

**Healthy Androscoggin  
seeks to promote healthy  
eating and buying local.  
We hope this Androscoggin  
County Farm Guide helps  
you accomplish both.**

## ***WHY EAT LOCAL?***

### **FLAVOR**

Local food has fresher taste and greater nutritional value because it does not have to be transported and stored.

### **ECONOMY**

Local food generates income for the local economy by keeping farms in business and circulating dollars in Androscoggin County.

### **ENVIRONMENT**

Local food requires fewer fossil fuels to bring food to our plates and encourages farmland to continue to be used for farming.

### **COMMUNITY**

Volunteering in a community garden or meeting your local farmer helps to build a sense of community.

### **CULTURE**

Local food means connecting directly to the people who carry on our agricultural heritage and keeping us in touch with the seasons.

### **FUN**

Local food means engaging with the satisfying practices of feeding ourselves from our community.



## ***HOW TO EAT LOCAL***

### **VISIT A FARM**

**Farm Stands** may range from self-serve to a full service store.

**Pick-your-own farms** offer a great way to spend time outside, participate in the harvest and a great way to save money on local food. Bring the kids and bring containers to pick into.

**Call ahead** if you are interested in larger orders, so the farmer can let you know what is available.

### **INVEST IN A FARM**

**Community Supported Agriculture (CSA)** is a convenient and popular way to invest in local agriculture. Consumers buy local, seasonal food directly from a farmer. Typically, a farmer will offer “shares” or a flat fee to the public to be paid before the season begins providing capital for early season costs. In return, “members” receive a box of vegetables each week throughout the season. CSA programs vary in cost, size and content. Androscoggin County farmers offering CSA programs are listed on page 19.

### **GO TO A MARKET**

Farmers markets are a great way to support local farmers and they are listed on the inside back cover of this guide.

## **GROW YOUR OWN**

What better time than now to start growing your own vegetables? Turn that lawn into a resource for fresh food. The University of Maine Cooperative Extension is a great resource! See page 24.

## **SUPPORT A ROADSIDE STAND**

Roadside stands spring up all the time. Keep an eye out for stands in your area and pull over for fresh and well priced produce.

## **READ LABELS**

Make a habit of learning where the things you buy come from. Look for locally produced food and other goods.

## **EAT OUT**

Ask your server if they offer local food options and encourage your community gatherings to include local food. Support Maurer Meals each October, an event where area restaurants feature local products with proceeds benefiting the Justin A. Maurer Memorial Scholarship at the University of Maine, Farmington. For more information see [www.maurermeals.com](http://www.maurermeals.com).

## **GLOSSARY**

You may see a variety of different words used to describe farm products and food. The following terms have standards which apply to them.

### **FREE RANGE**

Livestock or poultry that has been allowed access to the outside.

### **CAGE FREE**

Livestock or poultry that is not kept in cages.

### **CERTIFIED ORGANIC**

A certification process used to ensure consumers that the product they purchase has been produced and processed in accordance to the National Organic Program (NOP) standards, a part of the United States Department of Agriculture. Organic certification requires that producers keep detailed records of land use practices and products being grown, raised or processed, as well as comply with stated production methods which involve the regulation of chemical inputs and prevent the use of antibiotics or genetically modified organisms.

# Seasonal Availability of Mai



Seasonality varies with weather and from farm to farm. Farms may use storage, processing or greenhouse growing methods to have products during the “off” seasons, so call ahead to check availability.

 harvest season

 extended season or from greenhouse

 available from storage

## PLEASE NOTE:

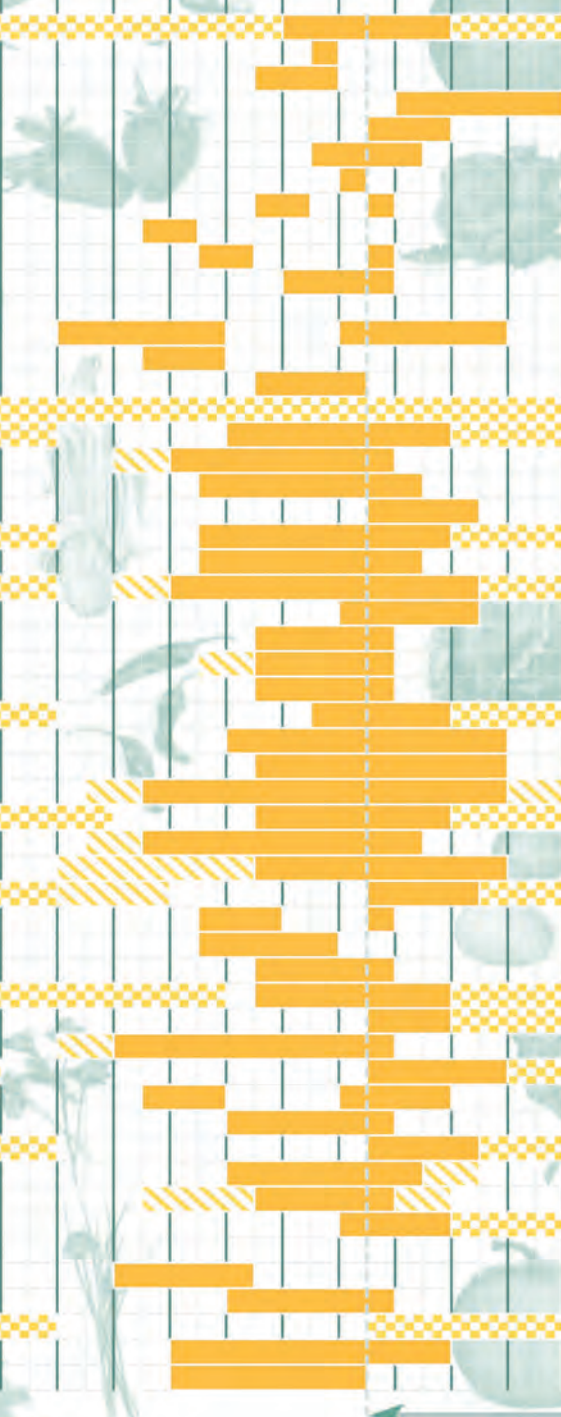
This chart is a guide to help you find real fresh Maine produce on your grocer’s shelves, direct from a farm stand or pick-your-own farm, at a farmers’ market, or as ingredients on restaurant menus. The bars represent average dates of harvest and availability which can vary with such factors as locality, weather conditions and varieties grown.

Maine Department of Agriculture Food and Rural Resources, Division of Market and Production Development, 28 State House Station, Augusta, ME 04333-0028, 207-287-3491, [getrealmaine@state.me.us](mailto:getrealmaine@state.me.us), [www.getrealmaine.com](http://www.getrealmaine.com).



# Some Fresh Fruits & Vegetables

MAR APR MAY JUN JUL AUG SEP OCT NOV DEC



approximate frost date for most of the state of Maine

# FARM LISTINGS

## Farm Listing Legend:

Map # (see inside back cover for legend of food categories) | Name of Farm  
| Key contact  
Address | phone  
Email | website  
Usual method of sales  
Description of farm

**1 Benoit's Farm Stand** | Nicholas Benoit  
72 Lisbon Rd, Lisbon 04252 | (207) 783-0875

### Farm Stand

Local fresh vegetables and fruit. Open year round, Monday through Sunday, 8am-5pm.

**11 Benoit's Orchard** | Paul Benoit  
266 Ferry Road, Lewiston 04240 | (207) 783-0875  
Rber679451@aol.com

### Farm Stand Pick-Your-Own Restaurants

Family run apple orchard, pick-your-own apples, plums, pears, apple cider, fresh hot donuts, and pies. We ship apples.

**15 Boothby's Orchard** | Robert Boothby  
366 Boothby Rd, Livermore 04253  
(207)754-3500 | rboothby003@roadrunner.com  
www.mainehoneycrisp.com

### Farm Stand Pick-Your-Own

Pick-your-own apples (including HoneyCrisp!) in beautiful setting, ideal for families. Weekends: free wagon rides. Farmstand: apples, corn, cider, pumpkins, mums, squash and more!

**17 Brigeen Farms Inc.** | Betsy Bullard  
250 Upper Street, Turner 04282 | (207) 225-3724  
bbullard@megalink.net | www.brigeenfarms.com  
Brigeen Farms is a family owned dairy in operation since the 1770's. Milk is sold to Oakhurst Dairy. We are always open for tours by appointment.

**18 Bubier Family Farm** | Sheldon Bubier  
104 Merrill Hill Road, Greene 04236 | (207) 212-2271

### Sales from the Farm

We sell raw goat milk for cheese making.

**Please call ahead to the Farm for directions, hours of operation and information on current product offerings.**



**19 Caldwell Family Farm** | Ralph & DeeDee Caldwell  
313 North Parish Road, Turner 04282  
(207) 225-3871 | [rvccow@megalink.net](mailto:rvccow@megalink.net)  
[www.caldwellfarmsmaine.com](http://www.caldwellfarmsmaine.com)

**Sales from the Farm Farmers Market**

**Restaurants Deliver**

A fourth generation Dairy Farm offering glass bottles and well finished grass and barley fed beef. MOFGA certified organic. Offering weekly delivery 12 months of the year.

**29 Coyne's Gardens and Greenhouse** | Jim and John Coyne | 611 Lake Street, Auburn 04210 | (207) 782-9705

**Sales from the Farm**

Flowers and vegetable seedlings and geraniums grown with love one seed at a time- since 1939.

**2 Farmer Whiting's** | William E. Whiting & Sons  
882 Summer Street, Auburn 04210 | (207) 782-4356  
[farmerwhitings@gmail.com](mailto:farmerwhitings@gmail.com), [imetmartyemcfly@yahoo.com](mailto:imetmartyemcfly@yahoo.com)

**Sales from the Farm Farmers Market Restaurants**

All of our plants and vegetables are grown from seed or rooted by Farmer Whiting with pride. We stand behind all of our products because they all come from our own greenhouses.

**40 Fresh Start Farms** | Amy Carrington  
76 Littlefield Rd, Lisbon 04250 | (207) 761-4769  
[amy@cultivatingcommunity.org](mailto:amy@cultivatingcommunity.org)

**CSA Farmers Market Restaurants Wholesale**

Fresh Start Farms is a group of immigrant and refugee families who grow fresh produce for their families and multiple markets. Sustainable farming practices are always used!

**12 Goss Berry Farm** | Walter & Sharon Goss  
311 Elm Street, Mechanic Falls 04256 | (207) 346-6811  
[gossfarm@myfairpoint.net](mailto:gossfarm@myfairpoint.net) | [www.gossberryfarm.com](http://www.gossberryfarm.com)

**Farm Stand Pick-Your-Own Restaurants**

Farm fresh raspberries and high bush blueberries sold by pick your own or get them already picked. Open July 15 through October 15 daily, 7AM to 8PM.

**3 Goss Farm** | Vernon Goss  
158 Megquier Hill Road,  
Poland 04274  
(207) 998-2565

**Sales from the Farm**

**Pick-Your-Own**

Small Farm: strawberries, pick-your-own raspberries and assorted vegetables, including corn, cukes, tomatoes, peppers, winter and summer squash, red potatoes, plums, pumpkins and apples. Open mid June through mid November.



**35 Graceland Alpaca Farm** | Laila V. Roukounakis  
109 Ridge Road, Lisbon Falls 04252 | (207) 353-2171  
info@gracelandfarm.com | www.gracelandfarm.com

**Farm Store**

We are home of some of the finest alpacas in the State of Maine. Our female alpacas are bred to carefully chosen Herd Sires, matched to produce crias that exhibit the very finest qualities of both parents. "Dedication to Quality speaks for itself!"

**13 Greenwood Orchards** | Neal & Kathryn King  
174 Auburn Road, Turner 04282 | (207) 225-3764  
Kingorch@megalink.net

**Farm Stand CSA Wholesale**

A third generation family farm started in 1960, Greenwood Orchard, grows and sells apples, seasonal vegetables and makes 100% pure apple cider. Bakery on site. Open mid July through December 31st, 7 days a week between 9AM and 6PM.

**41 Harvest Hill Farms** | Brian Thomas  
840 Bakerstown Rd, Poland 04274 | (207) 998-5485  
brian@truenorthmanagementcompany.com

**Farm Store**

We sell our own products as well as other locally raised/produced products. In the fall there is a corn maze and "Pumpkinland."

**30 Hummingbird Farm Greenhouse** | Cindy Tibbets  
202 Bean Street, Turner 04282 | (207) 224-8220  
hummingbird@megalink.net  
www.Hummingbirdfarm.net

**Sales from the Farm Mail Order**

Hummingbird Farm is a plant nursery specializing in clematis and herb plants. Annual flowers, geraniums, peonies and tree peonies also offered. Open April through September, 8AM to 6PM Daily. Closed Mondays, June through September.

**27 Jillson's Farm Sugarhouse** | Edward and Patricia  
Jillson, 143 Jordan Bridge Rd, Sabattus 04280  
(207) 375-4486  
info@jillsonfarm.com | www.jillsonfarm.com

**Farm Stand CSA Farmers Market**

Open June to October, 7 Days a week between 9 AM and 6PM.

**44 Levesque's Organic Farm** | Paul & Suzanne Levesque  
Route 219, Leeds 04263 | (207) 524-5535  
sedgley@sedgleyplace.com

**Sales from the Farm Restaurants**

We have an 80 acre farm that has been certified organic for the last 15 years. We supply mostly produce to our family owned fine restaurant, The Sedgley Place, in Greene where produce is picked fresh daily for that evening's meals.



**20 Little Alaska Farm Market** | Leon Emery

222 Leeds Junction Road, Wales 04280

(207) 933-5277 | [littlefarm@fairpoint.net](mailto:littlefarm@fairpoint.net)

**Farm Store**

We raise 100% Grass Fed Beef. We also raise free range pork, chicken, turkey, lamb. We use no commercial fertilizers, no hormones and no antibiotics. We use a lot of fresh air, clean water, green grass and pure sunshine. Open year round.

**4 Little Ridge Farm** | Keena Tracy

101 Gould Road, Lisbon Falls 04252

(207) 353-7126

[Littleridge@gwi.net](mailto:Littleridge@gwi.net) | [www.littleridgefarm.com](http://www.littleridgefarm.com)

**CSA**

Harvest shares include seasonal vegetables June through October; Holiday Shares November and December. Pick-your-own herbs and flowers free to members. Pick-your-own strawberries and raspberries available to members.

**36 McLew Cashmere Farm** | Paul or Martha Lewis

486 Stackpole Road, Durham 04222

(207) 926-4648 | [PLewis@secur speeds.net](mailto:PLewis@secur speeds.net)

**Sales from the Farm**

We raise North American cashmere goats for their fiber.

**5 New Leaf Farm** | Christine Colson

496 Davis Road, Durham 04222 | (207) 353-5263

[Chris.newleaf@gmail.com](mailto:Chris.newleaf@gmail.com) | [www.newleaffarm.biz](http://www.newleaffarm.biz)

**Restaurants**

The Colsons of New Leaf Farm have been farming organically since the early 80's. Their customers enjoy the fresh, high-quality produce the Colson family grows for them.

**6 Nezinscot Farm** | Gloria Varney

284 Turner Center Rd, Turner 04282

(207) 225-3231

[Gloria@nezinscotfarm.com](mailto:Gloria@nezinscotfarm.com) | [www.nezinscotfarm.com](http://www.nezinscotfarm.com)

**Farm Store CSA Restaurants**

Our farm is a diversified organic dairy. We market our milk primarily wholesale to a farmer owned co-op called Organic Valley. The other aspect of our farm is retail and education based. Our store features our own meats, cheeses, produce, value added products, wool and fiber, café and natural foods.



**42 Packard- Littlefield Farm** | Bob and Ella Mae Packard | 76 Littlefield Rd., Lisbon 04250  
(207) 353-5782 | rpackard61888@roadrunner.com

**Sales from the Farm**

Organic horse hay, mulch hay, and straw hay. 292 acres has permanent conservation easement. On 21 acres, 45 NASAP refugee families grow vegetables.

**31 Provencher Landscape Nursery, Inc.**

Roger Roberge | 299 River Road, Lewiston 04240  
(207) 783-9777 | LRoberg@aol.com

**Store**

Offering landscaping plants, fruit, vegetable and flower seedlings and compost.

**32 Rice's Christmas Tree Farm** | David Rice

192 Bowie Hill Road, Durham 04222  
(207) 926-3622 | DWR1026@cs.com

**Pick-Your-Own**

A family owned farm that provides a wonderful environment to experience your family tradition of choosing your own Christmas tree with lots of extras. Open November through December, Saturday and Sunday, 8AM to 4PM.

**14 Ricker Hill Orchards** | Steve Maheu, Harry Ricker,

Peter Ricker, 11 Ricker Hill Road,  
Turner 04282 | (207) 225-5552  
apples@rickerhill.com | www.rickerhill.com

**Farm Store Pick-Your-Own**

200+ year family run operation, with primary business in apple production. Cranberries were added 10 years ago as well as our local farm market with activities.

**38 RIGHT HERE!** | Marsha Dawson

35 Newell Brook Rd, Durham 04222  
(207) 353-4267 | Marsha\_dawson@yahoo.com

**Farmers Market Sales to Stores**

RIGHT HERE! Is the name of my whole wheat bread that's made from organic Maine grown wheat—when available—and lots of organic seeds like flax, sesame, and sunflower. The humous is GREEN from cilantro and very garlicky!



### **43 Roaring Brook Farm and Garden Market**

Kristen Glazier, 639 Gardiner Rd, Wales 04280

(207) 375-4884 | kristengl@aol.com

www.roaringbrooknurseries.com

#### **Sales from the Farm Pick-Your-Own**

Farm and garden market offers fresh, locally grown produce as well as flowering plants, garden supplies, and baked goods. Acres of strawberries, blueberries, and raspberries, and cut flowers have been added to the farm for pick your own.

### **33 Shaker Hill Landscape & Nursery | Tim Morin**

271 Maine Street, Poland Spring 04274

(207) 998-5390 | info@shakerhillnursery.com

www.shakerhillnursery.com

#### **Sales from the Farm**

Shaker Hill Landscape center offers a wide variety of vegetable seedlings, vegetable seeds, berry bushes and fruit trees so you may start your own edible garden, berry patch or fruit tree orchard. We also offer certified organic compost. Open April to October. Hours vary depending on the season.

### **28 Slattery's Farm/West Minot Sugarhouse**

Joni & Wayne Slattery | 758 West Minot Road,

West Minot 04288 | (207) 966-3643

Slatbake2001@yahoo.com

#### **Farm Stand**

The West Minot Sugarhouse makes maple syrup- best times to visit are in the evening. Slattery's Farm Stand opens in August and is open from 1pm-6pm each day until mid-October.

### **21 Spruce Bay Farm | Glenn & Janice Bolduc**

232 Jackson Road, Poland 04274 | (207) 998-3024

sprucebay@fairpoint.net | www.sprucebayfarm.com

#### **Sales from the Farm**

We raise our Red Angus cattle here at the farm and sell our natural beef directly from the farm. Open year round by chance or by appointment.

### **39 Stukas Farm | Richard and Susan Stukas**

144 Ferry Road, Lewiston 04240 | (207) 786-2639

pkapples@roadrunner.com

#### **Sales from the Farm Pick-Your-Own**

We are a family owned and operated farm. Bring the entire family to enjoy apple picking and the beautiful view!

### **16 Sue's Blues | Sue Martineau**

965 College Road, Lewiston 04240

(207) 784-6406

#### **Pick-Your-Own Restaurants**

Sue's Blues offers pick-your-own Blueberries, July through the end of August. Please call ahead for availability. Bring the kids!



### **7 Summit Springs Farm**

Sonya Theriault and John Sayles | 222 Summit Spring Road,  
Poland 04274

(207) 998-2196 | [summitspringsfarm@fairpoint.net](mailto:summitspringsfarm@fairpoint.net)

#### **CSA Farmers Market**

Offering vegetables, herbs, flowers and berries, as well as vegetable and flower seedlings from June to October and eggs offered all year round.

### **34 Sunnyside Gardens | Edith Ellis**

500 North Parish Road, Turner 04282

(207) 225-3998 | [sunnyside@megalink.net](mailto:sunnyside@megalink.net)

[www.sunnysidegardens.com](http://www.sunnysidegardens.com)

#### **Sales from the Farm**

Retail perennial nursery and private garden open to the public. Featuring plants not generally available elsewhere. Owner is a Maine Certified Nursery and Landscape Professional.

### **22 The Red Elk Ranch | David Labbe**

55 Lane Rd, Greene 04236 | (207) 375-8256

#### **Sales from the Farm Restaurants**

The Red Elk Ranch offers velvet antler capsules used for joint pain. Elk venison sales U.S.D.A or whole. Visitors welcome all year, please call for appointment.

### **23 Thistle Stop Farm | Christine Letcher and**

Julia McDonald | 27 Alden Road, Leeds 04263

(207) 933-4351 | [thistlestop@fairpoint.net](mailto:thistlestop@fairpoint.net)

#### **Supplier to other Farms**

We use organic practices to raise grass fed lamb.

### **8 Val-Greene Farm Market | Gerry Valentine**

722 River Road, Greene 04236 | (207) 946-7912

[Vegyfarm@fairpoint.net](mailto:Vegyfarm@fairpoint.net)

#### **Farm Stand**

Self serve. Country setting for picked daily in season fruits, berries and vegetables. Specializing in the full fall crops, decors and hayrides. Small animals to visit and enjoy! Open end of May through October 31st, 7 days a week during daylight hours. Offering fall hayrides.



**Please call ahead to the Farm for directions, hours of operation and information on current product offerings.**

**24 Valhalla Fields** | Zakk Maher & Emmy Andersson | 47 Harris Hill Road, East Poland 04230  
(207) 576-7945 | valhallafields@gmail.com  
www.valhallafields.com

**Farm Stand Farmers Market**

State Certified meat sales, retail or meat-share. Organically grown produce and seedlings. Open April to November, 7 days a week by appointment. Host of Valhalla Fields Summer Arts Festival.

**25 Valley View Farm** | Kathy Shaw and Joe Gray  
1200 Sopers Mill Road, Auburn 04210  
(207) 320-1969 | kath@valleyviewfarmme.com  
www.Valleyviewfarmme.com

**Farmers Market CSA Restaurants Web-Direct**

Growers of pesticide free fruits and vegetables, we raise cage free chickens, pastured pork, lamb, goats and beef. We have eggs from our hens, duck eggs and goose eggs in season.

**9 Verrill's Vegetable Stand** | Sue Verrill  
270 Bailey Hill Rd, Poland 04274 | (207) 998-2301  
sverrill@roadrunner.com

**Sales from the Farm Pick-Your-Own Farmers Market**

We sell a wide variety of fresh fruits and vegetables in season. We grow our own. Open June through October, 8 AM til dusk.

**26 Whispering Winds Farm** | Mark & Paula Stotts  
87 Standpipe Road, Mechanic Falls 04256  
(207) 345-9005 | stofarm@aol.com | www.localharvest.org

**Sales from the Farm CSA Farmers Market Restaurants**

We are a small diversified family farm. We use organic/natural practices. We grow to order our chicken, turkey, eggs, pork and veggies. We raise Nubian and LaMancha purebreds and grades for breeding stock, show, dairy products and meat. We offer different learning experiences through the year, including gardening classes, soapmaking and the like. If you have any questions please don't hesitate to call us.

**37 White Birch Alpacas** | Kenneth Butcher  
78 White Birch Drive, Turner 04282  
(207) 225-3931 | Whitebirchalpacas@att.net  
www.whitebirchalpacas.com

**Sales From the Farm**

We are a small farm with 15 animals. We offer breeding, sales, alpaca products and yarn. Visits by appointment or on Maine Open Farm Days or Maine Fiber Arts Open House.

**10 Willow Pond Farm** | Jill Agnew  
395 Middle Road, Sabattus 04280 | (207) 375-6662  
willowpf@aol.com | www.willowpf.com

**CSA**

Offering summer and winter CSA shares.



## FARM INDEX

**A full description of each farm is provided in the alphabetically listing beginning on page 6. This Farm Index lists the name of farms by the following categories:**

**Product Type** – Many farms sell multiple types of products. If you are looking for a specific product, use this part of the index to find farms for that product.

**Town** – Find the farms in your town!

**How Farms Sell Products** – This area of the Index is for finding the Pick Your Own Operations, Community Supported Agriculture (CSA) farms, WIC Vouchers, Farms Selling to Schools, etc.

**Farm Programs** – See here for Workshops, Tours, Visits to Classrooms, etc. Farms in Androscoggin County do so much!

## PRODUCT TYPE

Map # (see inside back cover for legend of food categories)

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2	Farmer Whitings .....	7
40	Fresh Start Farms .....	7
3	Goss Farm .....	7
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41	Harvest Hill Farms .....	8
27	Jillson’s Farm Sugarhouse .....	8
44	Levesque’s Organic Farm .....	8
4	Little Ridge Farm .....	9
5	New Leaf Farm .....	9
6	Nezinscot Farm Store.....	9
14	Ricker Hill Orchards.....	10

43	Roaring Brook Farm and Garden Market.....	11
28	Slattery's Farm/West Minot Sugarhouse.....	11
39	Stukas Farm .....	11
7	Summit Springs Farm .....	12
8	Val-Greene Farm Market.....	12
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25	Valley View Farm.....	13
9	Verrill's Vegetable Stand .....	13
10	Willow Pond Farm .....	13
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## FRUIT & BERRIES

1	Benoit's Farm Stand .....	6
11	Benoit's Orchard.....	6
15	Boothby's Orchards .....	6
2	Farmer Whiting's .....	7
40	Fresh Start Farms .....	7
12	Goss Berry Farm .....	7
3	Goss Farm .....	7
13	Greenwood Orchards .....	8
41	Harvest Hill Farm .....	8
27	Jillson's Farm Sugarhouse .....	8
44	Levesque's Organic Farm .....	8
4	Little Ridge Farm.....	9
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14	Ricker Hill Orchards.....	10
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16	Sue's Blues.....	11
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## EGGS

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Map # (see inside back cover for legend of food categories)

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## DAIRY

1	Benoit's Farm Stand .....	6
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18	Bubier Family Farm .....	6
19	Caldwell Family Farm .....	7
41	Harvest Hill Farms.....	8
6	Nezinscot Farm Store.....	9
43	Roaring Brook Farm and Garden Market.....	11
9	Verrill's Vegetable Stand .....	13
26	Whispering Winds Farm .....	13

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18	Bubier Family Farm .....	6
19	Caldwell Family Farm .....	7
41	Harvest Hill Farms.....	8
20	Little Alaska Farm Market .....	8
4	Little Ridge Farm .....	9
36	McLew Cashmere Farm .....	9
6	Nezinscot Farm Store.....	9
43	Roaring Brook Farm and Garden Market.....	11
21	Spruce Bay Farm .....	11
22	The Red Elk Ranch .....	12
24	Valhalla Fields .....	13
25	Valley View Farm.....	13
26	Whispering Winds Farm .....	13
10	Willow Pond Farm .....	13

**Please call ahead to the Farm for directions, hours of operation and information on current product offerings.**



Map # (see inside back cover for legend of food categories)

Farm Name ..... See page

## MAPLE SYRUP & MAPLE PRODUCTS

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13	Greenwood Orchards .....	8
41	Harvest Hill Farms.....	8
27	Jillson's Farm Sugarhouse .....	8
43	Roaring Brook Farm and Garden Market.....	11
28	Slattery's Farm/West Minot Sugarhouse .....	11

## PLANTS, FLOWERS AND COMPOST

15	Boothby's Orchard.....	6
29	Coyne's Gardens and Greenhouse.....	7
2	Farmer Whiting's .....	7
41	Harvest Hill Farms .....	8
30	Hummingbird Farm Greenhouse .....	8
27	Jillson's Farm Sugarhouse .....	8
6	Nezinscot Farm .....	9
42	Packard-Littlefield Farm .....	10
31	Provencher Landscape Nursery, Inc. ....	10
32	Rice's Christmas Tree Farm .....	10
43	Roaring Brook Farm and Garden Market.....	11
33	Shaker Hill Landscape & Nursery .....	11
7	Summit Springs Farm.....	12
34	Sunnyside Gardens .....	12
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25	Valley View Farm.....	13
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36	McLew Cashmere Farm .....	9
37	White Birch Alpacas.....	13

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# TOWN

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## DURHAM

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New Leaf Farm.....	9
Rice's Christmas Tree Farm .....	10
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Val-Green Farm Market ....	12

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Thistle Stop Farm .....	12

## LEWISTON

Benoit's Orchard.....	6
Provencher Landscape Nursery, Inc.....	10
Stukas Farm .....	11
Sue's Blues.....	11

## LISBON

Benoit's Farm Stand.....	6
Fresh Start Farms .....	7
Packard- Littlefield Farm ...	10

## LISBON FALLS

Graceland Alpaca Farm.....	8
Little Ridge Farm.....	9

## LIVERMORE

Boothby's Orchard.....	6
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## MECHANIC FALLS

Goss Berry Farm .....	7
Whispering Winds Farm ...	13

## POLAND

Goss Farm .....	7
Harvest Hill Farms.....	8
Spruce Bay Farm .....	11
Summit Springs Farm .....	12
Verrill's Vegetable Stand ...	13

## POLAND SPRING

Shaker Hill Landscape & Nursery .....	11
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## SABATTUS

Jillson's Farm Sugarhouse .	12
Willow Pond Farm .....	17

## TURNER

Brigeen Farms Inc. ....	6
Caldwell Family Farm.....	7
Greenwood Orchards .....	8
Hummingbird Farm Greenhouse .....	8
Nezinscot Farm .....	9
Ricker Hill Orchards .....	10
Sunnyside Gardens .....	12
White Birch Alpacas .....	13

## WALES

Little Alaska Farm Market ...	9
Roaring Brook Farm and Garden Market ....	11

## WEST MINOT

Slattery's Farm /West Minot Sugarhouse.....	11
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# ***HOW FARMS SELL PRODUCTS***

## **COMMUNITY SUPPORTED AGRICULTURE (CSA)**

Fresh Start Farms  
Greenwood Orchards  
Jillson's Farm Sugarhouse  
Little Ridge Farm  
Nezinscot Farm  
Summit Springs Farm  
Valley View Farm  
Whispering Winds Farm  
Willow Pond Farm

## **PICK-YOUR-OWN**

Benoit's Orchard  
Boothby's Orchard  
Goss Berry Farm  
Goss Farm  
Rice's Christmas Tree Farm  
Ricker Hill Orchards  
Roaring Brook Farm and Garden Market  
Stukas Farm  
Sue's Blues  
Verrill's Vegetable Stand

## **SENIOR FARM SHARE**

Fresh Start Farms  
Jillson's Farm Sugarhouse  
Slattery's Farm/West Minot Sugarhouse  
Summit Springs Farm  
Valley View Farm  
Verrill's Vegetable Stand  
Willow Pond Farm

## **WOMEN, INFANTS & CHILDREN (WIC) PROGRAM**

***VOUCHERS ACCEPTED***

Fresh Start Farms  
Jillson's Farm Sugarhouse  
Nezinscot Farm  
Valley View Farm  
Verrill's Vegetable Stand  
Willow Pond Farm



## **SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM ACCEPTED**

*(FORMERLY CALLED FOOD STAMPS)*

Fresh Start Farms  
Little Alaska Farm Market  
Nezinscot Farm  
Valley View Farm  
Willow Pond Farm

## **GLEANNING IN SUPPORT OF FOOD PANTRIES/SOUP KITCHENS**

Boothby's Orchard  
Little Ridge Farm  
Nezinscot Farm  
Summit Springs Farm  
The Red Elk Ranch  
Verrill's Vegetable Stand  
Willow Pond Farm

## **DISTRIBUTOR OF PRODUCTS FROM OTHER MAINE COMPANIES**

Caldwell Family Farm  
Harvest Hill Farms  
Little Alaska Farm Market  
Shaker Hill Landscape & Nursery  
Valley View Farm  
Whispering Winds Farm

## **SUPPLIER OF PRODUCTS TO OTHER FARMS**

Boothby's Orchard  
Greenwood Orchards  
Jillson's Farm Sugarhouse  
Little Ridge Farm  
Provencher Landscape  
Nursery, Inc.  
Shaker Hill Landscape  
and Nursery  
Stukas Farm  
Thistle Stop Farm  
Verrill's Vegetable Stand  
Whispering Winds Farm  
Willow Pond Farm



## **SUPPLIER OF PRODUCTS TO INSTITUTIONS: SCHOOLS, HOSPITALS AND/OR RESTAURANTS**

Benoit's Orchard  
Boothby's Orchard  
Caldwell Family Farm  
Greenwood Orchards  
Jillson's Farm Sugarhouse  
Little Alaska Farm Market  
New Leaf Farm  
Nezinscot Farm  
Ricker Hill Orchards  
Roaring Brook Farm and Garden Market  
Sue's Blues  
Summit Springs Farm  
Valhalla Fields  
Whispering Winds Farm

## ***FARM PROGRAMS***

### **VISIT TO SCHOOL OR CLASSROOM**

Boothby's Orchard  
Briggen Farms Inc.  
Caldwell Family Farm  
Fresh Start Farms  
Little Alaska Farm Market  
McLew Cashmere Farm  
Nezinscot Farm  
Packard-Littlefield Farm  
Roaring Brook Farm and Garden Market  
The Red Elk Ranch  
Valley View Farm  
Whispering Winds Farm



## **SCHOOL TOURS**

Benoit's Orchard  
Brigee Farms Inc.  
Farmer Whiting's  
Harvest Hill Farms  
Little Alaska Farm Market  
Nezinscot Farm  
Packard-Littlefield Farm  
Provencher Landscape Nursery, Inc.  
Ricker Hill Orchards  
Roaring Brook Farm and Garden Market  
The Red Elk Ranch

## **TOURS OF FARM OR GARDEN**

Boothby's Orchard  
Brigee Farms Inc.  
Farmer Whiting's  
Hummingbird Farm Greenhouse  
Little Alaska Farm Market  
Nezinscot Farm  
Packard-Littlefield Farm  
Ricker Hill Orchards  
Roaring Brook Farm and Garden Market  
Sunnyside Gardens  
The Red Elk Ranch  
Willow Pond Farm

## **TOURS OF FOOD PROCESSING FACILITY**

Greenwood Orchards (by appointment)  
Little Alaska Farm Market  
Nezinscot Farm  
Ricker Hill Orchards

## **WILLING TO ACCEPT APPROPRIATE FOOD WASTE FOR COMPOST FROM SCHOOL/ HOSPITAL OR RESTAURANT**

Caldwell Family Farm  
Summit Springs Farm  
Val-Greene Farm Market  
Valhalla Fields  
Valley View Farm

## **WORKSHOPS OFFERED**

Little Alaska Farm Market  
New Leaf Farm  
Nezinscot Farm  
Packard-Littlefield Farm  
Whispering Winds Farm

## **MAINE MAPLE SUNDAY**

Harvest Hill Farms

Slattery's Farm/West Minot Sugarhouse

## **CORN MAZE**

Harvest Hill Farms

Ricker Hill Orchards

## **FARMS WITH OWN BAKERY**

Greenwood Orchards

Levesque's Organic Farm

Nezinscot Farm

## **MOFGA CERTIFIED ORGANIC**

Caldwell Family Farm

Levesque's Organic Farm

New Leaf Farm

Nezinscot Farm

Ricker Hill Orchards

Willow Pond Farm

## **USE ORGANIC METHODS BUT NOT CERTIFIED**

Fresh Start Farm

Greenwood Orchards

Little Alaska Farm Market

Little Ridge Farm

Nezinscot Farm

Summit Springs Farm

Thistle Stop Farm

Val-Greene Farm

Valhalla Fields

Valley View Farm

Whispering Winds Farm



# RESOURCES

## READ

**Animal, Vegetable, Miracle** – Barbara Kingsolver  
**The Omnivore's Dilemma** – Michael Pollan  
**Diet for a Small Planet** – Frances Moore Lappé  
**Fields of Plenty** – Michael Ableman

## COOK

**Farmer John's Cookbook** – John Peterson  
**Fresh Food Fast** – Peter Merley  
**From Asparagus to Zucchini** – Madison Area CSA Coalition  
**Local Flavors** – Deborah Madison

## GET INVOLVED

### **Healthy Androscoggin**

[www.healthyandroscoggin.org](http://www.healthyandroscoggin.org)  
(207) 795-5990 | [info@healthyandroscoggin.org](mailto:info@healthyandroscoggin.org)

### **Androscoggin Land Trust**

[www.androscogginlandtrust.org](http://www.androscogginlandtrust.org)  
(207) 782-2302 | [info@androscogginlandtrust.org](mailto:info@androscogginlandtrust.org)

### **Good Shepherd Food-Bank**

[www.gsfb.org](http://www.gsfb.org) | (207) 782-3554

### **Lots to Gardens**

[www.stmarysmaine.com/nutrition-center-of-maine/  
lots-to-gardens](http://www.stmarysmaine.com/nutrition-center-of-maine/lots-to-gardens)  
(207) 513-3844 | [lotstogardens@gmail.com](mailto:lotstogardens@gmail.com)

### **Maine Organic Farmers and Gardeners Association (MOFGA)**

[www.mofga.org](http://www.mofga.org)  
(207) 568-4142 | [mofga@mofga.org](mailto:mofga@mofga.org)

### **University of Maine Cooperative Extension Androscoggin and Sagadahoc Counties Office**

[http://www.umext.maine.edu/Androscoggin  
SagadahocCounties/default.htm](http://www.umext.maine.edu/AndroscogginSagadahocCounties/default.htm)  
(207) 353-5550 or 800-287-1458  
[andsag@umext.maine.edu](mailto:andsag@umext.maine.edu)

### **WAgN Women Agriculture Network**

(207) 453-4258 | [wagnmaine@gmail.com](mailto:wagnmaine@gmail.com)

### **Western Mountains Alliance**

[www.westernmountainsalliance.org](http://www.westernmountainsalliance.org)  
(207) 778-3885 | [info@westernmountainsalliance.org](mailto:info@westernmountainsalliance.org)