

# 2026

# FREE

# Local Food Guide



## for Lewis County

BROUGHT TO YOU BY CORNELL COOPERATIVE EXTENSION 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!

## 2026 Lewis County Farmers Market Schedule

### LOWVILLE FARMERS MARKET

Yvonne Bamann, Market Mgr.  
yvonne.bamann@hotmail.com  
Lewis County Fairgrounds  
Forest Park Pavilion,  
Bostwick Street, Lowville  
(June 6 – Sept 26)  
Saturdays: 8 am – 2 pm

### LYONS FALLS FARMERS MARKET

Patty Corey, Market Mgr.  
(315-348-6590)  
lucycatmcalpine@icloud.com  
lffarmerscraftersmarket@gmail.com  
Riverside Park – 6904 Laura Street  
(June 9 – Sept 29)  
Tuesdays: 11 am – 4 pm

### LEWIS COUNTY GENERAL HOSPITAL FARMERS MARKET

Darcy Zehr, Market Mgr.  
(315-376-5225)  
dzehr@lgh.net  
Lewis County General Hospital  
7740 West St., Lowville  
(June 11 – Oct 1)  
Thursdays 11 am – 2 pm

### TUG HILL PRODUCE AUCTION

Emmanuel Widrick, Market Mgr.  
(315-286-8318)  
Wayne Zehr, Office Mgr.  
(315-408-8100)  
8236 Cobb Road, Copenhagen  
(Starting June 2)  
Tuesdays & Fridays 2 pm



## 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](http://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, handmade products with lavender and hops paired with essential oils, lavender, and oil distillers. 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. - 4:00 p.m. or by appt.  
NYS Grown & Certified



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

Vaughn and April 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, customers must call ahead.  
Conventional farming method.

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

Mike and Mara Snyder  
9640 Number Three Road (Copenhagen)  
315-778-3322, 315-486-9634  
mara.mike.snyder@gmail.com  
snyderssugarshack.mynny.biz  
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. Pumpkins and mums in the Fall.  
Roadside stand—self-service, open daily.  
NYS Grown & Certified, Organic Certified



## CROGHAN

### **CROGHAN MEAT MARKET INC.**

Blaine Company  
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 & Rosalee 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 and Karl Schweitzer  
9779 Main Street (State Route 812) (Croghan)  
315-346-6728  
www.goodolwishys.com  
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 March to October  
11:00 a.m. - 8:00 p.m., check Facebook for updated hours.

### **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, maple sugar cakes, maple granulated sugar, maple creams: traditional, blueberry, cinnamon, and cranberry. 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 up to 3,000 trees-buckets/tubing/vacuum system. Gift baskets available.  
Sales from house. Website orders.

## **MOSER'S MAPLE LLC**

Bryan, Don, and Jake 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, bourbon barrel-aged maple syrup, and bourbon-aged maple cream. Call for orders, ordering online, and shipping available. Customers must call ahead.



## **DENMARK**

### **DANI'S DAFFODILS**

Danielle Thomas  
10279 Old State Road (Carthage)  
315-955-4688  
<https://danis-daffodils.square.site>

[danisdaffodils@gmail.com](mailto: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 2026. Roadside stand and CSA (Bouquet Subscriptions).



## **STONELEDGE FARM**

Samuel and 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](mailto: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](mailto: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](mailto:cogumelomushrooms@gmail.com)  
[cogumelomushrooms.square.site](http://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 and Violet Colwell  
6007 State Route 12  
315-376-7402  
[mcolwell@twcny.rr.com](mailto:mcolwell@twcny.rr.com)  
[www.colwellsfarmmarket.com](http://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 to November 24th.

Store open Mon - Sat 8:00 a.m. - 6:00 p.m.

Sun 9:00 a.m. - 5:00 p.m. IPM farming method.



## GREIG

### MORNINGSIDE

Rick and Patty 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

Facebook: Ronald Perini

Vegetables, hanging baskets, pumpkins, 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

maplewoodshomestead@duck.com

Facebook: Maplewoods Homestead

Pasture-raised chickens—whole & halves available, turkeys—whole available. Our birds are given fresh pasture twice daily. All natural. Duck & chicken eggs. 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](http://www.agrotecymeats.com)

Facebook: Agrotecy

Maple syrup, beef, potatoes, firewood, and round bales.

Natural and 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.

Farmers Market: Lyons Falls, Lowville, Carthage

Roadside stand.



## HERRDALE ACRES

Larry Herr  
7161 West Road (Lowville)  
717-519-7174

herrdale@gmail.com

Facebook: Herrdale Acres

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  
7394 Utica Boulevard (Lowville)  
315-376-3921

lynn@gotgoodcheese.com

www.gotgoodcheese.com

Facebook: The Lowville Producers Cheese Store

Over 75 varieties of cheese, eggs, maple syrup, maple products, baked goods, Croghan Bologna, Croghan Candy, 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! We are bottling our own milk. 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 sells 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 and 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., Sun closed.



## 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  
Facebook: roadsendorchards  
Chemical-free garlic and horseradish are produced naturally. Local maple syrup, maple products, and local honey. U-Pick Blueberries and strawberries. Please check the website for store hours.



## 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  
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, Reds Market in Watson. Sales from house, 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. Chèvre 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, and Country Cousins Farm. Roadside stand from house.  
NYSSGHAP certified and NYS Grown & Certified



### To be listed next year please contact:

**Mellissa Spence**

Cornell Cooperative Extension  
Lewis County  
Telephone: 315-376-5270  
E-mail: lewis@cornell.edu



## ***Storage tips from the [American Heart Association](#) to help keep your fruits and vegetables fresher longer so you get your money's worth.***

### **FRUIT**

**Apples:** Apples produce ethylene gas, so store them away from other produce. They can be stored on the counter for up to a week or in the fridge for more than a week.

**Avocados:** Ripen on the counter, then store in the refrigerator.

**Bananas:** Keep green bananas out of the refrigerator and let them ripen on the counter or a banana hanger.

**Berries:** Blueberries, blackberries, strawberries and raspberries are delicate and should not be washed until ready to eat. Keep in the refrigerator in dry, covered containers.

**Cherries and grapes:** Store in the refrigerator, unwashed, in their packaged plastic containers or plastic bags until ready to wash and eat.

**Citrus fruit:** Extend the shelf life of clementines, grapefruit, lemons, limes and oranges by storing them in the crisper drawer or in a mesh bag in the refrigerator. They can be left at room temperature for a week.

**Melons:** Store cantaloupe and honeydew loose in the refrigerator, even before they're cut. Watermelon can be kept in a dark, dry place away from other produce. Keep cut melon in the fridge.

**Stone fruit:** Keep nectarines, peaches and plums in a paper bag on the counter until they are ripe, then move them to the refrigerator where they'll last a few more days.

**Tomatoes:** Store at room temperature and they can last for one to two weeks. Keep loose in a bowl away from the sun.

### **VEGETABLES**

**Broccoli and cauliflower:** Broccoli and cauliflower are ethylene-sensitive and are best kept in separate refrigerator drawers or a sealed container away from other ethylene-producing produce.

**Celery:** Store in the refrigerator, remove from plastic bag and wrap in aluminum foil.

**Corn:** Store in the refrigerator inside their husks.

**Cucumbers:** Store in the refrigerator and do not wash until ready to eat. When stored away from ethylene producers, they can last one to two weeks.

**Eggplant:** Store at room temperature for up to two days or in the refrigerator for up to seven days.

**Green beans:** Store in the refrigerator, unwashed in a breathable bag.

**Leafy green vegetables:** Greens such as lettuce, collards, chard, kale and spinach should be stored loosely in the refrigerator.

**Onion family:** Store garlic and onions in a cool, dark and dry space but separate from ethylene producers such as potatoes.

**Mushrooms:** Keep unwashed in the refrigerator. Moisture makes them slimy.

**Peppers:** Store whole peppers in low humidity drawer for up to seven days. Cut peppers should be stored in an airtight container in the refrigerator for three days.

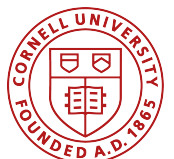
**Root vegetables:** Store carrots, beets and radishes in the refrigerator. Store potatoes, sweet potatoes and winter squashes in a cool, dark and dry place such as a pantry or cellar.

## **Helpful Tips for Purchasing Local Foods**

1. Respect the farmer's home. Many farm stands are on farm property and may be close to 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 for larger bills.
3. Bring your own bags. 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 farms 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 to sample produce until you can rinse it under running water as unwashed produce can carry 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.
2. In-season produce is often cheaper than the supermarket equivalent 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 difficult 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.



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

Cornell Cooperative Extension Lewis County  
Lowville, NY 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 2026



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

60+

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

## FOOD PANTRIES

### LOWVILLE FOOD PANTRY:

Open Monday-Friday 8:30am-3pm

Call 315-376-7431 for an appointment

**Croghan (Croghan Free Library) 1st of each month by Appointment Only call: (315) 921-0830**

### Copenhagen (River of Life Fellowship)

9871 Number Three Road  
Third Wednesday each month, 3:30pm-5pm

### Harrisville (Town of Diana Garage)

14206 South Creek Road  
First Tuesday each month, 7pm-8pm  
Third Tuesday each month, 10am-11am

### New Bremen (Lewis County Opportunities)

8259 State Route 812  
Monday - Friday, 9am-3pm

### Port Leyden (St. Martin's Rectory)

7108 North Street  
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

Cornell Cooperative Extension  
Jefferson County



## NORTH COUNTRY FRUIT & VEGETABLE PRESCRIPTION PROGRAM

INTERESTED IN LEARNING MORE ABOUT HOW FRUITS & VEGETABLES CAN HELP YOU IMPROVE YOUR OVERALL HEALTH? CONTACT US!

HILARY MOORE | [HSM77@CORNELL.EDU](mailto:HSM77@CORNELL.EDU)  
OR 315-788-8450

Cornell Cooperative Extension is an employer and educator recognized for providing equal program and employment opportunities in accordance with applicable laws.

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

Scan to Download

