



Seacoast Local Foods Resource Guide 2007



a consumer guide to locally grown food and farms in Rockingham, Strafford, and York counties

produced through a collaboration of Slow Food Seacoast and Seacoast Eat Local



Slow Food Seacoast is a non-profit organization of people who love and respect food. We are farmers and gardeners, chefs and home cooks, and food lovers of all ages and backgrounds. We're working together to slow down the pace of life and remember to enjoy our local and regional food traditions, support local growers and food producers, get to know our community resources and one another, and make sure that good, clean, and fair food is available to everyone on the Seacoast. We host monthly potluck and discussion meetings, work on group projects, and present frequent educational events. We're a convivium (local chapter) of Slow Food USA and Slow Food International. www.slowfoodseacoast.org

Seacoast Eat Local works to connect consumers with sources of locally grown and locally made foods. We advocate eating locally for ecological, social, cultural, and environmental reasons. Seacoast Eat Local hosts an annual Eat Local Challenge and several winter farmers' markets, as well as maintaining a frequently updated web-based version of this guide. www.seacoateatlocal.org

Thank you **Great Works Regional Land Trust**,
who contributed additional farm resources for York County. www.gwrlt.org

Did we miss your farm? Know of a change in information?

Want to help with the next revision? Tell us! seacoateatlocal@gmail.com

For the most up-to-date information visit www.seacoateatlocal.org

Better Choices for Local Seafood

The issues surrounding seafood are immensely complicated. We want to support local fishermen and eat local foods as well as make ecological and sustainable decisions. By making better choices, we can accomplish these goals while enjoying delicious and healthy fish.

In researching the details of these complex issues, several factors arose as being significant: the current abundance of a species, where the fish is from, if it was farmed or wild caught, and if it was wild caught, the method by which it was caught. Ask your local seafood purveyor.

- Choosing varieties of seafood that are not being overfished helps other species rebound to abundance.
- Where the fish is from is significant not only from a local eating perspective, but because fisheries in various areas are drastically different. The health of a fishery in the Gulf of Maine is different than fisheries all across the globe and the same information on species abundance cannot be applied universally.
- While some fish and shellfish are farmed in environmentally sound ways, others are not. Poor aquaculture practices pollute our oceans while good practices do not.
- How seafood has been caught is a significant factor in sustainability. Many types of fishing equipment can cause habitat destruction or may incur a significant amount of bycatch.

Seafood and fish on this list are locally available in season and their fisheries are currently more sustainable. Ask your purveyor where and how the fish was caught.

Catfish (US farmed)
Clams
Haddock (hook & line)
Herring
Mussels (farmed)
Oysters

Quahogs (wild)
Sardines
Steamers
Squid
Striped bass (wild)

Resources and additional information

Monterey Bay Aquarium Seafood Watch Program
www.mbayaq.org

National Marine Fisheries Service
www.nmfs.noaa.gov

UNH Atlantic Marine Aquaculture program
amac.unh.edu

Massachusetts Division of Marine Fisheries
www.mass.gov/dfwele/dmf/index.html

Maine Department of Marine Resources
www.maine.gov/dmr/index.htm

Northeast Consortium
www.northeastconsortium.org

Anderson's Mini-Maples

Steven Anderson, 47 Nottingham Road,
Deerfield, NH, 603-490-3393
minimaples@juno.com
Exeter and Deerfield farmers' markets
beans, peas, tomatoes, maple syrup,
maple candy

Andy's Greens

Andy Gagnon, York, ME, 207-475-6945
andys.greens@gmail.com
www.andysgreens.com
certified organic
CSA, Portsmouth and Wells farmers' markets
greens, lettuces, herbs, salad mixes

Apple Acres

Samuel and Jean Nassar, 52 Searles Road,
Windham, NH, 603-893-8596
windfall@appleacres.com
www.appleacres.com
at farm, August to December, pick-your-own
pumpkins, apples, peaches, pears, apple cider,
honey, maple syrup

Apple Annie

Joan and Charles Pratt, 66 Rowell Road,
Brentwood, NH, 603-778-8881
cpratt@exeter.edu
www.localharvest.org/farms/M10706
low-spray
pick-your-own apples, farm stand open during
apple season
fall vegetables, apples

Applecrest Farm Orchards

Ben and Peter Wagner, 133 Exeter Road
(Rt. 88), Hampton Falls, NH, 603-926-3721
peteapplecrestfarm@comcast.net
www.applecrest.com
farmstand open 9am-6pm daily,
pick-your-own
apples, peaches, nectarines, blueberries,
strawberries, apple cider

Babcock Farms, LLC

Dick Babcock, 225 N. River Road, Lee, NH,
603-659-9392
babcockfarmsnh@aol.com
Lee & Nottingham farmers' markets, at farm
(call ahead)
wide variety of vegetables, strawberries,
honey, and maple syrup

Back River Farm

Garen Heller, Bayview Road, Dover, NH,
603-512-6066
www.localharvest.org/farms/M7636
naturally grown
CSA; winter CSA; self-serve farm stand
on Bayview Rd; Durham and Portsmouth
farmers' markets
wide variety of vegetables

Barker's Farm

Gordon, Edie, and Forrest Barker, 218
Portsmouth Avenue / Rt. 33, Stratham, NH,
603-778-1039
barkersfarm@verizon.net
farm stand, Portsmouth, Exeter, and
Hampton farmers' markets
wide variety of vegetables including
tomatoes and sweet corn, strawberries, eggs,
apple cider (not pasturized)

Beau Soleil Farm

Sean and Lisa Beausoleil, 230 North Road,
Deerfield, NH, 603-463-4106
seanbeausoleil@hotmail.com
humane practices, raised by hand
Deerfield farmers' market, at farm, call ahead
pork, lamb, chicken, turkeys, highland beef, eggs

Blueberry Bay Farm

Ron and Lois Laurence, 38 Depot Road,
Stratham, NH, 603-580-1612
info@blueberrybayfarm.com
www.blueberrybayfarm.com
natural, no synthetic chemicals
pick-your-own, farm stand
Weekends in spring, 9am-5pm; Seven days
a week July 4 through Labor Day, 8am-6pm,
except Wed and Fri 8am-5pm; Weekends in
fall, 9am-5pm, up to Thanksgiving
30 types of vegetables, including garlic,
herbs, and pumpkins, strawberries,
blueberries, raspberries, tree fruit

Bondgarden South

Depot Road, Eliot, ME, 207-439-6387
beef

Bonnie View Farm

Kathy Williams, 226 Goodwin Road, Eliot, ME
variety of vegetables, eggs, goat cheese

Brookford Farm

Catarina, Luke, Oliver, and Emanuel
Mahoney, 70 Sligo Road, Rollinsford, NH,
603-742-4084
lukemahoney@gmx.de
certified organic, grass and hay based
farm stand refrigerator
raw Jersey milk and cream, eggs

Butternut Farm

Giff and Mae Burnap, 195 Meaderboro
Road, Farmington, NH, 603-335-4705
farm@metrocast.net
www.butternutfarm.net
pick-your-own, call ahead
tomatoes, pumpkins, strawberries,
raspberries, blueberries, peaches,
apples, honey

Catnip Acres Herb Farm

Wende DuBrava, 107 High Road, Epping,
NH, 603-679-1011
tomandnip@yahoo.com
certified organic
Portsmouth and Exeter farmers' markets
herbs, vegetables, raspberries, rhubarb

Demeritt Hill Farm

Meg and Roy Wilson; Mangager: Mike
Lynch, 66 Lee Road, Rte 155, Lee, NH,
603-868-2111
info@demeritthillfarm.com
www.demeritthillfarm.com
farm stand, pick-your-own
apples, pears, blueberries, apple cider

Dunn Farm

Fred Dunn, Circuit Road off Rt. 4,
Berwick, ME
Sweet corn

Elwood Orchards

54 Elwood Road, Londonderry, NH,
603-434-6017
pick-your-own, open June to mid October
variety of vegetables, strawberries, cherries,
peaches, apricots, raspberries, plums, apples

Flag Hill Winery

Frank Reinhold, 297 North River Road,
Lee, NH, 603-659-2949
wine-info@flaghill.com
www.flaghillwinery.com
store at the winery, NH state liquor stores,
other local wine shops
wine, vodka, liqueurs

Full Moon Farm

Terri Melville, 173 Estes Road, Rochester,
NH, 603-332-7440
no-kill dairy, rests between pregnancies
refrigerator on farm, Portsmouth and
Durham farmers' markets
goat milk, goat cheeses

Heron Pond Farm

Andre Cantelmo and Greg Balog, 299
Main Avenue, South Hampton, NH,
603-394-0129
andre_cantelmo@yahoo.com
responsible management including
biocontrol and biomonitoring
farm stand, Portsmouth, Exeter, and
Hampton farmers' markets
wide variety of vegetables including corn,
potatoes, and tomatoes, strawberries, blueberries,
blackberries, raspberries, and melons

Hichens Farm Stand

Jared Hichens, Route 236, Eliot, ME,
207-748-1019
variety of vegetables

Hickory Hill Farm

Hunt family, 245 Back Road, Dover, NH,
603-742-0553
info@hickoryhillfarm.org
www.hickoryhillfarm.org
pick-your-own
strawberries

High Pine Gardens

Brian Curtin, 16 High Pine Road, York, ME,
207-351-3396
bcurtin@maine.rr.com
naturally grown, grass fed/pastured,
organic (exempt)
Gateway Farmers' Market, York
wide variety of vegetables, chicken, turkeys

Inkwell Farm

John Bennet, 106 Hedding Road, Epping,
NH, 603-734-2117
info@inkwellfarm.com
www.inkwellfarm.com
certified organic
pick-your-own, open 8am-5pm, Mon-Sat,
early July to late August; check website
for details
blueberries

Jenness Farm, LLC

Lori and Peter Corriveau, 77 Garland Road,
Nottingham, NH, 603-942-8051
lori@jennessfarm.com
www.jennessfarm.com
at farm, Wednesday to Sunday, 10am-6pm
raw goat milk, goat meat

Jesta Farm

Sue Veilleux, 190 Drinkwater Road,
Hampton Falls, NH, 603-772-6963
JestaFarm@aol.com
www.jestafarm.blogspot.com
at farm, refrigerator in barn
milk-fed pork, eggs, raw goat milk

Jewell Towne Vineyards

Peter and Brenda Oldak, 65 Jewell Street,
South Hampton, NH, 603-394-0600
jewelltownevineyards@hotmail.com
www.jewelltownevineyards.com
Integrated Pest Management
at winery (see website for details),
Portsmouth, Hampton, Exeter, and Rochester
farmers' markets, Hannaford supermarkets,
NH state liquor stores
red, white, and rose grape wines

Kellie Brook Farm

Tim Rocha, 1024 Portsmouth Avenue/Rt. 33,
Greenland, NH, 603-702-0342
trocha@comcast.com
www.localharvest.org/farms/M13157
naturally raised
farm stand, Kingston and Portsmouth
farmers' markets
chicken, pork, turkey, veal, beef, eggs

Laughing Crow Farm

Denny Finn, 152 Exeter Road/Rte 85, Newfields, NH, 603-501-9902
certified organic
farmstand open 10–6pm, 7 days a week in season
wide variety of vegetables
other local farms' products available at farmstand, including organic beef and lamb

Leeks & Bounds

Jay and Melissa Malouin, 109 Walnut Avenue, North Hampton, NH, 603-964-5969
info@leeksandbounds.org
www.leeksandbounds.org
Certified Naturally Grown
CSA

wide variety of vegetables, apples, eggs, meats and cheeses from other local farms available for CSA members to buy

Mack's Apples of Moosehill Orchard

230 Mammoth Road, Londonderry, NH, 603-432-3456
farm stand, pick-your-own
apples

Meadow's Mirth

Josh and Jean Jennings, Stratham, NH, 603-767-2610
jean@meadowsmirth.com
www.meadowsmirth.com
certified organic
CSA, Portsmouth, Exeter, and Hampton farmers' markets

wide variety of vegetables specializing in dried beans

Monahan Farm

Jeff and Christine Walker, 2 South Road (near the intersection of Routes 107/108), East Kingston, NH
Info line: 603-642-8186; phone 603-642-4147
pick-your-own, farm stand, mid-June to late September, call for hours
rhubarb, corn, beans, peas, strawberries, raspberries, blueberries, blackberries, peaches

Nelson Farms

William Nelson and Beatrice Baker, farm managers: Shawn Stimson and Sarah Anderson, 44 Range Road, Strafford, NH, 603-664-5151
nelsonorganics@hotmail.com
certified organic
Portsmouth farmers' market, Isinglass Country Store in Strafford, NH
wide variety of vegetables and salad greens, edible flowers and herbs

New Roots Farm

Jeff and Renee Cantara, 31 Doe Farm Lane, Newmarket, NH, 603-292-5902
farmers@newrootsfarm.com
www.newrootsfarm.com
certified organic
CSA, Portsmouth and Hampton farmers' markets
wide variety of vegetables including many varieties of heirloom garlic

Nottingham Orchard

Mark and Katy Hiza, 58 McCrillis Road, Nottingham, NH, 603-679-5524
Portsmouth and Durham farmers' markets (during apple season)
apples, apple cider

Oliver Merrill & Sons

Merrill family, 569 Mammoth Road, Londonderry, NH, 603-622-6636
pick-your-own
corn, variety of vegetables, apples, peaches, pears

Pride Planting

Rhonda Peva, 155 Strafford Road, Barrington, NH, 603-332-9770
Rochester farmers' markets, farm stand
wide variety of vegetables and herbs, strawberries, eggs

Ragged Robin Herb Farm

Terri Laney, 198 Lee Hook Road, Lee, NH, 603-659-5322
rgdrobin@yahoo.com
Portsmouth and Kingston farmers' markets

Ramsbotham's Riverview Farm

Carolyn Ramsbotham, 54 Nute Road, Madbury NH, 603-742-0787
cort@riverviewfarm.com
www.riverviewfarm.com
self-serve farm stand, Durham, Exeter and Portsmouth farmers' markets
vegetables, melons, pork, chicken, chicken eggs, duck eggs, goose eggs

Riverslea Farm

Liz and Jeff Conrad, 362 North River Road, Epping, NH, 603-679-2629
info@riversleafarm.com
www.riversleafarm.com
naturally raised lamb and kid; they eat grass and hay year-round; no growth hormones or antibiotics
Lee and Exeter farmers' markets, year-round on-farm store, Durham Marketplace
USDA flash frozen cuts of lamb and kid, custom orders for freezer and rotisserie

Smith Farm

Richard and Eva Smith, 129 Sanborn Road, East Kingston, NH, 603-642-5544
farm stand, early July to October, 8am-7pm
cucumbers, corn, pumpkins, squash

Stone Wall Farm

Charlie Reid and Anne Dickerson, 97 McCrillis Road, Nottingham, NH, 603-679-8101; cell #s 205-1684 and 205-7717
charliereid@ttlc.net
certified organic
at farm (call ahead), Portsmouth farmers' market, Philbrick's Fresh Market, Portsmouth Health Food Store, Blue Moon, On the Vine, Lee Marketbasket
wide variety of vegetables, eggs

Sunnycrest Farm

Dan Hicks, John Conner and Gretchen Hicks, 59 High Range Road, Londonderry, NH
Info line: 603-432-9652; Phone: 603-432-7753

sunnycrestfarm43@msn.com

www.sunnycrestfarmnh.com

Integrated Pest Management
pick-your-own, farmstand, open June to December, call for picking times
lettuce, tomatoes, pumpkins, strawberries, raspberries, blueberries, cherries, apples, baked goods

Talon Organic Garden

Pam Talon, 19 Janet Street, Rochester, NH, 603-332-1765
certified organic
Rochester farmers' markets
wide variety of vegetables

Wake Robin Farm

Wiggin Family, 52 Union Road, Stratham, NH, 603-772-5740
wakrobin@comcast.net
www.wakerobinfarm.com
Integrated Pest Management / low spray
farm stand open mid-June to November; Portsmouth, Dover, Durham, and Hampton farmers' markets
wide variety of heirloom and high quality standard varieties of fruits, vegetables, herbs

Warren Farm

Richard "Randy" and Heather Warren, 30 Warren Road, Barrington, NH, 603-868-2001
wfarm@hotmail.com
balanced/sustainable, common sense farm practices
farm stand and pick-your-own
wide variety of vegetables at farm stand

including asparagus and sweet corn, pick-your-own peas, tomatoes, green beans, strawberries, peaches, and rhubarb at farm stand, pick-your-own raspberries

Whitbred Goats

Karin and Phil Whitney, 454 River Road, Buxton, ME, 207-727-4253
Karin@whitbred.org
www.whitbred.org
conventional feeds; herbal interventions are first choice; animals are outside daily at farm, call ahead first
raw goat milk

White Gate Farm

James and Susan McGeough, 119 Prescott Road, Epping, NH, 603-679-5743
jpmcgeough@comcast.net
farm stand, Portsmouth farmers' market
beginning mid-July
pumpkins and a wide variety of other vegetables, peaches, blueberries, maple syrup, homemade jams

Wild Root Farm

Rachael Seemar, 889 Alewife Road, Kennebunk, ME, 207-985-9826
wildrootfarm@gmail.com
certified organic
CSA, Portsmouth and Saco farmers' markets
wide variety of vegetables, eggs

Willow Pond Community Farm

Kate Donald, Brentwood, NH, 603-340-0571
willowpondfarmer@yahoo.com
www.willowpondfarm.org
certified organic
CSA, Exeter and Portsmouth farmers' market
wide variety of vegetables

Wolf Pine Farm

Amy Sprague and Tom Harris, 259 Mouse Lane, Alfred, ME
207-324-2357
www.wolfpinefarm.com
certified organic
CSA, pickup groups in Portsmouth/Kittery, York, Rochester, Dover/Berwick
wide variety of vegetables

Woodmont Orchard

Bob and Steve Lievens, 15 Pillsbury Road, Londonderry, NH, 603-432-3311
info@woodmontorchards.net
www.woodmontorchardsinc.com
farm stand, Market Basket
apple, peach