoo.com  
\* roadside stand

### Wellesley Island

**Cross Island Farms** **28**  
fresh vegetables, pears,  
eggs, flowers, vegetable plants,  
pork, goat meat  
*certified organic - NOFA-NY*  
Dani Baker & David Belding  
44301 Cross Island Road  
Wellesley Island, NY  
phone: 482-FOOD  
www.crossislandfarms.com  
\* roadside stand, sales from home.  
Call ahead for farm/ greenhouse  
tours and special orders. (CSA)

### Adams Center

**Backyard Farmer** **29**  
fresh vegetables, herbs,  
berries, apples, honey, maple  
products, cheese, eggs  
Brian Sheley  
12139 US Rte 11  
Adams Center, NY 13606  
phone: 583-6181  
\* U-Pick strawberries hours:  
8-6 M-F, 8-4 Saturday, 9-2 Sunday

### Alexandria Bay

**Thousand Islands Winery** **30**  
wine, grapes  
Stephen Conaway  
43298 Seaway Avenue  
Alexandria Bay, NY 13607  
phone: 482-9306  
www.thousandislandswinery.com  
\* tours available  
on-site tasting room

### Clayton

**Gold Cup Farms** **31**  
fresh vegetables and fruit, apples,  
honey, maple products, cheese,  
bison, goat products  
Richard J. Brown  
242 James Street  
Clayton, NY 13601  
phone: 686-2480  
www.riverratcheese.com

### Philadelphia

**Otter Creek Winery** **32**  
grapes, wine  
Kyle Hafemann  
33109 Rudes Rd Philadelphia, NY  
phone: 642-0622  
www.ottercreekwinery.com

### Watertown

**Burrville Cider Mill** **33**  
apples, cider, honey,  
cheese, grapes, maple products  
Greg & Tina Steiner  
18176 County Route 156  
Watertown, NY 13601  
phone: 788-7292  
www.burrvillecidermill.com

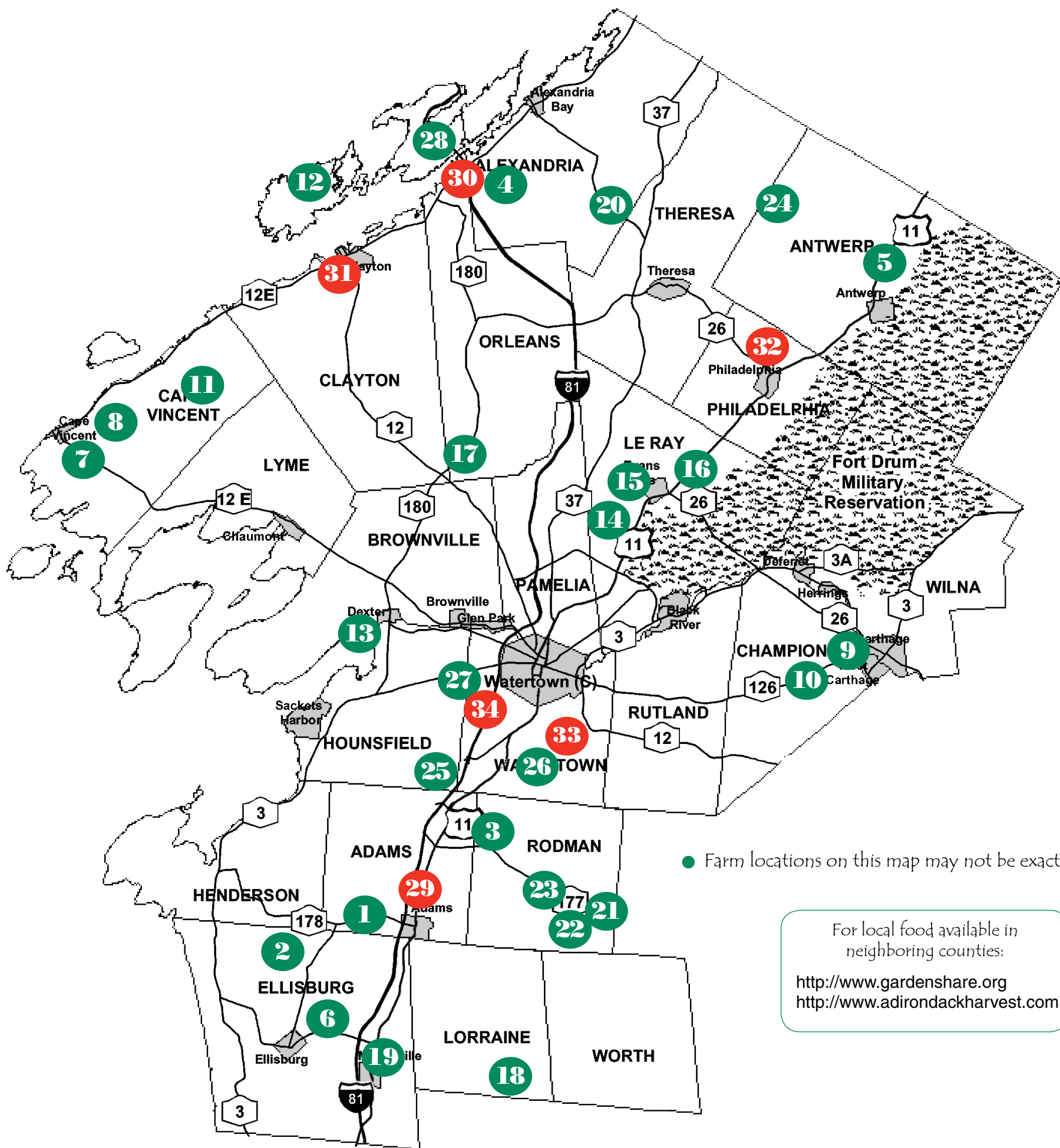
**Yellow Barn Winery** **34**  
wine  
Nick Surdo  
18867 County Route 66  
Watertown, NY 13601  
phone: 782-1824  
www.yellowbarnwinery.com

**Certified Organic** - Certified organic farms have met USDA standards for organic food production as verified by an accredited agency such as the Northeast Organic Farming Association of NY (NOFA-NY). Other farms may also follow organic farming practices but have not undergone the certification process.

**Certified Natural** - Refers to meat raised using no animal proteins, no antibiotics, no hormones and under humane treatment conditions.

**CSA** - Some farms offer a Community Supported Agriculture (CSA) option. Consumers can purchase a share of the farm's harvest at the beginning of the growing season and then pick up a box of freshly harvested produce each week throughout the season.

**IPM** - a sustainable approach to managing pests by combining biological, cultural, physical and chemical tools in a way that minimizes economic, health, and environmental risks.



For local food available in neighboring counties:  
<http://www.gardenshare.org>  
<http://www.adirondackharvest.com>

## Good Reasons to Buy Food Locally

- 1.** You know where your food came from and you have direct contact with the producer (farm/farmers).
- 2.** You often pay less.
- 3.** You improve your diet by eating more vegetables and fruit.
- 4.** Food miles are reduced—this saves fossil fuels and decreases vehicle pollution.
- 5.** Less packaging is used and, thus, less waste is created.
- 6.** You stimulate local economic development by keeping your \$\$\$ in the community.

## Want to know if the dairy products you buy are locally produced?



Some milk travels thousands of miles, so look for "36" to know that your milk was processed in New York State, with milk sourced from local dairy farms.



Many store brands of yogurt, cottage cheese, and sour cream are made by Crowley Foods in LaFargeville NY and use local milk. You can make sure the product was made at the LaFargeville Crowley plant by looking at the date stamp on the lid of the product. If the date stamp has an "L" as shown in this photo, it was made in LaFargeville.

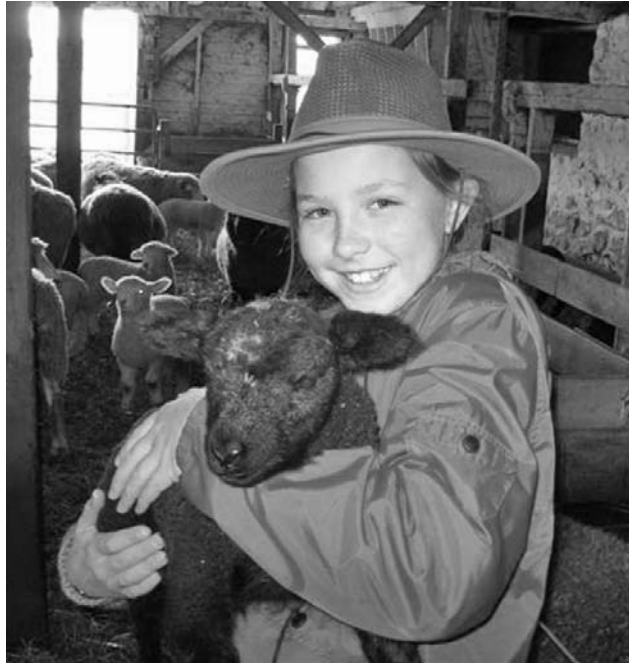
# About this Guide

This publication was modeled after a Local Food Guide produced for St. Lawrence County in 2006 by GardenShare. We thank our friends at GardenShare for their help and inspiration.

This Local Food Guide was produced as a public service with funding from the sponsors listed below.

The farms and businesses in this guide have assured us that they sell food they have raised themselves or food they have produced themselves using largely local ingredients.

In addition to their own food, these farms and businesses may also sell food that is not locally grown or produced. When shopping for local food always ask, did you grow this yourself?

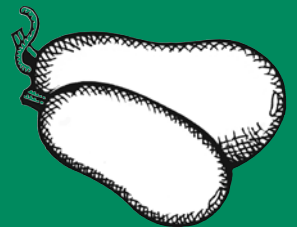


## To be Listed Next Year

To have your farm or business listed in next year's Local Food Guide, or to tell us about someone else who should be included - please contact

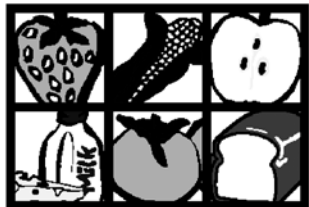
Roz Cook at Cornell Cooperative Extension (315) 788-8450 ext. 268.

Email: rlc53@cornell.edu



## 2009 Guide Sponsors

Eat Smart New York!



ESNY

Eat Smart New York is a nutrition education program that helps families struggling to stretch their food dollars serve well-balanced meals. Our nutrition and health programs are for youth, families, and individuals. Please see our website at <http://www.cce.cornell.edu/jefferson> for more information about our programs and services or call 788-8450.



GardenShare works to build a North Country where all of us have enough to eat and enough to share, where our food choices are healthy for us, for our communities, and for the environment. To receive our free quarterly newsletter, write to [info@gardenshare.org](mailto:info@gardenshare.org) or GardenShare 860 Maple Ridge Road Richville NY 13681



The Jefferson County Agricultural Development Corporation assists in the retention, growth and promotion of Jefferson County's agricultural industry. Visit our website at [www.comefarmwithus.com](http://www.comefarmwithus.com) for information on agriculture in Jefferson County.

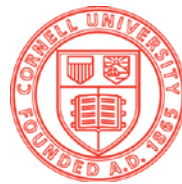


Tune in to New York's agricultural talk radio show **The Home Grown Show**, every Saturday morning from 9:00 to 10:00 am on 790 WTNY or listen on demand at [www.790wtny.com](http://www.790wtny.com).

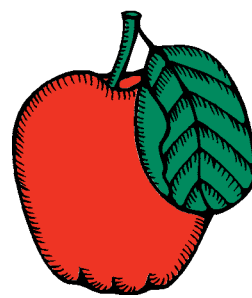


The Jefferson-Lewis Eat Well Play Hard Initiative helps families to learn about nutritious foods, the benefit of physical activity, and local wellness resources so that they can enjoy a healthier tomorrow. Eat Well Play Hard uses three wellness messages to help you choose easy, healthy behaviors for you and your children. Increase intake of vegetables and fruit. Increase intake of low-fat and fat-free dairy foods. Increase age appropriate physical activity.

If you are interested in more information please call Kristi Briones or Faith Lustik at 786-3720.



Cornell University  
Cooperative Extension  
Jefferson County



The WIC Program now gives checks to purchase fresh, canned, or frozen fruits and vegetables. Families can spend their checks at participating Farmers' Markets!

■ WIC vegetable and fruit checks are as easy to use as WIC Farmers' Market Nutrition Program (FMNP) coupons.

■ Find a vendor displaying the WIC logo and enjoy the wonderful freshness of just picked vegetables and fruits from a nearby farm.

■ On the front page we have listed the markets which currently accept both FMNP coupons (**WIC**) and WIC checks (**WIC**).

\* Not every vendor at these markets can take WIC checks. Look for the WIC logo.

If you have questions about this program or where to spend your coupons, please call Roz Cook at CCE, 788-8450 or NCCC's WIC Program at 782-9222.

The North  
Country  
Children's  
Clinic WIC  
Program  
provides



families with nutritious foods like milk, cheese, eggs, cereal, whole grain foods and fruits and vegetables.

Jefferson County office  
238 Arsenal Street  
Watertown or call us at  
(315) 782-9222

To request an appointment on-line:

[www.childrens-clinic.org](http://www.childrens-clinic.org)

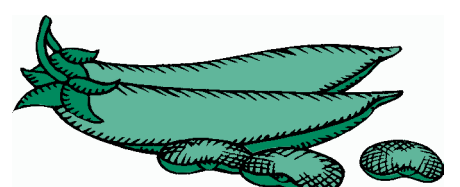
To qualify for WIC: Your **gross** income (your income before any deductions) must be **at or below** the amount listed for your family size on the chart below:

family size	yearly	monthly	
2	26,955	2,247	519
3	33,874	2,823	652
4	40,793	3,400	785
5	47,712	3,976	918
6	54,631	4,553	1,051
7	61,550	5,130	1,184
8	68,469	5,706	1,317
for each additional family member add:	+6,919	+577	+134

guidelines increase 4/10

60+

Seniors age 60 plus can qualify for coupons which can be redeemed at local Farmers' Markets. For more information call the Jefferson County Office for the Aging 785-3191



Local Food • Fresh to You

Fair to Farmers