



# Chautauqua County LOCAL FOOD GUIDE

**FRESH, LOCAL FOODS**

**FOOD PANTRY PROGRAMS**

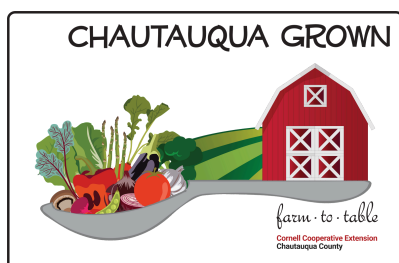
**LOCAL FARMS & FARM STANDS**

**COMMUNITY SUPPORTED AGRICULTURE**

**FARMERS MARKETS**

**Cornell Cooperative Extension**

**Chautauqua County**



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# WHY BUY LOCAL?

**Purchasing and investing in locally grown, raised and produced products has an incredible value!**

**Fresh:** Eating locally guarantees freshness.

Locally grown produce is usually harvested no more than twenty-four hours prior to purchasing—bringing to the table crisp, fresh vegetables at the height of their nutritional value.

**Taste:** Produce picked and eaten fresh tastes better. Even a week's delay in reaching the table will cause food to shrink and lose flavor. Many of our local farmers use heritage varieties, which tend to have more flavor and remind us of the garden vegetables and fruits of years ago.

**Safe:** Knowing and trusting the folks who grow your food provides for more purity without the use of undesirable chemical residual on harvested food. E-coli and salmonella bacteria are less likely to be found in local food sources.

**Variety:** Local farmers offer a wider variety of produce that we need to stay healthy. Just visit one of our many farm stands in Chautauqua County to find out!

**Economy:** The purchase of locally grown food puts money into local economies. Studies have shown that every dollar spent with a local food business generates up to \$2.50 in additional local economic activity.

**Community.** Buying local builds long-term mutually beneficial relationships between food producers and food buyers, and reconnects eaters with the source of their food. You can also protect farmland and open space from development by keeping family agriculture a vibrant and competitive use of land.

**Environment.** Most food in the United States travels an average of 1500 miles before it reaches our table. Buying local reduces carbon dioxide emissions. Small family farms typically take a less intensive approach to producing food and use fewer synthetic pesticides, herbicides and fertilizers, and if they do use chemicals, follow Integrated Pest Management.





# AN EQUITABLE FOOD SYSTEM

**Ensuring our local food system is accessible to all helps our food system thrive. Here are ways our community aims to craft a more equitable food system!**

**Food is FRESH:** All individuals who wish to purchase produce, and other food products, deserve the best quality products. Often food that is not local travels far distances, losing quality and nutritional value.

**Food is AFFORDABLE:** While some local products are priced at a value that ensures profit for the farmer or grower, there are many programs that assist in offering food, and local food, at a price available for all. This includes farmers' markets and farm stands that accept SNAP or Double Up Food Bucks, distribution of New York State Farmers Market Nutrition coupons via the Office of the Aging or WIC, as well as community food service programs, such as congregant meal sites, mobile markets, and food pantries. Other programs, such as the Office of the Aging's Local Roots Program, offer food to specific populations who may be more vulnerable to food insecurity.

**Food is appropriate to all CULTURES:** As most of us can attest, food is an important part of our family traditions, history and culture. Often, due to our WNY seasonality, culturally relevant foods may not be available for all. This can include products that are native to one's home country, vital for cultural recipes, or simply foods that individuals and families love to enjoy. More and more local farmers are recognizing the need to grow what they can to ensure that individuals of all backgrounds have access to the foods they want. In addition, food pantries are procuring more and more culturally relevant foods.

**Food is NUTRITIOUS:** Food comes in all shapes, colors and ingredients. Fed is best. However, all community members deserve equal access to foods that nourish our bodies, be that physical, emotional or culturally. Increased nutrition benefit programs increase access to farmers markets and mobile markets. Farm to school programs expand local and nutritious food access for students. More food pantries are recognizing the need to offer foods for infants/young children, such as formula, as well as food for our furry friends!



# WNY SEASONAL PRODUCE

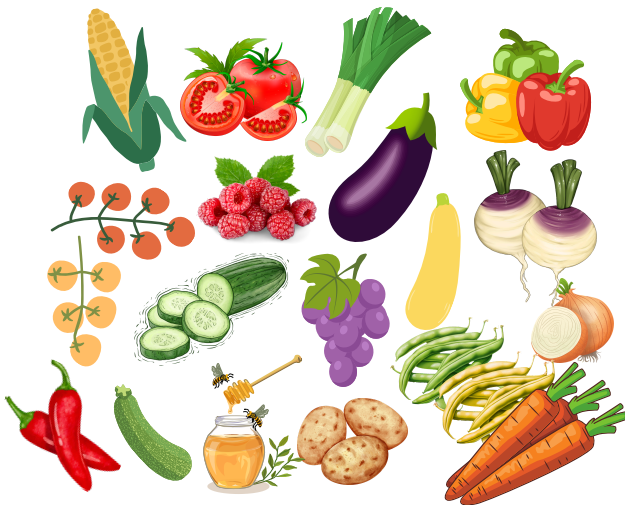
## Spring (April/May)



## Early Summer (June/July)



## Late Summer (August/September)



## Fall (October/November)

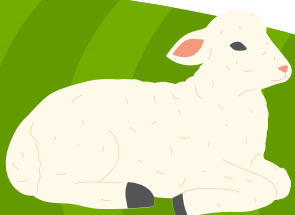


## Winter (December-April)



**For More Information:**

<https://www.seasonalfoodguide.org/state/new-york>





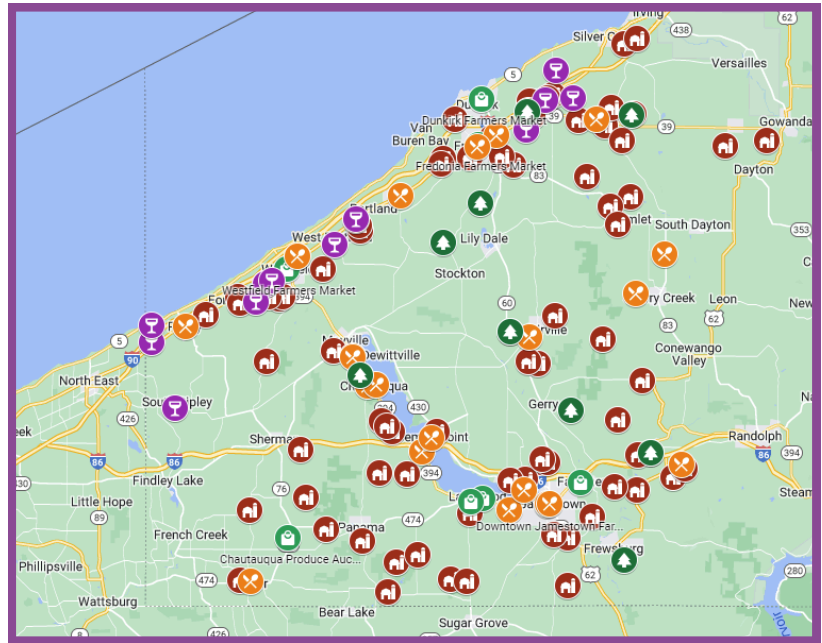
# CHAUTAUQUA GROWN

**Chautauqua Grown** is your source for all things local foods!  
Find farms, restaurants, farmers markets, and much more!

Chautauqua County is home to over 1,500 farms that produce high quality, safe, and nutritious foods for us all to enjoy! Here you will find your guide to all things local foods, including farms that sell products direct to consumers, farmers markets, and restaurants that purchase locally produced foods. This map is updated often, and is administered by Cornell Cooperative Extension of Chautauqua County.

## Categories of Farms You Can Find on Chautauqua Grown:

- U-Pick Farms
- Fruits & Vegetables
- Meats/Poultry & Eggs
- Flowers
- Community Supported Agriculture (CSA) Programs
- Maple Syrup
- Honey & bee products



## UPICK FARMS

U-pick farms offer the Chautauqua and surrounding community the opportunity to visit local fruit orchards or vegetable patches up close! U-Pick farms offer visitors the chance to literally pick the produce off the vine or tree. It is also a great way to learn more about local farms, provides opportunity to support a small business, and often produce is cheaper when purchased in bulk from a u-pick operation.

Some of the produce available for u-pick in Chautauqua includes:

- Cherries
- Strawberries
- Blueberries
- Asparagus
- Fava Beans



*Scan me*

Access our Chautauqua Grown  
Map with the QR code above!

# NUTRITION BENEFIT PROGRAMS



Many low-income and senior residents are eligible for **SNAP** benefits. Contact Chautauqua's local NOEP (Nutrition Outreach Education Program) Coordinator to sign up today! In addition, many local farmers markets accept SNAP benefits, as well as most retail food stores. Visit <https://www.feedmorewny.org/snap-resources/> for more information.



When you use your SNAP benefits, **Double Up** matches your fruit and vegetable purchases dollar for dollar (up to \$20 a day). That means you and your family get twice the fresh fruits and veggies. Several farmers markets in the county currently participate in the Double Up Food Bucks program. Find a Double Up market nearest you by visiting: <https://doubleupnys.com/>



**The Farmers' Market Nutrition Program (FMNP)** provides checks to women, infants and children through the Women, Infants and Children Program (WIC) and to seniors through the Commodity Supplemental Food Program (CSFP) for the purchase of locally grown, fresh fruits and vegetables.

Fresh fruits and vegetables can be purchased with checks at farmers' markets during the summer and fall. The program runs from June - November 30. FMNP checks are distributed to all WIC participants and via the Office of the Aging starting annually in July.



**The FreshConnect Checks Program** was designed to increase the purchasing power of Supplemental Nutrition Assistance Program (SNAP) consumers by 40 percent while supporting local farmers, farmers' markets, farm stands, and mobile markets. The FreshConnect Checks Program has also been available to veterans, service members, and their immediate families since 2014, and can be used to purchase fresh foods at participating farmers' markets and farm stands.

If you are a veteran, visit your local VA office. All SNAP participants are also eligible for Fresh Connect checks at participating farmer's markets



**The Veggie RX program** is a collaboration between the **Jamestown Mobile Market and The Chautauqua Center**. Medical providers and other staff at partnering health care organizations give "prescription" vouchers that act as money to their patients. Those patients spend the vouchers on fresh produce at area public markets. Veggie Rx patients receive five free servings each week through the duration of the season



# NUTRITION BENEFIT PROGRAMS

Hope to apply for local nutrition benefits? Contact the following organizations for assistance and information!

Call or visit **Chautauqua County Department of Social Services** to apply for SNAP benefits.

## **South County Office Building**

110 E. Fourth Street  
Jamestown, NY 14701  
Phone: 716-661-8200

## **North County Office Building**

319 Central Ave  
Dunkirk, NY 14048  
Phone: 716-363-3500



You can also apply online at <https://mybenefits.ny.gov/>



The Nutrition Outreach Education Program via **Feedmore WNY** assists individuals and families in applying for SNAP. Confused by the process? Give Chautauqua County's NOEP Coordinator a call!

Phone: (716)-822-2005 ext 3105  
Email: [bbarone@feedmorewny.org](mailto:bbarone@feedmorewny.org)

**Catholic Charities** administers the WIC program in both Chautauqua, Niagara and Erie Counties. For pregnant and nursing mothers and children infant to age 5.

**Phone:** (716) 218-1484  
**Email:** [wicinfo@ccwny.org](mailto:wicinfo@ccwny.org)



**Chautauqua County Office for the Aging** provides several food access programs, including Meals on Wheels, the Local Roots fresh produce delivery program, and distribution of the Farmers Market Nutrition Program vouchers.

**Phone:** 716-753-4471

# CHAUTAUQUA COUNTY COMMUNITY SUPPORTED AGRICULTURE (CSA) SHARES

Community Supported Agriculture (CSA), one type of direct marketing, consists of a community of individuals who pledge support to a farm operation so that the farmland becomes, either legally or spiritually, the community's farm, with the growers and consumers providing mutual support and sharing the risks and benefits of food production.

It is important to research available CSAs to find one that is right for you! Each CSA is unique in its offerings, add-ons, location and pickup points. Most will also offer weekly recipe ideas or produce preservation tips.

CSAs are a perfect investment for an individual or family who wishes to experience the WNY growing season, and is comfortable with trying new items week to week!



## Hickory Hurst

Offering fresh produce weekly

Two-site location pickup

Add ons include syrup; honey; eggs; or cheese

Also offers a flower share

<https://www.facebook.com/HickoryHurstFarm>

## Carlberg Farm Produce

Offering fresh produce weekly

Pickup at farm stand

Add ons include fresh greens; mushrooms & fresh baked bread

<https://www.facebook.com/Carlbergfarmproduce>



reduce



## Green Heron Growers

Offers flexible online ordering year round

Pickup at farmstand or local farmers market

Offers variety of meat shares in various sizes

<https://theheron.org/our-farm/>

## Grow Jamestown CSA

Offers weekly pickup of fresh produce from various Chautauqua county farms  
Add ons include meat, eggs & fresh baked breads

Proceeds go to support the Jamestown

Mobile Market program

[www.jfmny.org](http://www.jfmny.org)



## Stillwater Valley Farm

Offers weekly pickup of fresh produce  
Unique, rare and Indigenous produce items available

Offers a 'Seed CSA' with variety of unique and cultivated seeds

Pickup at farm

<https://www.facebook.com/stillwatervalley>

## Maggitti Farms

Unique and traditional produce items, including wide variety of hot peppers, radishes, and tomatoes

Uses Regenerative Agriculture practices

<https://www.facebook.com/pages/Maggitti-Farms/102136388185989>



# CHAUTAUQUA COUNTY FARMERS MARKET



## TIPS FOR SHOPPING AT YOUR LOCAL FARMERS MARKET

**Know WNY Seasonality:** Prior to visiting, research WNY seasonal produce items so you know what kinds of fruits and vegetables to expect when you arrive at the market! Seasonality will differ depending on the type of market you visit, as well as the time of year

**Bring a reusable bag:** Many farmers and vendors do not offer plastic bags in support of the local environment. Visiting a market is the perfect time to bring that reusable tote! Many markets also sell bags as a fundraiser for their events

**Go early:** Farmers markets tend to be less crowded in the earlier hours, and it gives you the chance to get the best selection of products

**Talk with the farmers:** If you find a product that is new to you, or if you are curious about a farmers' business, don't be afraid to ask questions! Most farmers and vendors are more than happy to discuss their products, origins, growing practices and even may share recipes and cooking tips

**Buy in Bulk:** Many of the best pricing deals at farmers markets are when you buy in bulk. You can also purchase product in bulk to preserve, via canning or freezing

### Bemus Point Market

1 Lakeside Drive

June 14-August

Saturdays 10 AM-2 PM

### Cassadaga Farmers Market

Ames Common, Maple Ave

June-September

Sundays 12:00 PM to 3 PM



### Dunkirk Farmers Market

45 Cliffstar Ave.

June 11-October

Wednesdays 9 AM to 2 PM



### Falconer Farmers & Artisans Market

Davis Park

June-August

Saturdays 10 AM to 4 PM

### Forestville Farmers Market

5 Main Street

June 19-October

Thursdays 2 PM to 6 PM



### Fredonia Farmers Market

Summer Market

Church St.

May-October

Saturdays

9 am to 1 pm

Winter Market

321 E Main Rd

Nov-April

Saturdays

10 am to 1 pm



### Lakewood Farmers Market

Chautauqua Ave

June-September

Thursdays 12 PM to 4 PM



### Jamestown Farmers Market

Summer Market

16 W 3<sup>rd</sup> St

June 7-Nov

Winter Market

410 N Main St

Jan-May

Saturdays 9 am to 1 pm



### Jamestown Mobile Market

Days & Locations Vary

Visit: [jfmny.org](http://jfmny.org)



### Mayville Evening Market

16 Water St.

June-August

Saturdays 4 PM to 8 PM

### Westfield Farmers & Artisan Market

Park Ave.

May 31-September

Saturdays 9 AM to 2 PM

# CHAUTAUQUA COUNTY FARM STANDS



## SHOPPING AT A LOCAL FARMSTAND

**Plan for Seasonality:** The WNY growing season varies, sometimes even week to week during spring/summer/fall! While you can plan to purchase some items ahead of your visit, go into the shopping experience with flexibility.

**Hours May Vary:** Often farm stands are located at a family farms' home. Hours, even if set on social media or online, may vary because of this. Visit with patience, as many farm stands are staffed by members or even children of the farm. This presents a unique opportunity to learn more about each farms' values and growing process!

**Preserve Your Bounty:** Many farm stand operations will sell you product in bulk; think tomatoes for canning, or strawberries for jam. Do not be afraid to call ahead to see when you may be able to purchase in bulk, and always be sure to place your order ahead of pickup to give the farm time to pick and package your produce.

**Bring cash:** Most farm stands are cash only; while some do accept credit/debit and several take FMNP coupons or even SNAP, most are cash. Some are even 'pay with honesty' and do not have staff on site to provide exact change. Come prepared with smaller bills.

### Abers Acres

884 NY-394 Kennedy, NY  
S/M/T/W/T/F/S 10 AM to 6 PM  
U Pick Hours & Winter Hours Vary



### Carlbergs Farm Stand

1982 Peck Settlement Road  
Jamestown, NY  
F/S 10 AM to 6 PM  
Summer/Winter Hours Vary



### Feinen Farms

13251 Route 39 Forestville  
Daily, 10 AM to 6 PM



### Roberto Fred Farms

10655 Temple Rd Dunkirk  
Daily 9am-6pm



### Green Heron Growers

2361 Wait Corners Road  
Sherman, NY 14767  
Open Year Round, Daily  
8 AM to 8 PM



### Hidden Valley Produce

324 Warren Road  
Frewsburg, NY 14738  
Hours Vary. Not open on Sundays.  
May through November



### Hostetler Farm Stand

2213 Route 76  
Panama, NY 14767  
Mon-Sat 9am-6pm Closed Sundays



### Peterson Farm

3260 Fluvanna Ave,  
Jamestown, NY 14701  
Daily, 10 AM to 6 PM

### Old Chautauqua Farms

6645 West Main Road  
Portland, NY 14769  
Stand Hours Vary  
U-Pick Hours Vary

### Scott's Farm & Greenhouse

164 W. Fairmount Ave  
Lakewood, NY 14750  
&  
6029 Route 60 Sinclairville, NY 14782  
Hours Vary



### Yerico Farms

3186 E. Main Street  
Dunkirk, NY 14048  
Open June to November  
Hours Vary



# CHAUTAUQUA COUNTY FARMERS MARKET NUTRITION PROGRAM REDEMPTION SITES

## FARMERS MARKETS

**Cassadaga Farmers Market**  
Ames Common, Maple Ave  
June-September  
Sundays 12:00 PM to 3 PM

**Forestville Farmers Market**  
5 Main Street  
June 19-October  
Thursdays 2 PM to 6 PM

**Lakewood Farmers Market**  
Chautauqua Ave  
June-September  
Thursdays 12 PM to 4 PM

**Dunkirk Farmers Market**  
45 Cliffstar Ave.  
June 11-October  
Wednesdays 9 AM to 2 PM

**Fredonia Farmers Market**  
Summer Market | Winter Market  
Church St. | 321 E Main Rd  
May-October | Nov-April  
Saturdays | Saturdays  
9 am to 1 pm | 10 am to 1 pm

**Jamestown Farmers Market**  
Summer Market | Winter Market  
16 W 3<sup>rd</sup> St | 410 N Main St  
June 7-Nov | Jan-May  
Saturdays 9 am to 1 pm

**Jamestown Mobile Market**  
Days & Locations Vary  
Visit: [jfmny.org](http://jfmny.org)

**Westfield Farmers & Artisan Market**  
Park Ave.  
May 31-September  
Saturdays 9 AM to 2 PM

## FARM STANDS/RETAIL MARKETS

**Abers Acres**  
884 Route 394, Kennedy  
Mon-Sat 9am-6pm  
Sun 10am-5pm

**Biodome Project**  
207 Pine St, Jamestown  
Tues – Fri: 11AM – 6PM  
Sat: 11AM-5PM

**Carlberg Farm Stand**  
1982 Peck Settlement Rd, Jamestown  
Mon-Sat 9am-6pm  
Sun 10am-5pm,

**Feinen Farm Stand**  
13251 Route 39 Forestville  
Daily, 10 AM to 6 PM

**Green Heron Growers**  
2361 Wait Corners Road, Sherman  
Daily, 8 AM to 8 PM

**Hidden Valley Produce**  
324 Warren Road Frewsburg  
Mon-Sat 9am-6pm  
Closed Sundays

**Hostetler Farm Stand**  
2213 Route 76, Panama  
Mon-Sat 9am-6pm  
Closed Sundays

**Miller's Apples**  
3889 Williams St. Dunkirk  
Fri 10am-1pm

**Roberto Fred Farm Stand**  
10655 Temple Rd Dunkirk  
Daily 9am-6pm

**Scott's Farm & Greenhouse**  
6029 Route 60 Sinclairville  
Daily 9am-6pm

More Info:  
<https://agriculture.ny.gov/farmers-markets-county>



# LOCAL MARKET CALENDAR



Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>Cassadaga Farmers Market</b> Maple Ave June-September 12:30 PM to 3:30 PM		<b>Jamestown Mobile Market</b> Various Locations/Times	<b>Dunkirk Farmers Market</b> Cliffstart Drive 9 AM to 2 PM  <b>Jamestown Mobile Market</b> Various Locations/Times  <b>FeedMore WNY Farm Market Truck</b> YWCA Westfield 58 S. Portage Street, Westfield 11 AM to 12 PM	<b>Forestville Farmers Market</b> June-October 2 PM to 6 PM  <b>Lakewood Farmers Market</b> Chautauqua Ave June-September 12 PM to 4 PM  <b>Jamestown Mobile Market</b> Various Locations/Times  <b>FeedMore WNY Farm Market Truck</b> Anderson Lee Library, 43 Main Street, Silver Creek 11 AM to 12 PM		<b>Westfield Farmers &amp; Artisan Market</b> Park Ave. May-September 9 AM to 2 PM  <b>Fredonia Farmers Market</b> Church Street Saturdays May-October 9 AM to 1 PM November-April 10 AM to 2 PM  <b>Jamestown Farmers Market</b> Summer: 16 W 3 <sup>rd</sup> St Winter: 410 N. Main St 9 AM to 1 PM  <b>Bemus Point Farmers &amp; Artisan Market</b> Village Center 10 AM to 2 PM  <b>Falconer Farmers &amp; Artisans Market</b> Davis Park 10 AM to 4 PM  <b>Mayville Evening Market</b> 16 Water St 4 PM to 8 PM

## AGRICULTURE RELATED ANNUAL EVENTS

**Busti Apple Festival:** Last Saturday/Sunday in September

More Information: <https://busti-historical-society.weebly.com/>

**Chautauqua County Fair & Chautauqua 4H Meat Animal Sale:** Third Week in July

More Information: <https://www.chautauquacofair.org/>

**Chautauqua Produce Auction:** Every Tuesday and Friday, starts first week of May

More Information: <http://chautauquaproduceauction.com/>

**Farmer Neighbor Dinner:** Annually Every Summer

More Information:

<https://chautauqua.cce.cornell.edu/agriculture/chautauqua-farmer-neighbor-dinner>

**Festival of Grapes:** Annual every September

More Information: <https://silvercreekny.com/festival-of-grapes/>

**Fredonia Farm Festival:** Last weekend of August

More Information: <https://www.farmfestivalfredonia.com/>





# CHAUTAUQUA COUNTY EMERGENCY FOOD SERVICES

## DAILY MEAL LOCATIONS

### **Chautauqua County Rural**

**Ministry – Dunkirk**  
319 Washington Ave.  
(716) 366-1787

### **St Susan's Kitchen - Jamestown**

(716) 664-2253

## FOOD PANTRIES

### **Findley Lake UMC**

2862 North Rd (716) 769-7532

### **Clymer Abbe Reformed Church**

595 Clymer/Sherman Road  
(716) 355-6336

### **Cherry Creek First UMC**

**Twice Fed Food Pantry**  
6813 Main St. (716) 296-5213

### **Ashville Food Pantry UMC**

2180 Maple St. (716) 763-9252

### **Bread of Life Food Pantry -**

Jamestown 1006 W. 3rd Street  
(716) 483-3687  
(716) 490-5510

### **Forestville – Neighbor to Neighbor Food Pantry**

9495 Prospect Rd.  
(716) 257-6081

### **Cassadaga Food Pantry**

25 Maple Ave. (716) 595-8718

### **Brocton-Portland Food Pantry**

7081 E. Route 20, Portland  
(716) 326-3417 or (716) 326-2492

### **Forestville Food Pantry**

3 Park St. (716) 965-2655

### **Falconer Food Cupboard at Bethlehem Lutheran Church**

20 N. Phetteplace St.  
(716) 665-2102

### **Chautauqua County Rural Ministry – Dunkirk**

319 Washington Ave  
(716) 366-1787

### **The Fred Basket-Fredonia Presbyterian Church**

219 Central Ave (716) 679-1501

### **Frewsburg Food Cupboard**

6 Institute St. (716) 569-2615

## What Can I Expect at a Food Pantry?

Each food pantry in the county, or other emergency food program, have their own intake process. It is best to call ahead to learn the time and days your nearest pantry is open, as well as to ask questions on what you may need to bring your first visit.

Some pantries even take appointments.

Most pantries in Chautauqua County require an ID upon visiting; this could include a driver's license, a student ID or even a formal membership card.

**If you do not have ID, do not worry!** Pantries will work with you to ensure you get the nourishing foods you are looking for.



# CHAUTAUQUA COUNTY EMERGENCY FOOD SERVICES



## FOOD PANTRIES

**God's Groceries United  
Methodist Church-Panama**  
22 E. Main St. (716) 680-4292

**Salvation Army - Jamestown**  
83 S Main St, (716) 664-4108

**Sinclairville Food Cupboard**  
49 Sinclair Dr. (716) 962-2265

**Kennedy - 1st UMC**  
3594 Church St. (716) 267-2645

**Salvation Army - Dunkirk**  
704 Central Ave. (716) 366-3701

**South Dayton Food Pantry**  
327 Route 322 (716) 988-3232

**Mayville – St. Paul's Episcopal  
Food Pantry**  
99 S. Erie St.  
(716) 753-2243

**Sherman Community Church**  
133 W. Main St. (716) 761-6522

**St. Elizabeth Ann Seton Food  
Pantry - Dunkirk**  
336 Washington Ave  
(716) 366-2306

**Northside Food Pantry Christ  
First UMC - Jamestown**  
663 Lakeview Ave.  
(716) 664-5803

**Sherman Food Pantry**  
**123 West Main Street**  
(716)-761-6978

**Tree of Life – Jamestown**  
825 Forest Ave (716) 488-4235

**Ripley Community Council Food  
Pantry 14 N. State St.**  
(716) 736-4386

**Silver Creek Food Pantry**  
260 Central Ave (716) 934-7642

**Westfield Food Pantry**  
101 E. Main St. (716) 326-3243

### FeedMore WNY Food Express Program

“Low-income, food-insecure families often lack access to fresh, nutritious food like fruits and vegetables. Through our Mobile Food Pantry Program, we deliver fresh, perishable food items such as produce and low-fat dairy products directly to those in need throughout Cattaraugus, Chautauqua, Erie and Niagara counties”

For the monthly schedule visit: <https://www.feedmorewny.org/programs-services/find-food/mobile-food-pantry/>

# CHAUTAUQUA COUNTY OFFICE FOR THE AGING: LOCAL ROOTS



**Local Roots is a partnership between SNAP-Ed and Office for Aging Services that helps older adults in Chautauqua County with Low or Very Low Food Security access fresh and affordable produce.**

Local Roots is a CSA-style (Community Supported Agriculture) produce program focused on increasing access to the first thing often cut from diets of those struggling with Low or Very Low Food Security – FRESH fruits and vegetables!

Local Roots is a produce distribution for **12 weeks between mid-June and mid-September**. The local grower, Abers Acres, picks the produce fresh on distribution days based on what is ready to be harvested.

The 30-minute produce distribution occurs at 12 locations each week to pre-registered older adults through a partnership between OFAS and St. Luke's Jamestown Mobile Market (JMM). Locations include Forestville, Dunkirk, Fredonia, Brocton, Cherry Creek, Sinclairville, Mayville, Findley Lake, Clymer, Jamestown, Falconer, and Lakewood.

## **How to Sign Up**

Check OFA's website at <https://chqgov.com/office-aging> to see all the programs and services offered. Additionally, by signing up for their communication system, if you are not already registered, you will be provided with information at your fingertips. OFA sends messages about the current programs you may be interested in through your preferred communication method: text, email, or an automated call. If you are not already signed up to receive these messages call the NY Connects line 716-753-4582.

# CHAUTAUQUA COUNTY SUMMER FOOD PROGRAM



Across the county, lunches are served to children at various locations as part of the U.S. Department of Agriculture, Summer Food Service Program.

The program is free and available to all school aged children, ages 18 and under, as well as adults with disabilities through age 21.

Visit [www.fns.usda.gov/summerfoodrocks](http://www.fns.usda.gov/summerfoodrocks) for a map of local summer feeding sites  
OR call the YMCA at 716-664-2802

## LITTLE FREE PANTRIES

Started within our county during the Covid-19 pandemic, Little Free Pantries have been popping up around Chautauqua, aimed to serve those in need of food through mutual aid and no restrictions.

According to Nebraska Extension, “Little Free Pantries (LFP) are weather and animal-proof structures that store food and other items for those in need. They are accessible 24/7 and located in neighborhoods, typically in front yards or by sidewalks. LFP’s are built by and stocked by private citizens who want to help those in need in their community. How often each pantry is refilled is based on the person(s) stocking it.”

The majority of Little Free Pantries are located throughout the city of Jamestown. Do you have a Little Free Pantry at your home, church or business? Contact us at CCE to be added to our map!



**SCAN ME**



# CHAUTAUQUA COUNTY 4H



CHAUTAUQUA  
COUNTY  
4-H

4-H is a youth organization that thrives in “learn by doing” strategies through club based learning. Youth are able to choose to be involved in a vast variety of projects from agriculture, to creative crafts, to health and science, to community service.

The 4-H year is October 1-September 30 and serves youth ages 5-8 in the Cloverbud program and youth ages 9-18 as “traditional” 4-H members. 4H offers 10 animal projects plus 25 non-animal projects like sewing, leathercrafting, and photography.

Contact the 4H office at Cornell Cooperative Extension of Chautauqua County for more information: 716-664-9502



## CHAUTAUQUA COUNTY'S ANNUAL 4H MEAT ANIMAL SALE



**When:** Annually, last Friday of the Chautauqua County Fair, Noon

**What:** Support the Chautauqua County 4H youth  
Acquire grain fed animals for top quality meat  
Obtain publicity through the sale and media promotion



### *Where Do I Meet for 4-H?*

Chautauqua County 4-H offers several club options throughout the County. We strongly encourage participation in a County club. For members who choose to join a county animal project, meeting locations are determined by animal species committees, but typically at JCC in Jamestown. Becoming a Lone Member is also an option if club locations are not viable for the youth. Feel free to reach out for more information.

# COMMUNITY GARDENS



*Enhancing The Community: One Trowel at a Time*

## EVENTS

**Evening in the Garden:** Every third  
Wednesday at the JCC  
Demonstration Garden, May-  
September

**Annual Master Gardener Plant Sale:**  
Early May

**Annual Garden Symposium:**  
Mid-Late May



**Grow Jamestown**, a local food  
access organization sponsored by  
St. Luke's Episcopal Church of  
Jamestown, manages a  
community garden program  
within the city of Jamestown.

Visit <https://jfmny.org> for more  
information on how to rent a plot!  
Open to all community members.

The mission of the Chautauqua County  
Master Gardener Program is to educate  
and serve the community, utilizing  
university and research-based  
horticultural information.

Our focus is to provide reliable fact  
based training programs that share  
best practice about gardening  
techniques. Please call the Extension  
Office with any suggestions of  
gardening activity that will benefit the  
community.

*Have a Gardening  
Question? Call the  
Master Gardener  
Helpline*

Wednesdays 12pm-2pm  
April through September  
(716) 664-9502 x 224

We are happy to take care  
of your gardening  
questions or concerns!



**Chautauqua County Rural Ministries** has a  
community garden and gleaning/seed starting  
program. Some food is then utilized within the  
soup kitchen. For more information visit:  
<https://theccrm.org/>

# WANT TO BE IN OUR GUIDE?

The purpose of the Chautauqua County Local Food Guide is to be a resource for all community members and visitors to easily find a small portion of our local food system!

This guide is not meant to be an exhaustive listing of all farms, food producers, gardens, food service programs, or markets.

If you feel your farm, business, organization or community offering should be included in this guide, please contact us!

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