



ADIRONDACK HARVEST

LOCAL FOOD GUIDE ACTIVITY BOOK



VISIT **ADIRONDACK HARVEST.COM**

Explore the photo gallery
& watch videos about our
members



Browse the map to find
local food, products,
and experiences



Keep updated
on local harvest
events and cooking classes

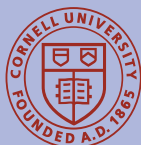
Text ADKHARVEST to 22828
to sign up to receive weekly
Adirondack Harvest
News via email



Connect with
wholesale
producers



Make a donation



Adirondack Harvest is a project of **Cornell Cooperative Extension**. For more detailed information and questions about the local harvest and cuisine, our network of growers and producers, educational programs, and events, please email info@adirondackharvest.com / call **518-962-4810**.

This Project has been funded in part by a grant from the New York State Department of Environmental Conservation, Adirondack Park Community Smart Growth Program through appropriations from the New York State Environmental Protection Fund (EPF). All opinions herein are the sole responsibility of CCE Essex and Adirondack Harvest and do not necessarily represent the opinions of the NYSDEC.



WHAT IS ADIRONDACK HARVEST?

Adirondack Harvest is a grassroots cooperative outreach effort that supports farmers and small businesses in the Adirondack region. We work to increase opportunities for profitable, sustainable production and sale of high-quality agricultural products, and to expand consumer access to locally produced healthy food. Adirondack Harvest formed in 2001 out of concern for the loss of farmland in the Adirondacks. Today, we host the most comprehensive local food guide in the Adirondacks and use outreach to connect people with local food.

WHAT WE DO

We work to support the hardworking, visionary community that strives to grow more than just food, but also a strong community and environment full of meaning and beauty. The community members that brought life to Adirondack Harvest sought to bring people of all backgrounds and trades together in a unified effort to share the gifts of Adirondack agriculture. Our members span northeastern New York State, from Saratoga to Plattsburgh, and Watertown to Utica.

SUMMER FARMERS' MARKET GUIDE

MONDAY

Clifton Park 2-5

Granville* 2-5

TUESDAY

Canton* 9-2

Cape Vincent* 10-4

Gansevoort 3-6

Johnstown* 3-6

Lyons Falls* 11-4

Whitehall* 1-4

WEDNESDAY

Akwesasne 11-2

Chestertown 10-2

Hammond* 3-6

Lake George 10-3

Lake Placid* 10-1

Malone* 12-4:30

Saratoga 3-6

Watertown* 7-3

Wilmington* 9-1

THURSDAY

Ballston Spa* 3-6

Boonville* 12-5

Clayton* 10-4

Fort Edward Canal St. Mkt* 4-7

Gouverneur* 9-2

Lewis County Gen Hospital* 11-3

Long Lake 10-2

North Creek 2-6

Ogdensburg 9

Saratoga* 10-2

Speculator* 2-5

Tupper Lake* 11-6

Willsboro* 9-1

Find more information,
hours, and locations at
ADIRONDACKHARVEST.COM

*Accepts SNAP or FMNP benefits

FRIDAY

Alexandria Bay 9-3
Bolton Landing 9-2
Broadalbin* 3-6
Canton 9-2
Carthage* 1-6
Elizabethtown* 9-1
Fort Edward 10-1
Chaumont* 12-6
Old Forge* 1-5
Rouses Point* 3-7
Tupper Lake* 11-6
Warrensburg* 3-6
Watertown* 12-4

SUNDAY

Cambridge* 10-1
Keene Valley* 9:30-2
Massena* 10-2
Peru 11-3 (once a month)
Saratoga* 10-2

SATURDAY

Akwesasne 11-2
Argyle 9-12
Ballston Spa* 9-1
Glens Falls* 8-12
Gloversville* 8:30-12:30
Harrisville* 9-4
Indian Lake 10-2
Lowville* 8-2
Northville 10-2
Ogdensburg 9
Plattsburgh* 9-2
Potsdam* 9-2
Remsen* 10-1
Salem* 10-1
Saranac Lake* 9-1
Saratoga 9-1
Ticonderoga* 10-1
Tupper Lake 11-6
Watertown* 9-2

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MARKETS!

WHOLESALE

Sourcing locally allows for you to choose to support farms that prioritize issues such as environmental sustainability, humane treatment of animals, food justice, farmworker rights and many other issues. What does your business wish to say, through the power of purchasing dollars and to customers, about these issues?

BROWSE THE WHOLESALE DATABASE

You can search for producer by products they offer through wholesale, where they deliver, and the scale they cater to. Perusing your options can help you find new types of products to create exciting new menu ideas.

SIGN UP FOR ONE-ON-ONE SUPPORT

Do you work for a business or institution and would like to serve more local food? Are you the person who plans, orders, and prepares food? If not, are you able to connect us? Contact Adirondack Harvest to get started with one-on-one support from a CCE Essex Educator.

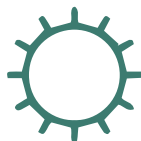


WHAT'S IN SEASON IN THE ADIRONDACK REGION

Match the foods with the season that they are
available in the Adirondacks.



SPRING



SUMMER



AUTUMN



WINTER



EVENTS

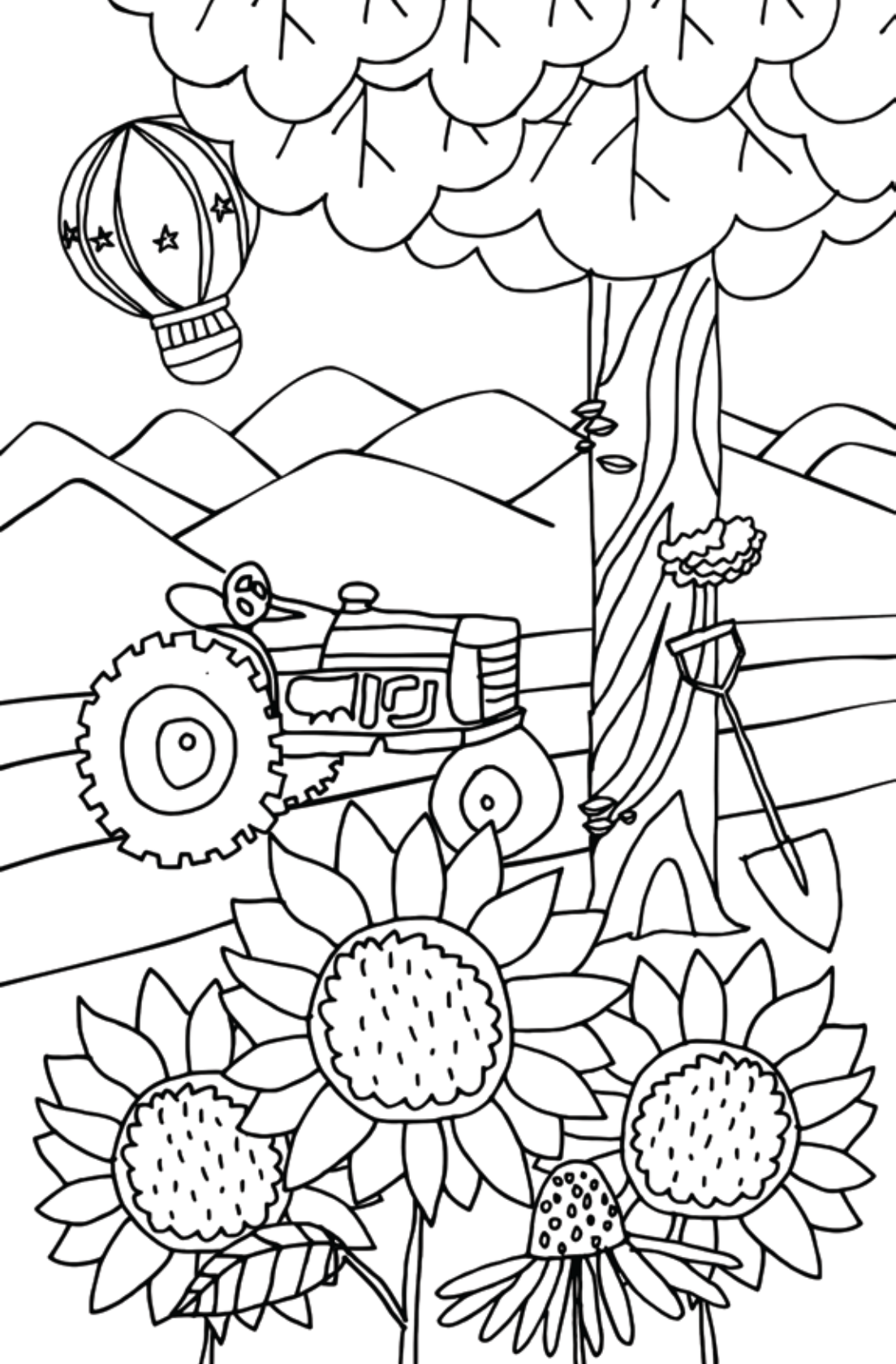
Visit adirondackharvest.com to learn about events hosted by farms in the area.

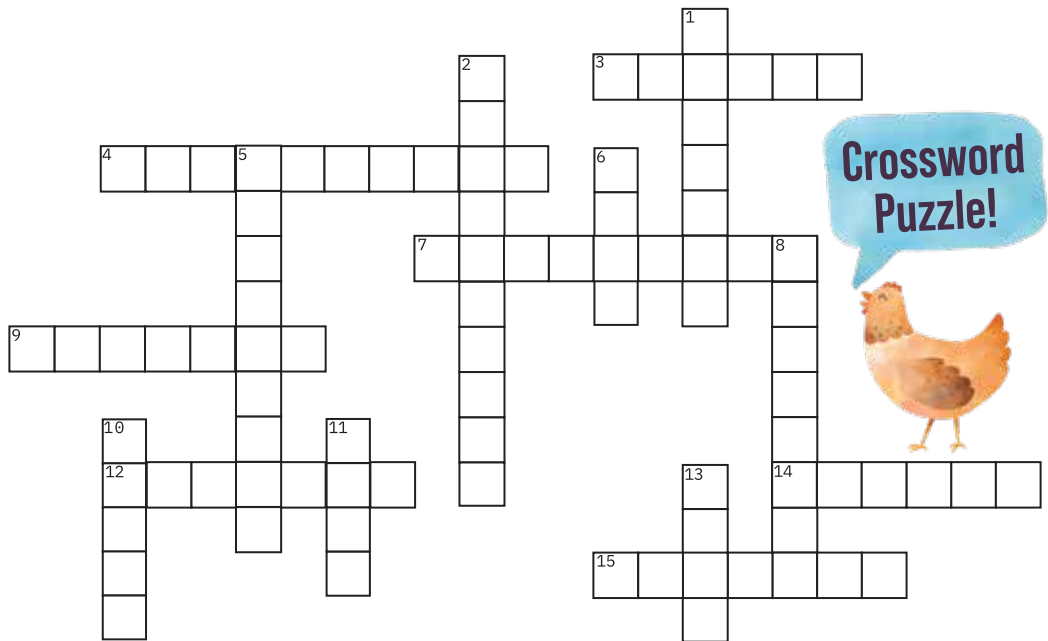
Do you have an agricultural or local food event that you'd like to submit to our calendar? Email us at info@adirondackharvest.com.

≡ A D I R O N D A C K ≡
Harvest Festival
EVERY SEPTEMBER
CELEBRATING LOCAL FARMS & FOOD

The Harvest Festival was launched in 2016 to celebrate local farms and food, support our local economy, and grow a sense of place and community. It is a day designed to bring farms, local businesses, and the community together, creating an opportunity for the public learn about local agriculture, try new foods, and meet the makers.







MEET SOME OF OUR FEATURED MEMBERS



COUNTRY DREAMS FARM
PLATTSBURGH



MOSSBROOK ROOTS
FLOWER FARM
KEESEVILLE



BUCKSBERRY FARM SARANAC

ACROSS

3. Stop by **Moon _____ Farm** to buy some delicious Scottish Highland beef, chickens, pork and pasture raised eggs!
4. **Maple Grove Farm** sells seasonal fruit and _____ late July to October. Fresh eggs year round. Locally raised meat. Self-serve cash or online payment option available. Safe off-road parking.
7. **Country Dreams Farm** grows fun, flowers, food, livestock, and more. Check us out on FB, _____ and TikTok for more information.
9. **The Carriage House Cooking School** is focused on offering small and intimate _____ classes and food experiences to the home cook, serious foodie or fine food connoisseur.
12. **Little Big Farm** is a small, family-run, permaculture/homestead farm specializing in food production and preservation for the home table, pantry, and health. We raise chickens, ducks, Icelandic sheep, as well as all manner of _____ fruits and vegetables, using no-till, organic methods.
14. **Rulfs Orchard** offers a year round retail store including a bakery and cider mill. Seasonally, we offer annuals and perennials, fresh produce, and U-pick berries, _____ and pumpkins.
15. **Bucksberry Farm** is a small northern Adirondack farm located in the small town of _____ inside the Adirondack Park. We grow high-quality eco-friendly veggies, plants and produce using proven organic growing methods.

DOWN

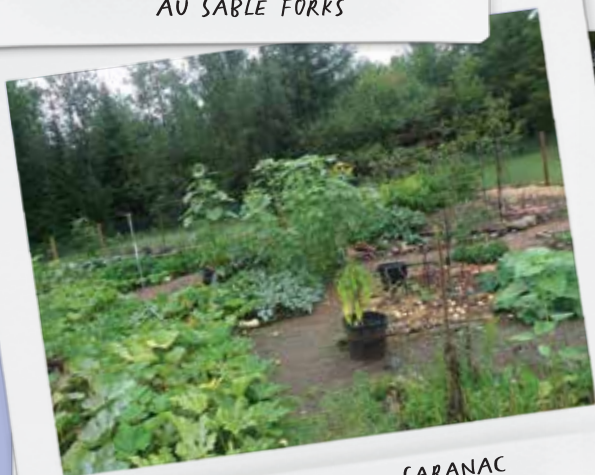
1. **Mossbrook Roots Flower Farm** is a family farm is set in the agricultural district on the Mace Chasm Road in Keeseville, NY. Our fields are bursting with _____ that reflect our seasons. We sell at our farm store, our Plattsburgh Florist location, wholesale, u-pick and local farmers' markets. We also offer flower subscriptions and host events.
2. Located in _____, **Sunset Farm** has been providing fresh, locally grown and harvested produce to generations of families since 1928! We take great pride in serving our customers quality, home-grown ingredients, as well as locally sourced products.
5. **Hopenhagen Farm** grows 9 varieties of fresh (in season) and dried lavender, as well as our own steam distilled lavender _____ oils. Our specialty shop offers homemade apothecary products for the entire family. Our Lavender Festival is July 9, 2022 with over 70 vendors and you-cut lavender.
6. **Small Town Cultures** is a small family-based fermentation company located in the High Peaks of the Adirondacks. Our _____ is to make healthy plant-based ferments that you and your body will crave.
8. **Adirondack View Vineyard and Lavender** is a beautiful farm with scenic _____ views. At different points in the season customers can pick lavender, grapes, and flowers plus visit the farm store.
10. **Cedar Hedge Farm** is committed to raising happy dairy goats, making healthy farm-based products, and managing the land to its natural potential. "Happy _____ make tasty cheese!"
11. **Wild Work Farm** grows high quality vegetables and berries in the heart of the _____ Peaks. Our produce is available at farmers' markets, small retail stores and restaurants, and at pre-order pickups throughout the Ausable Valley.
13. **North Country Creamery** is a 100% grass-fed, Non-GMO, & Animal Welfare Approved dairy in Keeseville, NY. We produce an array of farmstead cheeses and cream-line yogurts which we sell at our on-farm store (come meet the cows!), schools, hospitals, restaurants, and stores in the Adirondacks as well as across New _____ State.



MOON VALLEY FARM
AU SABLE FORKS



NORTH COUNTRY CREAMERY
KEESEVILLE



LITTLE BIG FARM
SARANAC



CEDAR HEDGE FARM
LOWVILLE



MAPLE GROVE FARM
PUTNAM STATION



RUE'S ORCHARD
PERU



CARRIAGE HOUSE
COOKING SCHOOL PERU



ADIRONDACK VIEW
VINEYARD & LAVENDER KEESVILLE



WILD WORK FARM KEENE



SMALL TOWN CULTURES
KEENE



HOPENHAGEN FARM
COPENHAGEN



SUNSET FARM QUEENSBURY

Types of Adirondack Harvest Businesses

Word Search

Words can go in any direction.

Words can share letters as they cross over each other.

Brewery

Caterer

Cooking School

Cooking Education

Co-op

Co-Packer

CSA

Distillery

Events

Farm

Farmers' Market

Farmers' Market Vendor

Farmstand

Farmstore

Farmstay

Fiber

Florist

Food Hub

Food Truck

Forestry Products

Greenhouse

Host Tours

Local Retail

Lodging

Maple Producer

Orchard

Restaurant

Value-Added Producer

Winery



ADIRONDACKHARVEST.COM

Browse the map to find local foods, products, and experiences.

You can search specifically for:

- Business Type (caterer, co-op, CSA, food hub, orchard, etc...)
- Delivery or Curbside Pick-Up
- Seasonal Availability
- Benefits Accepted (SNAP, FMNP, etc...)
- County
- Products Offered (fiber, flowers, vegetables, grains, etc...)

Y G Y W M Y U U B J Y U D N R T Z M H X
A R R N J N F P K F A N O Z O D N N Y W
S R E E E R D G B H A F J L D I V P X Q
E D E N E F L V D T S L M O N H Z L G A
O L R K I N H Y S H Q O S D E T P T B T
K Y Q P C W H M R H T R L G V W K E P G
F A L M T A R O Q B S I W I T E P Q Q K
Y A X K K A P E U T G S L N E D W D U D
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H R E C U D O R P D E D D A E U L A V Y
S G X N A R H U N P V Q F F L D V Y X V

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PHOTO: CRAIG GARDAN. BY JEFF MERTZ



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