









# JEFFERSON COUNTY LOCAL FOOD GUIDE

2025 LOCAL FOOD - FRESH TO YOU, FAIR TO FARMERS

**LOCAL FARMS - FARM STANDS- FARMERS MARKETS** 









203 N. Hamilton St. Watertown, NY 13601 Tel: 315-788-8450 Fax: 315-788-8461 w w w.ccejefferson.org







# Helpful Tips for **Purchasing Local Foods**

# Respect the farmer's home.

Many farm stands are on private property and may be close to people's homes. Avoid wandering as there may be delicate crops, equipment, and animals nearby.

# Be prepared with cash and change.

Many farm stands are cash only and use an honor system, meaning there may not be someone available to break larger bills.

# Bring your own bags.

Bring your own bags and return any reusable packaging when possible.

#### Check the hours beforehand.

Contact the farm in advance if you're unsure of their location or hours. Especially on Sundays, as many farmstands are closed.

# Shop earlier in the day.

Shop earlier in the day for fresher produce and more variety.

# Always rinse your produce.

Always rinse your produce under running water, even before sampling.

**WAYS TO BUY** 

Agriculture

Farm Stand

U-pick

Sales from Home

Community Supported

#### **PAYMENTS WELCOME**

Cash Only, No Cards



Credit and Debit Cards



PayPal



SNAP-EBT



Farmers Market Nutrition Program



CNY Health Bucks



FRESH Fresh Connect Checks



FVRX Fruit and Vegetable Prescription Program







# **ABOUT THIS GUIDE**

Check out this guide to find the freshest and tastiest food around, all grown and made by our neighbors. When you shop at these farms and businesses, you're supporting our local community by keeping your money close to home. The farms and shops in this guide have certified they grow or make the food they sell.

When you shop at a farmers market you have the opportunity to meet and visit with the farmers who grow your food. You can ask questions to learn about local agriculture and how your food is grown and harvested.

> Shopping at a farmers market is a family-friendly experience. Get the whole family involved in local agriculture and foods early for life-long skills in healthy eating and living in Jefferson County!

> You can ask the farmers questions like "What do you put in your soil?" and "What do your animals eat?" to learn more about how each farm operates. It's all about knowing where your food comes from!

> We also list the farmers markets, retailers, and restaurants where you can find locally grown and produced foods.

> Throughout the guide you will see pictures of local farms, foods, markets, and farmers. These images were provided by Cornell Cooperative Extension employees, local farmers, and other Jefferson County community members.

# SHOP LOCAL FARMS AND BUSINESSES

# **2025 FARMERS MARKET SCHEDULE**

# **CAPE VINCENT** STREET MARKET

### Every Tuesday 10 AM - 3 PM

June 3 - Oct 21 Village Green, Broadway St.





# WATERTOWN FARM AND CRAFT MARKET

# Every Wednesday 8 AM - 2 PM

May 28 - Oct 1 Washington St. & Sterling St.









# **JEZI'S TREASURES FARMERS MARKET**

# Every Wednesday 3 PM - 7 PM

July 2 - Aug 27 209 Commercial St. Theresa









# **CLAYTON FARMERS MARKET**

#### Every Thursday 10 AM - 4 PM

May 29 - Oct 16 Village Park Circle, Mary St.









# **CARTHAGE FARMERS MARKET**

# Every Friday 10 AM - 4 PM

May 23 - Oct 10 Farmers Market Pavilion, Riverside Dr.









## **CHAUMONT FARMERS MARKET**

### Every Friday 11 AM - 5 PM

June 13 - Sept 12 Lyme Community Foundation, Rte. 12E





# **SWAN BAY FARMERS MARKET**

# Every Friday 10 AM - 4 PM

May 9 - Sept 26 43615 St. Rt. 12, Alexandria Bay





# **WATERTOWN** SATURDAY FARMERS MARKET

#### Every Saturday 9 AM - 2 PM

Mav 24 - Nov 1 JB Wise Place Pavilion













# **COMMUNITY FARMSTAND** Every Saturday 9 AM - 3 PM

SACKETS HARBOR

Mav 24 - Oct 4 130 W Main St, Sackets Harbor







# **FARM & FLEA MARKET**

Every Sunday 10 AM - 4 PM

June 1 - Sept 28 East Line Rd, Clayton

## DRY HILL **FARM & FLEA MARKET**

### Every Sunday 11 AM - 3 PM

Julv 6 - Aug 24 Drv Hill Ski Area, Watertown



# **FOOD BENEFIT PROGRAMS**

# Supplemental Nutrition Assistance Program (SNAP):

SNAP/EBT is welcome at participating farmers markets to purchase as many **\$1 wooden tokens** as you'd like. These tokens act as cash within the market.



Tokens may be used at any market booth that displays the "Food Stamp (EBT) Tokens Accepted Here" sign. Tokens may be used to purchase fruits and vegetables, seeds and plants that grow food, breads, meat, fish, poultry, eggs, dairy products, maple and honey products, wrapped and labeled baked goods, jams, sauces, and soups. They cannot be used to purchase alcohol, tobacco products, non-food items, food meant to be eaten on-site, hot foods, vitamins, or medicines. Unused tokens may be saved for the next time you shop the market; tokens do not expire. Unused tokens may also be exchanged at the token booth for a refund back onto your SNAP/EBT card. Tokens are market-specific and cannot be transferred between markets as each token is labeled with the particular market it was distributed from. Individual market vendors, farm stands, and mobile markets certified to accept EBT may also accept SNAP with an EBT card reader. Look for signage identifying that EBT cards are accepted at these locations.

Currently, the Watertown Farm and Craft Market is the only market in the county that distributes the SNAP Tokens. However, there are several market vendors that accept SNAP-EBT directly with their farm. Those farms have been indicated in this guide for accessibility in spending SNAP benefits on locally produced products.

# FreshConnect (FCC), CNY Health Bucks, Double Up Food Bucks (DUFB):

These programs provide additional dollars to increase the purchasing power of SNAP consumers at participating farmers markets. The Fresh Connect Checks (FCC) program and the Double up Food Bucks program encourages recipients to use their SNAP benefits at participating farmers markets. With these programs, an additional dollar is distributed to consumers for each consumer exchange of SNAP benefits for wooden tokens or participating SNAP-EBT transaction. These additional benefit checks may be issued to be spent at the market on any SNAP eligible foods (FCC) or additional fresh fruits and vegetables (DUFB). FCC is also available to Veterans, service members, and their immediate family members. They can be picked up at the NYS Dept of Veterans Services offices at 317 Washington St in Watertown or in Clark Hall on Fort Drum, and at participating farmers markets.

CNY Health Bucks are \$2 coupons distributed through food pantries, soup kitchens.



and other anti-hunger organizations. Consumers who use SNAP benefits may also receive CNY Health Bucks to spend more on local products found at farmers markets. For more information, contact Food Bank of Central New York at 315-437-1899.

Have questions or concerns about your eligibility for SNAP benefits or changes in your SNAP benefits, contact the Jefferson County Outreach Coordinator at 315-437-1899 x279.

#### **Farmers Market Nutrition Program (FMNP):**

FMNP provides checks to women, infants and children through the Women, Infants and Children Program (WIC) and to income-eligible seniors (60 years or older) through the Commodity Supplemental Food Program (CSFP) for the purchase of locally grown, fresh, unprocessed fruits and vegetables at farmers markets, roadside stands, and mobile markets that have been approved by the state agency to accept FMNP coupons. The program runs from June 1 - November 30. WIC participants can call their local agency to have checks mailed or to arrange pick up.



Here in Jefferson County, that number is 315-782-9222 for the local WIC office. Eligible seniors can pick up from the Office for the Aging at the Jefferson County Office Building at 175 Arsenal St. or call 315-785-3191 for more information. Aren't sure whether you're eligible for FMNP coupons? Call these numbers to speak to a representative about eligibility guidelines or call the Cornell Cooperative Extension office at 315-788-8450 to find out more information.

**Looking for recipes and resources on preparing and eating healthy on a budget?**Contact the CCE Nutrition Department at jefferson@cornell.edu or 315-788-8450.

# **FOOD BENEFIT PROGRAMS**

# Mobile Food Pantry - an emergency food resource for rural Jefferson County:

Community Action Planning Council (CAPC) of Jefferson County is operating a **Mobile Food Pantry** which serves rural areas of Jefferson County and Fort Drum. Emergency food packages are distributed through the Mobile Food Pantry and are customizable for consumer and household preferences. Call CAPC at 315-782-4900 to learn more about the Pantry schedule and locations, or to learn more about placing an order for a customizable emergency food package.

The Mobile Food Pantry schedule is below. This schedule is subject to change based on community need. Call CAPC at 315-782-4900 or email info@capcjc.org to confirm Mobile Food Pantry dates and locations.

# **Mobile Food Pantry Schedule:**

#### First Monday of each Month:

Evans Mills, Jack Williams Community Park at 8135 Schell Ave: **9:30-11:30 AM**Black River, Intersection of W Dexter St. and Public Square (near gazebo): **1-2:30 PM** 

#### Second Monday of each Month:

Redwood Fire Department, 43676 Stine Rd: **9:30-11:30 AM** Depauville Fire Department, 15231 School St: **1-2:30 PM** 

#### Third Monday of each Month:

Fort Drum Rhicard Hills Community Center, 8499 Lewis Ave: **10-11:30 AM**Fort Drum Adirondack Creek Community Center, 9797 Constitution Blvd: **12:30-2 PM** 





#### Fort Drum MEDDAC Food Resource Guide:

The Fort Drum MEDDAC team of Dietitians has created a comprehensive **Food Resource Guide** that includes all the locations in Jefferson County where residents can access food resources. While the Food Resource Guide contains specific eligibility requirements for military service members and veterans and includes food access opportunities specific to Fort Drum, it is also the **most comprehensive list of food pantries and soup kitchens across all of Jefferson County**. The Food Resource Guide can be found **using the QR Code** seen here. Please contact the Cornell Cooperative Extension of Jefferson County office at 315-788-8450 with your questions.



# North Country Fruit & Vegetable Prescription Program (NC FVRx):

Cornell Cooperative Extension is implementing this **6-week program that provides nutrition education**, healthy recipes, and **\$25 worth of vouchers at each session for fresh fruits and vegetables**. Those who qualify for this program are individuals at risk of, or have been diagnosed with, a diet-related chronic disease or are experiencing food insecurity. The goal of this program is to help individuals learn new, healthy ways to include more fruits and vegetables in their diet so that they can lead healthier lives. Vouchers are redeemable at participating producers and retailers. Many redemption sites are local producers found at farmers markets listed in this Local Food Guide.

Ask your health care provider or community health services agency for more information on how to receive a referral into this program. Many healthcare networks in the North Country are able to write referrals for this program. CCE Jefferson Parenting and Local Foods Programs, Community Action Planning Council, Office for the Aging, WIC Offices, Fort Drum MEDDAC, and Fort Drum Family Advocacy Program are some of the community agencies who are able to refer participants into the NC FVRx program. Please contact the Cornell Cooperative Extension of Jefferson County office at 315-788-8450 if you have questions about this program.

### **ADAMS**

# **Adams Cheese Shop - Retail Store**



19 Main St.

315-216-7853 sales@adamscheese.shop honey, maple, meats, cheese, ice cream, cider

#### **Diller Farm**



15107 St Rte. 178

Ralph A. Diller 315-729-0918

vegetables, beef, eggs (please call ahead)

#### **Grimshaw Farm Stand**







9922 Co. Rte. 152

315-486-2340 Patrick Grimshaw

nextgenerationcreamery.com/grimshaw

vegetables, maple products, chicken, beef, eggs, pork, dairy products, jams

Available at Sharp's Bulk Food, Fargo's Family Market, Farm Pride, Adams Center Market, and more.

#### **Sheland Farms**







12043 Co. Rte. 79 Doug Shelmidine 315-846-5640

dshel@frontiernet.net **beef** (please call ahead)

## Windswept Honey and Apiary







11531 Windswept Circle Kim & Ed Fillingham 315-783-1280/315-408-4005

windswepthoney22@gmail.com

honey (please call ahead)

Available at The Sandwich Bar and Sackets Harbor Community Farmstand.

# **ALEXANDRIA BAY**

# Taste NY @ - Retail Store The North Country Welcome Center

43350 Collins Landing Rd.

315-215-4187

honey, maple, dairy, snacks, chocolate, ice cream, coffee, tea

### **ANTWERP**

# **Chicory Hill Farm**







35993 Spicer Rd.

Allen Funk and Mike Nuckols

315-804-4680 arrticfox@yahoo.com

vegetables, herbs, berries, apples, grapes, eggs Available at Watertown Saturday Farmers Market.

# **BLACK RIVER**

#### **Busted Grapes Winery**

19557 Ball Rd.

315-777-0932 bustedgrapeswine.com wine, beer, spirits, grapes, berries, apples, maple

## Widrick Maple



21295 Staplin Rd.

Phil and Alavne Widrick

315-775-4964 widrickmaple@yahoo.com

maple Certified Organic

# **CAPE VINCENT**

# **Lawrence Family Farm**



33020 Hell St.

Rick & Sheila Lawrence

315-654-3381 lawrencefarm.weebly.com

beef, beef snacks (please call ahead) Available at Mirabito, Adams Cheese Store,

TI Bait Store, and more.

#### **CARTHAGE**

#### **Black Post Ranch**







35619 N. Lake Rd. Roxie and Joe Lawler

315-771-7222 joe@blackpostranch.com

beef, eggs (please call ahead)

#### **Bush Gardens**







10371 NYS Rte. 26 Loren & Chris Bush

315-783-8642 / 315-783-6745

bushgardens@live.com

vegetables, herbs, berries, apples, eggs, pork Available at Watertown Farm & Craft Market.

## **Denmark Apple Orchard**







10080 Old State Rd.

Patsy Makuch

315-771-4354 denmarkappleorchard.mynny.biz apples

# Sticky Dicks Honey Products











32933 Co. Rte. 143 Shanie Strife

315-783-2418 stickydickshoneyproducts.com

honey and beeswax products

Available at Watertown Farm & Craft Market, Alteri's Italian Market, An Eclectic Boutique, and more.

### CHAUMONT

# **Rogers Family Farm**



28632 Old Town Springs Rd.

Josh Rogers

315-783-8730 joshuarogers50@gmail.com

beef (please call ahead)

# **CLAYTON**

#### **Bechaz Riverdale Cheese**



37851 Deferno Rd.

Jeffrey & Melinda Bechaz

315-686-5979 bechazriverdalecheese.com

cheese, ice cream/gelato, milk, beef

Available at The Victorian, Surefine, Coyote Moon, The Gal's, TI Winery, and more.

#### **Coyote Moon Vineyards**

17371 East Line Rd.

315-686-5600 covotemoonvinevards.com wine, beer, spirits, cheese, maple, vinaigrette, grapes Available at Watertown Farm and Craft Market, Clayton Farmers Market, and Dry Hill Farm and Flea Market.

## The Hops Spot - Restaurant

507 Riverside Dr.

315-686-2337 thehopsspot.com

beer, beef

#### **Hunner's Market - Retail Store**



720 James St.

315-263-4245 hunnersmarket.com vegetables, fruits, dairy, meats, honey, maple, eggs

#### 1000 Island River Rate Cheese - Retail Store

242 James St.

315-686-2480 riverratcheese.net cheese, pork, beef, fish, honey, maple

### **DEPAUVILLE**

### **Depauville Seed Library**

32333 Co. Rte. 179

315-686-3299 depauvillefreelibrary.org heirloom/organic seeds shared and saved

### **ELLISBURG**

#### **Bear Creek Honey**



12022 NY Rt. 193

Greg Lake

315-778-2920 glake104@gmail.com

**honey** (please call ahead)



# **EVANS MILLS**

#### **Country Cousins Farm**







29415 Fults Rd.

Stanley & Sharon Horning 315-956-4394 /315-629-2401 countrycousinsfarm.com beef, pork, eggs, dairy, honey, maple products

# **Ephraim and Rebecca Stutzman**



30792 Fults Rd.

vegetables, berries, maple

#### **Groen Family Farms**







30283 Ansted Rd. Ben and Ainsley Groen

603-953-4253 GroenFamilyFarms.com beef, turkey, eggs, duck eggs (please call ahead) Available at Watertown Saturday Farmers Market.

#### **Martin Road North Gardens**









28483 Martin Rd. North

Bruce Johnson 315-783-9945

vegetables, herbs, nursery plants

Available at Clayton Farmers Market and Carthage Farmers Markets.

# **Rustling Grass Farm**

26474 Keyser Rd.









Mary Smith

334-464-0452 rustlinggrass.com

vegetables, herbs, berries, eggs, chicken, turkey Available at Watertown Saturday Farmers Market.

# **Seaway Coldhardy Berries**









29250 US Rte. 11

Duane Smith

315-767-5202 seawaycoldhardyberries.com vegetables, berries, grapes, honeyberries, figs, jams, fruiting plants

Available at North Country Welcome Center Taste NY and Watertown Saturday Farmers Market.

#### **HENDERSON**

#### **North Branch Farms**

7759 Lake Rd.

Canzonier Family 315-523-0760 strawberries, sweet corn, u-pick pumpkins



CASH FMNP Voluchers

(ASH ONLY)

FVRX V CREDIT FMNP

# **LAFARGEVILLE**

# **Farmers Wife Creations and Greenhouse**

19355 Co Rt. 12

Sheri Strock 315-523-0405

vegetables, berries, apples, honey, maple, chicken, beef, pork, eggs (please call ahead)

Available at Cape Vincent Cape Street Market, Clayton Farmers Market, Swan Bay Farmers Market.



## **Bart's Apples**

2125 NYS Rte. 3

Laurie & Dave Bartoszewski

315-777-1532 | lbartoszewski@hotmail.com apples, cider

Available at Watertown Saturday Farmers Market.

#### Jones Apple Farm

2186 NYS Rte. 3

Stephen Jones

315-846-5361 ljones@frontiernet.net

apples, grape juice

## **Lake Ontario Beef**

10223 South Landing Rd.

Charlie Kohl

315-486-4008 lakeontariobeef.com

beef (please call ahead)

# **NATURAL BRIDGE**

# Cogumelo Mushrooms

4090 Factory Rd.

Liam Carney

315-771-0650 cogumelomushrooms.com mushrooms, vegetables, turkey, chicken, quail eggs Available at Watertown Saturday Farmers Market and Watertown Farm and Craft Market.





#### **PHILADELPHIA**

## **North Country Store - Retail Store**

32672 US Rt. 11

315-642-0646 ncstore.biz

honey, maple products, beef, pork, eggs, dairy

## Slabaugh Farm Stand

31669 St. Rte. 26 Harvey D. Slabaugh vegetables, berries, honey, maple products, beef, pork, chicken, lamb, eggs, jams, baked goods Available at Evans Mills Walmart parking lot every Saturday.

#### **Otter Creek Winery**

33109 Rudes Rd.

ottercreekwinery.com

315-642-0622

wine, grapes, honey, maple products, cheese, spirits

# **Walnut Grove Apiaries**

36849 Ore Bed Rd.

Ron Lauff

315-921-5211 walnutgroveapiaries@gmail.com honey

Available at Watertown Saturday Farmers Market.

# **REDWOOD**

#### **Better Farm**

31060 Cottage Hill Rd.

Nicole Caldwell

315-482-2536 x1 betterfarm.org

vegetables, herbs, honey, eggs (please call ahead)

# St. Lawrence River Valley Growers

22500 Bear Creek Rd.

Love and Jamie Parker 315-486-4084 garlic, garlic scapes (please call ahead)

Available at Watertown Saturday Farmers Market.



























































# **RODMAN**

#### **Furo Farm**





20932 Co Rt. 69

Matt and Megan Thomas 315-748-1231 vegetables, berries, apples

Available at the Watertown Saturday Farmers Market.

#### Lucki7 Livestock Co.





0562 Co. Rte. 69

Stephen Winkler 315-767-6809 beef, chicken, pork, lamb (please call ahead) Available at The Chateau, Whole Foods, Wegmans, and Garland City.

# Schrader Farm 22657 Williams Rd.





CSA: Miracles by the Acre

Janet Schrader 315-232-3786

vegetables, lamb (please call ahead for lamb)

## **Timmy Crack Corn**







10947 Lowe Rd. Robin Hannon

315-232-2032 trhannon400@yahoo.com

baked goods, maple products, jams

Available at Watertown Farm & Craft Market and Adams Center Market.

# **SACKETS HARBOR**

#### **Chrissy Beanz Bakery - Coffee House**

105 W. Main St. 315-646-2330 chrissybeanz.com honey, coffee, baked goods

#### **Northern Lights Nursery**







18020 Co Rt. 75

vegetables, herbs

Gary Falk 315-777-2450 northernlightsny@yahoo.com

Available at Watertown Farm & Craft Market and Watertown Saturday Farmers Market.

#### Old McDonald's Farm



14369 Co Rte 145 Julia Ledoux

315-583-5737 oldmcdonaldhasafarm.com sweet corn, pumpkins, ice cream



# **THERESA**

### **Hop-N-Roost**





44125 New Connecticut Rd.

Donna Lord

760-484-3294

vegetables, honey, chicken, eggs, jams, jellies, rabbit (please call ahead) Available at Jezi's Treasures Farmers Markets

#### Jezi's Treasures - Retail Store

209 Commercial St. 315-778-4939 jeziscafe@gmail.com vegetables, honey, maple products, pork, eggs. cheese, baked goods, salads, sandwiches

#### **LM Farm**





32167 Co Rt. 46 Lamar Miller 315-329-1190

vegetables, garlic, beef, turkey, rabbits, pork (please call ahead) Available at Martin's Greenhouse.

# WATERTOWN

## **Chrissy Beanz Bakery - Coffee House**

1316 Washington St. 315-803-1316 chrissybeanz.com honey, coffee, baked goods

#### **Crosstown Julie Brown - Retail Store**

1314 Washington St. 315-740-8715 crosstownjbr.com honey, maple products

#### JB Acres



26000 St. Rte. 283

James Babcock 315-681-7273 babcock1972@yahoo.com vegetables, herbs, maple, turkey, eggs, chicken Available at Asian Market and Chaumont Country Store.

# **The Hops Spot - Restaurant**

133 N Massey St. 315-788-2337 thehopsspot.com beef, beer

#### **Massey Ranch**





20605 Combs Rd.

Shawn & Meghan Massey

315-783-5939 masseyranch.com

maple products, honey

Available at Massey's Furniture Barn, Crosstown Julie Brown Re-Market, and Hannaford.

CREDIT V P FMNP vouchers

CREDIT V SNAP

CREOTT SNAF

# WATERTOWN

### The Mustard Seed - Retail Store

969 Arsenal St

315-788-2463 themustardseedonline.com vegetables, herbs, honey, maple products, cheese, beef, eggs, baked goods, coffee, granola

#### **Hawk and Crow Acres**

16475 Parker Rd.

Dawn Nier

315-396-5355 hawkandcrowacres.com vegetables, herbs, berries, apples, goat, eggs (please call ahead)

Available at Watertown Saturday Farmers Market and Henderson Harbor Farmers Market.

#### **Northrop Farms**

30058 St. Rte. 180

Jon & Jen Northrop

315-771-4395 northropfarms.com

#### beef, lamb, pork, eggs

Available at Watertown Saturday Farmers Market, Mustard Seed, Hunner's Market, and more.

#### **Rock and Jam**

20054 Reasoner Rd.

Yvonne Youngs

315-777-3203 rockandjam.webs.com

jams, jellies (please call ahead)

Available at Watertown Farm and Craft Market, North Country Welcome Center Taste NY, and more.

#### **Starch - Coffee House**

315-804-2233



#### State Street Market - Retail Store

454 State St

315-727-9348

honey, maple products, chicken, eggs, cheese, spices, coffee, cocktail syrup, baked goods

#### Steiner's Running Wild Maple & General Store

25511 St. Rt. 12

CSA: Miracles by the Acre

315-788-3272

#### vegetables, maple products

Available at Burrville Cider Mill, The Cheese Store, and Valero at Adams.

# Wind Swept Meadows Farm **CSA: Miracles by the Acre**

17025 Co. Rte. 68

Delta & Thomas Keeney

315-788-1933 keenevswindsweptmeadowfarm.com vegetables, herbs, baked goods, berries, beef, turkey, chicken, pork, eggs

# **WELLESLEY ISLAND**

A U CASH ONLY

### Cross Island Farms

44301 Cross Island Rd.

Dani Baker & David Belding

315-482-3663 crossislandfarms.com

vegetables, herbs, U-pick berries, grapes, beef, eggs, goat, jams, guidebook to edible plants

(please call ahead)

Available at Hunner's Market. NOFA-NY Certified Organic



# CAPTURE THE HEART OF LOCAL LIFE -

# SUBMIT YOUR BEST SHOTS!

There's something truly special about the sights, colors, and energy of local agriculture and farmers markets. Whether it's a rainbow of fresh produce, baskets brimming with seasonal goodies, or the buzz of a Saturday morning crowd—you have the power to show what makes our local food scene so unique.

We're calling on community members, market lovers, foodies, photographers (amateur or pro!), and anyone who appreciates local food to help us celebrate by capturing it through your lens. This is your chance to help tell the story of our local food system—one photo at a time. Selected submissions may be featured in upcoming campaigns, exhibits, or online galleries to showcase the importance of supporting local agriculture.

So grab your camera or phone, head out to your favorite farm stand or farmers market, and start snapping! Show us what local looks like through your eyes.



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Contact Jay at 315-782-5865 x 232 or at coordinator@comefarmwithus.com.



# 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:

Lindsey Promitas

Cornell Cooperative Extension of
Jefferson County by email
lrp78@cornell.edu or by phone at
315-788-8450 ext. 248