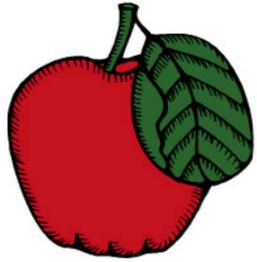


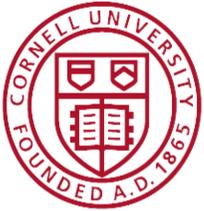
Grow Local • Buy Local



Local Food Guide

for Jefferson County

FREE



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

203 North Hamilton Street Watertown, NY 13601

Tel: 315-788-8450 Fax: 315-788-8461 www.ccejefferson.org

Cornell Cooperative Extension
Jefferson County



Local Food

Fresh to You - Fair to Farmers

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!

Are you in the market for fresh, delicious food?

2019 Jefferson County Farmers' Market Schedule

Market	Location	Day	Time	Dates	Notes
Watertown Farm and Craft Market	Dulles State Office Bldg., Washington Street	Wednesday	6:30 am - 3:00 pm	May 22 - Oct. 2	WIC 60+ SNAP
Clayton Farmers' Market	Village Park Circle, Clayton	Thursday	10:00 am - 4:00 pm	June 6 - Sept. 12	
Alexandria Bay Farmers' Market	Kinney Drugs Parking Area, Alexandria Bay	Friday	9:00 am - 3:00 pm	May 24 - Sept. 27	
Carthage Farmers' Market	Farmers' Market Pavilion Riverside Drive, Carthage	Friday	7:00 am - 2:00 pm	May 31 - Oct. 11	WIC 60+
Jefferson Bulk Milk Coop Market	Corner NYS Rte. 3 and Old Rome State Road, Watertown	Friday	2:00 pm - 6:00 pm	May 24 - Sept. 27	
Saturday Farmers' Market Watertown	JB Wise Place Pavilion, Watertown	Saturday	9:00 am - 2:00 pm	June 1 - Oct. 26	WIC 60+ SNAP
Cape Street Market	Village Green, Cape Vincent	Saturday	11:00 am - 5:30 pm	June 15 - Sept. 21	
Sackets Harbor Farmers' Market	Corner of Main St. & General Smith Dr.	Saturday	9:00 am - 4:00 pm	May 25 - Oct. 12	

Welcomes SNAP (Food Stamps) EBT Machine available

Welcomes Farmers' Market Nutrition Program Coupons

Some vendors accept WIC checks for vegetables and fruit

(To find out more about receiving Farmers' Market Nutrition Program Coupons see page 4.)



Local Farms & Stands

Adams

Bender Busy Bee Honey
honey - **conventional**
Duane & Linda Bender
18399 Co. Rte. 189
Adams, NY ph: 315-232-3098
dbender17@twcny.rr.com
* **roadside stand**

Sheland Farms
beef - **IPM**
Doug Shelmidine
12043 Co. Rte. 79
Adams, NY ph: 315-846-5640
dshel@frontiernet.net
* **please call ahead**

Adams Center

Fine Art Farm
horseradish
Ben Peyton
11526 Fuller Rd.
Adams Center, NY
ph: 315-778-3990
* **please call ahead**

Tickle the Earth Farm
fresh vegetables, herbs, eggs,
chicken, rabbit
CSA - North Country Local Meats
Almeda Grandjean
13501 Co. Rte. 155
Adams Center, NY
ph: 315-583-5660
* **roadside stand, sales from home, please call ahead**

Antwerp

Beartown Farms
beef, lamb, chicken
Gene & Veronica LaMothe
35813 Beartown Rd.
Antwerp, NY ph: 315-523-4197
grassgrown@hotmail.com
* **please call ahead**

Black River

Stoney Stream Farm
leeks
Rita LaBarge
31558 Rutland Hollow Road
Black River, NY
ph: 315-408-9055
prlabarge@exede.net
* **sales from home, u-pick**

Calcium

Five Corners Gardens
fresh vegetables, herbs
Marc Biondolillo
27516 Five Corners Road
Calcium, NY
* **roadside stand, sales from home**

Five Corners Greenhouse
fresh vegetables, herbs
conventional
Sam & Deb Biondolillo
27516 Five Corners Road
Calcium, NY ph: 315-773-2345
deborahbiondolillo@gmail.com
* **roadside stand, sales from home**

Cape Vincent

Knapp's Sapp Shack
maple products - **conventional**
Timothy Knapp
1585 Wilson Point Rd.
Cape Vincent, NY
ph: 315-654-2107
* **please call ahead, sales from home**

Lawrence Family Farm
beef, beef snacks
Rick & Sheila Lawrence
33020 Hell Street
Cape Vincent, NY
ph: 315-654-3381
lawrencefarm.weebly.com
* **please call ahead, sales from home**

Riverside Farm
fresh vegetables, herbs, berries,
dry beans, dry corn, rhubarb
CSA - Riverside Farm CSA
Carly Basinger
32089 Tibbetts Point Rd.
Cape Vincent, NY
ph: 803-728-7976
carlywiseb@gmail.com
* **roadside stand**

Carthage

Bushgarden's
fresh vegetables, berries,
apples, herbs, honey, eggs,
maple products - **conventional**
CSA - Bushgarden's
Loren & Chris Bush
10371 NYS Rte. 26

Carthage, NY ph: 315-783-6745
bushgardens@live.com
* **roadside stand, sales from home**

Meekestead Farm LLC
fresh vegetables
32401 NYS Rte. 126
Carthage, NY
ph: 315-778-1086
www.meekesteadfarm.com
* **sales from home, please call ahead**

Roggie Farms, LLC
Black River Valley Farms
eggs - **conventional**
36537 NYS Rt. 26
Carthage, NY ph: 315-493-0559
brvfeggs@aol.com
* **sales from home**

White Creek Gardens
fresh vegetables, herbs,
berries, apples - **conventional**
Kevin & Sandra Hadley
32984 Co. Rte. 143
Carthage, NY
ph: 315-777-5394
ChefKHadley@yahoo.com
* **roadside stand**

Denmark Gardens Apple Orchard
apples - **IPM**
Patsy Makuch
10080 Old State Rd.
Carthage, NY ph: 315-771-4354
patsy.makuch@yahoo.com
* **roadside stand**

Clayton

Bechaz Riverdale Cheese
cheese, beef - **conventional**
Jeffrey & Melinda Bechaz
37851 Deferno Road
Clayton, NY ph: 315-686-5979
bechazriverdalecheese.com
* **sales from home**

Honey O's Family Farm
honey, lamb, eggs, pork
conventional
CSA - North Country Local Meats
Alia Ososkalo
18835 Ct. Rt. 3
Clayton, NY ph: 315-816-0679
awewajoy@aol.com
* **sales from home, please call ahead**

Mid-River Farm
beef - **conventional**
CSA - North Country Local Meats
Harry & Eileen Slate
10841 Northshore Road
Clayton, NY ph: 315-686-2642
mid-riverfarm@hotmail.com
* **roadside stand, sales from home**

Copenhagen

Simmons Farm
fresh vegetables, herbs, berries,
apples, honey, maple products,
eggs - **conventional**
NYS Grown & Certified
Shari Simmons
10188 NYS Rte. 12
Copenhagen, NY ph: 315-767-0240
shari154@aol.com
* **roadside stand, sales from home, u-pick, customers must call ahead**

Depauville

Town of Clayton Seed Library
seeds loaned and saved
heirlooms, vegetables, herbs
Depauville Free Library
32333 Co. Rte. 179
Depauville, NY
ph: 315-686-3299
www.depauvillefreelibrary.org
* **public library**

Dexter

Dexter Farm Market
fresh vegetables - **conventional**
Hubert Joannette
17497 Co. Rte. 53
Dexter, NY
ph: 315-639-3660
* **roadside stand**

Star School Farm
fresh vegetables, herbs, beef,
turkey, chicken, eggs, pork, duck
19034 Star Schoolhouse Rd.
Dexter, NY ph: 315-778-8580
starschoolfarm@gmail.com
* **please call ahead**

Ellisburg

Bear Creek Honey
honey
Greg Lake
12022 NYS Rte. 193
Ellisburg, NY ph: 315-778-2920
glake104@gmail.com
* **roadside stand**

Evans Mills

Country Cousins Farm
beef, eggs, raw milk
conventional
Stan & Sharon Horning
29415 Fuels Rd.
Evans Mills, NY ph: 315-956-4697
countrycousinsfarm@gmail.com
* **roadside stand, sales from home**

Just Wingin' It Poultry Farm
turkey, chicken, eggs - **IPM**
CSA - Evans Mills Farm CSA
Stephanie Marnell
29812 Co. Rte. 46
Evans Mills, NY ph: 315-408-3928
justwinginitchicken.com
* **roadside stand, sales from home**

Martin Road North Gardens
fresh vegetables, herbs - **IPM**
CSA - Martin Road North Gardens CSA
Bruce Johnson
28483 Martin Road North
Evans Mills, NY ph: 315-783-9945
www.mrngardens.com
* **roadside stand**

Seaway Coldhardy Grapes
fresh vegetables, herbs, starter
plants - **IPM**
Duane A. Smith
29250 US Rte. 11
Evans Mills, NY ph: 315-767-5202
seawaycoldhardygrapes.com
* **roadside stand, sales from home**

Henderson

North Branch Farms
fresh vegetables, apples,
u-pick pumpkins - **IPM**
Jay & Kathryn Canzonier
7759 Lake Road
Henderson, NY
ph: 315-523-0760
www.northbranchfarms.com
* **roadside stand**

LaFargeville

Baty Farm
fresh vegetables
certified organic - NOFA-NY
Tim & Linda Baty
30820 NYS Rte. 180
LaFargeville, NY ph: 315-658-2374
tnlbaty@gmail.com
* **roadside stand**

Farmer's Wife Creations and Greenhouse
fresh vegetables, herbs, berries,
apples, honey, maple products,
beef, chicken, eggs, starter plants
conventional
Sheri Strock
16436 Co. Rte. 12
LaFargeville, NY ph: 315-523-0405
strocka@hotmail.com
* **roadside stand, sales from home**

Igo to the Farm
eggs
conventional
Lee & Denise Igo
31820 Miller Road
LaFargeville, NY ph: 254-833-1434
* **roadside stand, sales from home**

Strock Farms
fresh vegetables, herbs, berries,
apples, honey, maple products,
chicken, beef, eggs
conventional
Tyler & Sheri Strock
33862 Tracy Road
LaFargeville, NY ph: 315-523-0405
strocka@hotmail.com
* **roadside stand, sales from home, please call ahead**

Mannsville

Jones Apple Farm
apples, grape juice
conventional, IPM
Steve Jones
2186 NYS Rte. 3
Mannsville, NY ph: 315-846-5361
sljones@frontiernet.net
* **roadside stand**

Philadelphia

Carl's Christmas Trees and Organic Garlic
garlic
Jeff & Lisa Kirker
40123 Houghton Rd.
Philadelphia, NY ph: 315-628-5785
cctaog@gmail.com
* **sales from home, please call ahead**

Wintonbury Farm, LLC
shiitake mushrooms
CSA - Better Farm CSA
Mariann Johnston
33562 Co. Rte. 194
Philadelphia, NY ph: 315-214-9853
WintonburyFarmLLC@gmail.com
* **sales from home**

Redwood

Better Farm
fresh vegetables, herbs, honey
CSA - Better Farm CSA
Nicole Caldwell
31060 Cottage Hill Road
Redwood, NY ph: 315-482-2536
www.betterfarm.org
* **roadside stand**

Hunter's Plessis Farm
sweet corn, pumpkins
conventional
Alan & Suzanne Hunter
25603 NYS Rte. 26
Redwood, NY ph: 315-482-9227
ahunter@castletv.com
* **roadside stand**

Otter Creek Cattle Company
beef - **conventional**
Mike & Amy Stiefel
43921 Co. Rte. 2
Redwood, NY ph: 315-775-6075
mstiefel1@yahoo.com
* **please call ahead**

Pierce Farms
beef
Judy Pierce
25462 NYS Rte. 26
Redwood, NY ph: 315-482-3109
judyapierce@outlook.com
* **please call ahead**

Rodman

Lucki7 Livestock Co.
beef, chicken, eggs, pork
CSA - Lucki7 Farms
Stephen & Lisa Winkler
20562 Co. Rte. 69
Rodman, NY ph: 315-767-6809
lucki7@lucki7livestock.com
* **sales from home, please call ahead**

Ruddman Ranch
beef - **conventional**
Emily & Greg Rudd
24037 Kenfield Road
Rodman, NY ph: 315-767-3818
emilyrudd@ruddstowncountry.com
* **sales from home**

Schrader Farm
fresh vegetables, lamb
conventional
CSA - Miracles by the Acre
Janet Schrader
22657 Williams Road
Rodman, NY ph: 315-232-3786
* **please call ahead**

Timmy Crack Corn Produce
berries, honey, maple products,
conventional
Robin & Tim Hannon
10947 Lowe Road
Rodman, NY ph: 315-232-2032
trhannon400@yahoo.com
* **please call ahead**

Sackets Harbor

Old McDonald's Farm
fresh vegetables, sweet corn,
strawberries, u-pick pumpkins
conventional
Julia Robbins
14369 Co. Rte. 145
Sackets Harbor, NY ph: 315-583-5737
oldmcdonaldhasafarm.com
* **roadside stand**

Three Mile Bay

Luff Farms
fresh vegetables
Kurt & Lori Lanning
21272 S. Shore Rd.
Three Mile Bay, NY ph: 315-649-2985
www.lufffarms.com
* **roadside stand**

Theresa

LM Farm
fresh vegetables, turkey, eggs, pork,
rabbit - **conventional**
Lamar Miller
32167 Rt. 46
Theresa, NY ph: 315-329-1190
* **roadside stand, sales from home, please call ahead**

Watertown

Churchill Farms
honey, maple products
Rolly Churchill
18161 Co. Rte. 156
Watertown, NY ph: 315-788-7139
rolly@twcny.rr.com
* **roadside stand**

Kampnich
honey, beef
certified organic NOFA NY
Brian Kampnich
23235 Knowlesville Rd.
Watertown, NY ph: 315-778-6485
kampnich3@gmail.com
* **sales from home**

JB Acres
fresh vegetables, eggs
conventional
James Babcock
26000 NYS Rt. 283
Watertown, NY ph: 315-681-7273
babcock1972@yahoo.com
* **roadside stand, sales from home**

Orchard Hill Farm
fresh vegetables, herbs, honey, baked
goods
CSA - Miracles by the Acre
Greg Steiner & Family
26218 Cramer Road
Watertown, NY ph: 315-529-2914
gregsteinerjr@yahoo.com
* **sales from home, please call ahead**

Rock and Jam
berries, jam
Yvonne Youngs
20054 Reasoner Rd.
Watertown, NY ph: 315-777-3203
rockandjam1@outlook.com
* **sales from home, please call ahead**

Wind Swept Meadows Farm
fresh vegetables, herbs, baked goods,
berries, beef, turkey, chicken, eggs,
jams - **IPM, conventional**
CSA - Miracles by the Acre
CSA - Wind Swept Meadows Farm Beef
Delta & Tom Keeney
17025 Co. Rte. 68
Watertown, NY ph: 315-788-1933
www.keeneywindsweptmeadows.com
* **roadside stand, sales from home**

Wyn-De-Elm Farm
fresh vegetables, herbs, berries
Kathleen Mereand
20598 Rome State Road
Watertown, NY ph: 315-489-9615
kmereand@yahoo.com
* **roadside stand**

Wellesley Island

Cross Island Farms
fresh vegetables, herbs, berries,
beef, eggs, pork, goat meat, grapes
- **NYS grown & certified, certified organic NOFA NY**
CSA - Cross Island Farms
Dani Baker & David Belding
44301 Cross Island Road
Wellesley Island, NY
ph: 315-482-3663
organic@crossislandfarms.com
* **roadside stand, sales from home, u-pick, please call ahead**

Worth

Worth Gold Farm
fresh vegetables, turkey, pork,
beef, chicken, eggs, herbs
CSA - Worth Gold Farm
Shawn & Christina Chamberlain
23711 Co. Rte. 189
Worth, NY ph: 315-408-1088
worthgoldfarm@gmail.com
* **sales from home**

- F** Find us on Facebook
- TNY** Products available in Taste NY Store
- S** Welcomes SNAP
- C** Welcomes Farmers Market Nutrition Coupons
- W** Welcomes WIC fruit and vegetable checks
- CSA** CSA Community Supported Agriculture
- +** Additional Certifications

More Information About Farming Practices

CSA - Some farms offer a Community Supported Agriculture (CSA) option. Consumers can purchase a share of the farm's harvest at the beginning of the growing season and then pick up a box of freshly harvested produce each week throughout the season.

Certified Organic - Certified organic farms have met USDA standards for organic food production as verified by an accredited agency such as the Northeast Organic Farming Association of NY (NOFA-NY).

Conventional - Producers use all available strategies and inputs in their production of food.

GAP - The Good Agricultural Practices audit verification program focuses on best agricultural practices to verify that farms are producing, handling, and storing fruits and vegetables in the safest manner possible to minimize risks of microbial food safety hazards.

IPM - Integrated Pest Management is a sustainable approach to managing pests by combining biological, cultural, physical, and chemical tools in a way that minimizes economic, health, and environmental risks.

Additional Certifications - Farmers follow a wide array of agricultural practices. Many farmers participate in certification programs that comply with strict quality requirements including 3rd party audits. These high standards may apply to growing practices, animal treatment and handling practices or environmental practices. This guide lists those growers who comply with additional certifications. Ask them about their certification and practices. For more information visit: <https://www.ams.usda.gov/services/auditing> and <https://www.nal.usda.gov/awic/certification-programs>.



www.adirondackharvest.com

Our Farm Fresh Foods Map will show you locations of many area farm stands, farmers' markets, restaurants, and stores.



Search for local farmers' markets, restaurants, and stores

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. You often pay less.
3. You improve your diet by eating more vegetables and fruit.
4. Food miles are reduced—this saves fossil fuels and decreases vehicle pollution.
5. Less packaging is used and thus, less waste is created.
6. You stimulate local economic development by keeping your \$\$\$ in the community.

Retail Stores

Alexandria Bay

Taste NY at the North Country Welcome Center

F wide variety of local products
43350 Collins Landing Road
Alexandria Bay, NY ph: 315-215-4187
FB: North Country Welcome Center

Thousand Islands Winery

F wine, open daily for tastings and tours
43298 Seaway Ave., Suite 1
Alexandria Bay, NY ph: 315-482-9306
thousandislandswinery.com
FB: Thousand Islands Winery

Cape Vincent

The Cape Winery

F wine, eggs, maple products, fresh vegetables, honey **IPM**
Sandra L. Fralick
2066 Deerlick Road
Cape Vincent, NY ph: 315-654-3218
thecapewinery.com
sandra@thecapewinery.com
FB: The Cape Winery

Clayton

Clayton Distillery

F spirits
40164 NYS Rte. 12
Clayton, NY ph: 315-285-5004
claytondistillery.com
FB: Clayton Distillery

Clayton Food Co-op

F **S** fresh vegetables, fruit, honey, maple products, cheese, meat, eggs
720 James Street
Clayton, NY ph: 315-686-3242
claytonfood@gmail.com
FB: Clayton Food Co-op

Coyote Moon Vineyards

F grapes, wine **IPM**
17371 Co. Rte. 3
Clayton, NY ph: 315-686-5600
tony@coyotemoonvineyards.com
coyotemoonvineyards.com

Philadelphia

North Country Store

F **S** apples, honey, maple products, cheese, beef, eggs, pork, spices
32672 US Rt. 11
Philadelphia, NY ph: 315-642-0646
ncsbulkfoods@gmail.com
FB: North Country Store

Otter Creek Winery

F grapes, wine, maple products
33109 Rudes Road
Philadelphia, NY ph: 315-642-0622
ottercreekwinery.com
FB: Otter Creek Winery
*Tasting Room also in Alexandria Bay

Watertown

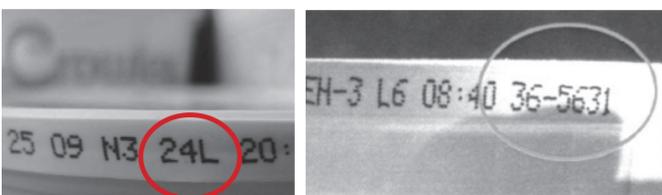
Yellow Barn Winery

F wine
18876 Co. Rte. 66
Watertown, NY ph: 315-782-1824
yellowbarnwinery.com
marysurdo@gmail.com
FB: Yellow Barn Winery

Want to know if the dairy products you buy are locally produced?

Some milk travels thousands of miles, so look for "36" to know that your milk was processed in New York State with milk sourced from local dairy farms.

Many store brands of yogurt, cottage cheese, and sour cream are made by Crowley Foods in LaFargeville, NY, and use local milk. You can make sure the product was made at the LaFargeville Crowley plant by looking at the date stamp on the lid of the product. If the date stamp has an "L" as shown in this photo, it was made in LaFargeville.



Cornell University

Information about programs that help you:

- stretch your food dollars;
- find great recipes;
- find links to other resources.

<http://fmnp.nutrition.cornell.edu/>



About this Guide

This Local Food Guide was produced as a public service with funding from the sponsors listed below.

The farms and businesses in this guide have assured us that they sell food they have raised themselves or food they have produced themselves using largely local ingredients.

In addition to their own food, these farms and businesses may also sell food that is not locally grown or produced. When shopping for local food, feel free to ask, "Did you grow this yourself?"

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:

Erin O'Rourke
Cornell Cooperative Extension
of Jefferson County
eo273@cornell.edu
or by phone at
315-788-8450.

2019 Guide Sponsors

SWB Watertown Savings Bank
www.watertownsavingsbank.com

MOBILE BANKING
We Go Where You Go!

MOBILE BANKING
Available Balance \$12,395.25
My Checking
My Savings \$2,739.84

WHEN IT COMES TO BANKING... LOCAL MATTERS

1000 Islands
Farms and Food

Explore the land side of the 1000 Islands

Farm Stands
Farm Tours
Specialty Products
Maple Syrup
Cheese
Wineries
Distilleries
Craft Breweries

AgVisit.com



Grow Your Agricultural Business in Jefferson County!

We assist in the retention, growth, and promotion of Jefferson County's agricultural industry.

Contact us if you have questions on programs available to help you start up or expand your operation. 315-782-5865 x 232

Visit www.comefarmwithus.com for an interactive map of food production.



Tune in to New York's agricultural talk radio show, **The Home Grown Show**, every Saturday morning at 6 am on AM 790 WTNY or watch and listen on Mondays at 9 am at www.gnuvisions.com.

Follow us on Facebook at Jefferson County Agricultural Economic Development or on Twitter at @Jeffersonagdev.

NORTH COUNTRY REGION
EAT SMART NY
Northcountryeatsmartny.org

Fill 1/2 your plate with fruits and vegetables locally!

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.

Cornell Cooperative Extension | Jefferson County

Adopting Healthy Habits

Make Healthy Choices Easier

Visit Adopting Healthy Habits on Facebook for great tips that make healthy choices easier!



WIC gives checks for fresh fruits and vegetables. Families can spend them at participating Farmers' Markets!

North Country Family Health Center's WIC Program provides families with nutritious foods like milk, cheese, eggs, cereal, whole grain foods, fruits and vegetables.



Jefferson County Office
238 Arsenal Street
Watertown
315-782-9222

To request an appointment online:
www.NoCoFamilyHealth.org

60+

Seniors age 60 plus can qualify for coupons which can be redeemed at local Farmers' Markets. For more information call the Jefferson County Office for the Aging at 315-785-3191.