

# 2025 Local Food Guide

FREE

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!

## 2025 Lewis County Farmers Market Schedule

### LOWVILLE FARMERS MARKET

Rhonda Famey (315-346-1239)  
Yvonne Bamann  
Lewis County Fairgrounds  
Forest Park Pavilion,  
Bostwick Street, Lowville  
Saturdays: 8am–2pm  
(June 7–Oct 11)

### LYONS FALLS FARMERS MARKET

Katie Liendecker, Market Mgr.  
(315-415-2567)  
cliendecker@gmail.com  
Patty Corey, Crafters Mgr.  
(315-348-6590)  
lucyalmcalpine@icloud.com  
Park Pavilion–Riverside Park–  
Laura Street  
Tuesday: 11am–4pm  
(June 10–Sept 30)

### LEWIS COUNTY GENERAL HOSPITAL FARMERS MARKET

Darcy Zehr (315-376-5225)  
dzehr@lcgh.net  
Lewis County General Hospital  
7740 West St., Lowville  
Thursdays 11am–2pm  
(June 12–Oct 2)

### HARRISVILLE FARM, CRAFT, AND FLEA MARKET

Laura LaPlatney (315-777-1689)  
lauralaplantney@aol.com  
Phil Hathaways Field,  
7497 St Rt 3, Harrisville  
Saturdays: 9am–4pm  
(May 31–Sept 27)

### TUG HILL PRODUCE AUCTION

Wayne Zehr, Auction Mgr.  
(315-408-8100)  
waynetughill@gmail.com  
Emmanuel Widrick, Order Buyer  
(315-286-8318)  
ejsales@sle.email  
8236 Cobb Road, Copenhagen  
May 9–May 30 Fridays 4:30pm  
Starting June 3  
Tuesdays 10:30am  
Fridays 4:30pm

SFMNP 60+



FMNP

SFMNP 60+



FMNP

SFMNP 60+



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FMNP



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

**LOCATED JUST OFF I-81**

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



[taste.ny.gov/NorthCountryWelcomeCenter](https://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
- Baked goods
- Soups, salads, sandwiches
- Various maple & honey products
- Assorted chips, nuts, snacks
- Regional artisan gifts
- Milk, yogurt, cheese, ice cream
- 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 9:00 a.m. - 5:00 p.m. or by appt.  
NYS Grown & Certified



### **MOSER'S MAPLERIDGE FARM**

Lyndon, Patti, and Vaughn Moser  
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

### **SNYDER'S SUGAR SHACK LLC**

Mike and Mara Snyder  
9640 Number Three Road (Copenhagen)  
315-778-3322  
mara.mike.snyder@gmail.com  
www.snyderssugarshack.com  
Facebook: SnydersSugarShack  
Organic maple syrup, bourbon barrel aged maple, cinnamon infused maple syrup, coffee infused maple syrup, vanilla bean infused maple syrup, granulated maple sugar, maple BBQ sauce, maple coffee, maple coffee K cups, maple cream, maple garlic pepper, maple hot sauce, maple mustard, maple taffy kisses, maple teas, and molded sugar shapes.  
Roadside stand-self-service, Open daily  
NYS Grown & Certified, Organic Certified



## CROGHAN

### **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 Mon - Fri 9:00 a.m. - 5:00 p.m., Sat 9:00 a.m. - 1:00 p.m.  
(Closed Sun 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, and eggs. Bulk foods, maple syrup, maple products, herbs, spices, local honey, local apples, berries, and fruit in season. Local bedding plants in the spring and summer flower bouquets from our garden. Homemade baked goods - Fri & Sat Store - retail/wholesale/bulk available. Open year-round  
Mon - Sat 8:00 a.m. - 6:00 p.m. (Closed Sun)

### **GOOD OL WISHY'S**

Charlotte & Karl Schweitzer  
9779 Main Street (State Route 812) (Croghan)  
315-346-6728  
<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  
11:00 a.m. - 8:00 p.m., check Facebook for updated hours.

### **INTERNATIONAL MAPLE MUSEUM CENTRE**

9756 State Route 812 (Croghan)  
Mailing address: PO Box 81  
315-346-1107  
info@maplemuseumcentre.org  
www.maplemuseumcentre.org  
Facebook: International Maple Museum Centre  
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 Road  
Sugarhouse: 8735 Soft Maple Road  
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. We can tap to 3,000 trees-buckets/tubing/vacuum system. Gift baskets available. Sales from house.

## MOSER'S MAPLE LLC

Bryan, Don, and Lyle Moser  
9605 Croghan Reservoir Road (Croghan)  
315-486-7933, 315-681-8324, 315-405-1409  
info@mosersmaple.com  
www.mosersmaple.com  
Facebook: Moser's Maple  
Maple syrup, maple BBQ sauce, 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 8:00 a.m. - 5:00 p.m.,  
Thurs - Fri 8:00 a.m. - 6:00 p.m.  
Sat 8:00 a.m. - 12:00 p.m., Sun - closed.  
Customers must call ahead.



## YANCEY'S SUGARBUSH

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 Road (Carthage)  
315-955-4688  
https://danis-daffodils.square.site  
danisdaffodils@gmail.com  
Facebook: Dani's Daffodils  
With thousands of spring bulbs and a variety of summer blooms, Dani's Daffodils offers fresh grown cut flowers for your special events. I offer custom bouquets, U-Pick, and a mobile Bouquet Bar from May to October. Follow us on Facebook and/or Instagram@Dani's Daffodils for hours and updates! We would love to see you on the farm in 2025. Roadside stand and CSA.



### SAMUEL & MIRIAM HORST

10468 East Road (Lowville)  
607-242-4773  
Mixed vegetables, herbs, berries, local honey, eggs, and flowers. 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  
stonycreekcountrystore@outlook.com  
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 8:00 a.m. - 6:00 p.m.

## DIANA

### CEDAR KNOLL FARM

Andrew and Dorothy Kramer  
7504 State Route 3  
Roadside stand: Corner of Route 3 and Route 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 Road (Natural Bridge)  
315-771-0650  
cogumelomushrooms@gmail.com  
cogumelomushrooms.square.site  
Facebook: cogumelomushrooms  
Specialty mushrooms including log-grown shiitake, lion's mane, oysters, chestnut, etc., and seasonal wild-crafted species like chicken-of-the-woods, chanterelles, and chaga. Ready-to-fruit kits, spawn, growing supplies, low-tech growing classes, and wild ID walks. Mushroom production is integrated into small-scale regenerative vegetable production. 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 Wed.  
Store open Mon - Fri 8:00 a.m. - 5:30 p.m.,  
Sat 8:00 a.m. - 5:00 p.m.

## 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. Local apples, peaches, pears, plums, strawberries, and cherries. Local maple syrup, maple products, and cheese. High tunnel for late and early season cucumbers and tomatoes. Bulk available. During the pumpkin season we will have a corn maze, and cider slushies.  
Credit cards, FMNP. Available April-November 24th.  
Store open Mon - Sat 8:00 a.m. - 7:00 p.m.,  
Sun 9:00 a.m. - 6:00 p.m. IPM farming method.

## GREIG

### HUMBLEBEE FARMS

Brandon and Kristin Cunningham  
6813 McAlpine Street (Lyons Falls)  
315-558-1052  
info@humblebeefarms.org  
www.humblebeefarms.org  
Facebook: HumbleBee Farms  
Instagram: humblebee315  
Humble Bee Farms products can be found at The Depot, a small local market that only carries local products produced by NY artisans. We grow a variety of hydroponic lettuce and herbs. Our store has vegetables, herbs, berries, apples, honey, mushrooms, bottled milk, baked goods, maple syrup, maple products, cheese, beef, lamb, pears, chicken, eggs, and pork. Check our Facebook page for store hours.



## MORNINGSIDE

Rick, Patty and Collin Hoskins  
4631 Wilcox Road (Lyons Falls)  
315-348-8184  
patriciahoskins43@gmail.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



## LEYDEN

### BOONVILLE BLASTER & PRODUCE

Ronald Perini  
7261 Norton Road (Port Leyden)  
315-796-1677  
boonvilleblaster@gmail.com  
Vegetables, herbs, black raspberries, strawberries, apples, honey, maple syrup, baked goods, and eggs  
Farmers Market: Lyons Falls  
Roadside stand-self service

## MAPLEWOODS HOMESTEAD

Mark and Charity Savage  
2044 Thayer Hill Road (Boonville)  
315-796-8862  
maplewoodskennel@gmail.com  
Pasture raised chickens-whole & halves available, turkeys-whole available. Our birds are given fresh pasture twice daily. All natural. Sales from my house, Customers must call or text ahead.



## LOWVILLE AGROTECY

Dean and Wanda Yancey  
7692 Lampher Street (Lowville)  
315-376-4713  
dwyancey@yahoo.com  
www.agrotecymeats.com  
Maple syrup, beef, potatoes, firewood, and round bales. 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 chèvre, fresh eggs, jams, jellies, and baked goods.  
Maple Syrup and Maple products  
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 Boulevard (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 8:00 a.m. - 5:00 p.m., Sat 8:00 a.m. - 5:00 p.m. Credit/debit cards/EBT/call ahead for large orders/shipping available/order online.

## O'BRIEN FAMILY DAIRY

Dan O'Brien

8013 State Route 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! Local maple syrup and eggs. Cheese curd can be purchased at Lowville Farmer's Market, Miller's Meat Market, Colwell's Farm Market, and Bill's Feed. Open daily 24/7-self serve.

## 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.

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 8:00 a.m. - 5:30 p.m., Sat 8:00 a.m. - 5:00 p.m., Sunday 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

## UNIQUE CAKES

Wilbur and Florence Lyndaker

7734 Wagner Road (New Bremen)

Lowville, NY 13367

315-405-5429

Most occasions decorated cakes, cupcakes, and cookies.

Made to order, please call ahead.

Grandma's Donuts: sold at Nolt's Country Store, Lowville Producers Cheese Store.

## 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, blueberry, fig, savory variety pack, and sweet 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, Miller's Meat Market, Lowville Producers Cheese Store, The Depot Market, and Country Cousins Farm. Roadside stand from house. NYSSGHAP certified and NYS Grown & Certified.





## CUMMINGS FARMS CREAMLINE MILK

Bob and Meghan Cummings  
3830 West Road (Turin)  
315-527-3582  
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.

## THE BEE BARN

Brian Siegrist  
6458 East Main Street (Turin)  
315-771-7968  
goldencreekapiary@gmail.com  
Natural honey, beeswax candles, maple syrup and baked goods. Sales from my house.



## WEST TURIN ROAD'S END ORCHARDS

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



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!

**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](mailto:lewis@cornell.edu)

## Be in the know about Local Foods!!

### Helpful Tips for Purchasing Local Foods

1. Respect the farmer's home. Many farm stands are on farm property and may be close by the farmhouse. Please be respectful and avoid letting pets or children wander as there may be delicate crops, equipment, and animals nearby.
2. Be prepared with cash and change. Many farm stands are cash-only and may use the honor system for after-hours purchases so you may not be able to receive change from larger bills from the farmer.
3. Bring your own bags and if produce is in a pint basket or other reusable containers, many farmers will greatly appreciate it if you return or leave those containers to be reused.
4. Keep in mind that different farm stands may have different hours. Many farm stands do not operate on Sundays.
5. Contact farmers in advance if you are unsure of their location or operation hours in inclement weather.
6. Shop earlier in the day when produce will be at its freshest and more variety may be available.
7. Wait and sample until you have a chance to rinse produce. Under running water as unwashed produce can play host to bacteria that can make you sick.

### 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. In-season produce is often cheaper than that supermarket equivalent, particularly when buying directly from the farmer.
3. You improve your diet by eating more fruit and vegetables.
4. Locally grown produce will be fresher and will last longer in the refrigerator.
5. Experience the world from your local farmers market. Small growers often sell unusual heirloom varieties that are different to find elsewhere.
6. Help the planet by reducing your carbon footprint. Less packaging means less plastic waste. Less transportation of food from distant locations saves fuel.
7. Support small businesses! Keep your dollars local by buying from local farmers and farm-stands.



*Cornell Cooperative Extension of Lewis*  
County educates youth, families, farmers, and  
communities using research-based knowledge  
for practical application and lifelong learning.

*Cornell Cooperative Extension of Lewis County*  
7395 East Road, Lowville, NY 13367  
Phone: 315-376-5270 Email: 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](http://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.

## Celebrate this Summer WITH BEEF

Find all your recipe needs at  
[NYBeef.org/recipes-cooking](http://NYBeef.org/recipes-cooking)



NEW YORK  
**BEEF**  
COUNCIL  
Funded by Beef Farmers and Ranchers

### 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 Rachel Dubois at [red248@cornell.edu](mailto:red248@cornell.edu) or 315-788-8450

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, 9:00am-3:00pm

Port Leyden (St. Martin's Rectory)

Monday - Friday, 8:30am-11:30am  
or by appointment

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