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!

2018 Lewis County Farmers Market Schedule

LOWVILLE FARMERS MARKET
Contact: Sarah Roes (315-376-7750) Rhonda Farney (315-346-6759)
Lewis County Fairgrounds
Forest Park Pavilion, Bostwick Street, Lowville
Saturdays: 8 a.m.-2 p.m. (June 2 – Oct 27)

LYONS FALLS FARMERS MARKET
Contact: Mary Fawcett (315-348-9991/rocknwoody@frontiernet.net)
Liz Clair (315-348-6135/liz.clair@yahoo.com)
Park Pavilion – Riverside Park – Laura Street
Tuesdays: Noon-5 p.m. (June 19-Oct. 9)

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 21-Oct. 18)

Find your farmer!

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
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.

Funded by New York Farm Viability Institute
COPENHAGEN
WOODRUFFDALE FARM
Lloyd & Rita Woodruff
10020 State Route 12
315-688-4219
woodruffdale@yahoo.com
Seasonal produce-vegetables, pumpkins, herbs, vegetable plants and flower plants. Ten Greenhouses, large white pumpkins. Roadside Stand open daily, self-serve. Cash and checks accepted.

MOSER’S MAPLERIDGE FARM
Lyndon & Patti Moser
3981 Wilson Road
315-688-2518
mosersmapleridgefarm@gmail.com
www.etsy.com/shop/mosersmapleridgefarm
Facebook: Moser’s Mapleridge Farm
Maple products, beef, pork, CDL Syrup
Equipment Dealer. Also, wedding cakes, cookies and pies that are pre-ordered, Sales from house.

CROGHAN
ADIRONDACK BEEF COMPANY
Steve & Michele Ledoux and Family
7141 Old State Road
315-346-1741
shorthorn@frontiernet.net
www.adirondackbeefcompany.com
Facebook: Adirondack-buff-company
Beef, pork, chicken, turkeys, and maple products
CSA quarters, bundles, custom orders, USDA cut/packed, all natural, grass fed beef, no hormones or antibiotics. Year-round/retail/wholesale/bulk available/call ahead/farm tours by appt., credit cards accepted.

DELTA TERRA
Julian Mangano and Alice Waite
10497 Third Road
315-221-1897
delta.terra.life@gmail.com
Facebook: dellaterralife
Mixed vegetables and herbs. We use all natural, organic methods. We do not use pesticides, or chemical additives in our growing process. We engage in a bio-intensive spacing technique, which increases yield four times, when compared to conventional spacing. (CSA) Name: Delta Terra 2018 CSA.

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

MOSER’S MAPLE LLC
Bryan, Don, Jake Moser
9609 Croghan Reservoir Rd.
315-486-7933
info@mosersmaple.com
Facebook: www.facebook.com/mosersmaple
Maple syrup, maple cream, maple sugar candy and NYS maple mini’s hard candy.

RED BARN MEATS INC.
Jordan & Rachel Brandt
9095 Briot Road
315-346-1254
redbarnmeatsinc@gmail.com
Facebook: Red Barn Meats Inc.
SPECIALTY products: jelly, smoked meats, ring bologna, snack sticks, & bacon. All products professionally vacuum sealed and labeled. Custom and USDA processing of beef, pork, goat, turkey, chicken, lamb and eggs. Hours M-F 8:30 a.m. to 5 p.m. Customers must call ahead.

YANCEY’S SUGARBUCH
Haskell, Jane & Timothy Yancey
7981 Long Pond Road
315-346-6356
yancey208@frontier.com
Facebook: Yancy’s Sugarbush
Pure maple syrup, maple cream, maple sugar cakes and maple granulated sugar. Call ahead for orders. Sales from house.

DIANA
CEDAR KNOLL FARM
Andrew and Dorothy Kramer
13036 State Route 812 (Harrisville)
315-543-1092
kramer686@peoplepc.com
Facebook: Cedar Knoll Farm Harrisville
Mixed vegetables, herbs, and local producers, berries, apples, and eggs. Roadside stand: corner of Rt 3 and Rt 812 (Croghan Rd.)

PIERCE’S SUGAR SPIGOT
Carl & Karen Pierce
11601 State Route 812 (Croghan)
Mailing address: PO Box 76
Harrisville, NY 13648
315-543-2980
kapierce3@hotmail.com
Facebook: Carl Pierce
Maple Products: maple peanut brittle, maple peanuts, maple lollipops, maple butter, maple cream and sugar cakes. Sales from house.
Local Farms & Stands

**GLENFIELD**

**COLWELL’S FARM MARKET & GARDEN CENTER**

Michael & Violet Colwell
6007 State Route 12
315-376-7402
mcolwell@twcny.rr.com

Facebook: colwell’s farm market & garden center

25 acres of mixed vegetables, 10 greenhouses. Bedding plants, flowers, full line of herbs, annuals, perennials, hanging flower baskets, Christmas wreaths, kissing balls and centerpiece u. P. I. M. High tunnel for late and early season cucumbers and tomatoes. Bulk available. Wagon rides during pumpkin season, and homemade donuts. Credit cards, EBT food stamps and WIC accepted. Available April-December 24th. Store open Monday-Saturday 8 a.m. – 7 p.m., Sunday 9 a.m. – 6 p.m. IPM farming method.

**GREIG**

**MORNINGSIDE**

Rick, Patty & Collin Hoskins
4631 Wilcox Road (Lyons Falls)
315-348-8184
pjmbm8184@frontier.com


**LOWVILLE**

**AGROTEC**

Dean and Wanda Yancey
7692 Lamplher Street
315-376-4717
dwyancy@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@frontier.com

Goat cheese; feta, sharp feta and unsalted chèvre, fresh eggs, jams, jellies and baked goods. Roadside stand. Farmers Market: Lyons Falls, Lowville

**CREEK SIDE**

David C. Byler
7107 Gordon Road (No phone)

Mixed vegetables, berries, maple products and beef. Sales from house, organic, not certified with vegetables and roadside stand at Save A Lot Grocery, Watertown.

**GRASSROOT MEATS**

Benjamin & Stephanie Fouse
3821 Rector Road
315-376-3527
grassrootsmeats@yahoo.com

Facebook: Grassroot Meats

Grass Finished beef, farm raised chicken, honey, and pork, brown eggs. Most products available year-round. Customers must call ahead. Sales from house.

**LOWVILLE PRODUCERS CHEESE STORE**

Jamie Marolf
7396 Utica Blvd. (State Route 12)
315-376-3921
jamiepldc@yahoo.com

www.googoodcheese.com

Facebook: The Lowville Cheese Store

Over 73 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 Monday-Friday 8 a.m. – 5 p.m., Saturday 8 a.m. – 5 p.m. Credit/debit cards/EBT/call ahead for large orders/shipping available/order online.

**NOLT’S COUNTRY STORE**

Elaine Nolt
7189 State Route 812
315-377-3077

Seasonal produce-vegetables & fruits, apples, berries, honey, eggs, baked goods, bulk foods, maple syrup, cheeses, kitchen items, sewing notions. Retail store/open year-round Monday-Friday 8:30 a.m. – 6:30 p.m., Saturday 8:30 a.m. – 5 p.m. (Closed Sundays).

**OWL’S 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 and apples, call ahead for availability. Organic, not certified. Sales from home.

**ROSS FARMS INC.**

JD Ross
7463 Ross Road
315-771-4680
jdrfb32@gmail.com

All natural fed Angus beef. Freezer beef and ground beef. Natural not certified. Sales from house.

**SHULTZ FAMILY CHEESE**

Sue, Joe, and Bronson Shultz
7956 Number Three Road
315-376-7548 or 315-767-9024 (cell)

Shultz Family Cheese produces fresh cheese and cheese curd from the milk of their own 50 cow dairy. It is the only locally produced cheese curd available as Plain curd, Italian, Jalapeno, and Roasted Garlic. 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.

**SWARTZEN TRUBER HONEY FARM**

Marvin Swartzenburger
6603 East Road
315-376-3362
marv_sw@yahoo.com

Honey and creamed honey. Sales from house. Farmers Market: Carthage

**TUG HILL VINEYARDS**

Mike and Sue Maring
4051 Yancey Road
315-376-4336
www.tughillvineyards.com

Facebook: tug hill vineyards

U-pick berries, apples, and grapes-NYS wines. Raspberries-July-Oct., Blueberries-Aug., Grapes-Sept. Check web for hours. Winery open with locally produced estate wines, weddings, receptions, private parties & corporate events and other special events. Retail store open Monday-Saturday 10 a.m. – 5 p.m., Sunday 10 a.m. – 4 p.m. IPM farming method. Tasting Room.

**EVAN S. ZEHR**

5574 Highland Ave.
315-376-3082
eazehr@twcny.rr.com

Maple products, Sales from house.

**MARTINSBURG**

**NATURALLY YOURS**

Frank and Debra Kogut
4102 Maple Ridge Road
315-405-2622
naturallyyours@stughillny@gmail.com


**NEW BREMEN**

**UNIQUE CAKES**

Wilbur and Florence Lyndaker
7734 Wagner Road
315-376-2477

dswartzentruber@frontier.com

Cheese curd available as Plain curd, Italian, Cheddar, Smoked, and Gouda cheese curds. The farm has 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 Monday-Friday 8:30 a.m. – 6:30 p.m., Saturday 8:30 a.m. – 5 p.m. (Closed Sundays).

**SWISS’ER SWEET MAPLE**

Barbara & Jason Zehr
6242 Swiss Rd (Castorland)
315-346-1034
swisser@twcny.rr.com

www.swissersweetmaple.com

Facebook: facebook/swissersweet97

Maple products; maple syrup, maple cream, maple candy, maple granulated sugar. Sales from house, wholesale, guided tours in March and gift arrangements available.

**TURIN**

**AUTUMN RIDGE GOAT FARM**

Matt and Windy Klossner
5030 State Route 26 (Turin)
315-286-5478
windy.klossner@yahoo.com

Facebook: Autumn Ridge Goat Farm

We make plain Feta and garlic onion Feta. Chevre flavors in plain, chive’n onion, roasted garlic, and bacon horseradish. Goat milk soap. Goat cheese can be purchased at the Lowville Farmers Market, Lyons Falls Farmers Market, Boonville Farmers Market, Lowville Producers Cheese Store and Burrville Cider Mill. Roadside stand from house. NYSSGAP certified.

**SILVER HILL MAPLE**

David Freeman
5274 Lee Gulf Trail
315-804-0834

Maple products and berries. Sales from house.

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!

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

North County Family Health Center
Lewis County Office-7785 N. State Street, Lowville
Offering appointments in Lowville, Lyons Falls, West Carthage and on-post at Fort Drum
Call (315) 376-6427 for an appointment

NORTH COUNTRY REGION
EAT SMART NY
Northcountryeatsmartny.org

Fill 1/2 your plate with fruits and vegetables!

350 New York Farmers’ Markets accept SNAP/EBT Cards.

Cornell Cooperative Extension

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