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!

Are you in the market for fresh, delicious food?

### 2019 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 22 - Oct. 2</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 6 - Sept. 12</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 24 - Sept. 27</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 31 - Oct. 11</td>
<td>WIC</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>2:00 pm - 6:00 pm</td>
<td>May 24 - Sept. 27</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 1 - Oct. 26</td>
<td>WIC, WIC checks</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 15 - Sept. 21</td>
<td></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 25 - Oct. 12</td>
<td></td>
</tr>
</tbody>
</table>

**Welcomes SNAP (Food Stamps)**
**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).

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.

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

- Taste NY at the North Country Welcome Center
- www.northstarfoodhub.com

Thousand Islands Winery
- grapes, wine, cheese, maple products

Cape Vincent

- The Cape Winery
- grapes, wine, cheese, maple products

Clayton

- Clayton Distillery
- grapes, wine, cheese, maple products

Philadelphia

- North Country Store
- apples, honey, maple products, cheese, beef, eggs, pork, spices

Otter Creek Winery
- grapes, wine, maple products

Watertown

- Yellow Barn Winery
- wine

More Information About Farming Practices

You know where your food came from and you have direct contact with the producer (farmers).

You often pay less.

You improve your diet by eating more vegetables and fruit.

Food miles are reduced—this saves fossil fuels and decreases vehicle pollution.

Less packaging is used and thus, less waste is created.

You stimulate local economic development by keeping your $$$ in the community.

Good Reasons to Buy Food Locally

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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.

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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.

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?"

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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.

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.

Make Healthy Choices Easier

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

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 quality 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.