



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!

2019 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 1 – Oct 26)



LYONS FALLS FARMERS MARKET

Contact: Beverly Swiernick (315) 765-1506 bevallen1981@gmail.com
Amanda Jones (315) 767-7684 kjonesamandad8183@live.com
Park Pavilion – Riverside Park – Laura Street
Tuesdays: Noon-5 p.m. (June 18 - Oct. 18)



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 20-Oct. 10)



"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 Fax: 315-376-5281
Web: www.ccelewis.org

accepts Farmers' Market Nutrition Program Coupons

some vendors accept WIC checks for vegetables and fruit

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



Local Farms & Stands



CONSTABLEVILLE

KRAEGER FARMS

Michael Kraeger
6224 Wynn Road
315-397-2592
mlkraeger@frontiernet.net
Maple products
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-Pick, 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

SIMMONS FARM

Shari Simmons
10188 St. Rt. 12
PO Box 603
315-767-0240
shari154@aol.com
www.simmonsfarm.net
Facebook: Simmons Farm
Vegetables, herbs, apples, honey, maple syrup, turkey, chicken, and eggs. Customers must call ahead. U-Pick: Christmas Trees, Sales from my house. Farmers Market: Carthage, Clayton, Watertown.

WOODRUFFDALE

Lloyd & Rita Woodruff
10020 State Route 12
Village of Copenhagen
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; 315-486-3248
mosersmapleridgefarm@gmail.com
www.mosersmapleridgefarm.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-order only. 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-beef-company
Beef, pork, chicken, turkey 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. Credit cards accepted. Market: Meat Community Supported Agriculture (CSA) NYS Grown and Certified: Beef, pork, poultry, maple. Certified Natural

INTERNATIONAL MAPLE MUSEUM CENTRE

9756 State Route 812
PO Box 81
315-346-1107
info@maplemuseumcentre.org
www.maplemuseumcentre.org
Facebook: International-Maple-Museum-Centre
We sell maple products in our gift shop produced in Lewis County, NY. and maple products online. Open 11am-4pm Fri, Sat, & Mon. Memorial Day to June 30. Open 11am – 4pm Mon-Sat July to Sept. Open 11am – 4pm Mon, Fri & Sat. Sept.

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 and maple garlic pepper. Infused maple syrup: vanilla bean, blueberry, coffeebean, and cranberry. Maple coated nuts: sunflower seeds, peanuts, coffeebeans, almonds, pecans. Maple coffee and Maple tea. NYS Grown and Certified. Gift baskets available. Sales from house.

MOSER'S MAPLE LLC

Bryan, Don, Jake Moser
9605 Croghan Reservoir Rd
315-486-7933, 315-681-8324
info@mosersmaple.com
www.mosersmaple.com
Facebook: www.facebook.com/mosersmaple
Maple syrup, maple cream, maple sugar candy and NYS Maple Mini's hard candy. Customers must call ahead, order from website, sales from the 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.

THAT FARM ON THE RIVER

Jake Ledoux
6494 Swiss Road
315-777-6401
jtl224@cornell.edu
Vegetables, pork, sunflowers, and grains. Customers must call ahead. Transitioning organic. Sales from farm. NYS Grown and Certified.

YANCEY'S SUGARBUSH

Haskell, Jane & Timothy Yancey
7981 Long Pond Road
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 and from the boiling shed during the season.

DENMARK

BUSH GARDEN'S

Loren & Chris Bush
10371 State Route 26
315-783-8642
bushgardens@live.com
Facebook: Bushgarden's
Seasonal vegetables, herbs, berries, apples, honey, maple products, fresh eggs. Open Daily, self-serve at roadside stand, sales from house. GAP certified, CSA: Bushgardens CSA Except: FMNP, and credit cards. Farmers' Market: Watertown.

DENMARK GARDENS APPLE ORCHARD

Patsy Makuch
10080 Old State Road
315-771-4354
patsy.makuch@yahoo.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, granola, 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 and Red Barn Meats. 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!



Local Farms & Stands



WINDY RIDGE ACRES

James and Rebecca Good
9085 Ridge Road (Castorland)
315-376-0128 Fax: 315-376-0128
Specializing in naturally raised produce; Vegetable and flower plant sales from our greenhouse; natural & non-GMO feed for raising meat chickens, eggs, and fresh turkeys for Thanksgiving. Poultry processing available.
Open Mon-Sat. at roadside stand. No Sunday sales.

DIANA

CEDAR KNOLL FARM

Andrew and Dorothy Kramer
13036 State Route 812 (Harrisville)
315-543-1092
kramera68@peoplepc.com
Facebook: Cedar Knoll Farm Harrisville
Mixed vegetables, herbs, berries, apples, eggs and pumpkins. Roadside stand: corner of Rt 3 and Rt 812 (Croghan Rd.)

PIERCE'S SUGAR SPIGOT

Carl & Karen Pierce
11601 St. Route 812 (Croghan)
Mailing address: PO Box 76
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.

GLENFIELD

COLWELL'S FARM MARKET & GARDEN CENTER

Michael & Violet Colwell
6007 State Route 12
315-376-7402
mcolwell@twcnny.rr.com
www.colwellsfarmmarket.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 centerpieces. U-Pick strawberries and pumpkins, local apples, peaches, pears, plums, cherries and baked goods. 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. FMNP. Available April-December 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 gelato, goat cheese and other products located at our farm stand.
NYSOGHAP Certified, NYS Grown & Certified.

GREIG

MORNINGSIDE

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

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@frontier.com
www.cedarhedgefarm.com
Facebook: cedarhedgefarm13367
Goat cheese; feta, sharp feta and unsalted chévre, fresh eggs, jams, jellies and baked goods.
Roadside stand
Farmers Market: Lyons Falls, Lowville

HERRDALE ACRES

Larry Herr
7161 West Road
717-519-7174
herrdale@gmail.com
www.herrdaleacres.com
Facebook: Herrdale Acres
Grass fed natural beef. Customers call ahead. Sales from house.

LOWVILLE PRODUCERS DAIRY COOP

Jamie Marolf
7396 Utica Blvd. (State Route 12)
315-376-3921
jamielpdc@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 a.m. – 5

p.m. Sat. 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. Mon-Fri. 8:30 a.m. – 6:30 p.m. Sat 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 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.

SILVER SAP MAPLE

Brian and Casandra Buell
8720 Mattis Road
315-221-0510
silversapmaple@gmail.com
www.etsy.com/shop/SilverSapMaple
Facebook: @silversapmaple
Maple products. Sales from house.
NYS Grown & Certified

SHULTZ FAMILY CHEESE

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

SWARTZENTRUBER HONEY FARM

Marvin Swartzentruber
6603 East Road
315-376-3362
marv_sw@yahoo.com
Honey and creamed honey

Sales from house
Farmers Market: Carthage, Lowville

TUG HILL VINEYARDS

Mike and Sue Maring
4051 Yancey Road
315-376-4336
www.tughillvineyards.com
smaring@tughillvineyards.com
Facebook: tug hill vineyards
U-pick berries, apples, and grapes-NYS wines & spirits. 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 Mon-Sat. 10 a.m. – 5 p.m., Sun 10 a.m. – 4 p.m. IPM farming method. Tasting Room

GRASSROOT MEATS

Benjamin & Stephanie Fouse
3821 Rector Road
315-376-3527
grassrootmeats@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.

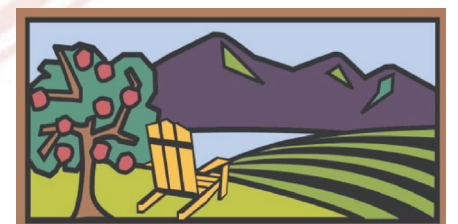
NEW BREMEN

UNIQUE CAKES

Wilbur and Florence Lyndaker
7734 Wagner Road
315-376-2477
All occasion cakes, decorated cupcakes and cookies, homemade pies, homemade fudge, Grandma's Donuts, Lyndaker's Carmel Corn/made to order, available year round. Please call ahead. Grandma's Donuts/Lyndaker's Carmel Corn, homemade fudge sold at numerous sites in Lewis County. Sales from my house. Farmers' Markets: Lowville-Sat.

SWISS'ER SWEET MAPLE

Barbara & Jason Zehr
6242 Swiss Rd (Croghan)
315-346-1034
swisser@twcnny.rr.com.
www.swissersweetmaple.com
Twitter: @swissersweet97
Maple products; maple syrup, maple cream, maple candy, maple granulated sugar.
Sales from house, wholesale, guided tours in March and gift arrangements available.



Visit AdirondackHarvest.com



Local Farms & Stands

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, honey pecan, and bacon horseradish. Goat milk soap and lotion. Goat cheese can be purchased at the Lowville Farmers Market, Lyons Falls Farmers Market, Cowell'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

We process our butter from local dairy farmers. Butter varieties: Honey Sriracha, Cinnamon Sugar, Maple Brown Sugar, Salted, Unsalted, Lemon Zest, or Garlic & Herb. Stores to purchase our butter: Lowville Producers Cheese Store, Hidden Pastures Dairy Farm Store, Dolhof True Value.

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.
Farmer's Market: Lyons Falls



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!



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

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). An equal opportunity provider and employer.

HOW TO ACCESS A FOOD PANTRY NEAR YOU

Copenhagen (St. Mary's Church)

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

Croghan (Croghan Free Library)

2nd Thursday each month (April-October),

4:30 p.m.-6:30 p.m.

(Nov-March) (2)

Harrisville (Town of Diana Garage)

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

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.

What if no 'open hours' are listed or I need food before the next 'open hours' days and time?

Simply 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. 9a.m.-11:30a.m., Tues. & Thurs. 5pm-7pm.

Call 315-376-7431 for an appointment

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 FMNP 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