

2024

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!

2024 Lewis County Farmers Market Schedule

LOWVILLE FARMERS MARKET

Contact: Rhonda Farney (315-346-6759)
Yvonne Bamann
Lewis County Fairgrounds
Forest Park Pavilion,
Bostwick Street, Lowville
Saturdays: 8 am – 2 pm
(June 1 – Oct 12)

LYONS FALLS FARMERS MARKET

Contact: Katie Liendecker, Market Mgr. (315-415-2567)
cliendecker@gmail.com
Patty Corey, Crafters Mgr. (315-348-6509)
lucyatmcalpine@icloud.com
Park Pavilion – Riverside Park –
Laura Street
Tuesday: 11 am – 4 pm
(June 11 – Oct 1)

LEWIS COUNTY GENERAL HOSPITAL FARMERS MARKET

Contact: Darcy Zehr (315-376-5225)
dzehr@lcgh.net
Lewis County General Hospital
7740 West St., Lowville
Thursdays 11 am – 2 pm
(June 6 – Oct 10)

HARRISVILLE FARM, CRAFT, AND FLEA MARKET

Contact: Laura LaPlatney (315-777-1689)
lauralaplantney@aol.com
Phil Hathaways Field,
7497 St Rt 3, Harrisville
Saturdays: 9 am – 4 pm
(May 25 – Sept. 29)



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

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, lavender, and oil distiller. Lavender Honey, lavender ice cream, and assorted lavender wine. Seasonal U-cut flowers. The tearoom is open for tea parties and other events.
Retail store: Fri. & Sat. 9am-5pm or by appt.
NYS Grown & Certified



MOSER'S MAPLERIDGE FARM

Lyndon, Patti, and Vaughn
3981 Wilson Road (Copenhagen)
315-486-0124
vaughn.moser@gmail.com
Facebook: Moser's Mapleridge Farm
Maple syrup, maple cream, maple sugar cakes, CDL maple equipment dealer, beef, and pork. We sell wood slabs and lumber from our sawmill.
Sales from the house
Conventional and natural

PATTI'S KITCHEN

9527 St. Rt 26 (Lowville)
315-688-2518
mosersmapleridgefarm@gmail.com
Facebook: Patti's Kitchen
www.mosersmapleridgefarm.com
www.etsy.com/shop/mosersmapleridgefarm
Sales from the house. Baked Goods: pies, decorated cakes, maple sugar cakes, and maple cream. Fresh raspberries seasonally. Preorder pies-fresh baked or frozen ready to bake. Decorated cakes for any occasion: wedding, anniversary, birthday, etc. Please call ahead.



CROGHAN

BRAMBLE BERRY ACRES

Nathan Foster
9887 Croghan Reservoir Road
850-598-6241
brambleberryacresny@gmail.com
www.brambleberryac.com
Pasture-raised and rotated chicken, forest-raised and rotated pork, all-natural production of vegetables and berries.
Vegetables, herbs, berries, apples, chicken, pork, and eggs are available.
Sales from house, please call ahead for availability and preordering.
Regenerative practices, no chemicals. Rotational grazing practices.

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, lamb, and pork cut meats, cheese, maple syrup, and eggs. Storefront location. Hours M-F 9:00 a.m. to 5 p.m., Sat. 9 a.m. to 1 p.m. (Closed Sunday and all federal holidays)

GOOD'S COUNTRY MARKET

Kenneth & Rosealee Good and Family
7478 Belfort Road (Croghan)
315-346-6059
Seasonal vegetables, bought in cheeses, eggs, and pears. Bulk foods, maple syrup, maple products, herbs, spices, local honey, apples, berries, and fruit in season. Local bedding plants in the spring and summer flower bouquets from our garden. Homemade baked goods – Fri. and Sat. Store - retail/wholesale/bulk available. Open year-round Mon. – Sat. 8am – 6pm (Closed Sunday)

GOOD OL WISHY'S

Charlotte & Karl Schweitzer
9779 Main St. Rt. 812 (Croghan)
315-346-6736
http://goodolwishys.mynny.biz/
Facebook: Good OL' Wishy's
Schweitzer's maple syrup and maple products available. A family-owned old-fashioned soda fountain with Perry's Hard Ice Cream, Upstate Dairy soft serve ice cream, and retail bicycle shop. We serve Maple Syrup Milkshakes and Maple Syrup Sundaes with our own maple syrup. Sales from my house and Good OL' Wishy's Store open seasonally from April to October 1pm – 8pm

INTERNATIONAL MAPLE MUSEUM CENTER

9756 St Rt 812 (Croghan)
Mailing address: PO Box 81
315-346-1107
info@maplemuseumcentre.org
www.maplemuseumcentre.org
Facebook: International Maple Museum Center
Museum Gift Shop and maple products from Lewis County
Producers. Founded in 1977 to preserve the history and evolution of the North American maple syrup industry.

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, maple BBQ, maple grit, and maple hot cocoa, Infused maple syrup: vanilla bean, blueberry, sriracha. Maple-coated nuts: peanuts, almonds, pecans, and spicy mixed nuts. Maple coffee, k-cup coffee, and Maple tea. Gift baskets available. Sales from house.

MOSER'S MAPLE LLC

Bryan, Don, and Jake Moser
9605 Croghan Reservoir Road (Croghan)
315-486-7933
info@mosersmaple.com
www.mosersmaple.com
Facebook: Moser's Maple
Maple syrup, maple mini's hard candies, granulated maple sugar, maple cream, maple sugar candy, rum barrel aged maple syrup, rum barrel aged maple cream, whiskey barrel aged maple syrup, and whiskey barrel aged maple cream. Call for orders, ordering online, and shipping available. Customers must call ahead.

RED BARN MEATS, INC.

Jordan & Rachel Brandt
9095 Briot Road
315-346-1254
redbarnmeatsinc@gmail.com
www.redbarnmeatsinc.com
Facebook: Red Barn Meats Inc.
CSA Name: Red Barn Meats CSA
USDA and custom processing of beef, pork, lamb, and goat. Specialty products: jerky, beef sticks, ring bologna, bacon, maple syrup, maple syrup products, cheese at local markets, and our retail counter. Locally 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, Sunday – closed. Customers must call ahead.

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 sugarcakes, and granulated maple sugar. Call ahead for orders. Sales from house year-round and from the boiling shed during the season. Traditional methods of sugaring.

DENMARK

DANI'S DAFFODILS

Danielle Thomas
10279 Old State Rd (Carthage)
315-955-4688
<https://sites.google.com/view/danisdaffodils/home>
dthomas3024@gmail.com
Facebook: Dani's Daffodils
I offer a self-serve Bouquet Bar, U-Pick flowers, and flowers for your special event. I have over 600 various bulbs that will be ready in the Spring: Tulips, daffodils, and summer flowers: sunflowers, dahlia, gladiolus, and zinnias. Whether you want a premade bouquet for a quick trip, a stroll in the field and cut your own, or create your own wedding bouquets, we have flowers for you! Follow me on Facebook for opening times or call me.

Samuel & Miriam Horst

10468 East Road (Lowville)
607-242-4773
Mixed Vegetables, herbs, and eggs. Naturally grown.
Roadside stand, Sales from the house.
Open Daily Year-Round, Closed Sunday

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, maple products, seasonal vegetables from farm and local producers, berries, apples, pears, eggs, and honey from local producers, bulk foods, deli meats and cheeses, bottled milk, Red Barn Meats beef and chicken, Pork, Goat, and Croghan bologna. We have a small country store and bakery and sell as many 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.



DIANA

CEDAR KNOLL FARM

Andrew and Dorothy Kramer
7504 State Rt 3
Roadside stand: Corner of Rt 3 and Rt 812 (Harrisville)
315-486-1958
ckfharrisville@gmail.com
Facebook: Cedar Knoll Farm Harrisville
Mixed vegetables, herbs, berries, apples, pumpkins, and fall decorations.
U-Pick Blueberries and strawberries - Open daily seasonally. IPM (Integrated Pest Management)

COGUMELO MUSHROOMS

Liam Carney
4090 Factory Rd (Natural Bridge)
315-771-0650
cogumelomushrooms@gmail.com
www.cogumelomushrooms.com
Facebook: cogumelomushrooms
Specialty mushrooms include cultivated log-grown shiitake, lion's mane, oyster, and chestnut and seasonal wild-crafted species (chicken-of-the-woods, chanterelles, chaga). Ready-to-fruit kits, spawn, growing supplies, low-tech home-scale growing classes, and in-season wild ID walks. Mushroom production is integrated into ecologically based vegetable production of heirloom tomatoes, peppers, and ground cherries. Pasture-raised chicken and turkey. Roadside stand, sales from house. No chemicals or GMOs.

EDDIE'S MEAT MARKET

Jon Boliver
10867 State Route 812
315-346-1633
Facebook: Eddie's Meat Market
Eddie's Ring Bologna made fresh Mon. and Thurs. Fresh chicken, beef, and pork cuts available at retail counter. Fresh cheese curd on Thurs.
Store open Mon-Fri. 8:00am – 5:30pm, Sat. 8am – 5pm

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 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, and homemade donuts. Credit cards, FMNP. Available April - November 24th.
Store open Mon-Sat 8am – 7pm, Sun 9am – 6pm. IPM farming method.

GREIG

HUMBLEBEE FARMS

Brandon and Kristin Cunningham
4012 Center Street (Lyons Falls)
315-558-1052
info@humblebeefarms.org
www.humblebeefarms.org
Facebook: HumbleBee Farms
Instagram: humblebee315
A hydroponic farm that grows lettuce, lettuce blends, kale, arugula, beet greens, chard, and a variety of herbs. Customers can order online and choose delivery or pickup at one of 3 locations. "The Depot" (McAlpine St, Lyons Falls) location will also carry local products including baked goods, produce, meat, dairy, and maple. Non-GMO, hydroponic, organic practices, not certified. Open daily.



MORNINGSIDE

Rick, Patty and Collin Hoskins
4631 Wilcox Road (Lyons Falls)
315-348-8184
pjmbm8184@frontier.com
Honey, rotational grass fed/winter supplemented beef with emphasis on direct harvest or grazing of forages, baked goods, and eggs.
Farmers Market: Lyons Falls
Sales from house, call ahead for availability

LEWIS

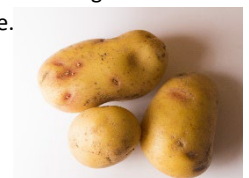
HIDDEN HILL RANCH

Scott and Lin Sawyer
2081 Thayer Hill Road (Boonville)
315-397-7027, 315-796-8878
momsies1@gmail.com
www.hhrbeef.com
Facebook: Hidden Hill Ranch
Angus beef: farm-to-table pasture raised USDA inspected beef. Our animals are raised on rotational grazing practices without added growth hormones or antibiotics. 100% grass-fed and grass-finished. Regenerative Agriculture practices. Eggs available on a limited basis. Sales from house, customers must call ahead and pick up. Also, quarters, halves, & whole beef animals available for freezer. BQA certified.

LOWVILLE

AGROTECY

Dean and Wanda Yancey
7692 Lampher Street (Lowville)
315-376-4713
dwyancey@yahoo.com
Maple syrup, beef, and potatoes.
Natural, IPM, methods of regenerative organic farming.
Customers must call ahead, sales from house.



CEDAR HEDGE FARM

Jan Virkler and Jeff Van Arsdale
7153 Olmstead Road (Lowville)
315-376-3621, 732-513-3966
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 (Lowville)
717-519-7174, 315-376-3413
herrdale@gmail.com
www.herrdaleacres.com

Naturally raised grass fed only beef- no antibiotics, no pesticides, and without commercial fertilizers.

Customers call ahead. Sales from house.

LOWVILLE PRODUCERS DAIRY COOP

Lynn Cole

7396 Utica Blvd. (Lowville)
315-376-3921
lpdcstore@yahoo.com
www.gotgoodcheese.com

Facebook: The Lowville Cheese Store

Over 75 varieties of cheese, maple syrup and maple products, local honey and other locally produced foods, Croghan Bologna, milk, and milking barn supplies. Open year-round Mon-Fri 8am – 5pm, Sat. 8am – 5pm
Credit/debit cards/EBT/call ahead for large orders/shipping available/order online.

O'BRIEN FAMILY DAIRY

Dan O'Brien

8013 St Rt 26 (Lowville)
315-523-4842
Bigdanob71@gmail.com

Facebook: O'Brien Family Dairy

We sell fresh cheese curd and fresh cheese blocks daily all made from our own milk and cows! Fresh cream line chocolate and white milk are coming soon and bottled at our store. Local maple syrup and eggs. Cheese curd can be purchased at Lowville Farmer's Market, Miller's Meat Market, and Bill's Feed. Open daily 24/7-self serve.

OWLS LANDING FARM

John and Penny Ingham
7411 West Road (Lowville)
315-376-2268
owlslandingfarm@gmail.com
www.owlslandingfarm.com
Facebook: Owls Landing Farm

Maple syrup, honey, pears, sour cherries, and apples. Call ahead for availability. Organic, not certified. Sales from home.

SHULTZ FAMILY CHEESE

7956 Number Three Road (Lowville)
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. 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.

THE PHINNEY FARM

Mary Evans-Leo Walters
7287 State Route 812 (Belfort)
315-771-9451
leowaltersds@gmail.com

Honey and Vegetables, Roadside stand. Please call ahead for large orders.

MILLERS MEAT MARKET

6525 Number 4 Road (Lowville)
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. We offer maple products, bottled milk, turkey, chicken, pork, and beef products. Retail Store: bulk foods, specialty sauces, seasonings, vegetables, honey, maple, eggs, cheese, berries, apples, and homemade pie. Bulk specials available online and pick up at the store.

Mon-Fri 8:00am-5:30pm, Sat 8am-5pm, Sun closed.

SWARTZENTRUBER HONEY FARM

Marvin Swartzentruber
6603 East Road (Lowville)
315-376-3362
marv_sw@yahoo.com

Honey, creamed honey, homemade beehive houses, and wedding favors. Sales from house

Farmers Market: Carthage, Lowville, Boonville

GRASSROOT MEATS

Benjamin & Stephanie Fouse
3821 Rector Road (Lowville)
315-523-5003, 315-376-3527
grassrootmeats@yahoo.com
www.grassrootmeats.com
Facebook: Grassroot Meats

Visit our self-serve farm store. Purchase our naturally grown beef, pork, poultry, eggs, lamb, flowers, and vegetables. Local dairy products, maple syrup, honey, candy, baked goods, herbs, mushrooms, and crafts are available.

Open daily 8am-9pm.



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, bacon horseradish, marinated roasted garlic & herb, savory variety pack. Goat milk soap and lotion, goat milk caramels. Alpaca fleece yarn & products and eggs. Goat cheese can be purchased at the Lowville Farmers Market, Lyons Falls Farmers Market, Colwell's Farm Market & Garden Center, Miller's Meat Market, and Lowville Producers Cheese Store. Roadside stand from house. NYSSGHAP certified and NYS Grown & Certified.



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!

CUMMINGS FARMS CREAM LINE MILK

Bob and Meghan Cummings
3830 West Road (Turin)
315-486-8830
cummingsfarmscreamlinemilk@gmail.com
<https://cummingsfarms.mynny.biz>
Facebook: Cummings Farms Creamline Milk

Full-fat Grade A cream line milk, Cream line milk is pasteurized but not homogenized and must be shaken well. Fresh white, chocolate, strawberry, and maple milk daily. Coffee milk occasionally. We have a variety of locally made products at our farm roadside stand. Open daily.

PINEVIEW FARM

Edward Koss and Sons
4904 Gomer Hill Road (Turin)
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.

WEST TURIN

ROAD'S END ORCHARDS

Matthew Swiernik
5044 Crofoot Hill Road (Constableville)
315-397-8096
info@roadsendorchards.com
www.roadsendorchards.com
Facebook: roadsendorchards

A small batch winery and farm stand. Sweet, semisweet, and dry semisweet wine varieties are made fresh in batches at the winery. Chemical-free garlic and horseradish and my own sorghum syrup are produced naturally. Local maple syrup, maple products, local honey, honey sticks, honey candies. U-Pick Blueberries. Please check the website for store hours.

SCAN to download!



To be listed next year please contact:

Mellissa Spence

Cornell Cooperative Extension of Lewis County

Telephone: 315-376-5270

E-mail: lewis@cornell.edu

"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

Call the Lewis County WIC office to learn more about getting your FMNP

Booklet for 2024



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

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

You can also use your WIC Vegetables & Fruits checks

60+

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

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.

LOWVILLE FOOD PANTRY:

Open Monday-Friday 9am-11:30am Tuesday & Thursday 5pm-7pm

Call 315-376-7431 for an appointment

Croghan (Croghan Free Library) Every Wednesday by Appointment Only

Cornell Cooperative Extension
Jefferson County



North Country Fruit & Vegetable Prescription Program

What is it?

The goal of this program is to help you learn new, healthy ways to eat more fruits and vegetables to address health concerns.

How does it work?

- Contact your health care provider to see if you are eligible for a referral.
- Participate in LIVE cooking demonstrations and six weeks of nutrition workshops.
- Receive \$25 in vouchers at each workshop (one per week of the 6-week workshop, total value of \$150).

Contact April Bennett at aln48@cornell.edu or 315-788-8450 ext. 265

Cornell Cooperative Extension is recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and offers equal program and employment opportunities. This material was funded by USDA, the Gus Schumacher Nutrition Incentive Program (Gus NIP), and the Supplemental Nutrition Assistance Program (SNAP).

FOOD PANTRIES

Copenhagen (River of Life Fellowship)

Third Wednesday each month, 4pm-6pm

Harrisville (Town of Diana Garage)

First Tuesday each month, 7pm-8pm

Third Tuesday each month, 10am-11am

New Bremen (Lewis County Opportunities)

Monday - Friday, 8:30am-3:00pm

Port Leyden (St. Martin's Rectory)

Monday - Friday 9am-1pm

or call Lewis County Opportunities at 315-376-8202 to schedule an appointment Monday through Friday, 8am-4pm