



**Cooperative
Extension**

South Central NY Agriculture Program

**BUY
LOCAL**

Taste the difference!



2015

**Guide to Foods Produced
in the Southern Tier
& Finger Lakes**

Dairy

Eggs, Poultry & Meat

Farm Markets & Roadside Stands

Pick-Your-Own Produce

*CSA - Community
Supported Agriculture*

Honey & Maple

Specialty Foods



Tompkins Weekly

*"Your Source for
Local News and Events"*
and



*Helping parents
decide what to do since 1990.*

Both publications are available
in print on area newsstands or
read us live on the web at either
www.tompkinsweekly.com or
www.ithacachild.net

Call 607-327-1226 for more info.

Locally Owned and Operated

Shiitake Mushrooms

Grown on sustainably harvested
sugar maple logs

Retail



Wholesale

Harford, NY

818-720-3551

Shelley@HoneyAppleHill.com



*Largest grower
of perennials
and herbs in
Central New York
20 Display Gardens to View*



*Over 200 varieties of organically grown
vegetables and herbs*

*Over 20 varieties of apples available for
u-pick or pre-picked*

*Call at the end of August or
beginning of September
for what's ready to pick.*

*Gardens & Greenhouse
Open Daily, April - August
Weekdays 8:00 - 5:30*

*Open Daily, September & October
Weekdays 8:00 - 5:00*

Weekends, 9:00 - 5:00 April - October

*November through March
by chance or appointment*

Extended hours in May & June

*Mail: 1104 Auburn Rd.,
Groton, NY 13073
(Rte. 34 in N. Lansing bet.
Ithaca & Auburn)
Tel: 607-533-4653
email: info@bakersacres.net
www.bakersacres.net*

BUY LOCAL—TASTE THE DIFFERENCE

Guide to Foods Produced in the Southern Tier & Finger Lakes

Welcome to the 2015 Guide to Foods Produced in the Southern Tier & Finger Lakes. This publication will help you locate foods grown or produced in your community. Within these pages you'll discover an amazing diversity of products from fruits and vegetables to meats and cheeses, from honey and maple syrup to salsa and popcorn. Visit a farm and pick it yourself or have it delivered to your doorstep, buy it at a farmers' market or the neighborhood roadside stand - whatever suits you. When you purchase local foods you enjoy some of the freshest, best-tasting foods available. Buying directly from the producer also gives you the chance to meet and get to know them, and learn about their production methods. Plus, when you buy locally you support the local economy and keep land in agriculture. So what are you waiting for? Get out there and Taste the Difference!

- The South Central Agriculture Team for Cornell Cooperative Extension



**Cooperative
Extension**
South Central NY Agriculture Program



Table of Contents

Producer Index	27
Introduction	3
Producer Sections:	
<i>(Growers listed alphabetically by County)</i>	
Dairy	4
Meat, Poultry & Eggs	5
Farm Markets & Roadside Stands	11
Honey & Maple	15
Pick Your Own Produce	19
Specialty Foods	21
Community Supported Agriculture	22
Special Information Sections:	
Buy Local	8
Community Supported Agriculture	9
Regional Farmers' Markets	16-17
Additional Resources.....	30

The information in this guide is also available on the internet at <http://ccetompkins.org>. Published by the Cornell Cooperative Extension Agriculture Program in the following counties:

Chemung	607-734-4433	Cortland	607-753-5077	Schuyler	607-535-7161
Tioga	607-687-4020	Tompkins	607-272-2292		

Inclusion in this guide does not imply a recommendation or a guarantee by Cooperative Extension. Some farms are not included if sales are only through farmers' markets. Omissions are not intended. To be included in future editions of this guide, call: 607-272-2292.

Compiled by: Avi Miner, Mika Gauger, Monika Roth, Debbie Teeter, Matt LeRoux, and Sandy Repp of CCE-Tompkins. Many thanks to Jim Graney of the Ithaca Child for his invaluable assistance and guidance in producing this publication.

Dairy

Southern Cayuga County

Finger Lakes Dexter Creamery

Rose Marie Belforti
1853 Black Rock Road
King Ferry NY 13081
315-364-3581
info@kefircheese.com
www.kefircheese.com

Products: Artisanal farmstead raw milk kefir cheeses aged 60 days & from grass-fed Irish Dexter cattle. Hand crafted from traditional kefir mother granules, naturally cultured on site. Seasonal availability of grass-fed beef from Dexter cattle. Available year-round on farm, at the Sunday Ithaca Farmers' Market, and online. Animal Welfare Approved. **Finger Lakes Cheese Trail member.**

Keeley's Cheese Co.

Keeley O'Brien
539 Rt. 34B
King Ferry NY 13081
315-730-6872
saycheese@keeleyscheese.com
www.keeleyscheese.com

Products: Farmstead Irish style washed rind cheeses from registered Holstein and Jersey cows. Available self-serve at the farm and Ithaca Farmers' Market, Wegmans, Ithaca Coffee Co., many local restaurants. **Finger Lakes Cheese Trail member.**

Cortland County

Northland Sheep Dairy

Maryrose Livingston & Donn Hewes
3501 Hoxie Gorge-Freetown Rd
Marathon NY 13803
607-849-4442
tripletree@frontiernet.net
www.northlandsheepdairy.com

Products: Aged sheep's milk cheeses available at selected specialty food shops.

Schuyler County

Kenton's Cheese Co. Burr-Ayr Farms, Ltd.

5939 Burr Road
Trumansburg NY 14886
(607) 592-0746
kenton@kentonscheese.com
kentonscheese.com
Products: Bianco brie-style soft-ripened cow's milk cheese and Emmentaler Swiss. Available at The Piggery, Ithaca Bakery, GreenStar, Trumansburg Shursave, Good to Go, many wineries, Trumansburg and Ithaca Farmers' Markets. **Finger Lakes Cheese Trail member.**

Sunset View Creamery

Carmella Hoffman
4970 County Road 14
Odessa NY 14869
607-594-2095
farmerswife@htva.net
www.sunsetviewcreamery.com
Products: Cheddars, plain & flavored Monterey Jack, Heritage (parmesan/swiss blend), mozzarella, plain & flavored curds from on-farm milk. Farm store open: 10-5 every day. **Finger Lakes Cheese Trail member.**

Shtayburne Farm

2909 Chase Road
Rock Stream NY 14878
315-270-2249
thebigcheese@shtayburnefarm.com
www.shtayburnefarm.com
Products: 15 varieties of cheddar and monterey jack cheeses. Farm visits encouraged! Old fashioned country store and cheese processing plant on site! **Finger Lakes Cheese Trail member.**

S. Seneca County

Cayuga Lake Creamery

Jeff Kostick
8421 State Route 89
Interlaken NY 14847
607-532-9492
www.cayugalakecreamery.com
Products: Homemade ice cream, sorbet (regular and wine sorbets), soy ice cream, ice cream cakes, pies, waffle cones. Open year around, tours by appointment.

Crosswinds Farm & Creamery

Sarah Van Orden & Charlie Morrow
6762 Log City Road
Ovid, NY 14521
607-327-0363
crosswindsfarmcreamery@gmail.com
www.crosswindsfarmcreamery.com
Products: Morning Glory and Butternut Swiss cheese, whole milk, yogurt. **Finger Lakes Cheese Trail member.**

Lively Run Goat Dairy

Susanne Messmer
8978 County Road 142
Interlaken NY 14847
607-532-4647
sumessmer@yahoo.com
www.livelyrun.com
Products: Goat cheese (feta, chevre, blue cheese), Cow cheeses (cheddar, gouda, blue). Available year around from farm, GreenStar, Wegmans, other stores. Farm tours available.

Tioga County

Side Hill Acres Goat Dairy

Rita Kellogg
79 Spencer Road
Candor NY 13743
607-659-4121
rkellog@aol.com
sidehillacres.com
Products: Raw and pasteurized goat milk, keifer, yogurt, and cheese. Spreads, cream cheese, feta, herbed cheeses. Goat milk soaps, hand creams, and body lotions. Offer farm tours, call for availability. **Finger Lakes Cheese Trail member.**

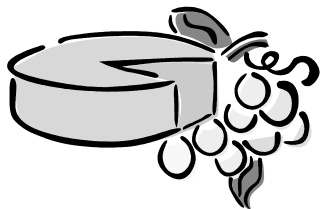
Engelbert Farms, LLC

Kevin, Lisa Engelbert & Family
182 Sunnyside Road
Nichols NY 13812
607-699-3775
kengelbert@stny.rr.com
Products: Certified organic Cheddar, Feta, Gouda, Beer-brined Moochego, and MooVache, a soft, spreadable cheese. Available year round at Farm Store. **Finger Lakes Cheese Trail member.**

Sunset View Creamery 4970 County Road 14 Odessa, New York 14869

Cheddars, Jack, Specialty Cheeses & Curds

available at our farm store
7 days a week 10-5 Memorial-Labor Day
Saturday 10-5 Sept—Dec. and April/May
Closed January-March



607-594-2095
www.sunsetviewcreamery.com

Tompkins County

Black Pearl Creamery

Lauren McKinzey
3227 Halseyville Road
Trumansburg, NY 14886
607-351-0489
blackpearlcreamery@gmail.com
Products: Sheep's milk yogurt

Jerry Dell Farm

41 Fall Creek Road
Freeville NY 13068
607-844-3435, 607-351-8747
jerrydellfarm.com
jeremysherman1969@gmail.com
Products: A variety of farmstead cheeses. **Finger Lakes Cheese Trail member.**

Purity Ice Cream

Rt 13 and Cascadilla St
Ithaca NY 14850
607-272-1545
www.purityicecream.com
Products: Ice cream, baked goods, coffee, hot cocoa, and more.

Snofarm Creamery

Snow Family
665 Buffalo Road
Brooktondale NY 14817
snow@frontiernet.net
www.snofarm.com
Products: Family Farm produces gouda, feta, and provolone. Available at Brookton's Market.

Meats, Poultry
& Eggs

S. Cayuga County

Deepwater Farm

Phil Stauderman
3128 Blakely Rd.
Genoa NY 13071
315-246-0689
Products: Organic beef from grass fed cattle sold by the cut. Home grown broiler chickens and farm fresh eggs. Available year round.

Finger Lakes Natural Beef

Will and Allison Schonfeld
1913 Dixon Rd
King Ferry, NY 13081
315-246-9782
allisonschonfeld55@gmail.com
www.fingerlakesnaturalbeef.com
Products: Natural Angus Beef, available year round. Born & raised on farm without antibiotics or hormones; fed natural farm-grown feed. Processed at a local USDA inspected facility. Halves, quarters, family packs & individual cuts available year round.

Todd Farms

Craig & Kim Todd
12562 NYS Rt 90
Locke NY 13082
315-497-3079
Products: Goat meat, call for availability.

Chemung County

Maple Valley Farm & Farm Market

Giles Family
791 County Route 64
Elmira NY 14903
607-739-3215/ 607-562-8848
Products: Chicken, eggs, take out-freezer ready, USDA inspected quality certified Angus beef & pork, raised without antibiotics or growth enhancers. Halves, quarters & special packages available year around from producer. Individual cuts available during market season.

Park Hill Poultry

Barb Martin
Erin, NY 14838
607-280-2500
parkhillpoultry@gmail.com
parkhillpoultry.wordpress.com
Products: Pasture-raised heritage breed turkeys.

Ruff Acres Farm

Richard Usack
1065 Federal Road
Erin NY 14838
607-739-5404
Products: Poultry, eggs, USDA inspected beef, honey and produce. Available year round.

Spring Flight Farm

Jacquelyn Chotkowski
Elmira NY 14903
607-732-0448
Products: Dry-aged, USDA inspected, grass-fed Highland beef. No sub-therapeutic antibiotics or growth hormones. Individual cuts of beef, quarters & halves. Available at farm (call for directions & availability).

Cortland County

Birdsall Beef

Dennis & Heather Birdsall
143 Ripley Hill Road
Homer NY 13077
607-745-4854
heather_hicksb@hotmail.com
Products: Hereford-Angus cattle born & raised on the farm without antibiotics or hormones; fed natural farm-grown feed. Processed at a local USDA inspected facility. Halves, quarters, family packs & individual cuts available year round.

Bluefield Farms

Elizabeth & James McGee
6854 Wright Road
Preble NY 13141
607-749-8674
Products: Market steers, feeder calves, hogs. Available year round from the farm.

CNY Beef/Lone Birch Stables

Joanne Jones
5668 U.S. Rt 11
Homer, NY 13077
607-591-9728
lonebirch@farme.com
www.cnybeef.com
Products: Pasture-raised beef available year round from farm stand. Family packs and halves also available, EBT and credit cards accepted. Walk-ins welcome.

Cobblestone Valley Farm

Maureen & Paul Knapp
2023 Preble Road
Preble NY 13141
607-749-4032 (Phone/Fax)
www.cobblestonevalley.com
Products: Certified organic pastured chicken & turkey. Non-certified organically raised and grass-fed beef, pork & eggs from pastured hens.

High Lonesome Farm

Fred Griffen
2273 Stafford Road
Cincinnatus NY 13040
607-863-4303
Products: Bulk quantity certified organic Black Angus Beef. Wholes, halves and quarters.

Jon-Lin Farm

Linda Helms
1791 Owego Hill Road
Cortland NY 13045
607-835-6718
Products: Spring lamb. Raw Corriedale-cross fleece, carded wool, hand spun yarn. Available from producer.

Little York Farms/CNY Beef

Larry Jones
5668 U.S. Route 11
Homer NY 13077
607-591-9728
sales@cnybeef.com
www.cnybeef.com
Products: A la carte beef cuts. Bulk quantities also available. Available year round at farm store.

Lucky 13 All Natural Red Angus

Erin Luchsinger Hull
6638 State Route 80
Tully NY 13159
315-696-6856
lucky13beef@yahoo.com
facebook.com/lucky13beef
Products: Beef naturally raised on pasture, hay and corn. Call for availability.

Main Street Farms

Allan Gandelman
116 N West Street
Homer NY 13077
607-749-0086
info@mainstreetfarms.com
www.mainstreetfarms.com
Products: Whole tilapia, fresh-frozen and grown in our environmentally friendly aquaponics facility

Meats, Poultry & Eggs, cont.

Northland Sheep Dairy

Maryrose Livingston & Donn Hewes
3501 Hoxie Gorge-Freetown Rd
Marathon NY 13803
607-849-4442
tripletree@frontiernet.net
www.northlandsheepdairy.com
Products: 100% grass-fed lamb and mutton; tanned sheepskins, wool products. Call for availability

Springbriar Farm

Marie Vogt
4632 State Route 41
McGraw NY 13101
607-836-6255
www.springbriar.com
Products: Registered fullblood Boer Goats for breeding stock. Registered Nubian dairy goats & buck service. Goat milk soap.

Schuyler County

Angus Glen Farm, LLC

Brett Chedzoy
3050 Station Rd.
Watkins Glen NY 14891
607-742-3657
bchedzoy@yahoo.com
Products: 100% grass-fed black angus beef.

Bear Farm

Mark & Carol Harth
4860 Satterly Hill Road
Burdett NY 14818
607-546-2341
bearfarm14818@hotmail.com
www.bearfarmyarns.com
Products: Wool yarn, sheepskins, freezer lambs, live or cut, wrapped & frozen. Full size lambs available Sept-Jan, smaller hothouse lambs available Jun-Dec from farm.

Cayuta Sun Farm

Michael Burns
2962 Swamp Road
Catharine NY 14805
607-227-0316
cayutasunfarm@gmail.com
www.cayutasunfarm.com
Products: Silvopastured pork, Jumbo Cornish and heritage breed chickens. Also log-grown shittakes.

Church Street Produce

Val & Jerry Carocci
4045 Church Street
Burdett NY 14818
607-546-2557
www.churchstreetproduce.com
Products: Free range, natural feed eggs. Open May-Oct, call for hours.

Ever Green Farm

Joe & Joely Zerbey
5942 Old Lake Road
Rock Stream NY 14878
607-243-3613
info@evergreenfarmonline.com
www.evergreenfarmonline.com
Products: Certified organic eggs, Pasture raised chicken and vegetables. Available on the farm and at Ithaca and Geneva Farmers' Markets.

Giving Ground Farm

Joe and Betti Lambro
5911 Spring Brook Path
Trumansburg NY 14886
607-279-9888
givinggroundfarm@gmail.com
www.givinggroundfarm.org
Products: Pastured eggs, heritage breed grass-fed beef, pastured pork

Roaming Root Farm

Jake Delisle
2909 South Swamp Road
Alpine, NY 14805
607-592-3419
jakemdelisle@gmail.com
www.roaming-root.com
Products: Pastured pork: Fresh/cured hams, sausage, pork chops, ribs, leaf lard.

Shannon Brook Farm

Shannon & Walter Ratcliff
2566 Jennings Road
Watkins Glen, NY 14891
607-731-1890
shannon@shannonbrookfarm.com
www.shannonbrookfarm.com
Products: Certified organic, pasture raised lamb, pork, broiler chickens, pekin duck, duck eggs, chicken eggs. No added hormones, no antibiotics. All products available at the farm or by local delivery.

Straight-Way Farm

Marcia & Dennis Bauchle
3411 County Road 8
Montour Falls NY 14865
607-227-4238
straightwayfarm1@aol.com
Products: Natural-raised, dry-aged beef, pasture-raised pork, pasture-raised chickens. Available at the farm, Tuesday & Sunday Ithaca Farmers' Mkt, Watkins Glen Farmers' Market.

Van Galder Family Farms

Kyle and Lauren Van Galder
5854 County Route 14
Alpine NY 14805
607-594-7007
vangalderfamilyfarms@gmail.com
Products: Pasture-raised beef, pork, and Jumbo Cornish chickens

Wicaway Farm

Susan Neal
1312 Demunn Road
Beaver Dams, NY 14812
607-279-0403
wicawayfarm@aol.com
facebook.com/wicawayfarm
Products: Eggs; Custom-raised broilers; Pork and Beef occasionally; horse hay.

Windsong Farm

David & Karen Stern
5051 Tuttle Rd.
Burdett, NY 14818
607-546-5408
kastern@empacc.net
www.windsongfarm.com
Products: Grass-fed heritage breed lamb and beef available as quarters, halves and in 10-lb sampler packs. "Barnyard sampler" includes lamb, beef & pasture-raised chicken. Handspinning fleeces (Wensleydale, Cotswold), roving and sheepskins. Maple syrup, fruit jams. All products available at the farm, and delivery in Ithaca is possible.

Wolfree Farm

Margaret Meixner
4041 County Route 2
Burdett NY 14818
607-546-7968
iwolfreefarm@gmail.com
wolfreefarm.com
Products: Pasture-raised lamb, also available through Good Life Farm CSA.

Southern Seneca County

Autumn's Harvest Farm

Timothy and Sarah Haws
5374 McDuffie Town Rd.
Romulus NY 14541
607-869-3879
autumns Harvest@gmail.com
www.autumns Harvestfarm.com
Products: Heritage breed pastured pork. Grass-fed beef. Pasture raised chickens, turkeys, & eggs. All products available direct from the farm including halves, quarters, and retail cuts. Also at the Trumansburg Market and Saturday Ithaca Farmers' Market.



Daring Drake Farm

Shannon O'Connor
3046 County Road 138.
Ovid, NY 14521
607-532-4956
daringdrake@zoom-dsl.com
www.daringdrake.com
www.blackduckcidery.com

Products: Duck eggs from free range heritage breed ducks available at farm stand, Ithaca and Trumansburg Farmers' Markets, and Greenstar. NOFA-NY Farmer's Pledge.

High Point Farms, LLC

Tina & Bob MacCheyne
9448 State Route 96
Trumansburg NY 14886
www.highpointfarms.net
highpointfarmstburg@msn.com

Products: Grass-fed Beef, Free Range Chicken, Pasture Pork, Free Range Eggs. Sales by the pound at the farm, see website for details.

Meadowsweet Dairy, LLC

Barbara & Steve Smith
2054 Smith Road
Lodi NY 14860
607-582-6954
dairy@meadowsweetfarm.com
www.meadowsweetfarm.com

Products: Grass-fed beef, pork, eggs. All products have no antibiotics, hormones, or chemicals. Available from producer.

Sabol's Farm

Richard Sabol
7999 Route 414
Ovid NY 14521
607-229-8333
ssabol@rochester.rr.com

Products: Beef, pork, lamb, goat, & poultry. Animals are fed naturally grown hay, grain & grass. No animal by products or hormones used. No irradiation, no nitrates. Extra lean, processed locally, USDA inspected. Available at Ithaca Farmers' Market.

Tioga County

Engelbert Farms, LLC

Kevin, Lisa Engelbert & Family
182 Sunnyside Road
Nichols NY 13812
607-699-3775
kengelbert@stny.rr.com

Products: Certified organic, pasture-raised dairy, beef, veal, milk-fed pork. Individual cuts, including hickory smoked, no nitrate bacon & ham, and cheese available year around at our farm store.

Forget-Me-Not Farm/ Small Graces

Jennifer Whitmore
56 Lathrup Road
Candor, NY 13743
607-659-5630
jenniferwhitmore0@gmail.com

Products: Grassfed lamb, home-spun yarn. Available at Ithaca and Candor Farmers' Markets.

Gardens of Grace at King Farm

John and Grace King
3875 Day Hollow Rd
Owego NY 13827
607-754-5059
jking9@stny.rr.com

Products: Chickens, turkey, eggs, seasonal vegetables. Call for availability.

Heritage Pastures

Laura & Ben Hobbs
2343 Stanton Hill Rd.
Nichols, NY 13812
laura@stantonhillstudios.com
607-759-7665

Products: Pasture raised poultry, (chicken and duck), chicken and duck eggs, grass-fed beef

Hope Hill Acres

Lisa Michaud
358 Ford Hill Rd.
Berkshire, NY 13736
657-2528
hopehillacres@frontier.com

Products: Eggs, pastured poultry, baked goods.

Horstmann Hills Farm

Laura and Rob Horstmann
Brewer Road
Candor, NY 13743
607-659-3494

Products: Grass-fed, corn-finished Angus freezer beef sold quarter or half. Pork sold whole or half, lamb, chicken eggs. All meat custom cut and USDA inspected.

Kingbird Farm

Michael and Karma Glos
9398 West Creek Road
Berkshire NY 13736
607-657-2860
karma@kingbirdfarm.com
www.kingbirdfarm.com

Products: Certified organic pork, duck, chicken, eggs: Grassfed beef. Tamworth piglets & breeding stock. Also offer a variety of herbs. Available at, Ithaca Farmers' Market, GreenStar (eggs). Self serve eggs & meat at farm (pre-orders available).

Marz Farm

Tony Marzolino
3624 Wilson Creek Road
Berkshire NY 13736
607-657-8534 or 315-378-5180
tmarzolino@yahoo.com
www.marzfarm.com

Products: Pasture based beef and pork, free range eggs, organic hay and forages, kale, collards, chard

Our Five Acre Homestead

Bert and Michelle Kline
Gage Road
Newark Valley, NY 13827
607-761-4457

michelelynnkline@gmail.com
Products: Registered Boer goat breeding stock, goat meat, pastured poultry, free range eggs, goat milk soap and lotion available at Waverly Farmers Market or call for availability

Twin Brook Farm

Marvin Moyer
304 Lainhart Rd.
Owego, NY 13827
607-687-4053
www.twinbrookfarmowego.com
Products: Grass-fed beef and pastured pork, free range chickens, nitrate-free ham and bacon



**THE
PIGGERY**

423 Franklin St.,
Ithaca N.Y.
www.thepiggery.net
(607) 272-2276

**Ithaca's Farm-To-Table Butcher Shop &
Local Grocer!**

**Pastured Pork - Beef - Chicken - Deli Meats - Pâté
- Specialty Sausages - Local Produce & Dairy!**



**Monday-Friday 11-7 p.m.
Saturday 9-7 p.m. Sunday 11-5 p.m**



Reasons to Buy Local

Taste and freshness - Locally grown food is fresh, and fresh food tastes best! Most produce in the United States is harvested 4 to 7 days before it reaches supermarket shelves. Local farmers grow food that is bred for taste and freshness, not for shipping and a long shelf life.

The Buy Local Program

evolved out of expressed community interest to sustain local agriculture and build a stronger local food system. Our goals are to foster the environmental, economic, and social vitality of our community by increasing the connections between consumers and farmers. Through outreach, marketing, and special initiatives, we seek to raise individual and institutional awareness of the benefits of buying fresh locally grown and made products, to make local food an integral part of daily life.



Our Vision for the Future

Through open community meetings, we have outlined a variety of projects that will build our local food system:

- Increasing retail demand for local food
- Increasing farm to restaurant connections
- Establishing connections between farms and schools, colleges, and hospitals
- Supporting food production education
- Developing culinary and agricultural tourism
- Fostering farmer collaboration
- Developing cooperative food ventures
- Reaching people with limited access to fresh food

To volunteer for BUY LOCAL events, for more information, or to make a financial contribution, contact Cornell Cooperative Extension of Tompkins County at 607.272.2292.

Grow Our Local Economy

Buying locally produced food keeps money circulating in our communities. For example, if everyone in Tompkins County spent 10% of their grocery and dining dollars on local foods, it would generate over \$29 million in economic value for our region!

Protect our 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.

Community Supported Agriculture

is a cooperative relationship between a farmer and consumers; consumers commit to buying a crop "share" and growers comit to growing fresh, quality produce during the growing season.



CSA Benefits Consumers

by providing fresh, quality produce during the growing season, the opportunity to connect with the farm, and a sense of community from cooperative work, shared responsibility, and keeping food dollars in the local economy.

CSA Benefits Farmers

by providing funds to make pre-season purchases and a known market in advance of the growing season, farmers can plan more accurately and concentrate on farming.



CSA Benefits the Earth

by supporting farmers that employ sustainable agricultural practices and minimizing waste by avoiding overproduction and reducing packaging and transportation.

To Participate in CSA

use this guide to find CSA programs that best suit your needs, then visit the farms and talk with the farmers. Most CSA farms recruit members in the spring before the season begins.



Find area CSA Farms on page 22

HOMER Farmers' Market

HomerFarmersMarket.com  homernfarmersmarket@gmail.com

Where local producers meet local consumers.

- Sustainable Agriculture
- Family Focused
- Locally Grown Food
- Live Music
- Community Based

May through October
On the Village Green

Saturdays 9 - 1
Wednesdays 4:30 - 7

We participate in the
FMNP and accept EBT

Meats, Poultry & Eggs, cont.

Wild Rose Farm

Stephanie & Scott MacDonald
457 Guiles Road
Owego NY 13827
607-687-7143

wildrosefarm@stny.rr.com
wildrosefarm.weebly.com

Products: Fresh, certified organic, pasture raised chickens, lambs, and Thanksgiving turkeys (raised to order). Also sell brown eggs from free-range hens. Call/email for newsletter and order form. Products sold at Otsiningo Park Farmers' Market. All products are certified organic by NOFA-NY.

Tompkins County

Crooked Creek Farm

Amy Glaser
288 Harford Road
Brooktondale NY 14817
607-351-8691
brooktondaleamy@gmail.com

Products: Whole or half lambs

Darling Family Farm

Nick Darling
50 Durfee Road
Groton NY 13073
607-279-4392
darlingfarm@gmail.com

Products: Grass-fed beef

Deer Run Farms

David Tregaskis
4797 Hilliard Road
Groton NY 13073
607-898-3821
deerrunfarms.com
deerrunfarmsangus@gmail.com

Products: USDA inspected Angus beef, by the quarter or half, vacuum plastic wrapped. Available year round. Call for brochure, 100% guaranteed.

Earthwalk Farm

Suzanne McMannis
246 Bone Plain Road
Freeville NY 13068
607-347-4633
earthwalkfarm@gmail.com

Products: Grass fed lamb and sheep. NOFA-NY Farmer's Pledge.

Ellis Hollow Farm

Nancy Munkenbeck
832 Ringwood Road
Ithaca NY 14850
607-539-7902 or 351-0113
nwm1@cornell.edu

Products: Lamb, sheepskins, wool, alpaca fiber, honey, honey-bees, and beeswax available at farm, call for availability and to order

Glenwood Farms

Evan and Alex Reynolds
1084 Glenwood Heights Road
Ithaca NY 14850
607-272-7809
greynolds@glenwoodfarms.com
glenwoodfarms.com

Products: Frozen cuts of bison meat for sale at Ithaca Farmers' Market, tours by appointment

Hog-Wild

53 McGrath Rd.
Berkshire, NY 13736
hogwildfarmithaca@gmail.com

Products: Organic grain and milk-fed, pasture-raised heritage breed pork. Also sell eggs and seasonal produce.

Hum Hollow Farm

Sharon Garland
260 Speed Hill Road
Brooktondale NY 14817
607-539-7896

Products: Lamb, butchered by 1/2 by whole. Raw wool and tanned sheep hides.

Jerry Dell Farm

41 Fall Creek Road
Freeville NY 13068
607-844-3435, 607-351-8747
jerrydellfarm.com
jeremysherman1969@gmail.com

Products: Organic beef

Just a Few Acres Farm

Peter and Hilarie Larson
604 Van Ostrand Road
Groton, NY 13073
607-533-4037
peterelarson3@gmail.com
www.justafewacres.com

Products: Chicken, eggs, turkeys, pork, smoked pork.

Laue Farm

Dale Laue
72 Enfield Main Road
Ithaca NY 14850
607-273-2010

Products: Angus Beef, by the half or whole, available Sept- Oct & Jan.

Larry and Denise Moore

510 Conlon Road
Lansing NY 14882
607-533-4229
larryanddenisemoore@gmail.com

Products: Ground beef, eggs, maple syrup, certified organic garlic.
Availability: On farm

The Piggery

Heather Sanford & Brad Marshall
423 Franklin St. - Across Rt. 13
from Ithaca Farmers' Market
Ithaca, NY 14850
607-272-2276
www.thepiggery.net

Products: Heritage pastured pork, fresh as well as handcrafted charcuterie, and deli.

Pork Chop Valley Farm

Jim & Mary Linton
19 Shudaben Road
Ithaca, NY 14850
607-277-3998

Products: Naturally raised pork, sold by the cut direct from the farm. USDA inspected. Call for availability.

Rainbow Valley Ranch

Edward Fedorka
931 Lansingville Road
Lansing NY 14882
607-533-4645

Products: Natural beef, available year around from farm & at Ithaca Farmers' Market.

Rocky Top Farm

Mary K. Gloster & Colleen
Gloster-Gray
913 Lick Street
Groton, NY 13073
607-227-5606
glosterg@yahoo.com
www.rockytopfarm.com

Products: 1/2 or whole pasture-raised lamb in the summer/fall, USDA frozen cuts avail year-round. Clun Forest breeding stock, fleeces, wool roving, and yarn. Delivery or on-farm pickup by appointment.

Scheffler Farm

Ed & Eileen Scheffler
643 Cobb St.
Groton NY 13073
607-898-5137

Products: Certified organic beef. Available at the farm store daily.

Shelterbelt Farm

Erica Frenay
200 Creamery Road
Brooktondale NY, 14817
info@shelterbeltfarm.com
www.shelterbeltfarm.com

Products: 100% Grass-fed lamb, pasture-raised pork and turkeys, raw honey, ginger, and winter greens. Pork and lambs are by the half and whole, reserve turkeys for Thanksgiving.

Sinn Family Farm

Steven Sinn
357 Enfield Main Road
Ithaca NY, 14850
607-793-4442
ethanandme22@yahoo.com

Products: Antibiotic-free pork, whole/halves.

Spot Hollow Farm

Marie Roenke
2586 Agard Road
Trumansburg NY 14886
607-387-5494
spotted_sheep@bluefrog.com
freewebs.com/spotthollowfarm

Products: Grass-fed/ natural lamb, goat, and beet. Also available raw- skirted or washed fleece, several colors of roving, spotted pelts, horns and breeding stock (Jacob sheep and Alpine dairy goats). Call for availability and to order.

A.J. Teeter Farm

Debbie & Alan Teeter
71 Gray Road
Ithaca NY 14850
607-277-4547
ajteeterfarm.com
ajteeterfarm@msn.com

Season: Primarily Fall
Products: Pastured Hereford beef, by the half and split quarter.

Van Noble Farm

Devon Van Noble
484 Enfield Center Road E.
Ithaca NY 14850
727-410-4073

devonvannoble@gmail.com
facebook.com/vannoblefarm
Products: Heritage breed Mule Foot hogs raised on pasture and non-gmo grains, producing high quality meat with even marbling. Freezer and roaster hogs available, retail cuts by Fall 2015.

Farm Markets & Roadside Stands

Southern Cayuga County

Grisamore Farms

N of Ithaca off Rt 34, Goose Street Road
749 Cowan Road
Locke NY 13092
315-497-1347

info@grisamorefarms.com
www.Grisamorefarms.com

Season: May-Aug: M-F 8-7, Sa 8-5, Su 10-5. Close for the season Nov. 24. Winter: Sa 9-5, Su 10-5. Other times available by appointment.

Grow: Strawberries, blueberries, blackberries, sweet & sour cherries, raspberries, apples, peaches, peppers, tomatoes, pumpkins, squash, flowers, greenhouse/nursery plants.

Also sell: Local products: cider, spun wool, honey, maple syrup, preserves, milled flour, baking mixes.

Heritage Harvesters

Nancy and John Shaw
791 State Rt 34B
King Ferry, NY 13081
315-364-7834

heritageharvesters@live.com

Season: Late June through Oct.
Grow: Seasonal produce including sweet corn, squash, zucchini, cucumbers, gourds, and pumpkins.

Sheils Farm

1 mi north of King Ferry
1462 Sheils Road
King Ferry NY 13081
315-364-7600

Season: Jul-Oct: Daily, 7-7
Grow: Sweet corn, tomatoes, summer vegetables, pumpkins, winter squash, fall ornamentals.

Stoney Creek Nursery

Cindy & Dan Thayer
883 Rt. 34
Genoa NY 13071
315-497-9048

stoneycreeknursery@gmail.com

Products: perennials, specialty annuals, cut flowers, seasonal produce, melons, Christmas wreaths available at farm stand or Ithaca Farmers Market

Chemung County

Birney's

off Rts 220 or 17C
5914 River Road
Waverly NY 14892
607-565-9365

Season: Apr-Oct: Daily 9:30-6

Grow: Seasonal vegetables, melons.

Also sell: Fruit, bedding plants, flowers, baskets.

Bradley Farms

1543 Maple Avenue
Elmira NY 14904
607-732-0561

Season: May - Oct: Daily 9-6

Products: Seasonal vegetables, bedding plants, many other products

Of special interest: Indoor/ outdoor attractions, daytime walk thru displays, and weekend events.

Janowski Gardens

1 block south of Brand Park
517 Esty Street
Elmira NY 14904
607-734-4406
diane@janowskigardens.com
www.Janowskigardens.com

Season: May-Oct: Daily 9-8
Grow: Seasonal vegetables, annuals, flowers Also available at Ithaca Farmers' Market.

Mann's Country Gardens

2863 Bird Creek Road
Gillett, PA 16925
570-537-6676
info@mannscountrygardens.com

Season: April - December
Grow: Christmas trees, plants, shrubs, perennials, cut flowers, maple syrup, honey, produce, wreaths, gifts, and more.

Maple Valley Farm & Market

West of Consumer Square
791 County Route 64
Elmira NY 14903
607-739-3215 / 607-562-8848

Season: Jun-Dec: M,T,T,F,Sa 10-5:30, closed Wed, Su 12-5:30

Grow: Seasonal vegetables, pumpkins, chickens, eggs, natural beef & pork.

Also sell: Wreaths, plants, pies, maple products, honey, salad dressing, jams, jellies, sauces, bread, local cheese and an assortment of other natural products.

Smithome Farms

Mike Smith
2844 Rt. 352
Elmira NY 14903
607-562-3878

smithomefarms@stny.rr.com
smithomefarms.com

Season: Late July-Sept

Products: Seasonal produce, sweet corn, pumpkins.

Of Special Interest: Fall corn maze

Farm Markets
& Roadside
Stands, cont.

Cortland County

Anderson's Farm Market

3 mi N of Homer
5887 Route 281
Little York NY 13087
607-749-5551
baveggiesept@yahoo.com
Season: May-Dec 25: Daily 8-6
(call for seasonal hrs)
Grow: Corn, cabbage, pumpkins,
and squash.
Also sell: Full line of produce,
herbs, flowers, greenhouse/nursery
plants, cheese, dairy products,
eggs, honey, maple syrup and in-
store bakery.

Badman's Bushel Basket

14698 Route 90
Cortland NY 13045
607-749-5233
Season: May-Oct. Tue-Sun 9am-
6:30pm
Grow: Hanging baskets, flowers,
bedding plants, greens, herbs,
garlic, strawberries, blueberries,
sweet corn, vegetables, tomatoes,
pumpkins, squash.

Dave's Veggies and Greenhouses

1 mi N of Rt 281 from Rt 4
Route 41
5178 Homer NY 13077
607-749-4955/ 607 543-0226
vegman@twcny.rr.com
Season: May-Oct: Daily 10-7
Grow: Seasonal
vegetables, strawberries,
honeyberries, herbs, bedding plants,
hanging baskets, perennial plants
and u-pick blueberries.
Also sell: Antiques.

Diescher's Farm Side Stand

2 locations: Rte. 11 across from ITS
/ Groton Ave
Cortland NY 13045
607-753-1950
Season: Mid Jul-Sept: Daily 10-6
Grow: Sweet corn, retail &
wholesale.
Also sell: Maple syrup, seasonal
vegetables, tomatoes, blueberries,
peaches, melons, apples.

Gladtime Farm Market

9 mi N of Homer, Route 281
Tully NY 13159
315-696-5817
Season: May-Jun: Daily 12-5
Jul-Oct, M-Sa 9-7, Su 10-6
late Sept-Oct: 10-6
Grow: Sweet corn, beans, peas,
cucumbers, tomatoes, potatoes,
peppers, squash (summer & winter),
gourds, pumpkins.
Also sell: Fruit, dried flowers,
pies, maple syrup, honey, eggs,
cheese, hanging baskets & bedding
plants.
Of special interest: Corn
maze, U-pick pumpkins, U-pick
strawberries. Also sell at Homer
Farmers' Mkt.

Hollenbeck's Cider Mill

6 mi from Dryden in Virgil
1265 Route 392
Virgil NY 13045
607-835-6455
Season: Sep-Dec: Daily 9-8;
Jan-Feb: W-Su 9-6
Produce: Cider, honey, maple
syrup, jellies, jams, preserves, home
made pies and doughnuts.
Also sell: Apples, grape juice,
maple products, honey, jams, jellies,
preserves, pumpkins, doughnuts
and baked goods.

Jon-Lin Farm

1.5 mi S of Virgil
1791 Owego Hill Road
Cortland NY 13045
607-835-6718
Season: Call for availability
Grow: Seasonal vegetables,
pumpkins, fall ornamentals.

Off Your Gourd

544 W State Rd
Cortland NY 13045
607-423-9105 or-0433
Season: Mid Sep-end Oct
Grow: Pumpkins, gourds, squash,
garlic, potted plants.

Reake's Country Goods

1 mi NE of Truxton/15 min from
I-81, exit 11 or 14
4016 Route 13
Truxton NY 13158
607-842-6322
Season: July-Dec: 10-6 thru
Labor Day, seasonal thereafter.
Grow: Sweet corn, squash,
pumpkins.
Produce: Maple syrup, baked
goods. **Also sell:** Seasonal
vegetables, NY cheese, antiques,
gifts, ice cream.
Of special interest: Pumpkin
Fest, fall maze, wagon rides, BBQ,
pumpkin storybook characters.

Schuyler County

A & L Produce

3961 Route 14A
Watkins Glen NY 14891
607-535-2799
Season: May-Nov, M-Sa daylight-
dark
Grow: Seasonal fruits, flowers,
and vegetables
Produce: Jams & jellies
Also sell: Lawn furniture.

Church Street Produce

4045 Church Street
Burdett NY 14818
607-546-2557
www.churchstreetproduce.com
Season: May-Oct: Call for hours.
Grow: Seasonal produce, herbs,
asparagus, berries, melons, pump-
kins & flowers
Sell: homemade buttermilk biscuits
during strawberry season, canned
hot peppers, 18 varieties of jams
and jellies.

Dennis Mann

2053 County Rd 10
Alpine NY 14805
607-546-2557
Rhubarb, asparagus, raspberries,
summer and fall vegetables.

Ort Family Farm

2761 Yorski Rd.
Bradford, NY 14815
(607) 583-2467
ortroger@AOL.com
Season: May-Jun. F & Sa 10 - 6,
other days call first.
Grow: Heirloom & open-pollinated
vegetable & herb plants

Rasta Ranch Vineyards & Nursery

11 mi N of Watkins Glen
5882 State Route 414
Hector NY 14841
607-546-2974
rastaranchvineyards@gmail.com
Season: Apr 1-Oct 31: Daily 11-5
Nov 1-Mar 31: Fri-Su 11-5 or by appt.
Grow: Grapes
Produce: Wine
Also sell: Preserves, specialty foods.

Reisinger's Apple Country

3 mi W of Watkins Glen, take Rt 409
& follow signs
2750 Apple Lane
Watkins Glen NY 14891
607-535-7493
reisingersapplecountry.com
Season: July-Nov: call for
availability
Grow: 18 varieties of apples,
peaches, berries, pears, plums,
flowers
Produce: Cider, jamaes/jellies,
apple butter, and home made baked
goods.

Rolling Hills Produce

4756 State Route 79
Burdett, NY 14818
607-546-2259
donahueelberta@gmail.com
www.rollinghillsproduce.com
Season: May - end of October
M-F 10-6; Sa-9-5; Su 10-4
Sell: A variety of seasonal local
fruits and vegetable; annuals,
perennials, homemade pies and
other baked goods. Other local
items include honey, maple syrup,
cheese, coffee, grape juice, meats,
Cayuga Creamery ice cream, crafts,
and more!



**Farm Store Open All Year
Friday and Saturday 10 - 3
Or by appointment**

**Farm-Raised Organic
Cheese - Cheesespreads
Butter - Vegetables
Pork - Beef - Veal**

A family farm since 1848

Engelbert Farms, LLC 182 Sunnyside Road Nichols NY 13812
(607) 699-3775 www.engelbertfarms.com

Silver Queen Farm

5286 Stillwell Road
Trumansburg NY 14886
607-387-6502
silverqueenfarm@gmail.com

Season: Jun-Sep: Daily 8-dark

Grow: Mixed vegetables, asparagus, sweet corn, raspberries, peaches, strawberries, apples, and melons.

Straight-Way Farm

Marcia & Dennis Bauchle
3411 County Road 8
Montour Falls NY 14865
607-227-4238
straightwayfarm1@aol.com

Products: Organically grown produce. Available at the farm, Ithaca Farmers' Market and Watkins Glen Farmers' Market.

Wiccaway Farm

Susan Neal
1312 Demunn Road
Beaver Dams NY 14812
607-279-0403
wiccawayfarm@aol.com
www.facebook.com/wiccawayfarm

Season: Jul-Sept, by appointment only.

Grow: Seasonal produce.

Also sell: Jams, jellies, and baked goods by special order.

Wickham Tango Oaks Farm

5557 State Route 414
Hector NY 14841
607-546-5511 (crop report)/ 607-546-4041 (office)

Season: Jun-Oct

Grow: Sweet Cherries and Sour Cherries (Late Jun - Early July)
Peaches (mid Jul-early Sept)
Apples (Sept-Oct),
Concord Grapes (mid Sept)

**Southern
Seneca County**

Daring Drake Farm & Blackduck Cidery

Shannon O'Connor
3046 County Rte 138
Ovid, NY 14521
607-532-4956
daringdrake@zoom-dsl.com
www.daringdrake.com
www.blackduckcidery.com

Season: Mid-June through Oct.

Grow: Hungarian tart cherries, red & black raspberries, gooseberries, currants, apples, plums, pears, and duck eggs available at farm stand, Ithaca & Trumansburg Farmers' Markets. Call for availability. The farm is a NOFA-NY Farmer's Pledge Farm.

Tioga County

Cross Creek Farm

769 Ford Hill Rd
Berkshire NY 13736
607-657-8251
www.crosscreekfarmfamily.com

Season: year round, call for availability. Farm Stand open 9-5 Sun - Fri, Products also at Ithaca FM, Newark Valley FM, and Otsiningo FM

Products: fruit butters, herbal products, vegetables, herbs

Farm Markets
& Roadside
Stands, cont.

Iron Kettle Farm

between Owego & Candor
707 Owego Road (Route 96)
Candor NY 13743
607-659-7707

information@ironkettlefarm.com
www.Ironkettlefarm.com

Season: May-Oct: Daily 9-6

Grow: Greenhouse & bedding plants, perennials, strawberries, herbs, sweet corn, seasonal vegetables, pumpkins, Indian corn, gourds, winter squash

Also sell: Homemade fudge, baked goods, NYS apples.

Of special interest: Grandma's Barn Gift Shop, baby farm animals, spooktacular pumpkin display, fall activities, tours.

Jackson's Pumpkin Farm

5 mi E of Owego
6425 State Rte 17C
Endicott, NY 13760
607-754-4819

www.jacksonspumpkinfarm.com

Season: Sep-Oct: Daily 10-6

Grow: Pumpkins, Indian corn, winter squash, gourds

Also sell: Apples, topsoil.

Of special interest: Halloween display, crafts.

Mandeville Farm

894 Ithaca Road
Spencer NY 14883
607-589-4399

mandeville11@msn.com

Season: Jun-Oct: Daily daylight hours, self serve

Grow: Seasonal vegetables, corn, tomatoes, melons

Produce: Maple syrup, honey, fruit.

Also sell: on Rt. 79 East of Ithaca

Maple Tree Gardens

624 Glenmary Dr.
1 mi north of town, Route 96
Owego NY 13827
607-687-4959

rshoulte@stny.rr.com

Season: Jun-Oct: Daily 10-6

Grow: Seasonal veggies/ fruit

Our Green Acres

3965 Waverly Road
Owego NY 13827
607-687-2874

frankwiles@aol.com

Season: Jun-Oct: Daily 9-6

Grow: Seasonal vegetables and berries, strawberries, tomatoes, cucumbers and lettuce. June-October
Upick: Strawberries, peas, blueberries, raspberries, beans, peppers, tomatoes and potatoes. Also sell: NY tree fruit, grapes, and gourmet sweet corn.

Purdy's Produce

John and Pat Purdy
459 Gage Road
Owego, NY 13827
607-205-7619, 607-642-8439

Season: May - October

Products: Seasonal vegetables

Stoughton Farm

Route 38 North
Newark Valley NY 13811
607-642-3675

info@stoughtonfarm.com
http://stoughtonfarm.com/

Season: May 1- Jun 30: Mo-Sa 9-7, Su 9-5. July 1-Oct 3: Mo-Sa 9-6, Su 9-5. Oct 4-Nov 3: Mo-Th 9-6, Fri-Sa 9 am-10 pm, Su 9-5.

Grow: Seasonal vegetables, pumpkins, gourds, Indian corn, popcorn, bedding plants, hanging baskets, perennials. **Upick:** Beans and peas. **Of special interest:** Large-scale corn maze.

Victory Hill Farms

21 Victory Hill Rd.
Richford, NY 13835
607-657-8644

Season: Jun-Oct.

Grow: Broccoli, cabbage, tomatoes, peppers, carrots, lettuce, parsnips, rutabagas, turnips, squash, cucumbers, sweet corn, potatoes, peas, beans, radishes, beets, swiss chard, spinach, kale, green onions, herbs, and sprouts. **U Pick:** Any time except Thursdays. Also sell at Owego Farmers' Markets.

Wild Rose Farm

Stephanie & Scott MacDonald
457 Guiles Road
Owego NY 13827
607-687-7143

wildrosefarm@stny.rr.com
wildrosefarm.weebly.com

Produce: NOFA-NY certified organic vegetables.

Tompkins County

Bakers' Acres of North Lansing

Rt 34, between Ithaca & Auburn
1104 Auburn Road
Groton NY 13073
607-533-4653

info@bakersacres.net
www.bakersacres.net

Season: Apr 4-Oct 31: M-F 8-5, Weekends 9-5

Grow: Herbs, pumpkins, apples & greenhouse/nursery plants.

The Bigsby Market

1418 Dryden Road
Freeville NY 13068
607-347-4386

thebigsbymarket@gmail.com

Season: Late Apr-Dec: Daily 9-7, Fall: call ahead for availability

Grow: Organic garlic, basil, tomatoes, shallots, greens, brussel sprouts, potatoes, winter squash

Also sell: Full line of seasonal vegetables, fruit, berries, melons, peaches, apples, pears, grapes, nursery stock, especially fruit bearing plants, herbs perennials, vegetable/bedding transplants, maple products, honey, local cheeses, baked goods.

Brownie's Produce Market

1901 Trumansburg Road
Trumansburg NY 14886
607-387-9420

Season: May - December

Hours: M-F 10-6, Sat 9-6, Sun 10-5

Sell: Wide variety of produce

Cornell Orchards

709 Dryden Road (Route 366)
Ithaca NY 14850
607-255-4542

Fax 607-257-0520

www.hort.cornell.edu/department/facilities/orchards/sales

Season: Labor Day-Nov: Tu-Su, 8-5

Grow: Apples, peaches, pears, grapes, kiwiberries, paw-paws, blueberries, blackberries, strawberries.

Produce: Cider

Also sell: honey, maple syrup, maple products, specialty foods, gift items, pumpkins, some seasonal produce

Of special interest: Group tours (please schedule in advance).

Dedrick Farms

Rt 34, between Ithaca & Auburn
716 Auburn Rd
Groton NY 13073
607-533-7023

Season: July- Oct Self serve

Grow: Flowers, sweet corn, squash, pumpkins, ornamental corn, bagged black oil sunflower seed, bagged corn for animals/and biomass stoves, and bagged oats.

Dedrick's Fruit Stand

Near TC3 entrance
Route 13
Dryden NY 13053

Season: May-Oct: M-Sa 9-7

Grow: Seasonal produce

Also sell: Full line of produce & plants.

Early Bird Farm

Rt 13 (South of Ithaca)
806 Elmira Road
Ithaca NY 14850
607-272-1056

Season: Mid Apr-Jun: Daily 8-7

Jul-Sep: Daily 10-7

Grow: Sweet corn, tomatoes, other seasonal vegetables, herbs, vegetable & bedding plants, annuals, perennials, gladiolus, hanging baskets, potted plants.

Eddydale Farm Market

Rt 13 (South of Ithaca)
827 Elmira Road
Ithaca NY 14850
607-277-3617

Season: Year around: Daily 8-6

Grow: Seasonal vegetables

Also sell: Vegetables, fruit, bedding plants, shrubs, honey, maple syrup, maple products, milk.



Fall Creek Farm Market

Between Freeville & McLean
397 Fall Creek Rd
Freeville NY 13068
607-838-8203

Season: Spring & Summer: Daily 10-6

Fall: M-F 12-6, Sa & Su 10-6

Grow: Sweet corn, seasonal vegetables, pumpkins, bedding/potted plants, hanging baskets.

Also sell: Seasonal fruits/vegetables, cider, flowers, jams, jellies, canned goods.

Tim Gregrow

1163 Old 76 Road
Berkshire NY 13736
607-539-6655

Grows: potatoes, call for availability; bulk quantities Aug-Fall.

Indian Creek Farm

1408 Trumansburg Road
Ithaca NY 14850
607-227-8248

indiancreekithaca.com

Season: June - Oct: Daily 8-6

Grow: Strawberries, Raspberries, Peaches, Pears, Apples, Tomatoes, Pumpkins, Eggplant, Peppers, Summer Squash, Winter Squash, Cucumbers, Brussel Sprouts, Fresh Herbs & Flowers

Also sell: Seasonal fruits & vegetables

Ithaca Organics

41 Fall Creek Road
Freeville NY 13068
607-844-3435

ithacaorganics@gmail.com
ithacaorganics.com

Grow: Produce, Beef, CSA Pickup. Thursday 12-6, Friday-Sunday variable hours.

Littletree Orchards

345 Shaffer Road
Newfield NY 14867
607-564-9246, 607-592-8177
littletreeupick@aol.com
http://littletree-orchards.com/

Season: Jul-Nov: Daily 10-6

Grow: Apples, peaches, sweet & tart cherries, Asian pears, raspberries, tomatoes, Brussel sprouts, eggplant, basil, flowers, pumpkins, gourds, herbs, apple cider.

Of special interest: U-pick orchard, apples & cider available year around, tours, apple cider donuts, apple butter, applesauce, apple cider vinegar.

Millbrook Farm

Cnr Peruville & Salt Rds
Freeville NY 13068
607-838-3509

Season: Jun-Oct: Daily, self serve

Grow: Cut flowers, sweet corn.

Second Wind Organic Farm

Richard and Gail Erali
1588 Taughannock Blvd (Rt 89)
Trumansburg NY 14886
607-387-3356

secondwindorganicfarm@gmail.com

secondwindorganicfarm.weebly.com

Season: Jun-Oct: Friday 1pm-6pm, Saturday 10am - 6pm

Grow: Greens & mixed vegetables

Chemung County

Brookestone Maple

Anni & Phil Ryan
95 Brink Road
Van Etten NY 14889
607-589-4913
brookestone@frontier.com
brookestonemaple.com

Products: Maple Syrup and other pure maple products. Available via self-serve stand from producer year round, seasonally at Caroline Farmers' Market, and Family Farm Mercantile, Totality Water Gardens, and other local locations.

Mattison's Sugar Creek Farm

Laura Lee
195 Sawdey Road
Horseheads NY 14845
607-426-1024
land@stny.rr.com

Products: Maple syrup. Available year-round by phone from producer.

Ruff Acres Farm

Richard Usack
1065 Federal Road
Erin NY 14838
607-739-5404

Products: Honey and produce as available and in season.

Cortland County

Button's Maple Products

John Button
4870 Telephone Road
Cincinnatus NY 13040
607-863-3879

Products: Maple syrup, maple sugar & cream, and organically grown produce. Available from producer.

Gridley Hollow Honey Company

1819 Tone Road
Cortland NY 13045
607-849-3804
nshilliff@frontiernet.net

Products: Raw, pesticide free honey, strained liquid honey, comb honey, beeswax, beeswax candles. Retail farm stand open year around, wholesale sales from producer.

HoneyApple Hill

Shelley Stuart
742 O'Brien Hill Road
Richford NY 13835
607-844-3875
www.honeyapplehill.com
shelley@honeyapplehill.com

Products: Honey, mead-making kits, log-grown shiitake mushrooms

John Pitman

90 Cortland Street
P.O. Box 43
Marathon NY 13803
607-849-3798

Products: Maple syrup & candy. Available year around from producer while supply lasts.

S & S Syrup

Steve and Sue Dellow
4288 Irish Hill Road
Marathon, NY 13803
607-849-6106

Products: Maple syrup, sugar and cream, available from producer while supplies last.

Schuyler County

Jerry Crainey

5820 State Route 13
Cayuta NY 14824
607-594-2164

Products: Maple syrup, all sizes and grades. Available year around from producer.

Straight-Way Farm

Marcia & Dennis Bauchle
3411 County Road 8
Montour Falls NY 14865
607-227-4238

straightwayfarm1@aol.com

Products: Maple syrup. Available at the farm, Ithaca Farmers' Market and Watkins Glen Farmers' Market.

Tug Hollow Farm

1.5 mi N of Rt 79
4180 Robertson Road
Burdett NY 14818
607-546-8235

Products: Pure maple syrup, light, medium & dark amber. Available while supply lasts.

Also sell: Christmas trees.

Honey & Maple
Products

Southern Cayuga County

Schoolyard Sugarbush

Donald Weed
5967 Appletree Point Rd
Moravia NY 13118
315-497-3480

schoolyardsugarbush@yahoo.com
www.schoolyardsugarbush.com

Products: Certified Organic Maple Syrup, Maple Candy, Decorative glass maple syrup containers, maple sugar, maple cream and maple equipment.

Standing Stone Honey Bee Products

Ronald Woodburn, Jr.
11062 St Rt 90
Locke, NY 13092
315-497-9079

ron@hivetreasures.com
www.standingstonehoney.com

Products: Wildflower honey, bee pollen, beeswax candles, and more.

Tips for Shopping at Farmers' Markets

Come Prepared

- * Bring a shopping bag.
- * Have cash (especially change and small bills) or checks. Most vendors will not accept credit cards.
- * If you will be out for awhile, bring a cooler to keep produce in until it can be refrigerated.

Shopping

- * Walk through the whole market before making purchases.
- * Compare price, quality, and selection.
- * Arrive early for best selection.
- * If you plan on purchasing bulk produce for freezing or canning, come early or place an order in advance.
- * Visit different markets for the widest selection.

Discover

- * Talk to farmers to learn how and where the food was grown.
- * Get preparation tips and recipes from the growers themselves.
- * Sample different varieties of products.
- * Try freshly prepared foods.

Have Fun!

- * Enjoy the experience of shopping in a relaxed social setting.
- * Meet friends and neighbors!
- * Listen to musicians and local performers.



Harvest Calendar: When to expect local crops

May: Asparagus, rhubarb, scallions, greens, lettuce

June: Beans, broccoli, flowers, herbs, peas, strawberries, sweet cherries

July: Apples, beans, blueberries, broccoli, cauliflower, cucumbers, corn, flowers, herbs, peaches, peas, raspberries, sweet cherries, sour cherries, tomatoes

August: Apples, beans, blueberries, broccoli, cauliflower, corn, cucumbers, eggplant, flowers, herbs, peaches, pears, peppers, potatoes, tomatoes

September: Apples, beans, broccoli, brussel sprouts, cabbage, carrots, corn, eggplant, flowers, grapes, herbs, pears, peppers, plums, potatoes, pumpkins, raspberries, tomatoes, winter squash

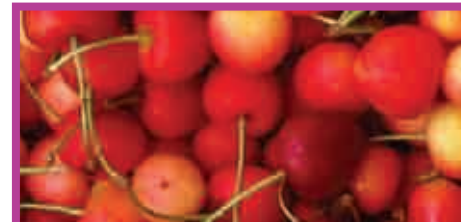
October: Apples, broccoli, brussel sprouts, cabbage, cauliflower, flowers, grapes, potatoes, pumpkins, tomatoes, winter squash

In the winter months look for: Apples, cabbage, kale, winter squash, potatoes, carrots, turnips, parsnips

Year around find: Cheese, eggs, poultry, meat, honey, maple products, ice cream, salsa, crackers, popcorn, sauces, dressings, pickles, seitan, baked goods

Farmers' Markets of the Southern Tier

Market	Location	Season	M	Tu	W	Th	F	Sa	Su
Chemung									
Elmira: East Side	West Water St. next to Riverview Holiday Inn	Late June-Oct					3-6		
Elmira: Grove Park	Grove Park, between Walnut Ave. and Grove St.	June-Oct	3-6						
Elmira: Wisner Park	Wisner Park on N. Main St. and West Church St.	June-Sept				10-2			
Erin	Erin Fire Dept: 1465 Breesport Road (Rt. 223)	June-Sept						10-1	
Horseheads	Teal Park, 202 South Main Street, Horseheads	July-Sept						10-1	
Cortland									
Cincinnatus	Rural Services Pavilion/2704 Lwr. Cincinnatus Rd.	May-Dec						9-12	
Cortland	Main St. between Court & Orchard St.	late May-Oct		8-2				8-2	
Homer	Homer Village Green, 36 South Main St.	late May-Oct			4:30-7			9-1	
Virgil	Virgil Elementary School- 1208 Church St.	late June-mid Oct						9-12	
Schuyler									
Watkins Glen	LaFayette Park summer, St. James Parish winter	late May-Feb					3-7		
Tioga									
Candor	Candor Town Hall, Route 96	June - Sept				3:30 - 6:30			
Owego	RiteAid parking lot, corner of Main St. & Central Ave.	mid June-Oct		9-1			9-1		
Spencer-Van Etten	Nichols Park Pond Parking Lot, Rt. 34/96	June- Sept						9-12:30	
Waverly	TBA	late June - mid Oct	3:30 - 6:30						
Tompkins									
Caroline	Brooktondale Community Center, 522 Valley Rd.	May-Oct						10-2	
Congo Square	Southside Community Center, 305 S. Plain St.	June-Aug					4-8		
Dryden	Dryden Agway, 59 West Main St. Dryden	June - Sept						9-1	
Groton	Center Village Court, 200 South St. (Rte. 38)	July - mid Sept		3:30-6:30					
Ithaca: Steamboat Landing	545 Third St. at Steamboat Landing (off Rt. 13)	April-Dec						9-3, 10-2 in Nov and Dec	10-3, 10-2 in Nov
Ithaca: Dewitt Park	Dewitt Park, corner of Cayuga & Buffalo St.	May-Oct		9-2		4-8			
Ithaca: East Hill Plaza	East Hill Plaza, next to Rite-Aid	June-Oct			4-7				
Ithaca: Hancock St.	Northside neighborhood, Hancock St. and 1st St.	June-Sept				4-7			
Triphammer Market	Triphammer Marketplace, 2255 N. Triphammer Rd.	June-Oct					8-12		
Trumansburg	Village Park, Rtes. 227 & 96, near Post Office	mid May-Oct			4-7				



Honey & Maple Products, *cont.*

Windsong Farm

David and Karen Stern
5051 Tuttle Rd.
Burdett, NY 14818
607-546-5408
kastern@empacc.net
www.windsongfarm.com

Products: Maple syrup and various fruit jams. All products available at the farm, and delivery in Ithaca is possible. See website, call, or email for more information.

Southern Seneca County

Waid's Honey and Candles

Duane & Wanda Waid
8661 Powell Road
Interlaken NY 14847
607-532-4391
waidshoney@ftg.net

Products: Honey; beeswax, beeswax products; candles; apples, berries, and cider. Available year round.

Tioga County

Thomas Babcock

2871 Sulfur Springs Road
Owego NY 13827
607-687-2273
honeytb55@aol.com

Products: Honey all sizes.

Beeman Apiaries

Joe Rowland
2495 Montrose Turnpike
Owego NY 13827
607-687-2679
beek6@juno.com

Products: Honey, pollen, beeswax, propolis products.

Hamley's Maple

Leonard Hamley
1242 Oak Hill Road
Barton NY 13734
607-565-3731

Products: Maple syrup, tapping, collecting & packaging supplies.

Available year around.

Of special interest: Seasonal tours, pancake breakfasts & workshops.

Honey Pot Apiaries

Don and Bob O'Brien
565 Honey Pot Road
Candor NY 13743
607-659-5817

Products: Honey in 10 oz bears, 1, 2 & 5# jars, 60# pails. Available year around from producer, local delivery for large orders.

Klossner Farm

Jack and Lynn Klossner
66 Ott Road
Candor NY 13743
607-687-9679

Products: Maple syrup. Available year around at farm, Arthur J. Holtenbeck & Sons (Catonk).

Mandeville Farm

Casey and Janet Mandeville
894 Ithaca Road
Spencer NY 14883
607-589-4399
mandeville11@msn.com

Products: Maple syrup, lettuce, beans, squash, cucumbers, peppers, some fruits. Available Jun-Oct at roadside stand & Ithaca Farmers' Market.

Also sell: Honey, straw, hay.

Sanctuary Farm

Sandra Lute
2015 Upper Briggs Hallow
Nichols, NY 13812
607-699-7945

Products: Honey (Fall only)

Sugarbush Run

Bill Randall
1928 Howard Hill Road
Newark Valley, NY 13811
607-642-8750

Products: Maple syrup, maple crème, and maple candy. Open year-round, call ahead for hours.

Sweetrees Maple Products, LLC

Dan and Ruth Beasley
761 Glen Road
Berkshire NY 13760
315-699-3855 or 607-792-6699
info@sweetreesmaple.com

Products: Maple syrup, cream, candy, granulated sugar, maple jelly, maple-coated nuts. Available year round from the farm and in Cicero, NY. Call ahead for days and hours.

Tremblay Apiaries, LLC

Alan Tremblay
Honey House at 34 S. Main St,
Spencer

154 Warner Road
Van Etten NY 14889
607-330-2300
sales@tremblayapiaries.com
sites.google.com/site/tremblayapiary/

Products: Honey, pollen, beeswax, royal jelly, propolis and beeswax candles. Available year around from producer.

West Candor Maple

Phil Beebe
777 Spencer Road
Candor NY 13743
607-659-7263/ 607-659-5040
Products: Maple syrup. Available year around from producer & at Candor Highway Dairy Bar.

Tompkins County

Ellis Hollow Farm

Nancy Munkenbeck
832 Ringwood Road
Ithaca NY 14850
607-539-7902
nwm1@cornell.edu

Products: Honey, honeybees, beeswax, lamb, sheepskins, wool, alpaca fiber available at farm, call for availability and to order.

Hilker Haven Farm

Bill Hilker
277 Burns Road
Ithaca NY 14850
607-275-6964

Products: Raw honey from our local and Florida locations.

Bob & Shirley Kozlowski

115 West Groton Road
Groton NY 13073
607-533-4639
rek4@cornell.edu

Products: Pure, local, unprocessed, wildflower honey available at Tripphammer FM

Larry and Denise Moore

510 Conlon Road
Lansing NY 14882
607-533-4229
larryanddenisemoore@gmail.com

Products: Maple syrup
Also: beef, eggs, organic garlic

Owen Raymond

607-277-9557
Products: Maple syrup available-year-round at Greenstar or call for Dryden pickup

Sapsquatch Maple Products

Josh Dolan
Rt. 79 W. of Ithaca
2247 Mecklenberg Rd.
Enfield, NY 14850
607-280-8498
Sapsquatch7@gmail.com
www.sapsquatch.com

Products: Maple syrup available seasonally from the producer. Maple on sale 11/1.

Also grow: Spring ramps.

White Dog Apiary

Mike Griggs
179 Benjamin Hill Road
Newfield NY 14867
607-564-0656

Products: Unheated floral source honeys, pure beeswax candles & hive products including pollen, propolis, & beeswax.

Pick Your Own
Produce

Southern
Cayuga County

Grisamore Farms

Mary Ann Grisamore
N of Ithaca off Rt 34
Goose Street Road
749 Cowan Road
Locke NY 13092
315-497-1347
info@grisamorefarms.com
www.Grisamorefarms.com
Season: May-Aug: M-F 8-7, Sa
8-5, Su 10-5. Close for the season
Nov. 24. Winter: Sa 9-5, Su 10-5.
Other times by appointment.
Crops: Strawberries, blueberries,
blackberries, apples, sweet & sour
cherries, raspberries, pumpkins.

Sheils Farm

Brian Sheils
1 mi N of King Ferry
1462 Sheils Road
King Ferry NY 13081
315-364-7600
Season: Sep-Oct: Daily 7-7
Crops: Pumpkins, winter squash.

Chemung County

Ackerman's Blueberries

Gayle Ackerman
Off Jackson Creek Rd
248 Red Chalk Road
Erin NY 14838
607-739-7249
Season: Jul-Sep: Daily 8-8
Crops: Blueberries.

Hydro-Berry Farm

Jolene Spencer
2131 McDowell Road
Lockwood, NY 14859
607-598-7232
joleney2@yahoo.com
Season: Late June - mid Oct,
sunup to sundown. Call ahead
Crops: Strawberries, raspberries,
green beans, potatoes, peas,
peppers, squash, tomatoes
Special: Hydroponic strawberries

**Mattison's Sugar Creek
Farm**

195 Sawdey Road
Horseheads NY 14845
607-426-1024
land@stny.rr.com
Season: Fall. Call first.
Crops: Apples, maple syrup

Millard's Blueberry Farm

Counselor Counselet
Rt 427, 2 mi E of Wellsburg 1851
Wilawana Road
Elmira NY 14901
607-529-3475
c4future@yahoo.com
Season: Mid Jul-Late Aug
M-Sa 8-7, closed Sundays
Crops: Blueberries.

Smithome Farms

Mike Smith
2844 Rt. 352
Elmira NY 14903
607-562-3878
smithomefarms@stny.rr.com
smithomefarms.com
Season: Sep-Oct
Products: Pumpkins
Of Special Interest: Fall corn
maze

StoneyRidge Orchard

Werner and Liz Heppner
160 Bixby Rd
Erin, NY 14838
607-796-9842
sales@stoneyridgeorchard.com
www.stoneyridgeorchard.com
Crops: U-pick apples and
peaches.
Products: Fruit wines, butters,
jellies, donuts, baked goods, soaps,
candles, crafts.

Cortland County

Cherry Knoll Farm

Terry Perfetti
3426 Hoxie Gorge Freetown Rd.
Marathon NY 13803
607-849-6886
cherryknollfarm@peoplepc.com
Season: Mid Jul-Late Aug
M-F 9-7, Sa 9-4, Su 10-3, call first.
Crops: Blueberries.

**Cobblestone Valley
Farms**

Maureen and Paul Knapp
2023 Preble Road
Preble NY 13141
607-749-4032 (Phone/Fax)
Cobblestonevalley.com
Season:
Jun-Jul: M-F 8-8, Sa-Su 8-4
Crops: Certified organic June-
bearing strawberries.

**Dave's Veggies
and Greenhouses**

Dave Root
1 mi N of Rt 281 (from Rt 41)
5178 Route 41
Homer NY 13077
607-749-4955/ 607 543-0226
vegman@twcny.rr.com
Season: May-Oct: Daily 10-7
Crops: Beans, cucumbers,
flowers, peas, pumpkins,
blueberries, strawberries,
honeyberries.

Gladtime Farm Market

Linda Underwood
9 mi N of Homer
Route 281
Tully NY 13159
315-696-5817
Season: May-Jun: Daily 12-5
Jul-Oct, M-Sa 9-7, Su 10-6
late Sept-Oct: 10-6
Crops: Strawberries, pumpkins.
Of Special Interest: Corn
maze.

Hall's Hill Blueberry Farm

Celest and Jeffery Hall
4 mi S of Cortland
2110 Tower Road
Cortland NY 13045
607-753-0712
hallshill@clearwire.net
hallshillblueberryfarm.com
Season: Jul-Sep: Daily, daylight hrs
Crops: Blueberries and pumpkins

Twin Tower Blueberry Farm

Celest and Jeffery Hall
4113 Route 221 East
Marathon, NY 13803
607-316-4800
farmgirlberry@stny.rr.com
Season: Jul-Aug: always call first
Crops: Blueberries

Schuyler County

Church Street Produce

Val and Jerry Carocci
4045 Church Street
Burdett NY 14818
607-546-2557
www.churchstreetproduce.com
Season: May-Oct: Call for hours.
Crops: Seasonal vegetables,
strawberries, raspberries (black, fall
bearing red), rhubarb, herbs.
Farmstand: peas, beans,
tomatoes, sweet peppers, hot
peppers.

Dalrymple Farms

Donnie Dalrymple
First house on right
3768 Ball Diamond Road
Hector NY 14841
607-546-4891
Season: Early Jul: Daily 7-5
Crops: Sweet & sour cherries.

Dugue's Farm

Ed Dugue
Off Rt 414 just N of Hector
3670 Dugue Road
Hector NY 14841
607-546-6262
eddugue@aol.com
Season: Daily 8-5, call or email
for availability.
Crops: Currants (red, white &
black) & pears late Aug, Concord &
Catawba grapes Sep-Oct.

Glendale Farm

Joe Ottati
4590 State Route 414
Burdett NY 14818
607-546-8479
Season: Sep-Oct
Crops: Certified Organic grapes:
Concord, Catawba, Niagara, Delaware,
Cayuga, Rougeon, also Jelly and juice.

Glenhaven Farm

John Tamburello
6121 SIRRINE ROAD, off Rt 227
Trumansburg NY 14886
607-387-9031
jrt55@cornell.edu
www.glenhavenfarm.com
Season: Mid Jul- Early Sep:
M-F 8-7, Sa & Su 8-5
Crops: Blueberries, also available
at Ithaca Farmers' Market.

Pick Your Own
Produce, *cont.*

Hoffmire Farms

Gregg Hoffmire
6515 Route 227
Trumansburg NY 14850
607-387-8400

Season: Mid Sept- Late Oct:
Sa & Su 10-5

Crops: Apples, many varieties.

Mangus Vineyards

Jeff & Sherry Mangus
3551 State Route 79
Burdett NY 14818
607-546-2086
jtm15@cornell.edu

Season: Mid Sep-Oct: Daily 10-5

Crops: Table grapes.

Mansfield Farm

Ken Mansfield
3908 Matthews Road
Burdett NY 14818
mansfieldfruits@yahoo.com

Crops: Concord grapes, Kiwi
berries.

**Reisinger's Apple
Country**

Rick & Karen Reisinger
3 mi W of Watkins Glen, take Rt 409
& follow signs

2750 Apple Lane
Watkins Glen NY 14891
607-535-7493
rac2750@hotmail.com
reisingersapplecountry.com

Season: Aug-Nov; daily 9-6

Crops: 18 varieties of apples and
red raspberries in the fall.

Sawmill Creek Vineyards

Tina Hazlitt
Appx. 9 mi N of Watkins Glen
5587 State Route 414
Hector NY 14841
607-546-6777
smcviueyard@htva.net

Season: Late June-Early July:
Daily daylight hours, call for
availability

Crops: Sweet and sour cherries.

Silver Queen Farm

Gordie Gallup
5286 Stillwell Road
Trumansburg NY 14886
607-387-6502
silverqueenfarm@gmail.com

Season: Jun-Sep: Daily 8-dark

Crops: Strawberries, raspberries,
snap peas, tomatoes, beans,
peaches, plums, apples and
asparagus.

**Southern
Seneca County**

Luce Farm

Steve and Val Luce
7381 Hall Road
Ovid NY 14521
607-532-9475

val.luce@gmail.com

Season: Mid Jul-mid Aug:
M-F 8-noon & 4-8, Sa 9-5

Crops: Blueberries.

Wagner Farms

County Road 137
Valois NY 14841
607-582-6464

Season: Jul-Oct: M-Sa 9-5. Call
for availability.

Crops: Cherries

Tioga County

Applegate Orchards

Sabrina Reeves
426 Rosenberger Rd
Owego NY 13827
607-687-1222

applegateorchardsny@gmail.
com

http://applegateorchardsny.com/

Season: Fall

Crops: Apples.

Blue J Farm

Bob and Laura Jensen
1 mi E of Exit 66 on Rt 17 &
1 mi S of Rt 434
167 Glann Road
Apalachin NY 13732
607-625-5024

Season: Mid Jul-mid Aug (call first)

Crops: Blueberries.

Gary's Berries

Gary Phelps
6 mi E of Owego & 7 mi W of
Endicott on Rt 17C
Campville NY 13760
607-341-1399

Season: Jul-Aug: 9-7 daily (crop
permitting), call for days & times.

Crops: Blueberries.

Iron Kettle Farm

Skip and Jeanne Jackson
between Owego & Candor
707 Owego Road (Route 96)
Candor NY 13743
607-659-7707

information@ironkettlefarm.com
www.ironkettlefarm.com

Season: Jun-Sep: Daily 9-6

Crops: Strawberries, peas,
tomatoes.

Locust Woods Farm

Elliot Martinez
420 Dawson Hill Road
Spencer NY 14883
607-589-4502
rosell4u@aol.com

Season: Jun-Sep: Daily

Crops: Blueberries.

Maple Tree Gardens

Russell Shoultes
624 Glenmary Drive
Owego NY 13827
607-687-4959
rshoulte@stny.rr.com

Season: Jul-Sep: Daily 10-6

Crops: Beans, peas, chili
peppers.

Our Green Acres

Frank Wiles
3965 Waverly Road
Owego NY 13827
607-687-2874
frankwiles@aol.com

Season: Jun-Oct: Call ahead for
availability & times

Crops: Strawberries, peas
blueberries, raspberries, beans,
peppers, potatoes, tomatoes.

Stoughton Farm

Tim Stoughton
Route 38 North
Newark Valley NY 13811
607-642-3675
info@stoughtonfarm.com

http://stoughtonfarm.com/

Season: May 1- Jun 30: Mo-Sa
9-7, Su 9-5. July 1-Oct 3: Mo-Sa
9-6, Su 9-5.

Crops: Beans, peas.

Terry's Berry Farm

Mike and Terry Bishop
284 Church St
Barton, NY 13734
607-699-7933
teri111@verizon.net

Crops: Strawberries, blueberries,
raspberries, and aronia. U-pick or
picked to order

TLC Blueberry Farm

Tom and Linda Gartung
1 mi W of Smithboro
2053 Route 17C
Barton NY 13734
607-222-2697

blueapple@htva.net

Season: Mid Jul-mid Aug:
Daily 8-7, call for availability.

Crops: Blueberries.

Vern Negus

659 Payne Marsh Rd
Richford NY 13835
607-657-8272

Season: Jul- Aug, Daily 8-7

Crops: Blueberries, black and
white currants, gooseberries.

Tompkins County

**Bakers' Acres
of North Lansing**

Reenie Baker-Sandsted
Rt 34 between Ithaca & Auburn
1104 Auburn Road
Groton NY 13073
607-533-4653

www.bakersacres.net
info@bakersacres.net

Season:

Apr 4-Oct 31: M-F 8-5, Weekends 9-5

Crops: Apples (20 varieties).

Farmer's Choice Blueberries

Dave & Ginny Farmer
281 Lake Road
Dryden NY 13053
607-844-9629
info@farmerschoice.org
www.farmerschoice.org
Season: Mid Jul to late August.
Call ahead.
Crops: Blueberries.

Indian Creek Farm

Steve Cummins
1408 Trumansburg Road
Ithaca NY 14850
607-227-8248
indiancreekithaca.com
Season: June - November
Crops: Strawberries, raspberries, peaches, apples, pears, tomatoes, peppers, eggplant, pumpkins, squash, cukes, zukes, flowers, and fresh-pressed cider.

Littletree Orchards

Dennis Hartley, Anna & Amara Steinkraus
345 Shaffer Road
Newfield NY 14867
607-564-9246, 607-592-8177
littletreeorchards@gmail.com
http://littletree-orchards.com/
Season: Jul-Oct: Daily 10-6
Crops: Flowers, tomatoes, herbs, peppers, eggplant, basil, Brussel sprouts, apples, peaches, pumpkins, sweet & tart cherries, Asian pears, raspberries, gourds.

Specialty Foods
*Processed, baked, jams,
jellies, preserves,
ice cream, juices, cider*

Chemung County

Culinary Kiosk

2 Monastery Rd.
Pine City NY 14871
607-733-0303, 888-733-8581
info@culinarykiosk.com
www.culinarykiosk.com
Products: Certified organic herbs, spices, coffee/teas, chutney, sauces, dressings, mustard & BBQ sauces. Available online and at GreenStar, Ithaca Bakery and the Ithaca Farmers' Market.

Cortland County

Cherry Knoll Farm

Terry Perfetti
3426 Hoxie Gorge Freetown Rd.
Marathon NY 13803
607-849-6886
cherryknollfarm@peoplepc.com
Season: Mid Jul-Late Aug: M-F 9-7, Sa 9-4, Su 10-3, call first.
Crops: Blueberry wine and vinegar.

Hollenbeck's Cider Mill

1265 East State Road
Virgil NY 13045
607-835-6455
Season: Sep-Dec: Daily 9AM-8PM, Jan-Feb: W-Sunday 9AM-6PM
Products: Cider, honey, maple syrup, jams, jellies, preserves, homemade pies & donuts.

Schuyler County

Glenhaven Farm

John Tamburello
6121 Serrine Road
Trumansburg NY 14886
607-387-9031
jrt55@cornell.edu
www.glenhaven.com
Season: Late Jul-Sep: M-F 8-7, Sa & Su 8-5
Products: Fruit wine and European viniferal wine, available from producer & at Ithaca Farmers Market.
Of Special Interest: Wine tasting from mid-July to early Sept.

Ort Family Farm

2761 Yorski Rd.
Bradford, NY 14815
(607) 583-2467
ortroger@AOL.com
Season: May-Jun. F & Sa 10 - 6, other days call first.
Products: Jams and jellies.

Reisinger's Apple Country

Rick & Karen Reisinger
2750 Apple Lane
Watkins Glen NY 14891
607-535-7493
reisingersapplecountry.com
Season: Jun-Nov; call for availability
Products: Homemade baked goods, jams/ jellies and apple butter.

Sawmill Creek Vineyards

Tina Hazlitt
Appx. 9 mi N of Watkins Glen
5587 State Route 414
Hector NY 14841
607-546-6777
smcvineyard@htva.net
Season: Late June-Early July: Daily daylight hours, call for availability
Products: Verjuice.

Wide Awake Bakery

Stephen Senders
4361 Buck Hill Rd South
Trumansburg NY 14886
607-279-7311
wideawakebakery@gmail.com
wideawakebakery.com
Products: Artisan bread made with local flour.

Seneca County

Daring Drake Farm & Blackduck Cidery

Shannon O'Connor
3046 County Rte 138
Ovid, NY 14521
607-532-4956
daringdrake@zoom-dsl.com
www.daringdrake.com
www.blackduckcidery.com
Products: Hard cider and perry, raw apple cider vinegar available at farm stand, Ithaca & Trumansburg Farmers' Markets. Call for availability. The farm is a NOFA-NY Farmer's Pledge Farm.

Tioga County

Iron Kettle Farm

Skip and Jeanne Jackson
between Owego & Candor
707 Owego Road (Route 96)
Candor NY 13743
607-659-7707
information@ironkettlefarm.com
www.Ironkettlefarm.com
Season: May-Oct: Daily 9-6
Products: Baked goods

Locust Woods Farm

Elliot Martinez
420 Dawson Hill Road
Spencer NY 14883
607-589-4502
rosell4u@aol.com
Products: Homemade jams, jellies, syrups & fruit wine.

Tompkins County

Bakers' Acres of North Lansing

Reenie Baker-Sandsted
1104 Auburn Road (Rte 34)
Groton NY 13073
607-533-4653
info@bakersacres.net
www.bakersacres.net
Products: Apple butter and Bob Baker's BBQ Chicken Sauce.

Blue Oyster Cultivation

Joe Rizzo
blueoystercultivation@yahoo.com
Products: Gourmet and medicinal mushrooms, maple syrup, and fresh fruits and vegetables. Available at the Ithaca Farmers' Market and several NYC Greenmarkets.

Bo's Bones Gourmet Organic Dog Biscuits

Jen Gage Sage
PO Box 463
Etna, NY 13062
607-279-9588
info@bosbones.com
www.bosbones.com/
Products: Gourmet organic dog biscuits made with local ingredients.

Bramble

Press Bay Alley, 118 W Green St.
Ithaca NY 14850
607-379-0113
brambleithaca@gmail.com
www.brambleithaca.com
Products: Sustainably sourced herbs and herbal products

Specialty Foods,
cont.

Cayuga Mushroom Farm

Dave Wanagel
Ithaca NY 14850
607-272-0975
dave@cayugamushroomfarm.com
cayugamushroomfarm.com
Products: Culinary and medicinal mushrooms, spawn (sawdust/grain)

Cayuga Pure Organics

18 Banks Road
Brooktondale NY 14817
607-793-0085
farmsales@cporganics.com
www.cporganics.com
Products: Certified organic dry beans, grain and seeds. Also available organically milled flour.

Cornell Orchards

709 Dryden Road (Route 366)
Ithaca NY 14850
607-255-4542
Fax 607-257-0520
orchards@cornell.edu
www.hort.cornell.edu/departments/facilities/orchards/sales
Season: Day after Labor Day-Thanksgiving: Tu-Su, 8-5
Products: Cider, honey & maple.

Crooked Carrot Community Supported Kitchen

Johanna Brown
134 Hornbrook Road
Ithaca, NY 14850
607-242-6689
info@crookedcarrotsk.com
www.crookedcarrotsk.com
Products: Soup, deli-style salads, live-culture pickles, sauces, dips, broths, salad dressings, side dishes, and cooked/slice-able polenta.

Dancing Turtle Farm

Ellen Brown
685 Snyder Hill Road
Ithaca NY 14850
740-525-0062
dancingturtleithaca@gmail.com
Products: sprouts of all kinds, wheatgrass, microgreens, salad sauces.
Available at Greenstar and Ithaca Farmers Market or from producer.

Farmer Ground Flour, LLC

Greg Mol
240 Aiken Road
Trumansburg, NY 14886
farmergroundsales@gmail.com
www.farmergroundflour.com
Products: Stone ground with certified organic grain grown by local farmers. Available at Greenstar, Good to Go, Brookton's Market, The Piggery, and Wegmans

Finger Lakes Baking Company

Kathy Maxson
201 Van Ostrand Rd
Groton, NY 13073
607-220-6433
kathyl.flbc@hotmail.com
Products: Cupcakes and gluten-free granola available at the People's Market in Lansing

Finger Lakes Popcorn

Ed Fedorka
931 Lansingville Road
Lansing NY 14882
607-533-4645
Products: Popcorn, available at farm and Ithaca Farmers' Market.

Ithaca Hummus Co.

418 Lower Creek Road
Ithaca NY 14850
607-269-7882
www.ithacahummus.com
Products: Lebanese style hummus made in Ithaca with simple, all natural, fresh ingredients.

Littletree Orchards

Dennis Hartley
345 Shaffer Road
Newfield NY 14867
607-564-9246, 607-592-8177
littletreeupick@aol.com
http://littletree-orchards.com
Products: Apple cider donuts, cider, apple butter, applesauce, apple cider vinegar. Available from producer & Ithaca Farmers' Market.

That Indian Drink

Amrit Singh and Ipshita Pall
Ithaca, NY 14850
amrit@indianmilkandhoney.com
www.thatindiandrink.com
Products: Lassi (yogurt drink)

Vegan Epicure

Susie Gutierrez
1251 Trumansburg Road
Ithaca NY 14850
607-272-0432
Susie@veganepicure.com
Season: Year round: M-F 8-3
Products: Vegan foods, seitan products, tofu and tempeh. Available at Greenstar, Wegmans, Shortstop, Stonghearts café, and Manndible

Community
Supported
Agriculture
Farms

Fruits and
Vegetables

Black Diamond Farm

Trumansburg, NY 14886
607-592-7506
blackdiamondfarm@gmail.com
www.incredapple.com

Share: Weekly fruit share

Pick-up: Sat at the Ithaca market, Friday – Tues on farm, flex pickup any time you like

Season: late Aug – early Nov

Products: Apples – over 70 varieties including new and heirloom, other tree fruit such as plums, pears, peaches, etc.

Special Features: recipes, cooking tips, annual cider week tours

Bloodnick Family Farms

Lisa & Brendan Bloodnick
979 Pennsylvania Avenue
Apalachin NY 13732
607-625-4141
lbloodnick@gmail.com

Share: Standard

Pick-up: Wed or Sat at Vestal Farmers Market, 9-11

Season: Jun-Oct

Products: Over 150 varieties of vegetables, herbs & flowers.

Special Features: recipes, special events.

Blue Heron Farm Winter

Robin Ostfeld & Lou Johns
1641 Shaw Road
Lodi NY 14860
607-582-6336
bluheron@empacc.net

Pick-up: Sat 11-2 in the

GreenStar Warehouse

Season: Jan-Mar
(sign-up Oct 15-Dec 15)

Products: Storage crops and winter greens

Special Features: NOFA-NY certified organic

Blue Heron Farm Fall

Robin Ostfeld & Lou Johns
1641 Shaw Road
Lodi NY 14860
607-582-6336

bluheron@empacc.net
www.blueheronorganic.com

Pick-up: Sat and Sun at the Ithaca Farmers' Market

Season: Sep - November

Products: Wide variety of produce

Special Features: NOFA-NY certified Organic

Buried Treasures Organic Farm

Doug Newman & Mary McGarry-Newman
808 Clark St. Extension
Groton NY 13073
607-220-4044

buriedtreasuresorganicfarm@yahoo.com

Share: Family or single size; free choice at the Ithaca FM on Sat, boxed shares delivered on Wed.

Pick-up: Wed in Homer (Oh My Goodness Health Food), Cortland (Dharma Center), Dryden (Back to Basics), and Groton (Groton Public Library). Saturday at the Ithaca FM

Season: June - Nov, 23 weeks

Products: All of your favorite veggies plus extras like strawberries, raspberries, sweet potatoes, and specialty melons.

Special Features: Free delivery to your neighborhood or workplace, NOFA-NY certified Organic, Healthy Food For All

C.S.A., *cont.*

Dancing Turtle Farm

Ellen Brown
685 Snyder Hill Road
Ithaca NY 14850
740-525-0062
dancingturtleithaca@gmail.com
Share: single share for \$200 or two-adult share for \$255
Pick-up: Sat 11am - 2pm at the Ithaca Farmers' Market
Season: Feb - April, Nov-Jan
Products: local salad greens, microgreens, sprouts, dressing
Special Features: Homemade vegan dressings, fresh green foods through the winter

Daring Drake Farm

Shannon O'Connor
7726 Rock River Rd
Interlaken, NY 14847
607-532-4956
daringdrake@zoom-dsl.com
www.daringdrake.com
Share: 20 week fruit share
Pick-up: Sat at Ithaca Farmers Market, Wed at Tburg FM, Fri at Blackduck Cidery in Ovid
Season: Late Jun to early Nov
Products: Strawberries, Hungarian tart cherries, plums, red & black raspberries, gooseberries, currants, grapes, melons, apples, pears, winter squash, and other fruit
Special Features: NOFA-NY Farmer's Pledge

Early Morning Farm

9658 Route 90
Genoa NY 13071
315-237-9170
support@earlymorningfarm.com
www.earlymorningfarm.com
Share: Basic Share (1/2 bushel box), Premium Share (3/4 bushel box).
Pick-up: Over 50 pickup locations in: Ithaca, Lansing, Dryden, Homer & Cortland, Binghamton, Skaneateles, Auburn, Marcellus, Baldwinsville, Syracuse & surrounding communities.
Season: Jun-Nov (23 weeks)
Products: Bountiful selection of certified organic produce
Special Features: Every week we send a newsletter with share contents and a complete meal plan specifically tailored to the week's share. At least five vegetarian, omnivore and gluten free versions of recipes are included in the meal plan. Our CSA members receive a 20% discount at all of our farmers' market locations. All of our certified organic, market quality vegetables are grown by us, on our farm - our CSA members are our first priority. Many of our pickup locations also host CSA+ from Good Life Farm which provides our members with the opportunity to purchase organic Meat, Cheese, Egg, and Fruit shares as well as a variety of local organic A La Carte options. Healthy Food For All

Ever Green Farm

Joe & Joely Zerbey
5942 Old Lake Rd.
Rock Stream NY 14878
607-243-3613
info@evergreenfarmonline.com
www.evergreenfarmonline.com
Share: Large, small, student
Pick-up: on-farm, Geneva Family YMCA, Geneva FM, Corning
Season: Jun-Oct
Products: Seasonal vegetables
Special Features: NOFA-NY certified organic

Finger Lakes Fruit Bowl

Lucy Garrison and Sara Worden
<http://fullplatefarms.webs.com/fingerlakesfruitbowl.htm>
fingerlakesfruitbowl@gmail.com
607-379-2866
Share: Weekly fruit shares, growing season and winter season
Pick-up: with Full Plate Collective or home/group delivery
Season: Jun-Oct & Dec-Feb
Products: Growing Season share: rhubarb, strawberries, apricots, cherries, peaches, plums, heirloom apples, cider, pears, and some small berries. Winter Share: several varieties of apples plus frozen berries, frozen peaches, cider, honey, and jams.

Frosty Morning Farm

Karl & Alison Frost
4211 Route 13
Truxton NY 13158
607-842-6799
frostymorningfarm@yahoo.com
Share: Single, Family, Working
Pick-up: Monday afternoons & evenings in Syracuse & Truxton
Season: Mid May-Early Nov
Products: Diverse variety of vegetables, herbs & some fruits.
Special Features: NOFA-NY certified organic

The Full Plate Farm Collective

Sara Worden
PO Box 6898
Ithaca NY 14851
607-379-2866
info@fullplatefarms.org
www.fullplatefarms.org
Share: Full, Summer or Winter
Pick-up: Free choice at Stick & Stone Farm, 3 Swallows Farm, and Press Bay Alley (downtown) and box shares delivered to Triphammer Mall, Fall Creek, South Hill, East Hill, Cayuga Heights, The Piggery, Good to Go!, Mama Goose, and more. Home/office delivery available in City of Ithaca.
Season: Jun - Nov, Dec - March
Products: Wide range of vegetables, strawberries, fruit, u-pick flowers, herbs
Special Features: Coordinate w/many other CSA's/producers; weekly newsletter, payment plans, all farms are NOFA-NY certified organic, Remembrance Farm is biodynamic, Healthy Food For All



Planting Brussels sprouts at Stick & Stone Farm (photo by Matt LeRoux)

Hellers Farm

Seth Heller
1157 County Road 39
Bainbridge, NY 13733
607-316-2251-cell
hellerfarm@hotmail.com
Share: Full
Pick-up: Thursday 3pm-6pm at Ithaca Bakery
Season: June - Nov
Products: Diverse variety of vegetables, fruits, herbs, shares include two or more quarts of pickles, jam, salsa, sauerkraut, or other products.

Harvest Dinners



Fine Dining on Local Farms

Proceeds benefit Healthy Food For All

www.HealthyFoodForAll.org


hazelnut kitchen

farm-driven seasonal
american bistro
featuring a dynamic wine list
& nightly specials



53 east main street
trumansburg, ny

607.387.4433

www.hazelnutkitchen.com



SAVOR
the FINGER LAKES

CRAFT BEER & CIDER

ARTISANAL FOOD

LOCAL. FARM FRESH.

Tickets + More Info

www.SavorTheFingerLakes.com

UNPASTEURIZED LEBANESE-STYLE HUMMUS



   ITHACAHUMMUS.COM

C.S.A., *cont.*

Humble Hill Farm

Courtney Sullivan & Ric Tarantelli
390 Tallow Hill Road
Spencer NY 14883
607-738-6626
info@humblehill.com

Share: Weekly box share or market stand credit – spend \$100, get \$105 in credit with no expiration
Pick-up: Box share in Spencer, share cards at Ithaca FM Tue, Sat, Sun
Season: June – Dec (28 weeks)
Products: Wide range of vegetables & herbs, no spray apples and peaches

Ithaca Organics

Trever & Monica Sherman
85 Simms Hill Road
Dryden, NY 13053
607-844-3435 (farm)
607-229-6684 (cell)
IthacaOrganics@gmail.com
www.IthacaOrganics.com

Share: Small & Large free-choice, single, or boxed shares
Pick-up: Thursday in Freeville, Sat & Sun at Ithaca Farmers Market
Season: Jun-Nov (23 weeks), Winter season is November - March
Products: Wide range of vegetables and fruit, u-pick and pre-picked strawberries and blueberries
Special Features: NOFA-NY certified organic, recipes and info updated on website, access to Local Thyme Recipe Service, berries included with share, Healthy Food For All

Kestrel Perch Berries

Katie Creeger
A U-Pick Fruit CSA
220 Rachel Carson Way
Ithaca NY 14850
ithacaberries@gmail.com
www.ithacaberries.com
607-275-0272

Season: June - August
Products: Strawberries, red & purple raspberries, gooseberries, red & black currants, tart cherries, blueberries, elderberries.
Special Features: Your choice of picking window: mid-week (Tu/Wed) or weekend (Sa/Su); flexible make-up options. Pay as you go u-pick available, Healthy Food For All

Littletree Orchards

Dennis Hartley & Anna Steinkraus
345 Shaffer Road
Newfield NY 14867
607-564-9246
littletreeorchards@gmail.com
http://littletree-orchards.com/

Share: Small & Large, U-pick or prepicked
Pick-Up: Ithaca Farmers Market
Season: August - November
Products: Apples & cider
Of note: Occasional addition of apple cider donuts in shares

Monarch Farm

Brendan & Michelle O'Keefe
7272 Vincent Hill Road
Homer NY 13077
607-749-2144
monarchfarmny@gmail.com

Share: Full-\$475
Pick-up: Sat at the Regional Market, Monarch Farm, Homer and Skaneateles drop off locations.
Season: Jun-Oct
Products: Wide range of ecologically grown produce.
Special Features: newsletters, recipes, farm visits welcome.

Muddy Fingers Farm

Matthew Glenn & Elizabeth Martin
3859 Dugue Road
Hector NY 14841
607-546-4535
maglenn_1999@yahoo.com
muddyfingersfarm.blogspot.com

Share: Basic share & large share, Farm Card in any amount
CSA Pick-up:
Jun-Oct: Elmira, Corning, Watkins Glen, or on-farm.
Nov-Feb: Watkins Glen or on-farm
Products: Vegetables

Nook and Cranny Farm

Bob Tuori
424 Harford Rd.
Brooktondale NY 14817
607-539-6580
btuori@gmail.com

Share: Summer/Fall, Fall/Winter
Pick-up: At farm on Sunday afternoon or evening
Season: June - Dec
Products: vegetables, cantaloupes, raspberries, eggs.

Plowbreak Farm

Aaron Munzer & Kara Cusolito
6200 Deer Run Lane
Trumansburg NY 14886
845-594-7126
plowbreakfarm@gmail.com
plowbreakfarm.com

Share: \$520 for 2 adults plus kids, 23 weeks, free choice. \$420 single share. \$90 Winter share (Nov - Dec, 2 pickups)
Season: June – Nov, 23 weeks
Pickup: Mondays from 2pm – 7pm on farm in Mecklenburg, Thursdays from 5-8pm at the Westy on State Street in Ithaca. Workplace box share delivery also available, ask for details.

Products: Wide range of fresh certified naturally grown produce, herbs, and fruits.

Polestar Farm

Eric Benner and Marie Rhoades
Trumansburg, NY
315-427-5086
polestarveggies@gmail.com
website: like us on Facebook!

Share: Family and partial shares
Pick-up: Wed at East Hill Farmers' Market, Thu on farm in Mecklenburg, Saturday at Berta's Café in Burdett
Season: Summer and Fall
Products: Mixed produce
Of note: Pick your own patches of flowers and various veggies, occasional member potlucks, bulk veggies for sale in season.

Silver Queen Farm

Gordie Gallup
5286 Stillwell Rd
Trumansburg, NY 14886
607-387-6502
silverqueenfarm@gmail.com
silverqueenfarmny.com

Share: Credit membership
Pick-up: On farm anytime, Wed 4-7 at T-burg Farmers Market, Fri 3-7 at Watkins Glen FM, and Mon 3-6 at Grove Park FM in Elmira
Season: June - October
Products: Wide variety of fruit, vegetables and flowers.

Six Circles Farm

Jacob and Lael Eisman
1491 Caywood Road
Lodi, NY 14860
sixcirclesfarm@gmail.com
www.sixcirclesfarm.com

Share: Single or family, free choice or box share
Pick-up: Free choice on farm Fri-5-7 or Sat/Sun at the Ithaca FM; box shares on farm Sat/Sun/Mon, Tburg FM Wed 4-7, or Watkins FM by request

Season: Summer Jun – Oct, Fall Nov – Dec, Winter Jan - March
Products: Wide variety of vegetables and herbs, plus strawberries and fruit.
Special Features: 15% discount on unique products such as garlic scape pesto and pickles, salsa, hot sauce, and garlic basil powder made with farm ingredients, Certified Naturally Grown since 2001.

Spice of Life Farm

1385 Beardsley Hollow Road
Alpine, NY 14805
310-367-6939
camrock79@gmail.com
www.spiceoflifefarm.com

Share: Full season or weekly
Pick-up: Tuesdays 9-6 at the Piggery, delivery available in Watkins Glen and Montour Falls
Season: June - November
Products: Wide range of vegetables and herbs, including medicinal herbs.
Special Features: Farm tours, guided nature walks, annual shareholder harvest celebration.

Sweet Land Farm

9732 Route 96
Trumansburg, NY 14886
607-793-1566
sweetlandfarmcsa@gmail.com
www.sweetlandfarm.org

Share: Free choice, single or family
Pick-up: On farm
Season: Jun - Nov, and winter CSA
Products: Vegetables, fruits, and flowers
Special Features: Unlimited u-pick of certain vegetables, fruits, and flowers, Healthy Food For All

Thomson Farm

Keith Thomson
823 Van Ostrand Road
Groton NY 13073
607-533-7360/607-342-3185-cell
thomsonfarm.com
kthomson1@twcny.rr.com

Share: 2 -3 people
Pick-up: Tu & Th 4-6 @ The Grey Barn, VanOstrand & Peruville Rds
Season: May - October
Products: Wide variety of produce
Special Features: Organic small fruits

Tree Gate Farm

Sharon Tregaskis & Dean Koyanagi
Ithaca, NY 14850
607-342-0012
treegatefarm@gmail.com
treegatefarm.blogspot.com

Share: Credit membership
Pickup: To be decided
Season: Autumn - Winter
Products: Fruit, vegetables, eggs, soap, cut flowers, pastured meats
Of note: Healthy Food For All

West Haven Farm

John & Jennifer Bokaer-Smith
114 Rachel Carson Way
Ithaca NY 14850
607-279-9483
csa@westhavenfarm.net
www.westhavenfarm.net

Share: Single, Double; Working (30 hour min. during the season), Sliding scale
Pick-up: Tu on-farm 3:30-9pm, Wed in Fall Creek 3:30pm – 6:30pm
Season: Late May-Nov
Products: Wide selection of produce: bread, eggs, and fruit for additional cost
Special Features: NOFA- NY certified organic, food justice certified, flexible share, member work parties, U-pick crops, weekly newsletter, recipes, nutrition education, accepts food stamps. Limited scholarships available, sliding fee scale. Healthy Food For All

Meats

Cayuta Sun Farm

Michael Burns
Catharine, NY
www.cayutasunfarm.com
607-227-0316
cayutasunfarm@gmail.com
Pick-up: Thursdays at the Meat Locker on Green St or Thursday home delivery
Season: January - June
Products: 5lb chicken per month and 3 lbs of custom pork cuts per month

Crosswinds Farm & Creamery

Sarah Van Orden & Charlie Morrow
6762 Log City Road
Ovid, NY 14521
607-327-0363
crosswindsfarmcreamery@gmail.com
www.crosswindsfarmcreamery.com

Share: Credit membership
Pick-up: On-farm, IFM, downtown Ithaca alongside Plowbreak
Season: Year-round
Products: Pork, beef, eggs, cheese, whole milk, yogurt
Special Features: Spring and Fall open houses at the farm. Prepayment monthly, quarterly, or annually.

Finger Lakes Natural Beef

Will & Allison Schonfeld
1913 Dixon Road
King Ferry, NY 13081
www.fingerlakesnaturalbeef.com
315-246-9782
allisonschonfeld55@gmail.com

Share: \$600 full share (\$7.50/lb) or \$325 half shares available
Pick-up: In Ithaca, on farm, or Syracuse farmers' market
Season: Four months
Products: 20 lbs of Black Angus beef per month: 8 lbs ground beef, 2 roasts, 4 lbs steaks, misc by request
Special Features: Black Angus cattle born & raised on farm without antibiotics or hormones; fed natural farm-grown feed. Processed at a local USDA inspected facility. Halves, quarters, family packs & individual cuts available year round.

Glenwood Farms

Evan and Alex Reynolds
1084 Glenwood Heights Road
Ithaca, NY 14850
607-272-7809
info@glenwoodfarms.com
glenwoodfarms.com
Share: Buyers club, family share, single share
Pick-up: Sat Winter Market at Greenstar's Space through 3/30, IFM Steamboat Landing Sat and Sun in season
Season: Year round
Products: Bison meat, eggs, other seasonal products

Good Life Farm CSA+

Melissa Madden
4017 Hickock Rd
Interlaken, NY 14847
607-351-3313
www.thegoodlifefarm.org
melissa@thegoodlifefarm.org
Good Life CSA+ Subscriptions: Every other week, year-round pre-ordered deliveries of organic, local food such as veggies, meat, eggs, fruit, cider, honey, and more from our kindred community of farms. Of particular note, our **Spring Vegetable share** features fresh, organic greens mix, chard, escarole, spinach, bok choy, cabbage, and asparagus to fill the lean months.
Subscription CSA+ features: Neighborhood deliveries, customers customize each share, online payment, web store with weekly offers from Good Life and other GLF kindred farms. Healthy Food For All.

High Point Farms

Tina MacCheyne
9448 State Rt 96
Trumansburg, NY 14886
607-279-7495
highpointfarmstburg@msn.com
www.highpointfarms.net
Share: Grassfed beef
Pick-up: downtown Ithaca, on farm
Season: Year-round
Products: Beef
Special Features: Newsletter, no antibiotics or growth hormones. Animal Welfare Approved, beef is grass-fed.



Tim Haws of Autumn Harvest Farm (photo by Matt LeRoux)

Finger Lakes Meat Project



Step one: *Find your farmer!*

- 1) Visit MeatSuite.com, our directory of local farms selling meat in bulk.
- 2) Shop for the farm that fits you best & save money by buying in bulk.

Step two: *Fill your freezer!*

- 1) If you need more freezer space, rent a Meat Locker bin! Visit FingerLakesMeatProject.com to reserve & pay.
- 2) Drop off your meat! We inventory it so you can keep track.
- 3) Stop by to pick up some meat during weekly open hours.
- 4) Enjoy & share!



Just a Few Acres Farm

Peter and Hilarie Larson
604 Van Ostrand Road
Groton, NY 13073
607-279-6772
peterelaron3@gmail.com
justafewacres.com

Share: Multiple options
Pick-up: Sunday Ithaca market, Saturday Homer market, or on farm
Season: 6 months or year round
Products: Chicken, eggs, turkey, pork
Special Features: pasture raised, no antibiotics or hormones

Meadowsweet Farm

Steve and Barbara Smith
2054 Smith Road
Lodi, NY 14860
607-582-6964
dairy@meadowsweetfarm.com

Pick-up: 1 delivery/month to Ithaca
Season: Year round
Products: Grass-fed beef, wide selection of cuts

Specialty Products

Business is Blooming

Eva Bleakley
1005 N Cayuga St
Ithaca, NY 14850
talk@bizbloom.biz
www.bizbloom.biz
607-227-1522

Pick-up: Mon or Fri delivery to 14850 zip code, or pick up on Cayuga Street on Fridays
Share: Weekly, biweekly, monthly, or custom
Season: year round locally and regionally grown blooms and botanicals, all local flowers July - October
Product: Fresh floral design arranged in a vase with botanical information card

Double E Farms

Michael and Jennifer Edmonson
2506 Danby Road
Willseyville, NY 13864
607-273-1040
doubleeshiitake@gmail.com
doubleeforestfarm.com

Share: 12 weeks of 12 oz. bags, half shares available
Pick-up: Distribution through the Full Plate Collective and Good Life Farm CSA. Direct home delivery and other pick-up options available on request
Season: spring, summer and fall
Products: Shiitake, oyster and lion's mane mushrooms
Special Features: Forest grown mushrooms from hardwood logs. We also produce a small sustainable harvest of woodland ephemerals including ramps and fiddleheads

Forget-Me-Not Farm

Jennifer Whitmore
56 Lathrop Rd
Candor NY 13743
607-659-5630
jenniferwhitmore0@gmail.com
smallgracescottage.blogspot.com

GardenShare: \$460, June - Nov, weekly share of veggies, herbs, and edible flowers.
Meat Share: \$250, pick-up at maturity, 1 ham, ½ grass-fed lamb, (15 lbs) and Thanksgiving turkey (15 lbs)
Homestead Share: \$210, May - Nov, pick-up on farm 3rd Fridays, wide variety of products such as honey, syrup, ramps, elderberries, yarn, cider-making day, eggs, farm-saved seeds, etc.

Hawk Meadow Farm

Steve and Anne Sierigk
5066 Mott Evans Road
Trumansburg, NY 14886
607-387-3424
info@hawkmeadowfarm.com
hawkmeadowfarm.com

Pick-up: Sweet Land Farm Tuesdays and Fridays
Season: June - September (15 wks)
Products: Shiitake mushrooms grown outdoors on natural hardwood logs.

Rootwork Herbals

Amanda David
PO Box 413
Ithaca, NY 14851
607-592-0196
info@rootworkherbals.com
www.rootworkherbals.com

Pick-up: 4 times/year on the solstices and equinoxes. Pick up at Bramble or the Ithaca Market, local bike delivery and shipping throughout the USA
Share: Quarterly shares of seasonal herbal products personalized to each member
Season: year round
Products: Handcrafted herbal products made with love and organic or consciously wildcrafted herbs. Includes teas, tinctures, infused oils, salves, spray, elixirs, powders, and more!
Special Features: Our Spring, Summer, Autumn, and Winter shares are specific to each season and personalized to each member. Shares include a plethora of written info on the season, herbs, and health. Members receive 15% off all our other products and classes throughout the season.

Sapsquatch Maple Syrup

Josh Dolan
2247 Mecklenburg Rd/Rt. 79 W
Enfield, NY 14850
607-280-8498
sapsquatch7@gmail.com

Share: reserved maple gallons
Pick-up: On farm during last two weekends of March, or downtown.
Season: March-Dec
Products: maple syrup
Special Features: gift share option, free farm tours and pancakes

Take Your Pick Flower Farm

Linda VanApeldoorn
138 Brickyard Rd.
Lansing, NY 14882
607-533-4680
linda@takeyourpickflowers.com
www.takeyourpickflowers.com

Pick-up: at farm, area drop off locations, and to the door delivery in Lansing/Ithaca. Contact for details.
Share: Weekly
Season: Summer
Products: An abundant bucket of flowers or an arrangement in vase.

Wellspring Forest Farm

Steve and Elizabeth Gabriel
6164 Deer Run Lane
Trumansburg NY 14886
607-342-2825
farmers@wellspringforestfarm.com
wellspringforestfarm.com

Share: ½ pound of fresh shiitakes each week for 14 weeks. \$8/week, \$112 total
Pick-up: at the Westy Thursdays from 3 - 8 alongside Plowbreak Farm CSA, on-Farm in Mecklenburg on Fridays, free delivery to any location that secures 5+ shares
Season: second week in June - second week in September
Products: shiitake mushrooms (also sell dried shiitake, inoculated logs, oyster & stropharia mushrooms, and duck eggs separately)
Special Features: Weekly recipe and update from the farm, discounts on workshops & other products we sell, and instructions on dehydrating weekly leftovers

Wide Awake Bakery

Stefan Senders, Liz Brown, and Hope Rainbow
4361 Buck Hill Rd S
Trumansburg NY 14886
607-279-7311

WideAwakeBakery@gmail.com
Wideawakebakery.com
Share: Flexible - starts anytime and can be changed in-flight. \$5/loaf
Pick-up: Multiple pick-up sites around Ithaca and Trumansburg
Season: Year-round
Products: Breads, pastries, granola, and pasta
Special Features: We bake a variety of breads in our large wood-fired oven using mostly locally grown organic grains and flours (Farmer Ground Flour in Trumansburg).

Wood's Earth Pesto CSA

Ithaca NY 14850
607-592-2902
woodsearthclass@gmail.com
www.woodsearth.com

Share: 8 grocery bags of fresh basil and 8 heads of garlic
Pick-up: every other week downtown
Season: July - September
Products: Organic basil and garlic
Special Features: Proceeds support our school food farm and Farm to School project of the CTA.

For additional information on local foods, check out the following resources. Business owners can easily add themselves to some of these directories.

FarmPlate - Online directory that connects farmers, fishermen, foragers, food artisans, restaurants, markets, distributors and foodies everywhere. 40,000+ business listings across the country, networking tools and reviews available.
<http://www.farmplate.com>

Farmshed 2.0 – Directory of 1,400+ local farms, farmers markets, CSAs and locally-owned businesses in Central New York and the Finger Lakes. Also available on your smartphone!
<http://www.farmshedcny.com/>

Finger Lakes Culinary Bounty – Member organization promoting food products of the Finger Lakes region.
<http://flcb.org/>

Hot Potato Press - Food news and networking hub for Tompkins County.
hotpotatopress.org

Ithacan - Web-based social network where home food preservers in Tompkins County organize food preserving events and share information.
<http://ithacan.ning.com>

The Finger Lakes Meat Project - Online directory of local meat farmers offering bulk meat sales of whole/half/quarter animals combined with the Meat Locker, which has cheap rentable freezer space for local meat storage.
www.fingerlakesmeatproject.com

Local First Ithaca – Organization promoting local purchasing in Ithaca. Publishers of The Guide to Being Local. <http://localfirstithaca.org/>

Localharvest – Nationwide directory of farms, CSAs, markets, food events, and more. Also sells products from small farms.
<http://www.localharvest.org/>

NOFA/ Northeast Organic Farming Association of New York – Offers organic certification for New York farms and maintains Farmshed 2.0, a directory of 1,400+ local farms, farmers markets, CSAs and locally-owned businesses in Central New York and the Finger Lakes. <http://www.nofany.org>

Regional Access – Local product distributor delivering Finger Lakes produce to nearby businesses and as far away as New York City. regionalaccess.net

Producer Index

Alpha by Farm or Company Name

Key to County Locations:

- SCa:** S. Cayuga
- Ch:** Chemung
- Co:** Cortland
- Sc:** Schuyler
- SSe:** S. Seneca
- Ti:** Tioga
- To:** Tompkins

Key to products offered:

- Dairy:** Dairy products
- Meats:** Eggs, Poultry & Meat
- FMRS:** Farm Markets/Roadside Stands
- Sweets:** Honey, Maple & Other Sweets
- PYO:** Pick Your Own Produce
- SF:** Specialty Foods
- CSA:** Community Supported Agriculture

Engelbert Farms (Ti: Meats, Dairy)	4,7	Our Five Acre Homestead(Ti: Meats)	7
Ever Green Farm (Sc: Meats, CSA)	6,23	Our Green Acres (Ti: FMRS, PYO)	14,20
Fall Creek Farm Market (To: FMRS)	15	Park Hill Poultry (Ch: Meats)	5
Farmer's Chc Blueberries (To: PYO)	21	Piggery, The (To: Meats)	10
Farmer Ground Flour (To: SF)	22	Pitman, John (Co: Sweets)	15
Finger Lakes Baking Co (To:SF)	22	Plowbreak Farm (To: CSA)	26
Finger Lakes Dexter Crmry (Sc: Dairy)	4	Polestar Farm (To: CSA)	26
Finger Lakes Fruit Bowl (To: CSA)	23	Pork Chop Valley (To: Meats)	10
Finger Lakes Natural Beef (SCa: Meats, CSA)	5, 27	Purdy's Produce (Ti: FMRS)	14
Finger Lakes Popcorn (To:SF)	22	Purity Ice Cream (To: Dairy)	5
Forget-Me-Not Farm (Ti: CSA, Meats)	7,29	Rainbow Valley Ranch (To: Meats)	10
Frosty Morning Farm (Co: CSA)	23	Rasta Ranch Vnyrds/Nrsry (Sc: FMRS)	12
Full Plate Farm Collective (To: CSA)	23	Raymond, Owen (To: Sweets)	18
Gardens of Grace Farm (Ti: Meats)	7	Reake's Country Goods (Co: FMRS)	12
Gary's Berries (Ti: PYO)	20	Red Knickers Herbs (Ch: FMRS)	12
Giving Ground Farm (Sc: Meats)	6	Reisinger's Apple Country (Sc: FMRS, PYO, SF)	12,20,21
Gladtime Frm Mrkt (Co: FMRS, PYO)	12,19	Roaming Root Farm (Sc: Meats)	6
Glendale Farm (Sc: PYO)	19	Rocky Top Farm (To: Meats)	11
Glenhaven Farm (Sc: PYO, SF)	19,21	Rolling Hills Produce (Sc:FMRS)	12
Glenwood Farms (To: Meats, CSA)	10, 27	Rootwork Herbs (Sc: CSA)	29
Good Life Farm (SSE: CSA)	27	Ruff Acres Farm (Ch: Meats, Sweets)	5, 15
Gregrow, Tim (To:FMRS)	15	S & S Syrup (Co: Sweets)	15
Gridley Hollow Honey (Co: Sweets)	15	Sabot's Farm (SSE: Meats)	7
Grisamore Frms (SCa: FMRS, PYO)	11,19	Sanctuary Farm (Ti: Sweets)	18
Hall's Hill Blueberry Farm (Co: PYO)	19	Sapsquatch Maple Products (To: Sweets, CSA)	18,29
Hamley's Maple (Ti: Sweets)	18	Sawmill Creek Vineyards (Sc: PYO)	20,21
Hawk Meadow Farm (Sc: CSA)	29	Scheffler Farm (To: Meats)	11
Hellers Farm (Chenango: CSA)	23	Schoolyard Sugarbush (Co: Sweets)	15
Heritage Harvesters (SCa: FMRS)	11	Second Wind Organic Farm (To: Fmrs)	15
Heritage Pastures (Ti: Meats)	7	Shannon Brook Farm (Sc: Meats)	6
High Lonesome Farm (Co: Meats)	5	Sheils Farm (SCa: FMRS, PYO)	11,19
High Point Farms, LLC (SSE: Meats, CSA)	7,27	Shellerbelt Farm (To: Meats)	4
Hilker Haven (To: Sweets)	18	Shtayburn Farm (Sc: Dairy)	11
Hoffmire Farms (Sc: PYO)	20	Side Hill Acres Goat Dairy (Ti: Dairy)	4
Hollenbeck's Cider Mill (Co: FMRS, SF)	12,21	Silver Queen Farm (Sc: FMRS, PYO, CSA)	13,20,26
Honey Pot Apiaries (Ti: Sweets)	18	Sinn Family Farm (To: Meats)	11
HoneyApple Hill (Co: Sweets)	15	Six Circles Farm (SSE: CSA)	26
Hog-Wild (To: Meats)	10	Smithome Farms (Ch: FMRS, PYO)	11,19
Hope Hill Acres (Ti: Meats)	7	Snofarm Creamery (SSE: Dairy)	5
Horstman Hills Farm (Ti: Meats)	7	Spice of Life Farm (Sc: CSA)	26
Hum Hollow Farm (To: Meats)	10	Spot Hollow Farm (To: Meats)	11
Humble Hill Farm (Ti: CSA)	26	Spring Flight Farm (Ch: Meats)	5
Hydro-Berry Farm (Ti: PYO)	19	Springbriar Farm (Co: Meats)	6
Indian Creek Farm (To: FMRS, PYO)	15,21	Standing Stone Honey Bee Products (SCa: Sweets)	15
Iron Kettle Farm(Ti: FMRS, PYO, SF)	14,20,21	Stick and Stone Farm (To:CSA)	23
Ithaca Hummus (To: SF)	22	Stoney Creek Nursery (SCa: FMRS)	11
Ithaca Organics (To: CSA, FMRS)	15,26	StoneyRidge Orchard (Ch: PYO)	19
Jackson's Pumpkin Farm (Ti: FMRS)	14	Stoughton Farm (Ti: FMRS, PYO)	14,20
Janowski Gardens (Ch: FMRS)	11	Straight-Way Farm (Sc: Meats, FMRS, Sweets) 6, 13,15	
Jerry Dell Farm (To: Dairy, Meats)	5, 10	Sugarbush Run (Ti: Sweets)	18
Jon-Lin Farm (Co: Meats, FMRS)	5,12	Sunset View Crmry (Sc: Dairy)	4
Just a Few Acres Farm (To: Meats, CSA)	10, 29	Sweet Land Farm (To: CSA)	26
Keeley's Cheese Co (SCa: Dairy)	4	Sweetrees Maple Products (Ti:Sweets)	18
Kenton's Cheese Company (Sc: Dairy)	4	Take Your Pick Flower Farm (To: CSA)	29
Kestrel Perch Berries (To: CSA)	26	Terry's Berry Farm (Ti: PYO)	20
Kingbird Farm (Ti: Meats)	7	That Indian Drink (To: SF)	22
Klossner Farm (Ti: Sweets)	18	Thomson Farm (To: CSA)	27
Kozlowski, Bob & Shirley (To: Sweets)	18	TLC Blueberry Farm (Ti: PYO)	20
Larry and Denise Moore (To: Meats, Sweets)	10, 18	Todd Farms (SCa: Meats)	5
Laue Farm (To: Meats)	10	Tree Gate Farms (To: CSA)	27
Little York Farms (Co: Meats)	5	Tremblay Apiaries (Ti: Sweets)	18
Littletree Orchards (To: CSA, FMRS, PYO, SF)	15,21,22,26	Tug Hollow Farm (Sc: Sweets)	15
Lively Run Goat Dairy (SSE: Dairy)	4	Twin Brook Farm (Ti: Meats)	7
Locust Woods Farm (Ti: PYO, SF)	20,21	Twin Tower Blueberry Farm (Co: PYO)	19
Luce Farm (SSE: PYO)	20	Van Galder Family Farm (Sc: Meats)	6
Lucky 13 All Natural Red Angus (Co: Meats)	5	Van Noble Farm (To: Meats)	11
Main Street Farms (Co: Meat)	5	Vegan Epicure (To: SF)	22
Mandeville Farms (Ti/To: FMRS Sweets)	14, 15, 18	Victory Hill Farms (Ti: FMRS)	14
Mangus Vineyards (Sc: PYO)	20	Wagner Farms (SSE: PYO)	20
Mann, Dennis (Sc: FMRS)	12	Waids Honey and Candles(SSE: Sweets)	18
Mann's Country Gardens(Ch: FMRS)	11	Wellspring Forest Farm (To: CSA)	29
Mansfield Farm (Sc: PYO)	20	West Candor Maple (Ti: Sweets)	18
Maple Tree Grdn (Ti: FMRS, PYO)	14,20	West Haven Farm (To: CSA)	27
Maple Vall Frm Mrkt (Ch: Meats, FMRS)	5, 11	White Dog Apiary (To: Sweets)	18
Marz Farm (Ti: Meats)	7	Wicaway Farm (Sc: Meats, FMRS)	6, 13
Mattison's Sugar Creek Farm (Ch: Sweets, PYO)	15,19	Wickham Tango Oaks Frm (Sc: FMRS, PYO)	13
Meadowsweet Dairy (SSE: Meats, CSA)	7, 29	Wide Awake Bakery (Sc: SF, CSA)	21,29
Millard's Blueberry Farm (Ch: PYO)	19	Wild Rose Farm (Ti: Meats, FMRS)	10, 14
Millbrook Farm (To: FMRS)	15	Windsong Farm (Sc: Meats, Sweets)	6, 18
Monarch Farm (To: CSA)	26	Wolffree Farm (Sc: Meats)	6
Muddy Fingers Farm (Sc: CSA)	26	Wood's Earth Pesto CSA (To: CSA)	29
Negus, Vern (Ti: PYO)	20		
Nook and Cranny Farm (To: CSA)	26		
Northland Sheep (Co: Dairy, Meats)	4,6		
Off Your Gourd (Co: FMRS)	12		
Ort Family Farm (Sc: Meats, FMRS)	12,21		
A & L Produce (SC: FMRS)	12		
A. J. Teeter Farm (To: Meats)	11		
Ackerman's Blueberries (Ch: PYO)	19		
Anderson's Farm Market (Co: FMRS)	12		
Angus Glen Farm, LLC (Sc: Meats)	6		
Applegate Orchards (Ti: PYO)	20		
Autumn's Harvest Farm (SSE: Meats)	6		
Babcock, Thomas (Ti: Sweets)	18		
Badman's Bushel Basket (Co: FMRS)	12		
Bakers' Acres (To: PYO, FMRS, SF)	14,20,21		
Bear Farm (Sc: Meats)	6		
Beeman Apiaries (Ti: Sweets)	18		
Biggsby Market, The (To:, FMRS)	14		
Birdsall Beef (Co: Meat)	5		
Birney's (Ch: FMRS)	11		
Black Diamond Farm (To: CSA)	22		
Black Pearl Creamery (To: Dairy)	5		
Bloodnick Family Farms (Ti: CSA)	22		
Bluefield Farms (Co: Meats)	5		
Blue Heron Farm (SSE: CSA)	22		
Blue J Farm (Ti: PYO)	20		
Blue Oyster Cult. (To: SF)	21		
Bo's Bones (To: SF)	21		
Bradley Farms (Ch: FMRS, PYO)	11		
Bramble (To: SF)	21		
Brookstone Maple (Ch: Sweets)	15		
Brownie's Produce Market (To: FMRS)	14		
Buried Treasures (To: CSA)	22		
Business Is Blooming (To: CSA)	29		
Button's Maple (Co: Sweets)	15		
Cayuga Lake Creamery (SSE: Dairy)	4		
Cayuga Mushroom Farm (To: SF)	22		
Cayuga Pure Organics (To: SF)	22		
Cayuta Sun Farm (Sc: Meats, CSA)	6, 27		
Cherry Knoll Farm (Co: PYO, SF)	19, 21		
Church St Prod (Sc: Meats, FMRS, PYO)	6,12,19		
CNY Beef (Co: Meats)	5		
Cobblestone Vall Frm (Co: Meats, PYO)	5,19		
Cornell Orchards (To: FMRS, SF)	14,22		
Crainey, Jerry (Sc: Sweets)	15		
Crooked Carrot CSK (To: SF)	22		
Crooked Creek Farm (To: Meats)	10		
Cross Creek Farm (Ti: FMRS)	13		
Crosswinds Farm & Creamery (SSE: Dairy, CSA)	4, 27		
Culinary Kiosk (Ch: SF)	21		
Dalrymple Farms (Sc: PYO)	19		
Dancing Turtle Farms (Ch: SF, CSA)	22, 23		
Daring Drake (SSE: Meats,FMRS, SF, CSA) 7,13, 21, 23			
Darling Family Farm (To: Meats)	10		
Dave's Veg & Grns (Co: FMRS, PYO)	12,19		
Dedrick Farms (To: FMRS)	14		
Dedrick's Fruit Stand (To: FMRS)	14		
Deepwater Farm (SCa: , Meats)	5		
Deer Run Farms (To: Meats)	10		
Diescher's Farm Stand (Co: FMRS)	12		
Double E Forest Farm (To: CSA)	29		
Dugue's Farm (Sc: PYO)	19		
Early Bird Farm (To: FMRS)	14		
Early Morn. Organic Farm (SCa: CSA)	23		
Earthwalk Farm (To: Meats)	10		
Eddydale Farm Market (To: FMRS)	14		
Ellis Hollow Farm (To: Meats, Sweets)	10,18		



GreenStar

Natural Foods Market



**GROCERIES, DELI,
BAKERY, BODYCARE,
BULK, PRODUCE.**

FRESH, FAIR TRADE, ORGANIC

**and we're Local...
just like you.**

**701 Buffalo St.
215 N. Cayuga St.**

**273-9392
273-8210**