2020

Local Food Guide for Lewis County

FREE

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!

2020 Lewis County Farmers Market Schedule

LOWVILLE FARMERS MARKET
Contact: Rhonda Farney (315-346-6759)
Marjorie Birchenough
Lewis County Fairgrounds
Forest Park Pavilion, Bostwick Street, Lowville
Saturdays: 8 a.m.-1 p.m. (June 1 – Oct 26)

LYONS FALLS FARMERS MARKET
Contact: Amanda Jones (680-222-5707)
kjonesamandad8183@live.com
Park Pavilion – Riverside Park – Laura Street
Tuesdays: Noon-5 p.m. (June 23 - Oct. 13)

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 11-Oct. 8)

HARRISVILLE FARMERS MARKET
Scenic View - Harrisville
Saturdays: 9am-4pm (May 30 - Oct. 31)

WIC North Country 60+ accepts Farmers' Market Nutrition Program Coupons

WIC North Country some vendors accept WIC checks for vegetables and fruit

"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

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

Due to the ongoing Coronavirus Disease 2019 (COVID-19) pandemic all information is subject to change for the health, safety, and well-being of our community.

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-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

CROGHAN

ADIRONDACK BEEF COMPANY
Steve & Michele Ledoux
7141 Old State Road
315-346-1741
adkbeefco@gmail.com
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) Name: Adirondack Beef Company NYS Grown and Certified: Beef, pork, chicken, turkey, maple.
Natural

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. We can tap to 3,000 trees-buckets/tubing/vacuum system. Gift baskets available. Sales from 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
Facebook: That Farm On The River, Millenial Farmer
Vegetables, pork, and maple products.
Customers must call ahead. Sales from farm. Natural and NYS Grown & Certified.

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 sugar cakes and maple granulated sugar. Call ahead for orders. Sales from house year around and from the boiling shed during the season.

DENMARK

BUSHGARDEN'S
Loren & Chris Bush
10371 State Route 26
315-783-8642, 315-783-6745
bushgardens@live.com
Facebook: Bush Garden'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

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, seasonal vegetables from farm and local producers, berries, apples, eggs, and honey from local producers, bulk foods, deli meats and cheeses, Red Barn Meats, and Croghan bologna. We have a small country store and bakery and sell as much of our own products as we can and support local producers.
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!

DIANA

CEDAR KNOLL FARM
Andrew and Dorothy Kramer
13036 State Route 812 (Harrisville)
315-543-1092
ckfharrisville@gmail.com
Facebook: Cedar Knoll Farm Harrisville
Mixed vegetables, herbs, berries, and apples,
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 or sugarhouse.

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 vegetables plants, 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, corn maze 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.
NYSSGHAP Certified, NYS Grown & Certified.

Local Farms & Stands

GREIG

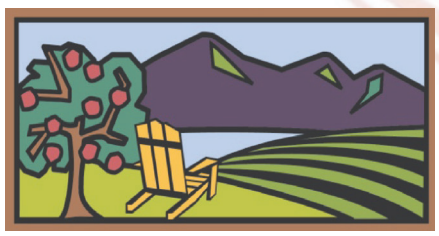
MORNINGSIDE
Rick, Patty and Collin Hoskins
4631 Wilcox Road (Lyons Falls)
315-348-8184
pjmbm8184@frontier.com
Honey, vegetables, rotational grass fed/winter supplemented beef, pork, and eggs
Farmers Market: Lyons Falls CSA: North Country Local MeatsSales from house, call ahead for availability

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 beef- no antibiotics, no pesticides and without commercial fertilizers.
Customers call ahead. Sales from house.



Visit AdirondackHarvest.com

KABAN SULLIVAN MAPLE PRODUCTS
Richard Kaban
4401 Griffith Road
315-376-3201
jrkaban@Frontier.com
Maple Products Sales from house.

LOWVILLE PRODUCERS DAIRY COOP
Lynn Cole
7396 Utica Blvd. (State Route 12)
315-376-3921
store1pdc@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.

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, pears, 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.silversapmaple.com
Facebook: @silversapmaple
Maple products. Sales from house.
NYS Grown & Certified

SHULTZ FAMILY CHEESE
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, creamed honey, homemade beehive houses
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

INDIAN PIPE MAPLE
Evan Zehr
5574 Highland Avenue
315-376-3082
Maple syrup.
Sales from house, customers must call ahead.

THE PHINNEY FARM
Mary Evans-Leo Walters
7287 State Route 812 (Belfort)
315-771-9451
lawalters1952@gmail.com
Honey and Vegetables: garlic, watermelon, tomatoes, peppers, and other.
Roadside stand and sales from house during winter. Please call ahead in winter.

GRASSROOT MEATS
Benjamin & Stephanie Fouse
3821 Rector Road
315-376-3527
grassrootmeats@yahoo.com
Facebook: Grassroot Meats
Grass Finished beef, pasture raised chicken, lamb, and pork, brown eggs. Most products available year-round. Customers must call ahead. Sales from house.

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, cinnamon cranberry, and bacon horseradish. Goat milk soap and lotion and eggs. Goat cheese can be purchased at the Lowville Farmers Market, Lyons Falls Farmers Market, Colwell'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. Milk varieties: Creamline, Chocolate, Maple, Coffee Maple and Whole Milk. Yogurt. Stores to purchase our products: Lowville Producers Cheese Store, Hidden Pastures Dairy Farm Store, Dolhof True Value, Nolt's Country Store, Miller's Meat Market, Cummings Farm Stand, and Autumn Ridge Goat Farm Stand.

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 Star Food Hub

is a food aggregate who works with producers in Upstate New York (primarily in St. Lawrence, Jefferson, Lewis and Owsego Counties) find additional locations to help sell products to grocery stores, restaurants and institutions. We provide the distribution and sales for farmers and value-add producers.

You can reach us at

www.northstarfoodhub.com

NEW YORK STATE | NORTH COUNTRY WELCOME CENTER

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

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

LOCATED JUST OFF I-81

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

I ♥ NY TASTE NY

taste.ny.gov/NorthCountryWelcomeCenter

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) One Sat. each month

Harrisville (Town of Diana Garage)
First Tuesday each month, 7 p.m.-8 p.m.
Third Tuesday each month 10am-11am

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!

WIC North Country

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