

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

# Summer in Maine

JOIN US FOR *Open Farm Day!*  
SUNDAY, JULY 23, 2023

ALSO IN THIS ISSUE...

LET REAL MAINE BE YOUR  
GUIDE TO EXPLORING MAINE  
FARMS AND FOODS

USE THE INTERACTIVE TRIP  
MAP AND PLANNER

WHAT'S IN SEASON  
PLUS SUMMER RECIPES



Pictured here, at Meadowcroft in Washington, Maine, a loyal dog has the task of properly directing the flock of lambs to a new pasture.

**BDN**

A Special Advertising Section of the Bangor Daily News • Friday, July 14, 2023

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

*Inside!*  
**Celebrate  
Wild Blueberries  
August 5-6!**



# Agriculture's Importance Cannot Be Overstated

Farming is more than food. Certainly, robust agricultural production is a prerequisite for fully stocked grocery store shelves and ready access to high-quality and nutritious products. But agriculture is also cultivating land, stewarding critical natural resources, building resilience, raising and caring for animals, and teaching future generations how to work the land and support their communities. While agricultural practices have evolved over time, farming continues to impact how people live, eat, and interact today and remains an important cornerstone of our economy and society.

Agriculture has and continues to play an important role in Maine's economic growth and development by contributing nearly \$4 billion annually to the state's almost \$70 billion Gross Domestic Product (GDP). Farmers and producers provide the raw materials for fueling various industries, including food and beverage, textiles, lumber, other wood products, and life-saving medicines. In addition to supporting local and domestic markets, Maine agriculture is meaningfully contributing to the export industry.

Farming is among the oldest livelihoods and still represents a vitally important area of employment. According to the United States Department of Agriculture (USDA), approximately 22,000 people are employed in Maine agriculture and related industries, about 2.5% of the state's total employment. Agriculture also supports the well-being of thousands more individuals and families across the state. Our farmers, farm workers, and agribusinesses involved in producing, processing, marketing, and distributing agricultural products are all important contributors to our economy and communities, particularly our rural ones.

Over the past few years, in particular, we have witnessed the importance of access to local food first-hand. We learned that when shifting consumer demands and supply chain disruptions limit our options at grocery stores, Mainers turn to their farmers to purchase meats, produce, and other items. But we need to remind ourselves that even when market conditions stabilize, continuing to support agricultural businesses within our communities is in our own best interests and something we must remain committed to.

Agriculture's importance cannot be overstated. I am proud that under Governor Mills, Maine has strengthened

its investment in the sector. From investing nearly \$37 million in federal pandemic relief funding directly into Maine farms and food processing businesses to improving our existing agricultural loan programs to make them more accessible and attractive to producers, we've been working to ensure that needed resources are available to support businesses in Maine's agricultural sector.

In addition, our state's climate action plan, *Maine Won't Wait*, has set an important target to increase the amount of food consumed in Maine from state food producers to 30% by 2030 through local food system development. In addition to the climate benefits we can realize by meeting this goal, it will also positively impact our producers and enhance the resilience of our state's food system as a whole. This goal also dovetails well with the recently released report by the New England Food Systems Planners Partnership, *A Regional Approach to Food System Resilience*, which explores how the six New England states could meet a goal of supplying 30% of our food from regional sources by 2030.

*Take advantage of every opportunity to appreciate the value of agriculture.*

Each day, look for opportunities to foster connections to our working lands. You can do this by buying directly from farms and farmers' markets, choosing Maine-grown or raised products at your grocery, teaching young people about farming, and ensuring seniors, especially low-income seniors, have access to Maine agricultural products. Support your community gardens and farm-to-school programs, and participate in agritourism (Open Farm Day is prominently featured on the following pages!), which can help us learn about agricultural practices and the importance of farming in and to our local communities.

Again, I want to sincerely thank everyone for caring and doing all you can to support Maine agriculture.

*Amanda Beal*

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

Maine grows nearly 100 percent of the globe's wild blueberries. The crop is different from its cultivated cousin, the high-bush blueberry. Summertime is the peak season for this antioxidant-rich fruit, but it is enjoyed year-round—especially as a frozen food. The delicate freezing process preserves the summertime fresh flavor and nutrients. PHOTO COURTESY: WYMAN'S OF MAINE

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# Relax and Learn All About Lavender

From soap to stuffed animals, there are so many uses for Maine-grown lavender



We spoke recently with Tammy Braun of Real Maine member Braun’s Riverside Lavender Farm in Steep Falls about growing the aromatic plant in Maine and its uses. Tammy and her husband, Retired Master Gunnery Sergeant Mark Braun, established the farm in 2015, with a goal of cultivating the 13-acre property into a retirement retreat. Since then, Riverside Lavender Farm has grown to nearly 8,000 lavender plants.

**When is peak harvesting time for lavender?**

Lavender in our little part of Maine begins to pop around the last week of June. The Munstead variety arrives first, then the Phenomenal variety chases its heels by one to two weeks. So peak harvest is the last of June through the end of July. At that point, anything left in the fields is still very useful in several products, but not pretty enough to sell as it is.

**What are the properties of lavender that make it as versatile as it is?**

If you type lavender into any search engine, the benefits come back at you by the millions — most are medical-based in nature. In a recent article, Dr. Yufang Lin of the Cleveland Clinic shared “lavender’s eclectic list of potential benefits,” including supporting sleep; reducing pain and inflammation; helping with mood, anxiety, and depression; killing viruses and bacteria; reducing colic symptoms; and improving the skin’s ability to produce collagen post-surgery.



**What products are made from the lavender harvested on your farm?**

Products are at the sole discretion of creativity. We use essential oil in lots of products, and that oil comes from the flowers and stems of plants on this farm. They are harvested, chopped, and put through a distiller. From there, we use the oils for plain essential oil, soaps, shampoo, conditioner, lotions, bath products, salts, scrubs, perfumes, and many other things. The flowers themselves are used to make wreaths, extract, and blooms for cooking, liquors, syrups, salts, and stuffing scent for other products like pillows, blankets, quilts, sensory soothing pads for babies, and dog bedding. We have even made ponchos and aprons with lavender blossoms sewn into the hemlines. We stuff felted rabbits for children who are involved in some sort of crisis and have them on hand for police and sheriff’s departments. Pretty much, if we can think it, we can make it.



**What is something Mainers might not know about lavender?**

I think the first fact that shocked us was that lavender grows in Maine at all. That it grows so amazingly was a bonus. Due to its versatility and popularity as an herb, and as a spa product, culinary ingredient, and for homeopathic use, it is absolute perfection as a plant. It is an easy plant to maintain and can make an exceptional small business.

**Outline some examples of your farm helping the community.**

Not only do we have lavender on site, but our property runs along the banks of the Saco River. Mark, being in the US Marine Corps for 26 years, has a special fondness for veterans. We do many things here to support veterans and their families. We hold retreats and offer camping opportunities. We have started a non-profit called “I Am



Enough” that offers recreational and therapeutic opportunities to women and children who are victims to domestic violence and/or sexual assault or abuse. One of our greatest joys is working with local school departments and their special needs kids, as it pertains to behavioral issues. On a smaller scale, we have created a neighborhood of friends who help and support each other.



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Nikki Boxler | DFA farmer-owner



SALUTE

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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.



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AUGUST 5-6, 2023



WildBlueberryWeekend.com





# 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.

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# Ways to Support Maine Farmers Year-Round

Maine is fortunate to have a variety of agriculture. By supporting farms, 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!

Farms across Maine continue to grow high quality food and farm products, and they are available year-round at many places. As you explore Maine farms this summer, and year-round, consider these recommendations – especially if you're visiting a farm, farm store, or market, or picking your own.

**Look for listings of local farms to support.** RealMaine.com is a good place to start.

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

**Be aware, travel with care.** Sharing the road with farm equipment on roadways during planting and harvest seasons is part of supporting local farms. Don't crowd. Patience is appreciated.

## WE MAKE LOCAL EASY.

For as long as we've had customers, we've supported local farmers.

Hannaford is proud to partner with over 135 farms across New England and New York to bring you the freshest local produce around.

To get it any fresher, you'd have to pick it yourself.

Stop by your neighborhood Hannaford Supermarket for the season's best local fruits and vegetables.



# 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

# Fresh Recipes

Try these tasty recipes at home using local ingredients!

## Whole Wheat Blueberry Muffins

YIELD: 12 SERVINGS

Ingredients

- 1 ½ cups whole wheat flour
- ¾ cup sugar
- ½ tsp salt
- 2 tsp baking powder
- ⅓ cup vegetable oil
- 1 egg, slightly beaten
- ⅓ cup nonfat or 1% milk
- ½ cup unsweetened applesauce
- 2 cups wild blueberries

Directions

- Preheat oven to 400°F. Lightly coat the bottom of 12 muffin cups with oil or baking spray.
- Mix flour, sugar, salt, and baking powder in a large bowl.
- In separate bowl, blend vegetable oil, egg, milk, and applesauce until smooth.
- Stir liquid ingredients into flour mixture until moistened. Lightly stir in blueberries.
- Fill each muffin cup about three-quarters full.
- Bake about 20 minutes, or until the muffin tops are golden brown. A toothpick inserted into the center of the muffin should come out moist, but without batter.

**Notes:** To avoid rancid whole wheat flour, store it in a container or bag that keeps the air sealed out. Keep in a cool, dark area for up to 3 months or in the freezer for up to 6 months. Buy amounts that you can use within those lengths of time.

From **Maine SNAP-Ed program**  
([www.mainesnap-ed.org](http://www.mainesnap-ed.org))

To use sweetened applesauce, remove about 1 ½ teaspoons of sugar from the measured amount.

## Spinach Salad with Strawberries

YIELD: 3-4 SERVINGS

Ingredients

- 1 lb. fresh spinach, washed and trimmed
- 1 lb. Maine strawberries, washed trimmed, and sliced
- 4 oz. fresh basil, washed and trimmed of stems
- 8 oz. fresh mozzarella, sliced
- 4 oz. chopped almonds or hazelnuts, toasted until fragrant
- Extra virgin olive oil to taste
- Balsamic vinegar to taste (my preference is an aged balsamic that is thicker; balsamic glaze is a good substitute)
- Coarse sea salt and pepper to taste

Directions

- Divide the spinach over four plates. Top with remaining ingredients.
  - Drizzle salad with olive oil and balsamic. Sprinkle with salt and pepper.
- Optional: Add grilled chicken for an entrée salad.

From Chef Rob Dumas, Food Science Innovation Coordinator, University of Maine



## Raspberry Riches

YIELD: 10 SERVINGS

Sugar Crumb Topping:

- ½ cup firmly packed light brown sugar
- 2 tbsp flour
- 1 tbsp unsalted butter, cut in small pieces
- 1 ½ tsp finely grated semi-sweet chocolate

Cake:

- 1 cup sifted all-purpose flour
- ¾ cup sugar
- ½ tsp baking powder
- ½ tsp baking soda
- ¼ tsp salt
- 1 egg
- ⅓ cup buttermilk
- ½ tsp vanilla extract
- ⅓ cup unsalted butter, melted and cooked
- 1 ¼ cups fresh raspberries

To make the topping:

- In a small bowl, mix together all ingredients with a fork or pastry blender (alternatively, pulse ingredients in the bowl of a food processor until they are the consistency of corn meal).

To make the cake:

- Preheat oven to 375 degrees. Butter 9-inch round or 8-inch square baking pan.
- Sift together dry ingredients into a large mixing bowl.
- In another bowl, beat together egg, buttermilk, and vanilla until smooth. Stir in butter.
- Pour liquid mixture into flour mixture. Beat with wooden spoon until nearly smooth.
- Spread batter evenly in prepared pan.
- Sprinkle with raspberries. Finish with a layer of sugar crumb topping.

After sprinkling the crumb topping over the berries, bake 40-45 minutes until richly browned. Remove from oven and let cake cool on rack but serve warm.

From “Maine Community Cookbook – Vol. 2” (copyright 2022) – recipe from Jayne Farrin, Presque Isle

# So Much to Explore!

## REACH YOUR PERFECT AUDIENCE!

### ADVERTISE IN BDN SPECIAL SECTIONS

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OR CALL 207.990.8036



## Checklist of Summer 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!

**See the sights, meet the farmers all summer long!** Make a day of getting to know more about farming in Maine with a visit to any of the Open Farm Day sites July 23, a wild blueberry field for Wild Blueberry Weekend, August 5-6, Farmers' Market Week August 6-12, Open Winery Day September 9, and the Maine Cheese Festival September 10!

**Get back to the original social network.** Maine has dozens of agricultural fairs, some of the longest-running in the nation! These special places are community treasures. Tour a local agricultural fair, where you can see youth caring for their livestock and practicing lifelong skills, or people of all ages putting their skills on display in the fair's exhibition halls. See page 15 for a featured story about Maine 4-H as well as a schedule of upcoming fairs.

**Enjoy seasonal color and texture with a local bouquet.** Seasonal stems keep dollars in the local community to recirculate, and the stems are as fresh as you can find! Local shops, stands, and even subscription offerings.

**Savor the harvest.** Try a new recipe, or start preserving the fresh harvest with canning and freezing. You can find a variety of bulk choices at u-pick, Pick Your Own "PYO" farms, and even farmstands. Need help with recipes? Let UMaine Cooperative Extension be your guide. FMI: [extension.umaine.edu/food-health/food-preservation/preserving-the-harvest](https://extension.umaine.edu/food-health/food-preservation/preserving-the-harvest).

**Experience and explore Maine foods, traditions and fun.** From the Maine The Maine Artisan Bread Fair (July 29, 2023) to special educational workshops, tastings and pop-up markets, you can a summer favorite that fills your curiosity. Visit Real Maine.com for a list of ideas!

**Take the scenic route.** Maine's rural charm and beautiful landscapes are home to many farms, growing food, and other farm products, while and caring for the land. Plan your trip with RealMaine.com trip planner tool.

**Find Maine ice cream, made with Maine milk or cream.** There are hundreds of places you can find ice cream, frozen custards and gelato in Maine. But not all of them source milk or cream from Maine dairies. Follow the Real Maine ice cream trail to savor all the deliciousness while supporting local businesses that use Maine ingredients! Find a list of sites and interactive map at [Visit realmaine.com/seasons/summer/real-maine-ice-cream-trail](https://visit.realmaine.com/seasons/summer/real-maine-ice-cream-trail)

**Learn about Bumper Crop!** Summertime combines delicious harvests and vacations, but it's also a great time of year to make a year-long connection with farmers. Bumper Crop connects Maine farmers and employers and their staff to local farm products. Wherever your summer travels take you, there's plenty of tasty Maine foods to find, and the Bumper Crop program can help. Learn more at [mainefarmersmarkets.org/bumpercrop](https://mainefarmersmarkets.org/bumpercrop).

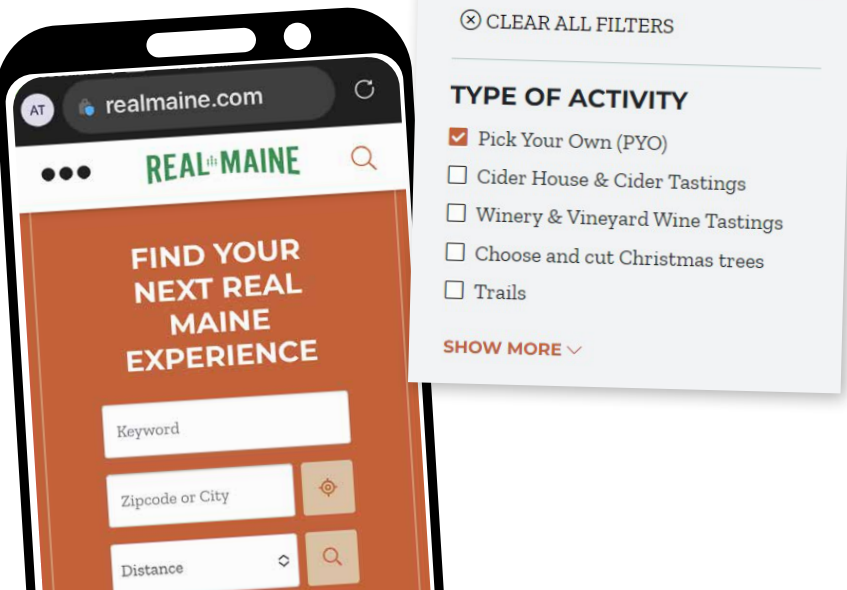
## Celebrate Maine Farms and Products with a Real Maine Roadtrip!

It's easy to search for farm products and experiences across Maine. Simply visit [realmaine.com](https://realmaine.com) where you can search farms and more — or create a roadtrip of farms and businesses to explore. You can even share your itinerary with friends and family or on social media. And, if you'd like, you can print your customized trip plan to carry with you during your travels. Happy exploring!

### Visit [realmaine.com](https://realmaine.com) to get started!

1. Visit [realmaine.com/itinerary](https://realmaine.com/itinerary)
2. Select "View All Members" button to locate dozens of Real Maine members.
3. Narrow your choices – use any of these methods for easy filtering:
  - Type keyword(s) or location in search fields. Optional: Select a distance. Click "Use My Location" for real-time location settings (requires location access on your browser or device).
  - Click an icon for a pre-filtered assortment of business categories.
  - Use the checkboxes to "Refine Your Search" by Activity (for example, PYO), Farm Products (for example, Fruit), Ways to Buy (for example, Retail, Farm Stand), etc. Locate "Refine Your Search" on the left side of a computer screen on a PC or the bottom of a mobile device screen.

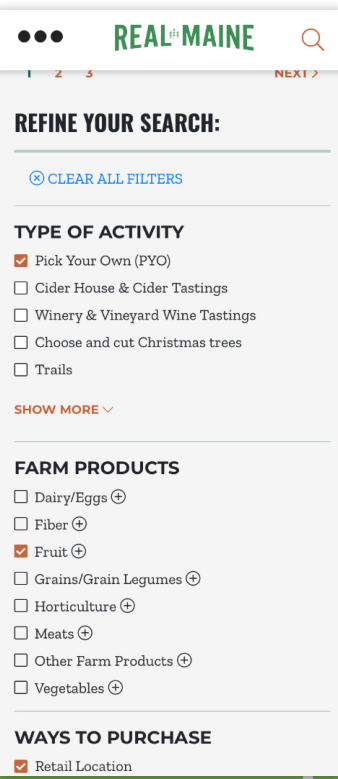
4. Add a stop to your trip by clicking the add to my trip button on the member profile.
5. Click "View your trip" to see your curated list. You can adjust your list as desired.
6. Optional: Share with others, save or print.



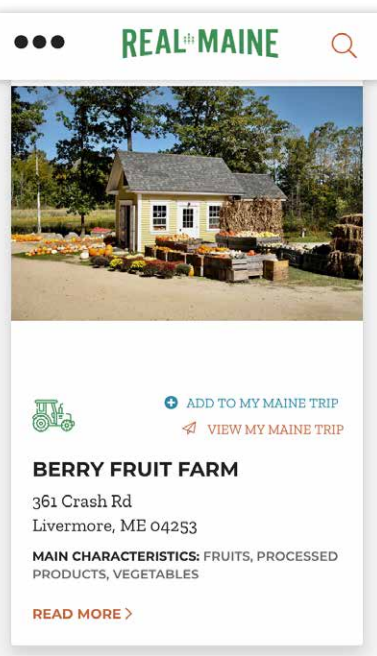
Planning a day of sites?  
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save, print or share it with others!  
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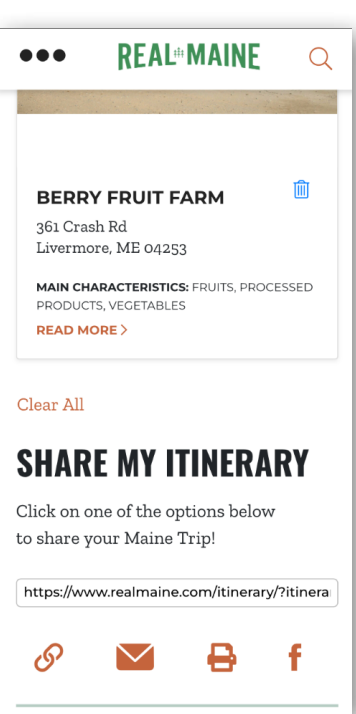
### Refine your search



### Discover the Perfect Spots to Visit!



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## Plan Your Own Real Maine Roadtrip!

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460 NORTH CHESTER RD, CHESTER

**WELCH FARM**  
186 ROQUE BLUFFS RD, ROQUE BLUFFS

**STARBOARD FARM**  
1543 PORT RD, MACHIASPORT

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**ALEWIVE'S BROOK FARM**  
83 OLD OCEAN HOUSE RD, CAPE ELIZABETH

**HARRIS FARM**  
262 BUZZELL RD, DAYTON

**SPILLER FARM**  
85 SPILLER FARM LN, WELLS

Create your own trip, plan and map at [realmaine.com](https://realmaine.com)





**Alan Day Community Market**

Alan Day Community Garden at  
26 Whitman St. in Norway  
*Fridays 5-8, July-September*

**Augusta Farmers' Market at Mill Park**

At the former Edwards Mill site, downtown  
along the Kennebec River  
*Tuesdays 2-6, May -October*

**Bangor Farmers' Market**

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

**Bangor's European Market**

117 Buck St. at Sunnyside Greenhouse, across  
from Bangor Auditorium parking lot  
*Saturdays 8:30-12:30, Year Round*

**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 9-12, May - October*

**Belfast Farmers' Market**

Waterfall Arts, 256 High Street  
*Fridays 9-1, April - October*

**Belgrade Lakes Market**

Maine Lakes Resource Center, 137 Main St.  
*Sundays 10-2, May - 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-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, June through October*

**Brewer Farmers' Market**

Brewer Auditorium parking lot,  
318 Wilson Street  
*Saturdays 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 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, May through October*

**Cherry Hill Farmers' Market**

Next to the ice rink and Walmart,  
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**

141 Water Street  
*Saturdays 10-1, late June through October*

**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, Mid-May - October*

**Falmouth Farmers' Market (CFMA)**

Next to the ice rink and Walmart,  
22 Hat Trick Dr.  
*Wednesdays 10-1, 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*

**Gray Village Farmers' Market**

4 Main St, Village Green  
*Sundays 10-1, July-October*

**Greater Gorham Farmers' Market**

Route 114, 71 South Street  
*Saturdays 8:30-12:30, May through 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, 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 Park, 103 Pendleton  
*Weds 10:30-12:30, late-June to early Sept.*

**Kennebunk Farmers' Market**

Garden Street Lot, 3 Wells Ct.  
*Saturdays 8-12:30, 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, May to November*

**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,  
May through October*

**Millbridge Farmers' Market**

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

**Millinocket Farmers' Market**

*Saturdays 11-1*

**Moosehead Family Village  
Farmers' Market**

215 Pritham Ave, Greenville  
East lot of Bartley's Center Cove Events  
*Fridays 3-6, July-October*

**Newport Farmers' Market**

Route 7 lot, next to the Credit Union  
*Sundays 10-3, May through October*

**North Berwick Farmers' Market**

Mill Field  
*Thursdays 3-6, June through September*

**North Haven Farmers' Market**

The Ball Field  
*Saturdays 9-11:30, May through October*

**North Yarmouth Outdoor Market**

475 Walnut Hill Rd,  
North Yarmouth Village Green  
*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*

**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, May through  
Thanksgiving*

**Otis Farmers' Market**

Next to the Otis General Store  
169 Otis Rd  
*Saturdays 9-11, Mid-May to mid-October*

**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 7-1,  
April through November*

**Presque Isle Farmers' Market at  
Riverside**

Riverside Pavilion, 19 Riverside Drive  
*Saturdays 8:30-12:30, June-October*



*Save the Date!*

## Maine Farmers' Market Week is Always the First Full Week in August

**The annual event happens August 6-12, 2023**

By Maine Federation of Farmers' Markets

This year, the Maine Federation of Farmers' Markets (MFFM) will give away more than \$2,000 in farmers' market gift certificates and prizes to shoppers across Maine. In mid-July, MFFM will begin announcing opportunities for shoppers to engage in — including a photo contest — to win these prizes. Follow MFFM on social media @mainefarmersmarkets.

Maine Farmers' Market Week is the yearly celebration of the wonderful bounty, culture, and community that flourishes among Maine's farmers' markets. We invite everyone to explore their local farmers' market or explore a new market as part of a destination experience. Farmers' markets help hundreds of Maine food producers grow and sustain their businesses while also providing fresh food access and countless other benefits to their communities.

► Find a nearby market, stay connected year-round

► Use the summer market list starting on page 12

► Year round: Visit [mainefarmersmarkets.org](http://mainefarmersmarkets.org)

► Search Maine Federation of Farmers' Market's online database.  
Sort by day of the week, zip code, or town

► Farmers' markets are accessible to all —  
learn how SNAP/EBT shoppers earn bonus bucks at farmers' markets  
at [www.maineharvestbucks.org](http://www.maineharvestbucks.org)

Continued on page 14



Continued from page 13

**Rangeley Area Farmers' Market**

Sandy River Planation, Intersection of Rte 4 & South Shore Drive  
*Tuesdays 11-2, May through October*

**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*

**Sabattus Farmers' Market**

On the lawn of Sabattus Town Office 190 Middle Rd.  
*Sundays 9-3, May through September*

**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**

197 Main St., Central Elementary School  
*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, May to September*

**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, June to November*

**Vinalhaven Farmers' Market**

Downtown on the corner of East Main Street and Atlantic Avenue at Flea Market Field  
*Saturdays 8-12, June-November*

**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 October*

**Windham Farmers' Market**

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

**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*

**Woodfords Corner Farmers' Market**

Parking lot of Woodfords Congregational Church at 202 Woodford St.  
*Thursdays 3-7, June - early 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*



# Visit a Maine Agricultural Fair This Year

Springfield Fair: June 15-18

Monmouth Fair: June 21-24

Houlton Fair: July 1-4

Ossipee Valley Fair: July 6-9

Waterford World's Fair: July 14-16

Pittston Fair: July 13-16

Union Fair: July 26-30

Bangor State Fair: August 3-6

Northern Maine Fair: August 3-6

Topsham Fair: August 9-13

Skowhegan State Fair: August 10-19

Acton: August 24-27

Piscataquis Valley: August 24-27

Washington County: August 26-27

Windsor Fair: August 27-Sept. 4

Blue Hill Fair: August 31- Sept. 4

Harmony Free Fair: September 1-4

Clinton Lions Fair: September 7-10

Litchfield Fair: September 8-10

Oxford Fair: September 13-16

New Portland Lions Fair: Sept. 15-17

Farmington Fair: September 17-23

Common Ground Fair: Sept. 21-24

Cumberland Fair: September 24-30

Fryeburg Fair: October 1-8

# Wild Maine Blueberry Weekend Returns August 5-6, 2023

Learn more about this special event, and find a list of sites at:  
[www.wildblueberries.com/where-to-buy/wild-blueberry-weekend/](http://www.wildblueberries.com/where-to-buy/wild-blueberry-weekend/)

Whether you're from Maine or enjoying a Maine getaway, mark your calendar for this (wild) new Maine tradition. Tour wild blueberry farms, pick (and nibble) wild blueberries at select locations, try a new-to-you wild blueberry dish or drink. Wild Blueberry Weekend is happening this summer in Maine (rain or shine)—how wild you get is totally up to you.



# Tackling tomorrow's challenges today.

Sustaining and growing Maine's food-based economy with applied research and practical education.



[extension.umaine.edu](http://extension.umaine.edu)



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# MAINE FARMLAND TRUST



Plan your next farm adventure with  
our Summer Farm Activities Map

[go.mainefarmlandtrust.org/summer](http://go.mainefarmlandtrust.org/summer)

# 4-H Market Animal Series *Part 1*

By Real Maine

We will be following along as Clara Domin, a 10th grader from Freeport, raises a lamb as part of 4-H's Market Animal Program. Her family has a long tradition of raising market animals through 4-H, as evidenced by their "wall of fame," which includes names of their market animals through the years.

The day we visited was wet and muddy. Clara, along with her neighbors Molly and Isla, did after school chores – feeding and watering all the sheep (five lambs, three ewes, and one yearling) and cleaning their pens. George, the market lamb, was nearly ready to be weaned from his mother. Clara does chores twice a day – early in the morning and after school. She tries to prep as much as she can in the evening for the morning.

Clara will have her market lamb until the beginning of October, when he goes to auction. She will show him at several fairs before then.

Sadee Mehuren, a 4-H youth development professional with the University of Maine Cooperative Extension, said the goal of the Market Animal Program, which has been in existence for several decades, is for 4-H students to "prepare animals to be the best they can be and making sure they are as healthy as possible."

Mehuren acknowledged the program "is a culmination of all life skills taught in 4-H," including work ethic, patience, and marketing and business skills. She also said those who participate build a bond with their animals but are prepared for the animal eventually being sold.

"It's a reality of the food system we live in," Mehuren said. "It is tough, but there is a satisfaction that you have made it to the end and hit your goal."



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This list features farms that plan to be open for visitors during the 2023 Maine Open Farm Day!

Visit [REALMAINE.COM](https://www.realmaine.com) for more info.

**TIPS:** Most farms, but not all, are open 10:00 a.m. to 3:00 p.m. on Sunday. We recommend checking local listings before you head out. Examples include the RealMaine.com event calendar, individual farm websites, social media and phone. Farms may update schedules and activities as the event date nears.

If you're new to this tradition, we recommend reading our online tips for visiting a farm (see also page 6).

Scan the code to view the pre-made trip itineraries and an interactive map of host sites ►



**REALMAINE.COM**

## ANDROSCOGGIN

### Attwood Farm & Kitchen LLC

277 POLAND CORNER RD, POLAND  
[www.attwoodfarmofmaine.com](https://www.attwoodfarmofmaine.com)  
[attwoodfarm.maine@gmail.com](mailto:attwoodfarm.maine@gmail.com)  
 (207) 402-7123

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. 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

1425 FEDERAL ROAD, RT 4, LIVERMORE  
[www.boothbysorchard.com](https://www.boothbysorchard.com)  
[boothbysorchard@gmail.com](mailto:boothbysorchard@gmail.com)  
 (207) 754-3500

Boothby's Farm Market at 1425 Federal Road in Livermore is now our primary home. Opening late June through October featuring our own fruits, produce, beef and wine and best produce, breads and baked goods from other local farms and artisans. Back at the farm at 366 Boothby Road, we offer pick-your-own apples 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.



## Use these symbols to help plan your visit



FARM



WINERY / CIDERY



SPECIALTY



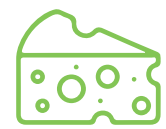
SUGAR SHACK /  
MAPLE SYRUP



NURSERY /  
GREENHOUSE



FARMERS' MARKET



CREAMERY



BREWERY /  
DISTILLERY



AGRITOURISM

### Canty Cow Creamery

278 UPPER STREET, TURNER  
[cantycow.com](https://www.cantycow.com)  
 (207) 713-5145

Premium, homemade frozen custard using natural ingredients, simple recipes and fresh, award-winning milk from our own happy, healthy cows.



### Chirp Creek Farm & Eli's Homestead

76 LITTLEFIELD ROAD, LEWISTON  
[chirpcreekfarm.com/the-farmers](https://chirpcreekfarm.com/the-farmers)  
[andyvalleycollaborative@gmail.com](mailto:andyvalleycollaborative@gmail.com)  
 (207) 240-8336

We grow certified organic vegetables, eggs, seedlings, and raise happy, healthy chickens, cows, and other livestock. We sell at our farm stand and at the Lewiston Farmers' Market, Cumberland Farmers' Market, Falmouth Farmers' Market, Freeport Farmers' Market, Windham Farmers' Market, Wilton Farmers' Market and through our CSA program.



### ClearView Cider & Creamery

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

We are a licensed Cervid (Deer) & Dairy Goat Farm. Over the years our farm has grown to 100+ deer (Red Deer & Fallow Deer), plus Peafowl, Guinea fowl, 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. We handcraft our Goat Milk Bath & Body products in small batches to ensure the freshest ingredients from our own Nigerian Dwarf and Nubian Dairy Goats.



### Goss Berry Farm

311 ELM ST, MECHANIC FALLS  
[www.gossberryfarm.com](https://www.gossberryfarm.com)  
[info@gossberryfarm.com](mailto:info@gossberryfarm.com)  
 (207) 346-6811

A family produce farm featuring Maine grown berries.



### Hummingbird Farm Greenhouse

202 BEAN ST, TURNER  
[hummingbirdfarm.net](https://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.



### Liberation Farms

1002 GARDINER ROAD, WALES  
[www.somalibantumaine.org](https://www.somalibantumaine.org)  
[info@somalibantumaine.org](mailto:info@somalibantumaine.org)  
 (207) 784-5556

Our mission is to provide vital transitional services, advocacy, and food production that empowers members of the Somali refugee community to uphold cultural identity and economic well-being to thrive in their new life here in Maine.

Liberation Farms provides resources to over 200 Somali families to grow culturally relevant food and empowers Somali commercial growers to supplement their income through sales to 3 weekly farmers markets and a variety of wholesale accounts. The farm also participates in the Maine Senior FarmShare program, and runs a on site farm stand called the Suuq with our produce and other local products.

The farm also raises meat goats and chickens, hosts community events and facilitates workshops and trainings.



### Little Ridge Farm

101 GOULD RD, LISBON FALLS  
[www.LittleRidgeFarm.com](https://www.LittleRidgeFarm.com)  
[farmer@littleridgefarm.com](mailto:farmer@littleridgefarm.com)  
 (207) 312-0415

We offer seasonal CSA shares and year-round online sales through [www.FarmDrop.us](https://www.FarmDrop.us).



### Nezinscot Farm & Store

284 TURNER CENTER RD, TURNER  
[www.nezinscotfarm.com](https://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. Nezinscot's owners, Gregg & Gloria Varney, expanded to encompass a Gourmet Food Shop, a Cafe and Coffee Shop, a Bakery, a Fromagerie, a Charcuterie, and a Yarn & Fiber Studio. On the grounds, you can find acres of veggie gardens, rolling fields, farm animals, and the Nezinscot River.



### Old Crow Ranch

427 DAVIS ROAD, DURHAM  
[www.oldcrowranch.com](https://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 in beautiful Durham, Maine. 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. We are committed to our farmland, maintaining high quality soil, taking excellent care of our animals, and creating opportunities to share this beautiful farm with our community. As a Forever Farm, we know that we are merely the caretakers for now, helping to cultivate this land for future generations.



### Roebucks Angus

783 UPPER ST, TURNER  
[jbuck@megalink.net](mailto:jbuck@megalink.net)  
 (207) 754-1558

Raise & Sell Angus Beef



### Slatery's Farm

1381 WOODMAN HILL RD, WEST MINOT  
[slatbake2001@yahoo.com](mailto:slatbake2001@yahoo.com)  
 (207) 966-3643

Family farm with a diverse range of products and on farm shopping.



### Willows Awake Winery

10 LEEDS JUNCTION ROAD, LEEDS  
[www.willowsawake.com](https://www.willowsawake.com)  
[tony@willowsawake.com](mailto:tony@willowsawake.com)  
 (207) 518-8076

Willows Awake Winery is an 8 acre vineyard of cold hardy grape varieties. We are the perfect location for weddings and events! Our restaurant is open along with the Winery Tasting Room. Guests can sample the wines available and make wine purchases. The tasting room features easy access to outdoor spaces and landscaped grounds. The tended walk-up bar serves guests pours from a list of products produced by the winery. Knowledgeable staff can guide you through the tasting experience or you can opt for an informative tour.



## AROOSTOOK

### Gallifreyan Farm

133 CODFISH RIDGE RD, LINNEUS  
[www.GallifreyanFarm.com](https://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. We source all our fertilizer from right here on the farm, from our gaggle of fiber animals: angora rabbits, alpacas, and sheep.



### McElwain's Strawberry Farm

711 SWEDEN ST, CARIBOU  
[www.mcelwainstrawberryfarm.com](https://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, summer squash, zucchini, winter squash, potatoes and sweet corn. Also fall decorations, including pumpkins, gourds, mums, straw bales, and corn stalks.



### Mi'kmaq Farms

1353 PRESQUE ISLE ROAD, CARIBOU  
[www.micmacfarms.com](https://www.micmacfarms.com)  
[farm@micmac-nsn.gov](mailto:farm@micmac-nsn.gov)

Located off Route 1 in Caribou, Mi'kmaq Farms has been a Tribal staple for just over 10 years! We grow 4 acres of mixed vegetables and fruits every year, 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 want the Aroostook County and Tribal Community to know we are here for YOU!



### Shepherds' Ledge

486 LAKE ROAD, MONTICELLO  
[akalbersfamily@gmail.com](mailto:akalbersfamily@gmail.com)  
 (207) 999-9704

Shepherds' Ledge began as A4 Farm in Limestone and was relocated to a picturesque 330-acre property in Monticello, Maine, in June of 2021. Family owned and operated, the farm is home to approximately 800 sheep of varying ages. The Albers family raises Katahdin/Dorper cross sheep and added Romanov to the mix in 2022. These breeds are hair sheep and are specifically raised for meat production. This cross generally produces mild-flavored lamb that is second to none. Recently, the family acquired a sawmill and have started a side-business cutting pallet slats and taking custom lumber orders. As a by-product, the Albers also sell scrap from the mill for firewood, turning blanks, and sawdust for livestock bedding or soil improvement.



## CUMBERLAND

### Acker's Acres Angoras

359 GLOUCESTER HILL ROAD,  
NEW GLOUCESTER  
[backer@maine.rr.com](mailto:backer@maine.rr.com)  
 (207) 926-4921

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  
[www.riversidelavender.com](https://www.riversidelavender.com)  
[riversidelavender@gmail.com](mailto:riversidelavender@gmail.com)  
 (207) 332-06502

Lavender farm along the banks of the Saco river.





**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. 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.



**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 in beautiful Sebago, Maine among the hills and mountains west of Sebago Lake. Our Scottish Highland cattle are rotationally grazed on over 22 pastures covering approximately 45 acres. 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**  
338 RAYMOND HILL ROAD, RAYMOND  
[www.pismiremountainfiberfarm.com](http://www.pismiremountainfiberfarm.com)  
[pismiremountainfiber@gmail.com](mailto:pismiremountainfiber@gmail.com)  
Specializing in alpaca fiber. We welcome you to stop by to meet the herd or shop in our farm store for our yarns, socks, toys and gifts. Open to the public.



**Sabbathday Lake Shaker Village**  
707 SHAKER RD, NEW GLOUCESTER  
[www.maineshakers.com](http://www.maineshakers.com)  
[info@maineshakers.com](mailto:info@maineshakers.com)  
(207) 926-4597

With 17 buildings and 1750 acres of land, Sabbathday Lake Shaker Village is home to the only active Shaker Community in the world and is a National Historic Landmark. The Shakers have been farming since 1783. See Scottish highland cattle, sheep, bees, orchards, gardens and barns. The Shaker Museum provides guided tours, volunteer opportunities, workshops, and special events.

We also offer a selection of gourmet culinary herbs, herbal blends, spices and herbal teas that represent our long and continuing heritage. Our herbs are grown in gardens more than 200 years old, dried in a facility built in 1845.



**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 in Gray, Maine. 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. Our farm guest house, The Woods House at Ten Apple Farm is available for short term visits and farm stays through Airbnb.



**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 (when the rain allows). Edible flowers are a specialty, along with Celtic folklore and cultural resources.



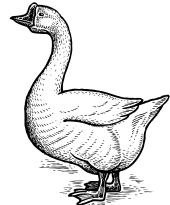
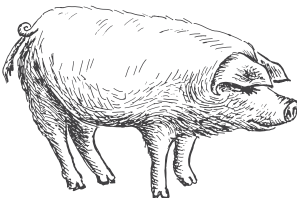
**Tripping Gnome Farm**  
64 LUPINE LANE, FREEPORT  
[www.trippinggnome.com](http://www.trippinggnome.com)  
[trippinggnomefarm@gmail.com](mailto:trippinggnomefarm@gmail.com)  
(508) 596-5222

Family-run farm specializing in field and forest grown produce.



**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.



## FRANKLIN

**Black Acres Farm**  
105 CEMETARY RD, WILTON  
[blackacresbeef@gmail.com](mailto:blackacresbeef@gmail.com)  
(207) 491-5443  
Multigenerational and diversified family farm with on-farm shopping.



**Dreamin' Fahm, LLC**  
1244 MAIN ST, WILTON  
[www.dreaminfahm.com](http://www.dreaminfahm.com)  
[dreaminfahm.maine@gmail.com](mailto:dreaminfahm.maine@gmail.com)  
(207) 860-0324

Goat dairy and creamery providing raw goats milk, goat milk cheeses, and goat milk products, such as soaps and lotions.



**Ferme Louis**  
286 LEXINGTON RD, KINGFIELD  
[www.fermelouiskingfield.com](http://www.fermelouiskingfield.com)  
[info@fermelouiskingfield.com](mailto:info@fermelouiskingfield.com)  
(207) 265-2175

Organic-adjacent diversified vegetable farm.



**O'Rye Farm**  
1021 SOUTH STRONG ROAD, STRONG  
[Oryefarm@gmail.com](mailto:Oryefarm@gmail.com)  
(978) 502-9726

O'Rye Farm is a small, diverse operation that provides healthy, sustainable produce, plants, and eggs to our neighbors throughout the year.



**Shady Lane Farm**  
108 BRAHMER RD, NEW VINEYARD  
[cassie.hanscom@gmail.com](mailto:cassie.hanscom@gmail.com)  
(207) 491-8613

We have a multi-family diversified farm. We raise pigs, sheep, dairy cows, goats, chickens, geese, ducks, miniature horses, and donkeys. Depending on the time of the year we sell any of the above listed animals, butter, and maple syrup. On our farm we also have a custom butcher shop, Maple orchard, traveling petting zoo, and a livestock trucking business.



## HANCOCK

**Lone Spruce Farm**  
306 BALD MOUNTAIN RD, DEDHAM  
[lonesprucefarm.net](http://lonesprucefarm.net)  
[Lonespruceorders@gmail.com](mailto:Lonespruceorders@gmail.com)  
(973) 570-8925

Fully licensed kitchen and creamery. Farmstay BnB with full menu. Tours and experiences. 4-H programming.



## KENNEBEC

**Anchor ME Farm**  
584 RIDGE ROAD, WINDSOR  
[www.anchormefarm.com](http://www.anchormefarm.com)  
[Info@anchormefarm.com](mailto:Info@anchormefarm.com)  
(207) 445-8192

We're a licensed Gluten-Free Home Bakery and Wellness Farm. We have a farm stand called the Ark where you can buy goodies or merchandise. We are a unique farm connecting wellness and visitors, plus animals.



**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 Chèvre (Goat Cheese), Chevon (Goat Meat), Cajeta (Goat Milk Caramel) and Free Range Eggs. We also offer high quality breed and show stock.



**Friends' Folly Farm**  
319 NORRIS HILL ROAD, MONMOUTH  
[friendsfollyfarm.com](http://friendsfollyfarm.com)  
[friendsfolly@roadrunner.com](mailto:friendsfolly@roadrunner.com)  
(207) 632-3115  
35 year old Homestead.



**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 received numerous awards for our high

quality products and livestock. We have an farm stand on site to purchase products. 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 and events.



**Misty Brook Farm**  
156 BOG ROAD, ALBION  
[www.mistybrook.com](http://www.mistybrook.com)  
[robink28@gmail.com](mailto:robink28@gmail.com)  
(207) 437-4719

A diverse family farm in Albion, Maine.



**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 with the ability to do what comes natural to them. Chickens forage for bugs in the fields. Sheep graze on lush green pastures with the goats near by. Ducks have access to ponds any time they want. We practice rotational grazing to allow land to recover from animals and to provide the animals with the best grazing and nutrition available.



**Rmt Farms**  
404 ACADEMY RD, LITCHFIELD  
[www.rmtfarms.com](http://www.rmtfarms.com)  
[mikerobinson@rmtfarms.com](mailto:mikerobinson@rmtfarms.com)  
(207) 409-9939

We are a diversified farm and rescue with on-site shopping.



**Tiny Roots Organic Farm**  
223 PINE TREE RD, LITCHFIELD  
[tinyrootsorganicfarm.com](http://tinyrootsorganicfarm.com)  
[luke@tinyrootsorganicfarm.com](mailto:luke@tinyrootsorganicfarm.com)  
(207) 217-7701

We are a no-till market farm offering certified organic vegetables with a focus on greens. Depending upon the time of season we offer lettuce, spinach, arugula, peas, celery, carrots, beets, radishes, onions, tomatoes, cucumbers, peppers, beans, squash and herbs.



**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. Maine blueberry pies. 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.



## KNOX

**Brae Maple Farm**  
233 NORTH UNION RD, UNION  
[aasmith@tidewater.net](http://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 ornaments, 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.



**Brodie's Blueberries**  
86 JONES HILL ROAD, HOPE  
[www.brodiesblueberries.com](http://www.brodiesblueberries.com)  
[ronhoward1256@gmail.com](mailto:ronhoward1256@gmail.com)  
(207) 593-2946

Brodie's Blueberries is a 9 generation family farm raising Maine's iconic wild blueberries in midcoast Maine. Selling fresh during the late July and early August season along with frozen wild blueberries, jams, sauces and spirits from Barrens Distillery year around.



**Dogpatch Farm, LLC**  
419 OLD COUNTY ROAD, WASHINGTON  
[www.dogpatchfarm.net](http://www.dogpatchfarm.net)  
[dogpatchfarm@hotmail.com](mailto:dogpatchfarm@hotmail.com)  
(207) 592-4759

We raise pigs in the woods and chickens and turkeys on pasture. All of our pigs are born here on the farm. If you ask, we can probably even tell you your pigs name. We give them the best pig life possible and they are all processed here in Maine. It's not just that happy critters taste better, we believe it's the right way to treat them, plain and simple.

Find us at the Farmers' Markets or make arrangements for an on-farm pickup or schedule a delivery.



**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

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 their super creamy milk has more calcium & more protein than cow's milk. 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



**Sweet Season Farm**  
77 LIBERTY RD, WASHINGTON  
[efreardon.wixsite.com/mysite](http://efreardon.wixsite.com/mysite)  
[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

A family run farm specializing in cut flowers including CSA shares, field-grown cut flowers, arrangements, and event flowers. You can find our flowers at the Common Market in Union, Guini Ridge Farm in Rockport, at Washington General Store in Washington, and in the cooler at our farm days a week.



**Tenderwild Farm**  
32 GROVE STREET, ROCKPORT  
[Pearsonasnyder@gmail.com](mailto:Pearsonasnyder@gmail.com)  
(207) 691-4529

Tenderwild Farm is an organic no-till vegetable farm in the heart of Rockport intent on establishing a vibrant ecosystem on the land and a central, living presence in the community through our farm store and events, volunteer engagement, on-farm training and educational programming, and by dedicating ten percent of our growing space each year for donation to food-insecure members of our community.



## LINCOLN

**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.



**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. Our primary focus is raising Belted Galloway cows, as well as growing our apiary of bees for raw honey. In addition to our beef and honey, our farm store is also stocked with our farm raised pork and fresh eggs.



**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, Maine cheeses and other dairy, free-range eggs, organic produce, and all the ingredients you need for breakfast, lunch, supper and appetizers/snacks.





**Cape Newagen Alpaca Farm**

1020 HENDRICKS HILL RD, SOUTHPORT  
[www.capenewagenfarm.com](http://www.capenewagenfarm.com)  
[capenewagenalpacas@gmail.com](mailto:capenewagenalpacas@gmail.com)  
(207) 633-0416

We are mid-coast Maine fiber producers selling our own farm raised alpacas and yarn. Using our own fiber from our alpacas' yarn, milled in Maine or spun on our farm, helps to reduce our carbon footprint and provide a locally raised product. Our farm is located on picturesque Southport Island. Meander past the Coastal Maine Botanical Gardens, or through the quaint seaside village of Boothbay Harbor, while heading south on Route 27. In the village of Cape Newagen you will find our small farm, nestled beside the Southport Memorial Library.

We are not a petting zoo, but one may receive an "alpaca kiss" depending on their mood and feed the alpacas. Our alpacas love to be fed hay no matter the age of our visitors or time of day! Agritourism visits to our farm are scheduled by appointment on our website.



**DRAGONFLY COVE FARM**

5 MCCOBB RD, DRESDEN  
[www.dragonflycovefarm.com](http://www.dragonflycovefarm.com)  
[marge.kilkelly@gmail.com](mailto:marge.kilkelly@gmail.com)  
(207) 737-8737

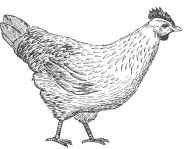
Dragonfly Cove Farm is a small niche producer of goat meat, eggs, poultry and pork. Specialty products include goat milk soap, ready to eat goat sausages-pepperoni, salami, chorizo and sujak; Barn Raising Pancake Mix and Goatmeal hot cereal mix. Turkeys are available preorder for Thanksgiving each year.



**Lakin's Gorges Cheese LLC**

2361 FRIENDSHIP RD, WALDOBORO  
[www.lakinsgorgescheese.com](http://www.lakinsgorgescheese.com)  
[gorgescheese@gmail.com](mailto:gorgescheese@gmail.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 ordering a Cheese Board for Two To-Go or a Glorious Graze. These can be picked up at the farm and taken to the beach or on your hike or to your couch. Planning a special event? Reserve the Summerhouse for a Private Cheese or Fondue Party for up to 6 people.



**Odd Alewives Farm and Brewery**

99 OLD ROUTE 1, WALDOBORO  
[sarah@oddalewives.com](mailto:sarah@oddalewives.com)  
(207) 790-8406

Our farm brewery and tasting room is surrounded by 22+ acres of gardens and forest and offers visitors a beautiful rural setting to gather and celebrate.



**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, as well as a community gathering place. Our Nubian and Alpine goats graze our hill pastures, providing us with high quality milk for a full range of dairy products, from raw milk, yogurt & smoothies, to fresh and aged cheeses. We open the farm to the public every Sunday from 11-3, for an immersive experience of life on a farm. 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 farm trails. You can even book a guided tour accompanied by our pack goats! We offer farm camps for children during the summer months.



**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 in Alna, Maine. We grow all of our produce with sustainable, organic practices. 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. Events: We partner with the The WW&F Railway Museum in Alna, Maine for a variety of events. Ride the narrow gauge steam train to the train stop at the back of the farm property. From there you will get a hayride to the farm. The Pumpkin Train-Pick Your Own Pumpkin patch. Steam and Sleigh-You will get a ride on a horse drawn sleigh to farm where we have food and games. Lavender Trains to pick your own Lavender.



**Straw's Farm**

30 BRICK HILL ROAD, NEWCASTLE  
[Strawsfarmsk@gmail.com](mailto:Strawsfarmsk@gmail.com)  
(617) 767-9272

40 year old family farm nestled in the Midcoast woods. Raising beef, pork, and lamb with eggs, yarn and sheepskins available.



**The Byre Farm**

25 ROCK SCHOOL HOUSE RD., BRISTOL  
[byrefarm.com](http://byrefarm.com)  
[hcostello42@gmail.com](mailto:hcostello42@gmail.com)  
207-529-5639

Small diversified farm on Mid-Coast Maine selling vegetables, dried beans, value added products, Mangalitsa pork, eggs, roving and yarn. Coming soon, mutton, goose meat, duck eggs, and Christmas trees. Scottish Highland cattle breeding stock.



**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. The Morris Farm Trust works to promote the values of sustainable agriculture and stewardship of the earth through education, demonstration and community involvement, while enhancing food security in the greater midcoast area.



**Tarbox Farm**

61 TARBOX RD, WESTPORT ISLAND  
[www.tarboxfarm.com](http://www.tarboxfarm.com)  
[tarboxfarm@gmail.com](mailto:tarboxfarm@gmail.com)  
(207) 522-2579

Tarbox farm is a MOFGA certified organic farm located on Westport Island specializing in mixed produce. Tarbox Farm is also home to Sasanoa Brewing, Maine's first MOFGA certified organic brewery.



**OXFORD**

**Conant Acres**

49 CANTON POINT ROAD, CANTON  
[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.



**Foxx Run Farm LLC**

1912 PEQUAWKET TRAIL, HIRAM  
[www.foxxrunfarm.com](http://www.foxxrunfarm.com)  
[farmstays@foxxrunfarm.com](mailto:farmstays@foxxrunfarm.com)  
(207) 632-3375

We are a working farm with a focus in homesteading and sharing our experiences through Agritourism. We strive to educate through experiences, farmstays, and workshops with special attention to sustainable and regenerative farming practices. We are passionate stewards of the land and animals and look forward to sharing our love of homesteading and husbandry with the community.



**Morning Glory Farm**

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. The new centerpiece of our farm is a woodfired oven which we use for hosting community building events.



**Rocky Ridge Livestock Farm & Feed**

42 KEENE ROAD, CANTON  
[rockyridgelivestockllc.com](http://rockyridgelivestockllc.com)  
[Rockyridgelivestockllc@gmail.com](mailto:Rockyridgelivestockllc@gmail.com)  
(207) 491-8943

5th Generation Farm in the Androscoggin River Valley. Sellers of Beef, Eggs, Pork and Poulin Grain.



**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.



**Cooks Corner Family Farm LLC**

16 COOKS CORNER, LINCOLN  
[ccff@er-x.com](mailto:ccff@er-x.com)  
(207) 290-7393

Cooks Corner Family Farm, owned by Disabled Veteran Eric Rojo, Col. Ret. US Army, and his wife, Jessica De Alba-Ulloa, started operations in 2021. Our vision is to develop a farm as an enjoyable growth business incorporating traditional, innovative, and disruptive processes to contribute to affordable local food production. In addition to bringing new processes, the focus on efficient water use and conservation of resources is a base for our business. For this purpose, we have assembled an experienced management and investment team. Our most important mission is to have happy customers.



**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.



**Loud Dog Farm**

535 BETTS RD, ORRINGTON  
[louddogfarm.weebly.com](http://louddogfarm.weebly.com)  
[deargranola@gmail.com](mailto:deargranola@gmail.com)  
(207) 450-2143

Focusing on public education and outreach we primarily keep American Heritage breeds as

well as rare breeds of livestock. We offer farm services and classes for all experience levels. We also have farm tours and experiences throughout the year!



**Wyld Dream Farm**

1157 AVENUE RD, EXETER  
[Wylddreamfarm.com](http://Wylddreamfarm.com)  
[Wylddreamfarm@gmail.com](mailto:Wylddreamfarm@gmail.com)  
(207) 631-4265

Petting zoo, vegetables, eggs, arts/crafts.



**PISCATAQUIS**

**Huettner's Farm in the Woods**

245 STEWARD RD, MONSON  
[farminthemaine woods@gmail.com](mailto:farminthemaine woods@gmail.com)  
(207) 997-3288

We are a 60 acre diversified family farm in beautiful Monson offering fruits and vegetables, and grass fed Livestock. Our CSA program is offered as a Farm Share Certificate that can be used on all of our products throughout the year. Our livestock include sheep, beef and dairy cows, dairy goats, pigs, horses, broilers, laying hens, and turkeys. We sell at the farm and local market.



**Nubik Ranch LLC**

473 EAST SANGERVILLE ROAD,  
SANGERVILLE  
[nubikranch.com](http://nubikranch.com)  
[farm@nubikranch.com](mailto:farm@nubikranch.com)  
(207) 509-5494

Northeastern apiary with strong focus on raising Carniolan and Italian genetics stock. We produce and sell nucleus colonies and queens through the season and supply honey for our retail and wholesale customers year around.



**Ripley Farm**

62 MERRILLS MILLS RD,  
DOVER-FOXCROFT  
[www.ripleyorganicfarm.com](http://www.ripleyorganicfarm.com)  
[mm@ripleyorganicfarm.com](mailto:mm@ripleyorganicfarm.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 and delivery to Bangor/Brewer areas), online vegetable preorders, native/medicinal/edible perennial plants, and annual vegetable/flower/herb seedlings.



**Turning Page Farm**

842 N. GUILFORD RD, MONSON  
[joy@turningpagefarm.com](mailto:joy@turningpagefarm.com)  
(207) 997-3424

A small batch brewery and on farm goat creamery providing a unique experience for visitors to central Maine.

**SAGadahoc**

**Apple Creek Farm, LLC**

538 MILLAY RD, BOWDOINHAM  
[www.applecreekfarm.me](http://www.applecreekfarm.me)  
[info@applecreekfarm.me](mailto:info@applecreekfarm.me)  
(207) 948-3022

If you're looking for local, delicious livestock products then you're in the right place. Apple Creek Farm produces organic & grass-fed beef, chicken, eggs, goat, and lamb. The farm also produces goat skins and sheepskins. Specialty products include bone broth, lemon curd, pate and sausage.



**Dandelion Spring Farm**

961 RIDGE RD, BOWDOINHAM  
[dandelionspringfarm.com](http://dandelionspringfarm.com)  
[eventsdandelionspringfarm@gmail.com](mailto:eventsdandelionspringfarm@gmail.com)  
(207) 380-4199

Certified Organic Vegetable & Herb farm.



**Harvest Tide Organics**

304 PORK POINT RD, BOWDOINHAM  
[www.harvesttideorganics.com](http://www.harvesttideorganics.com)  
[farmers@harvesttideorganics.com](mailto:farmers@harvesttideorganics.com)  
(207) 449-7274

Growing produce with love on the banks of Merrymeeting Bay in Bowdoinham since 2015, with the mission to make local food accessible and easy for all. We provide Southern Maine families and businesses with sustainably-grown, MOFGA certified organic produce year-round, with our fully customizable CSA shares.



**Rock Bottom Farm**

565 BRUNSWICK ROAD, RICHMOND  
[rockbottomfarm.net](http://rockbottomfarm.net)  
[rockbottomfarmme@gmail.com](mailto:rockbottomfarmme@gmail.com)  
207-891-8022

Rock Bottom Farm is a family farmstead raising registered Nigerian dairy goats.



**Stonecipher Farm**

1186 RIVER ROAD, BOWDOINHAM  
[stonecipherfarm.com](http://stonecipherfarm.com)  
[stonecipherfarm@gmail.com](mailto:stonecipherfarm@gmail.com)  
(207) 737-4124

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.



**Equiculture @ Anam Cara Farm**

100 SALISBURY RD., CANAAN  
[www.equiculture.online](http://www.equiculture.online)  
[info@equiculture.online](mailto:info@equiculture.online)  
(978) 502-7913

We are a small farm enterprise in Canaan working to support draft horses in need. Equiculture is a woman-owned sanctuary/farm that puts Earth first. We sell soil restoration products, teach horse driving skills, share beautiful Anam Cara Farm for photo shoots and events, and ensure sanctuary for retired, disabled, and homeless work horses.



**Foggy Way Farm**

155 WARREN HILL RD, PALMYRA  
[foggywayfarm@gmail.com](mailto:foggywayfarm@gmail.com)  
(207) 431-4206

Foggy Way Farm is a family oriented small dairy goat farm located in Palmyra Maine. We specialize in raising premium quality Nigerian Dwarf Dairy goats for milk and show. Our goats our ADGA registered and some are dually registered with AGS.





**Martin Woods Farm**  
24 ABIJAH HILL RD, STARKS  
[martinwoodsfarmmai.wixsite.com/mysite](http://martinwoodsfarmmai.wixsite.com/mysite)  
[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 and the encouragement of friendships, family values, and kindness. 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 lavender used in our products is grown right here in St. Albans. All products are handmade with love and available for purchase at our farm store or online.



## WALDO

**Ellie's Daylily & Perennial Gardens**  
11 ROGERS ROAD, TROY  
[www.elliesdaylilies.com](http://www.elliesdaylilies.com)  
[elliesdaylilies@yahoo.com](mailto:elliesdaylilies@yahoo.com)  
(207) 948-2101

We grow and sell over 400 varieties of daylilies. All are named and registered with The American Hemerocallis Society. Many are award winners. Our mission is to continue growing the older classics while we specialize in the newer, more modern, cultivars. Our garden is open daily from May to the end of September. Find more detailed information on our website.



**Leafsong Family Farm**  
507 BACK BELMONT ROAD, BELMONT  
[www.leafsongfamilyfarm.com](http://www.leafsongfamilyfarm.com)  
[leafsongfamilyfarm@gmail.com](mailto:leafsongfamilyfarm@gmail.com)  
(207) 342-2613



**Northern Solstice Alpaca Farm — Maine Alpaca Experience**  
141 CROSBY BROOK RD, UNITY  
[www.mainealpacaexperience.com](http://www.mainealpacaexperience.com)  
[nsalpaca@gmail.com](mailto:nsalpaca@gmail.com)  
(207) 356-2464

Home to 39 beautiful Alpacas. We offer a variety of ALPACKAGE farm tours, educational

seminars, mentoring, knitting & spinning events, and shopping in our alpaca gift shop filled with alpaca clothing, gifts and yarn, open farm days, and a wonderful experience with the alpacas! We have been offering farm tours since 2006. Reservations are recommended but not required. Alpacas are very social, yet shy and enjoy meeting our farm visitors. Bring along a picnic and enjoy alpaca watching while you sit at our pasture side picnic tables. Open Tuesday - Sunday 10 a.m. - 5 p.m. Please come for a visit!



**Seek-No-Further Farmstead**  
522 W Main St, Monroe  
[snffarmstead@gmail.com](mailto:snffarmstead@gmail.com)  
(857) 939-0248  
Seek-No-Further Farmstead is a queer-owned and operated farm growing and raising goats and offering dairy products, plus produce. We have a farm shop.



**Tiny Acres Farm**  
904 WOODMANS MILL RD., MONTVILLE  
[www.tinyacresfarmmaine.com](http://www.tinyacresfarmmaine.com)  
[tinyacresfarmmaine@gmail.com](mailto:tinyacresfarmmaine@gmail.com)  
(207) 213-3149

A small farm with a large impact! We grow certified organic mixed vegetables fruits mushrooms and more. Come visit!



## WASHINGTON

**Itty Bitty Farm**  
980 US RT. 1, COLUMBIA FALLS  
[ittybittyfarm@outlook.com](mailto:ittybittyfarm@outlook.com)  
(207) 266-9134

We are a small, thriving local 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. For more information go to our facebook page, [www.facebook.com/IBFMaine](http://www.facebook.com/IBFMaine), or call, text, or email us with any questions.



**Rime Nor Reason Farm**  
82 ARTHUR DAMON RD, CHARLOTTE  
[RimeFarm.com](http://RimeFarm.com)  
[rimenorreasonfarm@gmail.com](mailto:rimenorreasonfarm@gmail.com)  
(207) 404-1177

Rime is located Downeast in Charlotte on 143 acres. 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. If you rather shop from home, you can check us out online at [RimeFarm.com](http://RimeFarm.com). From there, you can purchase farm shares, free-range eggs, our handmade lard & lye soap, or pasture-raised meat by the hanging weight. We deliver, too!



**Starboard Farm**  
1543 PORT RD, MACHIASPORT  
[www.starboardfarm.org](http://www.starboardfarm.org)  
[boldcoastme@gmail.com](mailto:boldcoastme@gmail.com)  
(207) 259-0657  
Organic Maine Family Farm.



**Smithereen Farm**  
767 LEIGHTON POINT RD, PEMBROKE  
[www.smithereenfarm.com](http://www.smithereenfarm.com)  
[office@smithereenfarm.com](mailto:office@smithereenfarm.com)  
(207) 726-4442

We are farming on Passamaquoddy homeland right at the US-Canada border in easternmost Maine. We look out on Cobscook Bay and our main focus is building the most diverse orchard we possibly can. We also grow organic strawberries and large veggie gardens and manage 12 acres of U PICK wild Maine blueberries just down the road. We also wild harvest chokecherries, service berries, seaweed, and wild herbs galore. We make value added products from our harvests and sell them online and at our farmstore.



## YORK

**Blueberry Hill Farm**  
231 BLUEBERRY HILL FARM, ACTON  
[www.blueberryhillfarm.us](http://www.blueberryhillfarm.us)  
[upickbhf@gmail.com](mailto:upickbhf@gmail.com)  
(207) 457-1151

10 acres of pick-your-own highbush blueberries. Season mid-July through September. Picnic tables available for your use. Season/Hours: Summer 8-5 daily as long as ripe berries are available. Now hosting weddings/special occasion parties! For more info please contact Darlene at 457-1200.



**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; if 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.



**Elf-Paca Meadows LLC**  
45 LIBBY ROAD, WEST NEWFIELD  
[www.elfpacameadows.com](http://www.elfpacameadows.com)  
[sue@elfslandscaping.com](mailto:sue@elfslandscaping.com)  
(207) 259-0657  
Alpaca Farm & On Site Farm Store.  
Open Weekends 10 am - 4 pm.



**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.



**Ferment Farm**  
406 HANSON RIDGE ROAD, SPRINGVALE  
[www.fermentfarm.com](http://www.fermentfarm.com)  
[michele@fermentfarm.com](mailto:michele@fermentfarm.com)  
(207) 254-9416

Crafters of small batch specialty foods with ingredients from the farm. Come visit on July 23-24 for Open Farm Day when visitors will see and hear from the farmers about the various crops, growing practices and products offered in local retail establishments and the soon to be open Farm Stand. Crops raised using organic practices include an apple and pear orchard, blueberries, asparagus, elderberries and traditional garden produce (tomatoes, potatoes, eggplants, squashes, pumpkins, etc). Products currently include Sweet apple cider, apple cider caramels and small batch ice cream (using local dairy and not from a mix) using flavor ingredients from the farm (blueberry, roasted garlic). Additionally, there will be refreshing drinks to sample and purchase. NOTE: no public restrooms at this time.



**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. During the summer season, stop by the farm store and stay for hot lunch, soft serve, and you-pick flowers!



**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 in the heart of Kittery where conservation, education, recreation, and farming happily intersect. This 30-acre farm has been permanently preserved by the Kittery Land Trust for future generations. It is home to a Giving Garden that grows food for non-profit organizations that fight food insecurity in the community.



**Lana Plantae Farmed Yarns**  
301 LONG PLAINS RD, BUXTON  
[www.lanaplantae.com](http://www.lanaplantae.com)  
[lpa@maine.rr.com](mailto:lpa@maine.rr.com) • 207-710-9533

For over 20 years we have been raising alpaca and sheep on our farm in southern Maine. We feature naturally dyed rambouillet and alpaca/rambouillet blend yarns as well as other regional wool sourced from small farms. Our yarns are minimally and beautifully processed at Green Mountain Spinnery in Vermont. We use only natural dyes to color our yarns and choose plants and insects that create lasting color. In season we also grow many dye plants. Natural plant and insect derived colors harmonize beautifully together.



**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 specializes in the production of high quality apples for sale to pick-your-own and farm stand. We invite families of all ages to step back in time, slow down, relax and enjoy the farm's high-quality agricultural products and low-impact recreational opportunities.



**New Song Farm LLC**  
138 LINCOLN RD, WEST ENFIELD  
[newsongfarm.com](http://newsongfarm.com)  
[newsongfarmme@gmail.com](mailto:newsongfarmme@gmail.com)  
(207) 290-1165

New Song Farm is a cut flower farm offering Wholesale to Florists, U-Pick Days, Custom Bouquets, Farmers' Market (Lincoln and Brewer), Our own Jams and Jellies, and Farm Stand.



**Prospect Hill Winery and Vineyard**  
318 ORRILLS HILL RD, LEBANON  
[www.prospecthillwines.com](http://www.prospecthillwines.com)  
[info@prospecthillwines.com](mailto:info@prospecthillwines.com)  
(207) 651-9335

Prospect Hill Winery & Vineyard produces award winning grape wines made exclusively from grapes grown in our own vineyard. We offer tours of our scenic vineyard and wine tasting May-October.



**Roux's Farm LLC**  
261 CHICK ROAD, LEBANON  
[rouxsfarm@gmail.com](mailto:rouxsfarm@gmail.com)  
(207) 459-4256  
Raw Milk, USDA Beef, USDA Pork, Maple Products, Veggies, Honey



**Southern Maine Stockyard**  
328 OSSIPEE HILL RD, E. WATERBORO  
[www.southernmainestockyard.com](http://www.southernmainestockyard.com)  
[southernmainestockyard@gmail.com](mailto:southernmainestockyard@gmail.com)  
(207) 815-0267

We're a small family farm committed to feeding the community the highest quality and cleanest meat. The farm is owned and by operated by Army veteran couple Joseph and Shallie Hurd. All livestock are raised by certified organic standards, fed certified organic grain, fresh spring fed water and homegrown produce. Meat may be purchased through summer CSA shares, bulk or small orders directly through the farm. During summer months fresh vegetables, fruit and eggs may be purchased daily from the farm stand.



**Unique Maine Farms**  
515 GARLAND ROAD, WEST NEWFIELD  
[www.uniquemainefarms.com](http://www.uniquemainefarms.com)  
[mqdoyle@gmail.com](mailto:mqdoyle@gmail.com)  
(207) 793-2759

Over 120 varieties of perennials and herbs that have been grown in our greenhouse are for sale. Copies of the Unique Maine Farms' book that promotes over 200 Maine farms are also available for sale.



# Springvale Farm Walk

**"Earn the views, Drinks are on us!"**  
**at the Farmer-Hosted Ninth Annual Springvale Farm Walk**

New in 2023: Expands into a two-day event plus get a free farm recipe.  
Visit Springvale Farm Walk Facebook page for maps, updates and details:  
[facebook.com/spvlfarmwalk](https://facebook.com/spvlfarmwalk)



Everyone is invited to walk from farm to farm in Springvale during the weekend of July 22 and July 23.

The ninth annual Springvale Farm Walk is a self-guided walk between farms linked by mowed paths and gravel trails. Farms along the route raise sheep, orchard fruit, vegetables, herbs, chickens, berries and more. Each farm will provide recipe cards of a favorite farm recipe, a refreshing drink and may have additional farm items for sale.

There is no single starting time or place. Parking is available at McDougal Orchards, Ferment Farm, Mousam Valley Mushrooms, Rivard Farm and McKeon Environmental Reserve. Some farms have bathrooms or porta potties. The route is well-marked and kid friendly. Sturdy shoes are recommended. The route is not just for walkers. Mountain bikers, runners, and dogs on leashes are also welcome.



**Promoting organic agriculture through education, training and advocacy.**



Learn more about how to support a healthy and fair food system year-round.  
[mofga.org/join](http://mofga.org/join)





**From Maine farms to  
Maine families.  
Let's raise a glass to that!**



**Committed to  
quality.**

