



FREE

Local Food Guide

for Lewis County

BROUGHT TO YOU BY CORNELL COOPERATIVE EXTENSION OF LEWIS COUNTY



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!

2021 Lewis County Farmers Market Schedule

LOWVILLE FARMERS MARKET

Contact: Rhonda Farney (315-346-6759)
Marjorie Birchenough
Lewis County Fairgrounds
Forest Park Pavilion, Bostwick Street, Lowville
Saturdays: 8 a.m.-1 p.m. (June 5 – Oct 30)

SFMNP 60+

wic FMNP

LYONS FALLS FARMERS MARKET

Contact: Amanda Jones (680-222-5707)
lyonsfallsalivefarmersmarket@outlook.com
Park Pavilion – Riverside Park – Laura Street
Tuesdays: 11a.m.-4 p.m. (June 22 – Sept. 28)

SFMNP 60+

wic FMNP

LEWIS COUNTY GENERAL HOSPITAL FARMERS MARKET

Contact: Tina Schell (315-376-5087)
Lewis County General Hospital, North State Street, Lowville
Thursdays: 11 a.m.-3 p.m. (June 10-Oct. 7)

SFMNP 60+

wic FMNP

HARRISVILLE FARMERS MARKET

Contact: Laura LaPlatney (315-777-1689)
lauralaplantney@aol.com
Scenic View - Harrisville
Saturdays: 9am-4pm (May 29 - Oct. 30)

SFMNP 60+

wic FMNP

accepts Farmers' Market Nutrition Program Coupons



NORTH COUNTRY WELCOME CENTER

- Tourism information staff
- Themed play area
- Free Wi-Fi
- Electric car charging stations
- Animal comfort area
- Indoor and outdoor seating

LOCATED JUST OFF I-81

43350 Collins Landing Road, Alexandria Bay, NY
(315) 215-4187



taste.ny.gov/NorthCountryWelcomeCenter



The Welcome Center also features a Taste NY Market that showcases a broad selection of freshly made items from New York State producers:

- Locally roasted coffee
- Soups, salads, sandwiches
- Assorted chips, nuts, snacks
- Milk, yogurt, cheese, ice cream
- Baked goods
- Various maple & honey products
- Regional artisan gifts
- 24-7 Taste NY vending

Due to the ongoing Coronavirus Disease 2019 (COVID-19) pandemic all information is subject to change for the health, safety, and well-being of our community.



Local Farms & Stands



CONSTABLEVILLE

KRAEGER FARMS

Michael Kraeger
6224 Wynn Road
315-397-2592
mlkraeger@frontiernet.net
Maple products, sweet corn and pumpkins
Roadside stand, sales from house.

COPENHAGEN

HOPENHAGEN FARM

Mary and Devere Rumble
10218 Washington Street
PO Box 56
315-778-8735
molly5@twcny.rr.com
www.hopenhagenfarm.com
Facebook: hopenhagenfarm
Edible lavender, U-Cut, hand-made products with lavender and hops paired with essential oils. Our tea room is open for tea parties and other events.
Retail store: Fri. & Sat. 9am-5pm or by appt.
NYS Grown & Certified

CROGHAN

ADIRONDACK BEEF COMPANY

Steve & Michele Ledoux
7141 Old State Road
315-346-1741
adkbeefco@gmail.com
www.adirondackbeefcompany.com
Facebook: Adirondack Beef Company
Beef, pork, chicken, and turkey
CSA Monthly- quarters, bundles, custom orders, USDA cut/packed, all natural, grass fed beef, no hormones or antibiotics. Year-round/retail/wholesale/bulk available/call ahead. Credit cards accepted. (CSA) Name: Adirondack Beef Company NYS Grown and Certified: Beef, pork, chicken, turkey.

CROGHAN MEAT MARKET INC.

Blaine Campany
9824 Route 812
Mailing address: PO Box 87
Croghan, NY 13327
315-346-6613
croghanmeatmarket@gmail.com
www.croghanbologna.com
Facebook: croghanbologna
Specialty meat products- Croghan Bologna, sausage, Beef, chicken and pork cut meats and cheese. Storefront location. Hours M-F 9:00 a.m. to 5 p.m., Sat. 9 a.m. to 1 p.m. (Closed Sunday) USDA Processor

GOOD'S COUNTRY MARKET

Kenneth & Rosalee Good and Family
7478 Belfort Road (Croghan)
315-346-6059
Seasonal vegetables, bought in cheeses, bulk foods, maple syrup, herbs, spices, and flowers.
Homemade baked goods – Fri. and Sat. Local honey, eggs, apples, berries. Store-retail/wholesale/bulk available. Open year-round Mon. – Sat. 8 a.m. – 6 p.m. (Closed Sunday)

LYNDAKER'S MAPLE ORCHARD

Glenn and Nadeen Lyndaker
7883 Long Pond Rd.

Sugarhouse: 8735 Soft Maple Rd.
315-346-6829
lyndaker@frontiernet.net
www.lyndakersmapleorchard.com
Facebook: Lyndakers Maple Orchard
Maple products and value added. Available year round/ Retail/Wholesale/Shipping is available. Maple syrup all grades, Bourbon Barrel Aged, maple sugar cakes, maple granulated sugar, maple creams: traditional, blueberry, cinnamon, and cranberry. Maple butter, maple spice, maple garlic pepper, maple mustard and maple BBQ. Infused maple syrup: vanilla bean, blueberry, coffeebean, and cranberry. Maple coated nuts: sunflower seeds, peanuts, coffeebeans, almonds, pecans. Maple coffee and Maple tea. We can tap to 3,000 trees-buckets/tubing/vacuum system. Gift baskets available. Sales from house.

RED BARN MEATS, INC.

Jordan & Rachel Brandt
9095 Briot Road
315-346-1254
redbarnmeatsinc@gmail.com
Facebook: Red Barn Meats Inc.
USDA and custom processing of beef, pork, lamb, and goat. Specialty products: jerky, beef sticks, ring bologna, bacon, and much more available at local markets and our newly added retail counter. Local raised poultry and eggs are available. Stop in or call ahead to schedule an appointment or to see what more we have to offer. Hours: Mon.-Wed. 8am – 5pm, Thurs. – Fri. 8am – 6pm, Sat. 8am – 12pm
Customers must call ahead.

SOILYJON'S MAPLE

Jason & Julie Moser
7507 Kirscherville Road
315-346-6637
jmoser025@gmail.com
Facebook: SollyJon's Maple
Maple products: maple syrup in glass or plastic, maple sugar- dust (powdered), sprinkles, bits, coffee clunkers, cinnamon maple blend available in resealable stand-up pouches, shakers, tins, straws, grip canisters, and individual sugar packets.
Farmers Market: Lowville, sales from home, customer must call ahead. We take custom orders, bulk orders and shipping is available.

YANCEY'S SUGARBUSH

Haskell, Jane & Timothy Yancey
7981 Long Pond Road (Croghan)
315-346-6356
janeyancey@frontier.com
Facebook: Yancey's Sugarbush
Pure maple syrup, maple cream, maple sugar cakes and maple granulated sugar. Call ahead for orders. Sales from house year around and from the boiling shed during the season. Traditional methods of sugaring.

DENMARK

BUSHGARDEN'S

Loren & Chris Bush
10371 State Route 26
315-783-8642, 315-783-6745
bushgardens@live.com
Facebook: Bush Garden's
Seasonal vegetables, herbs, apples, fresh eggs.
Open Daily, self-serve at roadside stand, sales from house.

CSA: Bushgardens
Accept: FMNP, cash, and credit cards.
Farmers' Market: Watertown.

DENMARK GARDENS APPLE ORCHARD

Patsy Makuch
10080 Old State Road
315-771-4354
denmarkappleorchard.mynny.biz
denmarkappleorchard@gmail.com
Facebook: Denmark Gardens Apple Orchard
Apples of all varieties. The Apple Shack roadside stand, picked fresh daily.
Self-serve, Open daily in fall. IPM (Integrated Pest Management)

STONY CREEK COUNTRY STORE

Savilla Steria
10825 NYS Route 26 (Deer River)
315-493-0750; Fax: 315-493-0757
Homemade baked goods, breakfast crunch granola, homemade jams and jellies, maple syrup, seasonal vegetables from farm and local producers, berries, apples, eggs, and honey from local producers, bulk foods, deli meats and cheeses, Red Barn Meats, Goat, Chicken, and Croghan bologna. We have a small country store and bakery and sell as much of our own products as we can and support local producers. We sell vegetable plants and flower bedding plants from a local greenhouse in the Spring.
Store Open: Mon – Sat 8 a.m. – 6 p.m.
Farmers' Markets: Carthage-Fri., Watertown-Sat.

WAKEFIELD APIARIES, LLC

Richard and Amy Wakefield
4016 Deer River Road (Deer River)
315-493-0347
amywake@twcny.rr.com
Facebook: Wakefield Apiaries LLC
Honey, comb honey, beeswax, and candles.
Customers please call ahead. Sales from house.
IPM practices. Open seasonally, Thursdays 9 a.m. – 6 p.m. Thursday Only!

DIANA

CEDAR KNOLL FARM

Andrew and Dorothy Kramer
7504 State Rt 3
Roadside stand: 13036 State Route 812 (Harrisville)
Corner of Rt 3 and Rt 812 (Croghan Rd)
315-543-1092
ckfharrisville@gmail.com
Facebook: Cedar Knoll Farm Harrisville
Mixed vegetables, herbs, berries, apples, pumpkins and Fall decorations.

EDDIE'S MEAT MARKET

John Boliver
10867 state Route 812
315-346-1633
Facebook: Eddie's Meat Market
Eddie's Ring Bologna made fresh Mon. and Thurs. Fresh chicken, lamb, beef, and pork cuts available at retail counter. Fresh cheese curd on Thurs.,
Store-Open Mon-Fri. 8 a.m. – 5:30 p.m. Sat. 8 a.m. – 5 p.m.

PIERCE'S SUGAR SPIGOT

Carl & Karen Pierce
14143 South Creek Road

Sugarhouse: 11601 St. Route 812 (Croghan)

Harrisville, NY 13648
315-543-2980
Kapierce3@hotmail.com
Facebook: Carl Pierce
Maple Products: maple syrup, maple hard candy, maple peanut brittle, maple peanuts, maple lollipops, maple butter, maple cream and sugar cakes. Sales from house or sugarhouse. Please call ahead.

GLENFIELD

COLWELL'S FARM MARKET & GARDEN CENTER

Michael & Violet Colwell
6007 State Route 12
315-376-7402
mcolwell@twcny.rr.com
www.colwellsfarmmarket.com
Facebook: colwell's farm market
25 acres of mixed vegetables, 10 greenhouses. Bedding and vegetable plants, full line of herbs, annuals, perennials, hanging flower baskets, and cider donuts offered daily along with assorted baked goods. U-Pick strawberries and pumpkins, local apples, peaches, pears, plums, and cherries. High tunnel for late and early season cucumbers and tomatoes. Bulk available. Wagon rides during pumpkin season, corn maze, donuts and cider slushies.
Credit cards, EBT food stamps accepted. FMNP. Available April-November 24th.
Store open Mon-Sat 8 a.m. – 7 p.m., Sun 9 a.m. – 6 p.m.
IPM farming method.

HIDDEN PASTURES DAIRY

Blake and Andrew Place
5115 St. Rt. 12
315-528-7050
hiddenpasturesdairy@gmail.com
www.hiddenpasturesdairy.com
Facebook: facebook.com/hiddenpasturesdairy
IG: @hiddenpasturesdairy
Goat milk gelato, goat cheese, vegetables, and pumpkins located at our farm stand.
NYSSGHAP Certified, NYS Grown & Certified.

GREIG

MORNINGSIDE

Rick, Patty and Collin Hoskins
4631 Wilcox Road (Lyons Falls)
315-348-8184
pjmbm8184@frontier.com
Honey, rotational grass fed/winter supplemented beef, pork, and eggs
Farmers Market: Lyons Falls CSA: North Country Local Meats
Sales from house, call ahead for availability

LEWIS

HIDDEN HILL RANCH

Scott and Lin Sawyer
2081 Thayer Hill Road (Boonville)
315-942-5407
momsies1@gmail.com
www.hhrbeef.com
Facebook: Hidden Hill Ranch
Angus beef: farm to table pasture raised USDA inspected beef. Our animals are raised without added growth hormones or antibiotics. Organic; not certified. Regenerative Agriculture practices. Eggs available on a limited basis. Sales from house, call ahead and pick up.



Local Farms & Stands



LOWVILLE

AGROTECY

Dean and Wanda Yancey
7692 Lampher Street
315-376-4713
dwyancey@yahoo.com
Maple syrup, maple products, and mixed vegetables.
Natural, not certified.
Customers must call ahead, sales from house.

CEDAR HEDGE FARM

Jan Virkler and Jeff Van Arsdale
7153 Olmstead Road
315-376-3621
cedarhedgefarm@charter.net
www.cedarhedgefarm.com
Facebook: cedarhedgefarm13367
Goat cheese; feta, sharp feta and unsalted ch vre, fresh eggs, jams, jellies and baked goods.
Roadside stand. Farmers Market: Lyons Falls, Lowville, Lewis County General Hospital

HERRDALE ACRES

Larry Herr
7161 West Road
717-519-7174
herrdale@gmail.com
www.herrdaleacres.com
Facebook: Herrdale Acres
Grass fed beef- no antibiotics, no pesticides and without commercial fertilizers.
Customers call ahead. Sales from house.

KABAN SULLIVAN MAPLE PRODUCTS

Richard Kaban
4401 Griffith Road
315-376-3201
jrkaban@frontier.com
Maple Products
Sales from house.

NOLT'S COUNTRY STORE

Elaine Nolt
7189 State Rt 812
315-377-3077
noltscountrystore@emypeople.net
Seasonal produce-vegetables & fruits, baked goods, bulk foods, maple syrup, cheeses, kitchen items, sewing notions, deli meats, vegetable and flower plants during season. Retail store/open year-round. Mon-Fri. 8:30 a.m. - 6:30 p.m. Sat 8:30 a.m. - 4:30 p.m. (Closed Sundays)

OWLS LANDING FARM

John and Penny Ingham
7411 West Road
315-376-2268
owlslandingfarm@gmail.com
www.owlslandingfarm.com
Facebook: Owls Landing Farm
Maple syrup, honey, pears, and apples call ahead for availability. Organic, not certified.
Sales from home.



Visit AdirondackHarvest.com

ROSS FARMS BEEF

JD Ross
7463 Ross Road
315-771-4680
jdrrfb32@gmail.com
All-natural fed Angus beef. Freezer beef and ground beef.
All natural. Sales from house.

SHULTZ FAMILY CHEESE

7956 Number Three Road
315-376-7548 or 315-767-9024 (cell)
bronsonj@citlink.net
Shultz Family Cheese produces fresh cheese and cheese curd from the milk of their own 40 cow dairy. It is the only locally produced cheese curd available in Lewis County. Shultz's sell their products at the farm or in several local stores. Please call ahead for availability and processing days so you can enjoy fresh cheese curd warm out of the vat.

MILLERS MEAT MARKET

6525 Number 4 Road
315-376-6253
www.millersmeatmarketny.com
info@millersmeatmarketny.com
Facebook: miller's meat market
We are a "one-stop-shop" for your custom cutting needs. We harvest and process livestock on site. We offer freshly ground beef daily, hot and sweet sausage, jerked meats: Watson burgers, Jerky burgers and Porky burgers. They offer maple products, turkey, chicken, pork, and beef products. Retail Store: bulk foods, specialty sauces, seasonings, and homemade pie. Bulk specials available online and pick up at store.
Mon-Fri 8am-5:30pm, Sat 8am-5pm, Sun closed.

SWARTZENTRUBER HONEY FARM

Marvin Swartzentruber
6603 East Road
315-376-3362
marv_sw@yahoo.com
Honey, creamed honey, homemade beehive houses. Sales from house. Farmers Market: Carthage, Lowville

TUG HILL ESTATE VINEYARDS

Jon and Taren Beller
4051 Yancey Road
315-376-4336
www.tughillvineyards.com
info@tughillvineyards.com
Facebook: tug hill vineyards
U-pick blueberries, raspberries, apples, and grapes-NYS wines and spirits. We are now open year around. We offer u-pick fruits in season, brunch on Sundays and many pop-up dining experiences throughout the year. Weddings, private parties and corporate events are always welcome. During the winter, snowshoes are available to explore the estate free of charge. Come warm up by the fire in the new Vinters Lounge and grab a bite to eat when you are finished. Check our website and Facebook page to keep up on all the events happening. Raspberries-July- Oct., Blueberries-Aug, Grapes-Sept. Closed Tues-Wed., Open- Thurs. Sun. Mon.- 11am-5pm, Fri-Sat- 11am-9pm. IPM farming method. Tasting Room

INDIAN PIPE MAPLE

Evan Zehr
5574 Highland Avenue
315-376-3082
eazehr@twcny.rr.com
Maple syrup.
Sales from house, customers must call ahead.

THE PHINNEY FARM

Mary Evans-Leo Walters
7287 State Route 812 (Belfort)
315-771-9451
lawalters1952@gmail.com
Honey and Vegetables: garlic, watermelon, tomatoes, peppers, and other.
Roadside stand and sales from house during winter. Please call ahead in winter.

GRASSROOT MEATS

Benjamin & Stephanie Fouse
3821 Rector Road
315-376-3527
grassrootmeats@yahoo.com
Facebook: Grassroot Meats
Grass Finished beef, pasture raised chicken, lamb, pork and brown eggs. Most products available year-round. Customers must call ahead. Sales from house.

NEW BREMEN

ZEHR'S FLOWERS & LANDSCAPING, LLC

Samantha Widrick
8484 Van Amber Road (Castorland)
315-376-3086
office@zehrflowers.com
www.zehrflowers.com
Facebook: Zehr's Flowers & Landscaping
Vegetable and herb plants, berry shrubs, apple trees, grape vines and Christmas Trees.
We offer a great variety of starter vegetables for the local gardener. Certified Organic.
Open Mon-Fri 9am-5pm, closed Sat-Sun.

UNIQUE CAKES

Wilbur and Florence Lyndaker
7734 Wagner Road
315-405-5429
We make Grandma's donuts and Carmel corn to purchase at Lowville Producers Dairy Coop, Nolt's Country Store and West Martinsburg Mercantile. All occasion cakes, decorated cupcakes and cookies, fudge, homemade pies made to order from home and at the Farmers Market in Lowville. Customers must call ahead.

TURIN

AUTUMN RIDGE GOAT FARM

Matt and Windy Klossner
5030 State Route 26 (Turin)
315-286-5478
windy.klossner@yahoo.com
www.autumnridgegoatfarm.com
Facebook: Autumn Ridge Goat Farm
We make plain Feta and garlic onion Feta. Chevre flavors in plain, chive'n onion, roasted garlic, honey pecan, cinnamon cranberry, and bacon horseradish. Goat milk soap and lotion, Alpaca fleece yarn, and eggs. Goat cheese can be purchased at the Lowville Farmers Market, Lyons Falls Farmers Market, Colwell's Farm Market & Garden Center,

and Lowville Producers Cheese Store. Roadside stand from house. NYSSGHAP certified and NYS Grown & Certified.

BLACK RIVER VALLEY NATURAL, LLC

James & Bethany Munn
4012 Center Street (Lyons Falls)
PO Box 407
315-471-5872 x 701
bethany@blackrivervalleynatural.com
www.blackrivervalleynatural.com
Facebook: Black River Valley Natural
Small batch creamery, processing and distributing locally sourced artisanal foods such as milk, yogurt, cheese curd and butter. Minimally processed non-homogenized dairy products with the cream on the top. We bottle our milk directly after pasteurization and eliminate the homogenization process. We do not homogenize our milk because not only does non-homogenized milk taste better, but studies have shown that it can be healthier for you too! Butter varieties: Honey Sriracha, Cinnamon Sugar, Maple Brown Sugar, Salted, Unsalted, Lemon Zest, or Garlic & Herb. Milk varieties: Creamline, Chocolate, Maple, Coffee Maple and Whole Milk. Yogurt: Vanilla. Cheese Curd: Plain, Garlic & Herb, Honey Sriracha, and Maple Bacon. Visit our website for a list of participating stores that carry our products.

NORTH STAR FOOD HUB

James & Bethany Munn
4012 Center Street (Lyons Falls)
PO Box 407
315-471-5872
connect@northstarfoodhub.com
www.northstarfoodhub.com
Facebook: North Star Food hub
The North Star Food Hub is a regional initiative that serves farmers in Jefferson, Lewis, Oswego, and St. Lawrence counties. The hub provides a platform for local producers to sell wholesale local foods to area restaurants, grocery stores, food retailers, corner stores, schools, hospitals, and other institutions. It also operates a direct-to-consumer website delivering fresh ingredients to delivery locations within Oneida, Jefferson and Lewis County. The hub offers all kinds of products: vegetables, herbs, berries, apples, honey, maple products, cheese, grapes/wine, beef, lamb, goat, turkey, chicken, pork and eggs. We offer conventional, certified natural, and certified organic products.

PINEVIEW FARM

Edward Koss and Sons
4904 Gomer Hill Road
315-348-5050, 610-390-3506
cinncow876@gmail.com
Grass fed/grain finished beef, no hormones or antibiotics. USDA cut/packed. Custom wholes/halves/quarters. Customer must call ahead.



Lewis County is dedicated to providing the best resources for a naturally healthier lifestyle. Download the "Naturally Healthy Lewis County" app TODAY for instant access to natural foods and fitness opportunities, throughout Lewis County, NY!

"We educate youth, families, farmers and communities using research-based knowledge for practical application and lifelong learning."

Cornell Cooperative Extension of Lewis County
7395 East Rd., Lowville, N.Y. 13367

Phone: 315-376-5270 • Visit us on Facebook • Web: www.ccelewis.org

Find your farmer!



Fill your freezer!



www.meatsuite.com

A PROJECT OF CORNELL COOPERATIVE EXTENSION

MEATSUITE.COM is a free online tool to help you easily find locally produced, affordable, delicious meats in bulk. Use MeatSuite to find farmers across New York State, and connect with *your* farmer to purchase the full suite of great local meats.

Why buy meat in bulk?



Save Money

Because bulk local meat offers a low price-per-pound on desirable cuts, you can expect significant savings over meat sold by the piece.



Support Local Farms

Buying whole, half, or quarter animals is efficient and profitable for the farm, and your purchase supports the local economy.



Taste the Difference

Locally raised meats are delicious and flavorful, and you'll have the chance to try new cuts and recipes.

www.meatsuite.com



Cornell University
Cooperative Extension

Funded by New York
Farm Viability Institute

HOW TO ACCESS A FOOD PANTRY NEAR YOU

Copenhagen (St. Mary's Church)

Third Wednesday each month, 5 p.m.-7 p.m.

Harrisville (Town of Diana Garage)

First Tuesday each month, 7 p.m.-8 p.m.

Third Tuesday each month 10am-11am

New Bremen (Lewis County Opportunities)

Monday, Wednesday, Friday; 1 p.m.-3 p.m.

Port Leyden (St. Martin's Rectory)

Fourth Thursday each month, 9 a.m.-12 p.m.

and each Tuesday 9 a.m.-12 p.m.

or call Lewis County Opportunities at 315-376-8202 to schedule an appointment Monday through Friday, 8 a.m. to 4 p.m.

LOWVILLE FOOD PANTRY: Open Mon.-Fri. 10 a.m.-1 p.m.

Call 315-376-7431 for an appointment

Croghan (Croghan Free Library) Every Wednesday by Appointment Only
Contact Linda Kloster at 845-661-3659

60+

Seniors age 60 plus can qualify for coupons which can be redeemed at local Farmers' Markets.

For more information, call the Lewis County Office for the Aging at 315-376-5313.

You can use your SFMNP checks at the farmers' markets listed in this guide!

You can also use your WIC Vegetables & Fruits checks with participating vendors!

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:

Mellissa Spence

Cornell Cooperative Extension of Lewis County

Telephone: 315-376-5270

E-mail: lewis@cornell.edu

WIC now offers checks to purchase fruits and vegetables, and families can spend them at participating Farmers' Markets!



North Country Family Health Center

North Country Family Health Center provides families with nutritious foods like milk, cheese, eggs, cereal, whole grain foods, fruits and vegetables.

- many working families qualify for WIC
- many military families qualify for WIC
- WIC supports breastfeeding

Lewis County Office-7785 N. State Street, Lowville
Offering appointments in Lowville, West Carthage
Call (315) 376-6427 for an appointment