Grow Local • Buy Local

Local Food Guide
for Jefferson County

Local Food
Fresh to You – Fair to Farmers

This guide points you to the freshest and best tasting food – grown and produced by your neighbors. Shop at the locations listed in this guide and help keep your food dollars circulating in our local community.

*Photos by: Greater Watertown-North Country Chamber of Commerce
# 2020 Jefferson County Farmers’ Market Schedule

<table>
<thead>
<tr>
<th>Market</th>
<th>Location</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
</tr>
</thead>
<tbody>
<tr>
<td>Watertown Farm and Craft Market</td>
<td>Dulles’ State Office Bldg., Washington St.</td>
<td>Wednesday</td>
<td>7:00 am - 3:00 pm</td>
<td>May 27 - Oct. 7</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Notes:</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td><img src="image1.png" alt="WIC" /></td>
<td><img src="image2.png" alt="60+" /></td>
</tr>
<tr>
<td>Clayton Farmers’ Market</td>
<td>Village Park Circle, Clayton</td>
<td>Thursday</td>
<td>10:00 am - 4:00 pm</td>
<td>June 4 - Sept. 24</td>
</tr>
<tr>
<td>Alexandria Bay Farmers’ Market</td>
<td>Kinney Drugs Parking Area</td>
<td>Friday</td>
<td>9:00 am - 3:00 pm</td>
<td>May 22 - Sept. 18</td>
</tr>
<tr>
<td>Carthage Farmers’ Market</td>
<td>Farmers’ Market Pavilion Riverside Dr., Carthage</td>
<td>Friday</td>
<td>7:00 am - 2:00 pm</td>
<td>May 29 - Oct. 9</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Notes:</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td><img src="image1.png" alt="WIC" /></td>
<td><img src="image2.png" alt="60+" /></td>
</tr>
<tr>
<td>Jefferson Bulk Milk Coop and Farmers’ Market</td>
<td>Jeff Bulk Milk &amp; The Cheese Store, Route 3 Watertown</td>
<td>Friday</td>
<td>12:00 pm - 4:00 pm</td>
<td>May 29 - Oct. 9</td>
</tr>
<tr>
<td>Cape Street Market</td>
<td>Village Green, Cape Vincent</td>
<td>Saturday</td>
<td>11:00 am - 5:30 pm</td>
<td>June 20 - Sept. 19</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Notes:</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td><img src="image1.png" alt="WIC" /></td>
<td><img src="image2.png" alt="60+" /></td>
</tr>
<tr>
<td>Sackets Harbor Farmers’ Market</td>
<td>Corner of Main St. &amp; General Smith Dr.</td>
<td>Saturday</td>
<td>9:00 am - 4:00 pm</td>
<td>May 23 - Sept. 5</td>
</tr>
<tr>
<td>Saturday Farmers’ Market Watertown</td>
<td>JB Wise Place Pavilion, Watertown</td>
<td>Saturday</td>
<td>9:00 am - 2:00 pm</td>
<td>June 6 - Oct. 31</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Notes:</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td><img src="image3.png" alt="SNAP" /></td>
<td><img src="image1.png" alt="WIC" /></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td><img src="image2.png" alt="60+" /></td>
<td><img src="image1.png" alt="WIC" /></td>
</tr>
</tbody>
</table>

- Welcomes SNAP (Food Stamps)
- EBT Machine available
- Welcomes Farmers’ Market Nutrition Program Coupons
- Some vendors accept WIC checks for vegetables and fruit.

---

For more information about programs that help you:
- Stretch your food dollars;
- Find great recipes;
- Find links to other resources.

Visit: [http://fmnp.nutrition.cornell.edu/](http://fmnp.nutrition.cornell.edu/)
# Local Farms & Stands

| Adams | **Bender Busy Bee Honey**  
**honey - conventional**  
Duane & Linda Bender  
18399 Co. Rte. 189  
Adams, NY  
ph: 315-232-3098  
dbender17@twcny.rr.com  
* roadside stand | **Calcium**  
**Five Corners Greenhouse**  
**fresh vegetables, herbs**  
Sam & Deb Biondolillo  
27516 Five Corners Road  
Calkin, NY  
ph: 315-783-5600  
deborhabiondolillo@gmail.com  
* roadside stand, sales from home | **White Creek Gardens**  
**fresh vegetables, herbs, berries, apples, honey - conventional**  
Kevin & Sandra Hadley  
32984 Co. Rte. 143  
Carthage, NY  
ph: 315-773-5394  
chefkhadley@yahoo.com  
* roadside stand |
| Sheland Farms  
**beef - IPM**  
Doug Shelmidine  
12043 Co. Rte. 79  
Adams, NY  
ph: 315-846-5640  
dshel@frontiernet.net  
* please call ahead | **Cape Vincent**  
**Riverside Farm NY LLC**  
**fresh vegetables, herbs, berries**  
CSA - Riverside Farm CSA  
Carly Basinger  
32098 Tibbetts Point Rd.  
Cape Vincent, NY  
ph: 803-728-7976  
riversidefarmcv@gmail.com  
* roadside stand | **Clayton**  
**Bechaz Riverdale Cheese**  
**cheese, beef - conventional**  
Jeffrey & Melinda Bechaz  
37851 Defferno Road  
Clayton, NY  
ph: 315-686-5979  
bechazriverdalecheese.com  
* sales from home |
| Adams Center | **Fine Art Farm**  
**horseradish**  
Ben Peyton  
11526 Fuller Rd.  
Adams Center, NY  
ph: 315-778-3990  
* please call ahead | **Copenhagen**  
**Simmons Farm**  
**fresh vegetables, herbs, berries, apples, honey, maple products, eggs - conventional, NYS Grown & Certified**  
Shari Simmons  
10188 NYS Rte. 12  
Copenhagen, NY  
ph: 315-767-0240  
shar154@aol.com  
* roadside stand, sales from home, u-pick, please call ahead |
| Tickle the Earth Farm  
**fresh vegetables, herbs, eggs, chicken, rabbit**  
CSA - North Country Local Meats  
Almeda Grandjean  
13501 Co. Rte. 155  
Adams Center, NY  
ph: 315-583-5660  
* please call ahead | **Black River Valley Farms**  
**eggs - conventional**  
Roggie Farms, LLC  
36537 NYS Rte. 26  
Carthage, NY  
ph: 315-493-0559  
brvfeggs@aol.com  
* sales from home | **Depauville**  
**Town of Clayton Seed Library**  
seeds loaned and saved heirlooms, vegetables, herbs  
Depauville Free Library  
32333 Co. Rte. 179  
Depauville, NY  
ph: 315-686-3299  
www.depaullivelfreeibrary.org  
* public library |
| Antwerp | **Beartown Farms**  
**beef, lamb, chicken**  
Gene & Veronica LaMothe  
35813 Beartown Rd.  
Antwerp, NY  
ph: 315-523-4197  
grassgrown@hotmail.com  
* please call ahead | **Dexter**  
**Dexter Farm Market**  
**fresh vegetables - conventional**  
Hubert Joanette  
17497 Co. Rte. 53  
Dexter, NY  
ph: 315-639-3660  
* roadside stand |
| Stoney Stream Farm  
**leeks**  
Rita LaBarge  
31585 Rutland Hollow Road  
Black River, NY  
ph: 315-408-9055  
prlabarge31@gmail.com  
* sales from home | **Black River**  
**Bushgarden's**  
**fresh vegetables, berries, apples, herbs, honey, eggs, maple products - conventional**  
CSA - Bushgarden's  
Loren & Chris Bush  
10371 NYS Rte. 26  
Carthage, NY  
ph: 315-783-6745  
* roadside stand, sales from home | **Star School Farm**  
**fresh vegetables, herbs, beef, turkey, chicken, eggs, pork, duck**  
19034 Star Schoolhouse Rd.  
Dexter, NY  
ph: 315-778-8580  
starschoolfarm@gmail.com  
* please call ahead |

---

**Notes:**  
- To find more farms and stands in your area, visit localfood.org or tinyurl.com/nyfarmersmarketfinder.  
- Check out the New York State Department of Agriculture's website for a list of state-certified farms and markets.  
- For a list of organic farms in New York State, visit tinyurl.com/nyorganicfarms.
<table>
<thead>
<tr>
<th>Location</th>
<th>Farm Name</th>
<th>Products</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ellisburg</td>
<td>Bear Creek Honey</td>
<td>honey - conventional</td>
<td><a href="mailto:glake104@gmail.com">glake104@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td>South Branch Honey</td>
<td>conventional honey</td>
<td></td>
</tr>
<tr>
<td>Evans Mills</td>
<td>Country Cousins Farm</td>
<td>beef, eggs, raw milk - conventional</td>
<td><a href="mailto:countrycousinsfarm@gmail.com">countrycousinsfarm@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td>Baty Farm</td>
<td>fresh vegetables - certified organic NOFA-NY</td>
<td><a href="mailto:tnlbaty@gmail.com">tnlbaty@gmail.com</a></td>
</tr>
<tr>
<td></td>
<td>Farmer's Wife Creations &amp;</td>
<td>fresh vegetables, herbs, berries, apples,</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Greenhouse</td>
<td>honey, maple products, beef, eggs -</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Igo to the Farm</td>
<td>chicken, eggs</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Rodman Lucki7 Livestock Co.</td>
<td>beef, chicken, eggs, pork - NYS</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Hunter's Plessis Farm</td>
<td>sweet corn, pumpkins - conventional</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Redwood Better Farm</td>
<td>fresh vegetables, herbs</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Mannsville Jones Apple Farm</td>
<td>apples, grape juice - conventional, IPM</td>
<td><a href="mailto:sljones@frontiernet.net">sljones@frontiernet.net</a></td>
</tr>
<tr>
<td></td>
<td>Philadelphia Carl's</td>
<td>garlic</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Wintonbury Farm, LLC</td>
<td>shiitake mushrooms - NYS</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Rodman Lucki7 Livestock Co.</td>
<td>beef, chicken, eggs, pork - NYS</td>
<td></td>
</tr>
</tbody>
</table>
Schrader Farm
fresh vegetables, lamb - conventional
CSA - Miracles by the Acre
Janet Schrader
22657 Williams Rd., Rodman, NY  ph: 315-232-3786
* sales from home, please call ahead

Ruddman Ranch
beef - conventional
Emily & Greg Rudd
24037 Kenfiled Rd., Rodman, NY  ph: 315-767-3818
erudd4053@gmail.com
* sales from home

Sackets Harbor
Old McDonald’s Farm
fresh vegetables, sweet corn, strawberries, u-pick pumpkins - conventional
Julia Robbins
14369 Co. Rte. 145
Sackets Harbor, NY  ph: 315-583-5737
www.oldmcdonaldhasafarm.com
* roadside stand

Theresa
Swartzentruber Farm
fresh vegetables, beef, chicken - conventional
Joseph Swartzentruber
36920 Co. Rte. 22
Theresa, NY  ph: 315-583-5737
www.oldmcdonaldhasafarm.com
* roadside stand, sales from home

Three Mile Bay
Luff Farms
fresh vegetables, berries
Kurt & Lori Lanning
21272 S. Shore Rd.
Three Mile Bay, NY  ph: 315-649-2985
www.lufffarms.com
knl@lufffarms.com
* roadside stand

Watertown
Churchill Farms
honey, maple products
Rolly Churchill
18161 Co. Rte. 156
Watertown, NY  ph: 315-788-8139
rolly@twcny.rr.com
* roadside stand, sales from home

JB Acres
fresh vegetables, maple products, turkey, eggs, pork - conventional
James Babcock
26000 State Route 283
Watertown, NY  ph: 315-681-7273
babcock1972@yahoo.com
* roadside stand

Rock and Jam
berries, jam
Yvonne Youngs
20054 Reasoner Rd.
Watertown, NY  ph: 315-777-3203
rockandjam1@outlook.com
* sales from home, please call ahead

Windswept Meadows Farm
fresh vegetables, herbs, baked goods, berries, beef, turkey, chicken, eggs, jams - IPM, conventional
CSA - Miracles by the Acre
CSA - Wind Swept Meadows
Farm Beef
Delta & Tom Keeney
17025 Co. Rte. 68
Watertown, NY  ph: 315-788-1933
keeneyswindsweptmeadows.com
* roadside stand, sales from home, u-pick, please call ahead

Wyn-de-Elm Farm
fresh vegetables, herbs, berries
Kathleen Mereand
20598 Rome State Road
Watertown, NY  ph: 315-489-9615
kmereand@yahoo.com
* roadside stand

Wellesley Island
Cross Island Farms
fresh vegetables, herbs, berries, grapes, beef, eggs, pork, goat - NYS Grown & Certified, certified organic NOFA-NY
Dani Baker & David Belding
44301 Cross Island Road
Wellesley Island, NY  ph: 315-482-3663
www.crossislandfarms.com
organic@crossislandfarms.com
* roadside stand, sales from home, u-pick, please call ahead

Worth
Worth Gold Farm
fresh vegetables, herbs, beef, turkey, chicken, eggs, pork, catering
Shawn & Christina Chamberlain
23711 Co. Rte. 189
Worth, NY  ph: 315-408-1088
www.worthgoldfarm.org
worthgoldfarm@gmail.com
* roadside stand, sales from home

To view an online, interactive version of the 2020 Jefferson County Local Food Guide, visit www.jcnylocalfoods.org.
CSA - Some farms offer a Community Supported Agriculture (CSA) option. Consumers can purchase a share of the farm’s harvest at the beginning of the growing season and then pick up a box of freshly harvested produce each week throughout the season.

Certified Organic - Certified organic farms have met USDA standards for organic food production as verified by an accredited agency such as the Northeast Organic Farming Association of NY (NOFA-NY).

Conventional - Producers use all available strategies and inputs in their production of food.

GAP - The Good Agricultural Practices audit verification program focuses on best agricultural practices to verify that farms are producing, handling, and storing fruits and vegetables in the safest manner possible to minimize risks of microbial food safety hazards.

IPM - Integrated Pest Management is a sustainable approach to managing pests by combining biological, cultural, physical, and chemical tools in a way that minimizes economic, health, and environmental risks.

Additional Certifications - Farmers follow a wide array of agricultural practices. Many farmers participate in certification programs that comply with strict quality requirements including 3rd party audits. These high standards may apply to growing practices, animal treatment, and handling practices or environmental practices. This guide lists those growers who comply with additional certifications. Ask them about their certification and practices. For more information, visit: https://www.ams.usda.gov/services/auditing and https://www.nal.usda.gov/awic/certification-programs.

More Information About Farm Practices

Alexandria Bay

CSA - Taste NY at the North Country Welcome Center offers Community Supported Agriculture (CSA) options. Consumers can purchase a share of the farm’s harvest at the beginning of the growing season and then pick up a box of freshly harvested produce each week throughout the season.

Certified Organic - Certified organic farms have met USDA standards for organic food production as verified by an accredited agency such as the Northeast Organic Farming Association of NY (NOFA-NY).

Conventional - Producers use all available strategies and inputs in their production of food.

GAP - The Good Agricultural Practices audit verification program focuses on best agricultural practices to verify that farms are producing, handling, and storing fruits and vegetables in the safest manner possible to minimize risks of microbial food safety hazards.

IPM - Integrated Pest Management is a sustainable approach to managing pests by combining biological, cultural, physical, and chemical tools in a way that minimizes economic, health, and environmental risks.

Additional Certifications - Farmers follow a wide array of agricultural practices. Many farmers participate in certification programs that comply with strict quality requirements including 3rd party audits. These high standards may apply to growing practices, animal treatment, and handling practices or environmental practices. This guide lists those growers who comply with additional certifications. Ask them about their certification and practices. For more information, visit: https://www.ams.usda.gov/services/auditing and https://www.nal.usda.gov/awic/certification-programs.

Cape Vincent

The Cape Winery - wine, eggs, maple products, fresh vegetables, honey - IPM

Sandra L. Fralick
2066 Deerlick Road
Cape Vincent, NY
ph:315-654-3218
thecapewinery.com
sandra@thecapewinery.com
FB: The Cape Winery

Clayton

Clayton Distillery - spirits
40164 NYS Rte. 12
Clayton, NY
ph:315-285-5004
www.claytondistillery.com
FB: Clayton Distillery

Clayton Food Co-op - organic fruits and vegetables, honey, maple products, cheese, organic meat, and eggs
720 James Street
Clayton, NY
ph:315-955-0018
claytonfood@gmail.com
FB: Clayton Food Co-op

Coyote Moon Vineyards - grapes, wine - IPM
17371 Co. Rte. 3
Clayton, NY
ph:315-686-5600
www.coyotemoonvineyards.com
FB: Coyote Moon Vineyards

Watertown

Downtown Julie Brown Marketplace - honey, maple products - conventional
40 Public Square
Watertown, NY
ph:315-221-4225
downtown-juliebrown.com
downtownjuliebrown@gmail.com
FB: Downtown Julie Brown-Marketplace

More Information About Farm Practices

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

Certified Organic - Certified organic farms have met USDA standards for organic food production as verified by an accredited agency such as the Northeast Organic Farming Association of NY (NOFA-NY).

Conventional - Producers use all available strategies and inputs in their production of food.

GAP - The Good Agricultural Practices audit verification program focuses on best agricultural practices to verify that farms are producing, handling, and storing fruits and vegetables in the safest manner possible to minimize risks of microbial food safety hazards.

IPM - Integrated Pest Management is a sustainable approach to managing pests by combining biological, cultural, physical, and chemical tools in a way that minimizes economic, health, and environmental risks.

Additional Certifications - Farmers follow a wide array of agricultural practices. Many farmers participate in certification programs that comply with strict quality requirements including 3rd party audits. These high standards may apply to growing practices, animal treatment, and handling practices or environmental practices. This guide lists those growers who comply with additional certifications. Ask them about their certification and practices. For more information, visit: https://www.ams.usda.gov/services/auditing and https://www.nal.usda.gov/awic/certification-programs.

To be Listed Next Year

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

Erin O’Rourke
Cornell Cooperative Extension of Jefferson County
eo273@cornell.edu or by phone at 315-788-8450 ext. 246.
Good Reasons to Buy Food Locally
1. You know where your food came from and you have direct contact with the producer (farm/farmers).
2. You often pay less.
3. You improve your diet by eating more vegetables and fruits.
4. Food miles are reduced -- this saves fossil fuels and decreases vehicle pollution.
5. Less packaging is used and thus, less waste is created.
6. You stimulate local economic development by keeping your $$$ in the community.

Want to know if the dairy products you buy are locally produced?
Some milk travels thousands of miles, so look for “36” to know that your milk was processed in New York State with milk sourced from local dairy farms.

Many store brands of yogurt, cottage cheese, and sour cream are made by Crowley Foods in LaFargeville, NY and use local milk. You can make sure the product was made at the LaFargeville Crowley plant by looking at the date stamp on the lid of the product. If the date stamp has an “L” as shown in the photo below, it was made in LaFargeville.

Interested in buying or selling local products with the Northstar Food Hub? They are open for business! Contact Bethany Munn at:

North Star Food Hub
bethany@northstarfoodhub.com
315-741-5872
www.northstarfoodhub.com
FB: North Star Food Hub

WIC gives checks for fresh fruits and vegetables. Families can spend them at participating Farmers’ Markets!
North Country Family Health Center’s WIC Program provides families with nutritious foods like milk, cheese, eggs, cereal, whole grain foods, fruits and vegetables.

Jefferson County Office
238 Arsenal Street
Watertown
315-782-9222

To request an appointment online:
www.NoCoFamilyHealth.org

Seniors age 60 plus can qualify for coupons which can be redeemed at local Farmers’ Markets. For more information call the Jefferson County Office for the Aging at 315-785-3191.
About this Guide
This Local Food Guide was produced as a public service with funding from the sponsors listed below.

The farms and businesses in this guide have assured us that they sell food they have raised themselves or food they have produced themselves using largely local ingredients.

In addition to their own food, these farms and businesses may also sell food that is not locally grown or produced. When shopping for local food, feel free to ask, “Did you grow this yourself?”

Grow Your Agricultural Business in Jefferson County!

We assist in the retention, growth, and promotion of Jefferson County’s agricultural industry. Contact us if you have questions on programs available to help you start up or expand your operation.

315-782-5865 x 232

Visit www.comefarmwithus.com for an interactive map of food production.

Tune in to New York’s agricultural talk radio show, The Home Grown Show, every Saturday morning at 6 am on AM 790 WTNY or watch and listen on Mondays at 9 am at www.gnuvisions.com.

Follow us on Facebook at Jefferson County Agricultural Economic Development or on Twitter at @Jeffersonagdev.

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.