

## Fresh Produce

Fruits	Vegetables and Herbs	Farm or Business Name	Business Type	Contact Name	Email Address	Phone No.	Website	Location	Distribution Options
	Garlic and other vegetables	<b>Wild Cat Garlic Farm</b>	Farm-Seasonal only	Brendon	<a href="mailto:redbird@onebox.com">redbird@onebox.com</a>	413.426.5038	*no web address*	Williamsburg, MA	Best sales in August and September, contact for details.
Berries, apples, melons	Lettuce, tomatoes, corn, cabbage, herbs, cucs, eggplant, peppers	<b>Baldor Boston</b>	Distributor-Year Round	Glenn Messinger	<a href="mailto:glen@baldorfood.com">glen@baldorfood.com</a>	617-889-0047	<a href="http://www.baldorfood.com">www.baldorfood.com</a>	Chelsea	Baldor delivers Monday thru Saturday
	Produce, Grown in Boston, picked in the morning. Lots of Variety. We will grow specific produce upon chef's request. Twelve Months a Year.	<b>City Growers (Urban Farm) *City Fresh Foods*</b>	Farm-Year Round-Direct Sales	Glynn LLOYD	<a href="mailto:glloyd@cityfresh.com">glloyd@cityfresh.com</a>	617.828.4228	<a href="http://www.cityfreshfoods.com/">http://www.cityfreshfoods.com/</a>	Roxbury & Dorchester	We use Metro Pedal Power, 4 days a week, picked in the morning, carbon-free same-day delivery
	Lots of organic produce and herbs	<b>Blue Heron Organic Farm</b>	Farm-Direct Sales	Ellery Kimball	<a href="mailto:famer@blueheronfarmlincoln.com">famer@blueheronfarmlincoln.com</a>	781.254.3727	<a href="http://www.blueheronfarmlincoln.com">www.blueheronfarmlincoln.com</a>	Lincoln	Delivery on Tuesday and Thursdays by noon. Phone orders in the day before. No internet, no texts, no technology.
Biodynamic Apples		<b>Threshold Farm</b>	Farm	Hanna Bail	thresholdfarm@gmail.com	518-672-5509	<a href="http://www.localharvest.com">www.localharvest.com</a>	Upper Hudson Valley	We're about 3 hours west of Boston, We could bring the apples to Boston, but only if a certain amount was ordered. Please let me know if you have any further questions.
All types of berries, concord grapes, peaches	Heirloom crops (tomatoes, squash peppers and eggplant) Other typical produce includes onions, beets, carrots, peas, greens, corn, cucumbers	<b>Wards Berry Farm</b>	Farm-Seasonal only	Tim Ward	<a href="mailto:jim@wardsberryfarm.com">jim@wardsberryfarm.com</a>	781.389.3600	<a href="http://wardsberryfarm.com/">http://wardsberryfarm.com/</a>	Sharon, MA	Distribute Tues and Fri in Boston region. Delivery us usually late morning to early afternoon. Orders placed 24 hours in advance.

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Berries (strawberries, raspberries, blueberries), peaches	27 different veggies	<b>Czajkowski Farm Everything Polish</b>	Farm-Year Round-Order Through Distributors	Joe Czajkowski	<a href="mailto:debacz@aol.com">debacz@aol.com</a>	413-237-2615	<a href="http://czajkowskifar.com/">http://czajkowskifar.com/</a>	Hadley, MA	Has trucks that deliver to Chelsea Market nightly. Recommends going through Anna at Farm Fresh Rhode Island (401-447-9984) for dealing with restaurants.
Apples, peaches, nectarines, pears	Sweet corn, Zucchini Squash, butternut squash	<b>Noquochoke Orchards, Inc.</b>	Farm	Doris E. Mills	<a href="mailto:info@nogorchards.com">info@nogorchards.com</a>	617-416-2140	<a href="http://www.nogorchards.com">www.nogorchards.com</a>	Westport, Ma 02790	-
Strawberries, Blueberries, Blackberries, Peaches, Plums, Apples	All Local and Seasonal Vegetables and Herbs	<b>Market Mobile</b>	Distributor-Year Round	Hannah Mellion	<a href="mailto:hannah@farmfreshri.org">hannah@farmfreshri.org</a>	401 447 9984	<a href="http://www.farmfresh.org/hub">www.farmfresh.org/hub</a>	Pawtucket, RI	Our thirty partners all post their availability on between Saturday and Sunday, customers have all day Monday to order and we deliver to the Boston Area on Friday between 10-3.
	Lettuce, cukes, peppers, squash, corn	<b>Arcadian Farms</b>	Farm	Christine Chabot	<a href="mailto:cchabot1@cox.net">cchabot1@cox.net</a>	508 429-4439	*no web address*	Holliston	-
	Extended season vegetables, carrots, greens, mizuna	<b>Greater Newburyport CSA</b>	Farm-Extended Season	Bonnie Silva	<a href="mailto:newburyportcsa@yahoo.com">newburyportcsa@yahoo.com</a>	978 465-2913	<a href="http://www.greaternewburyportcsa.com">www.greaternewburyportcsa.com</a>	Newburyport	-
Raspberries		<b>Hamilton Orchards</b>	Farm	Barb Hamilton	<a href="mailto:b.j.hamilton@earthlink.net">b.j.hamilton@earthlink.net</a>	978-544-5857	<a href="http://www.hamiltonorchards.com">www.hamiltonorchards.com</a>	New Salem	-
Apples, 7 - 8 varieties (August) and peaches (July); increasing in berries- strawberry, raspberry and blackberries		<b>Connemara House Farm</b>	Farm	Tim and Bill Guinee	<a href="mailto:hutchpm@aol.com">hutchpm@aol.com</a>	978 777-1610	*no web address*	Topsfield 20	wholesale only.
Berries	We grow all vegetables that can be grown in MA! Certified Organic. Growing YEAR ROUND.	<b>Red Fire Farm</b>	Farm-Year Round	Ryan Voiland	<a href="mailto:ryan@redfirefarm.com">ryan@redfirefarm.com</a>	413-467-7645	<a href="http://www.redfirefarm.com">www.redfirefarm.com</a>	7 Carver St. Granby MA 01033	We deliver via Metro Pedal Power in the Boston area. Produce can also be picked up at any of our 7 CSA distribution locations in the Greater Boston area.

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Fruits	Vegetables and Herbs	Farm or Business Name	Business Type	Contact Name	Email Address	Phone No.	Website	Location	Distribution Options
	Parsley, leaf lettuce varieties, summer squash, zucchini, pepper varieties, eggplants, tomatoes	<b>Pleasant Valley Gardens</b>	Farm	LuAnne Bonanno	<a href="mailto:rbonanno@prodigy.net">rbonanno@prodigy.net</a>	978 361 5651	<a href="http://www.pleasantvalleygardens.com/">http://www.pleasantvalleygardens.com/</a>	Methuen	in Boston for other drop offs ; restaurants usually coordinate and pick up or buy through another venue;
	Corn, beans, tomatoes, pumpkins, butternut squash, summer squash, zucchini	<b>Nessralla Farm</b>	Farm	Kozhaya Nessralla	<a href="mailto:nessfarm2@comcast.net">nessfarm2@comcast.net</a>	781 985 3946	<a href="http://www.nessrallafarm.com">www.nessrallafarm.com</a>	Halifax, MA	Call ahead; usually daily/same day deliveries. Nessralla sells at the produce market in Boston.
All types local fruit	All types local greens and vegetables	<b>A. Russo and Sons</b>	Distributor-Year Round	tony russo / jo harvey	<a href="mailto:jharvey@russos.com">jharvey@russos.com</a>	617 923 1500	<a href="http://www.russos.com">www.russos.com</a>	Watertown	we deliver daily to restaurants, schools, retailers and institutions in the Mass./ New Hampshire/ Rhode Island .
	Heirloom tomatoes, bunched roots, fingerling potatoes, fresh onions, lettuce & greens, garlic, herbs, and many more specialty vegetables	<b>The Kitchen Garden</b>	Farm	Caroline Pam & Tim Wilcox	<a href="mailto:Info@kitchengardenfarm.com">Info@kitchengardenfarm.com</a>	413-387-5163	<a href="http://www.kitchengardenfarm.com">www.kitchengardenfarm.com</a>	Sunderland, MA	We harvest Tuesdays and Fridays and deliver throughout the Pioneer Valley. Product can also be picked up at the farm on these days. I send out an email pricelist every Sunday and take orders by 3 pm Mondays and Thursdays.

## Meat/Fish

Meat/Fish	Farm or Business Name	Business Type	Contact Name	Email Address	Phone Number	Website Link	Location	Distribution Options
Grass Fed Beef and Pork	<b>North Hollow Farm</b>	Farm-Direct Sales	Mike	<a href="mailto:orders@vermontgrassfedbeef.com">orders@vermontgrassfedbeef.com</a>	877.304.2333	<a href="http://www.vermontgrassfedbeef.com">www.vermontgrassfedbeef.com</a>	Rochester, Vermont	overnight ground shipping. 52 weeks a year.
GRASS-FED BEEF	<b>Hardwick Beef</b>	Farm-Uses Distributor-Prima	Michael Gourlay	<a href="mailto:michael@hardwickbeef.com">michael@hardwickbeef.com</a>	860 434-9402	<a href="http://www.hardwickbeef.com">www.hardwickbeef.com</a>	Hardwick, MA	Year-round availability through Boston area distributor Prima Provisions (617) 464-4130
grass-fed beef, free range pork sold by cuts	<b>King Creek Farm</b>	Farm-Direct Sales	Matt Biskup	mattfishercat@comcast.net , <a href="mailto:sharbiskup@comcast.net">sharbiskup@comcast.net</a>	413 687-3963	<a href="http://www.kingcreekfarm.com/">http://www.kingcreekfarm.com/</a>	Ware, MA	Has Van- Will Travel for proper order
Beef, Pork, Chicken, Shrimp from Maine, Scallops from Connecticut, Goat, Lamb, Mutton	<b>Market Mobile</b>	Farm Rep. Distributor	Hannah Mellion	<a href="mailto:hannah@farmfreshri.org">hannah@farmfreshri.org</a>	401 447 9984	<a href="http://www.farmfresh.org/hub">www.farmfresh.org/hub</a>	Pawtucket, RI	Our thirty partners all post their availability on between Saturday and Sunday, customers have all day Monday to order and we deliver to the Boston Area on Friday between 10-3.
Grass fed, all natural Angus beef	<b>Foxbard Farm</b>	Farm - Direct Sales - Does Sell Out-Call Ahead	John Payne	<a href="mailto:farmjam@msn.com">farmjam@msn.com</a>	413-625-46-4	<a href="http://www.foxbardfarm.com">www.foxbardfarm.com</a>	Shelburne	Does Sell Out, Please Call Ahead
Lamb, Pork, Beef, Goat	<b>Athol Farm</b>	Slaughterhouse-Direct Sales	Noreen	<a href="mailto:Noreen@adamsfarm.biz">Noreen@adamsfarm.biz</a>	978.249.9441 ext. 104	<a href="http://www.adamsfarm.biz">www.adamsfarm.biz</a>	Athol	Deliver weekly. Certified Slaughterhouse in Athol, Mass. Delivering every week to Boston, all year.
Beef, Lamb, Chicken, Pork, Smoked Meats	<b>Savor's</b>	Meat Distributor	Ron Savor	<a href="mailto:info@savenorsmarket.com">info@savenorsmarket.com</a>	617 876 7070	<a href="http://www.savenorsmarket.com">www.savenorsmarket.com</a>	Boston	Free delivery in metro Boston area. Lots of choices from local farms. Very competitive prices
Chickens, Ducks, Game birds, and smoked meats	<b>Bella Bella</b>	Group of Bird Farmers	Bob	<a href="mailto:bellabob@comcast.net">bellabob@comcast.net</a>	203.937.9389	<a href="http://www.bellabellagourmet.com">www.bellabellagourmet.com</a>	Sullivan County, NY	Overnight UPS all days a week. Soon to send trucks to Boston

## Dairy / Eggs

Dairy Products or Eggs	Farm or Business Name	Business Type	Contact Name	Email Address	Phone Number	Website Link	Location	Distribution Options
Raw aged cow cheese	<b>Cato Corner Farm</b>	Farm-Direct Sales	Mark Gillman	<a href="mailto:catocornerfarm@mindspring.com">catocornerfarm@mindspring.com</a>	860-537-3884	<a href="http://www.catocornerfarm.com">www.catocornerfarm.com</a>	Colchester CT	-
Cows milk cheese	<b>Shy Brothers Farm LLC</b>	Farm-Direct Sales & Distributors	Barbara Hanley	<a href="mailto:barbara@shybrothersfarm.com">barbara@shybrothersfarm.com</a>	508-333-2626	<a href="http://www.shybrothersfarm.com">www.shybrothersfarm.com</a>	Westport MA	We do not have a refrigerated truck and are dependent on UPS and distributors.
Cheese from both Narragansett Creamery and Shy Brothers.	<b>Market Mobile</b>	Farm Fresh Distributor	Hannah Mellion	<a href="mailto:hannah@farmfreshri.org">hannah@farmfreshri.org</a>	401 447 9984	<a href="http://www.farmfresh.org/hub">www.farmfresh.org/hub</a>	Pawtucket, RI	Our thirty partners all post their availability on between Saturday and Sunday, customers have all day Monday to order and we deliver to the Boston Area on Friday between 10-3.
Raw cheese - swiss and some other alpine cheeses	<b>Robinson Farm</b>	Farm-Direct Sales	Pam Robinson or Keith O'Donnell	<a href="mailto:info@robinsonfarm.org">info@robinsonfarm.org</a>	413-477-6988	<a href="http://www.robinsonfarm.org">www.robinsonfarm.org</a>	Hardwick	Probably UPS.
Fresh mozzarella, straciatella, burrata	<b>Fiore di Nonno</b>	Producer-Direct Sales	Lourdes Smith	<a href="mailto:lourdes@fioredinonno.com">lourdes@fioredinonno.com</a>	978 697-7486	<a href="http://www.fioredinonno.com">www.fioredinonno.com</a>	Somerville, MA	metro pedal power is our primary delivery vehicle. production is 6 days a week during farmers' market season (M-Sat). product is made to order so orders need to be called in by 7:00 a.m. on day of delivery.
Fresh and surface ripened goat and specialty cheeses	<b>Westfield Farm</b>	Farm-Sold through Distributors	Bob Stetson	<a href="mailto:stetson@chevre.com">stetson@chevre.com</a>	978 928 5110	<a href="http://www.chevre.com">www.chevre.com</a>	Hubbardston, MA	Sheila Marie Imports and Seacrest Distributors, Paul W. Marks, Katsiroubas Brothers and also drop off at stores along Rte 2 and ship direct to stores
Cheese made with cow's milk	<b>Pineland Farms Creamery</b>	Farm-Sold through Distributors	Mark Whitney	<a href="mailto:mwhitney@pinelandfarms.org">mwhitney@pinelandfarms.org</a>	207.688.6400	<a href="http://www.pinelandfarms.org">www.pinelandfarms.org</a>	New Gloucester, ME	Seacrest Foods distributes our cheese

## Maple / Honey

Maple/Honey	Farm or Business Name	Business Type	Contact Name	Email Address	Phone Number	Website Link	Location	Distribution Options
Local Honey	<b>Market Mobile</b>	Farm Fresh Distributor	Hannah Mellion	<a href="mailto:hannah@farmfreshri.org">hannah@farmfreshri.org</a>	401 447 9984	<a href="http://www.farmfresh.org/hub">www.farmfresh.org/hub</a>	Pawtucket, RI	Our thirty partners all post their availability on between Saturday and Sunday, customers have all day Monday to order and we deliver to the Boston Area on Friday between 10-3.
Maple Syrup	<b>Maynard Maples</b>	Farm - Direct Sales	Ron Kay	<a href="mailto:ronaldkay@aol.com">ronaldkay@aol.com</a>	978 760 0832	*no web address*	Maynard, MA	Call the number listed to place order; visits to Boston once a week; need about a week lead time for orders

## Pantry/Specialty Foods

Pantry/Specialty Foods	Farm or Business Name	Business Type	Contact Name	Email Address	Phone Number	Website Link	Location	Distribution Options
Relishes, applesauce, cranberry sauces, preserves	<b>Coutts Specialty Foods, Inc</b>	Producer-Direct Sales	Alison Coutts Chateaufneuf	<a href="mailto:Acouttsspecialty@aol.com">Acouttsspecialty@aol.com</a>	978-263-2952	<a href="http://www.couttsspecialtyfoods.com">www.couttsspecialtyfoods.com</a>	Boxborough, MA	We make all the products that we sell. Wholesale and distributor pricing available. Orders can be shipped or picked up as needed for our customers. We are a third generation family owned business. We use local products when possible.
Pickles and fermented vegetables	<b>Real Pickles</b>	Producer-Uses Distributor	Kristin Howard	<a href="mailto:kristin@realpickles.com">kristin@realpickles.com</a>	413-774-2600	<a href="http://www.realpickles.com">www.realpickles.com</a>	Greenfield, MA	Both retail jars and bulk are available. Our line includes dill pickles, sauerkraut, Asian-style cabbage (kimchi), red cabbage, ginger carrots, tomatillo hot sauce, beets, garlic kraut and garlic dill pickles We ship direct. Retail jars are also available through Associated Buyers.
Jams, Honey, Relishes, Locally Roasted Artisan Pecans	<b>Market Mobile</b>	Distributor	Hannah Mellion	<a href="mailto:hannah@farmfreshri.org">hannah@farmfreshri.org</a>	401 447 9984	<a href="http://www.farmfresh.org/hub">www.farmfresh.org/hub</a>	Pawtucket, RI	Our thirty partners all post their availability on between Saturday and Sunday, customers have all day Monday to order and we deliver to the Boston Area on Friday between 10-3.
Dried Beans	<b>Moraine Farm</b>	Producer-Direct Sales	Charley Baer	<a href="mailto:cbaer14@verizon.net">cbaer14@verizon.net</a>	978 468-9093	*no web address*	Beverly, MA	Next dried crop in Nov.
Hot Sauce: 1) Pineapple; 2) Roasted Red Pepper Hot Sauce	<b>New World Hot Sauce, LLC</b>	Producer-Uses Distributor	Andy Hatch	<a href="mailto:ahatch63@gmail.com">ahatch63@gmail.com</a>	774 275-0282	<a href="http://www.sailorsswagger.com">www.sailorsswagger.com</a>	Grafton, MA	-

## Pantry/Specialty Foods

Pantry/Specialty Foods	Farm or Business Name	Business Type	Contact Name	Email Address	Phone Number	Website Link	Location	Distribution Options
Jam	<b>Czajkowski Farm Everything Polish</b>	Producer-Uses Distributor	Joe Czajkowski	<a href="mailto:debacz@aol.com">debacz@aol.com</a>	413-237-2615	<a href="http://czajkowskifarm.com">http://czajkowskifarm.com</a>	Hadley, MA	Has trucks that deliver to Chelsea Market nightly. Recommends going through Anna at Farm Fresh Rhode Island (401-447-9984) for dealing with restaurants.
Smoked Meats	<b>Savener's</b>	Meat Distributor	Ron Savenor	<a href="mailto:info@savenorsmarket.com">info@savenorsmarket.com</a>	617 876 7070	<a href="http://www.savenorsmarket.com">www.savenorsmarket.com</a>	Boston	Free delivery in metro Boston area. Lots of choices from local farms. Very competitive prices
Smoked Meats	<b>Bella Bella</b>	Group of Bird Farmers	Bob	<a href="mailto:bellabob@comcast.net">bellabob@comcast.net</a>	203.937.9389	<a href="http://www.bellabellagourmet.com">www.bellabellagourmet.com</a>	Sullivan County, NY	Overnight UPS all days a week. Soon to send trucks to Boston
Marinades, Sauces and Asian Ingredients	<b>MYRON'S FINE FOODS, INC.</b>	Producer-Uses Distributor	CHEF MYRON BECKER	<a href="mailto:myrons@chefmyrons.com">myrons@chefmyrons.com</a>	413 659-0247	<a href="http://www.chefmyrons.com">www.chefmyrons.com</a>	MILLERS FALLS, MA	SYSCO BOSTON, DOLE & BAILEY, ASSOCIATED BUYERS & DIRECT
Salsa, Spice Rubs	<b>Hedgie's Hot Stuff Inc.</b>	Producer-Direct Sales	Steve Nelson	<a href="mailto:sevenelson@hetdgieshotstuff.com">sevenelson@hetdgieshotstuff.com</a>	416-3-219-3047	<a href="http://www.hedgieshotstuff.com">www.hedgieshotstuff.com</a>	Belchertown, MA	Direct Delivery

## Beverage

Alcohol	Non-Alcohol	Farm or Business Name	Business Type	Contact Name	Email Address	Phone Number	Website Link	Location	Distribution Options
Wine		<b>Alfalfa Farm Winery</b>		Dick Adelman	<a href="mailto:alfalfafarm@comcast.net">alfalfafarm@comcast.net</a>	978-774-0014	<a href="http://www.alfalfafarmwinery.com">www.alfalfafarmwinery.com</a>	Topsfield, MA	Wines (see website) sold at farm or delivered.
Mead (honey-wine)		<b>Green River Ambrosia LLC</b>		Garth Shaneyfelt	<a href="mailto:garth@greenriverambrosia.com">garth@greenriverambrosia.com</a>	413-774-5350	<a href="http://www.greenriverambrosia.com">www.greenriverambrosia.com</a>	Greenfield, MA	Distribution to licensed facilities in Boston and Rt 2 area. Pickup by arrangement.
	Drink mixers/dessert toppers, including alcohol-free black currant cordial and rhubarb/ginger/honey mixer/dessert topper	<b>Bug Hill Farm</b>		Kate Kerivan	<a href="mailto:kkerivan@antioch.edu">kkerivan@antioch.edu</a>	413-628-3980	<a href="http://www.bughillfarm.org">www.bughillfarm.org</a>	Ashfield, MA	-
	Sweet Apple Cider	<b>Noquochoke Or5chards, Inc.</b>		Doris E. Mills	<a href="mailto:info@noqorchards.com">info@noqorchards.com</a>	617-416-2140	<a href="http://www.noqorchards.com">www.noqorchards.com</a>	Westport, Ma 02790	-

## Grains / Flour

Grains	Farm or Business Name	Business Type	Contact Name	Email Address	Phone Number	Website Link	Location	Distribution Options
Soft white winter wheat berries (and flour), hulled/whole barley (and flour), Hops (Cascade, Magnum), Buckwheat (whole and flour)	<b>Four Star Farms</b>	Farm	Liz L'Etoile	<a href="mailto:liz@fourstarfarms.com">liz@fourstarfarms.com</a>	413-498-2968	<a href="http://www.fourstarfarms.com">www.fourstarfarms.com</a>	Northfield, MA	We will work with any interested parties to determine distribution.
Rye and Rye Flour	<b>Market Mobile</b>	Distributor	Hannah Mellion	<a href="mailto:hannah@farmfreshri.org">hannah@farmfreshri.org</a>	401 447 9984	<a href="http://www.farmfresh.org/hub">www.farmfresh.org/hub</a>	Pawtucket, RI	Our thirty partners all post their availability on between Saturday and Sunday, customers have all day Monday to order and we deliver to the Boston Area on Friday between 10-3.
Dried beans-heirloom	<b>Moraine Farm</b>	Farm - Next Dried Crop November.	Charley Baer	<a href="mailto:cbaer14@verizon.net">cbaer14@verizon.net</a>	978 468-9093	*no web address*	Beverly, MA	Next Dried Crop In November