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

### 2018 Jefferson County Farmers’ Market Schedule

<table>
<thead>
<tr>
<th>Market</th>
<th>Location</th>
<th>Day</th>
<th>Time</th>
<th>Dates</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Watertown Farm and Craft Market</td>
<td>Dulles State Office Bldg., Washington Street</td>
<td>Wednesday</td>
<td>6:30 am - 3:00 pm</td>
<td>May 23 - Oct. 10 (closed on July 4th)</td>
<td></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 7 - Sept. 13</td>
<td></td>
</tr>
<tr>
<td>Alexandria Bay Farmers’ Market</td>
<td>Kinney Drugs Parking Area, Alexandria Bay</td>
<td>Friday</td>
<td>9:00 am - 3:00 pm</td>
<td>May 25 - Sept. 14</td>
<td></td>
</tr>
<tr>
<td>Carthage Farmers’ Market</td>
<td>Farmers’ Market Pavilion, Riverside Drive, Carthage</td>
<td>Friday</td>
<td>7:00 am - 2:00 pm</td>
<td>May 25 - Oct. 26</td>
<td></td>
</tr>
<tr>
<td>Jefferson Bulk Milk Coop Market</td>
<td>Corner NYS Rte. 3 and Old Rome State Road, Watertown</td>
<td>Friday</td>
<td>2:30 pm - 6:00 pm</td>
<td>May 25 - Oct. 5</td>
<td></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 2 - Oct. 27</td>
<td></td>
</tr>
<tr>
<td>Cape Street Market</td>
<td>Village Green, Cape Vincent</td>
<td>Saturday</td>
<td>10:00 am - 4:00 pm</td>
<td>June 16 - Sept. 22</td>
<td></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*

(To find out more about receiving Farmers’ Market Nutrition Program Coupons see page 4.)
More Information About Farming 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). Other farms may also follow organic farming practices, but have not undergone the certification process.

Conventional - Producers can 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.

Good Reasons to Buy Food Locally

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

Search for local farmers’ markets, restaurants, and stores.

www.adirondackharvest.com

Our Farm Fresh Foods Map will show you locations of many area farm stands, farmers’ markets, restaurants, and stores.

Retail Stores

Alexandria Bay
- Thousand Islands Winery
  wine, open daily for tastings and tours
  43298 Seaway Ave., Suite 1
  Clayton, NY
  ph: 315-482-9306
  thousandislandswinery.com
  FB: Thousand Islands Winery

Cape Vincent
- The Cape Winery
  grapes and wine, eggs, natural soaps, maple products
  IPM
  Sandra L. Fralick
  2006 Deearl Road
  Cape Vincent, NY
  ph: 315-642-3218
  thecapewinery.com
  FB: The Cape Winery

Clayton
- Clayton Distillery
  spirits
  40164 NYS Rte. 12
  Clayton, NY
  ph: 315-286-5004
  claytondistillery.com
  FB: Clayton Distillery

- Clayton Food Co-op
  fresh vegetables, fruit, honey, maple products, cheese, meat, eggs
  720 James Street
  Clayton, NY
  ph: 315-686-3242
  claytonfoodcoop@gmail.com
  FB: Clayton Food Co-op

- Coyote Moon Vineyards
  grapes, wine, IPM
  17171 Co. Rte. 3
  Clayton, NY
  ph: 315-686-5800
  tony@coyotemoonvineyards.com
  coyotemoonvineyards.com

Croghan
- Red Barn Meals, Inc.
  beef, lamb, pork, chicken, sausages, smoked meats
  USDA Inspected - conventional
  Jordan & Rachel Brandt
  9095 Briot Road
  Croghan, NY
  ph: 315-346-1254
  redbarnmeatsinc@gmail.com
  * please call ahead

Philadelphia
- North Country Store
  apples, honey, maple products, cheese, beef, eggs, pork, spices
  32672 US Rte. 11
  Philadelphia, PA
  ph: 315-642-0646
  northcountrystore@gmail.com
  FB: North Country Store
  * roadside stand

- Otter Creek Winery
  grapes, wine, maple products
  33109 Rudes Road
  Philadelphia, PA
  ph: 315-642-0622
  ottercreekwinery.com
  FB: Otter Creek Winery
  * Tasting Room also in Alexandria Bay

Watertown
- Yellow Barn Winery
  wine
  18789 Co. Rte. 66
  Watertown, NY
  ph: 315-782-1834
  yellowbarnwinery.com
  maryysurf@gmail.com
  FB: Yellow Barn Winery

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 this photo, it was made in LaFargeville.

Contact the North Star Food Hub
at 315-221-9444

http://mrnp.nutrition.cornell.edu/
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?”

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.

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North Country Family Health Center’s WIC Program provides families with nutritious foods like milk, cheese, eggs, cereal, whole grain foods, fruits and vegetables.

WIC gives checks for fresh fruits and vegetables. Families can spend them at participating Farmers’ Markets!

Visit Adopting Healthy Habits on Facebook for great tips that make healthy choices easier!

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Senior 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.

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