

THE MAINE DEPARTMENT OF AGRICULTURE, CONSERVATION AND FORESTRY INVITES YOU TO CELEBRATE

# Summer in Maine

JOIN US FOR

## Open Farm Day!

SUNDAY, JULY 24, 2022

ALSO IN THIS ISSUE...

THE REAL MAINE  
ICE CREAM TRAIL!

MAINE FLOWER FARMS

IDEAS TO  
SUPPORT LOCAL FARMS  
THIS SUMMER



Farm owner, Keena Tracy, of Little Ridge Farm in Lisbon Falls, pats a pig. Pigs and poultry are raised on pasture at the farm, which also offers Community Supported Agriculture shares for customers at their farmstand.

**BDN**

A Special Advertising Section of the Bangor Daily News • Friday, July 8, 2022

Morning Sentinel • Kennebec Journal • Sun Journal  
Times Record • Portland Press Herald • Bangor Daily News

*Inside!*  
How a  
Maine Farm  
Grows Peaches



# Connect with Your Heritage, Explore Maine Agriculture

Maine’s agricultural heritage is something we can all be proud of, and the quality of our agricultural products is well known here at home and well beyond the state’s borders. Maine potatoes and wild blueberries are stars of our backyard summer picnics, and they grace restaurant tables across the country. Meanwhile, the sheer diversity of other agricultural products grown seasonally and year-round maintains a high bar for quality and consistency.

*This summer, start your journey on RealMaine.com to local farmstands, farmers’ markets, summer events, historic agricultural fairs, creameries, breweries, wineries, farm stays, and more throughout Maine.*

Did you know there are more than 7,000 farms in Maine? We rank second in New England in dairy and livestock production, and Maine is the largest producer of wild blueberries globally. We rank second in brown eggs, tenth in the country in potatoes, and third for maple syrup. Since 1975, the honeybee has been the state insect. There is so much to discover and to celebrate!

A farm visit is a perfect opportunity for first-hand educational experiences for everyone who wants to learn more about food and farm products. On a farm tour, you might learn how crops are grown, about different types of farm animals, or even how particular farm products are made. Depending on the farm, an educational experience might include some hands-on effort. For example, many Maine farms offer seasonal U-Pick or Choose-and-Cut sites for customers. Although not all farms are open for tours, workshops, or events, some provide self-directed visits, such as with outdoor recreation trails.

There are some spectacular Agritourism events ahead, such as the statewide **Open Farm Day** (always the fourth weekend in July), the

**Artisan Bread Fair** on the Skowhegan Fairground on July 30, and **Wild Blueberry Weekend** on August 7 and 8, to name a few. For more listings, visit our Real Maine events calendar at RealMaine.com/Events.

On September 10, you may want to seek out a local winery for **Open Winery Day**. You can also attend the Maine Cheese Festival, on September 11, tour a local creamery on **Open Creamery Day** on October 9, and attend the **Real Maine Fiber Tour** and Trail on October 10. More information about all of these special events and destinations are waiting for you at RealMaine.com/Agritourism.

And while these events are fun and educational, by purchasing more local foods and beverages and other Maine-grown and -made products, we create the pathway to a vibrant future for Maine agriculture. Strong agricultural communities and local economies benefit us in many ways and provide new opportunities for everyone to be part of and enjoy.

Governor Mills has proclaimed July 17 to 23 as **Explore Maine Agriculture Week** in honor of Maine’s farmers, the variety of products grown and produced in our state, and the alliances that keep our food and agriculture industry thriving. Explore Maine Agriculture Week culminates with Maine Open Farm Day Sunday, July 24.

Agriculture in Maine has a rich history, and we are fortunate to have farmers producing an abundance of high-quality products that enrich all of our lives. I invite everyone to learn about Maine agriculture and use the week of July 17 to 23, 2022 as your launchpad. Start your journey on RealMaine.com, and join with all of us at the Department of Agriculture, Conservation and Forestry as we celebrate Maine agriculture and ensure that our farmers, producers, and communities thrive.

*Amanda Beal*

**Amanda Beal, Commissioner**  
*Maine Department of Agriculture, Conservation and Forestry*

# Checklist of Summertime Activities to Celebrate Maine Agriculture

By Real Maine

Find Maine flavors and farm goods wherever you shop. Summer is a great time to shop at a local farmstand or farmers’ market where you can buy a variety of products. Look for Maine brands when grocery shopping at a local retailer or supermarket—many stores showcase Maine brands. If you are looking for a particular item, feel free to ask if the store does or would carry a Maine brand.

☐ **See the sights, meet the farmers.** Make a day of getting to know more about farming in Maine with a visit to any of the Open Farm Day sites July 24, or partake in the Wild Blueberry Weekend coming August 6-7, or visit a Maine winery on Sept. 10 for Open Winery Day, or enjoy the Maine Cheese Festival Sept. 11 in Pittsfield!

☐ **Tour a local agricultural fair,** where you can see youth caring for their livestock and people of all ages putting their skills on display in the fairs’ exhibition halls.

☐ **Buy a fresh cut flower bouquet.** Seasonal stems keep dollars in the local community to recirculate, and the stems are as fresh as you can find! Find local shops, stands, and even subscription offerings.

☐ **Try a new recipe or start preserving the fresh harvest with canning.** You can find a variety of bulk choices at u-pick, Pick Your Own “PYO” farms, and even farmstands. Need help with recipes? Let University of Maine Cooperative Extension be your guide. Visit extension.umaine.edu/food-health/food-preservation.

☐ **Many fairs, festivals, farmers’ markets, and pop-up markets** are summer favorites. Visit RealMaine.com for a list of events.

☐ **Take the scenic route.** Maine’s rural charm and beautiful landscapes are home to many beautiful and productive farms. Plan your trip with the RealMaine.com trip planner tool.



## MAINE CHEESE GUILD

discover the  
**80+**  
artisan  
cheesemakers  
in Maine



DO SOMETHING

Wild

One great weekend to **EAT, DRINK, and EXPERIENCE** all things Maine wild blueberry.

**AUGUST 6-7, 2022**



WildBlueberryWeekend.com



## Maine Senior FarmShare Program

Haven't signed up yet? It's not too late for seniors to get a \$50 share! Peak harvest season in Maine is from late July through late September.

Learn more at [www.RealMaine.com](http://www.RealMaine.com)



Some favorites, like strawberries and peas, are only available for a few weeks. Ask your farmer when your favorites will be in season.



Many of your favorite summer fruits and vegetables can be frozen to enjoy later.



Remember, you also can purchase fresh herbs and honey with your Maine Senior Farmshare!



Mark your calendar to remember to use your full \$50 share before the end of the season!

Visit [www.RealMaine.com](http://www.RealMaine.com) to:



Find nutrition information and interesting facts about your favorite fruits, vegetables, and herbs.



Learn how to prepare and store your produce, and stretch your Senior FarmShare.



Find fresh and easy recipes to use.



*This institution is an equal opportunity provider*

SNIP & stick on the fridge as a reminder!

## Ways to Support Maine Farmers Year-Round

Please note: Farms may have limited space for large gatherings. They continue to take extra safety precautions to make sure staff can stay healthy and continue to grow high quality food and farm products.

Farm stands, stores, sugar shacks, pick-your-own fruit or veggies, farmers' markets, and more. Maine is fortunate to have a variety of agriculture! Shop at a supermarket, buy directly, or explore from afar year-round. By supporting agriculture, we help ensure working landscapes thrive, agriculture remains a cornerstone of our state, and quality farm products are accessible and available for generations to come!



**Look for listings of local farms to support:** [www.RealMaine.com](http://www.RealMaine.com), is a good place to start.



**Help keep farms healthy — stay home if sick or not feeling well.**



**Call ahead!** Seek current schedules for daily and seasonal updates.



**Ask farmers how to enjoy farm products year-round!** Is there pre-ordering or online shopping? Do they offer subscription orders like gift boxes, 'freezer beef and meat,' or CSA shares? Can you find their products at supermarkets, farm stands, or stores? Does the farm use social media or newsletters to share updates and product tips?



**Follow farm rules. Stay in visitor areas. Keep pets at home.**



**Looking to explore outdoors on farmland and woodlots? Ask permission. Be aware.** Things change seasonally to support the farm. A winter ski trail might become a summer hayfield or crops. What looks like an empty dirt road may instead be a path to safely move livestock or farm equipment.



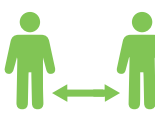
**Bring an insulated container:** Keep cold foods cold, and hot foods hot for quality.

**Carry-in, carry-out trash and recyclables.**



**Always clean fresh produce before eating and preparing; don't eat until at home.**

**Use good hygiene before, during and after visit.**



**Don't crowd, give each other space!** Be it in-person shopping or sharing the road with farm equipment on roadways during planting and harvest seasons.



supporting local  
farmers  
since 1883

We're proud to partner with over 135 farms to bring you the freshest local produce available. (To get it any fresher, you'd have to pick it yourself.) Stop by your neighborhood Hannaford Supermarket for the season's best local fruit and vegetables.

we love  
local

Your guide for locating and supporting hardworking farmers and artisans throughout the Northeast.

Visit [hannaford.com/closetohome](http://hannaford.com/closetohome) for more information.

Shop  
Hannaford  
for  
**local**



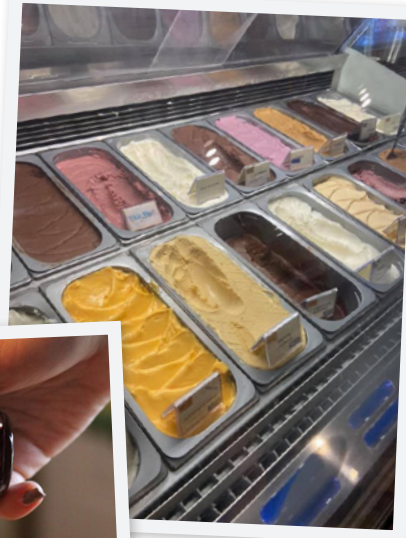
# Here's the Scoop on the Real Maine Ice Cream Trail

## Find Maine ice cream, made with Maine milk or cream

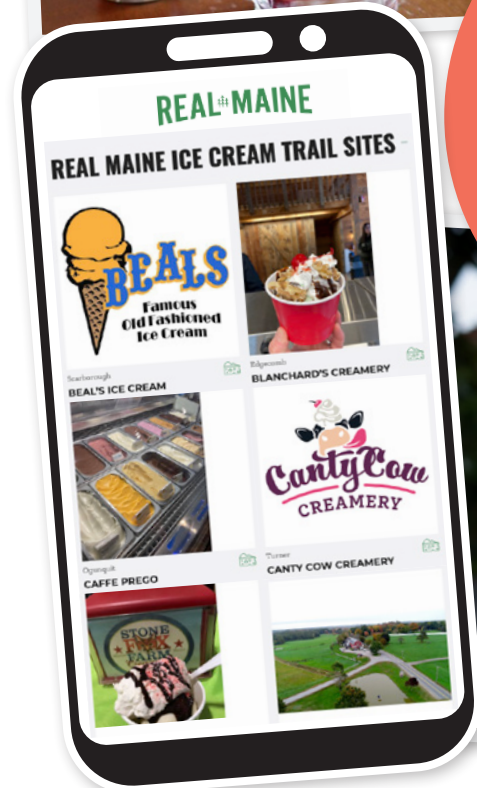
New this year, Maine scoop shops and ice cream parlors across the state invite you to savor all the creamy, delicious ice cream, frozen custards, and gelato you desire this summer—and to easily find businesses using Maine ingredients!

There are hundreds of places you can find ice cream in Maine. But not all of them source milk or cream from Maine dairies. If you're looking for ways to support a few local businesses, including the scoop shop, parlor, and farms, follow the Real Maine ice cream trail! Visit RealMaine.com.

**Come tour the Real Maine ice cream trail this summer!**



Take a picture of your favorite places and post to social media. Use the tag: #RealMaineDairy



## Cold Hard Ice Cream Facts & Trivia for Your Travels

**Ice Cream Definition:** Must meet a standard that it contains at least 10 percent milkfat and less than 1.4 percent egg yolk in the mixture.

**Frozen custard definition:** Must meet a standard that it contains at least 10 percent milkfat but must have more than 1.4 percent egg yolk. It is also known as "french ice cream" or "french custard ice cream."

The discovery that salt would lower the freezing point of cracked ice led to the first practical method of making ice cream.

**1770:** Giovanni Bosio is credited with establishing the first ice cream shop in the U.S.

**c. 1830-40:** Augustus Jackson improved the productivity of ice cream. His recipes, techniques, and tins of ice cream reduced the cost of production.

**1843:** Nancy Maria Donaldson Johnson was awarded the first U.S. patent for a hand-cranked ice cream freezer. Her invention shortened the time to make ice cream.



Open Farm Day is once a year, but Maine farms are open daily!



GROWING  
the future for  
FARMING

Continue your exploration of Maine's thriving farming community with our Summer Farms Activity Map at [MaineFarmlandTrust.org](http://MaineFarmlandTrust.org)

MAINE FARMLAND TRUST



## SALUTE TO MAINE FARMERS

Maine's forest products, fishing and farming industries are highly important sectors of Maine's economy. And Farm Credit East is proud to have helped finance these industries for more than a century.



FARM CREDIT EAST

Auburn • 800.831.4230 | Presque Isle • 800.831.4640  
[FarmCreditEast.com](http://FarmCreditEast.com)

## Join us for live harness racing action at First Tracks Cumberland, Bangor Raceway, and the Fairs!



[www.maine.gov/dacf/harnessracing](http://www.maine.gov/dacf/harnessracing)

Maine Harness Horsemen's Association  
Maine Harness Racing Commission

Maine Standardbred Breeders and Owners Association  
[maine.gov/dacf/harnessracing](http://maine.gov/dacf/harnessracing)





# Summer Snacking

Try these tasty treats at home using local ingredients!



*Adapted from Highlights Magazine for Kids*  
This recipe is a simple one, with just a few ingredients. It’s a delicious one for all ages—and a great way to put to use the abundance of summer squashes, any left-over bread, and your favorite hard cheeses for grating.

Ingredients

- 4 zucchini or summer squash
- ½ cup finely crushed crackers or toast (this will be part of a breadcrumb coating)
- ¼ cup finely grated alpine cheese (such as a Parmesan or Romano-style)
- ½ teaspoon garlic powder
- ½ teaspoon dried basil
- ¾ teaspoon salt
- ¼ teaspoon ground black pepper
- Olive oil

What to Do

Line two large baking sheets with parchment paper. Preheat the oven to 425°F.  
Slice the squash into ¼-inch rounds, and discard or compost the ends of the squash. Measure about 2½ cups of zucchini slices.  
Measure and place in a large shallow bowl or pie plate the breadcrumbs, cheese, garlic powder, dried basil, salt, and pepper. Stir this mixture to make sure the ingredients are well blended.

Coat the squash slices with olive oil. Roll the squash in the mixture, then arrange the slices on the prepared baking sheets, in a single layer. Bake the zucchini slices for 15 minutes. Remove from the oven and use a spatula to flip over the slices, and then let them brown evenly. Bake for another 15 minutes, or until the slices are crisp, like a chip. Transfer to a platter and let cool just slightly.



*Recipe adapted from a Maine Grains Recipe by Cat Morrow. Find more recipes on MaineGrains.com*

Ingredients

STOVETOP GRANOLA

- 1½ cups Maine Grains Organic Rolled Oats
- 2 tbsps honey
- 1 tbsps brown sugar (optional)
- 1 tsp ground cinnamon
- ½ tsp sea salt
- 1 tbsps butter — plus 1-2 tbsp extra or chopped dates if making the crust

FREEZER CHEESECAKE FILLING

- 1 cup heavy cream, whipped
- 8 oz packages of cream cheese, softened
- ½ cup of raw honey — a few tablespoons of raw sugar can also be added for extra sweetness
- ¼ cup sour cream
- Apx. 1 tbsp of lemon or orange zest

Directions

STOVETOP GRANOLA:

In a large skillet toast the oats over medium to medium-high heat – stir to keep from burning; they should be rich and golden brown but not burnt.  
Once the oats are done, add the honey, sea salt, cinnamon and sugar. Cook for about 1-2 minutes longer and remove from heat to cool completely.  
Once cool, put in a blender or food processor until it is mostly crumbs – leave a few ‘oaty’ bits for texture.  
*Assemble the Crust:* Add extra butter – or chopped dates – to help the crumbs hold their shape – in the final blending or blend in by hand.  
Press the granola crumb mixture into a greased 10 cake pan – or line with plastic wrap if you would like to get it out of the pan in one piece. Set aside or freeze until the filling is ready.

CHEESECAKE FILLING:

It may help to do this in small batches to keep the whipped cream from de-flating.  
Blend the cream cheese, honey and sour cream until smooth. Add zest and gently fold in the whipped cream. Pour into the prepared crust and freeze for several hours – or until solid.  
*To Serve:*  
Remove from freezer – it may take a few minutes to soften enough to slice – keep in freezer when done slicing. Serve with fresh fruit or other favorite topping.

# Turn Your Harvest into a Value-Added Business!

As fall and harvest season approaches, you may want to think about turning your harvest into a value-added business. Or maybe you have family and friends who rave about a food you make and are considering turning it into a food business? The process is inexpensive and easier than you think!

**First steps to consider – and remember, you can always call for help with these steps and a courtesy pre-inspection!**

- **Review the helpful websites and contact information.** Start here: Want an information pamphlet? Interested in having a pre-inspection with an inspector? Please feel free to contact the Maine Dept. of Agriculture, Conservation and Forestry directly at 207-287-3841 or visit [www.maine.gov/dacf/qar/permits\\_and\\_licenses/index.shtml](http://www.maine.gov/dacf/qar/permits_and_licenses/index.shtml).
- **Submit a license application** to the Maine Dept. of Agriculture, Conservation & Forestry, Quality Assurance and Regulations to obtain a Home Food Processor’s license (for non-perishable food products). The fee is \$20. Want to sell at a farmers’ market? An additional Mobile Food Vendor’s license is required.
- **If you are on well water**, you will also need to test your water for a simple water quality test (total bacteria, coliforms, nitrates, nitrites).
- **Get ready for your inspector’s visit to your kitchen.** The inspection process is quite easy, and a way to have a fresh set of eyes, and professional expertise, helping you make a quality product. What are they looking for?
  - ✓ The inspector will focus on cleanliness.
  - ✓ They watch your firsthand knowledge of how to make a final product so that there is less risk for foodborne illness.
  - ✓ Food contact surfaces that are easy to clean (made of non-porous materials) where undesirable microscopic bacteria could thrive.
  - ✓ A 2-bay sink. (A one-bay sink and dishwasher is an acceptable alternative.)
  - ✓ How you prepare and clean the kitchen, utensils and equipment prior to processing your products.
  - ✓ Adequate hot water and a septic system.

**Time to test!** Prior to selling your products, most *shelf-stable, canned* food products must be tested through the UMaine Cooperative Extension’s Food Testing Services. The purpose of this testing is to ensure product safety, that the product receives an adequate heating process, and all the critical safety factors are met (usually pH control) before selling to consumers (visit [extension.umaine.edu/food-health/food-safety/services](http://extension.umaine.edu/food-health/food-safety/services) for details). The process is quite easy to submit the batch recipe converted to a weight basis through the online system, and then send a sample to the lab for testing in the final container you wish to sell the product in. Some products do not even require testing and you only need your license and inspection to get started.

## Get additional information or training!

**University of Maine Cooperative Extension Recipe to Market – How to Start a Maine Food business factsheet:** [extension.umaine.edu/publications/3101e](http://extension.umaine.edu/publications/3101e). This fact sheet has additional information, such as what is allowed to be produced under a Maine Home Food Processor’s license and other helpful resources.  
**Sign up for a workshop training.** Request to be added to the wait list for the next Recipe to Market, 3-hour program: [extension.umaine.edu/food-health/food-safety/recipe-to-market-intensive/interest-form](http://extension.umaine.edu/food-health/food-safety/recipe-to-market-intensive/interest-form), or contact Theresa Tilton at the Penobscot County Extension Office (207.942.7396 or [theresa.tilton@maine.edu](mailto:theresa.tilton@maine.edu)). You will receive an update once an online workshop is organized and the registration site is open for the next workshop.

**Contact Us for Help!**

Food testing, product or processing-specific questions, please contact **Beth Calder, Extension Food Science Specialist and Professor of Food Science** at 207-581-2791 or [beth.calder@maine.edu](mailto:beth.calder@maine.edu).

For inspection, licensing or regulatory questions, please contact the **Maine Dept. of Agriculture Conservation and Forestry** at 207-287-3841.

## Helpful Websites for Your Farm-Ingredient Products!

**Maine Home Food Processor’s general support and information about food inspection and licensing:** [www.maine.gov/dacf/qar/inspection\\_programs/consumer\\_food\\_inspection.shtml](http://www.maine.gov/dacf/qar/inspection_programs/consumer_food_inspection.shtml)

**Maine Home Food Processor’s license:** [www.maine.gov/dacf/qar/permits\\_and\\_licenses/index.shtml](http://www.maine.gov/dacf/qar/permits_and_licenses/index.shtml)

**Water testing laboratories:** [www.maine.gov/dhhs/mecdc/environmental-health/dwp/imt/documents/CommercialListMaineLabs.pdf](http://www.maine.gov/dhhs/mecdc/environmental-health/dwp/imt/documents/CommercialListMaineLabs.pdf)

**UMaine Cooperative Extension’s Food Testing Services lab:** [extension.umaine.edu/food-health/food-safety/services](http://extension.umaine.edu/food-health/food-safety/services)

# Summer Reading Suggestions — featuring Maine farms and authors!

Compiled by Real Maine







**Augusta Farmers' Market at Mill Park**  
At the former Edwards Mill site, downtown along the Kennebec River  
*Tuesdays 2-6, May -Thanksgiving*

**Bangor Farmers' Market**  
Abbot Square, across from the Bangor Public Library  
*Sundays, 11-1:30, Late April - late Nov.*

**Bar Harbor's Eden Farmers' Market**  
YMCA parking lot, Main St. (Rt. 3)  
*Sundays 9-12, mid-May through October*

**Bath Farmers' Market**  
Waterfront Park on the Kennebec River, 100 Commercial Street  
*Saturdays 8:30-12, May - October*

**Belfast Farmers' Market**  
Waterfall Arts, 256 High Street  
*Fridays 9-1, April - November*

**Belgrade Lakes Market**  
Maine Lakes Resource Center, 137 Main St.  
*Sundays 8-1, Mid-June - mid-September*

**Bethel Farmers' Market**  
On the greenspace next to the Norway Savings Bank, 1 Park Street  
*Saturdays 9-1, late May to mid-October*

**Blue Hill Farmers' Market**  
At the Blue Hill Fairgrounds, Rte. 172  
*Saturdays 9-11:30, Late May-Early October*

**Boothbay Farmers' Market**  
On the Town Commons, 1 Common Drive  
*Thursdays 9-12, May to October*

**Bowdoinham Farmers' Market**  
Mailley Waterfront Park, 6 Main Street  
*Saturdays 8:30-12, May through October*

**Brewer Farmers' Market**  
Brewer Auditorium parking lot, 318 Wilson Street  
*Saturdays and Tuesdays 8:30-1, May through October*

**Bridgton Farmers' Market**  
In front of the Bridgton Community Center, Depot Street.  
*Saturdays 8-12, May to Thanksgiving*

**Brooklin Farmers' Market**  
In the parking lot between the church & the library, 4 Bay Rd (Rt. 175)  
*Thursdays 11-1, Late May to Columbus Day*

**Brooksville Farmers' Market**  
Community Center Parking Lot, Cornfield Hill Rd.  
*Tuesdays 9:30-12, June-September*

**Brunswick Farmers' Market**  
On the mall downtown, Maine Street  
*Tuesdays and Fridays 8-1, May to Thanksgiving*

**Brunswick-Topsham Land Trust Farmers' Market**  
Crystal Spring Farm, 277 Pleasant Hill Road  
*Saturdays 8:30-12:30, May through October*

**Bucksport Bay Farmers' Market**  
In the Post Office parking lot, 99 Main Street  
*Thursdays 12-3, mid-May through October*

**Calais Farmers' Market**  
Downtown on the green, Main Street  
*Tuesdays 11-1, mid-June to October*

**Camden Farmers' Market**  
Old Tannery Site, 116 Washington Street (Rt 105)  
*Saturdays 9-12, Wednesdays 3:30-6, May through October*

**Cherry Hill Farmers' Market**  
616 Main St., Gorham  
*Wednesdays 2-6, May to October*

**Cornish Farmers' Market**  
Cornish Fairgrounds  
*Fridays 3-6, Early June to Labor Day*

**Cumberland Farmers' Market (CFMA)**  
Cumberland Town Hall Complex, 290 Tuttle Road  
*Saturdays 10-1, mid-May through October*

**Damariscotta Farmers' Market**  
Damariscotta River Association, 109-110 Belvedere Road  
*Fridays 9-12, Mid-May through October*

**Denny's River Farmers' Market (Dennysville)**  
Dennysville Snomobile ATV Club, 24 Milwaukee Rd.  
*Wednesdays 3-5:30, June to Thanksgiving*

**Dover Cove Farmers' Market**  
1033 South Street, Piscataquis County Ice Arena  
*Saturdays 9-1, Mid-May through October*

**Eastport Farmers' Market**  
Beside the Post Office, 7 Washington Street  
*Saturdays 11-1, late June through September*

**Ellsworth Farmers' Market**  
190 Main Street  
*Saturdays 9:30-12:30, April through October*

**Fairfield Farmers' Market**  
Nazarene Church Parking Lot, 81 Main Street  
*Wednesdays 2-6 and Saturdays 9:30-1:30, Mid-May - October*

**Falmouth Farmers' Market (CFMA)**  
Next to the ice rink and Walmart, 22 Hat Trick Dr.  
*Wednesdays 10-2, mid-May - October*

**Farmington Farmers' Market (Fridays)**  
Between Better Living Center and Narrow Gauge Cinema, Front Street  
*Fridays 10-1, May through October*

**Farmington Farmers' Market (Saturdays)**  
The courthouse parking lot, 129 Main Street  
*Saturdays 9-12, May through October*

**Freeport Farmers' Market**  
Next to Freeport Town Offices at 22 Main St.  
*Fridays 9-1, early June through mid-October*

**Gorham Farmers' Market**  
Route 114, 71 South Street  
*Saturdays 8:30-12:30, May through October*

**Gray Village Farmers' Market**  
4 Main St, Village Green  
*Sundays 10-1, July-October*

**Greenwood Farmers' Market**  
Old Greenwood Town Office, 270 Main Street (Route 26), Lock Mills  
*Fridays 4-6, June-November*

**Hallowell Farmers' Market**  
Steven's Commons, 2 Beech Street  
*Saturdays 9-12, May through October*

**Hampden Farmers' Market**  
St. Matthews Church, 70 Western Ave.  
*Fridays 2-5:30, mid-May to mid-October*

**Harrison Farmers' Market**  
Route 117, between Depot St. and Tolman Rd.  
*Fridays 2-5, Late May to mid-September*

**Holden Farmers' Market**  
Historic Holden Town Hall, 723 Main Road  
*Fridays 2-6:30, June to October*

**Houlton Community Market**  
Market Square  
*Saturdays 8:30-12:30, late May through Oct.*

**Howland Farmers' and Artisans' Market**  
Bridge Street  
*Sundays 10-2, May through early October*

**Islesboro Farmers' Market**  
Islesboro Community Center, 103 Pendleton  
*Wednesdays 10:30-1, late-June to early Sept.*

**Kennebunk Farmers' Market**  
Garden Street Lot, 3 Wells Ct.  
*Saturdays 8-1, May to mid-November*

**Kittery Community Market**  
In the Post Office parking lot, 10 Shapleigh Rd.  
*Sundays 10-2, May to October*

**Leeds Farmers' Market**  
On the green next to the Leeds Historical Society, 1271-1299 ME-106  
*Fridays 3-6, Memorial Day Weekend to Labor Day Weekend*

**Lewiston – Kennedy Park Farmers' Market**  
Kennedy Park, corner of Pine St. & Bates St.  
*Tuesdays, 2-5*

**Lewiston Farmers' Market**  
2 Oxford Street  
*Sundays 9:30-1, late May to mid-October*  
**Lincoln Farmers' and Artisans' Market**  
Town Square on Main Street  
*Fridays 10-2, late June - mid-October*

**Lubec Market**  
Downtown, 55 Water St.  
*Saturdays 10-12, May through October*

**Machias Valley Farmers' Market**  
On the dike across from Helen's Restaurant, 76 U.S. 1  
*Fridays 9-2, Saturdays 9-1, mid-May through October*

**Milbridge Farmers' Market**  
Camden National Bank parking lot, 29 Main St.  
*Fridays 9-12, Memorial Day to mid-September*

**Newport Farmers' Market**  
Her Closet Consignment Boutique, 72 Main St.  
*Sundays 10-3, May through October*

**North Berwick Farmers' Market**  
Mill Field  
*Thursdays 3-6, June through September*

**North Yarmouth Outdoor Market**  
North Yarmouth Community Center, 120 Memorial Highway  
*Tuesdays 4:30-7:30, early June to early September*

**Northeast Harbor Farmers' Market**  
On the Green, Harbor Drive  
*Thursdays 9-12, late June to August*

**Norway – Alan Day Community Market**  
Alan Day Community Garden, 26 Whitman St.  
*Fridays 5-8, July through September*

**Ocean View Grange Farmers' Market**  
Rt. 131 between Tenants Harbor and Port Clyde, 435 Port Clyde Road  
*Wednesdays 9-1, Late May-Mid-October*

**Orono Farmers' Market**  
University Steam Plant parking lot, College Ave.  
*Saturdays 8-12, Tuesdays 2-5:30, May through Thanksgiving*

**Phillips Farmers' Market and Faire**  
American Legion Post #64, 15 Depot St  
*Saturdays 9-11, Memorial Day to September*

**Pittsfield Farmers' Market**  
Corner of Hathorn Park, across from the Church of the Nazarene, 200 Central St.  
*Mondays 2-6, May through October*

**Portland Farmers' Market – Deering Oaks**  
At Deering Oaks Park  
*Saturdays and Wednesdays 7-1, April through November*

**Presque Isle Farmers' Market at Riverside**  
Riverside Pavilion, 19 Riverside Drive  
*Saturdays 8:30-1, June-October*

**Rangeley Area Farmers' Market**  
Sandy River Planation, Intersection of Rte 4 & South Shore Drive  
*Tuesdays 11-2, June through September*

**Rockland Farmers' Market**  
In Harbor Park, just off Main St, right on the Public Landing  
*Thursdays 9-1, May through October*

**Rockport Farmers' Market**  
Guini Ridge Farm Greenhouses, 310 Commercial St.  
*Saturdays 9-12, Year-round*

**Saco Farmers' Market**  
Shaw's Parking Lot, Spring St.  
*Saturdays 8-12, May through October*

**Sanford Farmers' Market**  
At Central Park across from Town Hall  
*Saturdays 8-12, Early May to Columbus Day*

**Scarborough Farmers' Market**  
In the Town Hall parking lot, 259 U.S. Route 1  
*Sundays 9-1, June through October*

**Skowhegan Farmers' Market**  
Somerset Gristmill (old jail), at Court and High Streets  
*Saturdays 9-1 May through October*

**Somerville - Pumpkin Vine Family Farmers' Market**  
In the red market building by the entrance to the farm, 217 Hewett Road  
*Sundays 11-3, Mid-May - Mid-October*

**South Berwick Farmers' Market**  
180 Main St., South Berwick Town Hall  
*Mondays, 3-6, June through September*

**South Portland Farmers' Market**  
City Hall Parking Lot, 25 Cottage Road  
*Sundays 10-2, early May through October*

**Southwest Harbor Farmers' Market**  
In the St. John's Church parking lot across from Bar Harbor Bank on Main Street  
*Fridays 9-12:30, mid-June to Columbus Day*

**Steep Falls Farmers' Market**  
Gazebo Park, 1 Main Street  
*Saturdays 9-2, May through October*

**Stonington Farmers' Market**  
Island Community Center parking lot, School St.  
*Fridays 10-12, mid-May to mid-October*

**Union Farmers' Market**  
27 Common Road in Union; just off Route 1  
*Fridays 3-6, early May through October*

**United Farmers' Market of Maine – Belfast**  
18 Spring St., Belfast  
*Saturdays 9-2, Year-round*  
**Unity Farmers' Market**  
Unity Community Center, 32 School Street  
*Saturdays 9-1, May to Thanksgiving*

**Waldoboro – Long Cove Farmers' Market**  
East Forty Farm & Dairy, 2361 Friendship Rd.  
*Fridays 3-6, June to September*

**Waterford Farmers' Market**  
On the Common across from Keyes Pond, Rt. 35/37  
*Mondays 2-5, June through September*

**Waterville – Downtown Waterville Farmers' Market**  
By Two Penny Bridge, Head of Falls  
*Thursdays 2-6, mid-April through Thanksgiving*

**Wayne Farmers' Market**  
Main Street Park next to the Post Office  
*Saturdays 9-12, Memorial Day to Labor Day Weekend*

**Wells Farmers' Market**  
Wells Library, Post Rd (Rte 1)  
*Wednesdays 1:30-5, June-September*

**Wilton Farmers' Market**  
McGillicuddy Park, 430 Main Street  
*Saturdays 9-1, May to September*

**Windham Farmers' Market**  
Buck's Barbeque back lot, 4 Turning Leaf Rd  
*Saturdays 8:30-12:30, Late May to October*

**Windsor Farmers' Market**  
243 Ridge Rd (Rt. 32)  
*Sundays 10-2, Year-round*

**Winter Harbor Farmers' Market**  
Newman Street  
*Tuesdays 9-12, Mid-June to Labor Day*

**Wiscasset Farmers' Market**  
Wiscasset Town Office, 51 Bath Road  
*Fridays 9-12, June through October*

**Yarmouth Farmers' Market**  
Bickford Pavilion, 1 Railroad Square  
*Thursdays 3-6, May through October*

**York Gateway Farmers' Market**  
Greater York Region Chamber Visitor Center, 1 Stonewall Lane  
*Saturdays 9-1 and Thursdays, May to October*







## Tips for your visit:

- **Call and plan ahead.** Contact information for the host farms is included in this section.
- **Double-check the schedule.** Farm schedules may change. Contact the business ahead of time for updates.

**What to expect:** Each farm is different! Open Farm Day is a voluntary offering by Maine farms who set aside time in their weekly schedule to share insight into the business of farming. Some farms offer tours, farm products for sale, and educational resources.

Looking for even more information? Check out the activities and event calendar on [www.RealMaine.com!](http://www.RealMaine.com!)

## ANDROSCOGGIN

**Attwood Farm & Kitchen LLC**  
277 POLAND CORNER RD, POLAND  
[www.attwoodfarmofmaine.com](http://www.attwoodfarmofmaine.com)  
[attwoodfarm.maine@gmail.com](mailto:attwoodfarm.maine@gmail.com)  
(218) 343-1442

Attwood Farm & Kitchen is a diverse farm with beef and sheep used for meat and wool production, horses for pleasure, and chicken and ducks for eggs. We also have vegetable gardens, a small apple orchard and various fruit plants used to produce quality food products in our licensed home kitchen. We are dedicated to raising animals in a natural and sustainable fashion with the strictest attention to animal health and comfort. These practices ensure a superior quality of meat and value added products for our customers. We love building our community connections here at our picturesque farm and are excited to help others learn about farming!



**Boothby's Orchard and Farm Market**  
366 BOOTHBY RD, LIVERMORE  
[www.boothbysorchard.com](http://www.boothbysorchard.com)  
[boothbysorchard@gmail.com](mailto:boothbysorchard@gmail.com)  
(207) 754-3500

Boothby's Farm Market, 1425 Federal Road in Livermore, is now our primary home. Opening late June through October featuring our own fruits, produce, beef, wine and best produce, plus breads and baked goods from other local farms and artisans. Our goal is to

bring you a well-rounded, open air market.

Back at the farm at 366 Boothby Road, we are a pick-your-own apple picking and/or wine tasting experience with friendly apple eating cows to entertain your family. Open September through Columbus day, Thursdays through Sundays 10-5. We also have onsite lodging for a farm stay experience or the site for your private event or wedding.



**Gathering Winds Farm & Orchard**  
315 POLAND CORNER ROAD, POLAND  
[www.gatheringwindsfarm.com](http://www.gatheringwindsfarm.com)  
[gatheringwindsfarm@gmail.com](mailto:gatheringwindsfarm@gmail.com)  
(207) 650-6974

We are a small family farm and veteran owned. We have been farming on a small scale for 12 years raising our young family knowing how to raise and grow their own foods. Our children take an active role in caring for the animals we raise and participate in planning our gardens each year. This past year we moved to a larger farm and are slowly growing foods for family and soon community. We believe in sustainable practices, free ranging animals on the fruits of the lands and high quality produce that is produced locally and sold locally. Join us as we journey with our family on our new farm adventure. Apples, peaches, pears, pasture-raised chicken and pork seasonally, and vegetables. Join the local farm-to-table journey.



## Use these symbols to help plan your visit



FARM



WINERY / CIDERY



SPECIALTY

SUGAR SHACK /  
MAPLE SYRUPNURSERY /  
GREENHOUSE

FARMERS' MARKET



CREAMERY

BREWERY /  
DISTILLERY

AGRITOURISM

### Nezinscot Farm & Store

284 TURNER CENTER RD, TURNER  
[www.nezinscotfarm.com](http://www.nezinscotfarm.com)  
[gloria@nezinscotfarm.com](mailto:gloria@nezinscotfarm.com)  
(207) 225-3231

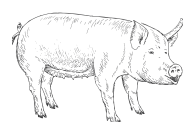
Nezinscot Farm began as the first Organic Dairy in the state of Maine. Through the desire to diversify and the passion for good food, Nezinscot's owners, Gregg & Gloria Varney expanded Nezinscot Farm to encompass a Gourmet Food Shop, a Cafe and Coffee Shop, a Bakery, a Fromagerie, a Charcuterie, and a Yarn & Fiber Studio.

Nezinscot Farm is located in the picturesque town of Turner, Maine surrounded by 250 acres of Organic Farmland. On the grounds, you can find acres of veggie gardens, rolling fields, farm animals, and the Nezinscot River.



### Hummingbird Farm Greenhouse

202 BEAN ST, TURNER  
[hummingbirdfarm.net](http://hummingbirdfarm.net)  
[hummingbird@megalink.net](mailto:hummingbird@megalink.net) • (207) 224-8220  
We are a family-operated greenhouse specializing in Clematis for the Frozen North. Our primary focus is on mail order, with open houses for local customers during the spring and summer.



### ClearView Cider & Creamery

140 SHACKLEY HILL RD, LIVERMORE  
[www.clearviewfarmcreamery.com](http://www.clearviewfarmcreamery.com)  
[jasmine.castonguay@gmail.com](mailto:jasmine.castonguay@gmail.com)  
(207) 500-2733

ClearView Farm was established in August of 2011. We are a licensed cervid (deer) & dairy goat farm. Over the years our farm has grown to 100+ deer (red deer & fallow deer), including peafowl, guineafowl, Nigerian dwarf & Nubian dairy goats, rabbits, chickens & bees.

We offer heat treated goat milk, goat cheese, goat milk fudge, as well as free range eggs, honey, maple syrup, jam, jelly, pickled veggies, baked goods, fruit, apple cider, vegetables & goat milk bath & body products.



### Roebucks Angus

783 UPPER ST, TURNER  
[jbuck@megalink.net](mailto:jbuck@megalink.net) • (207) 754-1558  
We raise and sell Angus beef.



### Old Crow Ranch

427 DAVIS ROAD, DURHAM  
[www.oldcrowranch.com](http://www.oldcrowranch.com)  
[oldcrowranch@gmail.com](mailto:oldcrowranch@gmail.com) • (207) 329-8775

Old Crow Ranch is a 70-acre, family-owned, pasture-based livestock farm. We operate on a modified Community Supported Agriculture (CSA) system and offer stellar wholesale meat to our customers. Or, you can buy cuts directly from our farm store year-round. Our cattle, pigs, and chickens have access to fresh grass and forage whenever the season allows. As a Forever Farm, we know that we are merely the caretakers for now, helping to cultivate this land for future generations.



### Canty Cow Creamery

278 UPPER STREET, TURNER  
207-713-5145 • [cantycow.com](http://cantycow.com)  
Premium, homemade frozen custard using natural ingredients, simple recipes and fresh, award-winning milk from our own happy, healthy cows.



## AROOSTOOK

### Micmac Farms

1353 PRESQUE ISLE ROAD, CARIBOU  
[www.micmacfarms.com](http://www.micmacfarms.com)  
[farm@micmac-nsn.gov](mailto:farm@micmac-nsn.gov) •  
Located off Route 1 in Caribou, Micmac Farms has been a Tribal staple for just over 10 years! We grow 4 acres of mixed vegetables and fruits,

create our very own canned goods with our fresh from the field produce, and work hard every day to get our nutritional goods into the hands of Mainers who need it most. Affectionately named 'The Farm' by tribal members, we want to emulate just how important the community is to us here. From hosting events for friends and family to gather, to bringing our produce right to your door, we are here for YOU!



### Gallifreyan Farm

133 CODFISH RIDGE RD, LINNEUS  
[www.GallifreyanFarm.com](http://www.GallifreyanFarm.com)  
[info@gallifreyanfarm.com](mailto:info@gallifreyanfarm.com) • (207) 358-0306  
Gallifreyan Farm is a small farm in Northern Maine with a focus on fiber products and vegetable production. Our small greenhouse is both a part of our Farm Shop, but also helps us get a jump on our own seedlings, and our large high tunnel extends our growing season by a couple months.



### McElwain's Strawberry Farm

711 SWEDEN ST, CARIBOU  
[www.mcelwainstrawberryfarm.com](http://www.mcelwainstrawberryfarm.com)  
[mcelwainsfarm@outlook.com](mailto:mcelwainsfarm@outlook.com)  
(207) 498-8276

We sell pre-picked and U-pick strawberries. We also have raspberries, blackberries, apples, and seasonal vegetables including cucumbers, beet greens, chard, tomatoes, lettuce, carrots, squash, zucchini, potatoes and sweet corn. Also fall decorations, including pumpkins, gourds, mums, straw bales, and corn stalks.



## CUMBERLAND

### Acker's Acres Angoras

359 GLOUCESTER HILL ROAD, NEW GLOUCESTER  
[www.bunnyblend.com](http://www.bunnyblend.com)  
[backer@maine.rr.com](mailto:backer@maine.rr.com) • (207) 926-4921  
Acker's Acres Angoras is an Angora Rabbit Farm and Fiber Studio, raising Angora rabbits for over 40 years. Spinning fibers, yarns and knit garments as well as rabbits are available at the farm-based Fiber Studio and Craft Shop.



### Braun's Riverside Lavender Farm

55 RIVER RD, STEEP FALLS  
[riversidelavender.com](http://riversidelavender.com) • (207) 332-6502  
[riversidelavender@gmail.com](mailto:riversidelavender@gmail.com)



### Carrageen Suri Alpacas

82 WEST GRAY ROAD, GRAY  
[www.carrageensurialpacas.com](http://www.carrageensurialpacas.com)  
[carrageens@twc.com](mailto:carrageens@twc.com) • (207) 653-1144  
Raising Suri Alpacas and selling fiber products, breeding stock, and offering tours. We sell alpaca yarn from our own alpacas in a wide assortment of natural colors. Also pure baby alpaca yarns in a variety of vibrant colors! At our farm store you can find alpaca scarves, mittens, finger and fingerless gloves, baby blankets, hats, several varieties of socks and boot inserts all at great prices.



### Ten Apple Farm

241 YARMOUTH RD, GRAY  
[www.tenapplefarm.com](http://www.tenapplefarm.com)  
[karl@tenapplefarm.com](mailto:karl@tenapplefarm.com) • (207) 657-7880

Ten Apple Farm is a diversified homestead and agritourism destination. On 18 acres of land and woods, we tend a small herd of Alpine dairy goats, assorted poultry, a small apple orchard and a large kitchen garden. Our regular goat hikes are a 2 hour family friendly farm and outdoor experience. After the hike, try your hand at goat milking, and enjoy some fresh goat milk and cookies! Children must be at least 5 years old to hike with the goats. Tickets for scheduled hikes are available on our events page. Contact us to schedule private hikes or other farm experiences for families, small groups, or corporate team building. Our farm guest house, The Woods House at Ten Apple Farm is available for short term visits and farm stays through Airbnb.



### Orchard Ridge Farm

236 SEBAGO LAKE RD, GORHAM  
[orchardridge.farm](http://orchardridge.farm)  
[orchardridgefarmme@gmail.com](mailto:orchardridgefarmme@gmail.com)  
(207) 712-1433

Orchard Ridge Farm is situated on 38 acres of hilly orchards and wooded forest in Gorham, Maine. We invite you and your family to come enjoy this beautiful landscape not only during the u-pick season, but year round! We are open daily for you to explore the property on our multi-use perimeter trail, enjoy some tasty food and libations by the fire in our dining areas after an afternoon outdoor fun, and relax knowing we are here to ensure you and your loved ones are in for a great day!



### Phillip View Farm

723 BRIDGTON RD, SEBAGO  
[phillipviewfarm@gmail.com](mailto:phillipviewfarm@gmail.com) • (207) 787-3391  
Phillip View Fam is a family run farm located among the hills and mountains west of Sebago

Lake. We are committed to a sustainable pasture based livestock model. Our Scottish Highland cattle are rotationally grazed on over 22 pastures. The pigs are pasture raised, rooting and roaming as pigs were meant to. The chickens are either free ranged or in "tractors" out on the pasture.



### Pismire Mountain Fiber Farm

338 RAYMOND HILL ROAD, RAYMOND  
[www.pismiremountainfiber.com](http://www.pismiremountainfiber.com)  
[pismiremountainfiber@gmail.com](mailto:pismiremountainfiber@gmail.com)  
(207) 671-7417  
We are committed to raising quality fiber from our farm to your project.



### Pineland Farms

15 FARM VIEW DRIVE, NEW GLOUCESTER  
[www.pinelandfarms.org](http://www.pinelandfarms.org)  
[pr@pinelandfarms.org](mailto:pr@pinelandfarms.org) • (207) 688-4539  
Located in the rolling hills of New Gloucester, Maine, Pineland Farms is a 5,000-acre working farm, diverse business campus and educational and recreational venue that welcomes visitors to enjoy its beautiful rural landscape.



### Tir na nOg Farm

44 LEIGHTON ROAD, POWNAL  
[mainecelt.weebly.com/](http://mainecelt.weebly.com/)  
[suemackeral@gmail.com](mailto:suemackeral@gmail.com) • 207-749-8321  
We practice restorative agriculture with humanely-raised livestock on a farm with deep Celtic roots. Enjoy free-range heritage-breed meat and poultry, organic produce, herbs and flowers, and sustainably-foraged wild mushrooms. Edible flowers are a specialty, along with Celtic folklore and cultural resources. Special features for Open Farm Day 2022: Scottish Highland "tweed-waulking" demos with live Gaelic singing, (10 am and 2 pm) and a demonstration of longword techniques by Moose Historical Fencing, a Portland chapter of HEMA (Historical European Martial Arts) at 1:00.



### Underhill Fibers

50, WILSON RD, GORHAM  
[www.underhillfibers.com](http://www.underhillfibers.com)  
[underhillfiber@yahoo.com](mailto:underhillfiber@yahoo.com) • (207) 756-0076  
Underhill Fibers is a fiber carding mill as well as a fiber farm! We now card and spin your fibers as well as our own farm fibers.





**Smiling Hill Farm**

781 COUNTY RD, WESTBROOK  
[www.smilinghill.com](http://www.smilinghill.com) • (207) 775-4818  
[info@smilinghill.com](mailto:info@smilinghill.com)

The Knight family has been farming here since 1720, producing quality dairy products. We practice methods passed down through the generations to promote the health and well-being of our animals and the environment on which we all depend.



**FRANKLIN**

**Happy Snowman Alpaca Farm**

253 KNOWLTON CORNER ROAD,  
FARMINGTON

[HappySnowmanAlpacaFarm.com](http://HappySnowmanAlpacaFarm.com)

[HappySnowmanAlpacaFarm@yahoo.com](mailto:HappySnowmanAlpacaFarm@yahoo.com)  
(774) 254-0332

Small family alpaca farm with 22 alpacas, 2 llamas, countless chickens, and a couple pet rabbits and ducks for fun.



**JB Farm**

140 STINCHFIELD HILL ROAD,  
CHESTERVILLE

[jbfarmme.com](http://jbfarmme.com) • (207) 399-7652  
[jbfarm15@gmail.com](mailto:jbfarm15@gmail.com)

We are a small farm in Chesterville raising registered Hereford and Belted Galloway Beef Cattle, as well as a small variety of poultry. We offer turkey, lamb, and assorted cuts of pork and beef, including bacon! Occasionally we have sides or quarters available. We offer old fashioned donuts every weekend, and on occasion we fill our bakery case with cinnamon rolls, muffins, whoopie pies and fudge. We also have a variety of canned goods made from our own or locally sourced produce and maple produced on-site. Our recipes are old family recipes making our goods “just like Grandma used to make!”



**HANCOCK**

**Cheryl Wixson’s Kitchen at  
Rabbit Hill Farm**

PO BOX 757, STONINGTON  
[www.cherylwixsonskitchen.com](http://www.cherylwixsonskitchen.com)  
[cw@cherylwixsonskitchen.com](mailto:cw@cherylwixsonskitchen.com)  
(207) 367-5003

On the island of Deer Isle, Rabbit Hill Farm overlooks eastern Penobscot Bay and the wind towers of Vinyl Haven. Deep in the woods of Crockett Cove, homesteaders Cheryl & Flip spend their days farming, fishing, and foraging



for island foods, creating organic specialty products and crafting sparkling hard & sweet ciders in their commercial kitchen and winery. Rabbit Hill features farm tours, chowder & popover luncheons and farm-to-table suppers. Visit with the rabbits, an important component of the farm's unique soil-building technique or hike to Rabbit Island for clamming. Sustainable practices, breath-taking views, and unforgettable food are the hallmark of this distinctive MOFGA certified organic farm, cider orchard, and rabbitry.



**The Good Life Center**

372 HARBORSIDE ROAD, HARBORSIDE  
[goodlife.org](http://goodlife.org) • (207) 374-5386  
[goodlifecenteradm@gmail.com](mailto:goodlifecenteradm@gmail.com)

The Good Life Center at Forest Farm in Brooks-ville is the historic final homestead of Helen and Scott Nearing, who were prominent proponents of sustainable living, leaders of the Back to the Land movement, and powerful social activists. Helen and Scott Nearing wrote the now famous book “The Good Life.” Visitors are welcome to tour the organic gardens, explore the hand-built yurts and stone house, and learn strategies for simple and sustainable living from the Resident Stewards.



**KENNEBEC**

**Arkeo Farm**

320 TOWN FARM ROAD, SIDNEY  
[arkeofarm@gmail.com](mailto:arkeofarm@gmail.com)

[arkeofarm@gmail.com](mailto:arkeofarm@gmail.com) • (207) 441-0497

Arkeo Farm started in 2012 with only three Percentage Does. We now have between 20-40 Boer and dairy goats on the farm depending on the time of year as well as 30+ laying hens. We sell Chevre (Goat Cheese), Chevon (Goat Meat), Cajeta (Goat Milk Caramel) and Free Range Eggs. We also offer high quality breed and show stock.



**Butting Heads Farm**

281 COSTELLO ROAD, GARDINER  
[buttingheadsfarm@yahoo.com](mailto:buttingheadsfarm@yahoo.com)  
(207) 462-1637

The Butting Heads Farm name came from our first love — goats. Starting with goat's milk soap and cheese, we soon expanded into other family classics. Now, we specialize in pickles and preserves, but also offer ready-to-cook meals, sweet and delicious treats, and an entire farm store filled with goods made with care and love.



**Misty Acres Alpaca Farm**

3071 WEST RIVER RD, SIDNEY  
[mistyacresalpaca.com](http://mistyacresalpaca.com) • (207) 547-2268  
[cllaliberte@roadrunner.com](mailto:cllaliberte@roadrunner.com)

We specialize in alpaca breeding, alpaca sales, and birthing. We provide mentoring and support to new breeders or farmers. Alpaca products are also available at our store and open farm visitation is offered at various times throughout the year.



**MeANS**

13 EASLER RD, HINCKLEY

[meansacademy.org](http://meansacademy.org)

[ghilmer@meansacademy.org](mailto:ghilmer@meansacademy.org) • (207) 238-4112  
Student led farm at the Maine Academy of Natural Sciences.



**Hart-to-Hart Farm & Education Center**

16 DUCK POND LN, ALBION

[www.hart2hartfarm.org](http://www.hart2hartfarm.org)

[hart2hartfarm@gmail.com](mailto:hart2hartfarm@gmail.com) • (207) 437-2441

Certified organic dairy and education center. We milk 60 head of registered Jerseys and are owners-members of Organic Valley. We have a farm stand on site. In addition, we offer a number of educational programs. Highlights: our summer youth day camp program for youth ages 5 - 16. Check out our website for current programs ad events.



**Anchor ME Farm**

584 RIDGE ROAD, WINDSOR

[anchormefarm.com](http://anchormefarm.com)

[info@anchormefarm.com](mailto:info@anchormefarm.com) • (207) 445-8192

Bakery and hobby farm featuring baked goods, veggies and animals!



**Winterberry Farm**

538 AUGUSTA ROAD, BELGRADE

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

[info@winterberryfarmstand.com](mailto:info@winterberryfarmstand.com)  
(207) 649-3331

Old-fashioned organic family farm producing veggies, eggs, pies, bread, honey, jams, pickles, wreaths and fresh cut flowers. Open year round. We have CSA Shares available for cut flowers and vegetables, a horse and oxen powered farm, we are certified organic and a protected forever farm.



**Rmt Farms LLC**

404 ACADEMY RD, LITCHFIELD

[www.rmtfarms.com](http://www.rmtfarms.com) • (207) 409-9939

[mikerobinson@rmtfarms.com](mailto:mikerobinson@rmtfarms.com)

We raise many different animals here on our farm. All our products are 100 percent all natural, homemade using only the highest quality USA sourced natural ingredients. All animal by products come from our well cared for animals. All our products are safe on all skin types. We are open to the public and welcome visitors.



**Olde Haven Farm**

159 TOGUS RD., CHELSEA

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

[pamela@oldehavenfarm.com](mailto:pamela@oldehavenfarm.com) • (207) 620-0917

Here at Olde Haven Farm, we believe in knowing where our food comes from. We believe that our animals deserve a happy healthy life. Chickens forage for bugs in the fields. Sheep graze on lush green pastures with the goats near by. We also believe in using the resources that our land provides for us, and being good stewards of our land.



**Foggy Moon Farm**

500 LEWISTON ROAD, W. GARDINER

**facebook: Foggy Moon Farm**

[tabbott@maine.edu](mailto:tabbott@maine.edu) • (207) 458-4111

We sell seasonal fresh farm raised pork, turkey and Piedmontese beef.



**KNOX**

**Brae Maple Farm**

233 NORTH UNION RD, UNION

[aasmith@tidewater.net](mailto:aasmith@tidewater.net) • (207) 785-4978

We offer a large variety of MOFGA certified organic vegetables, herb plants and dried flowers. We also sell catnip toys, felted Christmas ornamnets, dream pillows, and smudge sticks. We are at the Rockland Farmers' Market on Thursdays from 9am-1pm, May through October and the Camden Farmers' Market on Saturdays from 9am-12pm.



**Sweet Season Farm**

77 LIBERTY RD, WASHINGTON

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

[efreardon@aol.com](mailto:efreardon@aol.com) • (207) 845-3028

Farm, Market, Cafe and Ice Cream Shop. Specializing in u-pick raspberries and high bush blueberries. Local Maine made products, produce, meats, cheese, craft beers and wines in our farm store. Enjoy a great meal in our

cafe serving locally produced foods or a decadent ice cream featuring locally made Round Top Ice Cream. Farm stay available in our newly renovated cottage, call for details.



**Sweethaven Farm**

1077 NORTH UNION ROAD, UNION

[www.sweethavenfarm.me](http://www.sweethavenfarm.me)

[karinashorten@gmail.com](mailto:karinashorten@gmail.com) • (617) 997-3176

Sweethaven Farm is a family run farm specializing in cut flowers. Our cut flower CSA share is a weekly bouquet subscription service, consisting of field grown fresh flowers like dahlias, larkspur, amaranth, and zinnias, to name a few! When you join our CSA, you are supporting local agriculture at a time when farms need your support most.



**ME Water Buffalo Co.**

232 OLD COUNTY RD, APPLETON

[www.mewaterbuffaloco.co](http://www.mewaterbuffaloco.co)

[mewaterbuffaloco@gmail.com](mailto:mewaterbuffaloco@gmail.com)

(207) 785-6493

At ME Water Buffalo Co. we raise our herd of water buffalo for their nutritious meat & we are state licensed as Maine's first water buffalo dairy as well. We offer both locally raised, pasture/grass fed, all natural water buffalo meat as well as deliciously creamy water buffalo dairy products for sale at the farmstore, some local farmers markets & some local retailers. Water buffalo meat is a healthy alternative to beef, and tastes great! Water buffalo's super creamy milk has more calcium & more protein than cow's milk and it tends to be easily digestable for individuals with lactose intolerance. We also offer seasonal paid farm tours Monday-Saturday BY APPOINTMENT ONLY.



**Seacolors Yarnery at  
Meadowcroft Farm**

45 HOPKINS RD, WASHINGTON

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

[Queen@getwool.com](mailto:Queen@getwool.com) • (207) 845-2587

Maine's home of the itch-free wool! Home-grown soft wool, solar dyed, in seawater. One of a kind yarns, sweaters and maine blankets.



**Rebel Road Cooperative Farm**

2009 NORTH UNION ROAD, UNION

[www.rebelroad.love](http://www.rebelroad.love) • 603-986-3506

[Victoryhempco@gmail.com](mailto:Victoryhempco@gmail.com)

Rebel Road Cooperative farm is a 10 acre agricultural shared space for personal and agricultural growth and connection. The farm holds space for a variety of agriculture related endeavors including events, workshops and community gather-

ings. Many businesses call Rebel Road home, including Victory Hemp, Victory Botanicals, Heart 2 Harvest. Some other farmers from the area share space as their businesses expand, including Sweet Haven Farm and Gunni Ridge Farm.



**LINCOLN**

**Cape Newagen Alpaca Farm**

1020 HENDRICKS HILL RD, SOUTHPORT

[capenewagenfarm.com](http://capenewagenfarm.com) • (207) 633-0416

[capenewagenalpacas@gmail.com](mailto:capenewagenalpacas@gmail.com)

We are mid-coast Maine fiber producers selling our own farm raised alpacas and yarn. We love to introduce and educate our visitors about alpacas in their natural habitat. Agritourism visits to our farm are scheduled by appointment on our website. We offer 45-minute educational farm tours, 75-minute alpaca treks learning about and walking your own alpaca, and various private tours and educational workshops. Visitors can shop in our gift shop for our local goods including our own salve and farm soap.



**Beau Chemin Preservation Farm**

1749 FINNTOWN RD, WALDOBORO

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

[heritagefarmer@me.com](mailto:heritagefarmer@me.com) • (207) 691-8164

Self-serve, in-season berries, field raised perennials, cut flowers and pelargoniums. This farm specializes in heritage varieties of livestock and plants. Wool from four endangered heritage breeds of sheep. Ducklings available in late spring. Year-round: wool, breeding stock, spinning demos. Hours: Daily. Call ahead. Berries, perennials, flowers, eggs, ducklings are certified organic.



**Broad Arrow Farm Market & Butcher**

33 BENNER RD, BRISTOL

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

[info@broadarrowfarm.com](mailto:info@broadarrowfarm.com) • (207) 800-4550

In our on-farm specialty food market, we offer pasture-raised, organic-fed meats and charcuterie, chef-prepared meals, Maine craft beers, Artisanal breads and bagels, cheeses and other dairy, free-range eggs, organic produce, and all the ingredients you need for breakfast, lunch, supper and appetizers/snacks.



**Dragonfly Cove Farm**

5 MCCOBB RD, DRESDEN

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

(207) 737-8737 • [marge.kilkelly@gmail.com](mailto:marge.kilkelly@gmail.com)

Dragonfly Cove Farm is a small niche producer of goat meat, eggs, poultry and pork. Specialty

products include goat milk soap, ready to eat goat sausages-pepperoni, salami, chorizo and sujak; Barn Raising Pancake Mix and Goatmeal hot cereal mix. Turkeys are available preorder for Thanksgiving each year.



**Lakin's Gorges Cheese at  
East Forty Farm**

2361 FRIENDSHIP RD, WALDOBORO

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

[info@eastfortyfarm.com](mailto:info@eastfortyfarm.com) • (207) 230-4318

Founded in 2011, Lakin's Gorges Cheese makes original recipe cows milk cheeses. They are available at the East Forty Farm Store in Waldoboro, at retailers around the state and are available for shipping nationwide. Looking for a special treat? Consider a Cheese Board for Two To-Go or a Glorious Graze. Planning a special event? Reserve the Summerhouse for a Private Cheese or Fondue Party for up to 6 people.



**Pumpkin Vine Family Farm**

217 HEWETT RD, SOMERVILLE

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

[info@pumpkinvinefamilyfarm.com](mailto:info@pumpkinvinefamilyfarm.com)

(207) 549-3096

Pumpkin Vine Family Farm is a goat dairy and farm education center. Our Nubian and Alpine goats graze our hill pastures, providing us with high quality milk for a full range of dairy products. We open the farm to the public every Sunday from 11-3. You can stock up on local goodies at our farmers' market, enjoy a picnic in our vine-covered pergolas, or explore the fields and forest on our trails. You can even book a guided tour accompanied by our pack goats! We also offer summer farm camps for children.



**SeaLyon Farm**

1788 ALNA RD, ALNA

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

[mlyons@sealyonfarm.com](mailto:mlyons@sealyonfarm.com) • (207)290-2954

We are a service-disabled, veteran-owned farm growing vegetables, lavender, and berries on our 21-acre farm. We have a wide variety of homemade jams, dill pickles, dilly beans, tomatillo salsa and lavender products available. We also have pick your own lavender in July and pick your own pumpkin patch in the fall. We are participating in the Senior Farm Share and WIC programs. We partner with the The Railway Museum in Alna for a variety of events where visitors can ride the narrow gauge steam train to the train stop at the back of the farm property to catch a hayride or horse-drawn sleigh.



**Briggs Farm**

253 JONES RD, SOMERVILLE

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

[oconnell.alicia@gmail.com](mailto:oconnell.alicia@gmail.com) • (207) 832-1230

Briggs Farm is a small family farm on an 1860s homestead run by Corey and Alicia O'Connell. We focus on raising cows and pigs for meat, laying hens for farm fresh eggs, farm fresh veggies, and an apiary of bees for raw honey. Our farm store features all of our products, as well as others from nearby Maine farms and food producers including dairy products, pasta, maple syrup, spices and more.



**TLC Fiber Farm and Alpaca Rescue**

40 HORSCENTS LN, WALDOBORO

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

[revvkev@gmail.com](mailto:revvkev@gmail.com) • 443-465-8106

We established the farm in 2012, starting our rescue herd in 2014. We strive to create a loving environment for animals that need forever homes. We are endeavoring to create a retreat for people as well as our rescued critters.



**Odd Alewives Farm Brewery**

99 OLD ROUTE 1, WALDOBORO

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

[sarah@oddalewives.com](mailto:sarah@oddalewives.com) • (207) 790-8406

When Odd Alewives Farm Brewery founders John and Sarah McNeil decided to open a brewery, they did so with the motivation to create a unique and engaging beer experience that would combine their talents as brewers, farmers, and artists. Their newly renovated 1850's barn, which now houses the brewery and tasting room, is surrounded by 22+ acres of gardens and forest and offers visitors a beautiful rural setting to gather and celebrate.



**Swallowtail Farm**

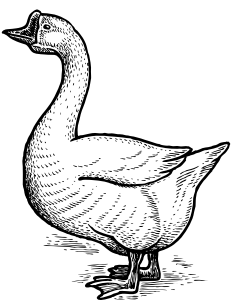
98 MAIN ST, WHITEFIELD

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

[swallowtailfarmandcreamery@gmail.com](mailto:swallowtailfarmandcreamery@gmail.com)

(297) 248-7396

A small creamery and herbal apothecary.





**The Morris Farm Trust**  
156 GARDINER RD, WISCASSET  
[www.morrisfarm.org](http://www.morrisfarm.org)  
[themorrisfarm@gmail.com](mailto:themorrisfarm@gmail.com) • (207) 882-4080  
Founded in 1995, the Morris Farm was created in an effort to preserve and operate one of the last remaining farms in Wiscasset. In the ensuing years, trustees, community volunteers, members, and staff have worked tirelessly to restore and expand the farm's buildings and care for the land. We are now a "Forever Farm," as designated by the Maine Farmland Trust. Morris Farm is both a working farm and an educational resource for the communities of midcoast Maine.



## OXFORD

**Morning Glory Farm**  
PO BOX 667 343 FLAT ROAD, BETHEL  
[www.morninggloryfarmmaine.com](http://www.morninggloryfarmmaine.com)  
[hello@morninggloryfarmmaine.com](mailto:hello@morninggloryfarmmaine.com)  
(207) 381-0321  
Morning Glory Farm is a sustainable homestead in the mountains of Western Maine. Our mission is to create a self sufficient farmstead that works in conjunction with nature, to offer the community organic vegetables, fruits, eggs, and dairy products, and to provide educational opportunities to people of all ages.



**A Wrinkle in Thyme Farm**  
106 BLACK MOUNTAIN RD, SUMNER  
[www.awrinkleinthymefarm.com](http://www.awrinkleinthymefarm.com)  
[info@awrinkleinthymefarm.com](mailto:info@awrinkleinthymefarm.com) • (207) 212-4058  
A women-owned and -operated small, diversified sheep farm specializing in producing accessible felt art kits, hand dyed yarns, rovings and knitted items. We support a flock of Romney, Border Leicester, Finnsheep and Corriedale ewes. We also produce fleece, lamb sausage, eggs, and maple products.

We still welcome seeing our friends and patrons. Regular farm store hours are Friday - Tuesday, 10am-4pm. Additionally open by appointment.



**Moonset Farm Floral**  
756 SPECTACLE POND RD, PORTER  
[moonsetfarms.com](http://moonsetfarms.com)  
[moonsetfarm@gmail.com](mailto:moonsetfarm@gmail.com) • (207) 625-7733  
Small family farm in western Maine, in the foothills of the White Mountains. We grow cut flowers and raise Katahdin sheep and Tamworth pigs. We operate a wedding and events floral business using mostly what we can grow and

gather right here. We can provide full service weddings as well as flowers for a DIY wedding.



**Conant Acres**  
49 CANTON POINT ROAD, CANTON  
[www.conantacres.com](http://www.conantacres.com)  
[sweet@conantacres.com](mailto:sweet@conantacres.com) • (207) 597-2810  
Family dairy farm and country market focused on bringing wholesome Maine products to our Western Maine communities. A fifth generation family farm, Conant Acres is proud to offer farm fresh milk, cheese, meat, seasonal produce and other specialty Maine products.



**Worth the Wait Farm**  
52 BUSHROW ROAD, DENMARK  
[worththewaitfarm@gmail.com](mailto:worththewaitfarm@gmail.com)  
(207) 890-3586  
We are a micro goat dairy producing milk, cheeses and yogurt from our herd of Oberhasli goats. We also have eggs and we are licensed bakery where we make whey breads and other baked goods.



## PENOBSCOT

**All In Thyme Farm**  
20 PRILAY RD, NEWPORT  
[www.allinthymefarm.com](http://www.allinthymefarm.com)  
[Allinthyme20@gmail.com](mailto:Allinthyme20@gmail.com) • (207) 441-9976  
Diverse farm raising heritage pigs, gulf coast native sheep, and muscovy ducks. We sell USDA inspected meat, eggs, veggies, herbs and cut flowers.



**Heartstone Farm**  
128 PAINE RD, CHARLESTON  
[www.heartstonefarm.me](http://www.heartstonefarm.me)  
[dan@heartstonefarm.me](mailto:dan@heartstonefarm.me) • 207-424-0063  
100% grass-fed gourmet beef from our farm in Maine. Check our online store – free shipping. Also visit our Heartstone Farm Meat Market in Dover-Foxcroft, Maine open Friday 9-3 at 1225 West Main St.



**Foxgreen Farm**  
527 N HOWLAND RD, HOWLAND  
[www.jiovi.com](http://www.jiovi.com)  
[farmlabs@icloud.com](mailto:farmlabs@icloud.com) • (508) 212-2468  
Foxgreen Farm is the home of Jiovi® brand permaculture. We provide plants and seeds nationwide to organizations and individuals pursuing a permaculture lifestyle. Also on

the farm, our new high tunnel/greenhouse will extend the season for local vegetables. The farm is committed to improving food security and availability in a environmentally responsible, nutritious, and affordable to all manner.



**Petals & Pine Flower Farm**  
235 EXETER RD, GARLAND  
[www.petalsandpine207.me](http://www.petalsandpine207.me)  
[Petalsandpine207@gmail.com](mailto:Petalsandpine207@gmail.com) • (207) 270-1019  
A small-scale, no-till flower farm providing seasonal flowers for everyday and special events, and evergreen wreaths and decor for the holidays.



**Wyld Dream Farm**  
1157 AVENUE RD, EXETER  
[Wylddreamfarm@godaddysites.com](mailto:Wylddreamfarm@godaddysites.com)  
[Wylddreamfarm@gmail.com](mailto:Wylddreamfarm@gmail.com)  
(207) 631-4265  
Petting zoo, vegetables, eggs, arts/crafts.



## PISCATAQUIS

**Jackson Regenerational Farm**  
141 S STAGECOACH RD, ATKINSON  
[jacksonregenerationalfarm.com](http://jacksonregenerationalfarm.com)  
[farm@jacksonregenerationalfarm.com](mailto:farm@jacksonregenerationalfarm.com)  
(207) 702-1707  
Regeneratively pastured proteins – the way nature intended for delivery or pickup in Maine. Lamb - Eggs and Compost Collection service. Compost collection services in Bangor, Brewer, Orono, Belfast, Lincolnville, Rockport



**Ripley Farm**  
62 MERRILLS MILLS RD, DOVER-FOXCROFT  
[www.ripleyorganicfarm.com](http://www.ripleyorganicfarm.com)  
[marymargaretripley@gmail.com](mailto:marymargaretripley@gmail.com)  
(207) 564-0563  
Ripley Farm is a MOFGA Certified Organic small family farm run by Gene and Mary Margaret Ripley. We offer year-round organic vegetable CSA shares (on the farm in Dover-Foxcroft and delivery to Bangor/Brewer areas), online vegetable preorders, native, medicinal, and edible perennial plants, and vegetable seedlings. Find out more, watch a video about the farm, and sign up for our email list: [www.ripleyorganicfarm.com](http://www.ripleyorganicfarm.com).



## SAGadahOC

**Dandelion Spring Farm**  
961 RIDGE RD., BOWDOINHAM  
[dandelionspringfarm.com](http://dandelionspringfarm.com) • (207) 380-4199  
[eventsdandelionspringfarm@gmail.com](mailto:eventsdandelionspringfarm@gmail.com)  
Dandelion Spring Farm is a MOFGA Certified Organic farm in Bowdoinham, Maine on Wabanaki land. We grow vegetables & herbs to engage our senses. We strongly believe in soil-based organic practices. We love what we do and we look forward to sharing it with you.



**Rock Bottom Farm**  
565 BRUNSWICK ROAD, RICHMOND ME 04357, RICHMOND  
[rockbottomfarm.net](http://rockbottomfarm.net) • 207-891-8022  
[rockbottomfarmme@gmail.com](mailto:rockbottomfarmme@gmail.com)  
Rock Bottom Farm is a small, family farmstead. We maintain a registered Nigerian dairy goat herd (milk, soap, cheese and yogurt) and IKHR-registered Kunekune pigs for pork. We maintain a flock of free range laying hens and raise poultry on pasture for meat. Charged with protecting all these animals are our live-stock guardians: Julia, Ruth & Cooper.



**Stonecipher Farm**  
1186 RIVER ROAD, BOWDOINHAM  
[stonecipherfarm.com](http://stonecipherfarm.com) • (207) 737-4124  
[stonecipherfarm@gmail.com](mailto:stonecipherfarm@gmail.com)  
We are a small certified organic mixed vegetable and fruit farm. We are a no-till farm, with an emphasis on bio-diversity. We have an acre of greenhouses, and specialize in ginger and turmeric. We have a farm store open 7 days a week.



## SOMERSET

**Balfour Farm**  
461 WEBB RD, PITTSFIELD  
[www.balfourfarmdairy.com](http://www.balfourfarmdairy.com)  
[balfourfarm@gmail.com](mailto:balfourfarm@gmail.com) • (207) 213-3159  
Certified organic dairy and farmstead creamery located in central Maine. Our farm store, The Little Cheese Shop, is a premier source for our farm products and those of fellow Maine cheesemakers and artisan food processors including pasta, sauces, chocolates, cheeses, wine, beer, mead and hard cider. Farmer guided tours on Open Farm and Open Creamery Days. More events listed on our Facebook page and website.



**Freedom Farm**  
59 STICKNEY HILL ROAD, ATHENS  
[www.freedomfarmME.com](http://www.freedomfarmME.com)  
[freedomfarmME@gmail.com](mailto:freedomfarmME@gmail.com) • (207) 399-4923  
A dairy farm producing top quality goat milk from our herd of registered Alpine and Saanen goats. Our milk is available for bulk purchases as well as family sized jugs. Additionally we pasture-raise pork, chickens, and turkeys.



**Malbons Farm**  
576 MALBONS MILS RD, SKOWHEGAN  
[www.malbonsfarm.com](http://www.malbonsfarm.com) • (207) 474-2035  
[info@malbonsfarm.com](mailto:info@malbonsfarm.com)  
Sustainably grown, regenerative grazing and ecologically sound practices in raising beef. Also offering eggs and goats milk products. Supplementary seasonal sales will include an average of 20 turkeys which will be ready for processing by the week before Thanksgiving and a small array of fresh vegetables when in season as well as up to 6 pigs per year.



**Martin Woods Farm**  
24 ABIJAH HILL RD, STARKS  
[www.facebook.com/martinwoodsfarm](https://www.facebook.com/martinwoodsfarm)  
[martinwoodsfarmmaine@gmail.com](mailto:martinwoodsfarmmaine@gmail.com)  
(207) 696-3060

Our mission is to honor God through rural living and the careful stewardship of His gifts. We aim to provide a safe and pleasant environment with adequate resources to promote individual experiences in horsemanship, and nature based education.



**Sweet Dreams Lavender Farm**  
408 DEXTER RD, ST. ALBANS  
[www.mainelavenderfarm.com](http://www.mainelavenderfarm.com)  
[mainelavender@gmail.com](mailto:mainelavender@gmail.com) • (207) 938-3951  
In our farm store, we sell seasonal herbs, lavender products made in Maine, and gift baskets. All products are handmade with love and available for purchase at our farm store or online.



**Tiny Acres Farm**  
461 WEBB RD, PITTSFIELD  
[tinyacresfarmmaine@gmail.com](mailto:tinyacresfarmmaine@gmail.com)  
(207) 213-3149  
Tiny Acres Farm is owned and operated by David Andrews & Erin Donahue. We grow organic mixed vegetables, mushrooms, berries, and raise a flock of laying hens, all done off-grid on four acres of MOFGA certified organic farmland in Central Maine.



## WALDO

**Angel Wings Farm Stand**  
176 OLD COUNTY ROAD, SEARSPORT  
[angelwingsfarmstand@gmail.com](mailto:angelwingsfarmstand@gmail.com)  
(207) 548-0996  
Welcome to Angel Wings Farm Stand! We offer fresh farm produce raised on site using no chemical additives, only fresh air, clean water, lots of sunshine and LOVE! We specialize in tasty fresh produce picked daily!



**Northern Solstice Alpaca Farm – Maine Alpaca Experience**  
141 CROSBY BROOK RD, UNITY  
[www.mainealpacaexperience.com](http://www.mainealpacaexperience.com)  
[nsalpacafarm@gmail.com](mailto:nsalpacafarm@gmail.com) • (207) 356-2464  
Home to 41 beautiful Alpacas. We offer farm tours, educational seminars, mentoring, knitting & spinning events, an apparel and gift gallery, open farm days, and a wonderful experience with the alpacas! Open Tuesday - Sunday 10 a.m. - 5 p.m.



## WASHINGTON

**Starboard Farm**  
1543 PORT RD, MACHIASPORT  
[boldcoastme@gmail.com](mailto:boldcoastme@gmail.com) • (207) 263-8330  
Babydoll Sheep, Chickens, Dewlap Toulouse Geese, Soap, Hand spun Yarns and Hand Dyed Maine wool yarns and rovings. Cold process soap, lip balm and lotion made in small batches using organic/natural and local ingredients. Hand dyed, hand spun, mill spun yarns and roving are unique using Maine based wool and acid dyes. Wholesale inquiries are welcome.



**Itty Bitty Farm**  
980 US RT. 1, COLUMBIA FALLS  
[ittybittyfarm@outlook.com](mailto:ittybittyfarm@outlook.com) • (207) 266-9134  
We are a small farm providing fresh chicken and quail eggs, a variety of seasonal produce, American guinea hogs, American chinchilla rabbits, Icelandic chickens, and JMF jumbo white quail, to visitors, friends, and neighbors.



**Welch Farm**  
186 ROQUE BLUFFS RD, ROQUE BLUFFS  
[welchfarm.com](http://welchfarm.com)  
[lhanscom1@gmail.com](mailto:lhanscom1@gmail.com) • 207-951-2437  
Founded in 1912, Welch Farm is owned by the Hanscom family in beautiful Rocque Bluffs.



**Rime Nor Reason Farm**  
82 ARTHUR DAMON RD., CHARLOTTE  
[RimeFarm.com](http://RimeFarm.com) • (207) 404-1177  
[rimenorreasonfarm@gmail.com](mailto:rimenorreasonfarm@gmail.com)  
We share our farm with our Belties (Belted Galloways), Registered Large Black Hogs, Free-Range Chickens, Lionhead Rabbits, working farm dogs, and a cat named, Stan. We produce certified Organic Wild Maine Blueberries and a wide variety of organic vegetables from June to October. (We grow the best spinach!) Find us at our Farm-Stand from 10am to 1pm or, at the Calais Farmer's Market every Tuesday from 10am to 1pm. Or check us out online at RimeFarm.com to purchase farm shares, free-range eggs, our handmade lard & lye soap, or pasture-raised meat by the hanging weight. We deliver, too!



## YORK

**Dragonfly Meadow Blueberry Farm**  
WEST LANE, ARUNDEL  
(207) 229-0544 • [mgmworrell1@gmail.com](mailto:mgmworrell1@gmail.com)  
U-pick blueberry farm.



**McDougal Orchards LLC**  
201 HANSON RIDGE RD, SPRINGVALE  
[www.mcdougalorchards.com](http://www.mcdougalorchards.com)  
[captjack@mcdougalorchards.com](mailto:captjack@mcdougalorchards.com)  
(207) 324-5054  
Apples, and so much more! We are open mid-August through the end of October. McDougal Orchards is a diversified seventh generation family farm specializing in the production of high quality apples for sale to pick-your-own and farm stand.



**Chill Hill Farm and Forest**  
102 MOUNTAIN ROAD, WEST NEWFIELD  
[chillhillfarmandforest@gmail.com](mailto:chillhillfarmandforest@gmail.com)  
(207) 651-8722  
Unwind and recharge as you stroll along our floral labyrinth, meet local farmers and artisans, exercise a bit on a guided hike, children will receive a "passport" for various fun activities on the farm, and if it's windy, bring a kite. A storybook trail will be available for little ones. Bring a chair and cooler and come hang out at our slice of heaven.



**Ewe and I Farm**  
286 ARUNDEL RD., KENNEBUNKPORT  
[dgeorgitis@roadrunner.com](mailto:dgeorgitis@roadrunner.com) • (207) 468-1344  
We are a two-person farm of over 30 years, located in rural Kennebunkport. We have 26 acres, mostly wooded and three acres of pasture. Our garden area is approximately 1/2 acre. We sell lamb (freezer cuts), maple syrup, hand-spun yarns and fiber for spinning and felting from our sheep and alpacas.



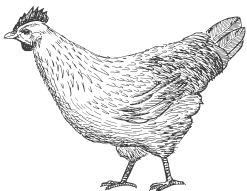
**Frinklepod Farm**  
244 LOG CABIN RD., ARUNDEL  
[www.frinklepodfarm.com](http://www.frinklepodfarm.com)  
[frinklepodfarm@gmail.com](mailto:frinklepodfarm@gmail.com) • (207) 289-5805  
We are a small, certified organic farm, growing vegetables, fruits, herbs, and flowers on 4 acres of land in southern coastal Maine. Our farm store is open year round and we offer a variety of cooking classes, community meals, and other events. Stop by the farm store and stay for hot lunch, soft serve, and you-pick flowers!



**Hidden Grace Farm**  
25 SHY BEAVER RD, HOLLIS CENTER  
[www.hiddengracefarm.com](http://www.hiddengracefarm.com)  
[hiddengracefarm@gmail.com](mailto:hiddengracefarm@gmail.com) • (207) 423-3699  
Hidden Grace Farm offers interactive farm education programs for all ages! Our focus is on hands-on education in the areas of horticulture, animal husbandry, and horsemanship. We also have unique offerings of Unicorn Photography and themed children events.



**Kittery Land Trust's Nooney Farm**  
22 STEVENSON RD, KITTERY  
[kitterylandtrust.weebly.com/nooney.html](http://kitterylandtrust.weebly.com/nooney.html)  
[info@kitterylandtrust.org](mailto:info@kitterylandtrust.org) • (207) 439-8989  
Nooney Farm is a unique property where conservation, education, recreation, and farming happily intersect. This 30-acre farm has been permanently preserved by the Kittery Land Trust. It is home to a Giving Garden that grows food for non-profit organizations that fight food insecurity in the community. In addition to helping feed thousands of neighbors, the Giving Garden also provides educational opportunities for volunteers, local students and their teachers, preschoolers, their caregivers, and adult learners.











## Q&A with a Maine flower farmer

Jen and Scott Joray and their children Violette and Chloe grow flowers at Eastern River Flower Farm in Pittston, Maine. What follows are the Jorays’ answers to seven questions about growing flowers in Maine. Real the full article and see more of the beautiful flowers on RealMaine.com.

### What is your favorite part about growing flowers in Maine?

I love that Maine is a shorter growing season which helps a farmer rest (haha, that doesn’t really happen!) and a cooler temperature for much of the overall season than many other states. I adore the spring and fall, because the cooler weather and warm sun makes outdoor time heavenly.

### What advice do you have for customers to display and ‘extend’ the vase life of farm-grown, fresh-cut bouquets?

Flowers and foliage wilt when they can no longer drink through their stem. Cutting the dead or dirty stem ends after two to three days will refresh them.

Clean your vessel so well you would drink out of it, add a couple teaspoons of sugar, which keeps flowers colored and opening, add a drop or two of bleach to keep the water free of bacteria, which can clog the stems. When you trim the ends, do it under a stream of water, which fills the cut end with water rather than air, helping stems uptake even more fresh water. Lastly, keep flower arrangements shaded and cool.

### How did you learn to grow flowers and design arrangements—such as bouquets, and wreaths, or other décor?

I learned through trial by fire! We planted hundreds of varieties of flowers and foliage our first three years, and observed how they behaved. Every season I learn more about each variety. Learning how to grow well is endless!

### Do you have a favorite flower to grow that is especially rewarding?

Yes! Strawflowers are my favorite. They look nearly identical fresh and dried, grow in dozens of shades, have a myriad of interest at all stages of growth, continue to mature after being cut (even days later!), and can be used in every application where flowers belong. For example, in bouquets, wreaths, and flower crowns, on corsages, etc. They can be wired, the heads can be snipped off and used in Christmas ornaments, and they are fabulous for pollinators. Their centers explode when they go to seed, and the seed can be harvested and dried to grow another batch the following season.



## Lifecycle of a Maine Peach

Real Maine member, Aaron Libby of Libby & Son U-Picks

1. Peach buds “set” in the previous fall, staying dormant through the winter before swelling in the spring.
2. Peach trees are pruned in the early spring. Annual pruning is needed to adjust crop load, increase sunlight, and help promote a healthy tree.
3. In March/April the fruit buds will begin to swell and show the colors of spring.
4. In May, peach buds will be in full bloom and need to be pollinated by busy bees to grow into a peach.
5. Peach trees need to be thinned by hand to promote good fruit, taste, size, and color. Warm sunny summer days are needed along with adequate water.
6. Maine peaches are harvested in late July into September, August being the most abundant. In Maine, peaches are tree ripened and picked by hand.



## Have You Heard? Harvesting Maine Podcast Keeps You Tuned-In with Maine Farmers

No apps, subscriptions, or advertisements — just real time conversations!

The Harvesting Maine podcast offers real time interviews, allowing listeners to hear directly from farmers, makers, and entrepreneurs.

Join Real Maine to go behind the scenes and through the seasons, reminding us there are many good reasons to choose Real Maine farm products.

- Met dozens of farmers, food producers and people in Maine who are passionate for all the good things in Maine agriculture!

Learn more and catch up on all the episodes at [www.realmaine.com/harvesting-maine-podcast](http://www.realmaine.com/harvesting-maine-podcast).

If you have a topic suggestion, or questions for farmers, email Real Maine at [DACFRealMaine@Maine.Gov](mailto:DACFRealMaine@Maine.Gov) with the Harvesting Maine in the subject line.

## What's In Season

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
Apples	●	●	●	●	●			●	●	●	●	●
Asparagus					●	●						
Beans (Snap, Wax)							●	●	●			
Beets	●	●	●				●	●	●	●	●	●
Blackberries							●	●				
Blueberries, High Bush							●	●	●	●		
Blueberries, Wild	●	●	●	●	●	●	●	●	●	●	●	●
Broccoli						●	●	●	●	●	●	
Brussels Sprouts									●	●	●	
Cabbage	●	●					●	●	●	●	●	●
Cantaloupes								●	●	●		
Carrots	●	●	●	●	●	●	●	●	●	●	●	●
Cauliflower								●	●	●	●	
Corn (Sweet)							●	●	●			
Cranberries										●	●	●
Cucumbers							●	●	●	●		
Eggplant							●	●	●			
Garlic	●	●	●	●	●	●	●	●	●	●	●	●
Grapes									●	●		
Kale/Collards							●	●	●	●	●	●
Leeks								●	●	●	●	
Lettuce/Spinach/ Mixed Greens	●	●	●	●	●	●	●	●	●	●	●	●
Mushrooms (Cultivated)	●	●	●	●	●	●	●	●	●	●	●	●
Onions	●	●	●	●	●	●	●	●	●	●	●	●
Parsnip	●	●	●						●	●	●	●
Peaches							●	●	●			
Peas					●	●	●	●				
Pears								●	●	●		
Peppers							●	●	●	●	●	
Plums									●			
Potatoes	●	●	●	●	●	●	●	●	●	●	●	●
Pumpkins									●	●	●	
Radishes					●	●	●	●	●			
Raspberries							●	●	●			
Squash (Summer)							●	●	●	●	●	
Squash (Winter)	●	●	●	●					●	●	●	●
Strawberries						●	●					
Sweet Potatoes	●	●	●						●	●	●	●
Tomatoes							●	●	●	●		
Turnips	●	●							●	●	●	●
Watermelon								●	●			

● Available from Storage ● Harvest Season

## Why Buy Maine Fruits and Vegetables?

Enjoy the variety of choices! There’s something for everyone, and every meal or snack.

**Maine fruits and vegetables are available year-round!** Fresh, frozen or preserved – you can buy produce at supermarkets, independent grocers, food co-ops, farmstands or stores and farmers’ markets.

**Commitment to quality and supporting nearby farms.** Farmers tend to thousands of acres of crops and healthy soil. Supporting these local businesses is vital to ensuring a variety of Maine-grown ingredients and farm products are accessible and available year-round.

### READY FOR A FARM FRESH APPROACH TO ACCOUNTING?



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# Ways to Extend Your Food Dollars



Program	About	Who Can Use It?	How to Sign Up	Where to Sign Up	Is There a Fee?	Does it Include Maine Foods?	Types of Foods
Bumper Crop	Maine employers can provide gift vouchers to employees to buy fresh food at farmers' markets. Employers only pay for the vouchers that are actually spent (redeemed) at markets.	Employers with 5+ employees.	Visit <a href="http://mffm.org/bumpercrop">mffm.org/bumpercrop</a> or call the Maine Federation of Farmers Markets at 207-370-1524	At over 40 farmers' markets across Maine (Presque Isle to Kittery)	No	Only Maine foods	All Maine food items sold at farmers' markets are eligible. We do print special vouchers (if an employer requests this) that are only valid for fruits and vegetables.
Community Supported Agriculture (CSA) Share	Shoppers purchase a share, typically before planting and harvest season, which provides useful cash flow to the farmer. In return, shoppers receive the bounty of the harvest.	Any shoppers who wish to do so at participating farms.	Contact a farm. For a list of suggestions, visit <a href="http://RealMaine.com">RealMaine.com</a> .	Depends on the farm. Some allow you to use it at a farm store or stand, market, or delivery service.	Generally yes. When and how you pay depends on the farm.	Yes.	Depends on the share type. Many are fresh produce. Some include preserves and even bouquets of herbs or flowers. There are also protein options—for example eggs, meats or dairy. It's like having access to a farm, without the decision making and responsibility. Your share pays the farmer to manage the planting, growing, care and harvest!
"Freezer," "Boxed," or "Sides" of meat	A way for shoppers to buy farm-grown meat in bulk, often directly from the farmer.	Any shoppers who wish to do so at participating farms	You often need to pre-order or get on a wait list with a livestock farm. You can also sign up to be a buyer at livestock auction at a local fair.	Check <a href="http://RealMaine.com">RealMaine.com</a> for suggestions on livestock farms and fair listings	Yes. Contact the farmer to understand the fees.	Yes	Depends on the farm. Most offer a variety of cuts and products. You can find beef, lamb and pork. Some farms will sell by the "hanging weight," others sell boxes by the pound. Typically, these are larger quantities, so other costs, such as a deep- or chest-freezer are necessary.
SNAP/EBT	At many local food locations (like farmers' markets) if you use your SNAP/EBT card, you'll receive BONUS BUCKS to buy more fruits & vegetables.	Income eligible Mainers – call (855) 797-4357	Income eligible Mainers can sign up through Maine Dept. of Health & Human Services. Call (855) 797-4357	Many farm stands, farmers' markets, CSAs, & grocery stores accept SNAP/ EBT	No	Yes	Most Maine food items are eligible, just like what you would expect to be eligible at a grocery store. No alcohol, prepared foods, non-food items.
Maine Harvest Bucks	Maine Harvest Bucks can be used at over 50 locations, including farmers' markets, farm stands, and CSAs. Earn \$5 for every \$10 you spend with SNAP/EBT at these locations.	Any SNAP/EBT participant shopping at a participating location	No sign up needed. With CSA Farms, advanced communication is needed, just call the CSA Farms. Call us with any questions: 207-370-1524	Participating farmers' markets, farm stands, and CSAs – find them all at <a href="http://maine.harvestbucks.org">maine.harvestbucks.org</a>	No	Yes	Maine-grown fruits and vegetables including fresh, frozen, and dried products. Maine-grown food-producing seeds and plants.
Farm Fresh Rewards	This version of Maine Harvest Bucks can be used at 18 retailers throughout Maine. Earn \$5 for every \$10 you spend with SNAP/ EBT at these locations.	Any SNAP/EBT participant shopping at a participating location	No sign up needed	Participating brick & mortar stores			Maine-grown fruits and vegetables including fresh, frozen, and dried products. Maine-grown food-producing seeds and plants.
WIC	Women Infants and Children (WIC) offers support to receive nutrition, education, and funds to buy nutritious foods.	Women, infants, and children up to 5 years of age	Phone: (207) 287-3991 Web: <a href="http://maine.gov/dhhs/mecdc/population-health/wic/contact.shtml">maine.gov/dhhs/mecdc/population-health/wic/contact.shtml</a>	Maine WIC Stores & Maine WIC Farmers	No	Yes	Foods include iron-fortified breakfast cereal, 100% juice, eggs, milk, cheese, peanut butter, dried and canned beans/peas, canned fish, soy-based beverage, tofu, fruits and vegetables, whole grains, infant cereal, jarred infant fruits, vegetables and meats and infant formula as needed to meet the nutritional needs of WIC participants. In the summer, additional benefits are given for locally grown, fresh fruits and vegetables from Maine farmers.
Maine Senior FarmShare Program	This program provides income-eligible older adults the opportunity to receive a share (worth \$50) of local produce at no cost during the growing season.	Income-eligible older adults	Find a participating farm near you and call them directly to sign up. Learn more: <a href="http://maine.gov/dacf/seniorfarmshare">maine.gov/dacf/seniorfarmshare</a>	The farm where you signed up	No	Yes, exclusively!	Maine-grown fruits and vegetables
Commodity Supplemental Food Program (CSFP)	State and local agencies store and distribute food packages funded by the Department of Agriculture Food & Nutrition Services to eligible individuals.	Individuals 60 years of age and older who meet USDA Income Guidelines.	Call a county agency to request an application and information on pick up times/locations.	Call 207-287-7513 for your county contact. Or text your zip code to 898-211 to ask for help.	No	It depends.	Individuals receive 30 pounds monthly from CSFP locations. Food packages include a variety of foods, such as nonfat dry and ultra high-temperature fluid milk, juice, farina, oats, ready-to-eat cereal, rice, pasta, peanut butter, dry beans, canned meat, poultry, or fish, and canned fruits and vegetables.

# Q and A About Bumper Crop

## How Maine employers are supporting famers and the health of their employees

Real Maine asked the Maine Federation of Farmers' Markets about a program that helps Maine businesses and their employees source Maine farm products. Learn more at [mainefarmersmarkets.org/bumpercrop](http://mainefarmersmarkets.org/bumpercrop).

### Q: What is Bumper Crop? Is it part of employer health insurance?

Bumper Crop is a program that helps workplaces across Maine show appreciation for their employees and promote healthy lifestyles while supporting local farms. At its core, employers give their employees gift certificates to spend on local food at farmers' markets. Employers only pay for the gift certificates that are actually spent (redeemed) at markets. We keep it simple for employers and markets by acting as the "middle man" for billing and reporting. Employers have an easy way to support local farms, their local community, and their employees with Bumper Crop.

Some employers fund Bumper Crops via their Workplace Wellness programming, which are often funded by their health insurance companies. For example, the City of Bangor and MaineHealth do this via their insurance's wellness program.

Other employers pay for it with their marketing budget or other funds they set aside for employee events/benefits/rewards.

### Q: How can I find a list of markets where our staff may shop?

Go to [mffm.org/fms](http://mffm.org/fms). There are over 40 farmers' markets participating. We welcome all Maine farmers' markets to join, we just need them to sign up (it's free!)

### Q: What about thank you gifts to clients? Will this program work for that? Do farmers or markets offer gift certificates, coupons or baskets I could use to say 'thank you for your business'?

Yes — of course! Lee Auto gave away over \$20,000 to people who donated to Maine Public Radio. Mossy Ledge Distillery is giving them away to customers this year. It all works the same on our end, employers order gift certificates from us, give the gift certificates to people (employees, customers, whomever!) and only pay for the gift certificates that are redeemed at farmers' markets for food.

### Q: What do employers and their employees say about this program? What do farmers say about it—is it helpful?

Employers love that they can support their employees and the local food economy in one simple program. It's a simple process (and fast turn-around) to enroll in Bumper Crop and get the gift certificates in employees hands. Employees report that the gift certificates gave them a reason to go check out the market, and now they're hooked (which is exactly what we want!).

Wellness committees at big employers find Bumper Crop to be a great wellness solution — we offer the full package with promotional materials (flyers, rack cards, magnets, and e-newsletters), and we arrange the printing and shipping of everything.

Over \$30,000 in gift certificates were spent in 2021 alone by more than 700 Mainers. From end-of-year surveys with employees, we estimate that an additional \$55,000 to \$80,000 in sales happened at farmers' markets because of Bumper Crop. The program is an easy add-on for markets that already accept programs like SNAP & Maine Harvest Bucks.

### Q: How do employers learn more and sign up?

Learn more at [mainefarmersmarkets.org/bumpercrop](http://mainefarmersmarkets.org/bumpercrop). Sign up by contacting the Maine Federation of Farmers' Markets: email [director@mfm.org](mailto:director@mfm.org) or call 207-370-1524.

## Our roots run deep

Supporting, sustaining and growing Maine's food-based economy for more than a century

Photo by Edwin Rensberg

1865

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