

**FREE**

# Local Food Guide

FOR FRANKLIN COUNTY



**Are you in the market for fresh, delicious food?**

This guide points you to the freshest and best tasting food—grown and produced by your neighbors.

Shop at the locations listed in this guide and help keep your food dollars circulating in our local economy!



## 2011 FRANKLIN COUNTY FARMERS MARKET LISTINGS

Market	Location	Day(s)	Dates	Time	Notes
<b>MALONE</b>	Malone Airport, Route 11 Web Site: <a href="http://adirondackfarmersmarket.com">adirondackfarmersmarket.com</a>	Wednesdays	June 16 through Oct. 13	12:00-4:30	Accepts EBT Cards & FMNP coupons
<b>PAUL SMITHS COLLEGE</b>	Corner of Rte 86 and 30 at Paul Smiths College, Visitors Interpretive Center Web Site: <a href="http://adirondackfarmersmarket.com">adirondackfarmersmarket.com</a>	Fridays	June 18 through Sept. 24	2:00-5:00	Accepts EBT cards & FMNP coupons
<b>SARANAC LAKE</b>	Riverside Park Web Site: <a href="http://adirondackfarmersmarket.com">adirondackfarmersmarket.com</a>	Tuesdays	June 7 through Sept. 27	11:00-3:00	Accepts FMNP coupons
<b>SARANAC LAKE VILLAGE</b>	In the Saranac Lake Riverside Park Website: <a href="http://www.saranaclakevillagefarmersmarket.com">www.saranaclakevillagefarmersmarket.com</a>	Saturdays	June 4 through Oct. 15	9:00-2:00	Accepts FMNP coupons
<b>TUPPER LAKE</b>	Wild Center Museum, under the white tent Website: <a href="http://www.adirondackfarmersmarket.com">www.adirondackfarmersmarket.com</a>	Thursdays	June 16 through Sept. 15	11:00-3:00	Accepts FMNP coupons
<b>NEAR-BY FARMERS MARKETS</b>					
<b>CHATEAUGAY LAKES</b>	State Rt. 374 on the lawn of the Hollywood Inn Website: <a href="http://www.adirondackfarmersmarket.com">www.adirondackfarmersmarket.com</a>	Saturdays	June 18 through Sept. 3	10:00-2:00	Accepts FMNP coupons
<b>PLATTSBURGH</b>	Pavilion downtown by Bridge, Durkee and Broad Streets. Web Site: <a href="http://plattsburghfarmersandcraftersmarket.com">plattsburghfarmersandcraftersmarket.com</a>	Saturdays Wednesdays	May 14 through Oct. 8 June 29 through early Sept.	9:00-2:00 10:00-2:00	Accepts FMNP coupons
<b>LAKE PLACID</b>	Lake Placid Center for the Arts Web Site: <a href="http://lakeplacidfarmersandcraftersmarket.com">lakeplacidfarmersandcraftersmarket.com</a>	Wednesdays	June 1 through Sept. 28	9:00-1:00	Accepts FMNP coupons

**LOCAL FOOD Fresh To You—Fair To Farmers**  
[www.adirondackharvest.com](http://www.adirondackharvest.com)



# Local Farm Food



## BOMBAY

### CEDAR CREEK FARM

All natural grass fed Red Angus beef. USDA inspected, no artificial hormones, no chemicals. Wallace Jock  
426 Scanlon Rd., Bombay, NY 12914  
Phone: 358-3352. Sales from my house, customers must call ahead.

## BRUSHTON

### STEEN'S ORCHARD

Fruit vegetables, baked goods, jams and jellies. Roadside stand.  
Leona & Allan Steen Phone: 529-4398  
1496 State Route 11, Brushton, NY 12916  
Email: appleannie12445@yahoo.com

## BURKE

### ELAINE'S ROADSIDE MARKET

Vegetables, berries, maple products  
Charlie & Elaine Hesseltine  
489 Co. Rt. 23, Burke, NY 12953. 483-2738  
Roadside stand, Sales from my house

### WIND SONG FARM

All natural grass fed Red Angus beef, USDA inspected, no artificial hormones, no chemicals.  
Ken & Diane Dumont, 569-6151  
264 Selkirk Rd., Burke, NY 12917. Sales from my house, customers must call ahead. Also at Chateaugay Lakes Farmer's Market

### SHIPMAN FAMILY FARM

Roadside stand- mixed vegetables, berries, apples, honey, maple products, chickens, eggs, beef & pork (USDA inspected, no artificial hormones) Norm & Vicky Shipman  
Corner of Montgomery Rd. & Rt. 11  
Burke, NY Phone: 483-1071

## CHATEAUGAY

### KIRBSIDE GARDENS

Mixed vegetables, berries, lamb, Also, Sheepskins, wool felted products  
JoEllen Saumier & Kirby Selkirk  
43 West Main Street, Chateaugay, NY 12920  
497-6038 Email: kselkirk@owcny.com  
Sales from my house. Vegetables and berries are grown with low use of pesticide. Lamb is grass fed & USDA inspected

### POIRIER FARMS

All natural grass fed beef. USDA inspected, no chemicals. Dennis & Melissa Poirier  
93 Earlville Rd., Chateaugay, NY 12920  
Phone: 497-6714 wbpoirier@hughes.net  
Sales from my house, customers must call ahead. Also at Pray's Farm Market.

### WOODS MAPLE PRODUCTS

Certified naturally produced maple syrup and products William Wood  
1470 Cty. Rt. 23, Chateaugay, NY 12920  
Phone: 497-6387 Sales from my house,

### LUNA GROVE FARM/ALL FIRED UP!

Wood fired bread, granola, pastries  
401 Cooper Rd., Chateaugay, NY 12920  
425-0080 Email: crescent40@hotmail.com  
Wood fired bread, granola & pastries, Back porch roaster, Locally fresh roasted whole bean coffee.

### WHITESTONE FARM

Pastured lamb, Coopworth sheep (in our wool flock), Dorset sheep (in our meat flock). We also have homepun wool yarn, natural or dyed.  
Kim & Kimberly Richey  
880 County Route 35, Chateaugay, NY 12920  
497-3053 Email: whitestonefarm@yahoo.com  
USDA inspected, grass fed, organically grown, no artificial hormones or chemicals.

### BILL JONES POTATOES

Potatoes Bill Jones  
28 Jones Road, Chateaugay, NY 12920  
497-6385. Conventional farming methods used.

## CONSTABLE

### ST. ONGE FARM

Grass-fed beef cut to order. Pick up available at Tri-Town Parking Brasher Falls or delivery options available.  
Daniel St. Onge Phone: 358-4466  
266 Little Briggs St., Constable, NY 12926  
Open year around. Visitors welcome, please call ahead. USDA inspected, grass fed, all natural, no artificial hormones, no chemicals.

### BYLER FARM MARKET

Mixed vegetables, herbs, berries, apples, honey, maple products, cheese, beef, eggs, pork. USDA inspected, organically grown, no chemicals.  
Ervin Byler Phone: 483-8700  
950 St. Rt. 122, Constable, NY 12926  
Roadside stand.

## DICKINSON

### BURKY B BUNNY FARM

Rabbit Heather Burk, 529-6337  
87 Heath Hill Rd., Dickinson Center, NY 12930  
Email: catsndog@westel.com  
Sales from my house, customers must call ahead. Rabbits not raised in cages, grass fed.

### SHADY HILL FARM SHEEP & WOOL

Grass-finished lamb, wool  
Roger & Linda Hastings Ph: 529-6665  
12 Conservation Rd., Dickinson Co., NY 12930  
Email: hastingssheep@gmail.com  
Sales from home, must call ahead  
USDA inspected, no artificial hormones, no chemicals, all natural.

### ALDERBROOK ELK FARM

Maple syrup, elk, venison, eggs, fire wood, beans, cucumbers, potatoes, tomatoes  
Roland & Michelle Thomas Phone: 529-7181  
965 County Road 5, Dickinson, NY 12930  
Natural products

## DUANE

### HARMONY HILLS FARMSTEAD

Registered Black Angus Beef, Berkshire Pork, Pastured Poultry, Fresh Brown & White Eggs, Beef & pork sold fresh, as whole half boxed beef & packaged pork. Chickens sold whole, fresh, or frozen.  
Todd & Michelle Asselin, 483-7961  
274 Cty. Rt. 26, Malone NY 12953.  
Email: harmonyhillsfarmstead@northnet.org  
www.harmonyhillsfarmstead.com

## FORT COVINGTON

### SMITH BROS FARM

Mixed vegetables  
Alan Smith Phone: 358-4498  
749 County Rt. 3, Ft. Covington, NY 12937  
Sales from my house, customers must call ahead. Also at Malone Farmer's Market.

### BENTLEY HILL FARM

All natural grass fed beef  
Richard & Robert LaPage  
Drum Street, Ft. Covington, NY 12937  
358-4805 Will finish with grain at customer's request. Sales from my house, customers must call ahead. No artificial hormones, no chemicals, all natural, organically grown.

## GABRIELS

### TUCKER FARMS, INC.

Specialize in potatoes: reds, whites, blues and Yukon Gold U-pick strawberries in July.  
Vegetables, raspberries and field crops.  
Tom, Steve & Don Tucker, 327-3408  
56 Hobart Road, Gabriels, NY 12939  
www.tuckertaters.com Open for potatoes year-round, fruit & vegetables in season. Farm tours & "The Great Adirondack Corn Maze"

## MALONE

### AUGERS ACRES

Mixed vegetables, herbs, berries  
Rick Auger, 483-8716.  
453 Flat Rock Road, Malone, NY 12953  
Email: beardedtom@hotmail.com  
Sales from my house & at Malone Farmers Mkt

### KEATING FARM

Pastured lamb and Belted Galloway beef. Beef sold live. Roger Keating  
75 Cedar Street, Malone, NY 12953  
Phone: 483-0283 Open year around.  
Visitors welcome, please call ahead. No artificial hormones, no chemicals.

### TATER ACRES

Potatoes (13 varieties) and sweet corn  
Silas Vincent III Phone: 483-2305  
132 Vincent Road, Malone, NY 12953

### MERRY MEADOW FARM

Specialize in potatoes, sweet corn, mixed hay, oats and straw  
Jim Manley, 231 Limekiln Rd., Malone NY 12953. Phone: 483-2577

### ADIRONDACK HONEY COMPANY

Honey: coming soon beeswar candles  
Tim Harmon Phone: 481-6639  
28 Howard Ave, Malone, NY 12953  
Email: adkhoney@twcny.com  
Sales from my house, call ahead.

### MAGIC EARTH FARM

Poultry, pork, eggs, mushrooms, raspberries, blueberries, a variety of vegetables & herbs  
Tom & Roseanne Gallagher  
99 Brown Road, Malone, NY 12953  
481-5320. Email: magicearth@hotmail.com  
Phone or e-mail orders are accepted, delivery is possible to the Paul Smiths Farmers Market, or sales may be picked up at farm by appointment. USDA inspected, All-natural

### HARVEST HERB COMPANY

Fruits & vegetables in season. Exclusive blend of soup mixes, original dip mixes, herbal teas, seasonings & mixes and much more.  
Wendy Harrington  
463 County Route 51, Malone, NY 12953  
483-0030 Email: wherb@westel.com  
Products available at Market Barn in Malone, Lake Placid Center of the Arts in Lake Placid & Lake Placid Farmers Market.

## NORTH BANGOR

### PLUMB HILL FARM

Berries (raspberries, currants, cherries, gooseberries) Lamb, whole half & by the pie  
David and Cindy Rotman, 483-5266  
2650 State Route 11 North Bangor, NY 12966  
Email: holycow@plumbhillfarms.com. Sales from my house, U-Pick, customers must call ahead. Meat USDA inspected, no artificial hormones.

### BONESTEEL'S GARDENING CENTER LLC

A wide range of vegetables, fruit, herbs, bedding plants, nursery trees, landscape and garden supplies Adirondack luminaire & gifts. Bruce Bonesteel  
2689 State Route 11, North Bangor, NY 12966  
483-0354 Email: bonesteels@gmail.com  
Website: www.bonesteel.com. Butterfly garden, Farm tours & hay rides in season!

### SANDY HILL FRUITS & VEGETABLES

Mixed vegetables, berries, apples, honey, jams & jellies, spices. Daniel Tower, 529-6003  
1547 State Rt. 118, North Bangor, NY 12966  
Email: beebusy4@localnet.com  
U-Pick Strawberries, Roadside stand, sales from my home, & CSA. USDA inspected, grass fed, organically grown, no artificial hormones, no chemicals, all natural. Also at Malone Farmer's Market.

## OWLS HEAD

### ARSENEAULT'S FARM & CUISINE DELISE

Homegrown vegetables, eggs, baked goods, & crafts. Patrick & Lise Arseneault, 483-1396  
62 Station Rd., PO Box 205,  
Owl's Head NY 12969.  
Also at Malone Farmer's Market.

## PAUL SMITHS

### MCCOLLOMS MARKET

Mixed vegetables, herbs, berries & starter plants. Jen Perry  
9360 State Route 30, Paul Smiths, NY 12970  
891-0561 Email: jen@mccollosmarket.com  
Website: mccollosmarkets.locallygrown.net  
Selling at the farmers market, to restaurants, & directly to summer residents  
Certified Naturally Grown

## RAY BROOK

### WINDY KNOLL FARM

Grass fed, all natural beef, pork & chickens. Free of antibiotics and growth hormones. USDA inspected, no chemicals, certified naturally grown, all natural.  
Craig DuMont Phone: 891-4286  
72 Ray Brook Rd., Ray Brook, NY 12977

## VERMONTVILLE

### FOUR DIRECTIONS WEAVING

Wool yarn hand-dyed with natural dyes, handpwn and woven rugs, wall hangings, throws etc. Lamb cuts available  
Donna Foley 215 Paye Road, Vermontville, NY 12989. 891-6216. fourdirections@verizon.net  
Website: www.fourdirectionsweaving.com  
USDA inspected

### PEACEFUL FARM

Tomatoes, beans, broccoli, rhubarb, and blueberries. Al Berg & Cathy Morris  
286 Sinkhole Rd, Vermontville, NY 12989  
891-1279 Email: lalberg1@verizon.net  
All naturally grown

## STORES/RESTAURANTS

### THE CHATEAUGAY FARM & CHEESE STORE

Cheese, honey, maple products, Gazier products.  
36 McCadam Lane Chateaugay NY 12920  
Phone: 497-6341

### COLLINS GREEN STOP

Glazier & Sustain products. Taste of the Adirondacks. Filman's Jam, maple products & honey.  
22384 St. Rt. 11, North Bangor, 12966  
Phone: 483-2253

## D & M MARKET

Potatoes, NY cheese, Glazier products, Sustain products, vegetables.  
Darryll Deragon 270 Elm St., Malone NY 12953. Phone: 483-5140

## EAT 'N MEET GRILL AND LARDER

Herbs, berries, apples, honey, maple products, cheese, beef, lamb, chicken, eggs  
John Vargo 139 Broadway, Saranac Lake, NY 12983. 891-3149 Email: john@eatnmeet.com  
Website: www.eatnmeet.com  
Restaurant features & sells locally produced items.

## JONS FAMILY RESTAURANT

Sustain and Glazier products  
Paul Davis, 44 Finney Blvd.,  
Malone NY 12953. Phone: 483-6830

## YANDO'S BIG M

Locally grown vegetables, fruit, honey, cheese, coffee, maple products, cheese.  
Mark Yando 619 East Main St.,  
Malone NY 12953. Phone: 483-4371

## MARKET BARN

herbs, honey, maple products, jam, jelly year round. Mixed vegetables, berries, apples during harvest time.  
3982 St. Rt. 11, Malone NY 12953  
Phone: 483-9341

## MOUNTAIN MART

Sustain and Glazier products, cheese  
3414 St. Rt. 11, Malone NY 12953  
Phone: 483-8226

## NORI'S VILLAGE MARKET

Seasonally-mixed vegetables & herbs, honey, maple products, cheese, beef, eggs  
68 Main Street, Saranac Lake, NY 12983  
Phone: 891-6079  
norisvillagemarket@roadrunner.com  
Website: www.norisvillagemarket.com  
Retail store that sells many locally produced items.



adirondackharvest.com





*Definitions*

**Certified Organic** — Certified organic farms have met USDA standards for organic food production as verified by an accredited agency such as the Northeast Organic Farming Association of NY (NOFA-NY). Other farms may also follow organic farming practices but have not undergone the certification process.

**Certified Natural** — Refers to meat raised using no animal proteins, no antibiotics, no hormones and under humane treatment conditions.

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

**IPM** — a sustainable approach to managing pests by combining biological, cultural, physical and chemical tools in a way that minimizes economic, health, and environmental risks.

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**Good Reasons to Buy Food Locally**

1. You know where your food came from and have direct contact with the producer (farm/farmers)
2. You often pay less
3. You improve your diet by eating more vegetables and fruit
4. Food miles are reduced—this saves fossil fuels and decreases vehicle pollution
5. Less packaging is used and, thus, less waste is created
6. You stimulate local economic development by keeping your \$\$\$ in the community





## About this Guide:

This publication is modeled after the Local Food Guide produced for St. Lawrence County by GardenShare. We thank our friends at GardenShare for their help and inspiration.

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

The farms & businesses in this guide have assured us that they sell food they have raised themselves or food they have produced using largely local ingredients. Some of these farms and businesses may also sell products that are made, grown or raised by other farms or businesses in the area to provide you with the widest variety of products at single location.

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



## To Be Listed Next Year:

To have your farm or business listed in next year's Local Food Guide, or to tell us about someone else who should be included – please contact:



**Cornell  
Cooperative  
Extension**  
(518) 483-7403

Email:  
franklin@cornell.edu

## 2011 Guide Sponsors

(in order of contribution)



### ADIRONDACK HARVEST

Our goal is to increase opportunities for profitable, sustainable production and the sale of high quality food and agricultural products, and to expand consumer choices for locally produced healthy food. This mission ensures the future preservation and growth of our open farmland while providing a diversity of healthy food products for consumers.

**We Can!** (Ways to Enhance Children's Activity & Nutrition) is a national movement designed to give parents, caregivers, and entire communities a way to help children 8 to 13 years old stay at a healthy weight. The Alice Hyde Medical Center We Can! program is made possible, in part, by funding from Excellus BlueCross/Blue Shield.



Looking for a low calorie snack? Check out We Can! Website:

[www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/hundredcalories.pdf](http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/hundredcalories.pdf)

More about We Can! [www.nhlbi.nih.gov/health/public/heart/obesity/wecan/](http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan/)

### Eat Smart New York!



ESNY

### EATSMARTNY

...is a nutrition education program that helps families struggling to stretch their food dollars serve well-balanced meals. Our nutrition and health programs are for youth, families and individuals. Please see our website at <http://counties.cce.cornell.edu/franklin> for more information about our program and services or call 483-7403.

More information at [www.adirondackharvest.com](http://www.adirondackharvest.com)

The North Country's Clinic WIC Program always provides families with nutritious foods like milk, cheese, eggs & cereal.



**This summer WIC offers Farmers' Market coupons for fresh fruits and vegetable too!**

North Country Children's Clinic  
44 Catherine Street  
Malone, NY 12953  
(518) 483-4262

For more information or to request an appointment on-line:  
[www.childrens-clinic.org](http://www.childrens-clinic.org)

To qualify for WIC: Your **gross** income (your income before any deductions) must be **at or below** the amount listed for your family size on the chart below:

family size	yearly	monthly	weekly
1	\$19,290	\$1,604	\$370
2	\$25,900	\$2,159	\$499
3	\$32,560	\$2,714	\$627
4	\$39,220	\$3,269	\$755
5	\$45,880	\$3,824	\$883
6	\$52,540	\$4,379	\$1,011
7	\$59,200	\$4,934	\$1,139
8	\$65,860	\$5,489	\$1,267
for each additional family member add:	+\$6,660	+\$555	+\$129

*guidelines increased 4/09*



**60+**

Seniors age 60 plus can qualify for coupons which can be redeemed at local Farmers' Markets. For more information call the Franklin County Office for the Aging 481-1526



Come to Malone's 3<sup>rd</sup> Annual

## HARVEST FESTIVAL!

Saturday, Sept. 17<sup>th</sup> • 10am–4pm  
at the Franklin County Fairgrounds

Educations Displays • Farmer Vendors  
Crafts • Demonstrations

Only \$1<sup>00</sup> Admission (Walk-in)  
\$5.00 per car

Sponsored by:

Malone Chamber of Commerce

Cornell Cooperative Extension Franklin County  
Franklin Country Farm Bureau

**Local Food • Fresh to You -Fair to Farmers**